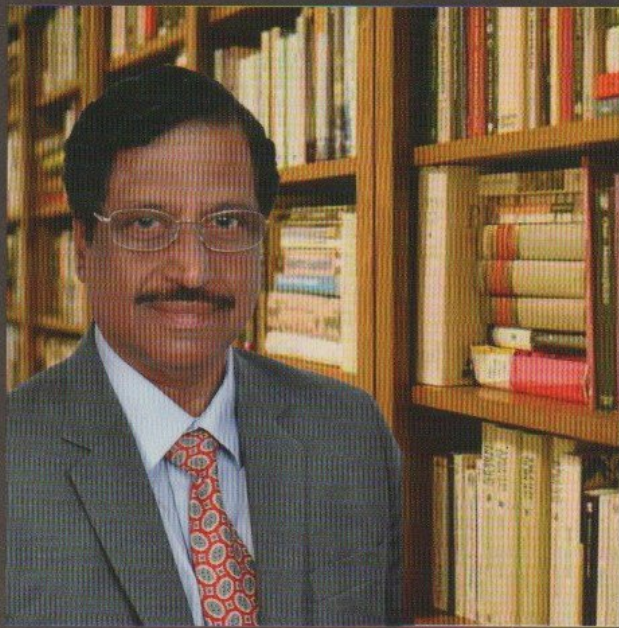


Merry Christmas & Happy New Year

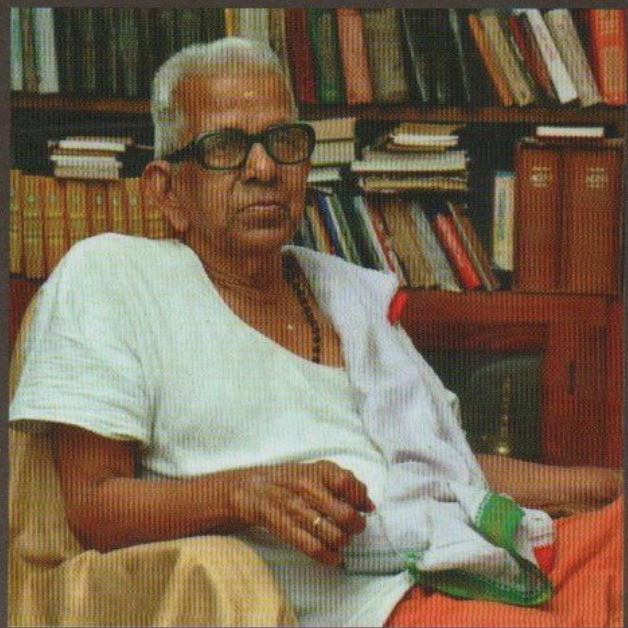
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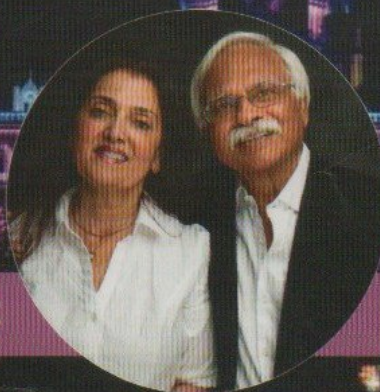


**Research
Scientist**



**Jnanpith
Awardee**

**Rediscovering
History**



■ Seema Jayaraman - Budding Poet

■ NORKA Roots ■ Health & Beauty

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RULE OR MISRULE?

The media reports for the last two months were mind boggling but in a negative sense. It looked like there was nothing positive and bright from the state. Murder, torture, suicide, corruption, molestation, rape etc filled the pages of newspapers and periodicals and consumed the news hours on televisions. It was God's grace that no reader or viewer committed suicide due to frustration emanating from the news rooms.

Let us start with the government. The state government had announced free medical assistance to people of lower income group. Now the reports are out that 41 lakhs families are out of the scheme because the state did not release the funds to the private hospitals who joined the scheme at the request of the government, for the services they so far rendered. There is even a lottery scheme to gather funds for this programme of Karunya Health Security. Before announcing the programme, the state should have studied the pros and cons of the scheme. Most of the government hospitals do not have state of the art facilities and most of the analytical studies, on recommendation of the hospital authorities, are done in private hospitals. These private agencies charge exorbitantly but once the hospitals stopped paying these facilities, their assistance came to an end. The Karunya scheme is merged with the central government's Ayushman Scheme and when the Centre receive the proof of State's remittance, they release central government's share. Since the State failed in its duty, the Centre's share is not forthcoming. What happened to the money collected for the State project? If the government did not have enough funds, why did it announce the scheme?

When the previous government took a decision to go for a gradual reduction of liquor bars within the state, it took a decision to provide benefits to the workers likely to be retrenched and started levying a cess on liquor sale through State Beverage Corporation. It was more than five years ago. As per the statement of government, it collected Rs1059.04 crore by way of this levy. So far, the state gave Rs. 8.73 crore till 2018 to the retrenched but spent Rs 93 crore on sensitising the public about the harmful effects of liquor. The unemployed among the retrenched so far are only 100 as per government records but they are yet to be provided any assistance. What happened to the remaining Rs 957 crore?

Earlier the state government employees were paid their salaries through banks but recently the government decided to pay them through treasury and announced that they would get a higher interest on the money not withdrawn from the treasury. Some corporations like KSRTC are not paying salary on the scheduled date of the first day of the month. More and more welfare schemes are announced when elections are around the corner but there is no money to pay those now working for it. Bridges and roads are in bad conditions but there is no money to spend for their alleviation. However, the CM announces that development projects would be continued in spite of obstacles from any quarter while the Malapuram Municipality is planning to pledge its Bus Station against a loan of Rs 5 crore. It is being done to complete a welfare scheme announced by the Municipality earlier, to rebuild the homes of those who suffered in the recent floods. The funds allotted for other schemes would be reduced to enable remittance of this loan. What an intelligent way!

A few persons taken to police stations for questioning ended up in ICU with injuries and other ailments, next morning. When two youngsters were arrested under UAPA by the police, there were protests from the party members as the alleged culprits belonged to their party. PB criticised the CM and advised him to nullify the action when the issue comes before him. Rules are different for different people.

When certain students failed to secure enough marks to pass the examination, the Higher Education Minister's PA attended a meeting of members of the University Syndicate. PA advised the Syndicate to allocate one mark to two failed students and the Syndicate granted five marks on 'humanitarian grounds.' Similar exercises were done in MG University, Calicut University, Kannur University etc. In certain cases, unknown employees granted additional marks to the 'needy' through computers placed in the University Registrar's office using pass words of retired, transferred or temporary employees. We wonder why waste money to conduct examinations in these conditions.

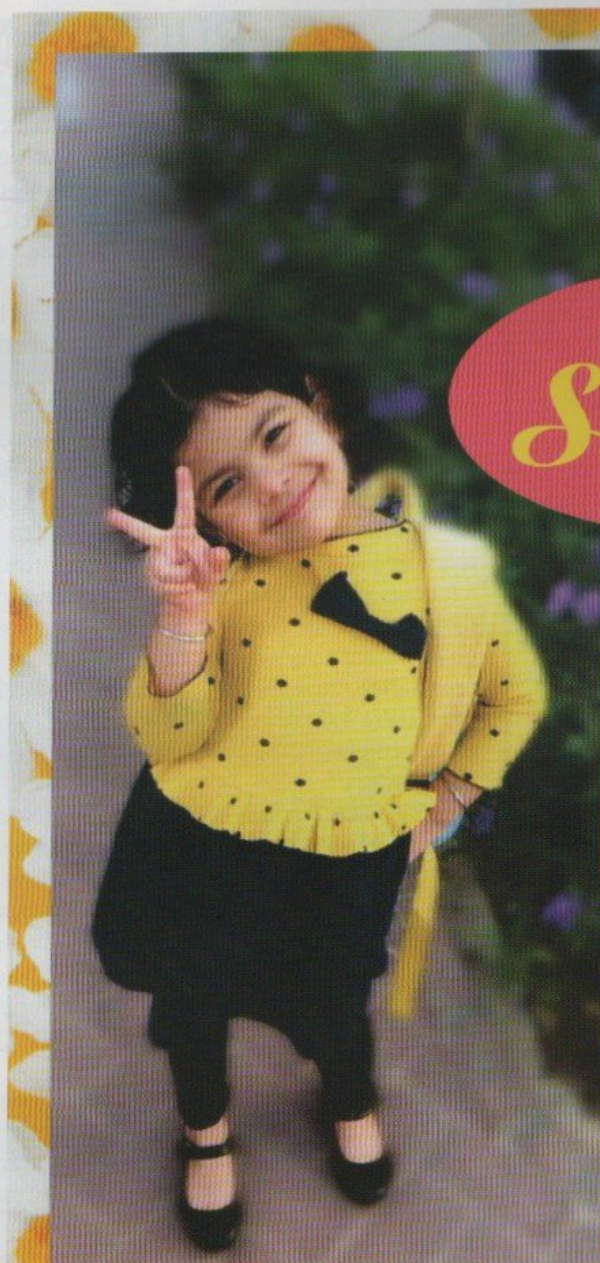
HEALTH IS WEALTH

Health is wealth and it is important to overcome heart diseases today rather than brood on what had happened to our health all of a sudden. Heart surgeons in India and world class cardiologists today believe that with certain precautions a heart patient can lead an almost normal life after an attack.

The thumb rule for a layman is to take care of his heart in the most suitable way by adhering to the exercise routine and to take proper medicines at the right time to manage such a shock in the life. Mainly food control with an eye on excess of carbohydrate, more of protein, less oil is the right schedule to be followed. More over half an hour's walk, at least five days a week; avoiding lifts and sitting for a long time will give a sigh of relief and the wish to live longer. It is time to quit smoking. We should control our weight and blood sugar levels. We should avoid fried items, sugar and potato.

Regular routine check up will boost our confidence level. Checking BP, Treadmill test after an echo are important. There is a wrong notion about the pain caused by gastric trouble and heart attack. So one must know to differentiate between pain caused by a heart attack and that caused due to gastric trouble and an ECG can provide the right medical treatment that should be undertaken immediately.

C. K. SUBRAMANIAM
SANPADA



Happy
Birthday to
Siara

Celebrating
4th Birthday on
21st January 2020

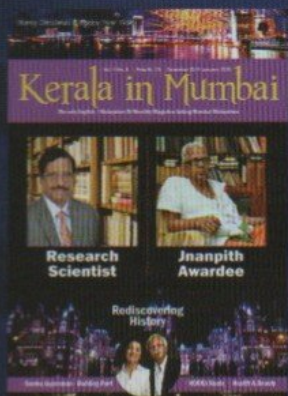
Loving wishes from:
Parents Divya, Sujit
and Grand Parents

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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സതി എസ് ഉണ്ണി

Dr (Major) Nalini Janardhanan

Dr Sujatha Nair

Dr G Ramakrishnan

Research Scientist and Dedicated Musician

Highly educated and culturally active Dr G Ramakrishnan has lived and worked across the globe and now Mumbai is his home. Hailing from a small village in Thrissur, today he is a well known personality in the scientific and cultural field in Mumbai.



■ Dr G Ramakrishnan, who holds Ph.D. in Organic Chemistry, has worked in senior positions in reputed organizations in various countries. His passion for devotional songs and Bhajans has prompted him to compose several songs and bhajans in various languages, both in Carnatic and Hindustani ragas. He has started a website to share these songs with all those who are interested in Bhakthi and



Lakshmi Venkatachalam

Bhajan. He is also President of Powai Fine Arts that is celebrating its tenth year in January 2020.

Childhood and education

Dr Ramakrishnan, was born in a small village, Velappaya, in Thrissur District in Kerala in 1950. He is the youngest of the six children born to (Late) V S Ganapathy Iyer and (Late) R Parvathy Ammal. His childhood and his early life around the Velappaya Sivan temple and Karthyayani temple have had significant influence on his life. He studied at the Velappaya Primary School, middle level at the Manithra School and the secondary level at the St. Thomas High School, Tirur (Thrissur Dist). All his school studies have been in Malayalam medium. He lost his father when he was 12 years old; therefore, he grew up with the support of his mother, brothers and sisters. After finishing his high school in 1965, Ramakrishnan moved to Bombay and stayed with his brother G Subramanian popularly known as G S Mani, who is known for his involvement in social activities. Ramakrishnan studied at the SIES College in Sion, University of Bombay and he received his M.Sc. degree in Organic Chemistry in 1971. Recognising his potential, the prestigious Bhabha Atomic Research Centre offered him DAE Fellowship to

pursue his Ph.D. He worked in the area of Natural Products Chemistry and earned his Ph.D. degree in Organic Chemistry in 1975 from Bombay University.

The same year, he was selected as Research Associate at the Florida State University's prestigious Chemistry Department to work with the internationally reputed professor Dr. Werner Herz in Natural Products Chemistry. Three years later, he joined the famous Brown University in Providence, Rhode Island, as Research Associate with yet another well-known professor, Dr. David Cane and worked on the Biosynthesis of Natural Products.

Career Profile

Dr Ramakrishnan returned to India at the end of 1979 and joined as a Research Scientist at the ICI Research Centre in Bombay and after two years joined the Hinditron Group of companies. He left for Riyadh, Saudi Arabia in 1985 to head a company and later he joined the Forensic Science Laboratory of the Arab Security Studies and Training Center in Riyadh to carry out research and training in Forensic Science.

In 1990, Dr Ramakrishnan moved to Singapore and joined Hewlett-Packard as the Business Development Manager

for the Asia Pacific Region and in 1999 he was transferred to New Delhi to head the Life Sciences and Chemical Analysis Division of Agilent Technologies (offshoot of Hewlett-Packard), where he worked as Vice-President till he joined Thermo Electron Corporation in Mumbai as the Director of Scientific Instrument Division. In 2006 Thermo Electron changed its name to Thermo Fisher Scientific, where Dr. Ramakrishnan worked as the

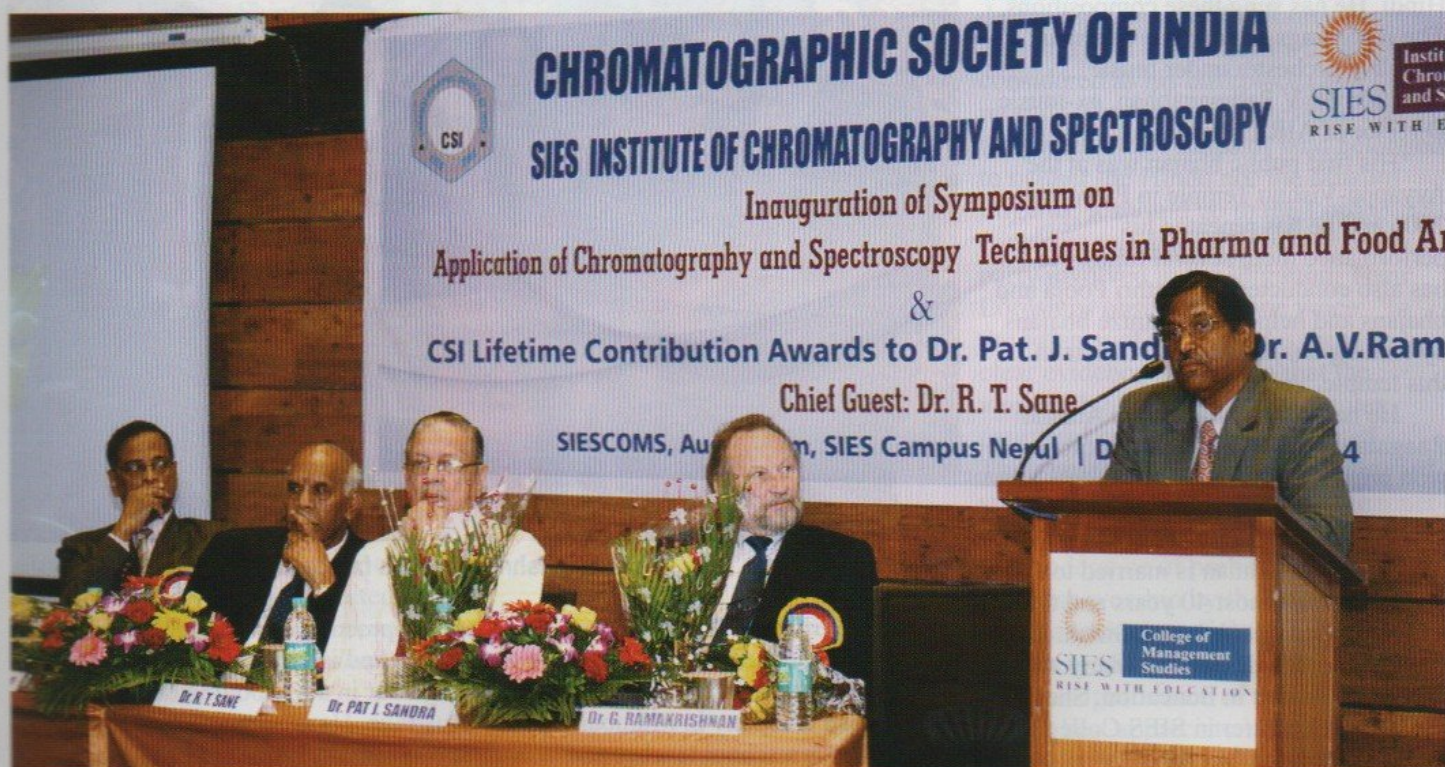
Managing Director for a few years and became Senior Director, Asia Pacific before his voluntary retirement in 2010.

After retirement Dr. Ramakrishnan wanted to pursue his teaching and research and he joined his Alma Mater SIES College as an Honorary Professor of chemistry and he established the 'SIES Institute of Chromatography and Spectroscopy' primarily for training students, teachers and industry chemists in chemical analysis. He served in this institute as its Honorary Director till recently.

Scientific and Cultural Commitments

Dr. Ramakrishnan helped in establishing the Chromatographic Society of India, a not-for-profit organization in 2000 in order to promote the education in chromatographic science and spectroscopy. This organization has helped in arranging many seminars, workshops and symposia all over the country in the past 20 years that has benefited many graduate and research students, teachers and industry chemists. Dr. Ramakrishnan is a sought after speaker in chromatography and mass spectroscopy and his contribution has won him several accolades including the Lifetime Achievement Award from

Dr. Ramakrishnan helped in establishing the Chromatographic Society of India, in order to promote the education in chromatographic science and spectroscopy. This organization has helped in arranging many seminars, workshops and symposia all over the country in the past 20 years.



Dr Ramakrishnan speaking at the inaugural function of CSI at SIES Nerul

Indian Society of Analytical Scientists (ISAS)) a few years ago. Dr. Ramakrishnan has also served as the President of 'Indian Analytical Instruments Association' (IAIA), which is an association of several companies that manufacture and trade in analytical instruments.

Powai Fine Arts

During his stay in Powai from 2005 onwards, Dr. Ramakrishnan found a void in the cultural scene of Powai, so he decided to launch a cultural organization, Powai Fine Arts, in January 2010 and when it took shape due to the involvement of several likeminded people, he was elected as its Founder President. This organization has brought to this region many musical, dance and drama programmes and this cultural organization will be celebrating its tenth year in January, 2020.

Bhakthi-gitanjali

He registered his own venture, Bhakthi-gitanjali Limited and established the website: www.bhakthi-gitanjali.com many years ago with the sole intention of sharing his religious thoughts and bhajans with people. He has composed many devotional songs and bhajans in Tamil, Malayalam and Hindi. He has sung these compositions. The recordings are done in Chennai with live orchestra under music direction of V Padmanabhan, ex-music Director of AIR Chennai.

His first public bhajan was at the Ayyappa-Vishnu Temple in Powai in 2006 and he has repeated his performance there several times. He has also conducted Sivarathri Pooja and bhajans and helped to organize bhajans by leading bhajan artistes of India in this temple.

He has participated in the Annual Raagalaya Light Music Competiton and won prize.

Family

Dr. Ramakrishnan is married to Smt. Lata for almost 40 years and they have two sons, Ganesh and Girish. Lata has her master's degree in Botany and bachelor's degree in Education. She has served as a Lecturer in SIES College in Mumbai for a few years before taking voluntary retirement. Ganesh has his



Dr Ramakrishnan receiving ISAS Lifetime Achievement Award



Bhajan performance at Powai Ayyappa-Vishnu Temple



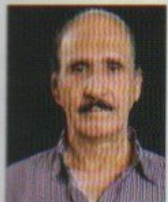
Dr Ramakrishnan with his family

MS degree from USA in Biotechnology along with management studies. He is presently working as a Country Head for a British company in Mumbai. His wife Deepa is a school teacher and assists special children in their

development. Girish is holding MBBS degree and is currently working as Registrar in a Melbourne hospital, Australia. He is pursuing his specialization studies in Emergency Medicine to obtain his Fellowship. ■



A Temple For Sri Rama At His Birthplace!



V. Balachandran

■ Saint Tyagaraja (1767-1847), one of the builders of the fairy dome of Karnatic music, was a devotee of Sri Rama par excellence. He longed for a

vision of his 'Ishta-devata' (favourite God), and that noble impulse found expression in the hundreds of songs he composed. Ten days before he passed into eternity, he got a glimpse of Him on the top of a hill. In '*Giripai nelakonna Ramuni*' in Telugu, he rendered it in the melodic unit (*raaga*) called '*sahana*'. In another moment of ecstasy, he repeatedly sang of his bliss divine, '*aanandam*', '*nityaanandam*', '*sadanandam*', '*brahmanandam*'.

Something of that joyous spirit of Tyagaraja caught the devotees of Sri Rama on 9th November 2019 when the Supreme Court of India



decreed in favour of Sri Rama the disputed land in Ayodhya which is considered as his birthplace (as a mortal). The learned judges said that the piece of 2.77 acres of land belonged to neither the Hindu nor the Muslim litigants; it should go to the Lord considered as a 'legal person' the third party involved in the litigation. Their Lordships observed in one voice: "In the balance of probabilities there is clear evidence to indicate that the worship by the Hindus in the outer courtyard continued uninterrupted. Their possession of the outer courtyard stands established. As regards the inner courtyard, there is evidence on a preponderance of probabilities to establish worship by the Hindus prior to the annexation of Oudh by the British in 1857."

The significance of the judgement can be best appreciated if one looks at it from a historical perspective. Here is the background over a period of time:



1. 1528 Mir Baqi, a General of the Moghul army, at the instance of the ruler Babur, builds the Babri Mosque in Ayodhya. (The site is believed to be the birthplace of Sri Rama as the son of the Ikshvaku Emperor, Dasaratha. The Valmiki Ramayana says: 'Kausalya, the first of the three queens of Dasaratha, gave birth to a son, the blessed Rama' (Bala Kanda, Chapter 18).

The Supreme Court (S. C.) has observed: "There is no record of the use of the mosque during the next three centuries."

2. 1856-57 The British rulers divide the structure with railings into two halves; the Hindus use the outer portion (courtyard) and the Muslims, the inner courtyard.

S. C.'s observation: "The evidence in the records indicates that Hindus, post the setting up of the railings have, in any event, in possession of the outer



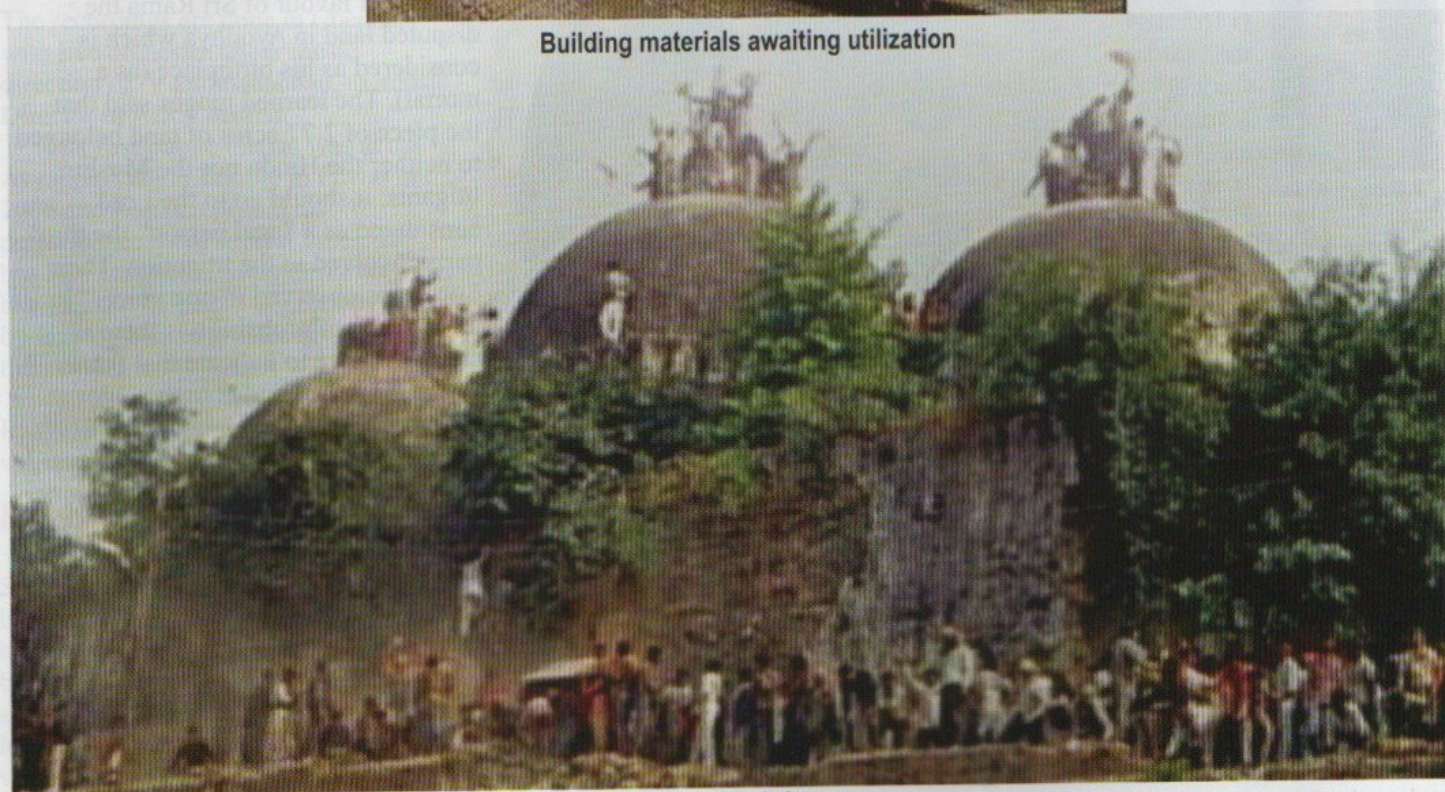
Building materials awaiting utilization

courtyard." Regarding the use of the inner courtyard, the S. C. noted: "There was no abandonment of the structure of the mosque or cessation of *namaz* within."

3. 1886 After the filing of the first suit for the erection of a Rama temple at the place, the District Judge, Faizabad, Col. F. E. A. Chamier, orders status quo with the observation: "It is unfortunate that a mosque was built on land Hindus consider sacred."

4. 1934 Hindu-Muslim riots break out at Ayodhya. The British Government imposes fines on the Hindus and reconstructs a damaged dome of the mosque. Muslims stop offering prayers. The gates are locked.

5. 1949 (December) Idols of Rama were placed under the central dome. Receiver appointed to take over the disputed



Demolition of Babri mosque

property.

6. 1985 Rajiv Gandhi helps in unlocking the gates and placing the first stone for the construction of the Rama temple. ('*Shilanyas*').

7. 1990 L. K. Advani, President of the B J P, undertakes a 10,000 km-long 'Ram Rath Yatra' from Somnath in Gujarat to Ayodhya during 25th September to 23rd October, 1990. He is arrested at Samastipur in Bihar (with Lalu Prasad Yadav at the helm of Government) and detained for five weeks. (It was not without any impact, as the success of the B J P at the elections showed later.)

8. 1992 (6th December) Babri Mosque demolished by *KarSevaks*.

9. 2002 (27th February) Martyrdom of 58 Kar Sevaks. They were burnt alive near the Godhra railway station in the coach in which they were returning from Ayodhya.

The S. C. judgement makes no reference to this horrendous human tragedy.

10. 2010 (30th September) The Allahabad High Court, while disposing of a bunch of petitions, decrees the division of the disputed area (1487 Sq. yards) into three parts.

The S C says that the Allahabad High Court erred in treating the case as a 'partition suit'. It says that the threefold division 'defies logic and is contrary to the settled principles of law.'

11. 2003 (22nd August) The Archaeological Survey of India (ASI) submits its report on the basis of excavations at the site. It does not categorically say that a temple was demolished for the construction of the Babri Mosque; it refers to certain pillar bases and walls and some of the materials of the structure having been used for erecting the mosque.

The SC does not accept the findings of the ASI for arriving at a judicial decision over the land dispute.

12. 2019 (9th November) The fivejudge bench delivers an unanimous judgement providing for:

1. Use of 2.77 acres of land for the construction of the Rama temple;
2. A trust to be formed to take over the land; and
3. Five acres of land for the Sunni Waqf Board to be allotted by the

Central / State Government 'within the city of Ayodhya.'

The SC says that it has 'steered clear from possible interpretations of theological doctrine' and deferred 'to the safer course of accepting the faith and belief of the worshippers.'

Thus comes to an end the long-drawn dispute over a piece of land believed to be the birthplace of Sri Rama whom we worship as God and also adore as the Ideal Man.

We owe the latter conception to the Ramayana of Valmiki, the first great poet (Aadi Kavi) of the world. Rama, as the hero of the epic, is etched in our mind as the epitome of all virtues.

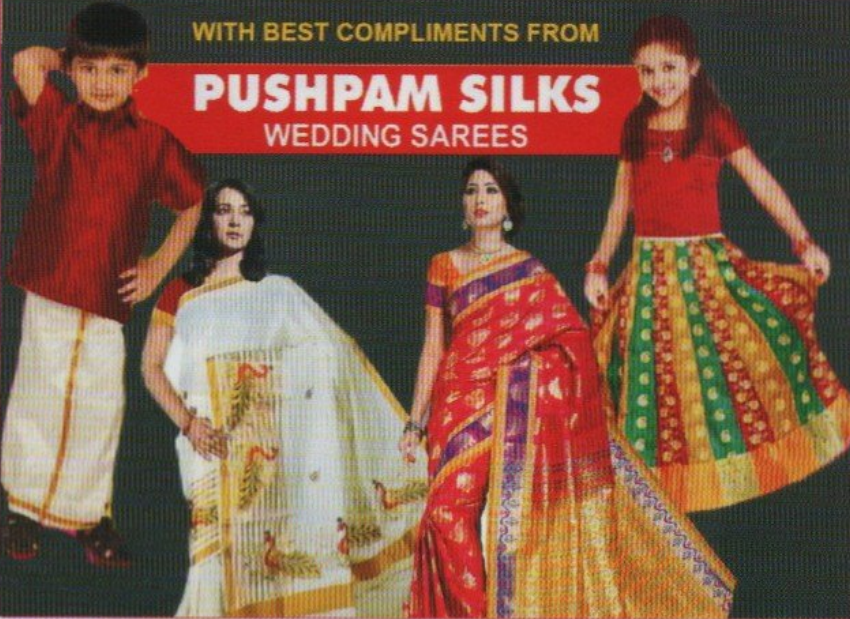
The number of temples of Rama is small compared to those of other gods Siva, Vishnu (their spouses), Ganesa, Subrahmanya, Ayyappa and so on.

Even in Kerala, there are hardly half a dozen well-known Rama temples. But thanks to poets (Ezhuttachhan and Vallathol in Kerala), song-composers, and 'Pauranikas' (who discourse on Rama's Advent) and the illustrious lives of great devotees (Samartha Ramadas in Maharashtra), the Ramayana is 'a part of the texture of our lives.' (Kerala observes 'Ramayana masa' in Karkidakom July-August.)

Sri Rama is hailed as the very embodiment of Dharma *Ramo Vighrahavan Dharmah*. Dharma a word not easily translated into any other language comprehends all those values and virtues that make human life sublime. Hence our love of Sri Rama great as God and even greater as Man *MaryadaPurushottama*. ■

WITH BEST COMPLIMENTS FROM

PUSHPAM SILKS
WEDDING SAREES



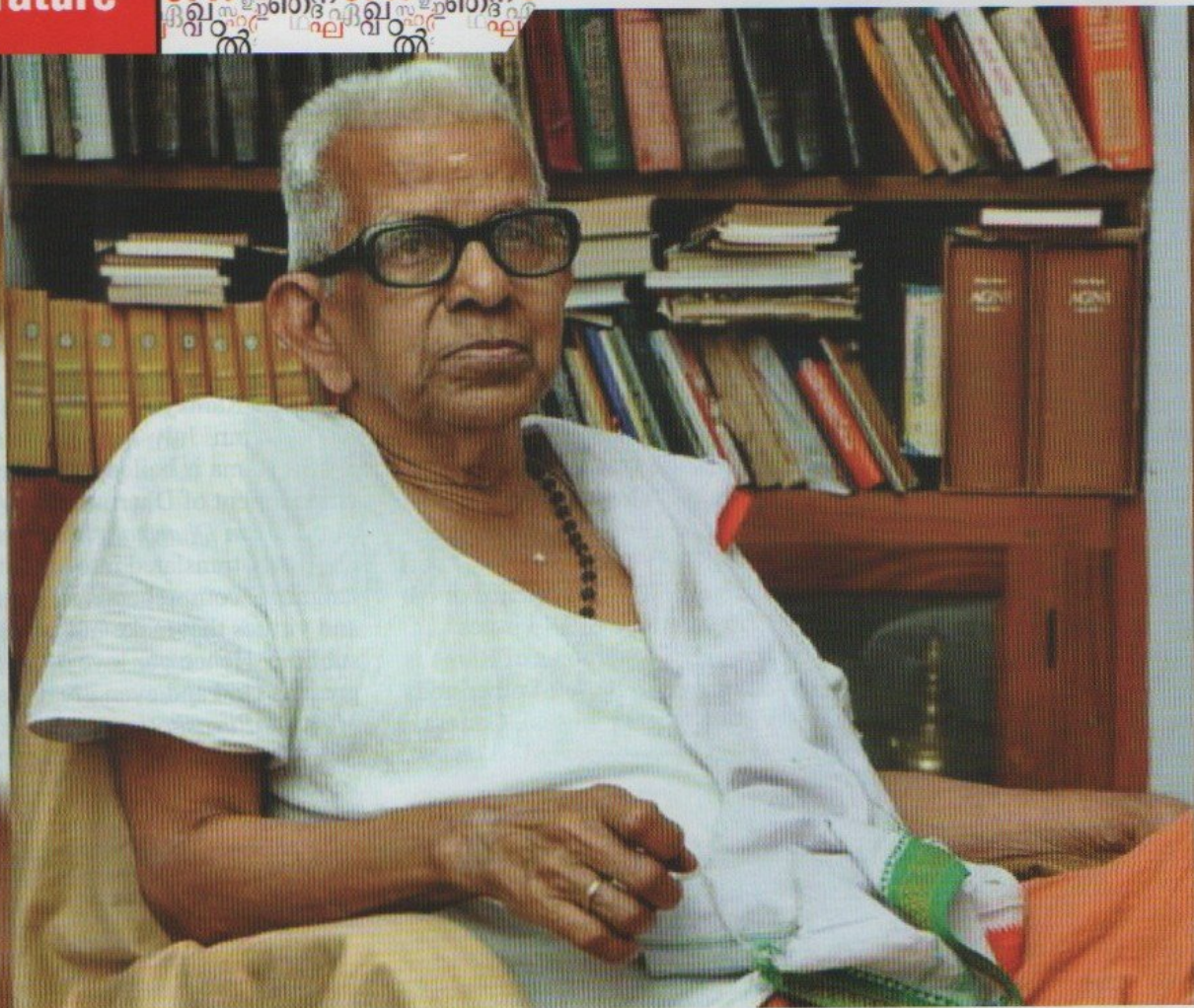
D. S. CUTPIECE & R. M. SHOPPING
HANDLOOM TEXTILES

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

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

രാമരാജ് ദോത്തി, മുണ്ടുകൾ, റെഡിമെയ്ഡ് ഷർട്ടുകൾ
“ഓട്ടിച്ചോ കെട്ടിക്കോ വെൽക്രോ ദോത്തി പോക്കറ്റ് ഉൾപ്പെടെ”
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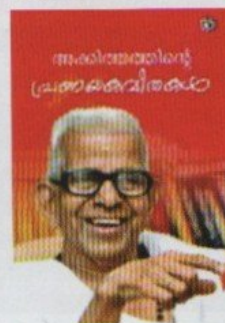
Akkitham wins Jnanpith

Akkitham Achuthan Nambuthiri, on whom the title of 'Mahakavi' is bestowed now by the poetry loving Malayalees has now won the prestigious literary award of India for his contribution to the Indian literature for the year 2019.

This is the fifty fifth Jnanpith Award since its inception in 1965 and the sixth for a Malayalam writer. The first awardee was G Sankara Kurup, also of Kerala. However, Akkitham is the oldest person to receive this award.

Akkitham is the second student of Kumaranallur Government Higher Secondary School of Palakkad district to receive Jnanpith Award. The first one was M T Vasudevan Nair who was two years junior to M T.

Other Malayalees to receive Jnanpith Award are G Sankara Kurup (1965), S K Pottekkat (1980), Thakazhi Sivasankara Pillai (1984), M T Vasudevan Nair (1995) and ONV Kurup (2007).



"A poet of rare integrity, a creator of many works, all considered as classics, Akkitham's poetry reflects unfathomable compassion, imprints of Indian philosophical and moral values and a bridge between tradition and modernity, delves deep into human emotions in a fast changing social space," the statement by the board chaired by novelist, scholar and Jnanpith laureate Pratibha Ray, said.

Members on the decision-making body included Prabha Varma, Madhav Kaushik, Shamim Hanfi, Harish Trivedi, Suranjan Das, Purushothama Bilimale, Chandrakant Patil, S. Mani Valan, Asghar Wajahat and Madhusudan Anand.

A bronze sculpture, citation and a purse of Rs 11 lakhs constitute the award. Initially the award was for work done during a prescribed period and the purse was Rs. 1 lakh, the highest amount for any literary award in India. There was a moratorium of three years for the entries from the language once it is

chosen for an award. Later, the purse was increased to Rs 5 lakhs and now it is Rs 11 lakhs. Further, the award was for a book written by a writer during the prescribed period. However, in 1982 that criterion was amended for the overall contribution of the author to Indian literature.

Jnanpith Award is instituted by Bharatiya Jnanpith Trust founded by Shantiprasad Jain and his wife of Sahu Jain family in 1944.

When the news was conveyed to him, the poet said, "The core of literature is love towards humanity. I want to tell this world only that. Poets Edasseri, Vailoppilli, V T et al are taller than me. Edasseri taught me that literature is nothing but search for tears in life but what they could not get is now given to me. My longer life enabled me to get it. My horoscope has prophesied it."

Padmashri Dr M Leelavathy stated that she was happier than all others including the members of Akkitham family as she foresaw this twelve years ago, when she wrote 'Akkithathinte Kavitha- Oru Pathanam' (A study of Poetry of Akkitham). She felt fortunate that his award came when she was alive.

Governor of Kerala Arif Mohammed Khan, chief minister Pinarayi Vijayan et al congratulated Akkitham for his achievement.

Akkitham and his body of work

Akkitham was born on 18 March 1926 (age 93 years) at Amettikkara, near Kumaranallur, Ponnani. to Amettu Akkithathu Manayil Vasudevan Namboothiri and Checkur Manaykkal Parvathy Antharjanam. After schooling in Sanskrit, Astrology and Music, he went for college education in Zamorin College, Kozhikode but did not complete the course due to poverty at home. He started his career as an editor of *Unni Namboothiri* magazine, which he used as a platform for his social activities. He also worked as an assistant editor at *Mangalodayam* and *Yogakshemam* magazines. He has written essays and short stories besides poetry. In 1956, he joined the Kozhikode station of the All India Radio (AIR) where he served until 1975 after which he was transferred to the



A few decades ago, teenaged girls were forbidden from laughing aloud for fear of attracting aggressive peeping Toms into homes. So he penned the following:

Danger awaiting

Elder sister, elder sister
Don't laugh with your mouth open
Some male perverts could
Get inside our house.
Grand uncle would come
With his round eyes open and shaking
He would swing his long stick
And break all muddy pots
And hit his head on beams.
Grand aunt would fall backward
Laughing loudly with mouth wide open.
Betel leaves and nuts thrown into her mouth
Would flow out fast onto our body.
Elder sister, elder sister
Don't laugh with your mouth open
Some male perverts could
Get inside our house.

-Akkitham



Thrissur station of the AIR. In 1985, he retired from AIR. He was also associated with *Anaadi*, a literary initiative for popularising studies of *Vedas*.

Akkitham is married to Sreedevi Antharjanam and the couple has sons Vasudevan and Narayanan and daughters Parvati, Indira, Sreeja and Leela. Noted painter Akkitham Narayanan is his younger brother.

Since his childhood, Akkitham was attracted to poetry. When he was only seven year old, he scribbled on the wall of neighbourhood temple thus:

If one sketches like this aimlessly
On the walls of temple,
The almighty god would come
And spoil all over soon.

In 1952, he wrote his masterpiece 'Irupatham noottandinte ithihasam' (Epic of 20th century):

When I shed a drop of tears for others

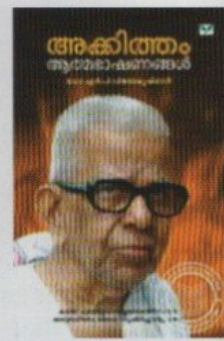
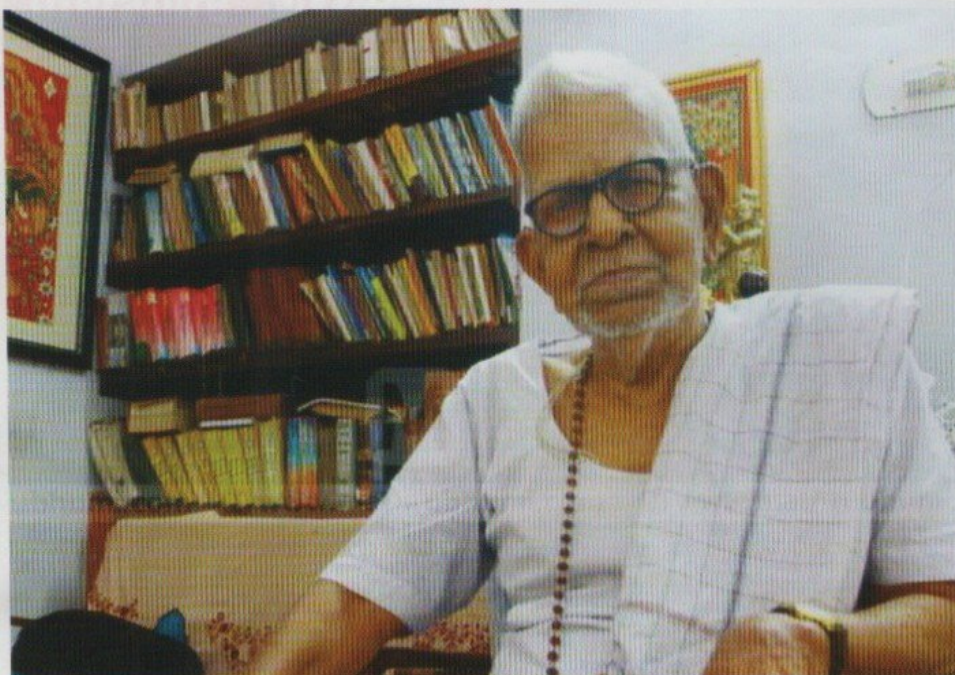
A thousand solar worlds rise in my soul.

When I smile at others for them
My soul sees eternal and pure full moon.

During his younger days, poverty was his constant companion. This phase forced him to seek darkness so that he could spend his time with his inner soul.

Light is misery, my child
Darkness is more pleasant.

Akkitham was drawn towards Communism because of proximity of EMS Namboothiripad, V T Bhattathiripad, MRB, Olappamanna etc. However, his lines in the above mentioned poem,



The steel spent on guns and swords
Could have made very strong ploughs
made the comrades change their opinion
about him. Gandhiji and Jawaharlal
Nehru had very strong influence on
him. Inspired by Gandhiji, he even
became a member of Congress by
paying annual membership of four
annas. His poem 'Dharmasuryan' is a
tribute to Mahatma Gandhi. When

Nehru died, he wrote:

That loving flamingo was mine too
He rests at last in Rajghat.

Akkitham has authored 55 books
out of which 45 are collections of
poems including *Khanda Kavyas*,
Katha Kavyas, *Charithra Kavyas* and
songs. Some of his celebrated creations
include *Veeravadam*, *Balidarsanam*,
Nimisha Kshethram, *Amrita Khatika*,

*Akkitham Kavithakal, Epic of Twentieth
Century and Antimahakalam*. His works
have also been translated into many
Indian and foreign languages.

A Padma Shri awardee, he has won
several literary accolades including the
Sahitya Akademi Award (1973), Kerala
Sahitya Akademi Award (1972 and
1988), Mathrubhumi Award, Vayalar
Award and Kabir Samman. ■

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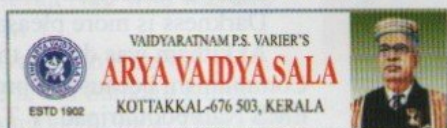
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Limits and Traditions



Dr M Leelavathy

■ The two words *Maryada* and *Maamool* in Malayalam have several meanings. The first word came from Sanskrit and its meaning is 'border.' It

means that borders are not to be violated thereby implying that 'forbidden actions' are not to be practised. When used in Malayalam, it is usually used as '*Acharamaryada*', implying customary limits. Who is deciding the limits? It could be only men and none attributes the responsibility to god.

For, god never comes before us to prescribe limits. Many actions once considered customary or traditional were later abandoned or amended by men. The limits were then erased. None can deny that once entry to temple was forbidden to the people of lower caste among Hindus. Our generation was witness to that practise. Though all Hindus are allowed to enter temples by virtue of declaration on entry to temples, in certain temples the old tradition was continued. Certain temples under control of some families may have continued the old practice even today. However, in

majority of temples, entry to all Hindus is permitted. In Sabarimala temple, entry to non-Hindus is now allowed. There are proofs to establish that God has an affinity towards Muslims. Yet, women especially the young women are said to be an anathema there. However, when senior women come for darshan, it is not known if the officials demanded proof of their age. When the so called low caste Hindus were kept away, the authorities are said to have defended that their entry was against the wish of God as well as past traditions. However, when the entry was made mandatory, none could prove that the god displayed

entered the temple, except what is said in *Devaprashnam*. No woman who has faith in *Devaprashnam* will ever venture into the temple ignoring the traditions. Those who are rationalistic also will not force themselves into the temple. So, even if the restrictions are removed, majority of young women who believe in traditions will not enter the temple. Those who have intense faith in Lord Ayyappa might come to temple but not during their menstruation period because they do not do so in other temples. Is there any temple that conduct test if they enter during menstruation period? All religious minded men are certain that

such women would not come to temple. If any intensively rationalist woman or extreme feminist during her menstruation period enter the temple just to prove nothing untoward would occur, barring Sabarimala temple, no other temple would prevent them from entering, unless they enter by declaring her state. If there is a declaration that any woman of any age in any state could enter the Sabarimala temple, we can consider that too another revolutionary

declaration of temple entry.

We have to presume that it is not the celibate deity but the men who observe celibacy are scared of young woman. When they enter the temple after observing celibacy for forty-one days, if



disagreement. We can now consider that when man had no objection, God too had no objection in the matter.

There is no physical evidence to show that Ayyappaswamy showed any kind of dislike when young women

there are women too in the crowd, their celibacy could adversely be affected, so they must be fearing. Nowadays when the women enter temples with highly decorated attractive attire, one would suspect them of their intention. When their attention is drawn to the beauty of the women around, these men might find their minds vacillating. In Sabarimala, there is no question of women coming with decorated attire. Their beauty in natural setting could attract men and could throw them out of control. If this vacillating situation disturb such men in other temples, let them experience them in Sabarimala also. What is the need of reservation to men at Sabarimala alone?

When we think of the uniqueness of Sabarimala, I feel it would be good to have control over young women there. This situation pertains, unlike other temples, Sabarimala Ayyappa Temple is not open on all 365 days. Mandala season is important here. When an ocean of people from all over India swell this area, if women also join them, the crowd could go beyond control.

However, it is difficult to believe that Sastha is in favour of prohibiting young women from entry. There are innumerable temples for Ayyappa in Kerala. In many great temples, Ayyappa is a sub-deity and nowhere similar prohibition is in force. When women pray in any of these temples, their prayer would be heard by the Lord at Sabarimala. If these women indeed devotees of Ayyappa, they could find solace in it. If anyone wants to enforce prohibition of their entry, this aspect should be explained to them. Prohibition should not be on the basis of 'traditions.'

Many of the traditions are customary. We call them customary because they are not in tune with the times. Many years ago, devotees used to sacrifice chicken and goats to appease the goddesses. That was the custom then. When people recognised that such practices are to be time barred and needed to be changed, sacrifices of birds and animals in the temple premises were prohibited. Sacrifice by blood was replaced with blood like liquid prepared by mixing turmeric powder and lime. Many devotees believed that the goddess was fond of

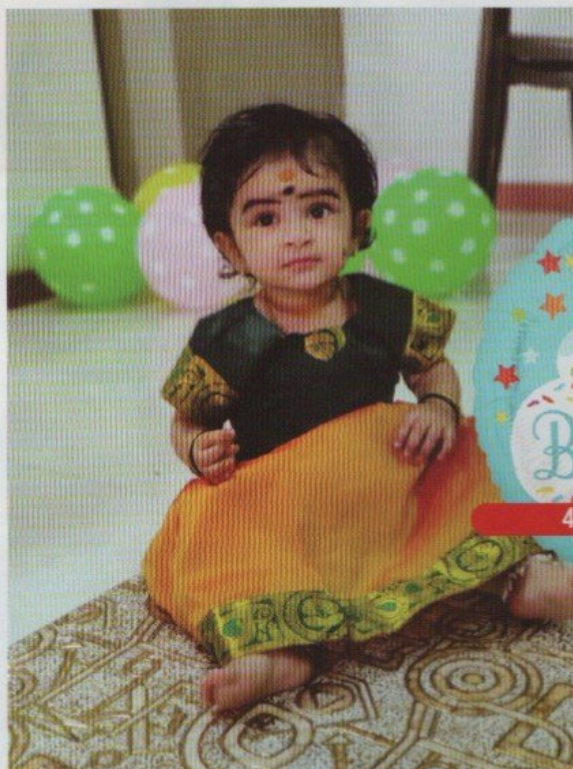


Sastha with His Consorts

abusive and vulgar songs, and started singing such songs. When it was convinced that such songs are against our culture, they too were barred. So, what was traditional once were turned out to be customary. It was taken as a transition for good. Once, the puberty of a girl was celebrated across the village in Kerala. There were Nair families which became pauper by celebrating puberty and tying a 'thaali' around the neck of an unmarried girl (*kettukalyanam*). Even now the girls pass such stages but no one is celebrating them. Thus, customary

traditions become bad practice. There are no serpent kings now in Kerala to enjoy watching semi-naked girls swirling before a lighted lamp. They all hid themselves inside caves.

In the issue of female presence in Sabarimala, leftists are agreeable while rightists are against. Atheists of one time are favourable to temple entry now! During the lunar months, fortnights are changing one after other. Similarly, when the left and right parties come to power one after other, will the laws also be cyclic?



*Wishing
Baby Arundhati
A Very Happy
1st Birthday*



From:
Mrs. & Mr. Rajan Nair
Grand Parents
Mrs. & Mr. Vivekraj Nair
Parents

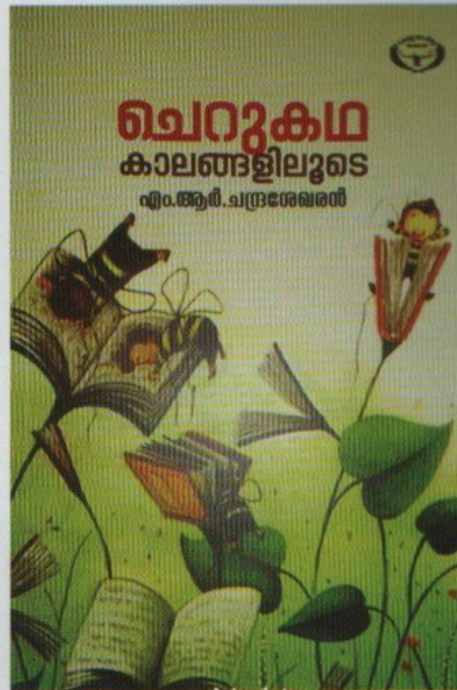
Tracing Short Story through ages

- Ashwat

Prof M R Chandrasekharan is in his nineties. He is one of the two prominent literary critics of Malayalam, the other being Dr M Leelavathy, migrated to the twenty first century. He is a versatile personality worked in many fields from politics to literature, writer to critic, teacher to head of AKPCTA, journalist to author and above all a good humanist. After his college education, to earn a good living, he joined *Mathrubhumi* but left it due to internal politics existed there. Then Editor in Charge of the weekly N V Krishna Warriar helped him to continue to write reviews of eminent authors until a ban on his writings appearing in the weekly was executed. Yet his writing in their weekly, such as Genghis Khan, Timur, *Naam Jeevikkunna Lokam* etc still live in the memory of readers of that era i.e., fifties of last century. So far, he authored about forty books. Now he presents before us the story of Short Stories by tracing its history since its birth in world literature and tells us what is it, how does it look, how it should be, etc with respect to Malayalam literature.

'*Cherhukatha Kaalanganhiloote*' (Short Story through times) is published by Kerala Sahitya Akademi, despite a secret ban on his books. It is his contribution to the young writers of this genre and how to improve one's writings. Thus, it is a must read for upcoming writers.

Malayalam short story stepped into its century in 1991 while the world short story entered its 150th year in 1992. First novel 'Pamela' by Richardson was published in 1740. Novel and short story are cousins. Earlier novel was considered as one that is spread over many pages and needed a few days to complete reading. Short story was limited to a few pages and could be read in about ten minutes. Many of earlier critics defined novel as long story having several prominent characters and many small anecdotes about them as



sub stories thus enabling the author to stretch the principal one whereas short story as far as they are concerned deals with only one event. Well known Malayalam critic M P Paul supports these views but MRC says short stories are much more than these definitions.

To illustrate his point of view, he takes several short stories from Malayalam starting with the first short story in Malayalam by various established and respectable story tellers. Some of the stories of S K Pottekat are as long as a novel (by definition). His story 'Pulliman' is told in about 7000 words while 'Sthree' has about 10,000 words. If they were published today, they would have worn the tag 'novel.' Vaikom Mohammed Basheer wrote novels with the length of short stories. His novel 'Nte uppappakkoru Aanandarnnu' had originally 400 pages but the final text had only about 80 pages, as big as 'Sthree.' Many fiction writers peddled with novels and short stories in India as well as abroad. Though some of them succeeded in both, some gave novels up and satisfied with short stories while some gave up short stories to remain novelists. Karoor Neelakanta Pilla wrote beautiful

short stories which embraced readers tightly but his two novels failed to attract them. Ponkunnam Varkey also had a stint with novel but soon realised his folly. T Padmanabhan remained steadfastly with short stories and never published any novels. He even gained the title of King of Malayalam short stories. His story is opposite to American writer Peter Tailor who wrote only short stories but did not reach the zenith there. MRC observes that novel is a royal path while short story is only a narrow corridor. O V Vijayan calls himself a novelist who writes short stories for relaxation.

According to Padmanabhan, the average writer of Malayalam short stories never went beyond the short poems of Kunhunni Master and 'Inland' magazines. He urges them to stress on soul and not on the costumes. In the opinion of Frank O Connor, length defines the shape of novel while the shape defines the length of short story. The biggest novel in this world is 'Clarissa' of Richardson because it is written in ten lakhs of words.

Most of the novelists across the world started with short stories and then graduated to novels. Once recognised, they do not go back to short stories as there is more money in novels. According to MRC, short stories are of late getting popular if the book shelves set aside for short stories in bookshops are any indication. Earlier the first edition of compilation was printed around 1000-2000 range, much more copies (around 50,000) are now printed.

Now the rivalry of short story is not with novel but serial stories, MRC tells us. Popular periodicals do not entertain short stories but are happy with novels and serial stories. When a reader with low level of appreciation enjoys novels and serial stories, he cannot appreciate stories since they need high degree of affinity and sense of appreciation. Short stories demand comprehension, clarity, simplicity and conflict towards end so that the reader would like the climax as if it is drama. So, short stories are more inclined towards drama and short

poems. However, books made of compilation of short stories never received any important award.

In another essay, MRC tells us about the growth of short story in India. In this section he tells us about the growth in various Indian languages with interesting anecdotes. He talks about Bengali, Hindi, Urdu, Oriya, Marathi, Gujarati, Punjabi etc. While discussing the growth of short stories in South India, MRC tells us about Kesari Vengayil Kunhiraman Nayanar, the first short story writer of Malayalam. They did not have any social inclinations while writing but the second generation had something to say to the readers. Among them, Kesavadev, Thakazhi, S K Pottekat, Basheer, Ponkunnam Varkey, Uroob et al had something to tell. They spoke of social injustice, poverty, freedom movement, and so on. When S K was denied leave of absence, he resigned from his job and went to Puri to attend a conference of Congress. Next generation wrote about love and romance. However, pervert emotions found place in the next generation of writers.

Revolutionary transformations are taking place in short story movement across world, thanks to the 'schools' of literature. The prize money for the best short story is now \$25,000 in USA.

For the benefit of new writers, MRC evaluates the short stories of eminent writers of today in the next two sections. The ups and downs of their work are indeed a revelation to the new generation. Among the stalwarts are P C Kuttikrishnan (Uroob), N S Madhavan, Vaisakhan, T Padmanabhan, M T Vasudevan Nair, U K Kumaran, E Vasu et al. MRC does not examine the entire creations of these doyens but only a few stories that would illustrate his points. When western countries conduct streams in colleges for writers, we sometimes see notifications about workshops for writers. But how many of the budding talents could attend those workshops? Prof M R Chandrasekharan has done a yeomen service to such people to learn the craft of writing short stories.

['Cherhukatha Kaalungalhiloote' by M R Chandrasekharan, published by Kerala Sahitya Academi, Thrissur. Pages 132 and priced Rs.150/-]

Floods of Love

Jagathy Sreekandan Nair is a resident of Mumbai since a long time. When the mother tongue withers over a long period because of non-use, the migrant has a tendency to forget words stored in the past. It is not true in the case of a businessman, Sreekandan Nair. Words come to him in a spontaneous manner, like a river and flow as if it is a flood.

Sreekandan Nair is a prolific poet. He has penned hundreds of them. His poems are pregnant with emotions and the poet is not inclined to go into the width and depth of those emotions.

Emotions come to one spontaneously, unknowingly and uncontrollably. One can never anticipate its arrival. If one schemes to emote any of the nine emotions, he could be a fraud and his emoting is for the benefit of the persons or camera in front of him. He can then be called an actor.

Sreekandan Nair has so far six compilations of his poems. India is known to have produced mammoth and magnificent works of poetry since millennia. Here we have three compilations of his compositions before us and Sreekandan Nair displays the other side of the story. His poems are magnificent. Since a drop of water from the ocean can exhibit the characteristics of the source, the four or six liners could reflect the mind of the poet through these books.

There are 226 poems in these three books under review. Going through all of them is beyond the scope of this writing.

Sreekandan Nair treats his poems as flowers of diverse colours and scents. The experience of love is different for each person. To the poet, love is a metaphor that takes divergent shapes and shades. He

immerses himself in the warmth of love, leaving the reader alone to empathise with the lover and to grieve himself for the loss.

In one poem, the poet transforms a butterfly, moving above the mountain only to fall on to it and to

remain there swallowing the miseries of life and a lone traveller bound onto a throne created by his beloved.

(Kavyasalabhangal, page 29).

There is a poem in which the poet gains freedom from the miseries caused by the beloved. He then flies away to liberty.

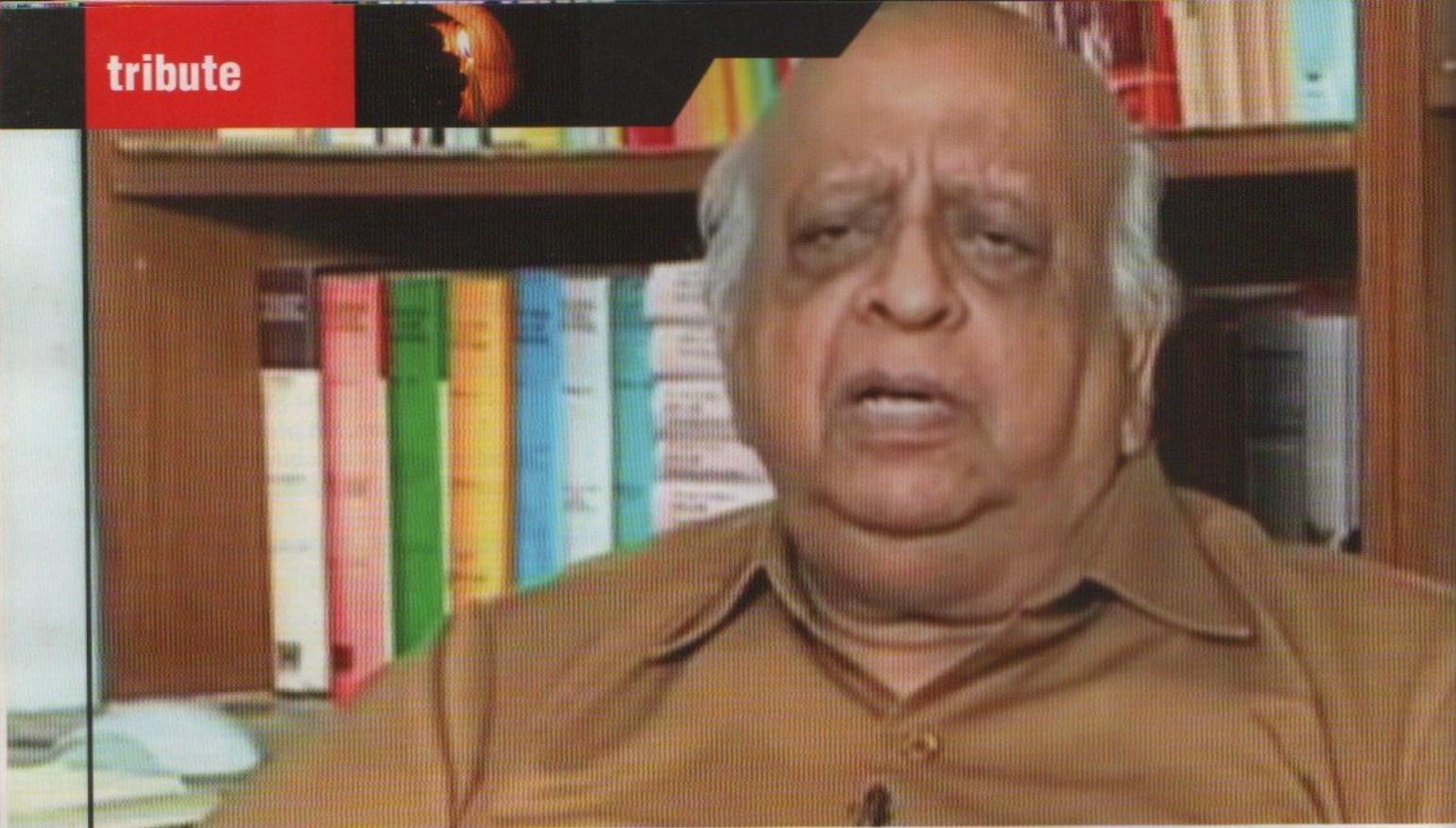
The images created by the poet are often felt complex which fly away over the brains of the readers. If one persists, it can be assured that it would be endearing. There we can feel the traces of Bhaskaran, Vayalar and even Changampuzha because of the complex images, smooth poetic selection of words and some effervescences.



കാവ്യഭേദം

എന്റെ കവിതകൾക്ക് ജന്മം നൽകിയ കാവ്യഭേദതയാണ് നി എന്റെ ഏകാന്തപർണ്ണശാലയിലെ നിത്യസന്ദർശകയാണ് നി എന്റെ കാവ്യാക്ഷരങ്ങൾ തപസ്സിരിക്കുന്ന സരസ്വതീപീഠമാണ് നി നിതാന്തഭാവന നൽകും നിത്യകവനദർശനി നീ!

ജഗതി ശ്രീകണ്ഠൻ നായർ



Former CEC T N Seshan bids bye

Former Chief Election Commissioner (CEC) of India, Tirunellai Narayana Iyer Seshan died in Chennai on November 10 following a cardiac arrest. He was 86. He was not keeping good health for the past couple of years and passed away at 9.45 pm on Nov 10.

Seshan was a retired 1955 batch Indian Administrative Service (IAS) officer of Tamil Nadu cadre. He had earlier served as the 18th Cabinet Secretary of India in 1989. He had also won the Ramon Magsaysay Award for his services to the government in 1996.

Cremation of Seshan was a simple affair. He had instructed earlier that no state funeral should be there. He had handed over the necessary funds to carry out his cremation, to his priest Sunildas last year with instructions that no gold ornaments on his body be removed before cremation and poor people should be fed food.

Born in December 1932 in Thirunellai, Palakkad district in Kerala, Seshan started his education with BEM School in Palakkad Town and excelled in studies. He always ranked first in his classes until E Sreedharan joined him in Std VI. They were rivals in studies but were close friends too. After SSLC, they

joined Government Victoria College for Intermediate class. In the final examination Seshan scored one mark more than Sreedharan and ranked first. Both of them stayed in hostel. Seshan then joined Madras Christian College for BA (Hons) in Physics and after passing the examination, worked for three years as demonstrator and warden of the hostel. Then he appeared for Union Civil Service Examination and was selected for IPS. He appeared again for the examination and was selected for IAS. He joined Madras cadre.

TN Seshan also studied for post graduation in Public Administration at Harvard University on Edward S. Mason Fellowship. Dr Subramanyam Swamy was then a professor there.



When he was Collector at Madurai, Tamilnadu witnessed a never before agitation against introduction of Hindi. When it was about to go beyond control, Seshan instructed police to fire with special order to account every bullet with a dead body. The order spread like fire and the agitation died in a natural way but he was sent on leave for this act.

Seshan moved to centre when Rajiv Gandhi was PM. He was responsible for the PM's security and later moved through various departments to finally become Principal Cabinet Secretary. After the Sri Lanka operation, he advised Rajiv Gandhi not to go to Tamilnadu (Rajiv Gandhi was not PM then) without adequate protection.

Prime Minister Chandrasekhar appointed Seshan Chief Election Commissioner in 1990. He ruthlessly enforced the model code of conduct and led game-changing electoral reforms in the 1990s till he retired on December 11, 1996.

Seshan's work as CEC got an international recognition when he was given the Ramon Magsaysay award for 1996. He was the only one to hold the post of CEC for six years from 1990 to 1996 in the last 50 years. He was known to follow a no-nonsense approach, and had enforced, in his own way, discipline on political parties and contestants. He earned the wrath of several politicians

including former Chief Minister Jayalalithaa who had once described him as an “embodiment of arrogance”.

In July 1997, he had unsuccessfully contested in the Presidential election against K.R. Narayanan, who was backed by almost all the parties in the country. Against Narayanan's 9,56,290 votes, Seshan could poll only 50,631 votes. Two years later, in the Gandhinagar parliamentary constituency, the Congress fielded him against the then Union Home Minister L.K. Advani of the BJP. Seshan lost by a margin of around 2 lakh votes.

While the Election Commission (EC) has been under the scanner, especially since the Lok Sabha elections in May, over its perceived failure to check violations of the Model Code of Conduct and ensure a level playing field for the ruling and opposition parties, history tells us that it has adequate powers to curb the money power, muscle power and other irregularities as demonstrated by its tenth Chief Election Commissioner TN Seshan.

He made the EC powerful within the existing laws and pleading for electoral reforms, some of his successors like SY Qureshi and Lingdo also demonstrated their determination to act.

He followed rules throughout his tenure. He wielded the big stick and implemented the election manual in letter and spirit. Due to his strict policies he was even called “Al Seshan.”

Some of his big achievements include implementation of the election process and the Model Code of Conduct, introduction of voter ID cards, enforcing limits on poll expenses, and elimination of several malpractices like distribution of liquor, bribing voters, ban on wall writing, use of loud speakers, use of religion in election speeches etc.

He introduced election observers and also forced the candidates to keep accurate accounts of campaign expenses. He took many bold measures. For instance, under his strict watch, a serving Governor who campaigned for his son had to resign. The Chief Secretary of UP was taken to task for issuing an advertisement in a newspaper at the cost of public exchequer.

He recommended to Prime Minister PV Narasimha Rao to sack two of his ministers Sitaram Kesri and Kalpanath Rai for allegedly influencing the voters, but Rao did not act. In 1992, the Left parties even called for his impeachment.

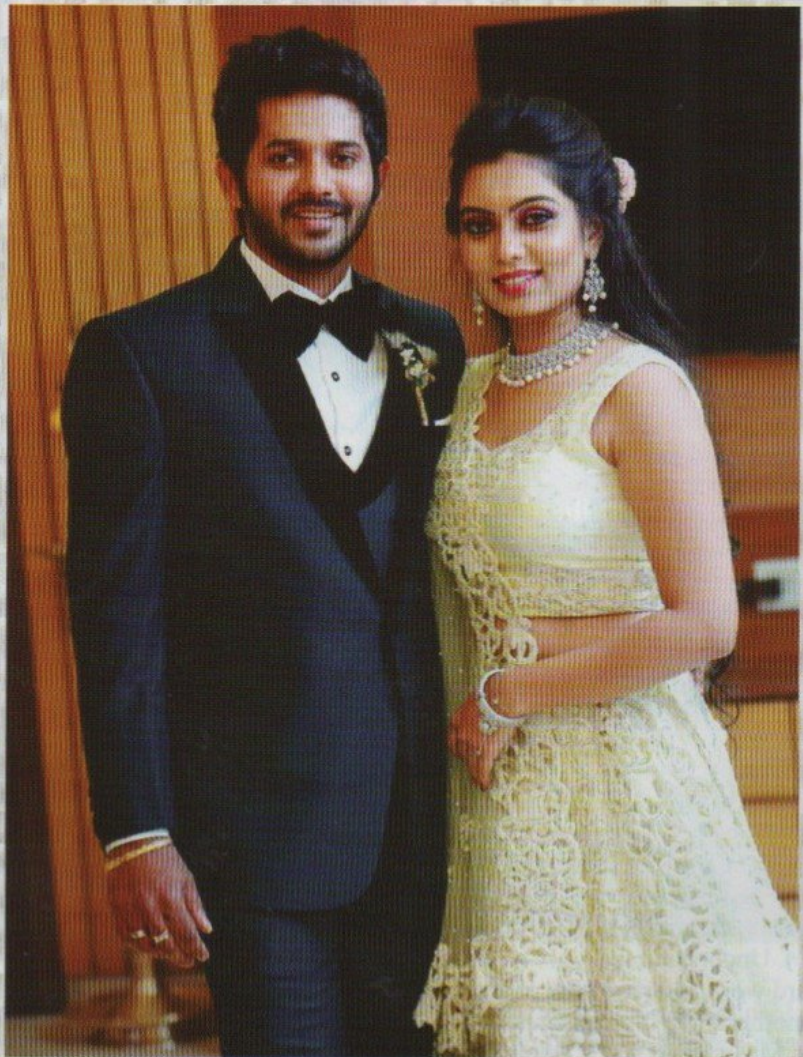
The evolution of the poll panel has been quite fascinating. While until 1989, it was a single-member commission, Prime Minister Rajiv Gandhi made it into a multi-member one on October 16, 1989, as he was not quite happy with the then Chief Election Commissioner and wanted to clip his powers.

This had given the government enough space to put its own nominees but they had a very short tenure only till January 1, 1990. Prime Minister PV Narasimha Rao again made it into a three-member commission on October 1, 1993 and since then the multi-member panel has been in operation.

While the successes have not been consistent or uniform, the EC has conducted 16 general elections in a free and fair manner. However, it is clear that there is need for more electoral reforms and more transparency.

Seshan married Jayalakshmi of Thrissur, fully knowing that she would be barren. An avid follower of astrology, Seshan had read his own horoscope earlier and found it telling him that he would not have children. When his father advised him not to marry Jayalakshmi, Seshan is said have told his father, “I do not want to be called 'Father' by a child who is not my own.” ■

Wedding



Wedding of **Manu**, son of Mrs Sobha Shaji and Mr A N Shaji and **Shwetha** Daughter of Mrs Latha and Mr Sethuraj took place on November 3 2019 in Kerala. Reception was held on November 9, 2019 at Powai Hirapandani Gardens in Mumbai

C A SRUTHI SUNIL

Passion For Numbers and Music

Sruthi Sunil is one of the few outstanding students who has cleared her Chartered Accountancy Examination Final in her first attempt and has currently secured a job at the prestigious Ernst & Young (EY) one of the four top CA firms around the world.

Always a bright student academically, Sruthi prepared for her CPT (Entrance exam) along with her Std XII Board examination and cleared in her first attempt. Later on did her I.P.C.C. which also she managed to clear at the first attempt. After I.P.C.C, she did her Articleship in one of the reputed Mid-sized firm K.S.Aiyar & Co. for a consecutive period of 3 years. Many a time she was sent outstation for audit assignments. With this experience she gave her CA Final which she cleared successfully in the First attempt.

Sruthi had always been keen on Number crunching and always liked to enter a field that basically involved numbers. So she chose to become a Chartered Accountant.

She is the daughter of Sunil Kumar a dedicated Central Government servant and Suja. She has a younger brother Shlok.

As a successful young achiever who has cleared the competitive Chartered Accountancy examination, CA Sruthi Sunil outlines some helpful hints to aspiring chartered accountants:

■ **Make up your mind.** You will have to be really determined. Also ready to sacrifice a lot (6 months at least). Understand this - six months of hard work and pass now or study for another three months again.

■ **Make REALISTIC plan** and stick to it. I started studying from October for May attempt and I had made up a rough plan in my mind to cover the whole course once till January end. And I DID it two days prior.



Sruthi Sunil

■ **REGULARITY.** Be consistent. Don't be slack and take days off unnecessarily. Keep on putting regular efforts. Make small targets and achieve them.

■ **HOURS.** Well this was the question which was on my mind constantly and I never got a clear answer to it. (NOTE: very subjective) What worked for me- started with 5-6

hours a day in October and slowly took it to 12 hours a day till January. Eventually kept on challenging myself and reached 15-16 hours a day till last month. Mind you, this is sitting hours and not effective hours. I know people who passed with a lot less hours so you will have to know your grasping powers and efficiency.

■ **CA requires hard work** rather than

smart work. Don't work out trends and patterns. Don't skip chapters or topics as much as possible. ICAI follows no trend and can / do ask from the supposedly least important chapters.

■ Make sure to prepare for exam day. Shortlist questions and theory and revise it again and again so that the whole course can be covered on exam day. Things you think can't be revised on the D-Day, don't waste time on that from the very beginning. Start preparing your summary from the very start. Make written notes, as they are extremely quick to revise.

■ Remain calm after one tough paper. If the paper is tough, most likely it is for all the students and marking is done accordingly. Remember this.

■ Don't fret too much about presentation and writing skills. Believe me, at the exam Hall when on clock, the only thing you will be concerned with is finishing the whole thing up. Just see the basic presentation pattern.

■ Have faith in God. He sees everything and won't let all the hard work go in waste.

■ Find a study partner, possibly someone who challenges you constantly and maintains healthy competition.

■ Talk to limited people. The more people you talk to, the more stress you will harbour. Be in contact with few (one or two) who motivate and inspire you. Don't waste too much time talking to people.

■ There will be a lot of time to party and attend functions later. Stay focused for the time being and avoid all sorts of social interactions.

■ Don't analyse after giving exam and jump right into preparing the next one. You are already short on time. Don't waste any time analysing and over thinking when there is nothing you can do about it. I followed this religiously, and it was a huge help.

■ Believe you can, and you are halfway there. Don't ever doubt yourself. Keep a positive outlook. Make everyone who comes to you feel good. It happened for me, I am sure it will happen to you as well. Just make sure you give your best shot!

Twenty two year old Sruthi did her schooling at Our Lady Of Good Counsel High School and Junior college from SIES College of Commerce and Economics and Graduation from SIES College of Arts,

Science and Commerce.

Sruthi has a passion for music, and talent for singing which was gauged and encouraged by her parents ever since her kindergarten days. She has taken part in many singing competitions during her school and college days and won prizes including

prizes at the Raagalaya Annual Light Music competitions. She has also sung as part of Raagalaya Musical Concerts on several stages in and around Mumbai and Thane. She has also been part of several other orchestra teams in Mumbai and sings Malayalam, Hindi, Marathi, Tamil devotional and film songs. ■

poem



Vinu Muthathy

Wrath...

It comes unknowingly amidst
Laughter when my seven year old son
Tumbles on the plate from which we
Share the pieces of pappaya...

It occurs when my beloved
Fails to keep up the speed of
My commands as she is busy
With the demands of our children...

It overpowers again when
Everybody fails to recognise my
Sincerity in fulfilling the duties assigned
At home or in the office...

And... at last it tries
To kill me as I realise the
Futility of being sincere in all the
Situations of life....

Chettur Sankaran Nair

The man who legally shook British Empire



Sriprakash Menon

■ Though Jallianwala Bagh Massacre is deeply etched in our memory, very few knew that it was Sir Chettur Sankaran Nair who shook the

foundation of the British Empire by accepting the legal challenge of Sir Michael O'Dwyer, eventually to win the case against the British. It is unfortunate that even in Kerala not many may be knowing about this great legal luminary who was instrumental in internationalizing the British excesses in Punjab during the freedom movement.

Not forgetting history and his family roots, Mumbai based Raghu Palat and Pushpa Palat have authored an interesting book based on the historical legal event "The Case that Shook the Empire"- one man's fight for the truth about the 'Jallianwala Bagh Massacre. "By accepting Sir Michael O'Dwyer's challenge, Sir Sankaran Nair had put the British constitution and the British people on trial. They were tried and found wanting", observed Mahatma Gandhi. The book was launched in India recently creating a new wave of interest in this unsung patriot and

legal exponent. Chettur was agitated by the highhandedness of the British after the firing by General Dyer on patriotic Indians in an enclosed space on Baisakhi day. He quit his high position and went to London to fight his case.

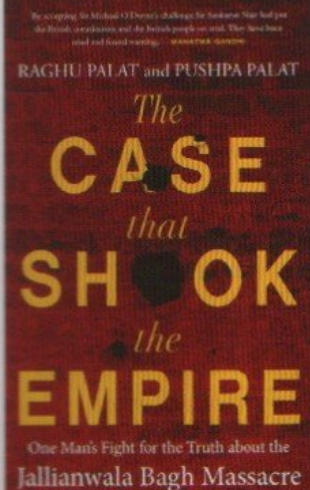
In a candid chat the Palats explain how they thought about this subject, its relevance in today's politics and the high points in the book to understand one of the widely reported British trial of those times. In 1924, at the court of

King's Bench in London,

Dwyer - the former Lieutenant Governor of the Punjab, whose policies led to the infamous Jallianwala Bagh massacre had filed a defamation case against Chettur for highlighting the atrocities in his book committed by the British in Punjab, Palats recounted.

"We were keen on writing this book when we realised that Chettur, my great grand father was held in such high esteem for his bold legal campaign against Dwyer. When he won the case against Dwyer, it stunned the world about the crimes committed by the British in Punjab", Raghu emphasised. It was for the first time the British Parliament under Prime Minister Ramsay McDonald discussed Indian freedom movement, when he fought the case in London.

'The Case that Shook the Empire' not only documents but is revealing in its account for the first time about an Indian taking on an Englishman in a British court before an English jury and judge. This required real guts which Chettur displayed with his commitment for law and regulatory processes of those times. He was one of the greatest Indian freedom fighters despite being the only Indian to be on the Viceroy's Council. A proficient lawyer, Chettur became a member of the legislative council and later the



president of the Indian National Congress.

He was the first advocate general of the Madras province, a judge in the Madras High Court and a member of the Viceroy's executive council - a position second to Viceroy. Sir Ramaswami Aiyar, former secretary of the Indian National Congress stated "Sankaran Nair wielded more influence than any other Indian (at the time).

While on a tour to Jallianwala Bagh in 1917, "at the museum there was a plaque honouring Chettur and his contribution to freedom movement. First, I felt that I should write an article about my great grand father after discussing with Pushpa, we felt he deserves to be known to across the world and we started planning for a book. We did immense research and completed the book by 2019 so that it could be published during the centenary year of Jallianwala Bagh. What was more commendable was Chettur fought the case with his own resources without taking any support from the Congress party", Palats recollected.

During the research for the book, Palats remembered "we had come across atrocities committed by the British on the tribals in Rajasthan in which 1500 were massacred. Though eminent Congressmen of those times like Motilal Nehru and Gandhiji wanted Chettur to stay on in the Viceroy's Council but he resigned after the Jallianwala incident. After his resignation, international media got the real glimpse of the British atrocities in India. In a quick response, the British set up several commissions in Punjab to look into the excesses committed by their officers."

He had also written a book later 'Gandhi & Anarchy', which was banned.

'The Case that Shook the Empire' not only documents but is revealing in its account for the first time about an Indian taking on an Englishman in a British court before an English jury and judge. This required real guts which Chettur displayed with his commitment for law and regulatory processes of those times.

Chettur's contribution is less known both in India and particularly in Kerala as his politics was nationalism above self. Unfortunately, personality politics was being shaped since then revolving around well known families and where selfless patriots like Chettur were selflessly working for the freedom movement.

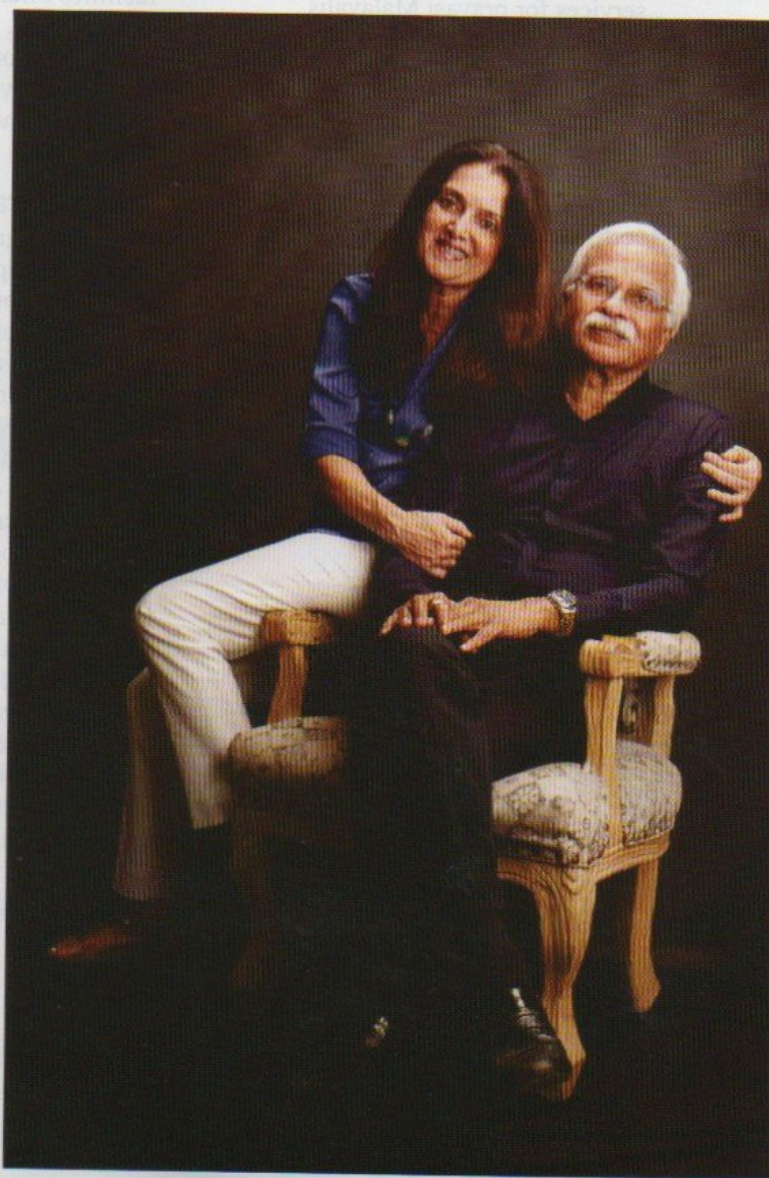
Palat who is banker, consultant, teacher and writer along with his wife Pushpa a writer for over three decades have chronicled this legendary figure and his fight against British barbarity. In the 14 chapters of the book, Palats list interesting details about the traditional royal family, Chettur's position during the British rule, the trial, verdict and its reverberations across the globe.

"The present generation should know that from Kerala, great nationalist leaders like Chettur also existed. The book may soon have regional language editions and a few film offers for a biopic are also being studied", Raghu said. The English edition was launched in August and is published by Bloomsbury.

Chettur was truly the messiah of the freedom movement, not only of India, but also other British colonies, stated Justice Chettur Sankaran Nair, Kerala High Court. "Indian constitutional development started with the 1919 Montagu Chelmsford Reforms which he influenced and later the 1935 Act. His name will be written in letters of gold in the pantheon of history" Justice said in his foreword.

When politics today is all about power and position, here was a great patriot Chettur who being a legal luminary and influential person gave away plum positions to pressurise the British to mend their ways of governance. Will ever our politicians be influenced by such leaders of stature of

freedom movement ? ■



Raghu Palat and Pushpa Palat

NORKA ROOTS

Making Entrepreneurs out of Gulf Returnees



C K Subramaniam

■ The Non Resident Keralites Affairs (NORKA) is a department of the Government of Kerala formed on December 6, 1996 to redress the

grievances of Non-Resident Keralites. It is the first of its kind formed in any Indian state. The department was formed in an attempt to strengthen the relationship between the NRKs and the Government of Kerala and to institutionalise the administrative framework. The field agency of NORKA is known as the *NORKA Roots*, which was set up in 2002 to act as an interface between the NRKs and the Kerala Government. It also acts as a forum for addressing the NRKs problem, safeguarding their rights and rehabilitating the returnees.

Once, being away from home was sad. NORKA Roots now promises and hopes are surfacing again, over the darkness. NORKA Roots is the single agency authorised by the Government of Kerala to undertake various welfare schemes. With reverse migration from West Asia to the State turning out to be a major concern, the Department of Non-Resident Keralites' Affairs (NORKA) has streamlined the rehabilitation and re-integration of the returnees into society.

To facilitate various schemes

of NORKA Roots, there are three offices in Thiruvananthapuram, Ernakulam and Kozhikode in Kerala. It has a special office situated at Kerala House in Vashi, Navi Mumbai, with S Syam Kumar, Jt. Secretary to Government NRK Development officer heading the department for the people from Kerala living in Maharashtra. NORKA Roots is having lot of Pravasi Welfare Schemes and projects. Also Pravasi Welfare Fund Board is functioning for various services for pravasi Malayalis.

SERVICES

Certificate Attestation

NORKA Roots is the single agency authorized by the Government of India to undertake attestation of educational certificates as per the guidelines of the Ministry of Human Resources Development (MHRD). Besides the certificates prescribed by the HRD/MEA, NORKA Roots also offer support in getting apostille attestation. Three authentication centers are functioning in Thiruvananthapuram, Ernakulam and Kozhikode under

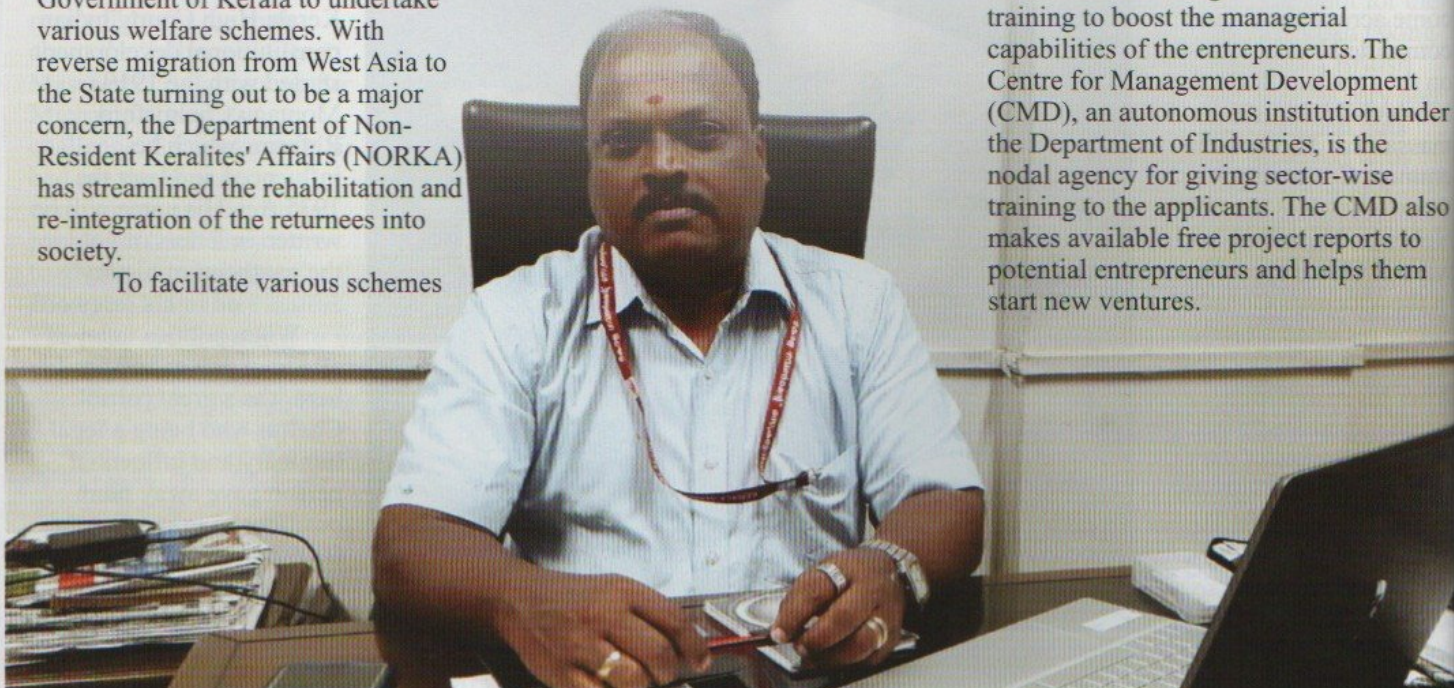
Government of Kerala for the authentication of the educational certificates of Keralites. Authentication Officers from the General Education Department are authenticating the educational certificates.

Pravasi ID Card

Pravasi ID card is the single stop for a non-resident Keralite to connect with the Kerala Government. This multi-purpose photo identity card entitles every NRK to avail all services and facilities offered by NORKA Roots, now and in future. Pravasi ID card comes with an add-on of Personal Accident Insurance coverage of upto a maximum of Rs. 2 Lakhs. The card has a validity of 3 years.

Skill and Training

Skill Upgradation training program intends to impart sufficient job related training to young aspirants who dream of a career abroad. Training is given in areas of soft skill development, communication, technology etc. The training and skill certification is imparted through ITIs, Polytechnics, LBS Centres etc. NORKA Roots takes care of the screening, orientation, and training to boost the managerial capabilities of the entrepreneurs. The Centre for Management Development (CMD), an autonomous institution under the Department of Industries, is the nodal agency for giving sector-wise training to the applicants. The CMD also makes available free project reports to potential entrepreneurs and helps them start new ventures.



S Syam Kumar

Recruitment

NORKA Roots is the only state-run agency under Government of Kerala, authorized by the Ministry of External Affairs, Government of India to facilitate overseas recruitment. Norka recruits Nurses, Doctors, Technicians and Housemaids for various Foreign Employers in GCC countries. Transparency, Quality recruitment service, Minimum recruitment charges and corrupt free recruitment process are the hallmarks of Norka Recruitment wing.

SCHEMES

Santhwana

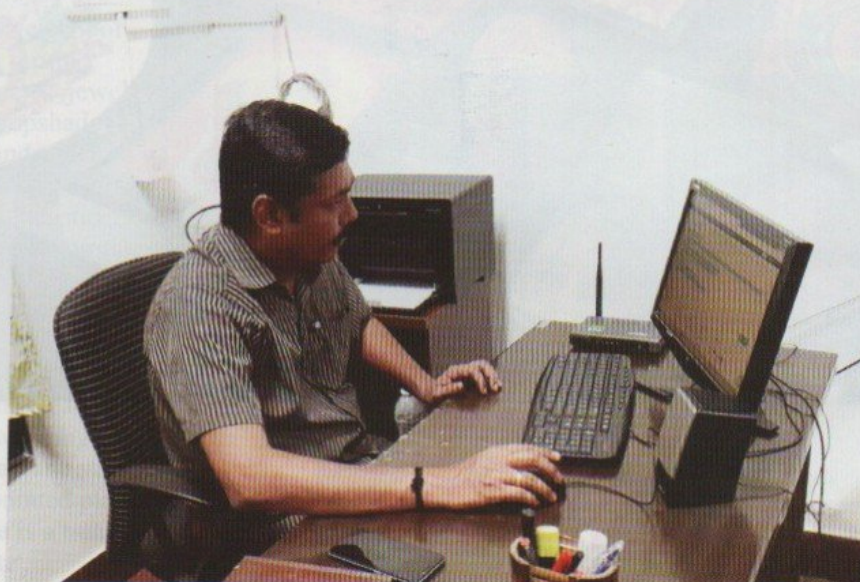
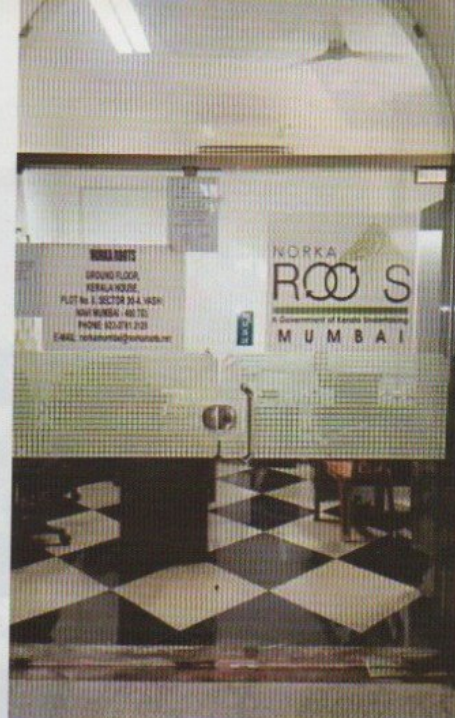
The scheme can be availed for medical treatments, death assistance, marriage assistance, purchase of physical aids to combat disability etc. The NRK who applies for the Santhwana scheme should have worked abroad for not less than two years. The annual family income of the applicant should not exceed one lakh rupees.

Karunyam

Financial assistance offered by the Government to the legal heirs for bringing back the mortal remains of the expatriates. NORKA Roots offer support in repatriation by way of road, rail or air transportation, whichever is most economical. The fund is offered to the dependents as reimbursement of the expenses. The scheme is to help those who are in extreme financial distress and do not have any other avenue for help or support

Swapnasaphalyam

Several unskilled and semi skilled laborers migrate to foreign countries each year, in pursuit of employment. Owing to ignorance, lack of awareness about the rules and customs of the foreign country etc leads them into offences that are unintentional. Thus a good number of expatriates get



NORKA office in Vashi

imprisoned. Once released from the jails they are stranded without job, shelter and food. Under Swapnasaphalyam scheme, air tickets are provided to bring back these NRKs to Kerala.

Chairman Fund

This is a Fund formulated to enhance the welfare activities of the NRKs. The scheme intends to offer additional financial support to NRKs. This support is extended to the NRK and his dependants. Those who have availed benefit under the Santhwana scheme are not eligible to apply for the Chairman's fund. Those who apply for financial assistance from Chairman's fund should have worked outside Kerala or abroad for minimum 2 years.

NORKA Department Project for Return Emigrants (NDPREM)

Attractive rehabilitation package that aims at promoting entrepreneurship for returnees and also help them continue living a dignified life. Subsidy for entrepreneurs having a seed capital of upto Rs 30 lakhs is a key feature of NDPREM. MSME's, Agro industries and other services etc can avail the scheme.

With nationalisation policies in the Gulf Coordination Countries (GCC) forcing the return of hundreds of migrants to the State, the department's focus now is on ensuring sustainable livelihood for return emigrants by promoting self-employment ventures.

The NORKA Department Project for Return Emigrants (NDPREM) will help returnees commence self-employment ventures with the help of leading financial institutions.

Pravasi Welfare Fund Board

The Non-resident Keralites Welfare Fund Act, 2008 has developed some welfare schemes for the benefits of Non-resident Keralites, such as Pension Scheme, Family Pension Scheme, Pension

Scheme for invalids, Scheme for financial assistance to dependents of a deceased member, scheme for assistance for marriage of daughters of members, Scheme for payment of financial assistance for maternity, Scheme for payment of educational grant, scheme for payment of housing and self-employment etc.,

The formation of NORKA (Non-Resident Keralites Affairs Departments) has served as the path of that transformation. NORKA works for better felicitations for its citizens toiling abroad for a livelihood. NORKA stands for all those who concern about the NRKs. It is indeed a trust of Non-Resident Keralites. ■



JAYANTI PREMKUMAR

Best From Waste

Lakshmi V

What started as a simple pastime has changed into a passion for Jayanti Premkumar. She always felt that God made everything beautiful and even what we discard can be transformed into things of beauty and utility.

"There are so many things on this earth or rather God made beautiful things which we overlook. Each and every thing in this world has some beauty in it. I thought why waste money on buying things, it is so nice to convert some items from waste. I can decorate my house with my creativity."





enthusiasm they can craft beautiful art works from used items and feel a sense of satisfaction.

This enterprising housewife is good at drawing as well and she has done

pencil sketches, mural paintings, and is a master in the art of doodling. He husband is Premkumar, a businessman and they have a son and daughter. ■

So with her innovative bent of mind, deft fingers and a fertile imagination, Jayanti creates jewellery from pistachio shells, lampshades from cardboard boxes, penstands from shampoo containers and other items. Coconut shells, discarded plastic bottles, sugarcane stalks, and products that people generally consign to the bin, are her raw materials and they are made into things of beauty, to be displayed in drawing rooms or products of utility at homes and offices. She has made newspaper stands from wedding cards, candle holders from sugarcane stalks, colourful flowers from painted plastic containers etc. Her house is a treasure trove of 'Best From Waste'.

Her mission is to make the public aware that with a little bit of creativity and imagination, even products that we generally throw away, can be converted to works of art.

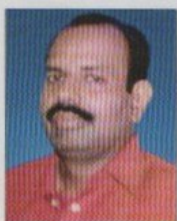
Another aim of hers is to teach this gift of hers to the less privileged members of society specially women, so that it can help them get a source of income. The Tata Institute of Social Sciences and YWCA have rendered assistance and through their good efforts, she has conducted and continues to conduct workshops for female inmates in jails across the city. Many undertrials, single mothers, girls rescued from trafficking and street children have benefitted from her classes and earn their livelihood because of her efforts. She has conducted workshops for school children in schools and illustrated to young minds that with a little bit of

Wedding



Wedding of Aparna, daughter of Mrs. Saraswathy Ravikumar and Mr. Ravikumar Nair and Sandeep son of Late. Madhavi Kutty and Mr M.V. Sudhakaran Nair took place on November 3, 2019, in Kerala followed by a reception in Mumbai on 16th November 2019.

True Message of **CHRISTMAS**



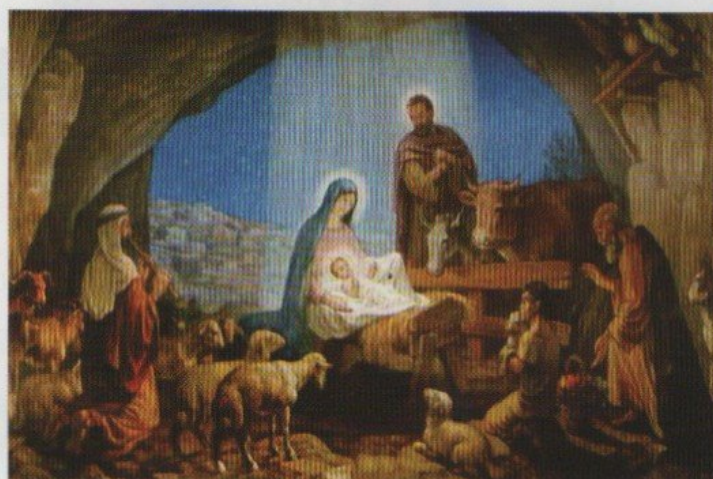
Prof Dr John
Mathews Vazhappilly

■ It was a cold December night and the poor shepherds of Bethlehem were resting in their tents, keeping a close watch on the flock of sheep under their care. These simple

shepherds, living in close harmony with nature, were very sensitive to the slightest changes in their surroundings. They noticed a strong band of golden light descending to the earth from the golden vault of the night sky clad in the beauty of a billion stars. They gazed in wonder at this spectacular sight and as this band of light came closer to the earth, they found that this stream of light was a choir of angels, flapping their wings in the air, and singing a heavenly chorus” “Glory to God in the highest on earth and peace to men of goodwill.”

After proclaiming the birth of Lord Jesus, the angels promise peace

and joy to men of goodwill. Only men of goodwill are guaranteed peace and joy. The central and significant message of Christmas is that we must cultivate goodwill towards all human beings, irrespective of their caste, religion or nationality. Today there is so much of tension and conflict between different communities and nations and hence it would be fitting and proper to examine



this message of goodwill in depth.

What are the essential characteristics of a man of goodwill? I find that there are four distinctive traits to a man of goodwill. He is animated by a spirit of hope and optimism; he

nurtures a healthy attitude of tolerance; he has respect for the dignity of the human person and lastly, he believes in the brotherhood of all human beings.

•Be a Person of Hope and Optimism

The true message of Christmas is a message of hope and optimism. All the fun, frolic, merry-making, singing and dancing, wining and dining, all the gaiety and gusto associated with the celebration of Christmas, affirm this principle of hope and optimism, so essential for living a creative and joyful life in this vale of trials and tribulations. Every Christmas reminds us that we must not lose hope in the goodness of man and his bright future.

The spirit of Christmas is characterized by a refusal to let the present ambiguity, confusion and tension rob us of a better future. The bitterness of the present moment is mitigated by the sweetness of hope and optimism in a better future. Hope helps us to hold out against the vicissitudes of life. Whatever the Western civilization has achieved in terms of culture, ethics, spirituality, literature, art, science and

technology can be ultimately traced to this spirit of buoyant hope and optimism nurtured and nourished for the last two thousand years.

The present culture is hostile to hope. Today we can speak about the eclipse of hope. The philosopher Massimo Cacciari wrote that one of the hallmarks of our technical-scientific culture is the "struggle against hope." In the context of a lack of powerful thoughts, strong values, global projects, long-term perspectives, the loss of spiritual sense, the philosophy of pragmatism, with billion of persons living by the day, seeking only what is useful and practical, without any openness to the transcendent dimensions of life, a positive attitude of hope and optimism, cannot be a fashionable virtue.

Perhaps, the popularity of philosophers like Sartre and Heidegger who popularized the philosophy of existential anguish and despair could be the result of the disappearance of this virtue of hope from the heart of man. Erich Fromm wrote "When hope disappears, life is over"

The spirit of Christmas is quite antithetical to the spirit of existential despair. The season of Christmas should enkindle in our hearts the ever burning fire of hope and optimism. Christmas should remind us that hope nourishes human life in the same way a persistent drop of water that makes spring flowers bloom in a winter that seem endless.

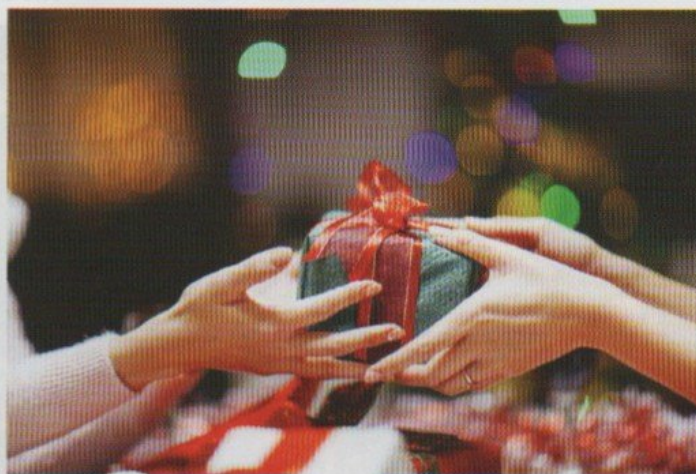
Tolerance: An Open, Broadminded, Inclusive Approach to Life

I do not want my house to be walled in on all sides and my windows to be stuffed. I want the cultures of all the lands to be blown about my house as freely as possible. But refuse to be blown off my feet any.

Mahatma Gandhi

The season of Christmas should ignite in our hearts the luminous sparks of tolerance, an open, broadminded, inclusive approach to life. Tolerance is the positive and cordial frame of mind that tries to understand another person's

ideas, beliefs, practices, customs and traditions, without necessarily sharing or accepting them. True tolerance is a passionate conviction about the reality of the borderless world, a firm belief in the essential unity of all human beings in the global village. Tolerance consists of two kinds of openness: an inclusive openness and an interactive openness. Inclusive openness believes in settling disputes and reconciling differences by means of dialogue. Interactive openness consists in receiving from and giving to the outside world. Tolerance, in religious and metaphysical matters, is the glowing tribute paid by the finite



mind to the inexhaustibility and incomprehensibility of the infinite.

An exclusive and hostile attitude is a barrier to tolerance. When we question the integrity of certain communities and practice exclusion we are going against the laws of tolerance that promote mutual exchange, cordiality and friendship. Hostility is a function of unhealthy fear. It would be imprudent and unwise to be unwary and let down all defenses, but there are plenty of opportunities for building bridges of understanding, trust and communal harmony without endangering our national safety.

I believe with all my heart that civilization has produced nothing finer than a man or woman who thinks and practices true tolerance. Someone has said that most of us don't think, we just occasionally rearrange our prejudices. And I suspect that even today, with all the progress we have made in liberal thought, the quality of true tolerance is as rare as the quality of mercy. In this context I am reminded of the beautiful

words of Martin Luther King:

I have a dream of a land where men will not argue that the color of a man's skin determines the content of his character: a dream of a nation where all our gifts and resources are held not for ourselves alone, but as instruments of service for the rest of humanity; the dream of a country where every man will respect the dignity and worth of the human personality.

Respect for the Dignity of the Human Person

Every man is to be respected as an absolute end in himself; and it is a crime against the dignity that belongs to him as a human being, to use him as a mere means for some external purpose. Immanuel Kant

The birth of Lord Jesus is announced to the poor, simple, illiterate shepherds of Bethlehem. This itself is significant and symbolic. In the eyes of God, the poorest of the poor deserve our respect and love and the angels underlined this great truth when they announced the glad tidings of Jesus' birth to the poor shepherds. Respect is the instinctive deference we pay to the sanctity of the human person. It is also an unconscious acknowledgement and spontaneous appreciation of the excellence in others. Only those who respect the sanctity of the human person can be of real use to them. A small man, a frivolous and flippant person, may make fun of others, may look down upon them, but a man of integrity, of sound human values has great respect for the dignity of the human person. In handling men, there are three feelings that a man must not possess- fear, dislike and contempt. If he is afraid of men he cannot handle them. Neither can he influence them in his favor if he dislikes or scorns them. He must neither cringe nor sneer. He must have both self-respect and respect for others.

Pope Francis Urges Respect for the Socially Condemned and Neglected

In this context the message that Pope Francis gave when he visited Thailand

in the month of November 2019 is significant and relevant. He focused his message on helping vulnerable children and women "who are victims of prostitution and human trafficking, humiliated in their essential human dignity". He also referred to drug addicts, migrants and "exploited sinners and bypassed beggars. All of them are part of our family. They are our mothers, our brothers and sisters. Let us not deprive our communities of seeing their faces, their wounds, their smiles and their lives," said the Pope, after leading prayers.

Tolstoy's Story of the Shoemaker

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 her complaint, the stranger grew smaller and smaller, shriveled and wrinkled with every unkind word.

But when she spoke kindly to him and gave him food, he grew and became more beautiful. The reason was that the stranger was an angel from heaven in human form and could live only in an atmosphere of respect, kindness and love.

The Brotherhood of Man

I am not an Athenian or a Greek, I am a citizen of the world

Socrates

Christmas celebrates the brotherhood of man. Peace and joy are promised by the angels to all men of goodwill. No one is excluded. When we see the sad condition of the present world, we realize how relevant is this message of Christmas- the brotherhood of man.

The following is a story of Swami Ram Tirtha's visit to the U.S.A in the last decade of the nineteenth century.

Swami did not have any friends in the U.S.A. After a long sea voyage, he reached the American coast, where he disembarked along with the other passengers. There were many Americans who had come to receive their friends and relatives at the port. However, swami Ram Tirtha found himself walking all alone by a corner of the port. An American, seeing him there, approached him and asked, "do you have any friends in America?" Swami Ram Tirtha replied : "Yes, there is one friend and that friend is here." Saying this, he embraced the American.

This kind of behavior was unexpected and the American was

am man; nothing that concerns mankind is alien to me". He was a comedian and was the first to proclaim the principle of common kinship in man.

What is brotherhood? It is the wisdom of Lincoln and the warmth of Gandhi. It is the humility of Jesus, the humbleness of Mohammed, and the humanitarianism of Confucius. You cannot see brotherhood; neither can you hear it nor taste it. But you can feel it a hundred times a day. It is the pat on the back when things look gloomy. It is the smile of encouragement when the way seems hard. It is the helping hand when the burden becomes unbearable.

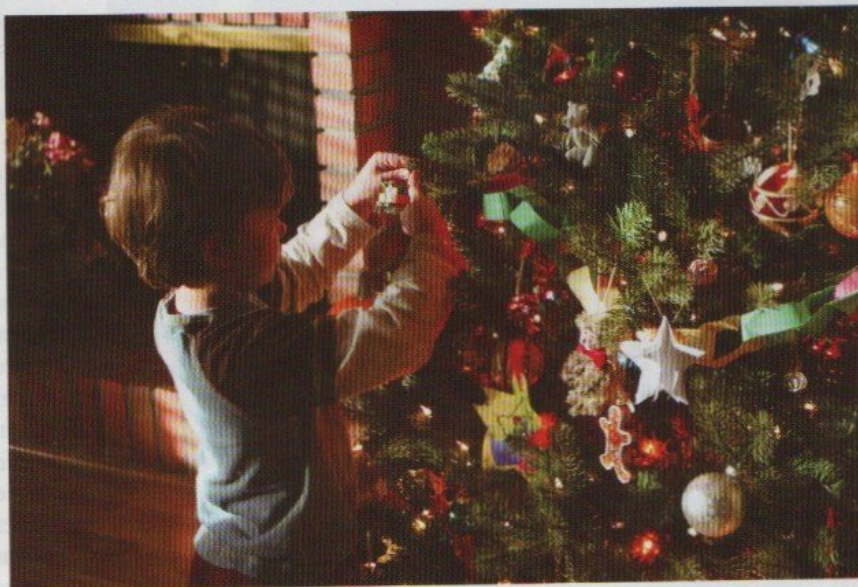
The brotherhood of man is one of

those spiritual intangibles that gives a nation its character and vitality. It is not a matter of soft and sweet sentiment but a solid fact robust and strong as the granite foundation of a skyscraper. Brotherhood does not come as a finished product in an attractive package. It is an accomplishment of soul-searching, compassion and loving service. A person has intrinsic worth irrespective of his colour caste or creed. The natural feeling of

brotherhood is a mark of human maturity and spiritual sensitivity. The mortar of brotherhood does not come from technology. It must come from the heart and soul of man. A snow flake is one of God's most fragile creations, but see what they can do when they stick together.

Turgenev and a Beggar

One day, Turgenev, the Russian writer, met a beggar who besought him for alms. "I felt in all my pockets," he said, "but there was nothing there." The beggar waited and his outstretched hand twitched and trembled slightly. Embarrassed and confused, I seized his dirty hand and pressed it. "Do not be angry with me, brother", I said, "I have nothing with me". The beggar raised his bloodshot eyes and smiled. "You called me brother," he said, "that was indeed a gift". ■



impressed. He said, " yes, I am your friend" and then he took him along to his home, Swami Ram Tirtha remained his guest till he left American for India.

Patriotism is good. But our love should stretch beyond the boundaries of our native land. We have reached a stage where patriotism is not enough. We are living in the twenty-first century. Our loyalty should be to humanity as a whole. We must not allow our patriotic sentiments to disrupt the spiritual unity of the world.

The Stoic school of Greek philosophy held that man is a citizen of the universe. The Neo-Confucian Chinese philosopher ch'eng Hao held that man regards heaven and earth and all things as one body. To him there is nothing that is not himself. He regards the world as one family.

Terence, who was born a slave and made something of himself in Rome twenty-one centuries ago, said this, "I

Murali

Mesmerising Flautist



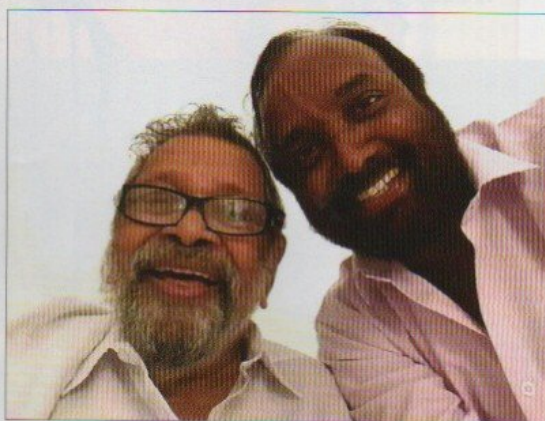
Murali of Murali Sangeet Academy in Kochi is a seasoned and veteran artiste who plays magic with the flute.

Having started to play on stage with this melodious instrument since the age of ten, he performed a flute ganamela programme on stage in Kerala at the young age of fifteen. He has performed as part of Raagalaya Musical concerts on the Mumbai stage.

Murali has since performed in more than 1000 shows in Kerala, Mumbai, and overseas as well. He has travelled overseas to several countries along with the music groups of well known singers like Padma Bhushan Dr K J Yesudas, P Jayachandran, K Purushothaman, K P Uday Bhanu, C O Anto, P Leela, Madhuri and others and been part of their concerts abroad.

He has played the flute for film music composed by V Dakshinamoorthy, K Raghavan, G Devarajan, M S Viswanathan, M K

Arjunan, M B Sreenivasan, L P R Varma, A T Ummar, Udayabhanu, Raveendran, M G Radhakrishnan, Vidyadharan, Johnson, Kannur Rajan, Jerry Amaldev, T S Radhakrishnan, Kesavan Nambudiri, Mohan Sitara,



Murali with Arjunan Master

Beni Ignatius, Deepak Dev, and was part of orchestration and played the flute for thousands of Yesudas's Tarangini Cassettes for many years. He has provided orchestration for about 600 music cassettes (6000 songs) and composed music for about 350 songs.

He has also been associated with the

Malayalam drama industry for more than 35 years as music composer and flautist. Since 1978 he has been playing the flute for several drama troupes. He composed the western music for late Thilakan's last drama *itho deivathinte naadu*. Ochira Nila, Poonjar Navathara, Pala Communications, Angamali Gurusagara, KPAC, Kozhikode Sangha Chetana are a few of the drama troupes for which Murali has played the flute. He has also composed music in a few of these dramas.

Since 1990 Murali has been performing Hindustani classical concerts on the flute.

In 2000 he composed a symphony, the Bamboo flute. Murali has also composed music and played the flute for about fifteen TV serials.

He is also a music teacher for 33 years and has a long standing association with Kochi Kala Bhavan, CAC music institutions.

Murali's musical journey still continues and will achieve further pinnacles of artistic glory. ■

RAJ NAIR

First Malayalee President Of IMC



T K Unnikrishnan

■ It brings cheers to all Malayalees to learn that the present President of the Indian Merchants Chamber of Commerce & Industry (IMC), which was established

way back in 1907, is a Malayalee - Raj Nair, who hails from Thiruvananthapuram. Nair was elected in May 2018 as President of IMC, which represents all big Indian organisations to safeguard their interests of trade, commerce and industry. Head-quartered at Churchgate, it commands a cumulative membership strength of more than four lakh organisations. In 1931 Mahatma Gandhi enrolled himself as a patron Member of IMC.

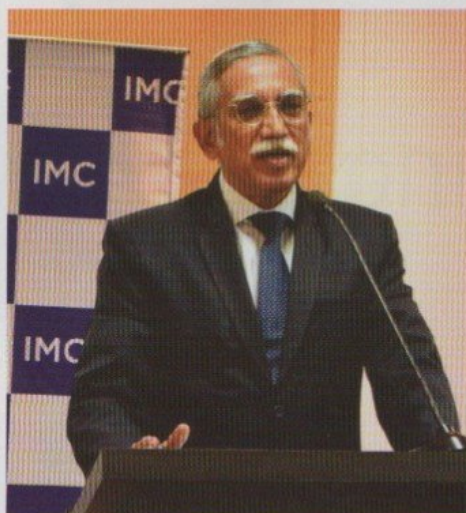
Nair, who has the rare distinction of being the first and only South Indian IMC President, is an engineering graduate of Mumbai IIT and an MBA holder from Ahmedabad IIM. Nair runs four consultative solution services companies from Mumbai.

"For many years I have been in the governing body of IMC and I believe that my passion for digitalisation must have made me the right candidate for the top post", said Nair, explaining the circumstances which led to his escalation.

According to Nair, in another 10 years the whole Indian business, let it be groceries or vegetables, will all be done on line. "Digitalisation will take over India by storm and those who cannot join the band wagon will automatically be thrown out", said Nair, outlining the ongoing process of IMC's digitalisation. "In a few month's time IMC will be fully online and member-friendly", declares Nair.

Nair, who was into banking with the Grindlays and marketing with the erstwhile Murphy Ltd., has held many other senior positions in Indian industry before becoming an entrepreneur himself. A true Mumbaikar, Nair's 70% customers come from abroad and more than 2,200 professionals work for him in his four organisations directly/indirectly.

Nair, who is an ardent cricket lover and writer, has penned numerous articles for various technical journals and had presented many technical papers in



Raj Nair

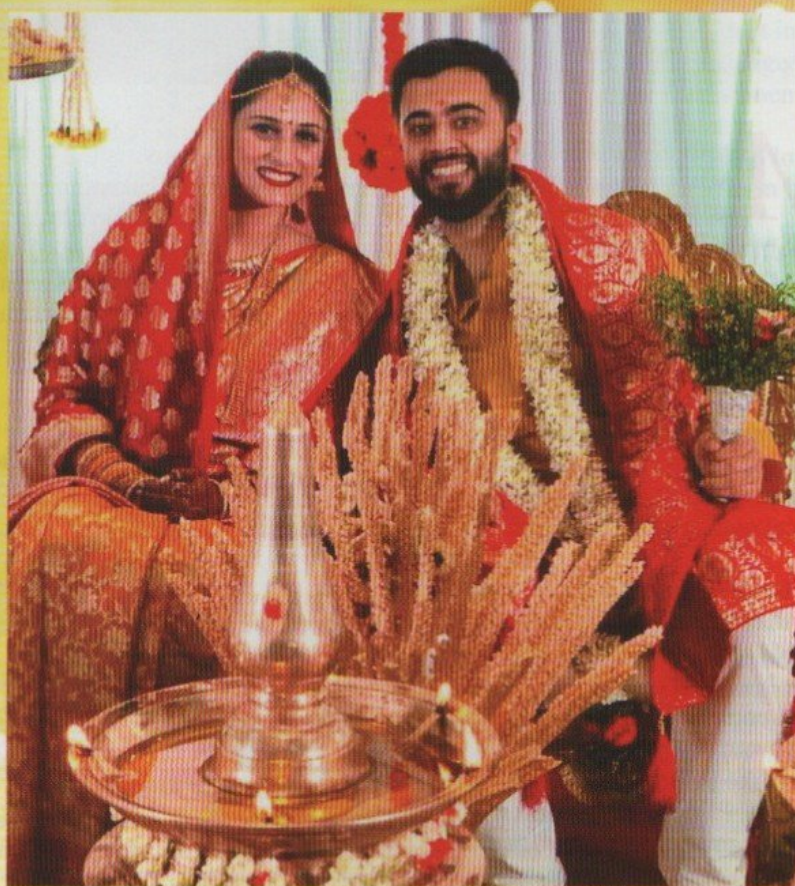
conferences and symposia, both in India and abroad.

Recently Nair was felicitated by IIT, Mumbai honouring him with the 'Distinguished Service and Distinguished Alumnus Award'.

Nair travels a lot across the globe giving lectures on his favourite subject 'Future Technology of Business'. "I find it difficult to cope with the requests now and have started saying 'no' to a few", said Nair, who says IMC takes away most of his time.

Nair's wife Mohana is a senior advocate at the Bombay high court and son Ranjit lends a helping hand in father's business. Daughter Gayatri is CEO of Indian School Leadership Institutes. ■

Wedding



Wedding Reception of **Meera** (daughter of Mrs Usha , (Principal MEA, Marol) & Mr Suresh (ex Siemens), and **Akshar** (son of Anshu Pathak & Pradeep Pathak) was held at Athena Banquet in Hiranandani Gardens, Powai on December 6, 2019.

Sangeet Samagam Festival

A Tribute to Pandit Kishan Maharaj and Pandit Rakhaal Mishra.

The 12th Sangeet Samagam Festival with the collaboration of Bhavan's Cultural Centre was organised at Bhavan's Sardar Patel Sabhagriha on 9th and 10th November. The two days dance and music festival was organised as a tribute to two great mentors, The Sangeet Samagam festival is organised by Sangeet Samagam Trust which is headed by renowned Tabla maestro, mentor and music composer, Pandit Kalinath Mishra. Pandit Kalinath says "This festival is organised as a tribute to two great mentors who have played a significant role in my life. This is my humble offering and my expression of gratitude to my father Pt. Rakhaal Mishra who was a well known Hindustani music vocalist and Padma Bhushan Pt Kishan Maharaj, who was a veteran Tabla maestro. This is the 12th year of the festival. I invite performers of repute to perform for my festival".

Pandit Kalinath Mishra hails from Azamgarh in Uttar Pradesh. He arrived in Mumbai in 1979 and ever since has been a leading Tabla player for top classical singers and dancers. He has also accompanied south Indian dancers



and musicians, particularly for fusion programmes. As a teacher, he has several disciples and has his own percussion ensemble which includes his talented son Satyaprakash

Mishra.

The two days festival commenced with the commendable flute music duo featuring Suchismita and Debopriya Ghosh, Hindustani vocal music recital by Aditya Modak and solo Tabla concert by the veteran Ustad Fazal Qureshi, son of the legendary Ustad Allah Rakha.

The second day featured pleasing Kathak recital by Bichitra Mukherjee, Odissi by Daksha Mashruwala and her talented disciple Namrata Mehta and dynamic Kathak duo from New Delhi, Nalini and Kamalini who created a spell with their vivacious performance.

Pandit Kalinath Mishra felicitated all the artists who were present including guests like Padmashri Sunayana Hazarilal, Padmashri Darshana Jhaveri, veteran Kathak danseuse Padma Sharma, Gauri Sharma, Pt Jitendra Maharaj, Pt Ashok Maharaj, Vasu and Vaibhav Maharaj, actress Komal Mahuvakar, Vaibhav Joshi, Smriti Talpade and all other artists who were present on the occasion.

Guru Vijay Shanker



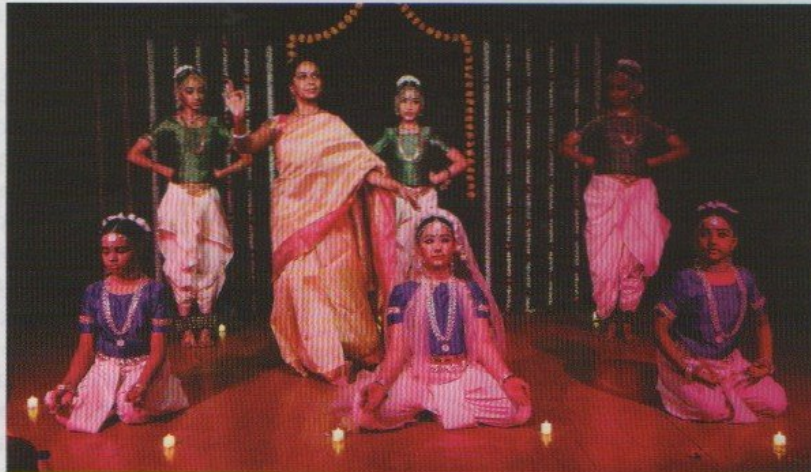
Taking Classical Dances To The Grassroots

In today's world of Spice Girls and Michael Jacksons and the predominance of western culture and lifestyle that influences youth and children, it was refreshing to witness a programme of Indian classical dances performed by young children in Bandra on October 19. The programme was a thematic experimental presentation, and involved traditional dance pieces organised and presented by Sambhava Dance and Theatre Academy.

Named 'The planet of Kidathaka Dhadhi Gina Thom,' it was a mix of Odissi and Bharatanatyam styles of dancing.

Sambhava Dance and Theatre Academy is headed by accomplished Bharatanatyam and Odissi exponent and actress Reshma Shetty. Indian Classical

Dancer. She is also an actor, director and trainer. The programme was called 'Kidathaka Dhadhi Gina Thom'- the planet which is inhabited by celestial dancers and as legend has it, the reason



as to why there is peace, love, harmony and divinity, that pervade all arts and life itself.

With the commentary by Reshma, students demonstrated as to how classical dance evolved and was created

by Lord Brahma as 'Natya Veda', further on as to how Lord Shiva became 'Nataraja' and the creation of both Tandava and Lasya form of dancing. It was quite thrilling to watch the young dancers demonstrating the various mudras, (single and double hand gestures), the basic movements in both Bharatanatyam and Odissi styles and the display of Alarippu as well.

The highlight of the programme was the demonstration of the usage of the nattuvangam based on varied tala patterns by Guru Kaliswaran Pillai, son the veteran nattuvangam and Bharatanatyam exponent Guru Kadhivelu Pillai. On the whole it was an unusual programme of taking classical dances to the grassroots level.

Guru Vijay Shanker

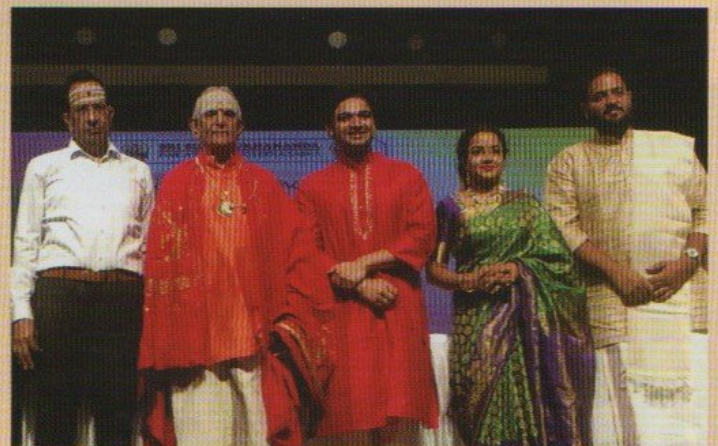
Shanmukhananda felicitates veterans and young artists

Noted Mridangam maestro Padma Vibhushan Dr. Umayalapuram K. Sivaraman and Harikatha exponent Kalyanapuram R. Aravamudachariar were presented with the Sri Shanmukhananda National Eminence award for their lifetime contributions in their fields at the Sabha hall on Saturday. Each award carries a cash prize of Rs.2.50 lakhs, a citation and a bronze lamp. Aravamudachariar was presented in absentia as he could not be present due to health reason.

Three upcoming musicians Smt. Vasudha Ravi and Vignesh Ishwar, both carnatic vocal and Harish Narayan in Hindustani Sarangi were presented with Shanmukha Sangeetha Shiromani awards. The awards are presented to encourage the artistes in their respective fields, each carrying a cash prize of Rs. 50,000/- a citation and a trophy.

The programme started with Vedic chanting by Vedapatashala students from SIES Nerul and reading of citation before presenting the awards. Dr. V. Shankar, President of the Sabha presented the awards to the artists.

After the award function Umayalapuram Sivaraman gave a solo concert with his Mridangam and later



The Awardees Padma Vibhushan Dr. Umayalapuram K. Sivaraman with Dr V Shankar, Sabha President.

presented the same to the Sabha for its music library. He said he has been associated with the Sabha for more than 60 years. Shankar also presented to the Vidhwan with a golden Mridangam.

- K A Viswanathan

ATMA Annual Day & Kerala Piravi

■ All Thane Malayalee Association (ATMA) celebrated its Annual Day & Kerala Piravi at Upvan Amphitheatre in Thane on November 2. The function was jointly inaugurated by the NORKA Officer (Kerala Govt) Syamkumar, Nikhil M Ballal, Executive Editor of Thane Vaibhav, P V VijayKumar Managing Editor, Kerala in Mumbai Magazine, Sashikumar Nair, Gen. Secretary of ATMA, Smt. Suma Mukundan, MC Member of ATMA.

ATMA had organised a visual adaptation of selected folk songs named *Chempadayattam*. The troupe that performed this was specially brought in from Thiruvananthapuram for this occasion.

Nineteen SSC toppers of Members' children of Affiliated Associations were felicitated on stage at the hands of the guests.

ATMA also felicitated Haridas Nair for representing India at South Africa for the Comrade Marathon in 2018 and 2019 where he completed 87 km and 90 km respectively.

The function was well attended by the members who appreciated the organisers for bringing back the traditional flavour in front of the new generation which they really enjoyed by joining with the artists on stage.

ATMA General Secretary Sashikumar Nair welcomed the audience and all the guests spoke on the occasion. Vote of thanks was proposed by Smt. Suma Mukundan.



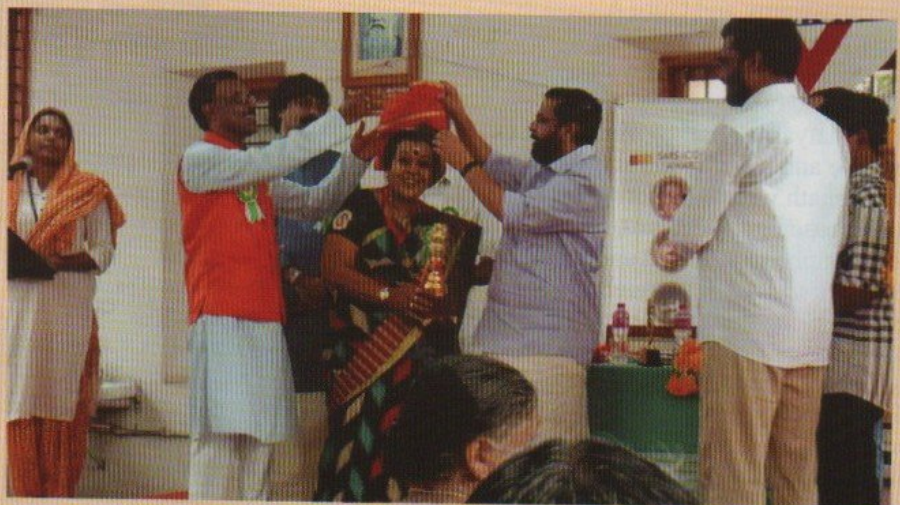
Lighting of the inaugural lamp



Folk song performance

Mumbai Natyanjali Festival 2020

■ Shanmukhapriya, the cultural and social wing of Sri Subramania Samaj, Chedda Nagar, Chembur, is organising Natyanjali the Annual Classical Dance programme to be performed by artistes from all over the country from February 9 to February 21, 2020. Entry forms are available at Shanmukhapriya. For further details visit site: <https://forms.gle/jtxAxLbHkQNXBT D9>.



Adv Padma Divakaran being honoured by Kerala Minister Kadakampally Surendran at a function in Thiruvananthapuram for receiving a national Award for Excellence in Philanthropy instituted by RKP Foundation Delhi.



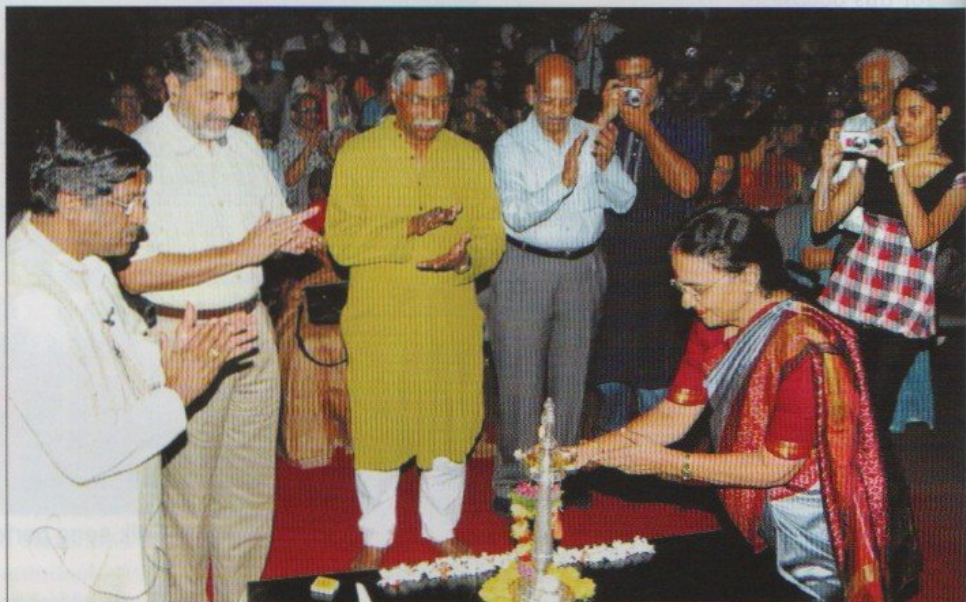
Carnatic vocal concert by Chandanabala Kalyan on November 24 organised by PFA. R Madhavan on violin and Rajesh Srinivasan on mridangam.

Powai Fine Arts 10th anniversary Celebrations

■ Powai Fine Arts will be celebrating its tenth anniversary with a mega music and dance event on January 4, 2020 and January 5, 2020, at Nahar International School Auditorium in Chandivli.

Iyer brothers, Ramnath and Gopinath, disciples of veena vidwan R Pichumani Iyer and Trivandrum R Venkataraman, will be performing a veena recital concert on January 4. The Iyer brothers are now settled in Australia and have established Pichumani school of Veena in Melbourne. They are also A grade artistes of AIR and Doordarshan. Smt Gayatri Venkataraghavan leading Carnatic vocalist from Chennai and disciple of Padma Bhushan P S Narayanaswamy and Guru A Sundaresan will be presenting a Carnatic vocal concert as well.

On Sunday January 5, Bharatanatyam recital by Parshwanath Upadhye and his wife Shruthi Parshwanath will be performed. The couple, based in Bengaluru, have choreographed, produced and presented their works under the banner of Upadhye School of Dance and Punyah Dance Company at national and international venues. Kalaimamani Dr Sriram Parasuram and Kalaimamani Anuradha Parasuram of 'ellame sangeethamthan' fame telecast in DD Tamil Channel will be presenting a programme. Dr Sriram is a Hindustani and Carnatic music exponent while his wife Anuradha is a leading playback



Inauguration of Powai Fine Arts in 2010 by Padma Bhushan Smt N Rajam in 2010.

singer, TV anchor and a judge in music reality shows on TV channels.

Powai Fine Arts was established in 2010 by a few art lovers aimed at bringing quality music dance and drama programmes to residents in the suburbs of Powai and Chandivli areas. Over the past ten years, a good number of musical programmes both Carnatic and Hindustani styles by veteran and budding artistes, light music programmes in Hindi and Tamil, classical and semi classical dances by artists as well as a few plays have been presented by Powai Fine Arts. For the last couple of years PFA has started a Music and Dance school for students

living in the vicinity and presently offers classes in Carnatic and Hindustani Vocal, Bharatanatyam, Veena, Violin and Mridangam. It has also conducted free medical health check up and health awareness programmes, as part of their social activities. The members also participated in 'Powai Run' for a public cause. Dr G Ramakrishnan, founder President has been re-elected as its current President.

Further details about the Mega event can be obtained from PFA President Dr G Ramakrishnan (9820093260) or Secretary Shanti Swaminathan (98694411368).



Rasool Pookkuty addressing the audience

Kerala Kala Samiti celebrates Kerala Piravi

■ Kerala Kala Samiti of Goregaon celebrated Kerala Piravi on a grand scale in Vidya Bhavan Hall, Bangur Nagar. The event started at 7.30 am and went on till 10 pm. Besides flower shows and drawing competitions, there were colourful procession accompanied by bands and cultural shows such as Thalappoli, Pulikkali etc. Later when the members met together, former Deputy Municipal Commissioner V Balachandran felicitated the invited

guests Premlal (Amchi Mumbai) and singer Preethi Warriar. After the welcome address by the Samiti President Adv Murali Panicker, performing artists of Mumbai presented cultural programmes such as Mohiniattam, Ottan thullal, quiz contest etc. Oscar Award Winner Rasool Pookkuty was the chief guest in the function. It was the migrant Malayalees who cherished and displayed the Kerala traditions and culture much more than

the Malayalees residing in Kerala, remarked Rasool Pookkuty in his address.

The winners of various contests were presented with mementoes by Rasool Pookkuty. Trade Union leader Abhijit Rane also addressed the gathering. Secretary of Samiti Ramesh Nair proposed a vote of thanks.

Ashish Abraham was the presenter of the event.

Philanthropist Award to Adv Padma Divakaran

■ Prominent social worker and former Deputy Commissioner of Income Tax Adv Padma Divakaran received the Rashtriya Vikas Shiromani Puraskar Philanthropist Award, organised by Delhi Telegu Academy in Delhi. She received the Award from the Chief Minister of Delhi Arvind Kejriwal. Dr Mohan Kanda IAS is the Chairperson of Delhi Telegu Academy. Adv Padma Divakaran is also the State President of AIMA Maharashtra (All India Malayalee Association) and President of Bombay Keraleeya Samiti Malad (West).



Adv Padma Divakaran receiving the Award from the Chief Minister of Delhi Arvind Kejriwal.



Kairali Cultural Association Onam celebrations

Onam celebrations



■ Kairali Cultural Association, Brindavan, Thane celebrated Onam with a community Get Together on Oct 13 in Nakshatra Hall near Rithu Park. It was inaugurated by the President of the Association K Balakrishnan. Secretary Padmanabhan proposed a vote of thanks. KRG Nair, ATMA Secretary Sashikumar Nair and Prakash Nair were guests of honour. The highlight of the celebration was the cultural show specific to Kerala and a community feast. Bharatan Menon co-ordinated the event.

New Bombay Keraleeya Samaj

■ New Bombay Keraleeya Samaj, Nerul, celebrated Onam with pomp and show on 6th October at New Bombay Keraleeya Samaj's recently opened AC Hall. President KT Nair inaugurated the celebrations by lighting the lamp with General Secretary Varghese George, Treasurer Jyotishmayan and NORKA Jt Secretary Syam

Kumar. The festival showcased various cultural programmes such as Chendamelam, dance programmes by Malayalam class students and Ladies wing members. There were Pookkalam, Uriyadi and tug-of-war competitions. The function ended with traditional Onasadya.



President KT Nair inaugurating the celebrations

Ulhas Arts & Welfare Association Onam

■ A large number of children and elders participated in the Onam celebrations of Ulhas Arts & Welfare Association held in Kairali Hall. Besides Kerala specific cultural programmes, national as well as western events were also presented by the artists. AIMA President Adv Padma Divakaran inaugurated the event. In her address Adv Padma Divakaran emphasised the importance of Onam celebrations.

Students who secured merit in the recently held SSC and HSC examinations were felicitated. Persons who displayed exemplary work in various fields were also felicitated. The winner of Amchi Mumbai News Maker Award Krishnankutty Nair was presented a memento.

President Sureshkumar Kottarakkara, Secretary Mohan G Nair, Programme Convenor T C Prabhakaran Nair, Sandhya S, P N Muralidharan of Saranalayam Cancer Centre, Adv G A K Nair, Ajaykumar Nair, Mukundan Nambiar, C V Chandran, R B Kurup, Shalini and Rajani Srinivasan spoke on the occasion. V S Appu proposed a vote of thanks. Baby Ravikumar, Rajani Haridas and Sheela Sudarshan were the programme presenters.



Adv Padma Divakaran addressing the audience



Section of the audience



Vivek Vidyalaya and Junior College has been bestowed the Global Innovative School Award 2019 by BITS Pilani Dubai Campus for scale of impact in STEM, at BITS Pilani Dubai Campus.



Dignitaries on stage during Onam celebrations at Thakur complex Malayali Welfare Organisation, Kandivli East



Presidential address of K D Chandran

Silver Jubilee of Pambungal Publications

■ Mumbai based Pambungal Publications celebrated their Silver Jubilee on Oct 13 at Mysore Association Conference Hall, Matunga. Well known actor K D Chandran presided over the event. Adv Padma Divakaran, Dr Sasikala Panicker and Dr (Maj) Nalini Janardanan lighted the lamp. Novelist Balakrishnan was the Chief Guest.

Eleven books such as 'Mala' novel by Baiju, 'Pravasi Malayali Pramukhar (a compilation of brief life sketches of prominent Malayalees of Mumbai prepared by V N Gopalakrishnan and Mundoor Rajan), compilation of articles by Rajan Thekkummala 'Navakeralathinai', 'Narabhojikal' a compilation of simple skits by Ayilur Ramanunni, 'Kunnilekku ozhukunna puzhakal' a collection of stories by Prasad Kootalhi, 'Minarangelute naattilninnu' a collection of stories by various authors, 'Greecile Ithihasakathakal' collection of stories by Devan Master, second edition of 'Gouthaman', a

collection of stories by Girijavallabhan, 'Ayyankali Oru Navothana Porathi' a biography by Mamba Raghavan, 'Swapnasanchari' collection of poems of Charummoodu Radhakrishnan, 'Marhunatan Kathakal' collection of stories by pravasi authors were released by Dr Sasikala Panicker, novelist Balakrishnan, U N Gopi Nair, Rajan Thekkummala, Velliman Balachandran, C P Krishnakumar, Prof (Colonel) Dr Kavumbayi Janardanan, Mekhanadan, Dr (Maj.) Nalini Janardhanan, Premlal and E P

Vasu respectively.

Santhosh Kolarath and Babu Mathew introduced the books. Winner of Amchi Mumbai News Maker Award 2018 Krishnankutty Nair and Social activist Charummoodu Radhakrishnan were felicitated. Manoj Ayyanethu, U N Gopi Nair, C N N Nair and Dr T R Raghavan spoke on the occasion. Mundoor Rajan proposed a vote of thanks. A poem recitation contest was held and Ayush Raghavan, Surya Muraleedharan and Athira Rajan won the first, second and third places.



A section of audience

Nrityaprabha Annual Day

■ Students of Prasanna Nambiar's Nrityaprabha School of Indian Classical Dances, Andheri West, celebrated its annual day on November 24 at Dinanath Mangeshkar Auditorium in Vile Parle East. They presented Bharatanatyam performances and a Dance Ballet Shri Venkateshwara Kalyanam. Nrityaprabha was founded in 1960 by Prasanna Nambiar's parents, Late Guru Krishna Panicker and late Smt Gouri Panicker. Today the teachers here include Prasanna Nambiar and her two daughters Ajitha Nambiar and Amrutha Menon. Prasanna Nambiar is a senior Bharatanatyam and kathakali dance exponent and teacher.

While Ajitha has trained in Bharatanatyam and Mohiniattam, Amrutha has learned Bharatanatyam and Kuchipudi. Both her daughters are trained in Carnatic music as well. Prasanna and Ajitha provided the nattuvangam while Ambika Viswanath (Prasanna's sister) and Amrutha Menon gave vocal support. Other accompanying artistes included Prajesh Nair on the mridangam, S R Ramachandra on the violin and Mahalakshmi Ravi on the flute.

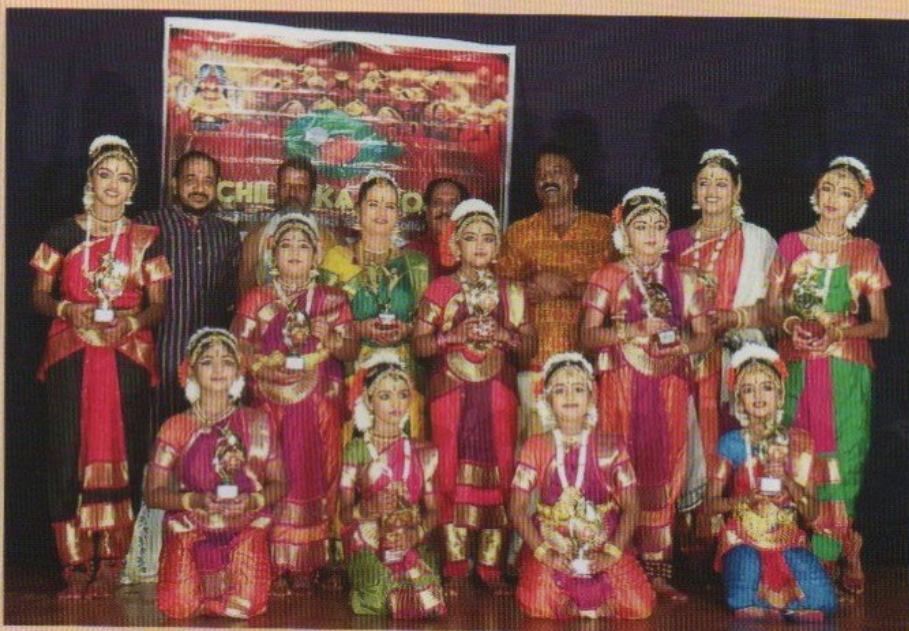


Teachers Smt Prasanna Nambiar, Smt. Ajitha Nambiar & Smt. Amrutha Menon with students of Venkateswara Kalyanam Dance Ballet Team.



Students of Nrityaprabha performing

Tru Indian's Chilanka Puja at Kollur



Participating dancers and personalities at Chilanka Puja

■ Dombivili based Tru Indian Dance Academy students under the guidance of Director Ambika Warasiar performed chilanka puja at Mookambika temple Kollur on November 1 as per Guru Shishya Parampara. Dancers Archana Babu Marar and Kalamandalam Deepa Warriar also performed during the event. P M Unnikrishna Warriar, Mookambika Dharma Peetham devotee Maithree Mohan, C P Sajeevan, and Rajendran Padiyur attended the event.

The second Guru Shishya parampara programme will be held on February 1, 2020, in Dombivili and the next one in May in Thiruvananthapuram, according to Tru Indian Director. Further details on 9320986322.



Shivali Ratna Award to Guru Geetha Vijayshankar

■ Senior Mohiniattam exponent Guru Geetha Vijayshankar has been awarded Shivali Ratna Lifetime Achievement Award 2019 in the field of classical Dance by Shivali Cultural Society of India during the 70th Shivali Dance Festival on November 24 at Mysore Auditorium Matunga. She received the award from her husband Guru Vijay Shankar at the insistence of the organisers of the dance festival. Shivali Nritya Shiromani Awards for outstanding contribution in the field of classical dance were presented to Smt Sonali Vikas Thakur and Jyotsna Maru.



Guru Geetha Vijayshankar receiving the Award at the hands of Prof Vijayshankar



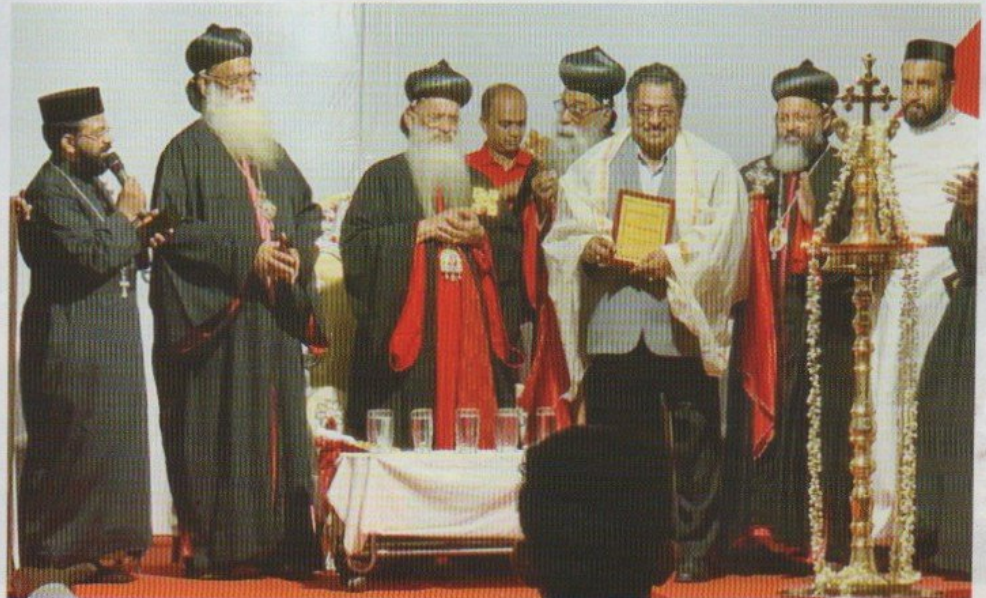
Chief Guest Giant Upendra Menon addressing students of Holy Trinity School in Thane on Independence Day



Dr Oommen David receives Education Excellence Award at the hands of cine actor Manoj K Jayan on the occasion of Mumbai Talents programme organised by Amchi Mumbai.



Former Principal Dr. Kumaran Nair being felicitated by his former student Upendra Menon at NSS College Manjeri Sangamam Students Meet. Former student Adv. Latheef Ex.Chairman Manjeri Municipal Corporation looks on. Sixty seven students attended the Meet after a half century.



Profound blessings from His Holiness Moran Mar Baselios Poulose II the supreme Head of Orthodox Syrian Church on the occasion of OCYM global conference being held at Roha, Mumbai.

Odakkuzhal Marol Onam Celebrations

■ Odakkuzhal, the socio - cultural organization of Marol Keralites celebrated Onam on October 13 at Marol Education Academy with variety entertainment programme of music and dance, and a traditional Onasadya. There was a dance programme by students of Guru Geetha Vijayshankar and *Vanchipattu* by members.



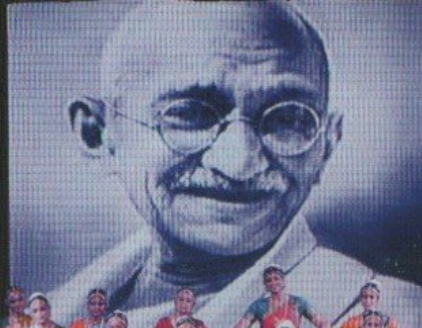
The invocative prayer song at the start of the Odakkuzhal Onam programme.

Felicitations

■ Progressive Arts Club Sakinaka felicitated Malayali students who scored meritorious marks in their SSC and ICSE Board Examinations at its Malayali Samajam office. IIT Bombay Scientist Ranjit Kallani was the Chief Guest at the function which was presided over by Bina Nair. Progressive Arts Club members S Devarajan and K Pavithran spoke on the occasion. Member Anil Kumar proposed a vote of thanks.



The traditional pookkalam.



Remembering Gandhiji

■ On the 150th birth anniversary of Mahatma Gandhi, Sri Shanmukhananda Sabha had organized a dance drama "Mahatma Nrityanjali" by 150 students of Sri Raja Rajeswari Bharata Natya Kala Mandir, Matunga at the Sabha auditorium. The programme was based on Gandhiji's favourite devotional songs in Sanskrit, Hindi, Gujarati, Marathi, Tamil and Bengali, written by Rabindranath Tagore, Subramanya Bharathi and other famous poets. The governor of Maharashtra Shri Bhagat Singh Koshiyari presided and Dr. Anand Gokani, great-grandson of Mahatma Gandhi was the Guest of honour.

K A Viswanathan



Performance by Nisha Gilbert and students of Nupur School of Dance at Sri Sabarigiri Ayyappa Temple, Thane .

Malayalotsavam at Powai-Sakinaka

■ Malayalotsavam was organised by Malayala Bhasha Pracharana Sangham Powai Sakinaka zone at Eden Colloge Sakinaka. Central Committee Vice President K Pavithran inaugurated the event. Zonal President Jayasri Govindan Kutty, Vice- President Beena Sahadevan, Secretary Sajida Mohammed, Anil Menon, representatives from other organizations S Devarajan, Sasi, Jayalakshmi, spoke on the occasion. Hari N, Jayasri Rajesh, Bhavya, Balakrishnan, Raghu Prasad managed the stage. Malayalam Mission teachers of this zone were felicitated.



Cultural programme competition



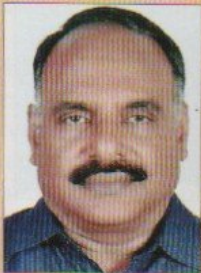
The Soubhratra Nagar at Sion, Mumbai consists of Panchavati, Gokulam and Suryalaya buildings and they celebrated their 29th two-day Ayyappa Mandala Pooja celebration from November 23. There was Sastha pooja, Sastha Preethi, Vilakku pooja besides Sasthapreethi Varavu Pattu and bhajan by Shree Harihara Putra Bhajana Samaj.

New Managing Committee

■ Bombay Keraleeya Samiti Malad elected its New Managing Committee for 2019-2010. Adv Padma Divakaran is the President, V Mukundan and P Nambiar are Vice Presidents, P Balakrishnan is Secretary, V Madhavan Jt Secretary, Gopalakrishnan is the Treasurer and Mohanlal Nair is the Jt Treasurer. Committee Members include K G Pillai, Varghese, Rajendran Padiyur, Edward George, Sukumaran, Vidya Pillai, Rakhi Sunil, Vatsala, Venugopalan, Hari Sudhakaran and Sruthi Sukumaran.



Adv Padma Divakaran
President



P Balakrishnan
Secretary



Gopalakrishnan
Treasurer

SNMS Kalwa Annual Day



Milind Patil addresses the gathering

■ Sree Narayana Mandira Samiti of Kalwa-Mumbra-Diva Unit celebrated their annual day. Thane Municipal Corporation Councillor Milind Patil was the Chief Guest. In his address, Milind Patil confessed that he learned about Guru's declaration that man has only one religion, one caste and one God and there was no other caste, from the books

at Kalwa Unit that he read. President of the Samiti N Sasidharan presided.

George Chacko, M I Damodaran, N Mohandas, V K Hiralal, K Gopidas, M G Raghavan, Sriratan Nanu, Suma Mukundan, Maya Sahajan, Asha Soman, M T K Sudhakaran, Anagha Satyan, Neeti Panicker et al also spoke.

MOHAN TO MAHATMA (1869-2019)



Mohan to Mahatma: Talkathon 2019

■ To mark the 150th birth anniversary of Mahatma Gandhi, Vivek Education Society organised 'Talkathon-2019,' a one of a kind initiative in which 150 students spoke about Gandhiji and his ideology, and how they are pertinent and relevant in this day and age, too. The participants ranged from senior kindergarten to Final year of graduation level. They expressed themselves in more than 15 different languages, most of them Indian. Every Indian state had its representative here, and there were several students who spoke confidently in Sanskrit. There were a couple of kids who spoke in German, too.

D Sivanandan, former CP Mumbai, and DGP Maharashtra, and Dr Radhakrishnan Pillai Dy Director (M.A.-LS) University of Mumbai graced the occasion and addressed students on the subject of the relevance of Gandhian principles in the 21st century.

D Shivanandan spoke on the essence of 'giving back to the society' and thus reciprocate the gratitude that we owe to it. He requested the school authorities to make space to set up a notice board whereby students would be encouraged to write on a daily basis, Gandhi's thoughts so that students would reflect and imbibe those thoughts not only in words but also in deeds.

Other dignitary, motivational speaker, Dr. Radhakrishnan Pillai, emphasized the importance of learning our mother tongue and other regional languages. He highlighted the three lessons that one should learn from



Gandhiji's life - firstly life is all about hope - One need to have a goal in life and that one goal can transform one's life.

Describing the event, Dr. Suresh Nair, the Principal of Vivek Vidyalaya and Junior College said "when we were planning to do something during the 150th birth anniversary year of Gandhi, we thought of doing something innovative and hence this non-stop oratory by the students on Gandhian ideology."

Vivek Education Society has demonstrated that every language is the national language.

-Suma Narayan

New Managing Committee

■ Tapasya Kalavedi Charitable Trust elected its Office bearers and Managing Committee members for the year 2019-2021. Ajit Kumar is the Chairman, (Rakshadhikari) Manoj Kumar President, Aravindakshan General Secretary and Raghunathan P is the Treasurer. Ananthan P is the Vice President, Parameswaran Jt Secretary, Rajesh Jt Treasurer and Mohandas is the Internal Auditor. Ten Managing Committee members have also been elected.



Manoj Kumar
President



Aravindakshan
General Secretary



Raghunathan P
Treasurer



Students and Teachers of Upaasana at their annual day celebrations

Upaasana Dance Akademy Programmes

■ Upaasana Akademy of fine Arts, Chembur, presented a thematic Mohiniattam group presentation. The programme was organized by The Fine Arts Society, Chembur, as part of their 4 day long annual dance festival "Natyotsav 2019". The recital began with an item in praise of Lord Ganesha, the remover of all obstacles, which was followed by a traditional Chollkettu, in obeisance to Devi Mookambika, the Gurus and Elders. Next was "Gopavadhu" an item depicting the various episodes from the life of Little Krishna. The Mahalakshmi Ashtakam which followed, depicted the famous eight forms of Devi.

The evening's programme concluded with a dance drama 'Kunthi the Iron Lady', depicting the important turning points in Kunthi's life. Kunthi, an ideal mother who lived for her sons (The Pandavas) and faced and overcame all the trials and tribulations in their life attributes all their success to Sreekrishna, her nephew and savior. All the items presented were choreographed by Smt. Jayashree Nair, assisted by her daughter Smt. Sujatha Nair.

Upaasana Akademy celebrated its 44th Foundation day with dance performances by students of various levels trained in Upaasana. Items like Kautuvam, Allarippu, Shabdham, Padams etc were presented. The musical support was by Smt. Sujatha Nair in vocal, Dakshinamoorthy on mridangam and Ravi on violin. The highlight of this year was the



Mohiniattam performance at Chembur Fine Arts

participation of institutions established by Upaasana's Senior Students. Students from Kala Srinivasan's Shanmukha Arts, Preetam Sebastian's Angel Academy and Divya Warriar's Avyukta presented items choreographed by them. It was a proud day for Smt. Jayashree Nair, the founder director of Upaasana, to see her students come into their own and carry on her tradition.

On Nov 2nd 2019, as part of Mulund Fine Arts Society's Golden jubilee celebrations, Upaasana presented a two hours long Bharatanatyam recital at

Mahakavi Kalidas Hall, Mulund. Smt. Ambali Praharaj, an alumnus of Kalakshetra and founder of Kanakangi Dance Academy, Kolkata and Mumbai was honoured by the society on this occasion.

The students of Upaasana, performed chosen items in Bharatanatyam and a ballet Ramayanam, in Bharatanatyam style, based on the famous Swati Thirunal kriti, 'Bhavayami Raghuramam'. The entire program was well appreciated by the enthusiastic audience.

Eighth Malayalotsavam of western zone of MBPS

■ The eighth Malayalotsavam of Western Zone of Malayala Bhasha Pracharana Sangham was held on December 1 at V K Krishna Menon Academy of Borivli West. This zone extends from Bandra to Dahisar. Girija P Nair, Secretary of Western Zone welcomed the participants. Zone President Geeta Balakrishnan presided over the event. MBPS Central Committee President Reena Santosh explained the details of efforts taken by the Sangham to propagate and progress the language and arts of Kerala. Smt Tara Nair of Borivli Malayali Samajam and litterateur Girijavallabhan also addressed the audience. Zonal Joint Secretary Vandana Satyan proposed a vote of thanks. Rajan Nair guided the programme.

The cultural contests were held on five stages - Kanikkonna, Suryakanti, Ambal, Neelakurhinji and Thumbappoo. There were in all 22 items. The contestants were aged from six to senior citizens. The competitions went on till 11.30 pm. Drawing competitions were held on November 17.

During interval, president of Borivli Malayali Samajam Shirraj Nair and Secretary Anilkumar complimented the contestants for their dedication and enthusiasm. They offered all assistance to MBPS for their efforts to popularize the Malayali culture among the coming generations.

Rachana Sundaresh, Deepa Santhosh, Manju, Mallika Bharathan, Sudha Harish, Malini Rajalakshmi, C S Menon, Abhayan Jawahar, Manoj Mundayat, Ravi Variyath, Shraddha Shridev, Sailaja Nambiar, Vijila Sudheer, Ambili Sailesh, Elsamma Jose, Lali Abraham, Unni Variyath and Benny were the judges of the contests. Vivek Vidyalaya Team retained their Championship. The second place went to Sahar Malayali Samajam,

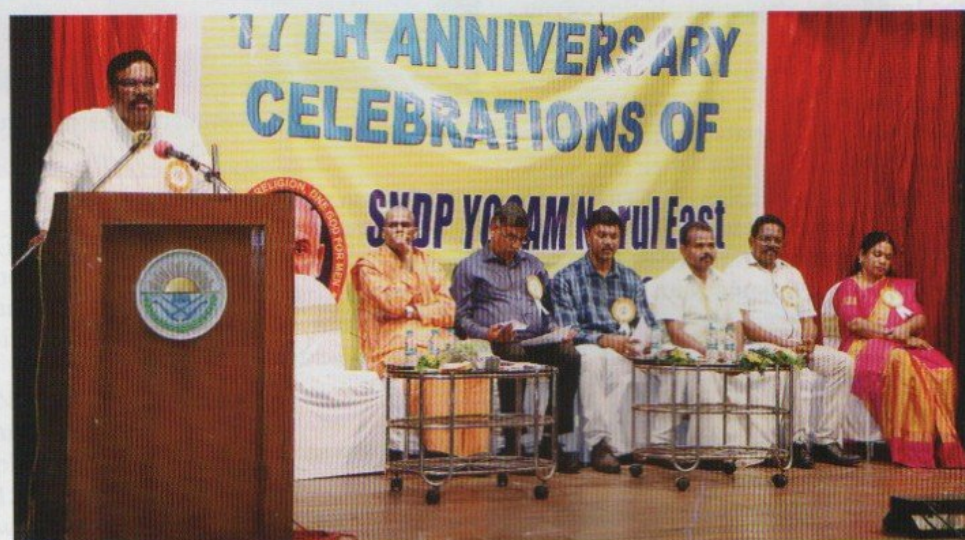
Final rounds of the zone competitions will be held on December 15 in Adarsh Vidyalaya, Chembur.



During the formal inaugural function



MBPS participants



Biju Kumar (speaking) and other dignitaries on stage during the 17th anniversary celebrations of SNDP Yogam Nerul East.

Mahotsavam In Nerul Murugan Temple

■ As part of Skanda Sashti celebrations, spiritual and cultural programmes were conducted by Nerul Murugan temple. Located at a prominent place, adjacent to bus depot, a lot of devotees took part in the festivities.

There was a Carnatic Music concert on October 28 by Mrs. Ranjani Subramaniam, with accompanying artistes Rajani on the violin and Suraj Subramanian of Nerul on the Mridangam.

Disciples of Guru Smt Lakshmi Padmanabhan in the age group of 11-14 years, presented devotional songs on October 29. The performers were Shankari Arvind, Anushka Shivanand, Suradha Iyer, Smriti P, Vidita Ganesh and Anugraha S N, accompanied on the Mridangam by Shashank Suresh Kumar.



Devotional songs by students of Smt Lakshmi Padmanabhan

On November 2, the day of Skanda Shashti, Dr Siva of Hyderabad and his students performed a devotional musical extravaganza of songs on Lord Muruga for about three hours. Dr Siva is an A grade artist with the All India Radio and also the founder of Sukhi

Niketan Arts Academy, a musical institution which teaches Carnatic music to over 250 students in Chennai. The accompanying artistes were R Suryanarayanan on the mridangam and Ramchandra Sarma on the violin.

Parameswaran Kalalaya's Shining Stars of the Satellite City

■ Music Festival 2019 conducted by the Parameswaran Kalalaya Foundation at the Dharma Shastha Maha Vishnu temple started on November 9. Disciples of Guru M.S. Parameswaran performed Thala Vadhya in three batches before commencement of the grand concert.

The concert featured 23 year old vocalist Aditya Madhavan ably supported by Mangala Vaidyanathan on the violin, Suraj and Shashank, two disciples of Guruji, on the Mridagam, on the Ghatam by Shaktidharan and by K N Gopalan on the Morsing. The concert was well-attended.

Parameswaran Kalalaya Foundation



C.K. Subramaniam being felicitated by Kalalaya Foundation

honoured freelancer C.K. Subramaniam who is also a contributor for Kerala in Mumbai.

The third day witnessed elaborate and fascinating jugalbandi by the disciples of Guru M.S. Parameswaran who provided the audience with a mesmerizing musical treat. This was followed by a concert by Smt. Lakshmi Rajagopalan, a renowned figure in the satellite city, with Ravi Anantharaman's support on the violin and Hari Prasad and Rishi Satish, disciples of Guru M S Parameswaran on the Mridangam. Shaktidharan on the Ghatam and K N Gopalan on the Morsing were superb.



Aditya Madhavan performing vocal concert

Bombay Keraleeya Samiti Malad Honours Dr Suresh Nair

■ Bombay Keraleeya Samiti Malad West bestowed on Dr C Suresh Nair, Principal of Vivek Vidyalaya, Principal Par Excellence Award. The felicitation event was held at Samiti's office in Malad, presided over by its President Adv Padma Divakaran. V Mukundan welcomed the gathering and P Nambiar proposed a vote of thanks. Noted literateurs Girijavallabhan and E S Vasudevan gave congratulatory speeches. Representatives from Dahisar Ketakipada Samajam Achuthan Nair and Unnikrishnan, Madhusudanan from Jogeswari, Ramakrishnan from Kandivili Samajam, Satheesh, Preman, Manu and Suresh from Malad East Malayali Samajam, expressed their congratulations to Dr Suresh Nair on behalf of their Samajams.

Dr Suresh Nair and V Mukundan felicitated Samiti Committee member K G Pillai who has donated 3 cents land towards Anganwadi and ten cents land for an old age home at his native place Ochira in Kerala.



Dr C. Suresh Nair who was recently bestowed the Principal Par Excellence Award by Bombay Keraleeya Samiti Malad West, along with Managing Committee Members and guests.

Samiti members Mohanan Nair, Rajendran Padiyur, Rakhi Sunil, Sukumaran, Varghese, Madhavan,

Edward George, Hari Sudhakaran and Vatsala expressed their congratulations to Dr Suresh Nair in their speeches.

V K Krishna Menon Academy Beats Rizvi Springfield in Cricket tournament

■ V K Krishna Menon Academy Borivali beat champion performer and winner for 16 years, Rizvi Springfield High School, in the second round of the MSSA (Harris Shield (under - 16) inter school cricket tournament at the Sunder Cricket Club, Mumbai. Rizvi Springfield will not feature in the Elite League. After restricting Rizvi Springfield to 166 runs, VKK Academy boys won the match with 5 wickets standing.

Scores: Springfield High School Rizvi:166.

VK Krishna Menon Academy : 167/5. (Prem Singh -39 not out, Shaswat Kapoor 41).

Annual General Meeting

■ The 42nd AGM of Navi Mumbai Tamil Sangam was held on November at Sangam premises in Vashi. It was the first meeting of the NMTS after being taken over by the new Managing

Committee members. The main agenda of the meeting was the expansion of the main building of NMTS behind Vashi Bus Stand.



Kolattam Kummi Group, which took part in folk dance category in CIDCO auditorium sometime back, displaying the trophy and certificate along with a few Managing Committee Members.



National Centre for Science Communications released their October issue of News Letter. Dr A P Jayaraman (extreme right)

27th Anniversary of Sree Subhananda Ashram, Saki Naka.

■ Sree Subhananda Ashram and Atma Bodhodaya Sangam organized its 27th Annual celebrations on December 1, 2019 at Pereirawadi, Saki Naka. The three-day celebrations commenced with a procession from the Ashram carrying the picture of Sree Subhananda Guru, founder, Sree Subhananda Ashram followed by a Samoocha Sadhya (Group Feast).

The Conference in the afternoon was presided over by Swami Nityanandan, Trustee, Sree Subhananda Ashram, Kerala. P.K. Raju, President, Sree Subhananda Ashram, Saki Naka welcomed the guests. Swami Vijnananda from Cherukol Ashram anchored the Conference and addressed the audience in Hindi. Swami Salguna Sheelan of Saki Naka Ashram, Rajendra Adinath Goma, President, Mumbai Vikas Co-op. Credit Society, Swami Madhavananda of Cherukol Ashram, Gopinath of Powai Ashram and Thulaseedharan, President, Ambarnath Ashram spoke on the occasion.

V.N. Gopalakrishnan, Journalist and Social Activist inaugurated the Conference. In his inaugural address, he spoke about the life and activities of Sree Subhananda Gurudevan as well as his efforts to elevate the lives of the marginalized people of the society. He also referred to Gurudevan's meeting with Mahatma Gandhi, Sree Narayana Guru and H.H. Chithira Thirunal Bala Rama Varma, the ruler of Travancore in connection with Temple Entry Proclamation.

Chandra Mohanan of the Saki Naka



V N Gopalakrishnan lighting the inaugural lamp

Ashram proposed a vote of thanks. The Conference was followed by a Cultural programme by the children.

Sree Subhananda Gurudevan founded Subhananda Ashram (Abode of Peace and Ecstasy) and Atma Bodhodaya Sangham (Organization to Enlighten Wisdom) in Mavelikara, Kerala. The theosophy of the Atma Bodhodaya Sangham is that without caste, creed, religion, region or gender, anyone can attain *Moksha* (Salvation) through *Namasankeertana* (Recitation of Holy Names) by strict adherence to *Sathya Upadesha*, *Janmanthara Jnanopadesha* (spiritual instruction) and *Kaliyuga Moksha Vyavastha* which reveals all eternal ecstasy. Sree Subhananda Gurudevan established a

new spiritual order with its own rituals, rules and regulations besides condemning religious dogmas and superstitions.

Over 50 Ashrams and equal number of units of the Atma Bodhodaya Sangham have been established in different parts of Kerala, Mumbai, Delhi and Dubai by Sree Subhananda Gurudevan and his devotees for uniting the lower caste people who were denied the basic human rights and freedom of worship. The disciples and devotees are carrying out social service activities for the benefit of the marginalized section of the society. The three Ashrams in Saki Naka, Powai and Ambarnath are also rendering yeomen service to its members and the needy people.

Lions Club Nerul celebrates Folk Dance Show

■ Lions Club Of Nerul, organized an Interstate Folk Dance Extravaganza, under the slogan, 'Unity in Diversity'. With the participation of 14 Associations of 13 states, the programme was unique in its own way, where each state showcased their dance forms in the most professional manner. The Cultural Rainbow with its varied differences showed its oneness.

The District Governor, of District 3231 A2, MJF Ln Maneshwar Nayak was the Chief Guest and he inaugurated the event. First Lady of the District Ln Vidya Nayak was also present along with many other prominent dignitaries from the district.

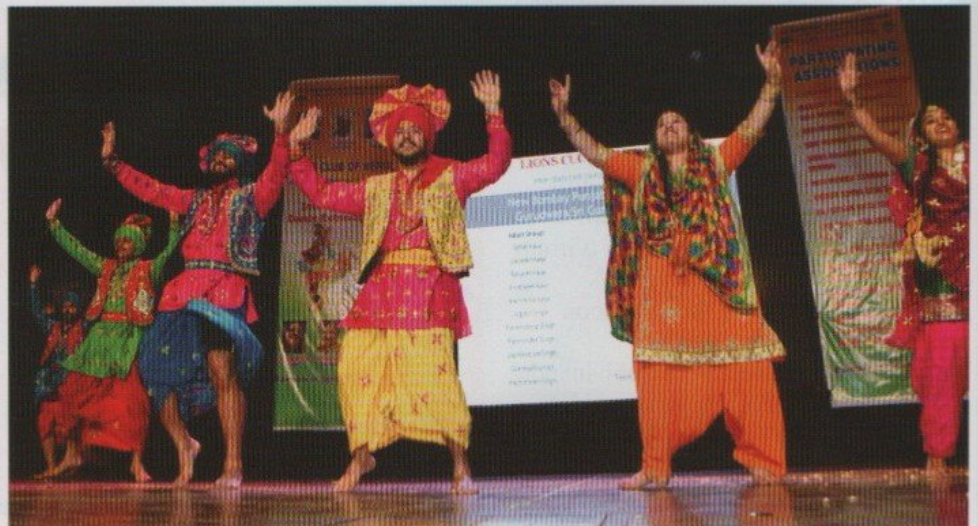


During the formal inauguration

Obituary



M Rajendran, Ex. Intelligence Bureau (Retired) and General Manager Go Air, passed away on October 12, 2019. In a career of over 50 years combined, Mr. Rajendran touched many lives and always believed in helping others in whatever way he could. He always believed in going out of his way for friends and well wishers which were many and was bestowed Lifetime Achievement Award by the K&K Foundation. He was married to the late Gayathri Rajendran and is survived by his three sons Arun, Kiran, Varun, their wives and kids.



Folk dance performance



Ln Kumaran Nair and other dignitaries at Bhandup Malayali Samaj Onam celebrations



AIMA creates Two National Records

■ AIMA creates National Records for Simultaneous exhibition of cartoon and photos in multiple venues. Best of India Records has also declared AIMA exhibition as National record.

All India Malayalee Association (AIMA) organised simultaneous exhibition of 100 photographs in 52 centers across 23 States of India as a part of its Kerala State formation Day celebrations on Friday, 1st November, 2019. The exhibition titled 'Sudheeralokavum Kerala ppazhamayum' included 50 selected cartoons of eminent cartoonist Sudheernath and 50 vintage photographs depicting life style of Kerala decades back.

AIMA through this exhibition primarily intended to inculcate a sense of affection towards the rich heritage and culture of Kerala amongst the younger generations of Keralites residing across the country. This prestigious event was precisely aligned to be inspiring, attractive and enjoyable to more than a lakh visited spectators. This 8 hour long simultaneous exhibition was organized by its State units with the assistance of

its more than 500 volunteers and a number of enrolled organizational members.

In Mumbai, the exhibition Venues were at Bombay Malayalee Samajam Mira Road, Mumbai Malayalee Samajam Shantinagar Thane, Azad Nagar Malayalee Samajam Thane, Keraleeya Samiti Vartak Nagar Thane,

recorded by Guinness Book of World Records.

Best of India Records (BIR), published by IN-Cube Media, the most reliable registry of records, aimed to promote excellence in every field by celebrating unique and outstanding achievements of India and Indians has recorded this achievement in their registry at Sl.

No.BR19AR1134.

State President

Adv. Padma

Divakaran, National

Vice President

Upendra Menon,

General Secretary

Adv. Prema Menon,

Treasurer G Komalan,

Convenor Rakhi

Sunil, Adv. G A K

Nair, Smt. Suma

Mukundan, Kaviyoor

Babu T Madhavan, T

Sunil, A B

Mohandas, Madhu

Karthikapalli, Smt.

Vinija Viswanathan of

All India Malayalee Association,

Maharashtra State expressed their gratitude towards the Best of India Records for incorporating this event in their registry. They also thanked the AIMA fraternity and the centre representatives for their tireless efforts in setting this world record.

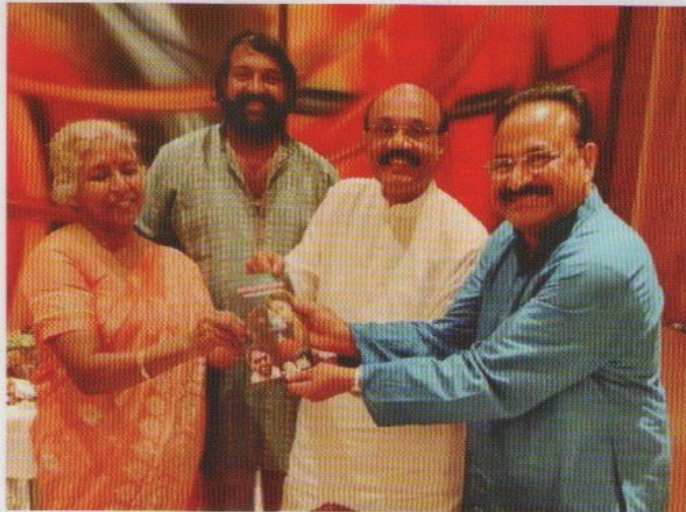


AIMA Vanitha Vibhag St.Xaviers School Nasik Road, Badlapur Malayalee Samajam Badlapur, Amar Jyoti School Ketkipada Dahisar. Renowned Lyricist C P Krishnakumar inaugurated the programme.

The exhibition even surpassed the existing world record of "simultaneous exhibition of photographs" at 44 centers



Rotary club of Mumbai Borivali East organised self defence workshop for students of Vibhuti Narayan School and Swami Vivekanand School. President Rakhee Sunil said that the workshop was arranged for making the girls learn how to protect themselves. Basic self defence technique were taught to the girls.



The sixth compilation of poems of Jagathy Sreekandan Nair, titled 'Kavya Chumbanangal' was released jointly by Dr P J Aprain and A N Shaji at an event held at Mantra Hotel. Managing Director of Navbharat Construction Company Smt Santhakumari received the first copy.

AIMA welcomes Kerala Aquatic Team



■ Kerala State level Swimming champions and national level contestants, about 55 participants, under the leadership of Kerala State Aquatic Team Manager Dr Diya Varghese, Gen. Manager Jose were accorded a grand welcome by AIMA representatives at Panvel Railway Station. The AIMA team included National Vice President, Upendra Menon, State President Adv Padma Divakaran, Secretary Adv Prema Menon, Smt Suma Mukundan and T Madhavan.

Obituary

Smt Padikkal Janaki Amma (94), wife of late Puthoor Narayana Menon, Thavannur Kadakkasseri Padikkal Tharavadu, passed away on December 4, 2019. She is the mother of 8 sons including well-known Social worker Prakash Padikkal of Mumbai. The other sons are also well settled in various fields.



Goodwin Jewellers takes its investors for a ride

The last couple of months were very bitter for the middleclass people of Mumbai. The Punjab and Maharashtra Co-operative Bank Ltd closed doors because the highly rich directors and their corporate friends took away huge amounts from the bank on against bad or no sureties. The middle class people trust others very easily and deposit all their money with these banks and one day realise that their money has been taken away by well educated and well enriched people for their better welfare.

Initially depositors could withdraw only Rs 1000 but subsequently it was raised to Rs.50,000 on a gradual scale. If a depositor is desperate for money to seek medical help, he could withdraw Rs.1,00,000.

If the above is not enough, a Jewellery firm from Kerala did the same with their investors.

Goodwin Jewellers started their operations in Maharashtra by offering a monthly instalment scheme to receive gold and silver ornaments subsequently. Though these types of schemes are forbidden by the government, many jewellers resort to them as the monthly contribution is low for the customers. Besides, they also offered attractive rates of interests for investments on monthly and annual basis.

There are many who invested all their money with Goodwin Jewellers and all these years they were receiving the monthly returns as promised. This enabled the jewellers to gain good fame among poor investors.

Many of the investors depended on these schemes to receive money as a regular income like a salary. There are

many who invested with Goodwin Jewellers for more than a decade. The returns encouraged many people to canvass among their friends for the jewellery and earn a commission. Now all of them are distressed as their income suddenly stopped and the owners are missing.

Hundreds of investors have filed FIRs with various police stations under whose jurisdictions Goodwin Jewellers were operating. Mira Road, Thane, Palghar, Manickpur, Navi Mumbai etc have now filed FIRs against the brothers. Fourteen

was because the police have confiscated their assets because of complaints. Thane police has seized two flats and a Mercedes car belonging to the brothers. Palghar police has charged them under MPID (Maharashtra Protection of Interest of Depositors (In Financial Establishments) Act. Navi Mumbai Police had booked Sudheeshkumar in 2016 for attempting to murder his wife.

Thane Police has issued Look Out Notices against Sunilkumar only after clients started filing complaints. There was not much information about the brother, the police said.

According to the Dombivli Police where the first FIR was filed, "They are residents of Kerala. We know that they went to Bengaluru recently, but their trail goes cold after that," said senior officer S P Aaher. He added, "We are worried that they may try to flee the country, and hence, we are trying to get lookout notices issued against all of them." The exact amount involved in this case is yet to be ascertained.

Police have alerted all

branches have been shut so far.

When the police interrogated the employees, they revealed that they too were told that the shop would remain closed for two days. They too are now dismayed as to what they would do now for a living. When the police forced open the shops, they could not find any gold jewellery and what they found were fake. Goodwin has outlets in Kerala as well as in Bengaluru.

Goodwin had terminated most of the old employees and appointed women in the vacancies to attract more customers and they too pleaded innocence.

Goodwin Jewellery is owned by brothers A M Sunilkumr and A M Sudheeshkumar who are absconding. Though they have allegedly released a video clip promising all clients to return their money within a few years; the delay

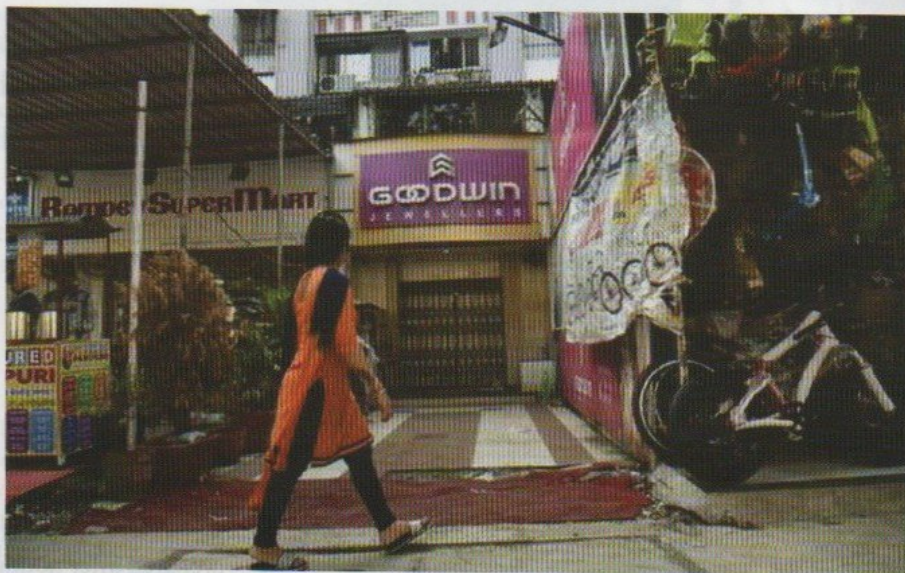
their banks about the case and any attempt to withdraw money would be prevented.

Several jewellers of these places are now facing ire of the public because of this incident. The public has started withdrawing from similar schemes run by these shops. Since the public trust is gone, these jewellers are facing liquidity problems. ■

Report from Kerala

Kerala Police sealed the houses of owners of Goodwin Jewellers

Maharashtra Police have sealed the houses of the owners of Goodwin Jewellery on November 5. The house of Sunilkumar Akkarakaran, Chairman of the Jewellery and Sudhirkumar, MD is situated at Puthukkad. Inspector Ashok Udekkar of Economic Offences Wing,



Thane led the police team.

When the police team searched the jewellery branch in Kuruppam Road, Thrissur, all jewellery and valuable items like air conditioner etc were found removed. The owners of jewellery duped thousands of customers by promising to double the value of their deposits and the deposits exceeded Rs 25 crores from more than one thousand victims. More than a month ago, the owners removed all jewellery and money from showrooms and went underground. Though lookout notices were issued, the culprits are yet to be found. All of their showrooms were taken on rent.

The rented house where Sunil and Sudhir stayed was sealed by police earlier. Police has registered cases in stations in Dombivli, Naupada, Shivaji Nagar, Pune etc. It is presumed that culprits used the money taken from

victims to buy land in a massive scale in Kerala. The monthly instalment scheme is in fact a violation of law as such schemes were prohibited by the Union Government. A customer has to deposit Rs 5,000 per month and when the period of 12 months is completed the customer would receive jewellery worth double of the total deposits. However, a few days before Diwali, all branches were found shut by the customers.

The cheating case involving Goodwin Jewellery has adversely affected all monthly instalment schemes of other jewellery establishments. This duping act by Goodwin Jewellery turned to be another shot at jewellery shops, already facing the impact of a slow down in economy. The representatives of the Jewellers body admitted that it would take several months to regain the confidence of the customers.

The disappearance of Goodwin Jewellery was long planned by its owners, according to the police. All old employees were replaced by new persons who knew nothing about the business status of the Goodwin. They were enrolled during August and September. They were paid their September salary before being told that the shops would not be opened next two days. When they were not opened even after a few more days and the owners were not found at their office or house, the police looked for them in Kerala and Bengaluru.

During the last two months, two new companies were registered by the Akkarakaran brothers. One of the companies is registered in Hyderabad. Sunil and a Hyderabadi are the directors of this new company. This was done only to betray the customers, the police say.

Tomato enhances quality of semen

New research has proved that quality of semen can be enhanced if men take one or two tomatoes daily. Lactolipin in tomato helps this phenomenon. This could be seen in boiled tomatoes.

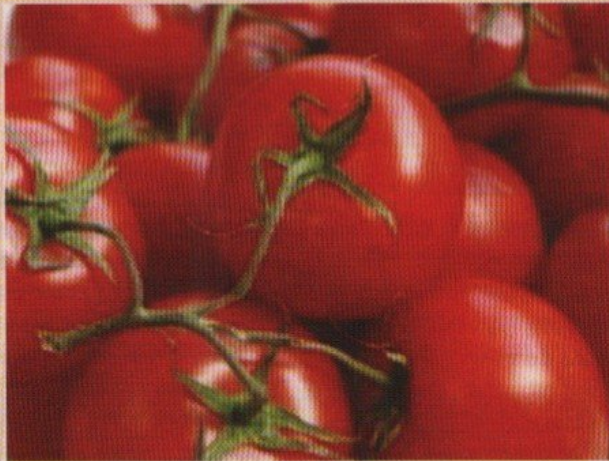
Size and structure could be

stalled by the shortcoming of semen. Sixty men between the age of 19 and 30 formed the sample for this research. They were under observation of Liz Williams for twelve weeks in Sheffield University. Half of the sample of men were given

daily tablets containing Lactolipin while the remaining were given dummy tablets. Samples of semen were collected before and after the experiment. Those who consumed tomatoes containing Lactolipin showed considerable positive result from that of the remaining sample.

Though some other vegetables and

fruits also contain Lactolipin, tomatoes have it in large amounts. Lactolipin gives the red colour to tomato. Human body absorbs Lactolipin in small quantities. The tomatoes used for the experiment were procured from the common market. This finding was published by European Journal of Nutrition.



bettered while the speed of motion can be increased by 40% by Lactolipin. Prof Allen Pasi, head of Oncology and Metabolism of Reproduction among men, of University of Sheffield, England, this discovery is wonderful.

This discovery would generate a revolution in the section of male reproduction, when consummation is

Mental health of mother vital for babies

■ Mental health and pressures of mother during period of pregnancy is vital for the infant babies as they affect the growth of their brain, a recent study has

revealed. The report thereon was prepared after noting down their mental stress as well of the brain's health of immature deliveries. 251 babies and their mothers were chosen for the study of this subject. The research led to discover that the mental stress of the mother during pregnancy caused deficiency in the growth of brain of the babies. The report was published by Biological Psychiatry Journal.

Researchers measured the mental health of the mothers by asking them to express their experience in a questionnaire. Scanning helped the researchers to study the growth of uncinate fasciculus. It was earlier established that the change in structure of uncinate fasciculus could lead to anxiety. If the mother had mental stress during pregnancy, that would lead to continuous crying of the babies, besides reduction of body-weight and early delivery.



Futuristic Community Amity

A strange event has shown what could be expected in coming years among various religious communities. On November 10, mosque committee president Idivetti Moidu Hajee and his members decided to postpone the religious procession regularly conducted every year on the birthday of Prophet Mohammed to next Sunday in view of a wedding scheduled for that day in a house adjacent to the mosque, where Prathyusha was marrying bridegroom Vinuprasad. Mosque committee thought that a procession would cause inconvenience to the wedding parties and hence the decision. Members of mosque also participated in the wedding function and worked for its success.

According to N C Abdurahiman, secretary of the committee and a teacher, explained that the decision to postpone the procession, was



unanimous. DCC Secretary E V Ramachandran, CPI leader K K Bhaskaran, mosque committee vice president Soopy, joint secretary Gafoor and committee members Basheer and

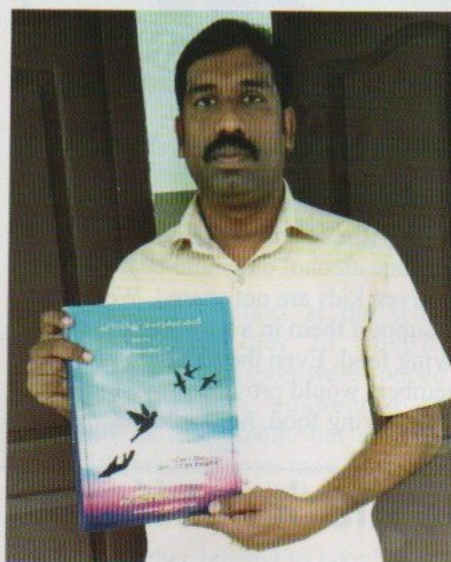
Soopy were present at the wedding.

The new couple went to the mosque to thank the committee for their kindness, before proceeding to the bridegroom's home.

Physics short stories

When Alfred Einstein proposed his Theory of Relativity, there was a complaint from the general public that his theory was not clear enough to them. Then he was invited to address the general public from a popular auditorium in New York. When the address was over and the audience dispersed, a reporter was waiting in aisle for a clarification. The journalist told Einstein that his address was excellent but it flew over his head. The scientist told him, "Imagine you are with your beloved without the knowledge of her parents and after talking sweet nothings for the whole night, she seeks permission to leave you. Then you are telling her that you were talking for a very short time. After marriage, you are sitting with your mother-in-law in their living room for a few minutes but you might feel that she was talking to you for hours. That is the essence of Theory of Relativity." The journalist felt satisfied and thanked him before leaving.

With every theorem, theory,



hypothesis or invention, some anecdotes or snippets would help the reader or listener to remember them for ages. There are many books in English narrating these stories so that people could remember them. We have a few books from Russia also.

Now Suresh, a teacher teaching Physics in Std IX in Government

Manavedan Vocational Higher Secondary School, Nilambur in Malapuram district, has brought out a book in which all Physics lessons prescribed for Std IX are given as short stories. Any student who find Physics tough can depend on this book. He did it for the benefit of a girl student who has a disability with vision, Anyone with a disability with vision, can use this books to learn Physics.

The book carries 20 short stories which deal with Newton's Laws of Motion, Archimedes' principle and similar laws related to force, power etc. The stories are linked to one's experiences in life. The book is coming with a QR Code so that one can scan it and listen to the audio version.

This book was released by the Headmaster Abdulnazar and Principal Anitha Abraham before handing a copy over to the girl. Once the clearance from the Department of Education is obtained, this book will be given to blind students in other schools of Kerala free of cost.

Poverty pushes poor kids to eat mud

Abject poverty and an abusive husband forced a young mother of six to hand over four of her children to Kerala State Council for Child Welfare (KSCCW) on Dec 2.

The family of eight has been living in a makeshift 50 sq ft house that has tin and flex sheets for a roof and walls on railway-owned unused 18 cents at Kaithamukku, some 3km from the state Secretariat.

The appalling condition of the family came to light when the headmistress of the government school, where the eldest child (a boy aged seven) has been enrolled, asked him of his living condition.

"I heard that his alcoholic father would physically abuse all of them, except the youngest kid, who is only three months old. He would beat them up and their head against the wall," the headmistress said.

The school alerted the Childline, which checked on the family.

"Our members found the situation shocking," KSCCW general secretary S P Deepak said. "The kids only had water for the past two days. One boy was seen eating mud out of hunger."

Based on the inspecting team's report, KSCCW asked the 28-year-old mother whether she was willing to hand over the children for a better care. The mother agreed.

"The KSCCW will take care of the children's needs. Two younger kids were left with the mother because both are being breastfed. However, we provide all materials, including baby food, for them," Deepak said.

Valsala, a neighbour, said the loud cries of the children used to wake her up late at night.



26 year old mother with her sixth child



Mayor Sreekumar

"He (the children's father) would consume alcohol daily and beat them up. Even kids are not spared. We would all support them in a way we could by giving food. Even the local DYFI members would provide provisions. After having food, he would destroy the

remaining," she said.

The father - suspected to be an alcoholic - a casual labourer, would physically abuse them, throw mud into their food or leave them and their mother starving, neighbours said. The mother, however, did not say a word against her husband. She kept mum when asked about the torture.

Mayor K Sreekumar offered the mother a job at the Corporation office after visiting the family. A flat, being constructed under the Corporation's housing scheme, would be given to the family, he said.

The woman is unemployed as she has none to take care of the children in her absence. Late at night, based on district collector K Gopalakrishnan's directive, police shifted the mother and two children to the Mahila Mandiram at Poojappura. Around 10 families have been living in poor conditions in the railway land at Kaithamukku.

Generous marks at Kannur University

Though some students failed to clear their degree examinations, Kannur University allowed them to join for higher studies on 'humanitarian grounds.' Since the number of seats are fixed, many deserving students were denied admissions to these courses. During this year, some students were admitted for Bachelor of Physical Education and LL

M, though did not clear the qualifying examinations. The B P Ed student was not even qualified to apply for the course.

Last year four students including two SFI students were admitted for LL M course but following complaints, they were prevented from appearing for the examination. Three of them could not pass LL B and hence they were barred

from appearing for the first semester though the teachers helped them secure admission were undisturbed.

When questioned, the minister for education stated the students were given only humanitarian considerations. The minister had no answer about denying admission for deserving students and the same grounds were denied to them.

Second session of Loka Kerala Sabha in January 2020

The second session of Loka Kerala Sabha will be held on January 2 and 3, 2020 in Legislative Assembly complex. In presence of the Chief Minister Pinarayi Vijayan sub committees are constituted by the organising committee. On December 7, Overseas Employees Conference will be held. According to the Sabha Rules, one third of the total members would retire every year and the vacancies will be filled in by election. People from maximum countries should be benefitted in this election, said the chief minister Vijayan. This should transform as a forum to provide employment to the young people of Kerala, the chief minister remarked.

Wherever more migrant families are found, such places cultural events of those people would be organised.

International conferences will be held in places like Thiruvananthapuram, Ernakulam, Kozhikode districts where there are more migrant Malayalees found. As a fore runner to Loka Kerala Sabha, there would be seminars, cultural programmes and workshops held. Flower show and food festivals etc would be organised at Thiruvananthapuram. The concluding session will be held at Nishagandhi Hall on January 3 evening. Various contests in short story, essays, poems, plays etc will be held for the Pravasis and their children. When the session is on, there will be cultural events

at the venue. According to Chief Minister, the state government is seriously considering the demands of the first Loka Kerala Sabha. A company will be formed with the capital raised from the pravasis. The session held in Dubai earlier was a great success. After the second Loka Kerala Sabha, Kochi will witness a continuation of that session. Speaker P Sreeramakrishnan, Chief Secretary Tom Jose, Norka Roots Vice Chairman K Varadarajan, secretaries of various ministries, representatives of cultural organisations et al participated in the meeting. Now sub committees will be convened and detailed programmes will be chalked out for the success of the session.

Student dies of snake bite in school

The death of a 10-year-old girl after she was reportedly bitten by a snake in her classroom on Nov 20, sparked a wave of outrage and protests across the State following allegations of negligence against the school authorities and the doctors who treated the child at four hospitals.

A teacher at the Government Sarvajana High School, Sulthan Bathery, and a doctor at the Bathery taluk hospital were suspended after a preliminary inquiry found them guilty of delaying treatment to the child, Shehala Sherin.

Chief Minister Pinarayi Vijayan condoled the death of Shehala. Vijayan said in his Facebook post that the government had taken the tragic incident very seriously and stringent action would be taken against those responsible for it.

Congress MP Rahul Gandhi wrote to Mr. Vijayan saying the school's "crumbling infrastructure" needed urgent attention of the State government.

The incident

Shehala was injured after her leg was caught in a crack in the classroom floor around 3.15 p.m. on Wednesday. According to the child's parents and



classmates, the teachers at the school refused to take her to hospital immediately after red spots were noticed.

Some students suspected the possibility of a snakebite but a teacher insisted that the red spots may be due to a nail or the sharp edges of the hole on the floor.

"The teacher refused to take her to a doctor," one of the students said. Moreover, he discouraged a teacher who was ready to take the girl to hospital.

"If she was taken to a hospital on time the life of my friend could have been saved," the student said. The students also complained that the school authorities did not allow them to use sandals or shoes

inside classrooms. There were many cracks on the floor of the old school building and snakes were a common sight on the school premises, she added.

However, the school authorities said they had administered first aid to the child after the incident and informed her father, Abdul Azeez, who was an advocate, at once about the incident and he replied that he would come to the school and take the child to the hospital.

Her father reached the school around 3.45 p.m. and took her to a private hospital and later to the taluk hospital at Sulthan Bathery.

Even though the child was under observation for around an hour at the taluk hospital, they referred her to the medical college hospital in Kozhikode. Her condition worsened en route to Kozhikode and she was admitted to the government hospital at Vythiri. Later she was shifted to a private hospital at Vythiri, where doctors declared her dead on arrival.

After this incident, there were several other incidences in which snakes were spotted in the school premises at various places in Kerala. In most of the cases, they were killed by the labourers cleaning the premises.

Memorial Meet on M T Damodaran Pattuvam

A memorial Meet was organised by Chilanka Samskarika Vedi of Kannur on the occasion of the fifth death anniversary of M T Damodaran Pattuvam, a litterateur of all shades of writing, stage actor and cultural organiser. It was inaugurated by Professor Colonel Dr Kavumbai Janarddhanan, another litterateur, author, psychiatrist, educationist and former director of Mahatma Gandhi Mission Colleges, Maharashtra. Raghavan Palayad presided over the meeting. Novelist Shekharji delivered the memorial address. Prof Dasan Puthalath, AVA Backer, M N Nambiar, K Narayanan Master, K Padmanabhan Master and K P Aziz Master et al also spoke on the occasion. Litterateur and retired AEO M N Nambiar and



Prof Col Dr Kavumbai Janarddhanan inaugurating Malabar Writers & Artists Meeting.

well known Kalari exponent Kottoor Prakasan Gurukkal were felicitated by Dr Jnarddhanan for their services towards the community. The seventh book authored by Chandran Mundakkad, president of the

Chilanka Samskarika Vedi was also released on the occasion by prof Dasan Puthalath. Chilanka Secretary Suja Sathanath proposed a vote of thanks. Hundreds literature lovers were present on the occasion.



Prof Col Dr Kavumbai Janarddhanan felicitating MN Nambiar



Kalaripayat Expert Kottur Prakasan Gurukal receiving Chilanka Award

Kannur Airport to be a Haj Departure Centre

Kannur Airport being the closest to Kasaragod, Wayanad and Vadakara towns, it would be beneficial to the Muslim pilgrims to go to Mecca. Every year nearly 5,000 pilgrims are going for pilgrimage to Mecca and as such these pilgrims could benefit if the transformation is done soon. This would also benefit pilgrims from Tamilnadu and southern Karnataka. Currently these pilgrims start their journey from Kozhikode and

Kochi.

Kerala government has written to Centre demanding the utilisation of Kannur Airport as another starting point and the same is still under consideration of the union government. After all points are examined, suitable decision would be taken as per information from the Ministry of Minority Affairs.

CM Pinarayi Vijayan had earlier met Mukhtar Abbas Naqvi, minister for minority affairs and held discussions in

this regard. According to KIAL Authorities, Kannur Airport has all facilities needed for Haj pilgrims. Once the permission is obtained, within one year the flight could be started. Before granting permission, various ministries of the union government have to examine the facilities available and be satisfied. Last year 1627 pilgrims went to Mecca from Kannur alone. The pilgrimage centre will help development of the airport also.

Seema Jayaraman

A Poet With Eclectic Interests

Jointly co-authored by New Delhi based multi-lingual senior poet Pradeep Prakash and Mumbai based Seema Jayaraman "Aphrodite's Passion," a collection of poems, was released on ecom platforms like Amazon and Flipkart in November 2019. Its formal book release will be held in New Delhi in early 2020. As Seema says, "Aphrodite's Passion is a journey of self-discovery, as to how far can I stretch my inner eye to sense and spell the soft eclectic love that guilds the ethereal realms and fires our inner being."

Seema K Jayaraman is a Mumbai based bi-lingual poetess, writing mostly in English but also enjoys dabbling once a while in Hindi. She is a prolific writer, experimenting with both free style and rhyme based verses. She also enjoys writing Haiku's and Tanka's. Her debut book "Wings of Rhapsody A Dalliance Of Poems" was released in June 2016 and is available on leading retail sites including Amazon, Flipkart etc.

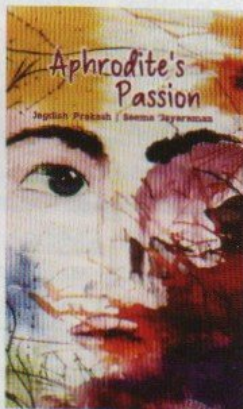
The genesis for her second book of poems, "Aphrodite's Vision" Seema says, was her urge to share her thoughts with a wider audience through the medium of book apart from social media platforms.

She juggles multiple roles in a very demanding life as a working mother and as a Cyber security professional in a megapolis called Mumbai.

With a post-graduation in Science and having acquired a few additional degrees in Management and Information Technology / Information Security over the years, Seema laments that her vocabulary usage is limited to professional and IT related discussions, writing technical notes and presentations.

"I think of myself as a pirouetting spirit, a global citizen having absorbed into myself a range of cultures over the years," she says.

Seema traces her roots to the



ancient land of 'Naura' now known as Kannur (Cannanore), Malabar region of Kerala. Kannur is a mystical land, with a liberal sprinkling of many temples large and small, small shrines (kavus) open to nature and nature worships, and a range of ancient tribal art and dance forms. The most famous being the colorful enacted prayer performance and

storytelling - 'Theyyam festivals' ritualistic dancing to the beat of drums held in each temple for several days and weeks witnessing which has kindled her esoteric interests in nature and spirituality.

The seeds for Poetry and poetry appreciation were sown in early childhood, with the practice of reciting daily prayers and Hindu shlokas supervised and encouraged by her grandparents. Later she was encouraged by teachers of Kendriya Vidyalayas, to participate in poetry recitation competitions in multiple languages English, Hindi and Sanskrit. She began writing poetry as a twelve year old in the Eighth grade, a few of them made their way into School magazines. Eventually life caught up and the writings became sporadic thanks to long

working hours and other demands.

Growing up as an Airforce child, she travelled extensively within India absorbing India's myriad hues and cultures. Over the years thanks to the IT career, she gained from exposures to varied experiences, cultures and cuisines at both domestic and international locations mainly as an IT consultant in USA. All these were sources for her poetic creations.

However, the trigger for embarking on poetry as a means of expression came about in September 2015 with the images of the little baby boy washed up ashore the Aegean Sea. Since then she has been scribbling away, at times like someone possessed, mostly writing thoughts on the handy mobile as she commutes or late at nights after the kids have gone to bed.

Honors and Recognitions

Seema has won the Best Poet honour from UK based Leavenworth Group in January 2016. In October 2016, she was honored with the Golden Pen Award by UK based Poetry In Motion. Best Poet Sanmati Literary Award by Aagman Group at Ghalib Auditorium, New Delhi in December 2016.

Her poems have been recorded by international artists and musicians and is available on YouTube. Her poems have also appeared in several international anthologies and is also available on several online platforms including her blog www.cinamonhaldi.wordpress.com

"Together we created some beautiful poems

He the unending fountainhead of inspiration

I the rustic pen

Now lost in the twilight of my dreams

I try to recreate the words from the smudged ink of memories

scribbled on the distant horizon

Within my heart

The words, the words heavily poignant

Say..."

എന്റെ ഹൃസ്വകാല പട്ടാള ജീവിതം



Upendra Menon

■ ജ്യോത്സെ ജ്യോത് ജഗാത്തെ ചലോ പ്രേമ്കി ഗംഗ ബഹാത്തെ ചലോ

എന്റെ ഹൃസ്വകാല പട്ടാള ജീവിതത്തിന്റെ മുഖമുദ്രയാണ് ഈ വരികൾ. അഞ്ചു പതിറ്റാണ്ടുകൾക്ക് മുമ്പ് കോഴിക്കോട് റിക്രൂട്ടിംഗ് ഓഫീസിൽനിന്ന് പ്രൈമറി ഹെൽത്ത്, എഴുത്തുപരീക്ഷ ജയിച്ച് INS Shivaji Base Lonavala യിൽ ഉന്നത പരീക്ഷകൾക്കും മെഡിക്കൽ ടെസ്റ്റുകൾക്കും എത്തിയ ഞങ്ങൾക്ക് ഉണരാനുള്ള സംഗീതമാണ് ഈ വരികൾ. ഉടനെ ഗ്രൗണ്ടിലെത്തണം. 5/6 കിലോമീറ്റർ ഓട്ടം. വ്യായാമമാണ് നിത്യവും. Artificer apprentice സെലക്ഷൻ കിട്ടിയാൽ 100 രൂപ ശമ്പളത്തിൽ ആരംഭം, നാലു കൊല്ലം നീണ്ട എഞ്ചിനീയറിംഗ് പഠനം. Successful ആയി പൂർത്തിയായാൽ AMIE യ്ക്ക് equivalent ആണ്.

സ്റ്റേഹസ്വരൂപനെങ്കിലും അച്ചടക്കം അച്ഛനു നിർബന്ധമാണ്. വീട്ടിൽനിന്ന് വിട്ടാലെങ്കിലും ഇത്രയും അച്ചടക്കത്തിൽ നിന്ന് പുറത്തുചാടാൻ വെമ്പൽകൊണ്ട എനിയ്ക്ക് വീണ്ടും പട്ടക്കൂട്ടങ്ങൾ - ജീവിതകാലം മുഴുവൻ പട്ടാളത്തിന്റെ! പ്രതിഷേധത്തിന് ധൈര്യമില്ലെങ്കിലും മുറുമുറപ്പ് അച്ഛന്റെ ചെവിയിലെത്തിക്കാണെന്നും. ജ്യോതിഷ ശാസ്ത്രത്തിൽ സാമാന്യ പാണ്ഡിത്യമുണ്ടായിരുന്നു അച്ഛന്. അടുത്ത് വിളിച്ച് ഇത് നാലു കൊല്ലം എഞ്ചിനീയറിംഗ് പഠനമാണെന്നും ജാതകവശാൽ എന്റെ പ്രവൃത്തി മണ്ഡലം കടലും കപ്പലും മറ്റുമായതിനാൽ ഈ പോക്ക് അത്യന്താപേക്ഷികമാണെന്നും വ്യക്തമാക്കി.

400/500 പേരെഴുതുമ്പോൾ അഞ്ച് ശതമാനം പോലും ജയിയ്ക്കാറില്ലെന്നും പ്രീഡ്രിക്കാരും എഴുതുന്ന പരീക്ഷയിൽ എസ്.എസ്.എൽ.സി.ക്കാരനായിരുന്ന എന്റെ കാര്യം തോല്ക്കാൻ പറ്റിയ സാഹചര്യമാണെന്നും പല സുഹൃത്തുക്കളും ബന്ധുക്കളും സമാധാനിപ്പിച്ചു. എന്നാൽ സെലക്ഷൻ കിട്ടിയ എട്ട് പേരുടെ ലിസ്റ്റിൽ ഞാനുമുണ്ട്. അച്ഛന്റെ മുൻവിധി വിജയിക്കയാണോ? ഇംഗ്ലീഷിൽ സംസാരിയ്ക്കാൻ വിഷമമില്ലാതിരുന്നതിനാൽ നേവൽ ബേസിൽ കുറെ കൂട്ടുകാരെ കിട്ടി. മെഡിക്കൽ ടെസ്റ്റിൽ എന്നെ റിജെക്ട് ചെയ്യാമോ എന്ന് ഡോക്ടറോട് ചോദിച്ചത് പൊട്ടിത്തെറിയുണ്ടാക്കി. സ്വാധീനം ചെയ്യാൻ ശ്രമിക്കയാണെന്നും റിപ്പോർട്ട് ചെയ്യുമെന്നും പറഞ്ഞപ്പോൾ, കോളേജിൽ പഠിപ്പു തുടരാനുള്ള ആഗ്രഹം കൊണ്ടാണെന്നല്ലാം പറഞ്ഞ് ഒരുവിധം അടക്കിനിർത്തി. 20 ദിവസത്തോളം നീണ്ടുനിന്ന മെഡിക്കൽ ടെസ്റ്റുകൾക്കും Intelligence (Special Practical Test) ശേഷം ഇതാ റിസൽട്ടും വന്നിരിയ്ക്കുന്നു. കിട്ടാത്തവരുടെ ലിസ്റ്റിൽ

എന്റെ പേരും വ്യക്തമായി കൊടുത്തിട്ടുണ്ട്. Intelligence ടെസ്റ്റുകളിൽ നല്ല ഗ്രേഡുണ്ടായിരുന്നെങ്കിലും ഡോക്ടർ എന്നെ ഞാനറിയാതെ സഹായിച്ചോ? എന്റെ ഒരു ചെവി ഡിഫെക്ടിവ് ആണെന്ന് പിന്നീടാണ് ഞാനറിഞ്ഞത്. എന്തായാലും എനിയ്ക്ക് ജ്യോതിഷത്തോടുള്ള പുച്ഛഭാവത്തിന്റെ വിജയമായി ഞാനത് എന്റെ ഉള്ളിൽ ആഘോഷിച്ചു. ഒപ്പം സെലക്ഷൻ കിട്ടി വന്നവരിൽ അച്ഛന്റെ ബന്ധുവായ ശങ്കരൻ ടെസ്റ്റുകളിൽ എന്നെക്കാൾ മികച്ച ഗ്രേഡുണ്ടായിട്ടും റിജെക്ഷൻ ലിസ്റ്റിൽ മാനുവായ സ്ഥാനം അലങ്കരിച്ചിരുന്നു. മദ്രാസിൽ പോയാൽ ജോലി ശരിപ്പെടുത്താമെന്നു പറഞ്ഞ് ഞങ്ങൾ അവിടേയ്ക്ക് പോകാൻ പ്ലാൻ ചെയ്തു. ആർക്കോണത്ത് സ്റ്റേഷനിൽ അന്തിയുറങ്ങി. ശേഖരാ എന്തു ജോലി കിട്ടും? ഹോട്ടലിൽ ജോലിയും താമസവും. എന്റെ സന്തോഷം ഉയർന്നുപോകുന്നതിനു മുമ്പായി ശേഖരൻ തുടർന്നു... “പാത്രം മോറേണ്ടിവരും” ശമ്പളം കിട്ടുന്നതുവരെ, ചേട്ടൻ എയർ ഫോഴ്സിൽ ഉണ്ട്, സഹായിയ്ക്കും. വീട്ടിൽ അകത്തും പുറത്തും അനവധി പണിക്കാരുള്ള എനിയ്ക്ക് ആ പണി തീരെ ഇഷ്ടപ്പെട്ടില്ല. കുറെ വഴക്ക് പറഞ്ഞു. എന്നാലും പോകാൻ പ്ലാൻ ചെയ്തു ശങ്കരന്റെ ഏട്ടനെ കാണാം. കയ്യിലുള്ള പണം തിർന്നതിനാലും ഒരു ബിരിയാണി കഴിക്കേണ്ടത് അത്യാവശ്യമെന്ന് തോന്നിയതിനാലും മദ്രാസ് യാത്ര പ്ലാൻ ചെയ്തു. രണ്ടുമൂന്ന് ദിവസങ്ങൾ കഴിഞ്ഞ് നാട്ടിലേയ്ക്ക്, പാലക്കാട്ടിറങ്ങി വീട്ടിലേയ്ക്ക് പോകാനാണ് പ്ലാൻ ചെയ്തതെങ്കിലും ട്രിപ്പ് നീട്ടി ഒറ്റപ്പാലം സ്റ്റേഷനിൽ ഇറങ്ങി അച്ഛന്റെ അടുത്തേയ്ക്ക്. വഴിയ്ക്കല്പം വൈകിയെങ്കിലും കണ്ണിയമ്പുറത്തുള്ള വീട്ടിലെത്തി. അറിയിച്ചിരുന്നില്ലെങ്കിലും, (അന്ന് ഫോണും എഴുത്തുമെല്ലാം അത്ര എളുപ്പമായിരുന്നില്ലല്ലോ) അച്ഛൻ ഗേറ്റിൽ കാത്തുനില്പുണ്ടായിരുന്നു. എന്തെ വൈകി? ഞാൻ മദ്രാസിൽ ചാടിപ്പോയ വിവരമെല്ലാം അറിഞ്ഞോ?...

വേഗം കുളിയ്ക്ക്, നമുക്കൊരു സ്ഥലംവരെ പോകണം. കുളിച്ച് കാറിലിരുന്നപ്പോൾ അടുത്ത് ഒരു പാക്കയറ്റ് വെറ്റില. അച്ഛൻ 'മുറുക്കാൻ തുടങ്ങിയോ? അല്ല, സ്വാമിജിയെ കാണാനാണ് പോകുന്നത് നമ്മൾ, പാലക്കാട് റോഡിനു യാത്ര, പറളിയെത്തിക്കാണും വലതുവശത്തേയ്ക്കൊരു റോഡിൽ കയറി. അടുത്തുത്തന്നെ ചെറിയ മകുട രൂപത്തിൽ വാർത്ത ചെറിയൊരാശ്രമം. ഞങ്ങളെ കണ്ടപ്പോൾ തേജസ്വിയും കൃശഗാന്ത്രനും കൗപിനധാരിയും, താടിമീശയെല്ലാം തീരെയില്ലാത്ത സ്വാമിജി സുസ്ഥൈര്യവദനനായി പ്രത്യഭിവാദ്യം ചെയ്തു. ഞാൻ പറഞ്ഞില്ലെ അവനെത്തുമെന്ന്, ക്ഷേത്ര നിർമ്മാണ പ്രവർത്തനങ്ങളിൽ ഏർപ്പെടാനും യോഗങ്ങൾ കാണുന്നുണ്ട്. അവനെ കുറിച്ച് വേവലാതി ആവശ്യമില്ല. വൈകിയതതെന്തെന്ന അച്ഛന്റെ ചോദ്യത്തിന് കാരണം എനിക്കേതാണ്ട് പിടികിട്ടി. സ്വാമിജിയുടെ intuition-ൽ

യാത്ര



രഘുനന്ദൻ

ഗായത്രിയും യാത്രയാവുകയാണ്. എനിക്ക് വിഷമം തോന്നി. അത് അകാരണമാണ്. ഇന്നല്ലെങ്കിൽ നാളെ അത് സംഭവിക്കും എന്ന് അറിയാം. എങ്കിലും...: സത്യത്തിൽ അവൾക്ക് അനുയോജ്യമായ പേര് ഗാലിനി എന്നാണ്. ഒരു കൊച്ചുസുന്ദരി എന്നു പറഞ്ഞാൽ പോരാ, സുശീലയും.

കുറച്ചു മാസങ്ങൾക്കുശേഷം അവളെ ഇന്നലെ കണ്ടു. ചാരുതയാർന്ന ശീലവൈഭവങ്ങളെല്ലാം അരൾക്ക് നഷ്ടപ്പെട്ടുകൊണ്ടിരിക്കുകയാണോ എന്ന് എനിക്ക് സംശയംതോന്നുന്നു; തോന്നി. അത് സംശയം മാത്രമാകണേ എന്ന പ്രാർത്ഥനയും.

കൺമുമ്പിൽ ചുറ്റിപ്പറ്റി കളിപറഞ്ഞു മൃദുഹാസങ്ങളിൽ എല്ലാം കുളിർമ്മ വാരിനൽകി. വരു, ഈ തെളിനിരല നിങ്ങൾക്ക് ഉള്ളതാണെന്ന് സന്ദേശവും തന്നിരുന്നു. ആവോളംകുടിക്കാം, കുളിക്കാം, കളിക്കാം.

കുട്ടുകാരായ ഞങ്ങളോട് മൗനമുദ്രകളിലൂടെ പറഞ്ഞു, നശിപ്പിക്കരുത്.

ഞങ്ങൾ ഒരിക്കലും മുതിർന്നിട്ടില്ല.

ആലോലഭാവങ്ങളിൽ നിറഞ്ഞു നിൽക്കുമ്പോൾ ആ രൂപഭംഗിതനെ ആസ്വദിച്ചുകാലം കടന്നുപോയി. അങ്ങനെയൊരു കുട്ടുകാരി കുട്ടിൻമുക്കിലിരുന്ന് പ്രലോഭന

ങ്ങൾക്കുറേനൽകുന്നുണ്ട്. വരു, നഗരം സമീപത്തു തന്നെയാണ്. കുപ്പിവളയും മാലയും മൈലാഞ്ചിയും നിറഞ്ഞു നിൽക്കുന്ന അങ്ങാടികൾ കാണാം. കൊട്ടകകളിൽ നിന്നുയരുന്ന സംഗീതം കേൾക്കാം.

അവൾക്കിന്നുവരെ പരിചയമില്ലാത്ത ലോകത്തേക്കുള്ള ക്ഷണം.

ചിന്തകളിൽ മുങ്ങിനിവരുന്നതിനിടെ ഞൊടിയിടയിൽ അവൾ കുട്ടിൻമുക്കിലെത്തിയിരിക്കുന്നു. മൃദുചലനങ്ങളിൽ എല്ലാം വേഗത കൈവന്നിരിക്കുന്നു.

നഗരസ്വപ്നങ്ങളിൽ വീണുപോയ കൗമാരക്കാരിയെപ്പോലെ അവൾ ഞങ്ങളെ, ഗ്രാമവാസികളെ മറന്നു മറന്നുതുടങ്ങും. അതെ, ഇനി അവരുടെ ലോകമാണ്; വർണാഭമായ കാഴ്ചകളും.

ഹരിതാഭമായ തീരങ്ങളുടെ ആശ്ലേഷങ്ങൾ ഏറ്റുവാങ്ങാൻ.

ഗായത്രി, അവൾ വിദൂരതകളിൽ എത്തിക്കഴിഞ്ഞു. ഇനി സ്മൃതികളിലേക്ക് പരിണാമം അനിവാര്യമാണ് എന്ന് അറിയാം.

കളിയും ചിരിയും പകർന്ന് ആർത്തുല്ലസിച്ച് അവൾ പ്രിയ സഖിയിൽ ലയിച്ചുചേർന്നിരിക്കുന്നു. ■

തെളിഞ്ഞതാവാനാണ് വഴി. താമസിയാതെ മഞ്ചേരി, ഒറ്റപ്പാലം എൻ.എസ്.എസ്. കോളേജിൽ എന്റെ വിദ്യാഭ്യാസം തുടർന്നു.

ഔദ്യോഗിക ജീവിതം പ്രത്യേകതകൾ നിറഞ്ഞതായിരുന്നു. ഗവൺമെന്റ് ജോലിയ്ക്കു താല്പര്യമില്ലാത്തതുകൊണ്ടോ കിട്ടാത്തതുകൊണ്ടോ സ്വകാര്യ കമ്പനികളിൽ ജോലിയ്ക്ക് താല്പര്യമെടുത്തു. കൊല്ലങ്ങൾ പലതു കഴിഞ്ഞു. അനിയന് അസുഖം ബാധിച്ച് കുടുതലായപ്പോൾ എന്നോടൊപ്പം അച്ഛൻ മുംബൈയിലെത്തി. ഡോംബിവ്ലിയിലെ ചെറിയൊരു ഫ്ലാറ്റിൽ. ഒരു നോട്ടം ഉള്ളിലേയ്ക്ക്! അച്ഛന്റെ ചോദ്യമുയർന്നു. ഇവിടെയാണോ താമസിക്കുന്നത്? ജുഹുവിൽ കിങ്ങ്സ് അപ്പാർട്ട്മെന്റിൽ അടുത്ത ബന്ധു താമസിയ്ക്കാൻ വിളിച്ചപ്പോഴും അച്ഛൻ സ്റ്റേഫപുർവ്വം നിരസിച്ചു. എന്നോടൊപ്പം താമസിയ്ക്കാൻ. പെട്ടെന്നാണ് എന്റെ ശ്രദ്ധ സമീപമിരിക്കുന്ന മേശയുടെ പുറത്തേയ്ക്ക് തിരിഞ്ഞത്. Mazagaon Dock-ൽ നിന്നുള്ള ആദ്യത്തെ ചെക്ക്. കപ്പൽ നിർമ്മാണ പ്രവർത്തനത്തിലെ Insulation line-ൽ ഭീമ രൂപികളായ Lloyds-ഉം, J D Johns-ഉം ഏറ്റെടുത്തിരുന്ന പണികൾ സ്വന്തം കമ്പനി ഏറ്റെടുക്കുകയും സ്തുത്യർഹമായി പൂർത്തിയാക്കിച്ച് കയ്യിൽ വന്ന ആദ്യത്തെ ചെക്ക്! സ്മൃതിപഥങ്ങളിൽ വർഷങ്ങൾക്കു

മുമ്പുണ്ടായ സംഭവങ്ങൾ നൂത്തമാടി. നേവി സെലക്ഷൻ മുമ്പുണ്ടായ അച്ഛന്റെ വിശകലനം, കപ്പലും കടലും നിന്റെ പ്രവർത്തനരംഗം, കൊല്ലങ്ങൾക്കുശേഷം എന്റെ പ്രവർത്തന മേഖല ഒ.എൻ.ജി.സി. കടലിൽ, പ്ലാറ്റ്ഫോമുകളിലേയ്ക്കും വ്യാപിയ്ക്കുകയുണ്ടായെന്നും വാസ്തവംതന്നെ.

കൂടുതൽ കോൺട്രാക്ട്, Mazagaon Dock-ൽ നിന്ന് എന്നെ തേടിയെത്തി. ഒരു ദിവസം Mazagaon Dock-ൽ എന്നെ അഭിവാദനം ചെയ്തുനില്ക്കുന്നു അന്ന് നേവിയിൽ സെലക്ഷൻ കിട്ടിയ സുഹൃത്ത് രവി. നേവിയിലെ ട്രൈനിംഗ് എല്ലാം കഴിഞ്ഞ് വിജയപ്രദമായി പൂർത്തിയാക്കി, പ്രമോഷൻ കിട്ടി term കഴിഞ്ഞപ്പോൾ നേവി വിട്ട് MDL ൽ Dy. Manager ആയി ജോയിന്റ് ചെയ്തു. കുറെനേരം പഴയകാര്യങ്ങൾ സംസാരിച്ചപ്പോൾ ഉപേന്ദ്രാ ഓർമ്മയുണ്ടോ നമുക്കൊപ്പമുണ്ടായിരുന്ന രാജ്, അവൻ എന്നോടൊപ്പം നേവി വിട്ടു, അവൻ ജോലിയുടെ ആവശ്യമുണ്ട്, Can you help him? സുമുഖനായ, popular ആയ രാജ്! എന്നെപ്പോലെ talkative ആയിരുന്നു. താമസിയാതെ രാജ് എന്റെ കമ്പനിയിൽ ജോലിയ്ക്ക് ചേർന്നു. അഞ്ചു വർഷത്തിലധികം MDL site ൽ ജോലി ചെയ്തു. ■



രാമകൃഷ്ണൻ കോമൻ

പേരക്കിടാവ്

ആറ്റുനോറ്റിരുന്നു ഞാനെത്ര
നാളിയരുമക്കിടാവിൻ വരവിനായ്
വിശ്രമജീവിത സായാഹ്നവേളയിൽ
വൈരക്തിയേറിയ ജീവിതപഥത്തിൽ
എല്ലാം കഴിഞ്ഞെന്ന തോന്നലകറ്റി-
ക്കൊണ്ടുണ്ണി പിറന്നേൻ പേരക്കിടാവായ്,
ധന്യമീജീവിതം, ശാന്തിതൻ തീരത്ത്.
കാപട്യമേശാന്ത വിദ്വേഷമറിയാത്ത
നേരിന്റെ നേരായ പര്യായമായ്
വന്നു പിറക്കുന്നു, അമിഞ്ഞപൈതങ്ങൾ.
മണ്ണിന്റെ മാനസമെന്തെന്നറിയാൻ
വിണ്ണിന്റെ നാഥനായ് ദൂതർ.
പിഞ്ചുകിടാങ്ങൾ, നല്ലോമനകൾ.
ഒരുതരിവെട്ടമായെത്തിയെൻ ജീവനിൽ
അറിയാത്ത പാഠങ്ങൾ- അറിവിനായ്
ആർജ്ജിക്കുവാൻ ഹേതുവായ് നീ.
ആ മിഴിപ്പൊയ്കയിൽ ദർശിപ്പൂ ഞാനിന്നു
നിർമ്മലഹൃത്തിന്റെ കല്ലോലജാലങ്ങൾ.
കരയറ്റ നിന്റെയീ നോട്ടവും ഭാവവും
കരളലിയിക്കും നറുപുഞ്ചിരിയും
കുളിരായ് പെയ്തിറക്കുന്നെൻ അകതാരിൽ
പൂവിരൽത്തുമ്പിനാൽയെൻ കവിളിൽ
നിന്നാത്മരാഗങ്ങൾ കുറിച്ചിടവെ
ഇഹനണിഞ്ഞൊരൻ മിഴികളിൽ
ചക്കരയുമ്മ തന്നാശ്വസിപ്പിച്ചതു നീ.
നിദ്രതൻ സുഷുപ്തിയിൽ മുഴുകവെ
നിന്നോമനവദനത്തിൽമിന്നിമാറും
ഭാവഭേദങ്ങൾ എന്നിലറിവിന്റെ
നവമാനങ്ങൾ തീർക്കുന്നു ഒരു മഹൽ-
ഗ്രന്ഥത്തിൻ ഏടുകൾ മറിയുന്നപോൽ
ഇങ്ങോട്ടു മിണ്ടുവാൻ വയ്യാത്ത
പൈതങ്ങളോട് അങ്ങോട്ടു ചൊല്ലീടും
വാക്കുകളത്രയും, സർവ്വേശനായുള്ള
കീർത്തനമന്ത്രങ്ങളല്ലോ നേരിൽ.
മക്കളെക്കാളേറെ, കൊച്ചുമക്കളെ
സ്നേഹിക്കാൻ മണ്ണിലിടാവെന്ന
മർത്തുജന്മത്തിനെന്തിനി-
മറ്റൊരു വിണ്ണിന്റെ വാഗ്ദാനം?

സതി എസ് ഉണ്ണി

ബാഷ്പാഞ്ജലി

വടക്കിനി കോലായിൽ പതിയും വെളിച്ചത്തിൽ
കിടക്കുന്നെന്റെയമ്മ നിശ്ചലം, അചേതനം
നമിക്കട്ടെയാമഹൽപ്പാദയുഗത്തിൻ മുമ്പിൽ
മനസ്സിലുയരുന്ന ദുഃഖത്തെയമർത്തട്ടെ!

നാലുകോണിലുംവെച്ച ദീപങ്ങൾക്കറിയാമോ
മനസ്സിൽ നിറയുന്ന അന്ധകാരത്തെ നീക്കാൻ?
തൊഴുത്തിൽ നിൽക്കും നാലുപശുക്കളമറുന്നു
നിത്യവും ലഭിക്കുന്ന തഴുകൽ ലഭിക്കാതെ.
രാത്രിയിലൊരുക്കിയ ഭക്ഷണമതേപടി
ഇരിപ്പു തീൻമേശമേൽ സ്പർശനമറിയാതെ.
ആളുകളനവധി വരുന്നു ബന്ധുക്കളെ
ആശ്വസിപ്പിക്കാൻ, ദുഃഖം പങ്കുവെച്ചീടാൻ തമ്മിൽ.
മുകുത മുടിടുന്നു ഭവനാന്തരീക്ഷത്തിൽ
തീരുമോ കദനത്തിൻ തീവ്രതയടുത്തെങ്ങും?

യാത്രാമൊഴിപോലുമില്ലാതെ, നീ നിശ്ശബ്ദമായ്
പറന്നകുന്നു, ഞങ്ങൾ കാത്തിരിക്കുന്നു കാണാൻ!

Wedding



Wedding reception of **Namrata**, daughter of Mrs. Meena and Suresh M (Ex-L&T) and **Meet** son of Mrs. Madhu and Arun Ahuja was held at Megarugas, Banquets in Powai, Mumbai on 30th November 2019.



NATURAL BEAUTY



Dr. (Major) Nalini Janardhanan

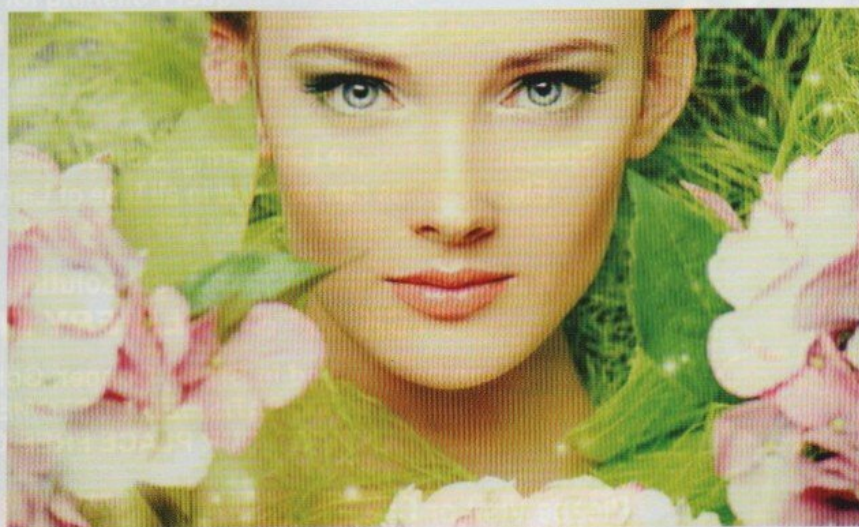
■ Beauty of a woman is not in the clothes or accessories she wears, the figure she carries or in the style she does with her hair. True beauty starts from within.

Natural beauty is the best thing you can carry around. You don't need to depend on cosmetics or make up to look gorgeous always. You have to maintain a good life style, healthy habits, skin care routine and nutritious diet. So let us go through some tips to look beautiful naturally.

1) A good facial massage helps to reduce wrinkles and tighten your skin. It also helps to make you feel relaxed and rejuvenated. You can use facial creams, lotions or coconut oil to give massage to your face.

2) **Good Posture:** Maintaining

a good posture is important for the health of your body. It also helps to look beautiful. We all know that poor posture or slouching can make you look older. It also damages your back, giving strain to spine, ligaments and muscles. Be careful how you sit, stand, walk and move around irrespective of whether you are young or old. Always try to maintain a proper posture.



3) **Night Creams:** Night Creams are necessary in your skin care routine. When you go out, your skin is exposed to the smoke, pollution, harsh sunrays and other factors which can cause

damage to skin and lead to premature ageing. Skin cells get repaired during night. By providing nutrients and moisture, night creams helps to rejuvenate your skin at night. Choose a cream which suits your skin type. If you get a 'beauty sleep' with a good night cream on your face, your skin will look and feel fresh in the morning.

4) **Sleep well:** Your body repairs itself during sleep. The skin produces new collagen and repair the cells during night. Your body also needs to charge itself after the day's fatigue. So 6-8 hours of good sleep is required for health. 'Beauty Sleep' helps to give you glowing skin, less wrinkles and dark circles under eyes. It also helps to slow down the ageing process of skin.

5) **Trimming of hair:** Trimming of hair at regular intervals (at least once in two months) will help to improve the health of your hair. It helps to remove split ends, reduces breakage of hair strands as well as adds volume and shine to your

hair. A healthy hair encourages faster growth of hair strands.

6) **Drinking water:** Drinking plenty of water is important for the health of your skin and body. Keep yourself hydrated throughout the day. It helps to flush out toxins from your body, keep your skin healthy and helps to reduce wrinkles on skin. Drink minimum 8-10 glasses of water daily. Lemons and mint leaves can be added to your drinks. Fruits and vegetables with more water content like cucumbers, watermelons, muskmelon etc can be added to your diet.

7) **Balanced Diet:** Make sure to have a balanced diet containing all vitamins and nutrients for a healthy skin and body. Include lots of fruits and vegetables in your diet. Also include protein rich foods like chicken, lentils, eggs, cottage cheese, chickpeas, kidney beans, milk and milk products in diet. Vitamin enriched oranges, sweet potatoes, pumpkin, foods rich in omega 3 fatty acids like walnuts and flax seeds are also good for the skin. A wholesome nutritious diet helps to keep you healthy and look beautiful.



8) **Cosmetics:** Eating junk foods is harmful to body. Similarly chemicals in cosmetics can also affect our skin as the skin absorbs 60% of cosmetics applied on it. So read carefully about the ingredients of the cosmetics which you are using on your skin. Keep away from beauty products that contain sulfates, petrochemicals, parabens etc. They may cause irritation and itching on skin or make your hair dry. Select cosmetics containing natural ingredients. Nature provides many ingredients needed for us to look after and nourish our skin and bodies like turmeric, neem, honey, Aloe vera, Sandalwood, Rose petals etc. so try to include them in your beauty care.

9) **Engage in hobbies:** Take time out for yourself. Engage in activities and hobbies that make you happy eg: singing, listening to music, cycling, cooking, dancing, painting, reading, writing, acting etc. Focus on the positive aspects of life. Take care of yourself. Avoid stress and tension which make you feel sad or depressed. If you are happy, your face glows with happiness and you look beautiful.

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FALL IN **LOVE** WITH YOURSELF

Dr. (Major) Nalini Janardhanan

Just look at the mirror and see yourselfIsn't it strange that in your life well spent in loving others, renewing friendships and keeping up relationships, you forget to love yourself, the most important person in your life?

Lord Buddha's words "you yourself, as much as anybody in the entire universe deserves your love and affection" is quite relevant in this century. Nowadays marital discord, divorce, depression, anxiety and suicide are very common. In this world's turmoil, we lose track of who we are and what we need. We deal more with impressing or pleasing others than ourselves. That is why, when things get out of control you feel stress and mental tension.

Self-Love

Self-love is the best way to love others. If you are there for yourself and if you forgive yourself when you fail, then it would be easier for you to do the same for others. It is quite true that if you don't love yourself, you can't expect love from others. How can you love people when you have not tested what you are offering on yourself? Self-love teaches you to command the ship and save yourself before saving others. It teaches you to recognize true love when it appears and also prepares you for building healthy relationships with others.

If you love yourself, you would have the courage and strength to walk away from people offering false love to you. There is no sense in neglecting yourself just to please someone else. Loving yourself makes it easy for you to go those

extra miles for those who love you. Loving yourself is a gift you give to yourself and also to the world.

Many motivational books and movies like 'Bala' highlight this important point. You need to look inside to see how loveable you are, before sharing or expecting love from others. To be beautiful means to be yourself.



person if you can love yourself, trust yourself and just be yourself.

Now let me share with you some important quotes by famous personalities in this context:

Quotes:

- "Do you want to meet the Love of your life? Look in the mirror" Byron Katie

- "To fall in love with yourself is the first secret to happiness"- Robert Morley

- "To love oneself is the beginning of a lifelong romance"- Oscar Wilde

- "Accept yourself, love yourself and

keep moving forward. If you want to fly, you have to give up what weighs you down" Roy T. Bennett.

- "Respect, love and value yourself. Always remember to be good to yourself by taking care of yourself.

Make yourself a priority and know that it is alright. Don't feel guilty for loving yourself first! You are just as important as anybody else"- Stephanie Lahart

- "Friendship with one's self is all important because without it, one cannot be friends with anyone else in the world"- Eleanor Roosevelt

- "The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours it is an amazing journey and you alone are responsible for the quality of it. This is the day your life really begins"- Bob Moawad

- "Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world"- Lucille Ball

- "You are always with yourself. So you might as well enjoy the company" Diane Von Furstenberg.

- "You were born an original work of art. Stay original always. Originals cost more than imitations" Anonymous

So the conclusion is to take care of yourself. Take care of your body, mind and spirit. Be gentle with yourself, learn to love and forgive yourself. Have faith in yourself to become everything you want to be. Spend time understanding who you are, your ambitions, your weaknesses, your plus points, your failures and success stories. After all the only person you are ever going to truly live with in this world is yourself!

Let us take a pledge this New Year to love ourselves more unconditionally!

Love Yourself And Dream Bigger!
Wish You All A Very Happy And Loving New Year!

YOGA IN ADDICTION TREATMENT AND RECOVERY



Dr Sujatha Nair

■ Eckhart Tolle, in *The Power of Now* says- "What characterizes addiction? Quite simply this, you no longer feel that you have the choice to stop."

With substance use, one tends to live in one's minds either using or planning to use, isolating oneself from friends and family. The body goes through its own suffering.

Alcohol and drugs affect the organs of the body, the muscles, lack of eating results in nutritional imbalance, the tone of muscles lessens, weaken, bones weaken, there is a generalized imbalance and disharmony that develops.

Addiction is a disease of being unable to manage or deal with one's emotions realistically, one's inability to cope with pain results in looking for quick fixes in substance use... which are only a temporary fix and problems resurface and so does the hormonal imbalance continue.

In using and not using, in early days of recovery and during full blown addiction the individual lives in a constant state of anxiety, fear, resentment, depression, sorrow etc... in these circumstances the hormones that are affected and go haywire in the body are cortisol, adrenaline, dopamine, GABA etc. The chronic high levels of the hormones like cortisol and adrenaline prove toxic to the body and the general nervous systems.

Years of habitual ways of reacting to situations results considering this as normal... this however results in many blocks in the body, of energy and emotions, resulting in repeated self-destructive behaviors or continued using, against one's wishes too.

The body and mind is one unit. What affects the mind affects the body

and vice versa.

In addiction the personality becomes identified with the intoxicated thought process, which is not real.

Yoga, meaning union is aimed at integrating the personality bringing a balance into the body and mind.

Yoga is a way of living a balanced life and includes asanas or poses, contemplation and meditation.

Yoga poses /Asanas

-enable the body to balance and regulate the hormones in the body.

-Holding a pose brings balance, tones the muscles, improves core muscle strength

■ it develops discipline, the ability to be present using the body to be patient with oneself

■ It is seen to do away with insomnia and induce peaceful sleep.

■ Meditation, works tremendously in releasing and dissolving suppressed and repressed emotions, enabling one to be more present and aware of one's thoughts, words and actions.

■ It reduces the speed of the torrent of thoughts running through the mind making the mind calmer.

■ The evident effects are that, the anxiety reduces, the ability to be calm despite the same external stressors improves, fears and resentments reduce.

■ This is the outcome of the amygdala growing smaller in size with regular yoga poses and meditation practice. This is the area in the brain controlling the primitive responses of fear, flight and fight and cause the emotional responses to stressors.

■ Sensitivity to oneself and compassion to others grow within as the hippocampus - the area of the brain that generates this, increases in size.

[Ref research by Sara Lazar PhD Harvard University]

A small 2007 pilot study published in the *Journal of Alternative and Complementary Medicine*, funded in part by a grant from the National Institute on

Drug Abuse, demonstrated that yoga may be able to change brain biochemistry. The study compared sessions of reading to sessions of yoga and concluded that the yoga sessions resulted in increased levels of the neurotransmitter GABA in the brain, while the readers experienced no change. Low levels of GABA are associated with anxiety and depression, conditions often considered to underlie addiction.

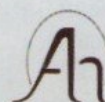
In Addiction treatment in the initial days of detox yoga poses just enable the person to be more calmer and act as mild exercise regimes. These are adjuncts to detox medications enabling a shorter detox time.

Some of the Asanas that are very useful in recovery are

1. Vajrasana (Sitting Mountain), variation
2. Balasana (Child's Pose)
3. Paschimottasana (Seated Forward Bend)
4. Baddha Konasana (Butterfly)
5. ViparitaKarani (Legs-up-the-Wall Pose)
6. Apanasana (Little Boat Hugging Knees)
7. Jathara Parivartanasana (Knee-Hug Spinal Twist)
8. Savasana (Corpse Pose)

Today Yoga and Meditation form an integral part of addiction treatment facilities across the globe that have a client specific and /or single client based system of treatment that incorporates, voluntary, non-medical holistic treatment programs. ■

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