

Kairali Cultural Association: Silver Jubilee Celebrations

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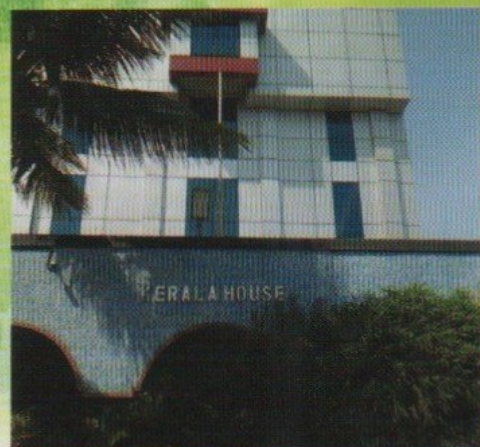


Malayalam Cinema Dominates National Awards



Ayurveda: **Living with** **Nature** **and Self**

■ Kerala House Agitation



Nemmara Vellangi Vela



■ Dangerous Beauties of the Seas ■ Foundations of Hinduism

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Defeat this destructive trend

Since the Kerala High Court prohibited the periodic 'bandh' in Kerala, the God's own country', people of the state are free from that poisonous plant. Now this God's own Country has turned into Hartal's Own Country, defeating every other country, state, district and city in celebrating hartals under different pretexts but giving sufficient notice to the public to procure the necessary items from the market on the previous day, examinations and job interviews postponed, and giving the people an additional day to celebrate life. These hartals give a profitable opportunity to non-veg markets, beverage corporations to earn a good business on the previous day. The only lot who suffer are those who reach the state without knowing the impending hartal.

The hartal Kerala saw on April 16 was quite different from the usual lot. It had no known initiator, leader, no public notice except a message through social media. Though the DGP claimed that they were aware of it and had taken adequate precautions, the damage caused in certain areas especially in the Malabar region was inexplicable. The damage caused even to the closed shops was huge. Some shops, which were closed were forcefully opened and looted. Four state transport buses were damaged and employees including police personnel were injured. Stone pelting and violent attack were beyond description. The only people who have not suffered would be those who forced the hartal on the innocent people and those deputed them. We could hear the wild laughter of the devils behind these events.

It is all happened after Kerala expressed its shock and protest against the grievous incident at Khatua. It forces us to think that it is a trial of what would happen if such a hartal was called. The intelligent, literate people of Kerala, why even of this country, should learn a strong lesson from this incident. The culprits should be taught a lesson not to indulge in such rowdism.

Let Kerala take an oath to work and not to stop work. Take a lesson from the Japanese people who work more to protest, instead of stop working. If the antisocial elements force any shopkeeper or even a hawker, to close his business, do it to protect the property but remain near the premises and watch the people supporting the hartal. Capture them on CCTV or mobile camera. Circulate their photographs on the social media so that their faces should be known to everyone, public, police and even to them. The Shopkeepers should boycott them later. They should not get any items from the market. During the last fifties, when a set of people went to the market and started bargaining, in many places the shopkeepers stopped selling them any items, saying it was 'out of stock.' People of Malabar those days were not in the habit of bargaining, both the shopkeeper and the purchaser included and people then were happy to indulge in selling and buying. Of course, the bargain selling and 'getting rid of old stock' were unheard of those days.

The shop keepers and the transport system can join hands and offer occasional bandhs against these antisocial bodies without notice. Let the leaders realise that they too could be affected. The managers of social media should come forward and identify the people who initiated this sudden hartal of April 16 and banish their accounts while also informing the identity of the culprits to the police for necessary action.

Kerala is the first state whose high court declared bandh illegal. Now it is time to declare hartal also illegal and who ever force the public to support the illegal close down, should heavily be penalised or locked up as guests of the government. Unless one experiences pain by himself, he would not understand the pain of another.

It is high time to move the courts to get hartals as well illegal closures and shops would close only on predetermined days, in most places on Sundays or Fridays. Anyone attempting another day to stop his business should be made payable for the losses incurred. Indian constitution gives liberty to all without infringing it for another. If someone closes his business premises, be it but another person has no right to prevent another from doing business within the legal frame.



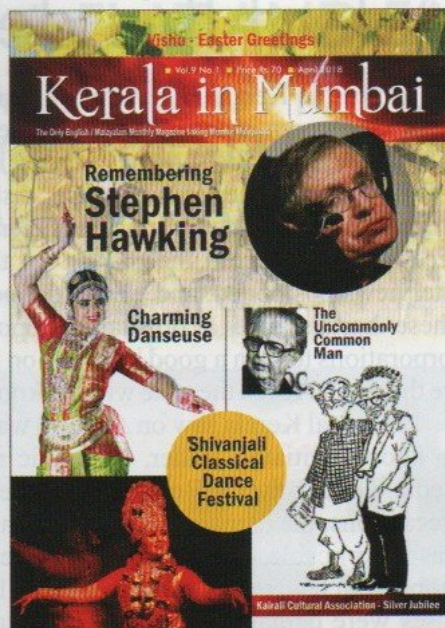
Dear editor,

You are absolutely right. Our state is not a place where you can work or do business or live peacefully without interference from politicians (all parties are equally responsible) and government servants. Everybody wants money and common man is rendered helpless.

E Sreedharan is a phenomenal character and his Mahatma Gandhi like ethical work culture didn't go well with greedy politicians and government servants. Even before the start of work, unions objected to "outside contract workers" and tried stalling the project. It was Sreedharan's sheer will power which made Kochi Metro operational in record time. Many "project affected" people, who couldn't steal money from the project were spreading rumors and hastened his departure. His saying NO to Talasseri - Mysore railway line and refusal to tow the politicians' money wasting line prompted Pinarayi Sarkar to say goodbye unceremoniously.

CM and PWD minister could not find time to meet him. Did any opposition leader blame the government for it's failure to offer a common courtesy? No. Because, they know it is good for the future. They are already salivating at the thought of KMRL taking over the project and the impending windfall.

In my 35 years of work in Pharmaceutical and Healthcare



cleanrooms, I did only one job at Kerala 20 years ago. The sterile gloves manufacturing project was at CEPZ- Kakkanad, near Kochi. For every two persons working at site from Mumbai, we were forced to employ one local labourer. Local guys will come, sit and watch before collecting wages at the end of the day. Next day, another bunch will come. We also had to pay unions separately. 3 months' project got extended by 12 months and with great difficulty we completed the project. I then promised myself never to even quote for projects in God's Own Country afterwards.

Ministers go around asking Pravasis to invest in the state. Who in their right mind will take the

risk? All Malayalees should be ashamed of the treatment meted out to the great Metro Man.

Regards
Sasidharan S Menon
Borivili E

Save birds from Summer heat

With scorching heat, birds around the city are suffering the most. It is time for citizens to take small steps to save them from dying, such as keeping small bowls of water in the balconies or at windows. Make a provision for providing water to birds in the method depicted above in park and other open spaces. Groups such as PAWS - Mumbai are doing great service to birds, and their helpline is responsive. In each citizen helps take care of 5 birds on a day-to-day basis, then the heat wave deaths can be curtailed to a large extent.

Bird lover
C.K. Subramaniam,
Sanpada Navi Mumbai

It is a pleasure reading Kerala in Mumbai month after month. All the articles are of great standard. There is a small suggestion, please try and incorporate more Mumbai News and Kerala News since many of the present generation of Mumbai Malayalees cannot read or write Malayalam. Kerala in Mumbai is the only source for us to get to know the Malayalee related activities.

Snehalatha Kuttappan

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.

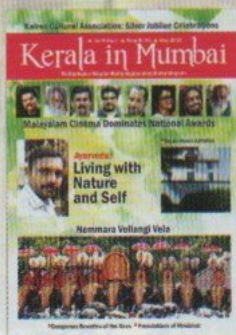
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Musical Program

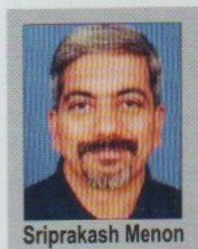




AYURVEDA

"Living with Nature and Self"

Dr Rakesh Kumar



Sriprakash Menon

■ In this world of instant relief, people may seek for cutting edge medical technology to regain health besides quick fix remedy.

However for a healthy long disease

free life, Ayurveda - way of living from childhood is the most natural form of living, according to young and dynamic Dr Rakesh Kumar of The Arya Vaidya Pharmacy (AVP-Coimbatore).

Unassuming and simple, Rakesh is based at the Dadar Nayar Samaj



Dr Rakesh Kumar

Ayurvedic Centre near Dadar station is available for consultations throughout the week except Mondays. This clinic is a joint venture of Nayar Samaj and AVP serving the people of Mumbai for over three decades.

"People had a wrong notion of Ayurveda, they think all medicines are metal based. Actually only some of the medicines are metal based and those formulations are also in the pure form", he cited explaining "in fact Ayurveda medicines substantially depend upon herbs and roots which are not only natural and organic but have properties closer to human system. Many a time doctors misguide people about



Sathothara Rajatha Jubilee Celebration inaugurated by Hom. Governor of Kerala, Sri. Nikhil Kumar on 17.10.2013 in the presence of Sri Ramesha Chennithala, Home Minister of Kerala, Sri K. C. Joseaph, Minister for Cultural and Adv. L. Chandrika, Hpn'ble Mayor TVM Corporation

Ayurveda observing one or two cases but forget the fact that many patients are doing so well without pain, agony and monetary pressure".

Ayurveda goes to the root cause of an ailment, Rakesh asserted saying, "it also looks for permanent solution. For a human body it is the closest and simplest way of treatment as it also controls life style changes including food habits. It was during former PM Atal Bihari Vajpayee's regime Ayurveda and the other alternative medicines got a boost and Ayush was established. Now of course we have a separate ministry for Ayush."

Hailing from Kollam, Rakesh was born in Andaman & Nicobar Islands and was there for 17 years. Rakesh's father Ravindra Unnithan was working at Port Blair for the Birla Group of Industries in the eighties. After studying at Kendriya Vidyalaya, Port Blair, till 12th, he joined the Government Ayurveda College in Trivandrum in 1998 and completed his BAMS (Bachelor of

Ayurveda Medicine & Surgery). "Our college was one of the few well known Ayurveda institutions in India, the land for which was donated by the Maharaja of Travancore and was inaugurated by the late President of India Rajendra Prasad", he recalled. This college recently celebrated 125 years of service to the society.

"It was during my college days, I met my wife Devi a fellow student in the same college. Later, we got married though she pursued her MD and I started working as a doctor at the Kandan Kulathy Vaidyashala", Trivandrum, he said. "Dr. Devi Rakesh is from Chengannur and her father was working with the Defence forces. She was initially working for Kerala Government Health Services and in 2010 when she got through UPSC she was posted to Department of Ayush (Ayurveda, Yoga, Unnani, Siddha & Homeopathy) in Mumbai. So we moved to Mumbai in 2010 and I joined AVP at Dadar", he recounted. Rakesh along with his wife and two children stay at Antop Hill.

Mumbai life in the beginning was appearing "to be too fast for us especially coming from Trivandrum", Rakesh felt. Since "we had a government accommodation we settled down



getting used to the crowd and pacy life of Mumbai. Being from KV (Central School), I had no problem of speaking or reading Hindi. Surprisingly, he said Ayurveda patients in Mumbai are very sincere towards the system. They follow the regimen and also bring about changes in their life styles unlike people in Kerala. People still come to Ayurveda as a last resort, when they exhaust all other options. People are in a hurry to get faster result and quick healing, ending up in furthering their complications", he pointed out.

Dr. Rakesh observed, "it's a wrong assumption that Ayurveda was restricted to Kerala. Ayurveda was an ancient medical science which prevailed across the country though even today the pure Ayurveda system of medicine is followed in Kerala. As we all know Ayurveda is a way of life and because of the literacy level in



Kerala, traditional Ayurveda is understood widely and in many instances it is nearer to the home remedies. Panchakarma is an ancient holistic treatment for body, mind and spirit. Ayurveda is living with nature and self."

"Ayurveda is a way of life and through it many chronic diseases like Diabetic, BP, Rheumatism etc can be treated and other terminal ailments can

be arrested in early stages. Pure ghee (cow's milk) about half to one tablespoon and coconut rich diet and coconut pure oil 3 to 4 tablespoon per day along with protein fibre rich, vegetable and fruit diet is healthy diet. Avoiding tobacco, alcohol, nonvegetarian besides weight control will help in maintaining perfect metabolism level and are key to keep away back body aches, knee pain and arthritis especially while following

Ayurveda", he noted.

Words like MRI, Sonography, Mammography, Dialysis, Stent, Angioplasty, Chemotherapy, Radiation may not sound very pleasant while Uzhichil, Pizhichil, Kizhi, Navarakizhi, Shirodhara, Thakradhara, Ksheeradhara and Sirovasti are more rejuvenating, refreshing and healing words in this world of diseases and illness. That's the enriching experience of Ayurveda for the human body and mind. ■

Healing the world with Ayurveda

- ▶ NABH accredited Hospital at Kottakkal
- ▶ Hospitals at Delhi, Kochi and Himachal Pradesh
- ▶ Charitable Hospital at Kottakkal
- ▶ Panchakarma and Kerala Special Therapies
- ▶ Three GMP accredited factories manufacturing over 550 classical and new generation formulations
- ▶ 29 Branch Clinics, 1650 exclusive authorised dealers
- ▶ Herb gardens
- ▶ Centre for Medicinal Plants Research - A Centre of Excellence in Research
- ▶ AYUSH and DSIR approved QC Laboratory
- ▶ Major Research Programmes in collaboration with AYUSH, ICMR, DST, MAHE, BHU, IIT and DAE
- ▶ Publication Department
- ▶ Vaidyaratnam P.S. Varier Museum
- ▶ Support to VPSV Ayurveda College at Kottakkal
- ▶ PSV Natyasanham for nurturing Kathakali



Kottakkal
ayurveda

AYURVEDA - THE AUTHENTIC WAY



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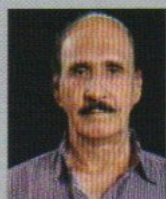
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15th Finance Commission

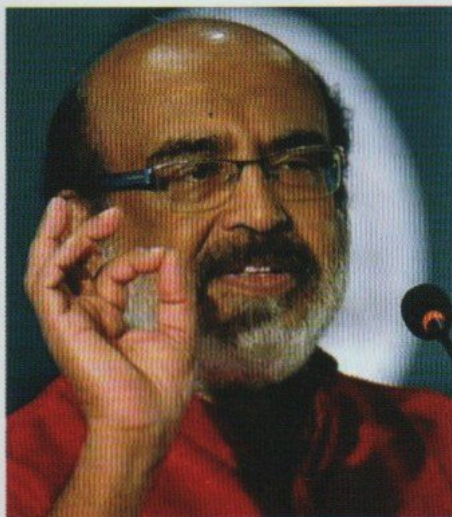
IMAGINARY LOSSES AND
GROUNDLESS FEARS

V. Balachandran

■ The soft-spoken, poetry-loving but fiercely political Finance Minister of Kerala, Dr. Thomas Isaac, has hurt me as an ex-official of the Brihanmumbai Municipal Corporation.

Perhaps, my old colleagues would have felt the same way. In an interview to 'Mint' on April 9, 2018, in the context of his Sanco Panza-like fight against the Terms of Reference (TOR) of the 15th Finance Commission, Dr. Thomas Isaac is reported to have said: "What are they trying to make of the State Governments-glorified municipalities?" ('They' refers to the ruling coalition at the Centre). For all I know, in husbanding their resources, all governing institutions, from the State Governments to the Panchayats, should follow the administrative principles of efficiency and justice and the financial norms of economy and fair play. If one were to distinguish the State Governments from the rest, it can only be in respect of their larger responsibilities for development and the greater involvement in the welfare of the people.

Dr. Thomas Isaac has unnecessarily raised the bogey of a loss of revenue to Kerala if the Finance Commission (FC) were to go by the Census of 2011 for the distribution of the Central tax revenue; 42% of the revenue is now given to the States according to the 14th FC's recommendations based on certain



Dr. Thomas Isaac

criteria including population. Dr Isaac fears that Kerala would stand to lose about Rs. 20,000 crore and has gone about instilling his fear in the ruling parties of the other Southern States also. In doing so, he seems to have forgotten the time-gap of nearly two years before the recommendations of the FC are given effect to. As it is, the FC constituted in November last, is likely to submit its report in October, 2019 and its recommendations implemented in 2020. Meanwhile, there will be the General Elections. If Dr. Isaac is not politically motivated, there is no reason why he should cry wolf now.

Constitutional Body

The FC is a constitutional body which is required to be appointed every five years (Article 280). It is the 'duty' of

the FC to make recommendations to the President as to

(a) The distribution between the Union and the States of the net proceeds of taxes which are to be, or may be, divided between them and the allocation between the States of the respective shares of such proceeds;

(b) The principles which should govern the grants-in-aid of the revenues of the States out of the Consolidated Fund of India ('b' is concerned with the Central schemes of development and welfare).

As a constitutional body, the FC is totally independent and is free from any kind of obligation to the ruling dispensation.

Three Arrows

Dr. Isaac has targeted the Centre (by implication the FC also) with the three arrows:-

1. The change of the census year from 1971 to 2011.
2. The possibility of the FC laying conditions for public borrowing (At present the fiscal deficit should not exceed 3% of the GDP.)
3. The possibility of setting limits to 'populist measures' (in other words, the freebies).

The first arrow is misdirected, the second arrow will only harm the people, and the third is already blunted. Why should the FC consider a five decades old census? It is claimed that the decadal growth-rate in population has considerably fallen in Kerala, as compared to the States in the North, and as such, Kerala stands to lose in its share of revenue if the population census of 2011 is taken into account. Though this is factually true, the fear is groundless. The factual position as compared to U. P. and Bihar (taken for illustration) is given in the table below.

Dr. Isaac's view is that, though Kerala has implemented the population control programmes better than the States of the North, it may be 'punished' if the census 2011 alone is taken into account. ■

1. Population growth in absolute terms

	Bihar	U. P.	Kerala
1971	42 m	93.8 m	21.3 m
2011	104 m	199.8 m	33.4 m

2. Decadal growth-rate.

	Bihar	U. P.	Kerala
1991-2001	28.6%	25.9%	9.4%
2001-2011	25.4%	20.2%	4.9%

Source: Economic Survey



Dangerous Beauties of the Seas



K R Narayanan

■ We all love walking on a beach or swimming in the surf of our sea shore. It can be great fun and relaxation as well. But very few of us know that there are many dangers

lurking in these very beaches and the seas. They vary from the sea snakes, sharks, corals, sea slugs, jellyfish and such other animals. It has now become a trend among us to travel to faraway beaches in the peninsular India, Andamans and Nicobar Islands, Lakshadweep and Maldives, Malaysia, Indonesia, Thailand and other tropical sea coasts during our holidays.

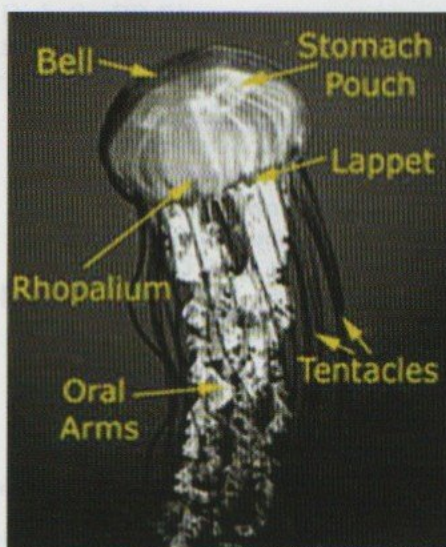
However, many of us do not have the faintest idea about the dangers hiding in these areas in the form of 'beautiful' and 'innocent looking' marine animals living there. One such beautiful but dangerous marine animal is the Jellyfish.

A Coastal Threat

The jellyfish blooms have threatened the people living all along the coastal regions of the world on many occasions. Indian shores too are no exception to this and we have faced this jellyfish threat, many a time - especially when the temperature of the sea water rises. In 2013, the Mumbai Municipal Corporation prohibited children from entering the sea, after many were stung by these creatures, during the Ganapati immersion at Girgaum-Chowpatty.

Heavy concentration of jellyfish was observed in the coastal waters of Mumbai in a survey conducted then, by the Central Marine Fisheries Research Institute (CMFRI) and the Maharashtra State Fisheries Department.

Similarly, swarms of jellyfish bloom bobbing in the sea very often trouble the tourists and visitors in Goa and Kerala, and this has been affecting the tourism business of these places. Beach



Typical Structure of a Jelly Fish

stretches in Baga-Candolim, Vagator and Morjim-Keri had witnessed very high concentration of these dreaded species in the west coast waters.

Though I have had opportunities to watch the jellyfish, drifting in the estuaries of the Arabian Sea during my childhood, my first ever confrontation with them was in 1957, at the Krusadai Island off Pamban Rameswaram coast. As we were wading through knee-deep seawaters, watching the live marine

fauna, I felt something coiling around my leg. Before I could realize what was happening, I felt a severe, burning pain in the foreleg region. I shouted in pain and my teacher pulled me out to the shore and applied some vinegar, he was carrying in his kit. The pain and burning sensation remained for about half an hour or so and the affected area had developed reddish patches as well. And to me, it was the first and actual experience of the sea wasps, our Professor (the late Rev.Fr.Gabriel) was teaching us those days.

Jellyfish is no Fish

If you ask a biologist, he would say that the jellyfish is not a fish at all; for they have no backbones, no scales, and no gills to breathe. It is an animal without any organized/well developed organ. It has no specific head, brain, heart, eyes, or ears. It has no bones either. It is a close relative of the corals and sea flowers (Sea Anemones). The scientists say that these animals have been living on the earth for about 700 million years, with no much evolutionary change.

To capture a prey for food, the jellyfish has a net of filament-like tentacles that contain poisonous,

stinging cells. When the tentacles brush against the prey (or a human body), thousands of tiny stinging cells explode, launching barbed stingers and inject poison into the victim. The sting of some species, such as the Sea Wasp and the Sea Nettle can be very deadly.

Wherever there is water from the icy polar seas to tropical shores there are jellyfish. They are seen in every ocean of the world and in some fresh waters as well. Scientists estimate that there could be about 2,000 varieties or more of jellyfish in the world.

The Characteristics

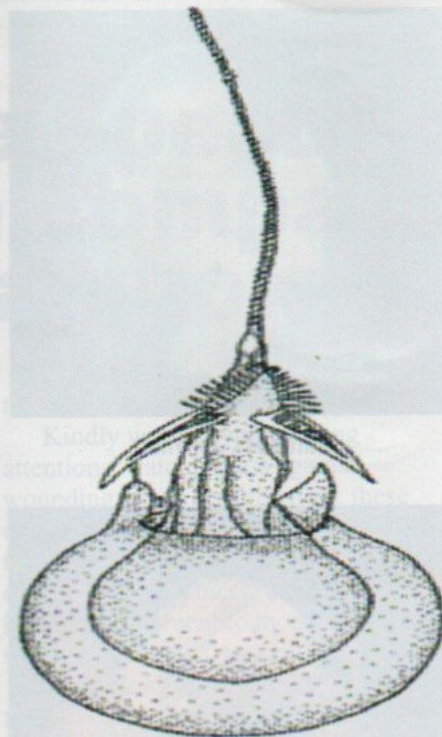
The body of an adult jellyfish consists of a bell-shaped jelly enclosing its internal structures from which tentacles are suspended. Each tentacle is covered with poison-cells (Cnidocytes) that can sting or kill its prey or its enemy. Most jellyfish use these cells to secure prey or for defense. A few of them, however, (like the Rhizostoms), do not have these cells. These animals lack the basic sensory organs and a brain, but their nervous systems allow them to perceive stimuli, such as light and odor, and the animals can respond quickly. They feed on small fish and zooplankton (floating animalcules) that get caught in their tentacles.

Jellyfish are passive drifters and slow swimmers, as their shape is not hydrodynamic. Instead, they move so as to create a current forcing the prey within the reach of their tentacles. They do this by rhythmically opening and closing their bell-like or saucer-like body. Their digestive system is incomplete. A single orifice of the body cavity (enteron) is used to take in food and expel waste.

The body of an adult jellyfish is made up of 94.98% water. The bell/saucer consists of a layer of epidermis, gastrodermis, and a thick, intervening layer called mesoglea that produces most of the jelly.

A jellyfish is dioecious and sexes are separate. The males release their sperm into the surrounding water. The sperms then swim into the mouth/enteron of the female, allowing the fertilization of the ova.

Their lifespan is only about two and a half months; but many live longer than six months. There is a species which can live for as long as 30 years



The released/discharged Sting of Jellyfish



Sea Nettle Jellyfish
(*Chrysaora quinquecirrha*)



Portuguese Man-of-War
(*Physalia*)

and yet another species is effectively immortal.

The Varieties

The jellyfishes are classified based on the shape of their body as Stauromedusae (Saucers), Cubomedusae (Cube shaped), Coronatae (Crown shaped), Semaestomeae (attached ones) and Rhizostomae (Umbrellas)

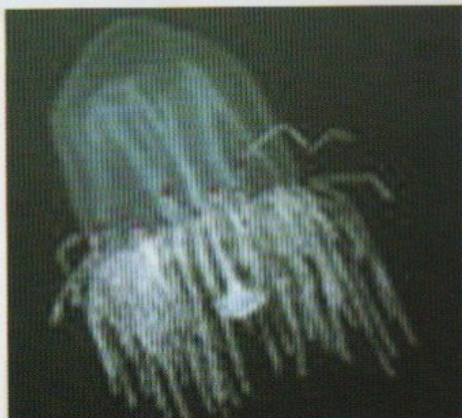
The Blooms

Increased nutrients in the water, ascribed to agricultural runoff, have also been cited as an antecedent to the proliferation of jellyfish. It is said that "Ecosystems in which there are high levels of nutrients ... provide nourishment for the small organisms on which jellyfish feed. In waters where there is eutrophication, low oxygen levels often result, favoring jellyfish, as they thrive in less oxygen-rich water than fish can tolerate". The fact that jellyfish population is increasing is a symptom of some undesirable happening in the ecosystem of the seas. By sampling sea life in a heavily fished region off the coast of Namibia, researchers found that jellyfish have overtaken fish in terms of biomass.

The findings represent a careful, quantitative analysis of what has been called a "Jellyfish Explosion" following intensive fishing in those areas in the last few decades.

Many species of jellyfish are capable of congregating into large swarms or "blooms", consisting of hundreds of individuals. The formation of these blooms is a complex process that depends on ocean currents, nutrients, temperature and ambient oxygen concentrations. Jellyfish sometimes mass-breed during blooms. But, in so far as India is concerned, such data on agricultural run-off and related jelly blooms are not adequate to know the ecological imbalances in the seas off the sub-continent.

Increasing marine pollution and climate change are attributed as factors responsible for more frequent swarms of the organisms in coastal waters. Higher ocean temperatures create favorable reproductive conditions for these animals. "A concentration in nutrient levels is one of the factors for their growth," say the scientists of the National Institute of Oceanography (NIO). The jellyfish occurrence raises a big threat to the fisheries sector, as they consume the food of the bigger fish.



Narcomedusoid



Stingless Jellyfish



River Jellyfish



The Stings

The jellyfish are venomous marine animals. As said earlier, they are present all over the world and cause injury and illness through the release of venom when their tentacles come in contact with skin (stinging). The sting of a jellyfish can cause severe illness and extreme pain and, though rarely, they may even cause death.

Jellyfish stings cause immediate, intense pain and burning that can last

for several hours. Raised, red welts develop along the site of the sting, which may look as if you have been hit with a whip. The welts may last for 1 to 2 weeks, and itchy skin rashes may appear 1 to 4 weeks after the sting.

Fortunately, most jellyfish stings are not severe. Extensive stings, allergic reactions, or severe toxic reactions are not common but do occur.

The box jellyfish, which is found in the Indian Ocean and South Pacific, can

cause a fatal reaction. It is the only jellyfish for which a specific antidote (antivenin) exists. Administration of this antivenin may be lifesaving.

The Sea Wasps

The venomous jellyfish are many in the seas and are generally referred to as sea wasps. Though rarely, the jellyfish called the Portuguese Man-of-War (*Physalia physalis*), is reported to have caused the death of its victims. The toxins from their tentacles are about 75 percent as powerful as cobra venom. Dead men-of-war stranded on the beach can still sting so don't touch them and keep out of the water if they are present.

"If a man-of-war had the cobra's muscular power and venom capacity, ocean bathing would be eliminated along some of the finest beaches," says Dr. Charles Lane of Miami's Institute of Marine Sciences. Unconfirmed human fatalities have been reported. As Dr. Lane elegantly puts it, "*Persons blundering into the sinister violet-tinted curtain of tentacles will not soon forget it*".

Handling and Treatment

People stung by jellyfish must get out of the water to avoid drowning. In serious cases, advanced professional care must be sought. This care may include administration of an antivenin and other supportive care such as required to treat the symptoms of anaphylactic shock.

Vinegar (3 to 10% aqueous acetic acid) should be applied for box jellyfish stings. Vinegar, however, is not recommended for Portuguese Man of War stings. In the case of stings on or around the eyes, vinegar may be placed on a towel and dabbed around the eyes, but not in them.

Salt water may also be used in case vinegar is not readily available. (Fresh water should not be used if the sting occurred in salt water, as a change in pH can cause the release of additional venom). Rubbing the wound, or using alcohol, spirits, ammonia, or urine will encourage the release of venom and should be avoided.

A Sea Food

Human need for seafood has not spared the jellyfish too. The jellyfish food - like the Jelly Food Leg, Dry Salted Jelly Fish/Jelly Fish Head, Dry Jellyfish, etc. are delicacies in the Western Countries. ■



The Spectrum of Human Compassion and its Rainbow Colours



Prof Dr John Mathews Vazhappilly

■ A human being is part of the whole called by us 'Universe', a part limited in time and space. We experience ourselves, our thoughts and feelings as something separate from the

rest... This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Albert Einstein

Visiting Raj Ghat, the Memorial to Mahatma Gandhi in New Delhi. I bowed my head before the black stone platform. I pondered Gandhi's brilliant spirit. I thought of his ceaseless struggle to douse the fires of hatred with water drawn from the pure springs of love for humanity and I thought of how alone he was in his quest. For Gandhi, non-violence meant an overflowing love for all humanity, a way of life that emanated from the very marrow of his being.

A Passion for Compassion

Compassion has been described in many ways. It is the poetry of the human heart, the music of human life. It is a golden chain that binds different races and diverse cultures together. It is a fountain of tenderness. It is said that compassionate hearts are more than coronets. Compassion imprints the divine image in the human soul. Each one of us knows the joy of receiving a friendly look, a cordial, warm hug, a hand held out in times of distress. And such gestures and acts of compassion can be made at so little expense, yet they bring such shower of blessings on both the receiver and giver of compassion. No wonder, compassion is

the nectar of the human soul.

Kindly words, sympathizing attentions, watchfulness against wounding men's sensitiveness these cost very little, but they are priceless in their value. Are not they almost staples of our daily happiness? From hour to hour, from moment to moment, we are supported, blessed, by small kindnesses.

Genuine kindness, courtesy and respect come from a deep character reservoir of SQ and even obviate the necessity for a lot of social niceties and ceremonial-type courtesies. It is an expansion of the spirit of Humanitarianism stands for the spirit of creative sympathy. It is inspired by an intuition of the kinship of all sentient life, a vision of the fellowship and brotherhood of life. In its larger sense, humanitarianism covers the whole field of unselfish serve.

A tradition about the Prophet Mohammed goes that when he entered a place of worship, he would say, "O God, pardon my sins and open to me the gates of Thy compassion." On leaving, he would say the same.

The story of Martin of Tours

Genuine compassion blossoms into acts of kindness. It could be a dynamic plunge into action to change the adverse situation of the one who is suffering. The following story about St. Martin of Tours illustrates the true spirit of human compassion. One night while he was on sentry duty he saw a poor man freezing in the cold. Martin drew his sword and cut his cloak in two and gave half to the poor unfortunate. It is true that he was forced into military service but nothing prevented him from practicing his faith and of expressing his love for God and his neighbor. It was said that the next night in a dream or apparition? Martin saw Christ surrounded by his angels and said: "Martin, who is only a catechumen, covered me with his robe." That famous incident was immortalized by various painters such as Giotto and

Simone Martini.

The Milk of Human Kindness

If I can stop one heart from breaking
I shall not live in vain.
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.

Emily Dickinson

Kindness is deep sensitivity and tenderness, the extension of ourselves to another human being that says, "I know how it is, I have been there." It can be expressed through a loving glance. It can be a hand or shoulder extended to one in need, the saying without words that we understand and care, that we stand by with offerings of comfort to ease and lighten the pain of an aching heart. Kindness is the soft glowing fire that melts the icy loneliness of a broken heart. It is the only light in the darkness of suffering. Kindness may be one word said at the right time. Often kindness is wise silence that senses the pain of a distressed soul. Kindness is like a bouquet of flowers in an otherwise ordinary room.

Tiny acts of self-denials, little passing words of comfort and solace, tiny, nameless acts of kindness, gracious gestures of courtesy these are the imperceptible threads of gold, which, when woven together gleam out so brightly in the pattern of life that is so pleasing to God.

Tolstoy told a beautiful story of a shoemaker who on the way home one night found a poor man shivering and poorly clad. Moved by pity, he took him home. But his wife complained about his bringing a stranger into the house and the cost of feeding another mouth. As she continued, the stranger grew smaller and smaller, shrivelled and wrinkled with every unkind word. But when she spoke kindly to him and gave him food, he grew and become more beautiful. The reason was that the

stranger was an angel from heaven in human form and could live only in an atmosphere of kindness and love.

I often wonder why people do not make more of the marvellous power there is in kindness. It is the greatest lever to move the hearts of men that the world has ever known-greater by far than anything that mere ingenuity can devise or subtlety suggest. Kindness is the kingpin of success in life. It is the prime factor in overcoming friction and making the human machinery run smoothly.

Julia Ward Howe one day was talking to Charles Summer, the distinguished senator from Massachusetts. She asked him to interest himself in the case of a person who needed some help. The senator answered, "Julia, I've become so busy I can no longer concern myself with individuals." Julia replied, "Charles that is quite remarkable. Even God hasn't reached that stage yet."

B.C Forbes Considered kindness as an essential of organisational efficiency and success. He observed: Every time I visit a factory or any other large business concern, I find myself trying to diagnose whether the atmosphere is one of kindliness or the reverse. And somehow, if there is palpably lacking that spirit of kindness the owners have fallen short of achieving 24- carat success no matter how imposing the financial balance sheet may be.

The Miracle of Sympathy

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

Upon the place beneath. It is twice
blest:

It blesseth him that given and him
that takes

'T is mightiest in the mightiest: it
becomes

The throned monarch better than his
crown;

*William Shakespeare,
The Merchant of Venice 4:1*

Sympathy is a temper or character that draws others together. It is what might be called spiritual or emotional sensitivity. The Greek origin of the word "Sympathy" implies "suffering with". It is a kind of silent understanding and concern when heart meets heart. As magnetism exists in metals, sympathy exists in all human hearts; but a certain temperature is

required to develop the hidden property, whether in the metal or the mind.

The Spanish word "Simpatico" is richer in meaning. "Simpatico" suggests a quality of heart that is congenial, winsome, pleasant. Sympathy requires wit and intelligence and imagination.

Through misuse, sympathy has taken a gloomy sickroom meaning and come to be synonymous in our minds with pity. "Sympathy" with pain is not the highest form of sympathy" wrote Oscar Wilde. "Anyone can sympathize with the sufferings of a friend, but it requires a very fine nature to sympathize with a friend's success". The kind of sympathy we need to cultivate is the kind which shows a man in the words of Sir Francis Bacon, "that his heart is no island cut off from other lands, but part of a vast continent."

The gift of sympathy enriches and benefits the life of the person who bestows it quite as much as it does the person who receives it. Do you think the Good Samaritan wasn't in some subtle way repaid for his oil and wine and friendly ministrations?

Sympathy enhances our happiness in a fuller sense of living and in an increased realization of human brotherhood. By sharing the life of others, our own life is enormously expanded, amplified and deepened and we get a higher understanding. It is only by this spiritual progress upward, ever sharing, ever caring, ever learning that we can hope to learn what life really means.

One wonders if there is not more sympathy in smaller communities than in great cities. One can live in apartments and not know the next door neighbour but there is hardly a village in which one does not know the next door neighbour. There is probably less borrowing of sugar in all of the apartments of New York than there is in a village of five hundred. Not long ago, a picture magazine took photographs for one hour of people who passed by a wounded man on a subway stair. The magazine recounted in pictures the number who looked at the man and then went on their way without making a sympathetic inquiry. But the magazine itself forgot to state that the photographer was more interested in the click of the machine than he was in the tick of the heart of the wounded man.

The daily bread of human kindness

is far more nourishing than the accumulated knowledge and wisdom of the human race. Let us not undervalue the need for kindness. We live in a universe whose heard, harsh, violent forces, rage fiercely and ferociously.

A happy life is made up of little things in which smiles and small favours are given habitually. A gift sent, a letter written, a call made, a recommendation given, transportation provided, a cake made, book lent, a check sent - things which are done without hesitation. Kindness isn't sacrifice so much as it is being considerate for the feelings of others: sharing happiness, the unselfish thought, the spontaneous and friendly act, forgetfulness of our own present interests.

All violence is born from a lack of sympathy and compassion. Violence springs from a wounded, unsympathetic spirit: a spirit burned and blistered by the fire of arrogance: a spirit splintered and frayed by the frustration of powerlessness: a spirit parched with an unquenched thirst for meaning In life: a spirit shrivelled and shrunk by feelings of inferiority.

E V Lucas has told of a school in England where empathy is taught. In the course of a term every child has one blind day, one lame day, one deaf day, one day when he cannot speak. The night before the blind day his eyes are bandaged. He awakes blind. He needs help and other children lead him about. Through this method he gets a grasp on what it is really like to be blind. And those who help, having been "blind" themselves, are able to guide and direct the blind with understanding. This method accomplishes what all of us need daily training in how we can establish a sense of real fellowship with others.

The Angels asked God if there was anything in the world stronger than rocks." Yes "answered God;" stronger than rock is iron" "Anything stronger than iron?" asked the Angels. And the Lord answered: "Fire for iron many be melted in fire" "Anything stronger than fire?" asked the Angels. And the Lord said: "Yes water: for 'fire is quenched by water" "Anything stronger than water?" the Angels asked again. And the Lord answered: "yes, wind: for wind may scatter water" "Anything stronger than wind?" asked the Angels "Yes" said the Lord; "sympathy is stronger: And nothing there be that is stronger than the compassionate heart. ■



Kumbalathu Sanku Pillai

A True Leader Who Served The People



V N Gopalakrishnan

■ Kumbalath Sanku Pillai was one of the leading figures in Kerala politics. He was in the forefront of the struggle to end the rule of Sir C P Ramaswamy Iyer, the Dewan of

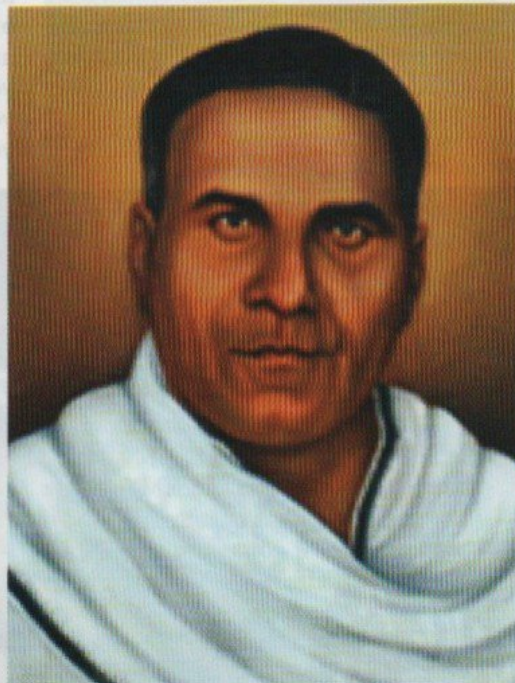
Travancore. Sanku Pillai fought relentlessly against untouchability prevailed in the society following its advocacy by Mahatma Gandhi. He became active in the freedom movement and was hesitant to be in power though he played the role a "King Maker". He served as a mediator among the people for solving their local disputes. It was Barrister A.K. Pillai who initiated him into politics and he served as the President of the Kerala Pradesh Congress Committee (KPCC) for a short tenure from 1949 to 1951.

Sanku Pillai was born on February 15, 1898 in Thottuvayalil Bungalow, a prominent Nair family at Prakkulam in Kollam district. At the age of 18 Sanku Pillai moved to Panmana to look after the ancestral properties and settled down there. Following Mahatma Gandhi's appeal against untouchability, Sanku Pillai organised a mixed meal and bathing with backward class brethren when he was hardly 22 years old! Even before the Temple Entry Proclamation of 1936, Sanku Pillai had opened the gates of Panayannarkavu Temple and Kannankulangara Temple near Panmana Ashram to all irrespective of their caste. "Backward caste members are also human beings. If God will flee from temple because of their entry into it, let God flee", he had said. Sanku Pillai was jailed several times.

In 1948 Sanku Pillai was directed to alter the Ministry presided over by Pattom Thanu Pillai as the latter denied two cents of land at Thiruvananthapuram for treasuring the physical remains of Swadeshabhimani Ramakrishna Pillai. Interestingly, Pattom Thanu Pillai also belonged to

State Congress at that time.

The meeting of Sanku Pillai with Chattampi Swami was a turning point in the life of Sanku Pillai. He invited Swami to visit Panmana and accordingly, Swami reached there. Swami became the mentor of Sanku Pillai, though he was 45 years older to him. Swami always addressed Sanku Pillai as 'Karanavar'. He established an Ashram at Panmana where Chattampi Swami's Samadhi is situated. Ashram was the nerve centre of Kerala politics for half a century as Sanku Pillai was there to steer it.



Sanku Pillai

Sanku Pillai has recounted his experiences in a book titled "Ente Kazhinjakala Smaranakal (My past reminiscences)" which is a true document of the history of Kerala. Sanku Pillai was the founder of many educational and cultural institutions including, the Devaswom Board College at Sasthamkotta. The college established in 1964 under the management of Travancore Devaswom Board has been renamed as Kumbalathu Sanku Pillai Memorial DB College during its golden jubilee.

Sanku Pillai passed away on April

16, 1969 and is survived by two daughters Madhavikutty Amma, Sathi Amma and younger son Vijaya Krishna Pillai. Sree Kumbalathu Sanku Pillai Memorial Foundation organizes Sanku Pillai's birth anniversary every year.

V S Achutanandan, former Chief Minister of Kerala stated at an annual function in memory of late Sanku Pillai that he was a veteran freedom fighter and one of the most prominent leaders of the erstwhile Travancore State. He said that Sanku Pillai opposed the American model government mooted by Dewan Sir C P Ramaswamy Iyer. While a section of leaders in the Congress were not opposed to the American model of the Dewan, prominent leaders of the party like Sanku Pillai, C Keshavan and T M Varghese strongly opposed it. The Communists were also strongly opposing to the American model, he said and added that Sanku Pillai had always remained with the progressive forces and he still remains a great model for public figures. Though Sanku Pillai was deeply involved and led the freedom struggle, he never went after power. But like the common man, he looked forward to a good democratic rule. V S Achutanandan also released a souvenir titled Oru Thekkan Veera Gatha in memory of Sanku Pillai on the occasion.

A K Antony, former Defence Minister stated that the late Kumbalathu Shanku Pillai was a man who gave a different dimension to the freedom struggle in erstwhile Travancore. He made this statement while inaugurating the Kumbalathu Sanku Pillai Memorial Political Studies Research Centre at Chavara on January 19, 2009. The Centre building was constructed by the Sree Kumbalathu Shanku Pillai Foundation. "Pillai was a man who earned the respect and love of the people without going after power politics. He was a true leader who served the people. Yet it took forty years for us to give the freedom fighter a fitting memorial," he said on that occasion. ■



Take a Mini Vacation It doesn't get much better than this..!



Vidhya Vasudevan

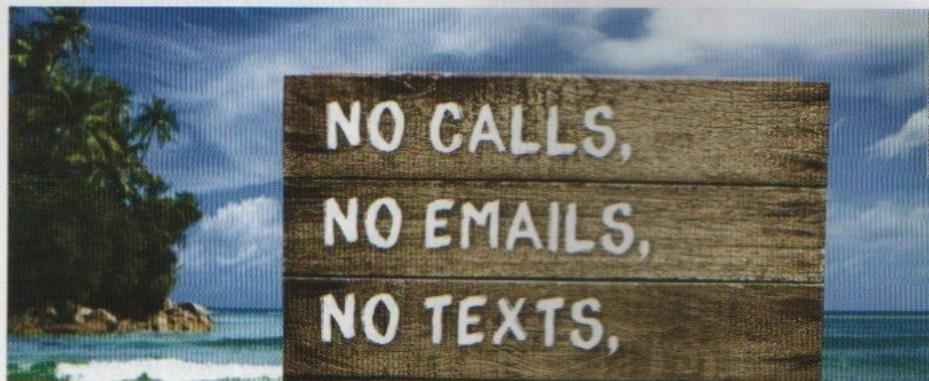
■ When was the last time you took a break from your career or routine just to be? Have you been able to give a vacation to those exhausted brain cells? I know it's

hard for you to even consider it and you feel guilty over it because you have to earn a living and keep on paying those bills. But you have to agree that taking an off for a week or two for yourself isn't going to bring the career patrol to your doorstep; or is it?

In other words, you deserve a break where you aren't constantly thinking of the next item on your long to-do list, without a thought of your career popping into your ambitious mind regularly throughout the day. Taking such a break will give you that extra real time and help you de-clutter your mind.

Doesn't it sound too good to be true? Yes, it is and can be done. You just have to be patient and willing to step out of your mind-set and really work to reach there. Now that you have taken that mental vacation, what could you possibly do with all that time on your hands? If you think that's a difficult question, then perhaps you should refrain from taking that mental break after all, as you are still stuck with your old mind set.

Take a step back, close the lid on your professional life for those promised few days and when you are confident that you're ready to begin the journey, look around yourself and take inventory of everything you have been missing or you always wanted to do but just didn't have the time. Stop and work those five senses which were deprived for so long. Relax, let go. Breathe in, take a walk down the beach, or indulge in your



hobby of photography as you visit new places and endure extraordinary experiences. Listen to music or just the silence of the night, waves on the beach or the perfect rhythm of your stress free heart. Consider volunteering your free time and touch a life with your kindness. Take your family or friends

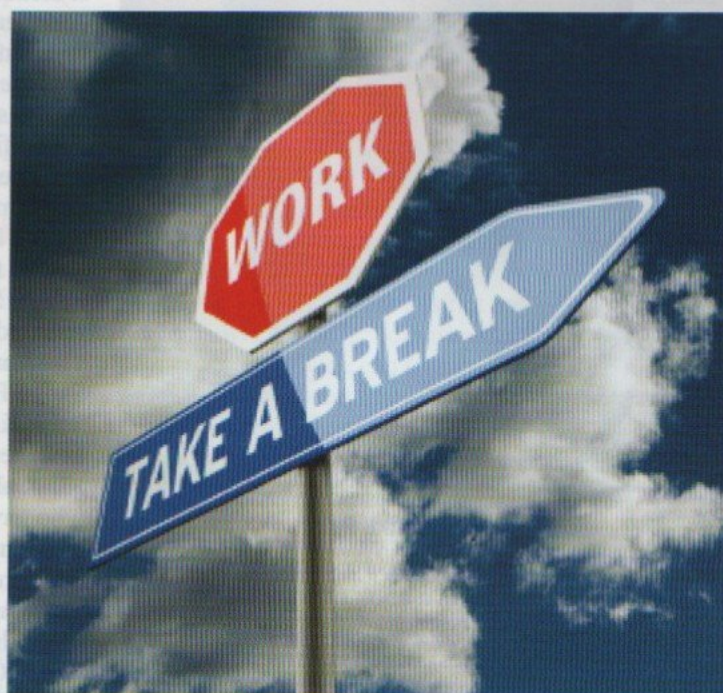
workload you will have to handle once you get back, just assure him/her it's for the benefit of all. Once you are back to office life, you will be capable of handling whatever curve ball is thrown your way because during your vacation you will renew, recharge and fire up your brain cells with commitment,

energy and clarity! This is only possible if you can really let go of stressful or negative thoughts, allowing yourself a few days of freedom. Don't let that nagging inner voice take over, listing all of the reasons why this wouldn't be such a good plan and dissuade your ambitious brain from the idea. Trust me, it is. You will thank me later!

Take a legitimate (with prior approval and clearance, of course), mind-free vacation from your career /routine. It's sure to rejuvenate and stimulate your creative thoughts so when your vacation is over you are ready to get back to work with a new and fresh perspective on how you want to move forward with your

career. These new ideas might surprise and delight you and even make your boss happy. You might start feeling more balanced within the different aspects of your life. So, let this be the threshold of new beginnings.

In matters of healing the body or the mind, vacation is a true genius!



out to those restaurants you have always wanted to try. Bowl, read books, watch movies. The list is endless! Remember, choosing what to do with your time doesn't have to be an expense. Get creative.

If your boss is reluctant to grant you those few days to yourself, fearing the

Saryati, Naraisyanta, Pramsu Nabhaganedista or Nabanedista, Karusa and Prasadhra.

Religion

The purpose of religion is to lead people towards happiness. The dictates of dharma help us to moderate our desire for personal enjoyment. They are also essential to create social order.

The first step in this process is to make a man truly a man. The second step is to raise him to the height of divinity. All religions speak with one voice that an individual must be invested with the qualities of love, humility, serenity and the spirit of sacrifice.

What is special about Hinduism is that it alone reveals the one and only God in many different divine forms, with manifold aspects. The devotee worships the Lord in a form suited to his mental make-up and is thus enabled to come closer to the Lord with his love and devotion. These different forms are not the creation of any one's imagination but revealed to great men. These men have shown to us how we can also get close to the Lord through *mantras* (divine formulas) to accomplish this, and also prescribes the manner in which the divine forms whose vision they have had, are to be adored. Bhakti or devotion is common to all religions whatever the manner of worship they teach.

All religions have one common ideal: worship of the Lord; and all of them proclaim that there is but one God. This one God accepts your worship irrespective of the manner of your worship. So there is no need to abandon the religion of your birth and embrace another. Different religions have taken shape according to the customs peculiar to the countries in which they originated, but their goal is the same to lead them to the *Paramatman*.

One big difference between Hinduism and other faiths is that it does not proclaim that it alone shows the path to liberation. The Vedas proclaim: "The wise speak the one truth but by different names. This is the reason why Hindus have not practiced proselytization and religious persecution.

If religions that resort to neither force nor to the power of money have grown, it is solely because of the noble qualities of their teachers. Producing men of such high qualities from

amongst us is the way to make Hinduism flourish. It is through such men that the *sanathana dharma* has been sustained as a living force. Hereafter too it will be through them that it will continue to remain a living force.

Ordinarily, it is not easy to develop faith or devotion to God expressed in abstract terms. *Sandhyavandana* (morning and evening prayers). *Namaz* (Persian word for Islamic prayers) and other forms of prayer are examples of such rituals. The religions teach people their duties, how they must conduct themselves in the world and how they must devote themselves to God in the very midst of their daily life.

The decay of religion in any country could be attributed to the lack of character of its leaders and of the people constituting the establishment for its growth. If religions that neither resort to force nor to the power of money have grown, it is solely because of the noble quality of their teachers.

Producing men of such noble qualities amongst is the way to make



our religion flourish. The need is for preceptors, capable of producing an example through their very life of the teachings of our religion. It is through such men that *sanatana dharma* has been sustained as a living force and will continue to remain so.

Sanatana Dharma

Hinduism has a number of unique and distinctive features. One of them is the theory of karma, though this theory is common to religions like Buddhism which are offshoots of Hinduism.

The karma doctrine says that for every action there is an equal and opposite reaction. There is an ineluctable law of physics governing cause and effect and action and reaction. The law pertaining to physical phenomena our forefathers applied to human life. According to the karma theory, every action of man has an effect corresponding to it. Based on this, Hinduism declares that if a man commits a sin, he shall pay the penalty for it.

Hinduism asserts that man is born again and again to experience the consequences of his good or bad action. No religion originating in countries outside India, subscribes to the cause and effect connection, nor to the reincarnation theory and strongly oppose the view that man is born again and again in order to exhaust his karma. They believe that man has only one birth, that when his soul departs on his death, it dwells somewhere awaiting the date of judgment. On this day God makes an assessment of his good actions and bad actions and on the basis of it, rewards him eternal paradise or sentences him to eternal damnation.

That the one and only *Paramatman* who has neither a form nor attributes is manifested as different forms and attributes is another special feature of Hinduism. We worship idols representing these forms of deities. This does not mean that we believe in many gods. Hinduism does not say that the idol alone is God. The idol is meant for the worshipper to offer one pointed devotion and he adores it with the conviction that the Lord who is present everywhere (omnipresent) is present in it also. The practitioners of other religions have also symbols of worship. So it is unjust to say that Hindus alone worship idols.

That ours is the only religion that does not proclaim that its followers have an exclusive right to salvation is a matter of pride for us Hindus. Our catholic outlook is revealed in our scriptures which declare that whatever the religious path followed by people, they will attain the same *Paramatman*. That is why there is no place for conversion in Hinduism.

"Live and let live" has been and continues to be the ideal of our religion". It has given birth to religions like Buddhism and Jainism, which have been propagated for the *atmic* advancement (progress towards self-realization) of the people there.

All religions have their own philosophical and theological systems. Also all of them deal with individual life. To religions different from Hinduism, social life or the structure of society is not a major concern. Hinduism alone has a sturdy sociological foundation and its special feature, *varnashrama dharma* is an expression of it.

Varna dharma (caste system) is one concept and *ashrama dharma* (four stages of life) is another together they

make up *varnashrama dharma*.

Ashramadharma deals with the conduct of an individual during different stages of life. As a *brahmachari* (student) he devotes himself to studies. In his second stage as a youth, he takes a wife, settles down in life and begets children. In the third, as he ages further, he becomes a forest recluse and, without much attachment to worldly life, engages himself in Vedic karma. In the fourth, he even forsakes Vedic work, renounces the world to become a *sanyasin* (ascetic) who has renounced the world utterly to become a *sanyasin* and turns his mind to the *Paramatman*. These four stages of life are called *brahmacharya* (student), *grahastya* (householder), *vanaprastha* (forest dweller) and *sanyasi* (ascetic).

The *sastras* lay down separate rites and practices for the four *varnas*. This means that within the fold of the same religion, Hinduism, there are numerous differences. A young man belonging to one *varna* is not to marry a girl belonging to another. A vocation practiced by one *varna* is not to be practiced by another. Apart from the large number of differences already existing more and more *jatis* (divisions) are coming into being.

Hindus today feel ashamed of the fact that a religion of which they have otherwise reason to be proud of should have so many differences in it. Other religions also have their differences. But in Hinduism, the do's and don'ts are not the same for all.

For instance, it is *dharma* for one man to wear the sacred thread and chant the Vedas, while the same is *adharma* for another. For some it is an offence to chant the Vedas, while for some others it is an offence not to chant the same. Some are at heart proud of Hinduism but want the *varna* system to be scrapped and all Hindus to form a single class without any distinction as is the case with the followers of other religions. We must do away with the system of different religious rites and practices. The original thinkers of our religion who proclaimed the oneness of the individual self and the '*Paramatman*' would not have believed in such differences among the individual souls. Krishna *Paramatman* says in the Gita that the vocations are assigned according to differences in their nature, not according to birth." The system of hereditary occupations did not originally obtain but was a later

invention.

How can birth be a basis of the quality on which one's occupation is based? Before a man's individual character develops, he grows up in an environment, an environment evolved through the vocation practiced in his family from generation to generation. He adopts this vocation and receives training in it from his people. It is in this manner that his *guna* is formed and it is in keeping with his work. Although people were divided on the basis of vocations, there was harmony among them. Children born in such a setup develop a liking and aptitude for the family vocation. So what is practiced according to birth came to be the same as that practiced according to *guna*. Whatever be the view of reformers today, in old days, an individual's ability to do a job was in accord with his *guna*;



Dr B R Ambedkar asked his followers to burn Manusmriti

and in the *dharma* obtaining in the past a man practised his calling according to his *guna*.

According to psychologists, heredity and environment play a crucial part in determining a man's character, abilities and attitude. In the past, all the vocations were handed down from grandfather to father and from father to son. Each group practised a particular occupation or trade and lived in a separate area in a village. So the environment also helped each section to develop its special skills and character. Thus heredity and environment are greatly instrumental in the shaping of a man's *gunas* or vocation.

There is a notion that in *varnashrama* the Brahmin enjoys more comforts than others, that he has more income and that he has to exert himself less than others. The brahmins have to

wake up at 4 in the morning and bathe in cold water, rain or shine, warm or cold. Then, without a break he has to perform one rite after another and one of the 21 sacrifices. Many are the vows and fasts that the Brahmin has to keep and many are the ritual baths. Others do not have to go through such hardships.

The *dharma* of the *sudras* involves much exertion and effort in its practice. In the past they knew more contentment than the other castes, living as they did by the side of the Lord. Vyasa says, "The age of *Kali* is in no way inferior to the other ages nor are *sudras* inferior to other castes. "*Kali* is indeed elevated and *sudraas* exalted."

The *sastras* say that all types of work are equally noble. If the socialists say so from the worldly or material point of view, *sastras* say the same from the spiritual point of view. If everybody does the work allotted to him thinking it to be an offer to *Iswara*, all will be rewarded with inner purity, so say the *Sastras*.

It must be noted that if a Brahmin enjoys bodily comforts in the same manner as a Kshatriya or a Vaisya, his *mantras* will cease to be efficacious. If a labourer keeps fasts like a Brahmin, he will not be able to do his duty, that is he will not be able to do physical work satisfactorily.

The mingling of castes will damage the system of vocations, the system that was devised for the good of all society.

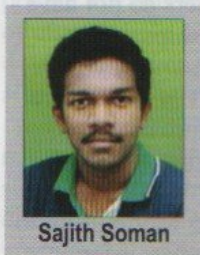
After the inception of British rule, Brahmins lost the royal grants but got jobs in Government. With the introduction of machines and increased urbanization, handicrafts were destroyed and village life received a setback. While other communities found it difficult to get jobs, Brahmins were able to have their upkeep without any physical exertion. This shook the foundation of the system of four *varnas* and the British used the opportunity to introduce the new principle of equalitarianism and the race theory. People lost their faith in the *sastras* and with it there was change of outlook.

Critics of *varna dharma* brand it as a blot on Hinduism, which divides people into high and low. It is a unique instrument to bring about orderly and harmonious life. ■

Source: "Introduction to Hindu Dharma" by Jagadguru H.H. Sri Chandrasekharendra Saraswati Swamikal, the 68th Acharya of Kanchi Kamakoti Peetham.



Pause, Think, Act



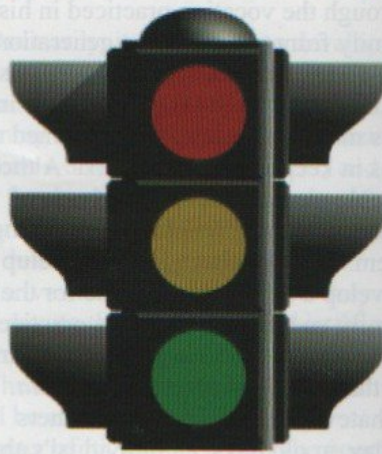
Sajith Soman

■ There is an ever-growing vulnerability experienced around the globe. Today when we open any social media platform, we are most likely to

bump frequently into articles/videos which are extremely graphical & depicts crude violence. We are in times when any one can upload anything from any corner of the world and ensure that they are fully heard and seen.

It is time for all of us to pause, think and act quickly -

1. There might be some benefits of sharing violent acts on social media to alert, awake and make people aware of what is happening around! To what extent should this be shared? What is the moderation



level to upload such graphics?

2. I guess there are always two sides of any coin. To what extent can one shoot and upload something and pass a judgement when it has not been put to the law yet?

3. Are we completely satisfied about what was shown Vis a Vis what all were there to be shown?

4. How are these graphics being understood and taken by the youth and kids who you may agree are the first ones to view/read such things?

5. Are we as human becoming more realized beings after watching this or is it becoming a catalyst to awaken the dark side of us humans and transforming us to become more restless and anxious?

6. Will ignoring such things and sharing stuff which promotes peace, harmony, and good humor be able to wipe this situation on a long term?

Will it make a difference if we purposely avoid sharing such cruelty when we know that it is for sure happening in the backdrop?

7. Do we find ourselves in the graphics which we see? In what percentage? In what role the inflictor, the survivor, or the bystander?

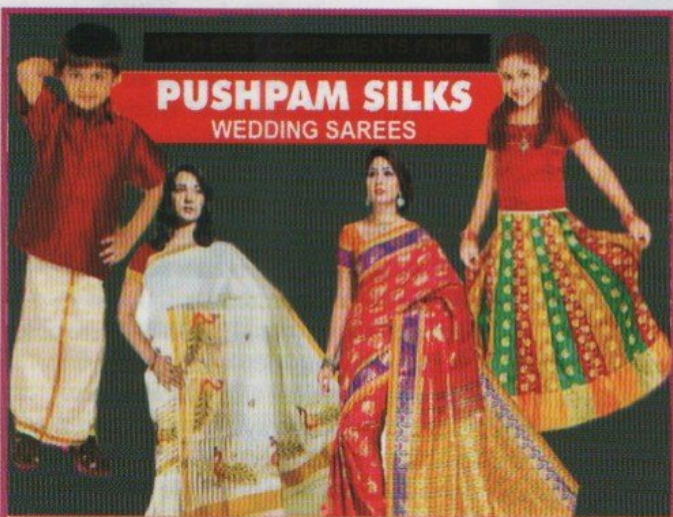
8. How informed are we, & how much sense does our replies to such posts make?

9. What forms the core vision of media in today's time? Are they using us to create momentum? Are we indirectly doing the marketing for them to prosper commercially? How much of all this is actually benefitting us?

10. When we get some time off, what should we be doing in today's time? Which platform to believe if we wish to know what's happening around?

India is the second most populated country in the world. Over 55% of its population is below the age of 35. If we believe in statistics, the average age of an Indian will be 30 by 2020. That's how young, energetic and lively India is anticipated to be when the other giant countries will age out to Indian brains in coming times. But think about the kind of platform we have built for staging this young India. Information available around us today is questionable, faith and belief in our law system is consistently trending down, a major lot of youth has already given up, wearing saffron and going devotional instantly categorizes you, education system is crashing nose down due to its commercialization in the recent decade, entrepreneurship tends to have a lower edge against foreign job offers & the list continues...!

It is time not to just ponder about this day in day out but to PAUSE, THINK AND ACT. ■



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

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

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

കാമരാജ് ദോത്തി, മുണ്ടുകൾ, റെഡിമെയ്ഡ് ഷർട്ടുകൾ
"ഓട്ടിപ്പോ കെട്ടിക്കൊ വെൽക്രോ ദോത്തി പോക്കറ്റ് ഉൾപ്പെടെ"
ഫാക്ടറി വിലയിൽ ലഭിക്കുന്നതാണ്

No. 2, Matunga Mansion, Opp. Post Office, Bhandarkar Road,
Matunga (C.R), Mumbai - 400 019.

Tel: 2418 1025, 2410 5293, Mob: 98920 67581



Nemmara Vallangi Vela A Grand Colourful Spectacle



Damodaran Unny

■ There is an old school of thought among people belonging to Nemmara, Vallangi, Tiruvazhiyad, Ayalur (all in Palakkad dt.) which says that “If

you want to meet your classmates, old friends and relatives at one stretch, go to Nemmara Vallangi Vela on 20th Meenam (3rd April) year after year”. There will be an opportunity for reunion and recollecting old memories. For people who have to settle in far off places to make a living, this is a golden opportunity for reunion, to spend some time with family and friends in a festival mood. This is a grand festival comparable only to Trissur Pooram. Thousands of Malayalees not only from the Kerala State but all over India and abroad assemble here on this day to witness the colourful and grand spectacle. Twenty two caprisoned elephants, 11 from each side i.e. Nemmara and Vallangi keep you spellbound in the premises of the famous Nellikkulangara Bhagavathy Temple. The festivities actually start 20 days before, but the main day is 3rd April (Meenam 20) and the proceedings on the final day commence with all the 11 elephants fully decorated to the accompaniment of Thayambaka followed by Panchavadyam in front of Moolasthanam and Mannam respectively before the procession starts. Pandimelam is another Art form of Culture of Kerala. Which also adds to the beauty of the festival. The villagers and the organizing committee of both Nemmara and Vallangi are very meticulous in selection of the



elephants. The authorised persons participate in a bid and opt for the best elephants and this process of selection is kept as a secret. The procession of Nemmara starts at about 2 pm towards the main temple situated in front of a pond near the temple. After all the elephants reach there in a procession, 11 more elephants from Vallangi side also come from another direction in another procession making it a spectacle. Frequent change of colourful umbrellas provides a breathtaking sight. Both the group spare no pains in creating the “Aanapandal” of their choice and creativity and the layout and design are also kept as absolute secrets. The all roads leading to the temple are watered to tide over the hot weather and free cool buttermilk is distributed to one and all by sponsors. The entire area is electrified using lovely electric bulbs in a methodical fashion. Decorations of Nemmara and Vallangi pandals are different thus

keeping alive the competitive spirit. Although the proceedings are completed in a highly competitive way, they are done in a healthy and harmonious atmosphere. The festivities culminate with spectacular fireworks from both the sides, each side literally trying to outsmart the other. Although there are lot of restrictions imposed by the Government for fireworks following some accidents in the past, it is done in a moderate scale even today with a view to avoiding any untoward incidents, as per the revised guidelines.

The legend says that Nemmara and Vallangi were important trade centers in the past. The name NEMMARA is believed to have been originated from the words “NEY MARIYA OORU” which literally means the place where the ghee was traded/changed. It is also said that the name Nemmara is taken from the title 'NENMENIYUDE ARHA' which means store room of Rice. The place was having

sufficient paddy fields which were subsequently converted to residential area. The place was nicknamed as Storehouse of Chittur Taluk, Palakkad district before this conversion took place.

The story behind the origin of the temple is interesting. This story is communicated from generations to generations, which is incorporated in the religious text of the temple as well.

Once upon a time a person named Kodakara Nair who was a sincere devotee of Devi happened to go to Nelliampathi Hills from Nemmara. After reaching the hills after a long journey, he was very tired and sat under the shadow of a

“Divine Power” had followed Nair from Nelliampathi Hills and Devi wishes to stay in Nemmara and bless the people. Kodakara Nair was overwhelmed at this incident and felt grateful to Devi for making him instrumental for this for the common benefit of the villagers.

A small temple “Moolasthanam” was built at the place where the umbrella was placed by Kodakara Nair in Nemmara. People commenced worshipping the Bhagvathy and she blessed the devotees, it is said. Subsequently the Astrologers and other famous religious people suggested that ‘Nellikulangara’ is a better place for the temple and

paddy fields and a small “tax” known as ‘Michavaram’ was compulsorily earmarked by each Kodakara Nair family which would be handed over to the eldest person who is responsible for conducting the Daily Pooja and other celebrations in Moolasthanam and this eldest person was known as “MOOPIL NAIR”. However, when the tiller became the owner on account of land reforms act, this system of ‘Michavaram’ became nonexistent. Now the temple has to be maintained by contributions from the entire villagers the majority of them coming from Kodakara Nair families. The maintenance of the main temple is looked after directly



tree to rest. He placed the umbrella made out of dry palm leaves next to him. Bhagavathi happened to be above the place where he was resting and attached herself to the umbrella. When Nair picked up the umbrella and proceeded back to Nemmara, he was absolutely unaware that he was bringing Bhagavathi to Nemmara literally..When he reached Nemmara he placed the umbrella near a pond and went to have bath. After bath when he tried to lift the umbrella he was unable to do so and was dumbfounded. Next day morning the villagers were amazed at this incident and were convinced that

accordingly the same was built by the Cochin Devaswam Board.

Kodakara Nair who is the oldest in Kodakara Nair family looks after the affairs of the ‘Moolasthanam’ temple even today with liberal contributions from all the Kodakara Nair families and other devotees in and around Nemmara and the consecration day is celebrated in the month of June when all concerned have one more opportunity to come together and participate in the festivities. It is believed that Devi is responsible for the prosperity of people in and around the vicinity of Nemmara. In the past the Nair families in question had sufficient

by Devaswam Board.

In the past, there was no system of cash payments for the services rendered by the workers, whether it is in the paddy fields, farmhouse or elsewhere. The compensation was given in kind like paddy, rice, wheat etc. The compensation was proportionate to the services rendered. Special compensation was given in the forms of gifts on festival days like Vishu, Onam etc. The workers used to give exchange gifts to the owners by bringing vegetables, fruits etc. This was done in a very harmonious atmosphere and honesty and integrity were the key to such a relationship. ■



Shanta K. Nambiar

Jackfruit Cutlet



INGREDIENTS

Tender Jackfruit (*Kadachakka*) 1 small
Potatoes 2
Onion- 1
Ginger and Garlic Paste 1 tsp
Green chili- 1 -2
Coriander leaves- little
Curry leaves little
Turmeric Powder 1 tsp
Pepper powder ½ tsp
Egg - 2
Rusk powder - 1 cup
Oil as required
Salt to taste
Garam Masala Powder ½ tsp

METHOD

- 1) Cut tender jackfruit into cubes and boil it with salt, turmeric powder, pepper powder
- 2) Boil the potatoes and smash it.
- 3) In a kadai pour one tablespoon oil. Add chopped onion, green chilies, ginger garlic paste.
- 4) Fry well. Add garam masala, curry leaves and chopped coriander leaves.
- 5) Add mashed tender jackfruit and potatoes in the kadai and mix well.
- 6) After cooling, make the mix into shape of cutlets.
- 7) Dip into egg batter and then in rusk powder
- 8) Shallow fry the cutlets till golden brown colour.



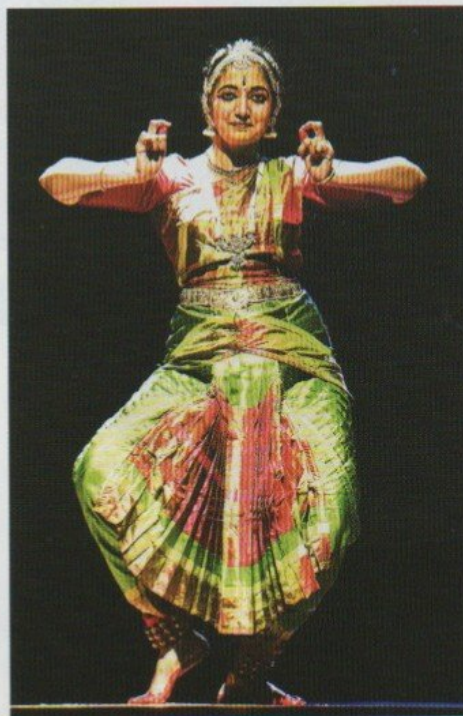
SCULPTURES COME ALIVE IN 'SHILA'

One of the leading dance academies of Thane, Nrityanjali, celebrated their silver jubilee with the presentation of "Shila"- a Bharata Natyam dance recital portraying the significance of the sculptres, temple architecture, culture and its relation to Indian classical dances. The programme was held at Kashinath Ghanekar auditorium in Thane.

Nrityanjali is headed by accomplished Bharata Natyam exponent, Guru Lata Rajesh, who over the years has presented several students and performed in varied prestigious organisations all over India and abroad too. Lata has also several dance choreographies to her credit.

With their elaborate superfluities and wonderful architecture, Indian monuments represent one of the most outstanding facets of the multi-faceted Indian culture. They serve as testimonies of man's greatness and establish a dialogue between civilizations showing the extent to which human beings are linked.

Shila eternal marvels of storytelling traces a journey of art, architecture, sculpture and civilization through Bharatanatyam. Shila attempts to show how the Kailasanatha Temple at



Guru Lata Rajesh

Kancheepuram in Tamil Nadu, the Virupaksha Temple at Pattadakal in Karnataka and Kailasa Temple in Ellora, Maharashtra are similar in architectural style though built by different dynasties during different eras and apart geographically.

Visual imageries of the circum

bulatory passage at Kailasanatha Temple at Kancheepuram, Nandi Mandapa, Garbhagriha at the Virupaksha Temple at Pattadakal, Carving and highlights of Kailasa Temple at Ellora and elaboration of the sculptural depictions on the outer walls of these temples namely the Lingod bhava, Kalyanasundareswarar and Ardhanarishwara are the highlights of this production. Performed by Guru Lata Rajesh and her disciples, it was interesting to watch as to how the sculptures come alive in the dance format, dancing to the traditional compositions.

Concept, research and choreography by Guru Lata Rajesh with research assistance by Aishwarya Devasthali, excellent Music composition & compilation by Satish Krishnamurthy and Vadya Vrinda consisted of Mridangam & Konakkol by Satish Krishnamurthy, Vocal by Karthik Hebbar (Bengalore) & Manoj Desai, Flute by Raghavendra Baliga, Veena by Saipriya Vishwanathan, Tabla by Raghuvier Baliga and Ghatam & Kanjira by Arjun Ezhumalai.

- Guru Vijay Shanker



Silver Jubilee Celebrations of Kairali Cultural Association

■ Kairali Cultural Association of Vrindavan, Thane and its surroundings celebrated the grand finale of its Silver Jubilee in Kashinath Khanekar Hall on April 22. Principal of VPM College Prof Dr. Srividya Jayakumar was the Chief Guest. The event was inaugurated by Dr Srividya Jayakumar along with the founder president of the Association P M Baby, Celebration Committee Chairman Dr K Suryanarayanan, KRJ Nair, Prabhakaran Nair, Padmanabhan, VPR Nair et al by lighting the auspicious lamp. It was followed by Rangapooja by students of Natyadeepam under the guidance of Guru Saigeetha Mohan.

Thane MLA Sanjay Kelkar, MP Rajan Vichare, Councillor Milind Pattankar, National Footballer Bindu Prasad Unnithan and National award Winner Producer Murali Matummal were guests of honour and they were felicitated. The Chief Guest and the guests of honour spoke on the occasion. A souvenir was released on the occasion by the founder President by handing over a copy to Dr Srividya Jayakumar. K R J Nair was awarded with the Kairali Sri Award for meritorious service to the society. Former office bearers P M Baby, Bharathan Menon, VPR Nair, Prakash Nair, Sekhar, KPR Menon, Mrs B S Pillai, Mrs Krishnan, Mrs CGG Nair, Mrs Sarada Nair, Mrs CPR Nair, K S Mani Iyer, Rajappan, CG Pillai, Adv KNS Pillai, Hariharan, Mrs lakshmikutty Menon, Upendra Pillai, K Rajan were also felicitated.

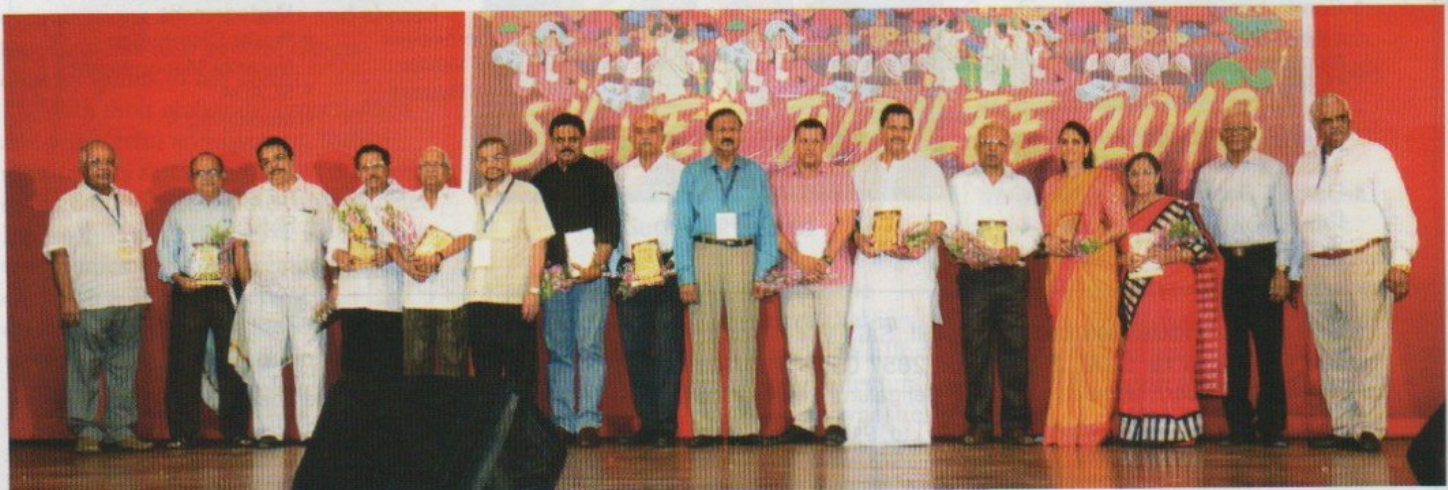


Lighting the inaugural lamp

Social activists of Mumbai Shrikant Nair, Harikumar Menon, K Gopalan Nair, C R Unni, CKK Poduval, Gopi Pillai, Sasikumar Nair, Balan, Raagalaya Vijaykumar, Jayalakshmi, Vanaja, Sekhar, Premlal of Aamchi Mumbai were also honoured. P M Baby, C P Menon, KVM Nair, Ambattu Narayanan, K V Ramakrishnan, KPG Nair, A Ramachandran, AS Warriar, Mrs VPR Nair, PM Ganapathy, Sreekantan Nair, George Joseph, Prabhakaran nair, Ramachandran Nambiar, K Unnikrishnan, Mohan Menon, Paqmanabhan, Balakrishnan, former office bearers VPR Nair, Ajikumar, R jayakumar, R Ajitkumar, Sajin, K M

Suresh, Prasad, Mohandas, Ramesan, Jinachandran, Sasikumar Menon, Ravikumar, K N Kutty were felicitated. Rajan nair, Unnikrishnan Suresh, Hariharasubramanian, Geevarghese, Sureshkumar, T J Devassy, Dr Premachandran, K M Iyer, S S Narayanan, K N Ravindranath, Rajan V Nair and Sreejith, who supported the efforts of the celebrations were also felicitated. Sreekumar of Akbar Travels of India who sponsored the event was honoured.

It was followed by a grand musical programme and Mimicry presented by Raagalaya. The event came to an end after lunch.



Felicitation to dignitaries



Souvenir release



Felicitation of Rajan Vichare MP



Section of audience



Anchor



Plate Dance



Preethi Warriar



Raagalaya team



KCA committee members

Madhu pays respects to Guru

■ Sree Narayana Guru was not only a spiritual guru but also guru of art, remarked senior actor Madhu. He expressed this opinion while addressing the audience at the meeting of the Annual Day of Antop Hill branch of SNDP. The link between art and spirituality is very strong and this was revealed by Narayana Guru, he said. When we plant a tree, unknowingly we are protecting several new generations and this was shown to us by Guru, said Rasool Pookutty. Prof Jagadish and Kerala PSC Chairman M K Zakir were special guests. Rasool Pookutty, actress Surabhi Lakshmi, actor Manoj K Jayan, film director Vijish et al were felicitated at the event. Singer Ramesh Narayan and his daughter Madhushri Narayan presented a musical nite while Kala Gurukulam and Nelson presented dances and humour items.



Madhu and Rasool Pookutty light the lamp



A section of the audience

SNMS distributes free uniforms

■ Sree Narayana Mandira Samiti distributed school uniforms to the poor students of their Marathi medium school. Each student received two sets of uniform. They are also getting free lunch from the school. 566 children enjoy this benefit. RCF staff is sponsoring this activity. Vishal Bhanushali of Mahinbdra and Mahindra Finance distributed the uniforms. Headmaster Pakare and treasurer K Natarajan and others participated in the event.



Vishal Bhanushali distributes uniform

Vishukkani at Kochuguruvayurappan Temple

■ There is a belief that to catch a glimpse of the reflection of these signs of prosperity in the mirror at the crack of dawn, would bring prosperity to the individual.

-Viswanathan KA

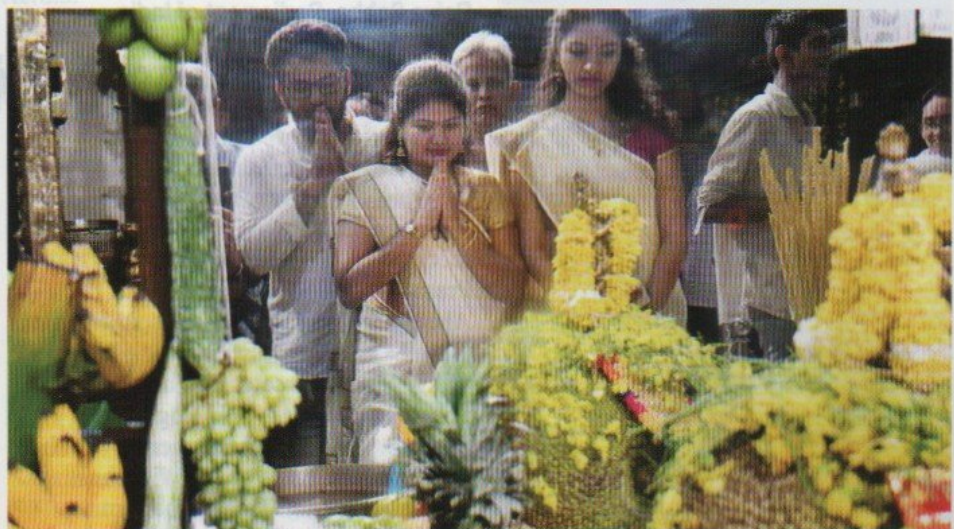
Vagdevata Pravasi Drama Contest

■ The All India Pravasi drama contest to be held by Vagdevata, Pune has chosen ten plays for the purpose. They are:

Mumbai: Hunter (Koyikkal Lasya Entertainers, Vazhi, Vashi), Mounathinte Nilavilhi (Kharghar Kerala Samajam), Sahayatrikar (Nataka Kalasamiti, Nalasopara)
Chennai: Viral (Chennai Nataka Vedi), Kaman (Maqtub Theatre), Pakal Choott (only females)
Vadodara: Devootti Tyres (Nrutyodaya Trust)
Pune: Karinagam (Jwala Creations), Oru Desam Nunha parhayunnu (Pratibha Theatres, Bhairav Nagar), Kalhiyan (Nrutanjali Pune).



Vishukkani at Matunga



Sree Narayana Sangeeta Yajnam

■ On the occasion of Chatayadinam, a music event titled Sree Narayana Sangeeta Yajnam was held at Gurudevagiri. It was based on the writings and thoughts of Sree Narayana Guru and lasted 12 hours. It was presented by Kottayam Sree Narayana Kala Kendra. Kalakendram director GGK Aymanam, Babu Sreedhar, Ranjit Gandharva, Daya Roy et al were present.

It was inaugurated by the convenor of Gurudevagiri Committee, S Chandrababu. The valedictory meet held in the evening was inaugurated by M I Damodaran.



During Sree Narayana Sangeeta Yajnam

Shalom Mumbai Recreation Centre opened

■ Shalom Charitable Trust has opened its activities to the outskirts of Mumbai and it opened a recreation centre in Mitravijaya Colony of Ambarnath as an extension of this activity. It was dedicated by CSI moderator Bishop Rev Thomas K Oommen. To co-ordinate the activities of Shantinivas Rehabilitation House, Karjat and to raise a new centre in Titwala, this centre will be used. This villa will also serve as the prayer house and also for charitable activities. In a meeting held in Vasai, CSI moderator Bishop received a promise note of Rs 25 lakh, the first share of Rs.2 crore needed for Shalom Centre.

Borivali Malayali Samajam

■ Borivali Malayali Samajam held its AGM and elected its new office bearers. They are Shiraj Nair (President), Sashi Nair and Mr. N.Gangadharan Nair (Vice Presidents), Anil Kumar (Gen.Secretary), Rakesh Nair and Rekha Nair (Jt.Secretaries), Sashi Kartha (Treasurer) and Simi Nair (Jt.Treasurer).

SNDP Yogam

■ SNDP Yogam Panvel branch elected their office bearers. They are Rajamma Gopinath (President), Vijayan B (Vice President), Aniruddhan Narayanan (Secretary), Gopalakrishnan K (Member, Unit Committee). Anilkumar MS, Ajithkumar KB Udayabhanu, Bhaktavalsan KK, Muralidharan V, Raju R, Suresh M Bhaskaran, (Committee members), Bhasi Chungath, Chandran K and Sasankan KM are Panchayath Committee members).



Sureshkumar Madhusoodhanan (MD Seagull Group) receiving the Future Kerala Entrepreneurial Excellence & Best CEO Award from Prof. P. J. Kurian, Dy. Chairman, Rajya Sabha, Parliament of India.

Vishu Carnatic Music Programme

■ Parameswaran Kalalaya Foundation's program on the very auspicious day of Vishu on 15th April 2018 was very well received by the audience. Master Hari Prasad, a student of Class XII of the Apeejay School, Nerul, a disciple of Guru M.S. Parameswaran took the name of his Guru to greater heights. The vocalist of the day, Shri Yogeesh Sharma enthralled the audience with his series of songs. He began with the Kanda Jathi Ata Thala Varnam in Bhairavi Ragam, Viriboni which was followed by Raksha maam Sharanagatham in Gambeeranattai set to

Adi thalam and Raga Sudha Rasa in Ragam Andholika in Adi thalam. A very divine atmosphere was created with the masterpiece of Chembai Bhagavathar, Karuna Cheyvan Endhu. The strings of the violin by Shri Ravi Anantharaman were melodious. Master Hari Prasad displayed his skills in the various speeds and played thaniavarthanam in Mishra chapu and Adi thalam. The artists support by other instruments by Shri Kartik Iyer on the Ganjira, Shri M. Shaktidharan on the Ghatam and Shri K.N. Gopalan on the morsing enhanced the concert.

-C. K. Subramaniam





Souhrudam Centre's "Keerthimudra Award 2018" was presented to Kalashri K.N. Parameswaran Nambisan by Shri K.K. Sundaresan, Registrar, Kerala Kalamandalam at Ambili Bhavan, Wadakkanchery, Trichur, Kerala.

Mumbai Sahitya Vedi

■ Certain rare butterflies seen only in North Indian plateau are now seen in the jungles of Wayanad, said Dr Mini Prasad. This incident cannot be ignored as it is an indication that our Kerala is also turning to be a plateau. When a butterfly is disappearing from the face of earth, we would realise the contribution of it as the distribution of the pollen powder would diminish. When the pollination stops, new plants would not grow in this planet. For the man to survive, the survival of small insects are also important, she emphasised.

Dr Mini Prasad was talking on the occasion of the silver jubilee of Mumbai Sahitya Vedi and a session for 'Kathakkoru Divasam' (One day for stories) held in Navi Mumbai Keraleeya Samajam premises, Nerul. She went through the writing of about thirty short

story writers of Mumbai. She could not find simplicity and moderation in the present writers' creations, she stated. They are after the 'likes' in Facebook.

Nerul Samajam President S Kumar presided. Writer Manasi introduced the topic. Dr Venugopal was the moderator. Suresh Varma, R K Maroor, Manoj Mundayatt, KVS Nelluvai, Govindan Unni, Asokan Nattika, Joseph Sebastian, Sujatha Naranganam, Ansa Joy, M P Sasidharan, et al presented their stories. S Harilal was the moderator.

There was a session for discussions. Erumakkuzhi Kochukunju Pillai, Dr Sureshkumar, Satish Edakkudi, Sumesh Kaimal, Sureshkumar Kanakkoor, Devan Tharappil, P D Babu et al participated in the discussion. Santhosh Pallassana welcomed the audience and Anilprakash proposed a vote of thanks.

Silver Jubilee of St Paul's Church Powai

■ Silver Jubilee celebrations of St Paul's Church, Powai, lasting for the last one year, is now concluded. Metropolitan Yacob Mar Eliyas oversaw the rituals. The concluding session was inaugurated by him. A report detailing the activities in health, education, aids in matrimony etc was presented. The personalities who assisted the church in

these activities were fondly remembered. They were also felicitated. Younan Mulamoottil, P J James, Koshy Plamoottil, Fr Thomas k Chacko, Fr Thomas Varghese, Ninan Eappen, Secretar Manoj Mathew and trustee Cherial George addressed the audience.

Land transferred for Christian cemetery

■ The land proposed to be allotted to the Christian community for their cemetery is now transferred to them. About 5000 square metre of land inside Aarey is allotted for the United Christian Community Centre. It took eight years for the community to get the land, that too after a legal battle.

Earlier 7500 sq metres were allotted to the UCC along with pieces of land to Hindu and Muslim communities. However the offer was withdrawn by the state government and that led to the legal battle. When UCC pointed out the fact that the Christian Community did not have cemetery between Khar Road and Dahisar, the Court allowed it. However the government did not take suitable action that led the UCC approach the court again with a case of contempt of court. At this moment the government transferred the land.



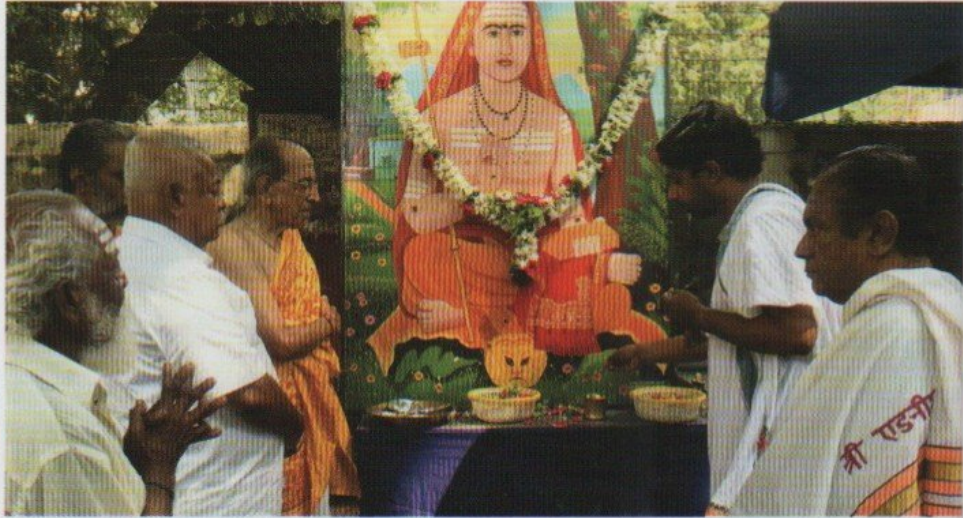
Gowri Govindan Manukkada

Sree Narayana Mandira Samiti Youth Wing Zone 6 elected Gowri Govindan Manukkadan as their convenor. Suman Soman is the joint convenor.

Sri Sankara Jayanthi in Mumbai

■ The ten day Sri Sankara Jayanthi celebration commenced on April 20, at the Sri Sankara Mattham at Matunga in Central Mumbai. It is the only temple which is fully dedicated to Adi Sankara and has his idol as the main deity. Starting with Mahanyasa Rudra Japam and homam, Navavarana Pooja, , beeja danam, Anna dhanam which was followed by Abhishekam with holy water, the idol was taken around the area in procession accompanied by Nadaswaram and Vedic and Gita recitation by Vedic scholars.

Adi Shankara was born around 1230 years ago in a place called Kalady in Kerala, was an Indian Hindu philosopher and theologian whose teachings had a profound influence on the growth of Hinduism. Also known as Shri Adi Shankaracharya and Bhagavatpada Acharya (the guru at the feet of Lord), he was a religious



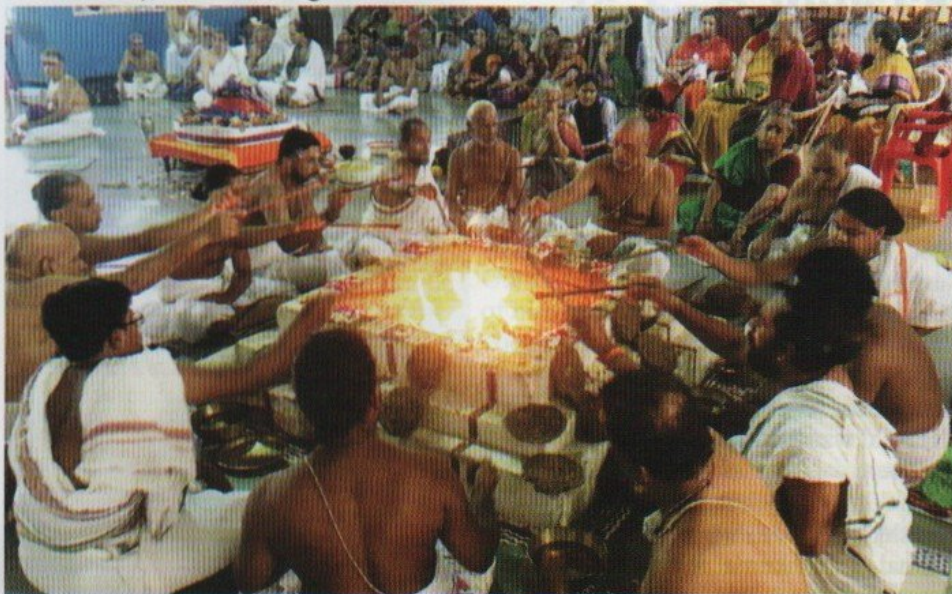
reformist who critiqued the rituals-oriented schools of Hinduism and cleansed the Vedic religious practices of

ritualistic excesses.

Adi Shankara is best remembered for his remarkable reinterpretations of Hindu scriptures and his commentaries on the Vedic canon (Brahma Sutras, Principal Upanishads and Bhagavad Gita). He was an exponent of the Advaita Vedanta School of philosophy which refers to the recognition that the true Self, Atman, is the same as the highest Reality, Brahman. His teachings on the philosophy have tremendously influenced various sects of Hinduism and have contributed to the development of the modern Indian thought.

The great Saint had travelled to Kashmir, more than two millennia ago and spread the Vedic message of truth, oneness & harmony. He lived for 32 years and within that spread Hindu dharma across the length and breadth of the county and established four Peethams.

-K.A. Viswanathan



One Day Chess Competition

■ Seawoods Malayali Association jointly with Thane District Chess Association conducted a One Day Chess Competition on April 14 in Konkan Rail Vihar Hall of Seawoods Sector 40. Professional arbitrators were the jurors. Winners received attractive prizes along with cash. Participants were served food at the venue. Thane District Chess Association gave away certificates to all participants. The Association is conducting this contest to attract more and more Malayalees into this game.



V N Gopalakrishnan Inaugurating Vishu- Easter programme at Borivli Malayali Samajam



Thyagaraja Aradhana

■ The 171st Thyagaraja Aradhana was conducted by the Parameswaran Kalalaya Foundation in the satellite city of Navi Mumbai. The platform saw artists of high calibre like T.N. Ashok, Smt. Lakshmi Rajagopalan, Smt. Bhawani Srinivasan, Smt. Jaya Subramaniam and her disciples, Smt. Annapoorna and upcoming artists like Adithya Madhavan. They were accompanied by the disciples of Guru M.S. Parameswaran on the Mridangam. They were appreciated for their superb support and accompanied to the 5 famous gems of Saint Thyagaraja in the Ragas Nattai, Gowlai, Arabhi, Varali and Sree. The last song Endaro Mahanubhavulu was concluded with a befitting thaniavarthanam. The artists on the mridangam were Master Vishwaprasanna, Master Vishwajit, Master Suraj Subramanian, Master Shreyas Sreekumar, Master Hari Prasad and Master Shashank Suresh. Mrs Meera Subramaniam accompanied the list of vocalists. It was indeed a musical extravaganza on Sunday.

Smt. Malathi Krishnamohan and her disciples on the veena, K.N. Gopalan on the morsing and Kartik Iyer on the ganjira completed the ensemble and the aradhana celebrations concluded in a very fine manner. The entire credit of arranging such a musical programme of such intensity goes to the Mrindangam Guru M. S. Parameswaran and his Kalalaya Foundation.

The aradhana celebrations were followed by two thaniavarthanams by the disciples of Guru M.S. Parameswaran which was followed by lunch. Music programmes of such high calibre brings the satellite city together

on one platform and make things happen with a high degree of expertise passed on to the artists by the Mrindangam Guru. It was great gala show at Navi Mumbai Tamil Sangam.

-C. K. Subramaniam

SNMS Ulwe-Uran Guru Centre inaugurated

■ Sree Narayana Mandira Samiti President N Sasidharan inaugurated the Guru Centre of Ulwe-Uran. Samiti General Secretary N S Salmkumar, treasurer K Natarajan, zonal secretaries Sriratan Nanu and Pushpa Marbose, R Sreedharan,

Ladies Wing Secretary Asha Soman and Adv Padma Divakaran addressed the audience. Unit secretary Saji Krishnan welcomed the audience and convenor Saraswati Rajan proposed a vote of thanks.



N Sasidharan, SNMS President addresses the audience



Winners with jury Kavalam Sreekumar and Smt Ambili Rajasekharan

AIMA Western zone Competitions over

■ The results of the West Zone Voice Contests conducted by All India Malayali Association are now declared. Thermax Ltd MD and CEO M S Unnikrishnan inaugurated the contest in an event presided by AIMA President Dr Aprain. Adv Prema Menon welcomed the audience. Gen Secretary P N Sreekumar and National Vice President Upendra Menon also spoke on the occasion. Kavalam Sreekumar and Smt Ambili Rajasekharan were the jury. Treasurer G Komalan proposed a vote of thanks. The contest was telecast live on Flowers Channel. The winners will participate in the finale to be held in Kochi on May 26 and 27. The following are the winners at the zone contest.

Junior: 1) Anjali A Nair, Maharashtra, 2) Ishani Lakshmi, Gujarat and 3) Devika M Nair, Maharashtra

Senior: 1) Amrutha Nair, Maharashtra, 2) Devika Azhakesan, Maharashtra and 3) Namitha Menon, Maharashtra

Super Senior: 1) Lakshmi K Kutty, Maharashtra, 2) Harishankar C, Maharashtra and 3) Salila Dinukumar, Goa.



National President Ajitkumar Metayil inaugurating the contest. State president Aprain, Secreary Adv Prema Menon, Komalan, Premkumar, Mohan Kandathil, Upendra Menon, Padma Divakaran, GAK Nair, K T Nair, P N Muralidharan, Kaviyur Babu, Rakhi Sunil, Suma Mukundan, T Madhavan, A N Shaji, Madhu Nambiar, Shivaprasad were also seen.

'Aksharakalari'

■ The first presentation of the new initiative of 'Aksharakalari' of Mulund Kerala Samajam was held on April 15 in the Samajam Office of RRT Road of Mulund West. Surendrababu presented a paper on 'Mumbai Natakavediyum and Pravasi Malayalikalthum' (Theatre movement of Mumbai and migrant Malayalis) followed by a discussion on the subject. President CKK Poduval presided over the function.



President CKK Poduval addressing the audience

Kerala House Agitation

■ A new body by name Janakeeya Samara Council has been constituted to agitate against the hike in rental of Kerala House Hall by the Kerala government. Though the state government announced a partial reduction in rental, it has not satisfied the local bodies of Mumbai and its suburbs. The new body has 51 members to start with. Sabu Daniel is the Chairman, K N Jyotindran the General Convenor and Jojo Thomas is the general co-ordinator.

T N Jagadish, VKN Nair, Adv Padma Divakaran, Srikant Nair, K A Kurup, Santhosh Mundra, Vijayachandran, Anilkumar Panicker, M V Baburaj, Manojkumar, Ravi Thodupuzha, Madhu Ghansoli, KT Nair, Mohan Kandathil, Roy J Kottaram, Premdas, Thankam Madhavan, Anita Chandran, Sheela Ravindran, N T Pillai, Jayanthan Nair, Adv Joseph Thattil, Babu Mathew, Manikantan, Sriratan Nanu and Ranjith are in the committee.

Since the LDF Government of Kerala raised the rental of Conference Hall of Kerala House from Rs. 12,000 to Rs.30,000, the protests from various Malayali organisations were on the rise. The leaders from Mumbai went and met the CM Pinarayi Vijayan and other concerned ministers and received favourable assurances but when it came, it was peanuts. Now on April 28, members of various organisations of



Malayalees flocked to the Kerala House premises and offered a blockade to the activities of the House.

Besides the increased rentals to be brought down, they also wanted the assurance of former CM V S Achuthanandan at the time of inauguration of the House that the facility would function as a cultural Centre of Malayalees and also would house the office of Malayalam Missio, to be implemented in letter and spirit. The last two promises have not been addressed yet and the the reduction in rentals is namesake. These factors angered the Malayali diaspora to a great extent. Since morning 10'o Clock,

people started arriving at the premises in buses, private vehicles, autos etc and hoisted their banners giving sound and sight to their demands.

What was observed was quite contrary to the norml practices. Since the assemblage lacked any religious, casteist or regional shades and many who spoke on the occasion demanded that this secular and non regional colour should be maintained for the betterment of Malaylees staying in the metropolitan city. Some of them even criticised the 'so called' leaders of Malayalees and their taking credits for all the good things happened to the Kerala population here.



Athravolsav festival held at Mysore Association Hall, Matunga on Sunday the 29th April as a part of World Dance Day. Mohiniattam exponent Guru Geetha Vijayshankar along with her students and others.

Raagalaya Vishu Celebrations

■ As a part of 15th year celebration of Raagalaya, a musical programme was conducted on the eve of Vishu at Marol Education Academy Auditorium. Raagalaya was basically formed to promote Indian music and also to provide a platform for amateur artists. Along with the Raagalaya artists few amateur artists also presented few songs. Raagalaya is planning to conduct such events throughout the year with a Onam special programme on 2nd September and culminating the 15th year celebration with a grand event during the month of February 2019



Raagalaya team



Vijaykumar and Girija



Madhu Nambiar



Sebastian



Ashish Abraham



Sukumaran



Ajaikumar



Deepa



Vidya



Sruthi



Group Song



Vivek



Meera and Jayashree



Section of the audience



Raagalayala team

'Kururamma' in Thakurly

■ The play 'Kururamma' of Sarathi Theatres of Kalyan was staged for the 25th time on April 15 at Thakurly Mahila Samiti English School Hall at 6 pm, with the co-operation of Thakurly Muthappan Mathappura Trust. Actors Madhu, Kaviyoor Ponnammamma and Salimkumar were present as chief guests.

The play is written by Dinesh Pallath and directed by M K Devarajan. Its music is scored by Mohan Sitara and the stage is managed by Artist Sujathan. The main actors are Usha Nair, Nithu Vijish, Shruti Mohan, Shreya Pillai, Santhoshkumar, Rajan, Prasad Shornur, Biju Salvin, Vijayan Pulpatt, Janarddhanan, Mebin, Kumar Cochin et al.



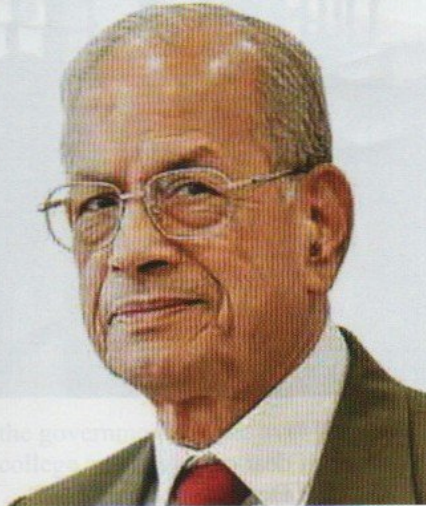
Actor Madhu addressing the audience

Minister's statement on Nilambur-Nanchankode Rly is wrong: E Sreedharan

Chief Advisor of DMRC, E Sreedharan refuted the statement made by minister G Sudhakaran about the Nilambur-Nanchankode railway line, in response to the query made by M Ummer MLA and affirmed it was wrong. In his statement Sreedharan stated that DMRC had prepared a detailed new report showing a new alignment of the proposed railway and alleged that the report was kept hidden in files.

In his statement the minister said that the government was studying the feasibility of the new line. Sreedharan said that to conduct a new survey in Karnataka, he had met the Chief Secretary of the Karnataka government and his response was positive. If the government of Kerala approached the Karnataka government, the matter could be considered, Chief Secretary of the Karnataka had said. The Kerala government was yet to write to Karnataka, Sreedharan said. Instead, Kerala was trying to lay a new railway track between Thalasseri and Mysuru. Minister in charge of railways Sudhakaran is either not knowledgeable about the facts or twisting the matter, Sreedharan alleges. DMRC in fact reduced the originally proposed 236 kms track to 176 kms thereby bringing down the cost considerably. The new alignment was also submitted to the Kerala government. The minister appears to have not seen or studied the report, Sreedharan asserted.

Nilambur-Nanchankode railway line was on the anvil since the British rule. During the Second World War, the



E Sreedharan

British government opened a railway line to transport the timber needed for the railways. Since there were many hills between Nilambur and Mysore, the expenditure was enormous to connect them through bridges, even by the then standards. After the war, the railway tracks were removed to be used elsewhere and only in the early fifties, the railway was restored for passenger and goods traffic. Soon the Nilambur-Nanchankode railway line returned to the planning board but it got delayed due to various reasons such as the cost involved and the environment system. The eco system would have adversely affected and the animals in the forests along the Kerala-Karnataka would have suffered. Hence the Karnataka government was reluctant as the major portion of the rail that would be affected was with them. When DMRC was brought into the consultancy,

Sreedharan suggested of building the tracks through the tunnel, Karnataka started reconsidering their objection and insisted that if the Kerala government should approach them for the tunnel route, it could be positively considered. The LDF government then misled the public saying the Karnataka government was against the proposed railway line. This is what Sreedharan exposed. When he submitted the new alignment plans to Pinarayi Vijayan, it was not considered and further did not even sanction the agreed amount for the preparation of the new plan.

Earlier the concerned minister G Sudhakaran had taken keen interest in this line but later his interest waned. When he made a statement in the state assembly that Karnataka government was opposing the line, people of the state were shocked especially when Karnataka was inclined to accept the proposal of building the line through a tunnel. Mysuru and Bengaluru have a considerable population of Malayalees engaged in business and now they are put into tremendous inconvenience of travelling for more than one and a half day through Mysuru, Bengaluru, Salem, Coimbatore, Palakkad Jn, Thrissur to reach Alappuzha, the place of Sudhakaran. There are hundreds of people from Alappuzha working in Mysuru. Now to reach Kerala, they have to change the train at Bengaluru. If Nilambur-Nanchankode railway line is turned to a reality, these people can avoid these changes of trains and also need to travel only for seven hours to reach Alappuzha.



Neyvilakku and Prasad Oottu at Guruvayur

To circumvent the allegation that the Devaswom is taking money for special darshan of Guruvayurappan, Devaswom Board has brought a system. Book a neyvilakku (lighting the lamp with ghee instead of oil) and then one would have special privilege of avoiding the queue system and would be allowed to enter the sanctum sanctorum so that the rich client can see the idol at a closer range. Currently if any one book neyvilakku by remitting Rs.4500, five people could enter the sanctum sanctorum. That practice would continue.

For every offering made to Lord Guruvayurappan, the devotee would get something in return at least some flowers, sandal paste or both. In case of neyvilakku, the temple owes nothing to the devotee and hence most lucrative. Even if a hundred people book neyvilakku, the Board stands to gain Rs.1 lakh a day, without incurring any expense.

Devaswom Board claims that the new system would eliminate the illegal broker system. Installing a special counter for this system would be considered after observing the system for a few days. Now Prasad Oottu is also included in the list of offerings. A Three times a day Oottu would cost Rs. 1.30 lakh. It can be used either to celebrate birth day or observe the death



anniversary of dear ones.

Guruvayur Devaswom Board has decided to provide prasadam Oottu to all devotees coming to the temple. A special Pandal needs to be constructed adjacent to the present Annalakshmi Hall to facilitate this move. Devotees wearing pants and shirts as well as belonging to other religions also can take part in the Prasadam Oottu. Installation of 507 CCTV at a cost of Rs.5.15 crore is also on the anvil. The cameras will be installed inside as well as outside the temple premises.

However, Tantry Chennas Narayanan Namboothiripad had objected to this move. He alleged that the above decision was taken in a meeting when he was absent. Further, this move is against the tradition so far followed. Devaswom Board Chairman K B Mohandas has clarified that the decision was taken with the view that the Prasadam Oottu has no link with the temple tradition. However, this move is now abandoned.

Kerala High Court has ordered that female Hindu constables could be deployed in the temple for controlling the crowd if adequate number of female employees is not available with the Devaswom Board. He asked the DSP to provide adequate number of female constables if asked by the Devaswom and the constables must serve the temple keeping in mind the traditions and instructions of the Devaswom Board. The Board has to ensure that the female devotees are not inconvenienced. The division bench consisting of P R Ramachandra Menon and R Narayana Pisharody was responding to the petition filed by Jayasri Manoj drawing the attention of the court to violence used by the male employees of the Devaswom Board against female devotees.



Prasada Oottu in Annalakshmi Hall

State to take over Pariyaram Medical College

The government of Kerala has decided to take over the Pariyaram Medical College and co-operative hospital and is getting an ordinance passed to this effect. The draft ordinance is already approved by the state cabinet. The college and hospital has staff strength of 1938 and also has 100 MBBS and 37 PG students. Once the government takes over, the students can study there at government approved fee.

The decision is taken on the basis of the application of the management about its inability to carry on with the expenses and also of the surmounting liabilities. The LDF government took over the college in 1997, the next UDF government returned it to the management. Again, last UDF government decided to take over the institutions, but it was never implemented. The excess staff and the HUDCO loan are killing the institutions and hence the management requested



the government to take over the medical college and hospital.

The management owes Rs.266.47 crore to HUDCO. The government is expected to remit the loan amount to

HUDCO by 2019. According to KK Sailaja, the minister for health, the government is taking this step to provide better medical facilities to the people of the North Kerala.

Kerala shows the way in crawling

Kerala is always a contented state. It is not ambitious or greedy; a small state with high density of population. In reality it is not a state but a big town starting in Kasaragod and ending in Parassala. Kerala has an envious position in many fields, some of them not that envious. Highest density of literacy belongs to Kerala and as such the most intelligent set of people also should be from there. From the statistics available, it is evident that Kerala has very little to achieve in the near future.

India won its political freedom on August 15, 1947 so all the states should have reached the zenith of progress by this time. But, it is not so. Let us see

State	Road under constrn.	Cost in Crore
Tamilnadu	3558 kms	36,111
Karnataka	3000 kms	29,355
Andhra	1243 kms	12,537
Telangana		20,000
Kerala	223 kms	5,000

data about the road construction:

We should feel proud that when we complete these 223 kms we would have reached the last inch of the road. Though 95% of the work is complete, we are not in a hurry to open it. It would have been complete in March 2015. Since the workmen engaged to work on it are busy with some urgent personal work elsewhere, for the last forty days nothing has been done to the road. We have nothing to gain by completing this work soon as we use roads only for 200 days in a year the remaining days being devoted to hartals and bandhs. Since the local population is not in a hurry to use the road, the local labourers are taking rest in the name of 'labour unrest'. The contractors are also not in a hurry to complete work as they are already suffering from loss.

The tender was prepared for 2015 and in 2018 the cost has escalated and they are not in a position to complete the work with that outdated budget.

When other states have given responsibility of completing the work on time to District Collectors, Secretary or minister, Kerala has not bothering about such responsibilities. The Rs 1,000 crore worth job is delayed for the last six years but the Collector has not



even initiated any discussion to end the fiasco.

* Though budget is allocated, quantum of work is yet to decide.

The last straw of Kerala House

'The last straw' is a well known phrase in English language but borrowed from Arabia. Camels were used to carry loads of materials and the camels always felt the load is a bit heavy so the man would remove a few straws and show it to the camel. When the camel felt some load has been removed from its back, it would get up and proceed. It is a kind of betrayal to the animal.

Now that strategy is being repeated in the case of Kerala House at Vashi, Navi Mumbai and the Malayali associations are taken for a ride. Earlier we have reported the hike in rentals of its conference hall for the events organised by the associations. There were protests at its premises by the leaders of the Malayali community. The leaders of various organisers such as Keraleeya Kendra Sanghatana and the members of Loka Kerala Sabha called on ministers including the Chief Minister Pinarayi Vijayan and returned home smilingly. Malayali associations heaved a sigh in consolation.

Early this year, the state government



hiked the rent of the hall to Rs.33000. In this connection, members of Loka Kerala Sabha Bose Krishnamachari, Riaz Komu, Kumaran Nair, Prince Vaidyan, Khader Haji, Adv Prema Menon, Jayaprakash P D, and leaders of protest Valsan Moorkoth, T N

Hariharan, Satish Nair and Pavitran Kannothe met CM Pinarayi Vijayan and Minister Katakampalli Surendran. On their return, they conveyed the pleasant news of the state government being ready to take suitable positive steps. Now the rent is Rs. 22,500 (6 hours and above), Rs 11,250 (between 3-6 hours), Rs.7,500 (upto 3 hours).

First transgender wedding of Kerala

Kerala is getting ready to welcome the first transgender wedding in May 2018. Ishan who was born a female got surgically transformed to be a male is set marry Surya, who was born a boy but get transformed to be a woman surgically are tying the knot with the support of their parents. Ishan is 33 while Surya is 31. Importantly Ishan is a Muslim while Surya is a Hindu and they are getting married under Special Marriage Act. Surya got her voter identity card in 2016 as a

transwoman. She is also a TV actor and also a member of the state board for transgender justice. Ishan is member of Oasis, an NGO working for transgenders. Ishan quit school when he reached Std III.



Ishan and Surya

Now the relief has come like the last straw. According to the latest order of the state government, the rent has been reduced roughly by 25%. Earlier for two hours it was Rs.4,500 and for one hour it was Rs.2,500 but now rent is for three hours minimum.

When the rent was increased, leaders of various Malayali organisers protested and resorted to dharna in Kerala House. KKS had called for a stronger protest on May 1 but the details are not known. It can only be Gandhian way, i.e., Satyagraha, fasting (until death or till demands are met) or non-cooperation. Mahatma Gandhi has also said that non-co-operation is more effective than fasting as the last mentioned is always a one man warfare and the target is not financially affected. Non-co-operation would bring the target to its knees.

However the Malayali leaders who met the ministers in this regard have welcomed the new order earlier but now other Malayali associations as it goes to the press are undecided.

Bloody mess

Following the custodial death of Sreejith and investigations carried out thereon, three police personnel are now arrested. According to the head of the special enquiry commission, IG S Sreejith, three members of Aluva Rural Police' Rural Tiger Force (RTF), Santhoshkumar, Sumesh and Jithinraj are arrested under Section 302. The arrests came after a daylong questioning of them at Aluva Police Club. More arrests cannot be ruled out, IG Sreejith said. The objective is to ensure justice to the demands of the family of the victim Sreejith, IG Sreejith explained. He is certain that Sreejith was taken into custody by mistaking him for another Sreejith, whose real name is Thulasidas. He is still at large.

Akhila, wife of Sreejith, has demanded that the members of the entire police party who took her husband into custody should be charged with murder and should be awarded the maximum punishment for murder.

Sreejith was taken to custody as per orders of higher police personnel and so, they too should be brought under investigation and if found guilty, highest punishment should be meted out to them, as her son Sreejith could not be brought back to life, said Shyamala, mother of Sreejith. Vinish, son of Vasudevan who committed suicide, did not respond to the news of arrest of three Police personnel. It was his statement that he was not sure that



Victim Sreejith

Sreejith was with the group that came to attack their house, which put the police in turmoil.

All news papers, barring Deshabhimani, from Kerala are aggressively publish atrocities by the Kerala Police against the citizens.

According to the Home Ministry of the government, 1129 personnel of the Police department are found to have hand in criminal activities. Human Rights Commission of the state has now demanded that strict action should be taken against those personnel, as per the police act. Acting Chairman of the Commission P Mohandas has demanded from the Home Secretary and the DGP Behra that action should be taken and the report thereon to be submitted to him within 30 days.

The Police Act stipulates that police personnel involved in criminal activity should be immediately suspended and



IG S Sreejith

they should be given opportunity to prove their innocence. If they are held guilty after investigation, they should be dismissed from the service, he said.

HRC Chairman visited the Varapuzha Police Station and went through the records. Later he said that it was proved by the records that Sreejith was tortured within the police station as per the medical certificate issued by the Medical Officer.

According to the government, four persons died when they were in custody since LDF came to power while the opposition say that it was not four but nine. As on February 28, 2018, there are 837 police personnel, including 1 IPS officer and 10 DySP, accused of involved in criminal cases. This is revealed by the records placed by the government before the state assembly.

Majority of the personnel involved in corruption cases belong to officers and they include one DGP rank officer. He was earlier involved in eight cases and the DGP Jacob Thomas investigating those cases was removed from that duty and DGP Loknath Behra who took over wrote seven of them off. The remaining one is also to be expected to follow suit.

The smart public read some more in the media reports. Consider the following cases:

1. A man sleeping on the veranda of his home was forcibly taken away by SI Biju and local constables and was tortured all along the way. Reason: Police received a complaint from a woman that her husband Biju tortured her and her mother. When the complainant realised that the police got a wrong Biju, the police apologised to the victim Biju. Victim spent two weeks in hospital and yet suffers from diminished hearing and pain on the spine. When



Public blockade of Ambulance bringing body



Sreejith's parents

ACP reported that the police erred, the police officials involved were transferred.

2. A sub Inspector of Kozhikode Medical College Police Station went near a Women's Hostel under the Nadakkavu Police station during night. A man saw him through his window, standing in front of the women's hostel and the SI abused him. His son, a student of Plus Two of Malabar Christian College HSS, came out and asked the inspector to desist from using abusive words. The inspector along with two constables dragged him into the police jeep and brought him to the MC Police station and throughout the journey and at the station, tortured the boy. When enquired by the superiors, the inspector told them that he went to the Women's Hostel to meet his fiancée and when the HRC intervened, he changed his explanation and submitted that he was innocent and the news was twisted. Because of his higher connectivity, SI is still serving Medical College Police Station.

3. Last September a auto rickshaw driver by name Shanavas tried to molest a girl and the latter jumped out of the rickshaw and got injured. After some enquiries police called Shanavas to the station and locked him up. His autoricksha was also confiscated. His pleas of innocence were not considered and third degree was used on him. Finally his family brought clear evidence from Pariyaram Medical College that when the incidence occurred he was under treatment there. CCTV images were also produced. When DySP investigating the case under instructions from HRC, submitted his report supporting his

innocence, Shanavas and his autoricksha were released and the real culprit is still to be nabbed. The inspector who investigated the case was transferred to the next station.

4. When the Governor was travelling in Malapuram district, an Assistant Police Inspector by name Benny Varghese hit a retired railway station master Janardanan for not keeping his parked vehicle sufficiently inside, causing bleeding through the nostrils. The senior citizen needed medical attention to stop bleeding. Though a case was registered against an 'unidentified' person, Benny Varghese was sent for training to learn good manners.

5. When a theft was reported from a shop, police arrested one poor woman by name Radha and to set her free, forced her to sell her two and a half cent land at throw away price and pocketed the money. Later another thief confessed that he did the theft in the above shop and gave police the necessary evidence. Police was then compelled to get the land deal annulled and returned the land and the money to her. For the fault of police, Radha was branded a thief.

Meanwhile the forensic experts who conducted the tests on the body parts of the Sreejith came out with the statements that the injuries seen on the genitals of the victim had the 'signature' of police hands. His testicles had blood coated as normally seen in police torture instances. In police torture normally the skin does not show any significant marks but the intestine would have injuries and in this case the victim's small intestine had 18 injuries. Police normally put some clothes over

the stomach and press that area with their boots. These injuries also must have come in this fashion. The intestine was almost broken into two pieces. The cause of death is due to this injury. Particles of food that he consumed had spilled into the interior of the stomach and this portion was infected. This infection had spread all over the body. Police is striving now to find out where exactly these injuries were inflicted.

The Human Rights Commission has ordered that this case should be referred to CBI since no arrests were made so far. Further the government should provide compensation to the family of Sreejith a sum of Rs.10 lakhs and that amount should be retrieved from the persons who tortured the victim. Government should also provide a job to the wife of Sreejith, HRC chairman Mohandas ordered. He also rejected the argument that Sreejith was injured in the scuffle taken place at the residence of Vasudevan. He wondered how the Rural SP could reach to such a conclusion even before conducting investigation. In the primary report, name of Sreejith was not mentioned, he claimed. He was not shown the entire records at the police station and was told some papers were with the investigating officer. He further stated that the directives of Supreme Court in such cases were not observed. After the medical examination, why Sreejith was not taken to the magistrate but directly taken to the police station, he asked. There is strong doubt that the police is trying to hide some facts.

All these incidences were brought out by the media when Sreejith was killed as a result of torture suffered in the police station during his custody. Now the police is attempting to put the blame of the murder by saying that he suffered because of the brutal kick inflicted by Vasudevan who was killed by a gang in which Sreejith was alleged to be a member.

Kerala is already suffering from the acquisitions that when political killing occur, the party of the real culprit supply fake culprits to the police so that they could be acquitted after the trial by the court and their families are supported by the party till such release.

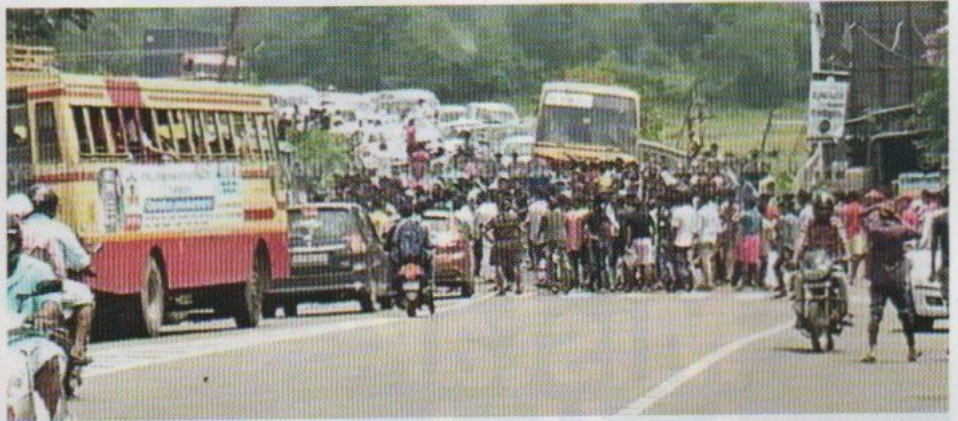
Suspended SI GS Deepak has been arrested for murder of Sreejith. It is the first time a police officer has been arrested for custodial death. CM Pinarayi Vijayan has asked HRC Chairman Mohandas to mind his own business.

WhatsApp Hartal in Kerala turns violent

Kerala for the first time witnessed a flash hartal that turned violent. It affected mainly those places where Muslim Community is in a majority.

Citing the brutal rape and murder of Asifa, an eight year old girl in Kathua in Jammu, some people called a hartal for April 16. There was no specific leader to call the hartal and now police is searching for the people who were behind it. The most affected districts were Malapuram, Kozhikode, Kannur, Palakkad, and Kasargod. About 250 people were arrested and about 50 police personnel were injured. Most of the people arrested were associated with SDPI, according to the police. Following this unexpected turn of events, section 144 was introduced for a week.

There were no notices, banners etc calling the hartal but the organisers used only WhatsApp so that none would be held responsible for the damages caused to the public. There was stone pelting at



various places such as Tirur, Tanur etc against police force and they had to use tear gas. There were lathi charges also in some places. There was a serious injury to the right eye of Vipin, a Rapid Rescue Force personnel and he was hospitalised. Police has filed cases against about 500 people in this regard.

In Kasaragod, the agitators pelted stones against four KSRTC buses and broke their glasses. Two drivers and one conductor were injured in stone pelting.

At Kasaragod 93 people were arrested while Palakkad it came to 200.

At Karipur Airport, taxis did not run thereby inconveniencing passengers who came to know about the hartal only after coming out of the airport. Since pilots could reach the airport on time, two flights were delayed. While SDPI leaders sought support from other political parties, Muslim League leaders clarified that their party had no role in this hartal.

On account of Vishu, on Monday there were no newspapers and visual media did not take the electronic announcements. Police was also not ready to face the violence. There were clippings about the violence afflicted on closed shops owned by Hindus, using WhatsApp and they forced the shop owners to close their shops in other areas.

A former RSS worker Amarnath Baiju (19) and four others were arrested on April 21, in connection with this hartal. According to the police, he was the key conspirator and formed two WhatsApp groups 'Voice of Truth' and 'Justice of Sisters' on April 14 using fake Ids. Others arrested are N J Siril (22), V Akhil (23), Gokul Shekhar (21) and P Sudheesh (22). Their fake messages caused the violent hartal on April 16. The arrest of the former RSS worker is seen as a setback to BJP which blamed Muslim outfits and called for an investigation by National Investigation Agency. DGP Iknath Behra had claimed the messages were circulated as a part of a larger conspiracy to foment communal trouble in the region. However State BJP President Kummanam Rajasekharan has denied any link with the conspirators. 'The political links of the those arrested in the case should be looked into,' he said.

When Bhagyalakshmi is after

Manoharan retired as overseer in section office of Ambalappuzha KSEB and lottery was never his weakness. He could not make much headway in life during his service. After retirement, he wanted after fortune and started buying lottery tickets. He was very systematic and noted down the ticket numbers in a note book.

In 2016 he won the first prize of Rs. 65 lakh of Pournami draw. He spent a part of the prize in modifying his house. He again won another first prize of Rs. 70 lakh another Nirmal lottery. Major part of this amount went into fixed deposit in bank.

Now Bhagyalakshmi went to him a third time and another first

prize of Rs.70 lakh in Nirmal's 65th draw. When he bought the ticket from Srivalsam Agencies, he wanted all tickets of the same number of other series but could grab of 10 series. The tickets of the other two tickets were already sold.



So along with the first prize of Rs.70 lakhs, he also gets another Rs.1 lakh, ten thousands of each of other series.

Manoharan is yet to decide what

to do with the money.

Manoharan resides at Thakazhi Lakshmi Gokulam with wife Vanaja. His son Sajith is an electrical contractor and daughter Lakshmi is a guest lecturer in SD College, Alappuzha.



Some Common Mistakes In Hair Care



Dr. (Major) Nalini Janardhanan

■ Care of your mane is an important part of beauty care. We tend to make many mistakes unknowingly while taking care of hair. As per the beauticians and cosmetologists, some

of the common mistakes in hair care are as follows:

Washing hair:

1) Using too much of dry shampoo: don't use dry shampoo. It may absorb oil from scalp leading to clogged pores on scalp.

2) Too frequent shampooing: Frequently applying shampoo to hair may lead to stripping the hair of natural oils which in turn lead to dryness, damage and breakage.

3) Conditioning only the ends of hair: fine hair is fragile and needs support of conditioner after shampooing. Hair is weakest when it is wet and prone to breakage. So use a light conditioner from roots to tips of the hair that helps to moisturize and strengthen hair.

4) Skipping conditioner: If you are not using conditioner regularly use a

weekly deep conditioning treatment to repair your damaged hair and make it soft and shiny.

5) Rubbing hair with towel to dry: if you twist your hair and rub hair with bath towel after taking shower, it may lead to breakage of hair. Use your hands to gently squeeze out extra water in large sections. Then use a towel to blot and squeeze hair instead of rubbing or wringing.

Drying Hair

1) Blow drying hair with wrong temperature: if you use a blow dryer that is too hot, in an effort to dry your hair faster, it may cause frizzy hair and split ends. Start blow drying your hair on the lowest heat setting possible.

2) Holding brush wrong when you blow dry: holding hair dryer with right hand and working the brush with left

hand is a wrong way of blow drying hair. It is better to use the brush with your right hand.

3) Blow drying hair when it is too wet: Hair should be about 60% dry before using blow dryer. Pat your hair with a towel or cloth to absorb moisture. Wait at least 15-20 mts after shower to dry the hair before using blow dryer.

4) Using the wrong brush to blow dry: when you blow dry, don't use metal brushes which can get overheated and burn your hair. Always go for a brush that is made to be used along with heat tools.

5) Blow drying without sectioning hair: unless you dry section by section you are going to end up with frizzy, inconsistent texture of hair. Using claw or clips to secure sections, dry one at a time before releasing and moving onto the next.

6) Pulling hair down when you blow dry: blowing and brushing hair downward is not the correct way. Extend your arm up and out when you are drying at the root. Then let your arm fall once you have reached the ends of the hair with your brush.

7) You are not drying your hair completely: If your hair looks dry but feels cold to touch or get frizzy and fall flat, it means you are not drying your hair completely. Be sure that every



section is dried well.

Styling Hair

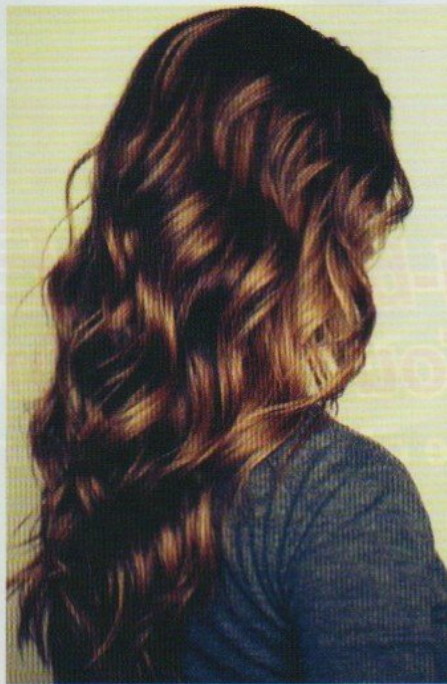
1) Brushing hair when it is wet: Hair is most fragile when it is wet. So don't brush or comb your wet hair after shower. To avoid breakage, use your fingers to detangle and part your hair after drying with towel.

2) Being rough with your hair: Don't tug, curl or twirl your hair. Don't roughly brush dry hair. All these and even tossing or turning on rough pillow cases can lead to breakage of hair. Be gentle with your hair. Pat your hair dry with a towel after bath and use a wide tooth comb to break up knots.

3) Using hair tie when hair is wet: Hair is fragile when it is wet. Pulling it back into a ponytail or bun, using hair ties, sleeping on wet hair all these lead to breakage of hair. Using hair accessories, tight braids or ponytails tend to put tension on scalp and stress at the hair line. It may lead to hairs being pulled out at the root or breakage of hair. Avoid these. Let your hair down and give it rest once in a while.

4) Back combing hair: Too frequent back combing will damage hair and cause breakage.

5) Colouring your hair frequently: this is not good for hair.



6) Choosing a wrong hair colour: choosing a wrong shade or tone not suiting your complexion can make a huge difference to your look. Always consult a stylist if possible.

7) Tearing through knots with a brush: Don't rush through brushing your hair if it is prone to knots. Brush your hair from the ends up undoing all knots before you run the brush down your

hair from roots to tips. Use a wide tooth comb if you are unable to undo knots.

8) Not getting enough trims: to avoid damage and split ends it is better to trim a little bit every time as hairstyle maintenance.

9) Your Hair tools are dirty: wash or clean your hair tools and hair brushes frequently just like your make up brushes to avoid dirt and debris getting deposited back into your hair when you reuse them.

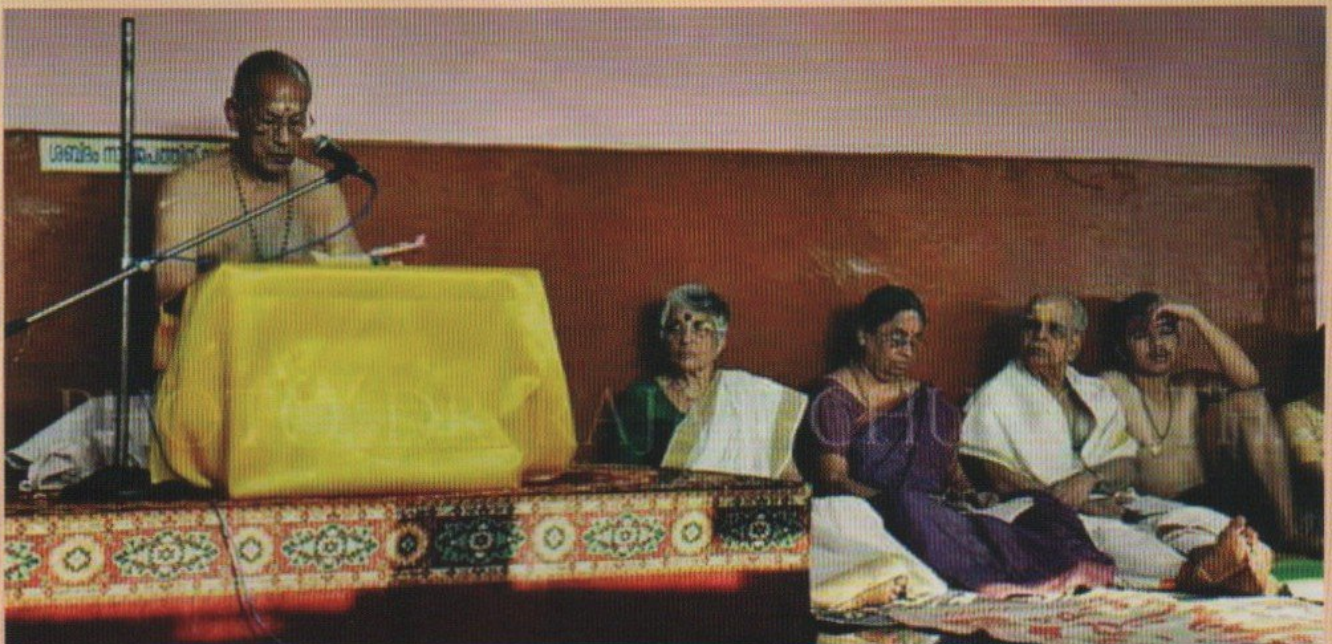
10) Using heat tools on damp hair: Don't use heat tools on damp hair. It may cause burnt, brittle or damaged hair.

11) Holding hot tools in the same place for long: curling iron, flat iron or blow dryers should not be held on the same section for long time. It may damage your hair.

12) Not protecting your hair from sun: If your hair is frequently exposed to sun, it can cause colour fade, dryness, dehydration and premature thinning. So protect your hair from sun.

13) Applying wrong products in wrong places: some styling products are meant for your roots and others for your hair length or ends. Don't put oily smoothing products close to roots of hair. Oils, serums and smoothing creams should only be applied to the ends of hair. ■

After retirement he pursues his interest



This simple man giving spiritual lessons on Srimad Bhagavatam in a small temple in Kerala without any fanfare is none other than Shri E. Sreedharan, the Konkan Railway & Metro man !



Asthma

Dr. (Major) Nalini Janardhanan

World Asthma Day is observed every year on 7th May to create awareness among people about Asthma. Asthma is a lung disease. It is not an emotional or psychological problem. It is estimated that around 300 million people worldwide have asthma. Airways in the lungs of people with asthma are more sensitive to irritants and allergens in the breathing air (eg. Dust, pollen, virus, bacteria etc.) unlike other people. Their airways react by inflammatory response i.e the inner linings of airways get swollen and muscles surrounding the airways tighten up leading to narrowed airways. Thick mucus is produced by mucus glands in airways which further blocks them. This will lead to difficulty in breathing, cough and wheeze.

Asthma is a chronic disease which means it is for a lifetime. It cannot be completely cured. Even when there is no symptom, it is still there and can flare up at any time. But your asthma can be controlled by taking your medicines as prescribed, avoiding your asthma triggers and monitoring your asthma. The exact cause of asthma is not known. Some genetic and environmental factors play a role in those people who develop asthma.

Symptoms of Asthma

- **Coughing:** cough is usually worse at night or early morning making it hard to sleep
- **Wheezing:** wheeze is a whistling or squeaky sound when you breathe
- **Chest tightness:** This is a feeling that something is squeezing or sitting on your chest.
- **Shortness of breath:** You may feel that you can't get enough air out of your lungs. You feel breathless or out of breath.

Symptoms of asthma are different for different persons. The symptoms also vary in frequency (once a week or every day or every few months). Symptoms may be mild or may make you stop what you are doing or may be life threatening.

Asthma can be a medical emergency and people may die from severe asthma attacks.

Asthma Triggers

Some of the most common things that bring on asthma symptoms are allergies, irritants, viral infections and exercise.

Allergies are substance that can lead to allergic reactions. In some people the immune system sees the allergies as 'foreign' or dangerous substance and reacts in an exaggerated way to protect body against them.

Some of the most common allergens for people with asthma are:

- 1) Dust-mites which are tiny bugs that thrive in mattresses, carpets,



upholstered furniture and stuffed animals.

- 2) Cockroach droppings
 - 3) Pollen from trees and grass
 - 4) Molds (both indoor and outdoor)
 - 5) Animal dander i.e scales or dried saliva from the hair, skin or feathers of animals
 - 6) Irritants are things in the environment that may irritate your lungs eg-
 - a) Cigarette smoke
 - b) Air pollution including ozone
 - c) Cold air or changes in weather like freezing temperature, high humidity, thunderstorms
 - d) Strong odors or spray such as perfumes, house hold cleaners, cooking fumes (especially from frying) paints, varnishes
- Other things which may cause asthma symptoms in some people are
- a) Exercise
 - b) Respiratory infections like colds,

viral pneumonia, sinusitis, rhinitis

c) Some medicines like Aspirin, Ibuprofen, Beta blockers

d) Sulfites in food (dried fruit, processed potatoes) or beverages (eg beer or urine)

e) Gastro esophageal reflux disease

f) Strong expressions of emotions like crying or laughing.

Goals of Asthma treatment

Goals of asthma treatment are, you should have-

- Few, if any asthma symptoms.
- Few if any awakenings during night caused by asthma symptoms
- No need to take time off from school or work due to asthma
- No limits on your fully participating in physical activities
- No hospital stays
- Few or no side effects from asthma medicines

Actions

You can reach these goals by taking the following actions

■ Work closely with your doctor to learn how to manage your asthma and keep it under control

■ Learn which medicines you should take and when to take each of them. Learn how to use an inhaler or spacer correctly. Take medicines as per doctor's prescription only.

■ Identify the things that bring on your asthma

symptoms (asthma Triggers) then avoid them or at least reduce your exposure to them

■ Learn how to monitor your asthma and to recognize and respond quickly to warning signs of an attack.

Medicines

Most people with asthma need two kinds of medicine

1. Quick relief medicines to be taken when you need them for immediate relief medicines to be taken when you need them for immediate relief of your symptoms.

2. Long term control medicines to be taken daily for a long time to stop and control inflammation in your airways and prevent symptoms and attacks.

Always discuss with your doctor and take treatment according to the doctor's instructions. Ask your doctor about the right way to use your medicine, possible side effects and how to deal with them. ■



Addiction to Cough Syrups with Codeine Derivatives



Dr Sujatha Nair

■ The innocuous cough syrup that usually acts immediately when one has a common cold or bad cough in providing relief to us, can also become addictive if taken in

unnatural amounts for a long enough period time.

The addictive component is the derivative of codeine or of opioid origin.

This requires a doctor's prescription to obtain from the pharmacy.

The normal medical dose is 5-10ml a day about two or three times as advised by the physician.

Common brand names- Phensedyl, Corex etc.

If taken in large quantities it gives a drowsy feeling, buzzed out throughout the day which is then enjoyed by the person who is using it.

Quantities taken can be several bottles of 100ml or 50ml orally per day.

Side effects

Perspiration, insomnia, dryness of

mouth, weight loss, lack of appetite, overt drowsiness, respiratory depression, pain in stomach, constipation, headache, dizziness, nausea, vomiting, anxiety, pancreatitis, Itchiness of skin, lowered blood pressure.

Long term effects of addiction

Insomnia, anxiety, nightmares, liver damage, physical pain, seizures, motor tremors, coma, death, multiple organ damage

Overdose- can result in - Pin point pupils, heaviness in chest, Unconsciousness, cyanosis (blueness around the lips and nail beds), difficulty in breathing due to respiratory distress, Chest pain, sluggish pulse rate, vomiting, fatigue that is extreme.

Treatment

This involves stopping the substance to begin with. This can give rise to withdrawal symptoms that can be as follows-

Insomnia, stomach cramps, headaches, muscle pains, diarrhea, lack of appetite, rapid heartbeat, lachrymation, runny nose, yawning,

heaviness in head, nausea, vomiting.

The period of Detoxification enables the individual seeking help to get beyond the withdrawals.

Treatment involves residential stay at a rehabilitation center for about 8-12 weeks in an accepting loving compassionate ambience. Treatment is of the addictive traits in the person and the inability to manage and deal with emotions that make the person doing the only thing they know to cope i.e. of using

Meditative techniques that are psychotherapeutic enable the client to relax, calm down, and bring to the fore suppressed and repressed emotions stored in the cellular memory. Counseling, sharing, writing and various alternate therapies facilitate in helping the client go beyond using to understanding oneself and living life fully without finding the need to use. ■

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Malayalam film industry captivates National Award Jury

When the sixty fifth National Film awards were declared, Malayalam film industry captured fourteen of them including four non-story based films. After the declaration, noted film director Shekhar Kapoor stated that the standard set by the Malayalam film industry was amazing. This happened in spite of the absence of any members from Kerala in the jury.

Director Jayaraj was adjudged the best director at the national level for his film 'Bhayanakam'. He also got the award for the screenplay of this film, based on the story by someone else. Cinematographer of this film Nikhil S Pravin was adjudged the best cinematographer.

K J Yesudas was adjudged the best playback singer for the eighth time. The song was 'Poimarhanja Kaalam' from the film 'Viswasapoorvam Mansur' set to tune by Ramesh Narayan. Fahad Fazil was the second best actor for his movies 'Thontimuthalum Druksakshiyum' (Evidence and witness) and 'Take Off'. For her acting Parvathi was chosen for Special Mention of the jury, for her performance in Take Off. Though the nineteen year old Bengali actor Hruddhi Sen was chosen as the best actor, Fahad Fazil and Indrans were giving him a tough fight till the end.

'Thontimuthalum Druksakshiyum' was adjudged as the best Malayalam film and it was directed by Dilish Pothan. Screenplay writer of this film Sajiv pazhoor was adjudged as the best screenplay writer. The award for the best film dealing with the socially relevant theme was given to 'Aalorukkam' in which Indrans gave a sterling performance. Santhosh Raman was chosen as the best film executive for his role in Take Off.

Two Malayalees Sanal George and Justin Jose were given technical awards for working in a Ladakhi film 'Walking with the Wind.' Indira Gandhi Award for the debutant director went to Sandeep Pambally for 'Sinjar', a Jaswari language movie of Lakshadweep. A R Rehman got the award for the best background music.

In the non-story based category,



Vinod Khanna



Sridevi



Jayaraj



Yesudas



Sajeev Pazhoor



Fahad Fazil



Parvathy



Dileesh Pothan



Nikhil Praveen



Suresh Erhiyat

'Sword of Liberty' a movie made by Shiny Jacob Benjamin based on the life of Veluthampi Dalawa obtained the award. This film also obtained the best music award for Ramesh Narayan in the non story based category. The award for the best animation film went to 'The Basket' directed by Suresh Erhiyat and

produced by Neelima Erhiyat.

The deceased actor and former MP Vinod Khanna was bestowed with the Dadasaheb Phalke Award while the recently died actress Sreedevi was given the best female actor for her role in 'Mom.'

Nayantara returns to Malayalam Screen

■ Lady Superstar of the South India Nayantara is scheduled to return to Malayalam screen soon. The film is 'Kottayam Kurbanu.' Its story, screenplay and dialogues are written by Unni R and is directed by Mahesh Vettayar. The story is wholly revolved around the heroine and that fact is responsible for Nayantara to return to Malayalam. It is for the first time Nayantara is coming in a heroine centric movie in Malayalam. All these years she was a shadow of the hero. Nayana's early Tamil movies



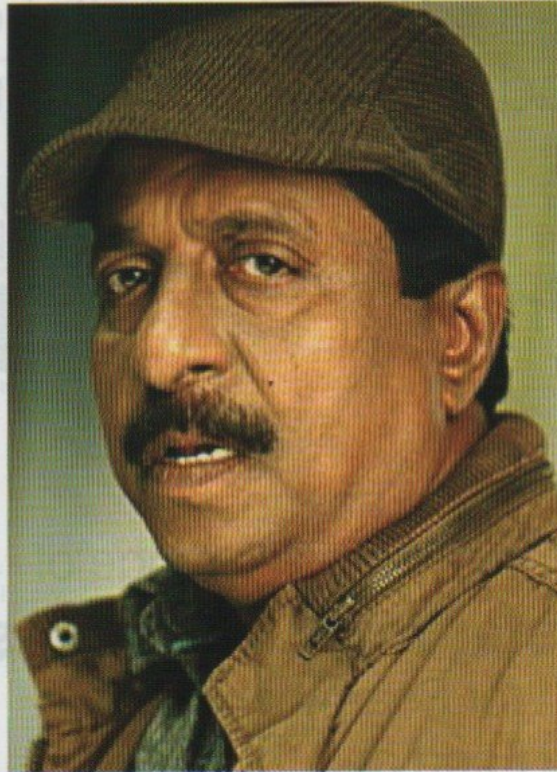
Arham, Maya, Nanum Rowdy than, Rajarani were all heroine centric and all of them were big draws at the box office. Hence she was accepting only heroine centric films. The last film she did in Malayalam was 'Puthiya Niyamam'. Though many producers and directors from Malayalam approached her with offers, she was declining them with the defence that she had nothing important to do in them.

Unni R earlier wrote stories for Charlie, Munnarhiyippu, Leela. Kottayam Kurbanu is produced by Full On Studios.

My image of poverty helped me in movies: Srinivasan

The life style of upper class was beyond his reach and hence he could write only about the middle class people, said actor, director, screenplay and scriptwriter Srinivasan. "I wrote only about the people with whom I had contact and those who were beyond my reach I could connect with and hence could not write about them," Srinivasan confessed. He was addressing the audience after receiving the award of Ramasramam Unneerikutty Trust from M Mukundan.

"When I was a student of Pazhassiraja NSS College, Mattannur, Appu Nair Master taught me many important features of human life. He advised me to do things that would give me peace and happiness. Since early life I was fond of acting in play. I joined Madras Film Institute only to imbibe the lessons earned from there in my



stage craft. When Ramu Kariat saw me at the interview, he had a special smile on his face. He was sure that with my face, I would never get a chance in films. And I was not disappointed.

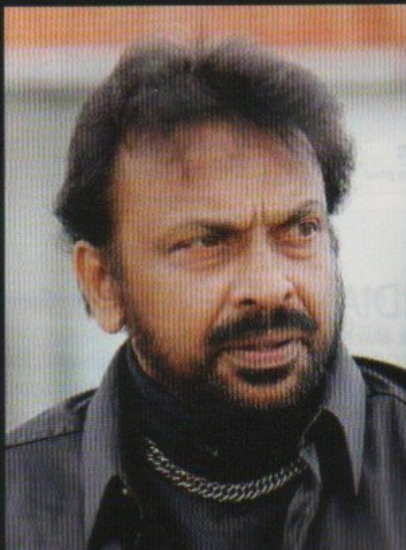
"As I said my aim was to act in plays and not in films. When I reached the sets of Sanghaganam, Ramu Kariat was there. When he saw me, he smiled again as if asking me if I reached there too.

"Much later after these two incidences of smiles, Ramu's friends gave the the Ramu Kariat Award for the best director when I did "Chintavishtayaya Shyamala. Ramu was not alive then. Yet he must have laughed from the nether world. Hari was a regular hero in P A Backer films but he took me as the hero instead of Hari. Later I asked Backer why did he do that. His response was that Hari did not have the look of a poor boy as I had."

Actor Kollam Ajith is no more

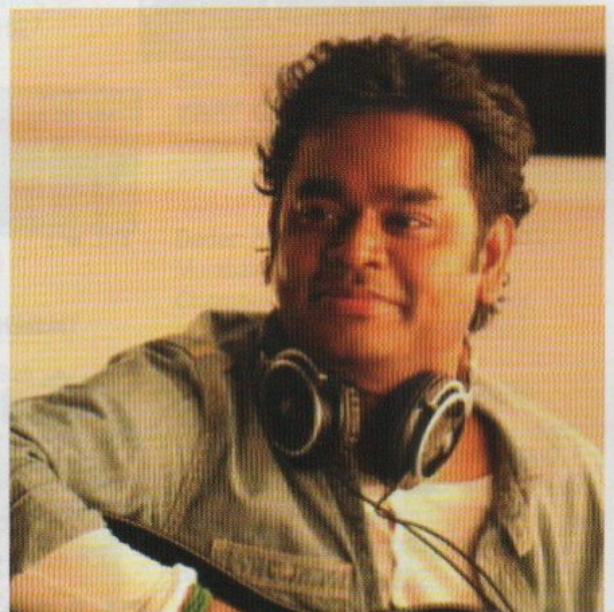
Kollam Ajith who appeared in several movies in villainous roles died of liver sclerosis in a private hospital in Kollam. He was 58. His body was kept for public view and actors Mammooty and Mukesh paid respects. He is survived by wife Pramila and children Gayathri and Srihari. Director Anil Das is his brother.

Ajit first appeared in 'Parhannu parhannu parhannu' (1983) directed by Padmarajan. Some of his other films



are Yuvajanotsavam, Akalathe Ambili, Poovinu Puthiya Poonthennal, Natotikkattu, Nirnhayam, Paantippata, Prajapathi, British Market, Uncle, Lal Salam, Aarhamthampuran, Narasimham, Valliettan etc. His last released movies are Ivan Ardhanaari and Simhasanam. He directed Calling Bell and Pakal Pole.

Rehman looks for Mizhavu



Music director Rehman has come to Cheruthuruthi where Kerala Kalamandalam is situated, looking for music of Mizhavu.

Rehman is engaged in creating a short film on musical instruments. He shot for a full day in Kalamandalam Koothambalam and Kootiyatam Kalaris. Kavitalaya of Chennai is producing this film based on four temple musical instruments.



Kerala in Mumbai

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