



# ECA MIRROR

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November 2017

## Patrons

Dr. J. Alexander IAS (Retd.)

Mrs. Parvathi Rabindranath

Mrs. Rukmini Varma

Padmashree Dr. C.G. Krishnadas Nair

## ECA Committee – 2017-18



President  
**RKN Pillai**



General Secretary  
**Thilakan V.P.M**



Joint Secretary  
**Sony Kurian**



Treasurer  
**Venu Ravindran**



Editor  
**John Joseph**

## Vice-Presidents Message

The Onam Celebration this year was a memorable one with the spectacular programs showcased by our dedicated members who had spent almost two months in planning, finalizing and practicing along with their spouse and children.



The inaugural day's function was inaugurated by our chief guest Hon'ble Deputy Speaker of Lok Sabha Sri. Prof. P.J. Kurien in the presence of our Guests of Honour cine artist Ms. Bhama and Sri. M. Krishnappa, MLA. This was followed by the members program led by the Member in-charge Mrs. Ketty Sudhy along with her Program co-ordinators. This year's heralding was a spectacular one with more than 80 members on stage with some of the best stage, light and sound settings we have ever witnessed. It was directed by Dr. Devasia Kurian and conceived by Mr. Gopakumar, Mr. Sudhy Varghese, Mr. Shaji Pillai, and Mr. O. Viswanathan. The first day concluded with a mind blowing Fashion show coordinated by Mrs. Sunitha Tony, Mrs. Leena Kurian, Mrs. Lakshmi Pillai and Mrs. Sindhu Jose.

The second day began with the Pookalam Competitions followed by the traditional Onam Sadhya by Ambiswamy and team organized by Mr. K.G Menon. This was followed Members Ganamela led by Mr. Balaji. The professional programs during the day were well appreciated by everyone.

We need to congratulate and thank all the members of the Onam Celebration Committee. To start with, the Past Presidents who have been our guiding factor, the respective chairmen of Sub-committees, Finance- Mr. Tony Vincent and Mr. Sudhy Varghese, Catering - Mr. Jamal and Mr. Yogesh Sippy, Beverages - Mr. Krishnan Unni, Security - Mr. Kaliashnath and Mr. Binu Alex, Commercial stalls – Mr. Jayaraj Menon and Mr. Manoj Varghese, Facilities – Mr. Thantry K.S. and Mr. Suresh Kempaiah, Light & Sound Mr. Naveen Alayil, Mr. Sanjay Gangadharan and Capt. Sam Thomas, Sports - Mr. Sobin Soman, Billiards and Housie Mr. Praveen Jerome, Banners - Mr. John Joseph and all the members of the sub- committee, who ensured a successful execution of our Onam celebrations.

On Behalf of the OCC, we express our gratitude to all the sponsors for their Financial support and the main event sponsors Aratt Developers, The Paul Resorts & Hotels, Gina Constructions, Manipal Hospitals, ACC Cements Ltd, Muthoot Finance Ltd and Johnson Lifts.

My sincere gratitude to all the office bearers and the executive committee members and Sri. Sony Kurian, the Convener of the Onam Celebration Committee for his meticulous planning and execution of our Onotsavam 2017.

**Jose James K.**

Vice President & Chairman  
Onam Celebration Committee



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## ECA Committee Members for 2017-18



**The Committee for 2017-18**

### Committee Reports

Committee	Activity Updates
Facilities Management	Kitchen area Drainage work has been completed. The Roofing Sheet in the GYM has been changed. All door mats have been cleaned and relaid. Preventive Maintenance work being done on a regular basis
Cards	Rummy Tournament for members and guests was conducted on 29th October. The winners were Mr. Tom Thomas, Mr. Shaji Pillai and Mr. V.T.Thomas. Jackpot is being played every Sunday from 4pm to 6pm and there has been good response to the same.
Billiards & Housie	Plans are on for C.I. George and Raman Nair Tournaments. ECA Snooker team beat Bowring at Bowring Institute for the 1st time since we started the friendly tournament in 2007. Housie is organized every Thursday and Bumper Housie takes place on the last Thursday of every month.
Beverages	Organised Bar Nite and ECA Home Music Festival on 25th November with Avial, Thakara and Job Kurian. Around 800 members and guests enjoyed the musical program
Catering	Oota and Aata - a one day food festival was organised on Dec 3rd. A total of 250 members enjoyed the sumptuous food from Interior Karnataka along with the traditional games. DWI-a traditional Indian band entertained the crowd throughout. With a view on improving the food quality,a new caterer has been appointed from October onwards
Technology	New Website is being planned and should be ready by New Year. Lucid Software updation is complete and physical stock vs Lucid Stock has been tallied and all mismatches have been rectified

#### Executive Committee Members 2017-18

Mrs. Sreedevi Unni  
 Mr. Kempaiah Suresh  
 Mr. Krishnan Unni  
 Mr. Praveen Jerome  
 Mr. Sanjai Gangadharan  
 Mr. Jamaluddin  
 Mr. John Joseph  
 Mr. Jayaraj Menon  
 Mr. Sobin Soman  
 Mr. Manoj Varghese

#### Co-Opted Members

Mr. Sudhy Varghese  
 Mr. K. Balakrishnan  
 Dr. Devasia Kurian  
 Mr. K.S.Thantry

#### Invitees

Mr. Thomas Kunnath  
 Mr. Sanjay Alex  
 Mr. Prajesh Soman

Club Development	Methanath Hall has been renovated and renamed as Aratt Hall. This has a capacity of 25 people and is now available for members and guests. Rate is Rs.3000 +GST. The Gym has been renovated and reopened
Banquet Halls and Rooms	With a view to increase utilization, the banquet halls are now being offered at 50% discount on all weekdays (holidays excluded) between 9am to 3pm. Guest Room occupancy is at 70%
Sports and Badminton	3rd edition of ECL was organized on 14th October. Separate leagues were created for the Mens, Womens and Childrens Teams. Gym has been renovated and reopened. Personal training sessions at a nominal price are also on offer for interested members. Badminton League is being planned for January 2018.
Club Programs	Plan is for Christmas and New Year Celebrations on Dec 23rd along with a Stage Show.

## Key Committee Resolutions for the notice of the members

- 1) The monthly subscription has been increased from Rs.175/- to Rs. 250 per month with effect from December 1, 2017.
- 2) Members who have crossed the credit limit of Rs.7,500/- have to clear the dues in full (no part payment will be accepted).
- 3) Conversion of membership to NRM category is subject to clearing of all dues and maintaining an additional deposit of rs.10,000/-.
- 4) As part of fundraising for capital expenditure, it is decided to admit 50 new members at a concessional rate of Rs.50,000/- less than the existing membership entry fee . The new rate will be Rs. 2 lakhs + 18 % GST = 2.36 lakhs for Family Membership and Rs. 2.5 lakhs + 18 % GST = 2.95 lakhs for Life & Donor membership respectively. This will be valid till 31/01/2018 or on reaching 50 nos Target, whichever occurs earlier.
- 5) Existing family members can upgrade to Life & Donor category on payment of conversion fee of Rs.40,000/-. This offer will be valid till 31/01/2018.
- 6) Banquet Halls will be provided at a 50% Discount between 9am and 3pm on all weekdays (excluding Holidays).

## Events

# ECA Onotsavam 2017

The flagship event of the ECA Calendar “ECA Onotsavam” was held on September 9th and September 10th. Prof. P.J. Kurien, Deputy Chairman of Rajya Sabha was the chief guest. Mr. M. Krishnappa, MLA and Ms. Bhama, Cine actress were the guests of honor. The 2 day cultural extravaganza was inaugurated on the evening of September 9th in a glittering function in the ECA Auditorium. The highlight of the evening was the cultural show put up by the members of ECA. More than 220 members took part in the event which culminated in a Fashion Show put up by our youth. The evening was hosted by our Youth, Abu Kurian and Veniz Wills.

The 2nd day began with a Pookalam competition in the morning, followed by members programs and the famous ECA Onasadya. The evening culminated with a Musical program by Madhu Balakrishnan, Najim Harshad, Sayanora Philip and others.

The OCC Chairman (Mr. Jose James) and OCC Convenor (Mr. Sony Kurian) and the entire executive committee of ECA would like to thank all our members/sponsors and guests who made Onotosavam 2017 a grand success.



# ECA Onotsavam 2017



# ECA Onotsavam 2017



# ECA Onotsavam 2017



## ECA Champions League



The planning for the 3rd edition of ECL started way back in August with 3 big changes, One - the introduction of "Auctioning of Players", Two - the formalization of the Women's League and Three - the rule where all players are mandated to play at least one game. These changes brought in more strategy, practice and involvement into the league.

The Men's league retained their six team format, four teams - ECA Wolves, ECA Bulls, ECA Hijackers & ECA Titans, who continued from last year, we saw one team - ECA Panthers switch to new & vibrant owners and one new team on the block - ECA Nilpans with new owners as well.

The Women's league had 3 new teams - ECA Killer Kalyanis, ECA Fine Legs & ECA Pink Panthers and 3 new women owners which brought in the much required involvement from the sports loving ladies of ECA along with the touch of glamour and panache.

The auction, a first of its kind in ECA was a huge success where owners bid for over 90 participating players which set the ball rolling.

The rubber hit the road on the 14th of October with a magnificent inauguration ceremony with all teams making a



grand entry onto our cricket pitch a.k.a. car park, some with a band, some on fabulous bikes, some on open top Gypsy and some even on bullock carts... the sound of bikes, the unfurling of flags, the loud cheers and the sense of excitement said it all... the teams were ready to rock and roll.

The gallery was packed with ECA members viewing some amazing talent on display backed with a live entertainment with DJ playing between matches. 14th & 15th of October saw the teams competing in the league phase to top the tables. On 21st of October, the ECA car park turned into a flood lit cricket stadium hosting the last leg of the league games, the playoffs and the finals.

A special children's game was played to nurture our budding talents.

In the Men's league... ECA Panthers the runners up of last year's ECL played well & hard, but fell short to the ECA Wolves who repeated their winning performance of the 1st edition of ECL to win the cup again. In the Women's league though ECA Killer Kalyanis fiercely fought in the finals, it was the ECA Fine Legs who went on to lift the first ECA Women's Champions League Cup.

The tournament culminated with a grand prize distribution ceremony with loads of prizes (cash & trophies) for the teams. A big congratulations to the winning teams and the individual winners alike - Men's League: Top Scorer - Sasha Sambi, Top Wicket Taker - Mahesh Kumar & Shujah, Master Blaster- Sobin Soman. Women's League: Top Scorer - Lekha, Top Wicket Taker - Shiji Bala. Mahesh Kumar was given a special prize of "Fair play" by the opponent team - ECA Panthers.

The next big sporting event is the EBL - ECA Badminton League which will be held during January 2018. The Fifth Edition of EBL will witness close to 100 players playing this prestigious tournament. Expect the stars of ECA badminton to descend on ECA Courts.

### Sobin Soman

Chairman, Sports and Badminton



# Legacy of Sthree - Oct 7th 2017



# Maninte Manam - Oct 22nd 2017



# Childrens Day Finale, Nov. 19th 2017



*ECA Home Festival - Avial, Job Kurian,  
Chakara - Nov 25th 2017*



*Aata and Cota, Dec. 3rd 2017*





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## Inauguration of Aratt Hall



The Methanath hall has been renovated and renamed as Aratt Hall. It was inaugurated on Sep 9th by Cine Actress Ms.Bhama. The hall is fully air conditioned and can accommodate 25 people. It can be used as a meeting or conference hall.

## Blood Donation Camp



The Community Service Committee of ECA in association with Ys Men Club of Bangalore Millennium conducted a blood donation camp on 8th Oct 2017 at the Main Hall of ECA. We had a total of 63 members who donated their blood. All proceeds were provided to the Paediatric ward of Kidwai Cancer Institute

## Members Corner



*“Love begins at home, and it is not how much we do... but how much love we put in that action.”*

- Mother Teresa

Mother Teresa!!! The name itself resonates love, humility, care and compassion. Mother Teresa’s actions often epitomizes the tenderly love a mother has towards a child. Her soul was filled with the light of Christ and her heart was filled with the human touch to help the needy and not based on caste, creed, religion or colour which won her many hearts & admirers. Mother Teresa’s mission was to proclaim God’s thirsting love for humanity, especially the downtrodden, underprivileged, marginalized & the poorer sections of the society, which needed the help and support the most.

Mother Teresa is a person who walked her talk. Just like she said *“Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go”*, her entire life was filled with sacrifice, love and kindness.

When Mother Teresa formed her group in 1950 which was called the “Missionaries of Charity”, the traditional vows taken by the members of the group were of “poverty”, “chastity (purity)”, and “obedience”, and later a fourth vow which was added was “to give free service to the most poor”. Very few leaders have been able to show commitment towards uplifting the society. She worked for over 30+ years serving people before she was recognized for her exemplary work. The best way to celebrate her canonization is to follow her footsteps and do our bit in seeing the world through her eyes.

If someone were to ask, what are the inspirations that we can take from Mother Teresa’s life for today’s society? The answer would need some introspection on oneself and understanding of Mother Teresa’s character, which will lead you to the following inspirations, to “encourage peace & harmony”, to have the ability to “keep the faith alive” within you, to inculcate the concept of “caring & sharing”, to commit to the “upliftment of mankind”, to be able to “touch lives”, to “promote generosity” towards the needy, drive to “be humble” and most importantly to “spread love”.

**Meril Jacob**

### **BHARAT RATNA – the highest Civilian Award in India**

Prof K K Cherian

The Bharat Ratna is the highest Civilian Award in India. The award has been instituted in 1954 by the then President, Dr. Rajendra Prasad, and is conferred on individuals “in recognition of exceptional service/performance of the highest order”, without distinction of race, occupation, position, or sex. Recipients receive a certificate signed by the President and a Peepal leaf-shaped Medal. No monetary benefit is attached to the award. The first recipients of the Bharat Ratna were: C. Rajagopalachari, S. Radhakrishnan and C.V. Raman in 1954. Since then, the award has been bestowed upon 45 individuals till 2014, including 12 who were awarded posthumously. There have been a number of years when nobody was given the award.

The original statutes did not provide for posthumous awards but were amended in January 1955 to permit them. The former Prime Minister, Lal Bahadur Shastri, in 1966 became the first individual to be honoured posthumously. Sachin Tendulkar who received the award in 2014 at the age of 40 is the youngest recipient so far. Dhondo Keshav Karve was honoured with the award in 1958 on his 100th birthday. Though usually conferred on India-born citizens, the Bharat Ratna has been awarded to one naturalised citizen, Mother Teresa in 1980, and to two non-Indians, Pakistan national, Khan Abdul Ghaffar Khan, in 1987 and former South African President, Nelson Mandela, in 1990.

The award was briefly suspended twice in its history. The first suspension occurred after Morarji Desai became the Prime Minister in 1977. His government withdrew all personal Civil Honours. The suspension was revoked in 1980, after Indira Gandhi became the Prime Minister. The civilian awards were suspended again in 1992, when two PILs were filed, one in the Kerala High Court and another in the Madhya Pradesh High

Court, challenging the Constitutional Validity of the awards. The awards were reintroduced by the Supreme Court in December 1995, following the verdict on the litigation. In 1992, the government’s decision to confer the award posthumously on Subhash Chandra Bose was opposed by those who had refused to accept the fact of his death, including some members of his extended family. Following a 1997 Supreme Court decision, the press communiqué announcing Bose’s award was cancelled. This has been the only time when the award was announced but not conferred.

Besides those mentioned above, the other recipients of Bharat Ratna are the following:

Bhagwan Das (1955), M. Visvesvariah (1955), Jawaharlal Nehru (1955), G.B. Pant (1957), B.C. Roy (1961), P. D. Tandon (1961), Rajendra Prasad (1962), Zakir Hussain (1963), Pandurang V Kane (1963), Indira Gandhi (1971), V.V. Giri (1975), K. Kamaraj (1976), Vonoba Bave (1983), M.G. Ramachandran (1988), Dr. B.R. Ambedkar (1990), Rajiv Gandhi (1991), Vallabhai Patel (1991), Morarji Desai (1991), Abdul Kalam Azad (1992), J.R.D. Tata (1992), Satyajit Ray (1992), A.P.J. Abdul Kalam (1997), Gulzarilal Nanda (1997), Anna Asaf Ali (1997), M.S. Subbulakshmi (1998), C. Subramaniam (1998), Jayaprakash Narayan (1999), Pandit Ravi Shankar (1999), Amartya Sen (1999), Gopinath Bordoloi (1999), Lata Mangeshkar (2001), Pandit Bhimsen Joshi (2008), A.B. Vajpayee (2014) and Madan Mohan Malavya (2014).

Although there is no formal nomination process, recommendations for the award can only be made by the Prime Minister to the President with a maximum number of three nominees in any year. However, in 1999, four individuals were awarded the honour. As per the rules, the Bharat Ratna recipients are not supposed to prefix or affix the award to their names. However, they may use the expression ‘recipients of Bharat Ratna award’ to indicate that they have received the honour.



It has been 43 years now, which means that today we are witnessing the 3rd generation of the East Cultural Association. It has grown into a beautiful, close-knit family. Through the years the women here have played a very vital role in the progress of the association. This is the reason for the institution of a separate ladies' wing "Sthree", formed in 2013. Every woman in the East Cultural Association automatically becomes a member with no separate membership fee. Sreedevi Unni was the chairperson of Sthree at the time of inception. When compared to the actual capabilities of women, Sthree then had very minimal activities. In 2017, as the executive member, Sreedevi Unni decided to bring in certain changes that give every woman a chance to contribute towards a better today and a better tomorrow.

The East Cultural Association celebrated the women's wing 'Sthree' with its first programme on the 7th of October 2017. Smt. Nirupama Menon Rao, IFS graced the occasion with her presence and enlightened the audience with the true essence of women empowerment.

All the women members of Sthree honoured the 43 first ladies from 1974 to 2017, today most of whom are senior citizens and some who were no longer amongst us. It was a heart-rendering visual treat to see the first ladies walk one at a time to the dais with a rose bud in their hand. The gratitude of being acknowledged, shyness, a little laughter and love from their respective families added to the fun and emotions in the auditorium as they were felicitated with a garland by their own family member. Smt. Nirupama Menon Rao was delighted and heartened to see the way in which the first ladies of ECA were given their due respect and importance.

The evening then had a fabulous Kathak performance by the troupe of Sri. Nagaraj followed by dinner for the audience.

The success of the event was marked by the pre-event meet with 100 participating members, where Sreedevi Unni discussed her plans to revamp the whole concept of the ladies' wing – Sthree, bringing in several innovative ways to draw the members of Sthree closer and empower them to collaborate in a manner that creates more impact - individually, within ECA and in the society.

She said, the first would be to bring in three categories:

Category 1. GyanaShakti (Knowledge) which would include women who are 60+. The expertise of these women would be through their practical experience through the years either personal or work.

Category 2. Iccha Sakhti (Will power or determination) which would include women 40 to 60 years. These are women who would put in their all to ensure a positive result in whatever they do. With immense capabilities in planning and coordinating the teams.

Category 3. Kriya Sakhti (Action oriented)- Below 40- Women who are totally into execution and go-getters.

The purpose of forming these categories is to get every woman to interact with each other and to participate.

With the abundance in talent that each woman has, it is important for us to create an impact more than an impression. We could use each person's strength and area of expertise to conduct various workshops- Makeup, Cooking, Woman Safety, and Legal Awareness and so on. We need to work towards social causes thus forming an impact in society too.

When we speak about social causes the first thought is to donate, however if I were to speak about what elderly people in an old age home would long for - It is companionship. Therefore, in Sthree we would look at ways to spend some productive time with the elderly in the home.

Ms. Unni felt it was important to look back into the legacy of ECA. The newer generation needs to know those who have put in the effort to make this one of the most prominent clubs in the city.

It was indeed a nice gesture to felicitate the first ladies on 7th October 2017. For the next event Sthree plans to acknowledge the women who have been active in various roles in the club.

**Sreedevi Unni**  
Chairperson –ECA Sthree

## Ratnavallyamma



Ratnavallyamma...That is what I used to call her. She lived in an old Bungalow near my house. She was my cousin's Aunt and I used to visit her occasionally. What I cherished about the visit was the whole experience of that house and enjoying her hospitality.

It is a tiled roof two-storey traditional bungalow with a courtyard in front. It overlooked a paddy field which changed colours with the seasons. The muddy puddle brown, the streaks of green here and there in the sowing season, the parrot green carpet spread, then the golden yellow in the ripe harvest season. Sitting in the portico in front you can enjoy the sight of birds coming to the field, feeding on and flying back flock after flock.

The house has so many sub-structures surrounding it, a tiled roof cow shed behind, another area which is used for de-husking the rice and a shed at the north side to store the fire wood.

The most interesting structure is the 'Kulapura' (pool house), the small building at the south end of the courtyard. When you enter, you see the pool of water on the left side, laterite stone steps emerging from the water reaching out to veranda along its full length. One can enter this platform-like veranda and then go down the steps to the water to take bath. The pool side is open to the sky with only one laterite stone high wall bordering it, giving privacy to take bath and swim. There is a bath room attached to the end of this veranda, with a fire wood stove platform to heat water if one needs.

As a child, I used to think what a comfortable life she was leading in that house with three servants, one to cook and two to clean, doing only things what she enjoys. While my mother struggled with her teaching job, doing her chores in the house hold and taking care of us.

When I grew up and came to know of her life I realised that, it was not a dream life she was living. She married her college mate and went to live with him in Singapore, while expecting her first child she tripped on the stair case and fell, aborting the foetus. She came back to her parents' house to recoup from the trauma. Two months later her husband's dead body came, he had died in a car accident.

Then she took a teacher's training and got employed as high school teacher. With a transferable job she worked all over Kerala. What we were seeing was her retired life which she planned to live with her younger sister who was living alone, but her sister passed away one year prior to that. So she started living alone.

She just lived doing things she liked to do, fabric painting, stitching, gardening and doing craftwork. She was creative enough to bring out innovative ideas in her crafts. During each visit to her house we were able to see something done different, fused electric bulbs painted with human faces, dried twigs and leaves in patterns, or her own gowns stitched in a different pattern. She always used to say she loved to paint those clay Krishna statues which we kept in our Kerala homes, first she would paint the face with a beautiful smile and enjoying that smile every now and then, she would complete the painting on the statue.

When I got married and left the place I could seldom visit her. In one rare visit, I remember her showing her fingers, stricken by arthritis and crippled, unable to do anything. So, she got too involved in TV programmes, painfully leaving her favourite art and craft work. She talked about actors and anchors like they were her close relatives, like so and so had a baby, or this one got married and left the scene. I remember her telling me that she started writing poetry, and I have a guilty feeling that I never

have read her poems even though I loved to read anything and everything coming on my way.

Arthritis was taking her freedom gradually and almost completely as her age advanced. The last time I visited her she was almost confined to one room. She would Get up from the bed with the help of her maid, go to the toilet, refreshed after bathing she would settle in her wheel chair, reading or watching TV. The house was not designed for the free movement of a wheel chair, wooden threshold of door frame curtailing the free movement of the wheel. Her maid was also getting old and frail for any heavy task. Confined to that one room she lived in the company of TV.

Living here in Bangalore, thoughts about her engrossed me one day, I felt the urge to write about her, and my visits to her house flashed in my mind. Next morning, I got a call from my father stating that she passed away early that morning. It was just another day for her, freshened up after bath settled in her chair. As usual, the maid helped her in everything and left to the kitchen only to come after a while and see that Aunty is no longer alive .. so peacefully she left this world.

**Prabha Viswanath**

ECA Membership Number: V096

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## Womanhood and Wisdom

The sanctity and expectation of a girl on the occasion of her marriage is inexplicable. She is uprooted from her cozy environment and replanted in a totally alien environment.

Unfortunate are those girls who are subjected to belittling and violence in their matrimonial home. Many a times the kind of cruelty they are subjected to is beyond imagination.

Here the awareness of legal rights, mandated by Indian Law gains significance. As the mental, physical and sexual harassment, misogyny and gender inequality continue to be the way for most of the married woman, here are a few highlights.

Legal rights of a wife:-

**1. Right to Streedhan** – A wife has ownership rights to all her streedhan, that is the gifts and money given to her before and after marriage. The ownership rights to streedhan belong to the wife, even if it is placed in the custody of her husband or her in-laws.

**2. Right to residence** – A wife has the right to reside in the matrimonial household where her husband resides, irrespective of whether it is an ancestral house, a joint family house, a self-acquired house or a rented house.

**3. Right to a committed relationship** – A Hindu husband cannot have an affair or marry another girl unless he is legally divorced. A husband can be charged with adultery if he is in a relationship with another married woman. His wife also has the right to file for divorce on the grounds of his extra-marital relationship.

**4. Right to live with dignity & self-respect** – A wife has the right to live her life with dignity and to have the same lifestyle that her husband and in-laws have. She also has the right to be free of mental and physical torture.

**5. Right to maintenance by husband** – A wife is entitled to claim decent living standards & basic comforts of life by her husband as per his living standards.

Many women are so engulfed in their woes that they are unable to express themselves and are still living in the dark. Let the light of awareness peep into their doorsteps so that they may be able to come out with better vision and be able to explore life fully. Thereby developing a motivational, positive and healthy society.

**Mrs. Shiji Balasubramanya**

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## What Zumba did for me?

On a “feeling blue” day, Zumba works wonders for me.

It is just that amazing and I am all for it as a fan of the newest dance form around.

It combines exercise with music to make a workout more interesting than just getting on that machine.

For a person to whom gyms mean sweating it out monotonously on a machine or having a personal trainer wring out the fat from you in agonizing workout routines and back breaking bends, this music-oriented fitness trend that is catching on is the next best thing in my life, that is after having a nice family and good friends.

It is ideal for those who like to let their hair down and get moving to music with scientifically oriented moves mixed to techno beats that gets every cell in you to respond with enthusiasm.

Sweating never felt this good before.

The classes brought a new meaning to my life and I will not hesitate to say it gave me something to look forward to in each day.

It meant that leaving home didn't feel so terrible as before, because there is a new home of similar minded persons around who also groove to the same beats.

Whether you are a dancer or not, the best part of Zumba is that you can pick up the steps quickly.

There are different types too. Some are there for senior citizens and others for kids.

The levels vary. Basic Zumba is nice and fun to begin with and when you get more serious about your health goals, Zumba Strong is the answer for that.

Suddenly, you find yourself in a whole new world of tights and slim fit t-shirts that you are finally able to wear, in a few years of regularly going to Zumba classes without feeling like an overgrown pussy cat that has had too much cream to eat.

Purr! Do I hear similar replies?

Zumba is, in a nutshell, something you can get crazy about and it will give you self-control, discipline and does away with any kind of sad thoughts.

It becomes like your new additional religion.

Having faith in your instructor's ability to guide you through what you can and can't do helps, of course. They are all licenced guides, who have special training to meet your needs.

Every Zumba teacher is a certified instructor, who has gone through a rigorous session of training to ensure his clients are well toned by the end of a year of classes.

Sticking to a regular programme will do wonders for you and take you to a new high.

As it is a group class, you meet lots of people from different backgrounds and make good friends for a lifetime, who help you see another perspective on life.

According to statistical information provided by the pioneers of Zumba, this is what you need to know before joining a class or signing up for a session.

Registrations are a simple process and not too expensive. It doesn't burn a hole in your pocket, just the kilos!

There are several benefits of Zumba, the biggest being that a one hour class gets your heart beat up to a tempo that will keep cholesterol worries away.

The Story of STRONG Zumba - the latest thing to hit the fitness world of dance is a nice tale to share with you, my friends.

As the Zumba dance network experts explain to us, all that you need to know and want is that this is a good option to get healthier.

STRONG by Zumba is a full workout session for you.

It increases the burning of calories to an extent that you never thought possible before.

This is what every sincere Zumba trainer will tell you.

Find a class near you and get grooving to the beat!

It opens you up to a novel way of living and brings in opportunities to do something apart from your usual occupation or family responsibilities.

There are several charity events connected with the Zumba dance network.

Various styles of dance are combined in this and several languages too come into play here.

So, the experience is like none other. It is worth a try and I have never regretted taking to Zumba, for meeting my fitness requirements, despite being a Bharatanatyam student for years, since my childhood.

Along with Zumba classes, if you do follow another regular physical fitness regimen too, you are sure to be soon on your way to a healthier and happier life.

It need not mean that you become a fitness freak or something but yes, you are getting wiser to what you should be doing for yourself and ultimately for your family too. Plainly speaking, adopting what is a very sensible decision for your life, with a whole range of medical benefits.

Either as a group of friends or by yourself, taking that step to go looking for that class should now be your next priority, if you want to be looking at a healthier you soon.

Zumba made me a happier person and along with some other things gave me a direction in life. I hope it will for you all too.

**Sarita Wariyer**

ECA Membership No: S144

## Congratulations!!!



Prof. Sharmila Vinay (S190), Head of the Department, Telecommunication Engineering, CMR Institute of Technology and her daughter Malavika Vinay who is a student of CMRIT, featured in Times of India and 8 other papers for their project.

The project is based on Internet of Things (IoT) - it recommends a cost-effective way to the Indian Railways to eliminate accidents at unmanned level crossings. This project proposal is currently under consideration by the Indian Railway Ministry.



Archana Sasi daughter of Sasi Chemmenkotti and Dr Jyothi has secured the top spot in the All India Institute of Medical Sciences (AIIMS) PG Entrance Exam. Inspired by her mother and ophthalmologist Dr Jyothi Menon, Archana had decided to take up a career in medicine right from her early school days at National Public School, Indiranagar. The young doctor had also secured the first rank at the undergraduate level of the AIIMS entrance exam in 2012 to secure a merit seat at the institute. Intrigued towards the art of diagnosis, Archana is interested to pursue her higher education in internal medicine.



Our Member Mr. Jacob Varghese and Mrs. Suci celebrated the wedding of their son Jiju Jacob with Steffi Angel Rebecca on 28th October 2017 at The Mar Thoma Syrian Church, Primrose Road.



Our Member Mr. B.N.S Reddy (Inspector General of Police and Director, KSRTC) received Dr. A.P.J. Abdul Kalam Memorial Award for Excellence from ISRO Chairman Dr. Kiran Kumar.



The Victorious ECA Snooker Team after defeating Bowring Institute in a friendly tournament.



Mrs. Anatta Sonney was recently awarded the prestigious Nari Shakti Puraskar by the Ministry of Women and Child Development department for the year 2016 and received the award from the Honourable President of India. Earlier she had received the ISRO Team Excellence award for her contributions to Chandrayaan-1 Mission operations, Astronautical Society of India Team Award for her contribution towards Mangalyaan and Jewel of Karnataka 2015 award by FKCCI (Federation of Karnataka Chambers of Commerce and Industry) Business Women's Forum.



Anirudh Sudarshan Iyengar, son of Sudarshan Iyengar (ECA Membership Number DS057) won a bronze medal in the International Taekwondo Championship held at Bangkok in October 2017.



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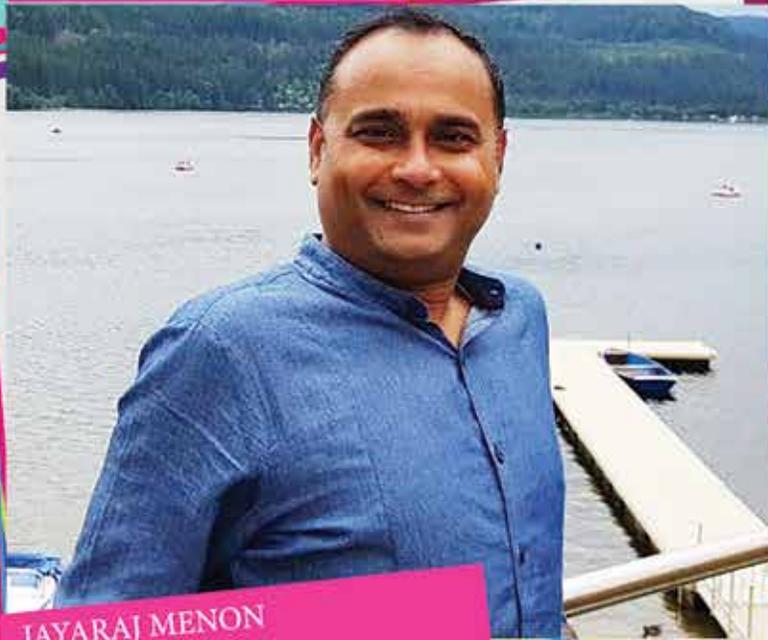




EAST CULTURAL ASSOCIATION  
**CHILDREN'S  
FEST 2017**



## CHAIRMAN'S MESSAGE



**JAYARAJ MENON**  
Chairman, Fine Arts

This year's children's day celebrations - Children's Fest 2017 - was an amazing experience to me as an organiser, as a parent and as an ECA member. The month-long show was a cumulative effort of close to 55 members, who helped in organising events, and parents of 178 children and the children themselves! As an ECA member it was heartening to see a lot of members chipping in with ideas, volunteering to work, parents whole heartedly embracing the format and encouraging their respective houses and the kids putting in all their effort and enjoying it.

The idea of Houses, when proposed, faced a lot of scepticism; but to the credit of the advisors and the core team we could develop a fair and logically sound system to divide the children into houses. The equity in division can be seen in the see-sawing of the points from the start to the end with the eventual winner

coming up from 3rd place to take the Champion House Cup. A lot of effort was taken to conduct the competitions with high standard and to start the events on time. Significant planning and execution went behind each competition.

The House Coordinators proved to be the able leaders that they are known for. Each of them sifted through data, doggedly called parents, persuaded kids and ensured that their houses were represented to the best of their abilities. Some of the houses had core teams who

huddled together to put strategies and then had clearly demarcated roles for their leadership team to execute them.

The Children's Fest 2017 started with a rousing inaugural ceremony on Oct 14th, where our own member Mr Vasanth addressed the children, along with the ECA President Mr. R K N Pillai. After a series of competitions during the weekends, the Sports Day was conducted on November 1st at the Lourdes Ground, where we had an attendance of about 170 people - children, parents and grandparents included - enjoying the outing. The Children's Fest 2017 came to an end with a fantastic musical adaptation of The Lion King, in which 77 children participated.

In total, we had close to 180 children participating in both the Literary and Sports competitions with a lot of first timers competing and getting prizes. It is indeed gratifying as an organiser to see the participation and enthusiasm amongst the parents and kids alike.

## Co-ordinators' Messages



It was a Eureka moment! Congratulations to each child who contributed - 5-8,9-12 and 13-16 - for each point. It was well fought and won in the true team spirit. A note for the parents - There is tremendous potential in each child and please continue to have faith / belief in them. They proved this during this the one month long competitions. It is a proud moment of happy parenting to see children raise their bar and go that extra mile to conquer the CUP!

We thoroughly enjoyed bringing together the children in the name of this fest. While they made new friends, we saw a lot of team spirit coming alive on the field.

Congratulations and thank you all for your support without which we wouldn't have achieved this success.

Cheers!

**Sharad Chandra Mani & Sunitha Sreejith**  
Co-ordinators Team Agni



'Rising above the Waves' was the motto we chose to go with the theme of JAL. The journey had lots of ups and downs but it was an exciting one. Though a small group we had very talented kids with very encouraging parents. Very nervous kids who went on stage and surprised the audience with their confidence and talent. A child who conveyed a beautiful message through his dance moves and won accolades.

Most of the kids were participating in various events for the first time. It was such a pleasure to see them perform and worth all the effort to be a part of their new journey in realising their talents. The sports day was a fun filled gala event with high enthusiasm . The competitive spirit was at its best: we could see kids pushing beyond their comfort zone to participate in all track events to win points for their team. The team spirit was amazing. Super proud of each and every participant in our group.

This would not have been possible for us without the help and guidance from many parents who came forward to help us with the various events and all through the sports day. A big thank you to Jayaraj and the organising team for their excellent planning and dedication. A great team of leaders who supported each other like one big happy family.

**Biju Menon & Dingy Davis**  
Co-ordinators, Team Jal

## Co-ordinators' Message



Over the past one month we had the first-hand experience of leading a bunch of energetic and enthusiastic kids gearing up to contest and bring out their hidden talents in the literary, sports and cultural fields. It took us back to the memories of our school days with inter-house competitions.

When we got a call from the chairman Mr. Jayaraj to attend a meeting regarding Children's Day, little did we know what we were heading for. There was no time to think. He gave us a list with almost 80 names of kids from 5-year olds to 13-year olds. It took us a couple of days to get started. We decided to rope in a couple of parents who could help us in putting up a plan. From there on, it was team work. We, along with Kitty, Honey, and Santosh began calling up people.

Some of the calls went unanswered, some numbers did not exist, some of them said they would call back, some said they were not in town, some had moved overseas, some had relocated from Bangalore, some had exams, some stayed very far away, some had not heard of ECA and the Children's Day and some said they were not interested. At the end of the whole exercise we ended up with around 30 kids and a big list of events to participate in. Seema and Gauri volunteered to take care of two age categories making our job easier. We were all set and aligned to our motto "Success is our Axis".

The inaugural function brought in a lot of energy and enthusiasm not only among the kids but also among the parents. We could see parents also seated house-wise. From there it was teamwork and leadership in practice. It was a roller coaster ride for all of us at Prithvi. We started off at the second position then moved to the first for a very short time and again slipped to the third after the sports. Overall, it was a good learning experience for all of us. In the process we added new people to our circle of friends and the ECA family.

Some of the lessons that we learnt on our journey are:

- Know where we are headed to and set the goal before we start the journey.
- Recognise that each and every child has different talents and each of them is important in achieving our goal
- Take the team members into confidence when we are faced with any problems and you are sure to get multiple solutions.
- Keep smiling and encouraging the team to do their best even when you know that your team is not the best.

At the end of the day, when we look back, we won in some events and we lost in some but the most important thing was participation. Because every child that participated has gained an experience for their life time.

We take this opportunity to thank each and every parent who has been a part of this event. It would not have been possible without your support. Santosh, you were the one who gave us the confidence and kept the team together. Thank you so much. We also thank the Chairman and the core committee who gave us an opportunity to be a part of the ECA Children's Fest 2017. We are sure it will always remain as an unforgettable experience for us.

**Seegla Louis & Sudhy Varghese**

**Co-ordinators**

**Team Prithvi**

## Co-ordinators' Message



Children's Fest 2017 with Jayaraj Menon as the Director was all about, Of the Children, By the Children, For the Children.

Team VAYU unanimously came up with their Motto ONE TEAM ONE DREAM. We were the Coordinators of the team officially, but the real drive behind Team VAYU were: Prajesh Soman, Leetha Prajesh, Suresh Kempiah and Bijoy Peter, and all the parents. Vibrant yellow T-shirts and badges were sponsored by Suresh Kempiah. Prajesh spontaneously came forward and gave proper guidance and support to all the participants. Leetha Prajesh was ever ready with a helping hand and was always keeping the team up to date with Individual as well as Team points.

Team VAYU brought together 44 participants out of which many were first-timers. Each and every child came forward, keeping aside all inhibitions and displaying good team spirit. Everyone was determined to win and always motivating their teammates, thus maintaining a high morale in our team. Constantly keeping up their momentum, they explored all the opportunities given to them by ECA. Proud to be part of Team VAYU.

**Roshni Peter & Shiji Bala**  
Coordinators  
Team Vayu



## Parent Speak

Awesome!!!! What an amazing comeback. Agni was like the underdog really. Kudos to Sharathettan for being such a motivating factor and all the super efficient coordinators for making sure the team worked like clockwork So proud of each and every child for putting in their best!!

**DivyaGoel**  
(Mother of Advika/Vedika)

Love u Agnities .... true to the house name, each child had the fire in their belly to get to the Trophy. Kudos to each and every motivating parent in bringing out the best in their child

**Anjana Chandran**  
(Mother of Nynasha)

Congratulations and hats off to Sharad and 16+ boys and girls for their continued support till the end. Of course our Boys and Girls had a remarkable comeback. Kudos young guns; Amazing; Super proud of this team. We never lost hope even when we were behind 200+ points .. And altogether we have pulled **itoff**.

**Mathew**

Congratulations Team Agni Well deserved !Would also like to Congratulate Sharadh& team for the great leadership.

**Venu Ravindran**  
(Father of AmruthaVenu)

Awesome team!  
(Vinod Father of Veda Vino)

Congrats team Agni . Super performance.  
**Meenakshy Ram**

(Mother of Saketh Ramakrishnan)  
So proud and happy of the kids and the supporting parents .Congratulations to all Agniaites....Super show

## Parent Speak (Contd.)



children.

**Bindu & Vijayaraghavan**  
(Parents of Aditi/Advaith)

Great! All credit to the kids and special thanks to Sunitha:

**Neeraj & Meenu Mishra**  
(Parents of Ojas & Alankritha)

Congratulations Agni! Great work by all the kids, coordinators and parents. Really enjoyed being a part of this entire fest.

**Vani**  
(Mother of Diya Jacob)

Congratulations Team Agni, Sharad & team for the great leadership. Thanks to the supportive parents. Proud and happy for the kids as ultimately they are the ones who delivered on the battlefield.

**SajithKumar**  
(Father of Pravek Nair)

Great job Sharad and Sunita ! And all the coordinators and kids together put up a wonderful show .. kids will take back with them a wonderful lesson of team spirit and partnership ... one leaf of treasured memories of happy times.

**Rina**  
(Mother of Ria and Tia)

3 Cheers to Sharad and Sunitha for leading from the front and all coordinators who played their role to perfection and special thanks to each and every kid who dreamed and believed that they could pull out of the 4th position and top the table with dedication and team spirit. All in all an amazing, outstanding and cheerful show.

**Manu Varghese**  
(Father of Ria and Tia)

Thank You. It was a wonderful platform for them to showcase their inert potential before others.

I am sure they have learnt a lot from this experience too...I must thank ECA and team Agni for that.

**Vijayaraghavan**  
(Father of Aditi and Advaith)

The children's day events was one of the best things that happened for my kids this year. Jahnavi, my daughter, stood on the stage and sang a solo song, which for me was much bigger than winning a prize. My son Jathin thoroughly enjoyed the events and made some friends. Really appreciate the selfless and super enthusiastic effort from Roshni and Shiji for motivating kids to take part in the events.

Overall a really positive experience.

**Shreeja Nair**  
Team Vayu

This year's Children's Fest at ECA was a different experience all together. What a pleasure it was to see kids turn out in large numbers and participate in events. With the competitive spirit of winning for the team, Vayu kids, including my son, were ready to participate even in events that they were being part of for first time. Thanks to the hard work and motivation from Shiji and Roshni. It was a really pleasant and great experience

**Seena Jacob**  
Team VAYU

I managed the 5-8 group for Agni and realized that they got into the house game as it went and they were at their best each time to make the house win. We enjoyed the nail biting finish and each child is a winner in himself on this achievement. Thanks to all parents for their patience in making this show a success.

**Bina Sanjai**  
(Mother of Pranav)

## ECA Child Office Bearers-2017



Child President  
Aryan Prajesh



Child Vice President  
Sarah Peter



Child Secretary -  
Tarun Peter



Child Jt. Secretary  
Prajwal Sudheer



Junior Representative:  
Arundhati Rajeev

## Individual Champions Arts



5-8 - Melvin Vinod



9-12 - Prajwal Sudheer



13-16 - Sarah Peter

## Individual Champions Sports



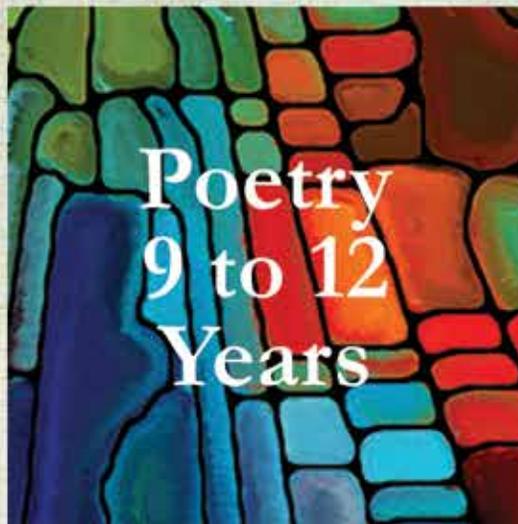
5-8 - Arya Diwakar



8-12 - Tarun Peter



13-16 - Jathin Narayan



**1st**

**Tarun Peter**  
**The Rainbow**

Somewhere over the rainbow  
Way up high  
There's a land that I heard of  
Once in a lullaby  
All of the colours' beauty belong  
full of merriment, joy, and love  
The rainbow will bring you joy and peace  
at every glance

The beauty of the rainbow is undefined,  
Always in colour, beauty and brightness  
The rainbow is non-stop and everlasting  
Its shades get brighter and brighter  
Violet, Indigo, Blue, Green, Yellow, Orange,  
The VIBGYOR is the brightest  
The brightest of them all .

**2nd**

**Niharika**  
**Poem to a Tree**

Once I decided to climb a tree  
Not being afraid of the buzzing bees  
To climb the tallest tree was my aim  
After which I'll have a lot of fame  
Not to concentrate on the spikes & thorns  
Not to bother about the vehicle's horns  
Now am free  
So I have time to climb the tallest tree  
My climb on the tree has started  
Must pick mangoes cause I'm large-hearted  
In the middle of the tree I am on  
Till now only my duppata got torn  
I can see so small in size cop  
Because I have reached the top  
1 lesson from this I got  
Though I have learnt a lot  
To the end you must try  
Never give up & never cry

**3rd**

**Andrina Louis**  
**The Rainbow**

It's red , It's yellow,  
It's blue , It's green,  
It comes after the rain,  
It has its own sheen

A bow of colours,  
Wonderful shades  
An amazing scene,  
That tells its own tale  
A legend says that,  
At the end of this bow.  
Lies a treasure,  
A pot full of gold.  
Oh how I wish,  
This colorful rainbow,  
Never fades away,  
And waits at my window.



**Ann Kurian**  
**A Moonlit Night**

In the dark of the night  
The moonlight was quite a sight  
It spread a sense of calm  
Despite everything that happens  
Like an empty barn  
The silence sharpens

In the dark of the night  
The moonlight was quite a sight

The solitary soldier wept  
On the street lay a dead man  
The secret religion met  
The forbidden couple ran.  
In the dark of the night  
The moonlight was quite a sight  
A juvenile mind went far from home  
A new theory discovered  
A gem in the river shone  
A secret garden flowered  
In the dark of the night  
The moonlight was quite a sight  
In the bushes shone green eyes  
The sky stayed inky black  
Midnight memories created as time flies  
Many waited for it to come back  
In the dark of the night  
The moonlight was a sight  
Despite everything which takes place ...



**Johann Peter**  
**A Moonlit Night**

It was a moonlit night,  
I was thinking I would be fine,  
Walking down the street, I was filled with fright,  
I was hoping that the street lamp would be more  
bright

Lost and cold,  
It was a moonlit night,  
I wish I could reach there,  
But there was nothing in sight



**Alexandria Mary Thomas**  
**A DAYDREAM**

I saw a narrow light,  
It was a moonlit night.  
All of a sudden,  
I was filled with delight.  
A man stepped forward with a torch  
I finally felt happy and thought I was free  
He asked, "Who's there?"  
Like he saw through me.  
Am I alive? Am I real?  
Or was this all a dream? Wait, now I remember.  
I was drawing on a moonlit night,  
And then I heard a scream.

Her thoughts were like a sloth that morning  
Not sleeping the night before was a curse  
Yawningshe turned the page, of the paper she was  
writing that day.  
Her thoughts were as clear as muddy water  
Filled with seaweed to distract the brain!  
Groaning she looked at the paper,  
unable to comprehend that  $A+B$  was equal to 'Y'  
And that 5:4 as 6:9  
She looked out the window to think  
Oh! Look at that building " She said  
It looks like my grandmother bag!  
Fifteen minutes passed , nor did she look at her  
paper again!  
Thinking of waffles and honey, herself as a pigeon  
too  
Clang ! clang ! clang !  
Suddenly she jumped back to reality!  
Looking down at her paper she cried  
On ! no, I haven't finished my sum !  
Knowing the inevitable was coming,  
she decided not to cry,  
After all,  
how could she finishten questions in five minutes !  
it was hopeless to try!  
Panic gripped her as the teacher came,  
"Are you J313?"  
Grimacing , she handed her paper ,  
Choking she said " Yes !"



## Short Story 9 to 12 Years



1st

### Hannah Peter My New Superpower

I woke up today with a super power and now I can ... hypnotise anyone I want to. And that can be extremely cool. I hate school so much. Only studying and homework and again studying. When I go to school today, once I meet my teacher, I can hypnotise my teacher and ask her to throw a party. That is so cool!

Or, maybe I can tell the principal to make every day from now onwards a holiday.

I can hypnotise my friends and make them do weird stuff.

But, who I really need to hypnotise are my mum and dad.

Once I reach my home from school, mum tells me to go straight to my room and do my homework and study. Only then I get to eat my evening snack and go to the park and play. The thing with my dad is that, he is the one who checks my answer papers from school. And I get bad marks at everything. Especially biology, like this one time, I got an E-in biology. And dad gave me a long lecture to study and get good marks.

I finished eating breakfast. I have to go out and wait for my bus. Oh, wait! Bus is here. Better go.

I'm thinking, who is the first one I'm going to test my hypnotisation on?

Maybe Rodrick. Because he is all the time going on and on, boasting and bragging. All I have to do is hum a little tune and think what to do with the person I am going to hypnotise.

Boom! A light went flash and there comes Rodrick pleading and telling me, "Please forgive me! I'll now be your servant!"

I was shocked! It worked! I can't believe it really worked.

That means my teacher, principal and friends will really listen to me.

I can't wait to have some fun!



2nd

### Andrina Louis

"I lost my homework, what am I going to tell the teacher?" I whispered to my friend, Tasha. The reason I was whispering was because it was the Maths period and our teacher - Mrs. Walker, loves to give detention to students.

"Ahem ..." Mrs. Walker said to us.

"What's going on here?" She continued.

"What do you think you are doing?"

Tasha and I were startled. We didn't know what to do.

"We were just discussing a sum," I said.

The teacher left without a word and continued with the class. Me and Tasha continued our discussion by passing on chits.

Tasha and I spent the whole period thinking of excuses to tell my English teacher because I lost my homework. English was after lunch.

We had two periods and a whole lunch break to think.

"Try acting sick," Tasha said.

"I don't think I can, not now," I replied.

I don't want to have any incomplete notes and I did not act sick. I thought of a few excuses like-

- My dog ate it.

- I did not know that I had to submit it today.

- I was absent yesterday.

But ..

I don't have a dog and since my teacher knows my mom she knows that I have a pet fish and not a dog.

I am also the class monitor and I was the one who announced the due date in front of my teacher. My English teacher is also my class teacher and she is the one who takes our attendance every day.

It was the lunch break. Tasha and I did not have a proper excuse yet and if I tell my teacher that I lost it she would certainly send me to detention. Not only that, this homework was a project and late submission can affect my grade !! That way my mom will kill me if she notices my grades dropping !! **DOUBLE TROUBLE**

There was five more minutes to the English period, I was nervous. I had no excuse at all!

It was the English period. I had already made up my mind that I would be sitting in detention soon. My teacher, Mrs. Watson, asked us to pay attention. She was about to make an announcement.

"Children, today we will be having a surprise test! Your project is to be submitted by next Wednesday as I told you last week. Please don't forget it," she said.

Tasha and I were confused! We had mixed up the dates. But... now we have a bigger problem, we did not study for the test. The teacher told us we would be having the test sometime this week, not next week. Now we needed a better reason!

And the best one I had was to be honest and tell her the truth because to make one lie seem true we have to tell many more.



### Dhruva Prem

I woke up this morning with a superpower, now I can shoot beams of darkness with my hands! I went to school with a cape, broke the chalk board and was suspended for a week. Now this week as the most wierdest week of my life. It was the night of the day I was suspended, I was thinking about how foolishly I behaved in school. My mother told me not to worry

and that we could see a psychiatrist, but this only made me feel worse and more out of place. The time was 12 am, sleep was not even close to me, when suddenly I heard someone knocking on my window. He was gesturing for me to open the door which I extremely foolishly did, he came inside and into my room. He sat on my bed and said to me "Good morning", taking a look at his watch "I am Harry Jade Lawrence".

He took out a strange looking device and pressed a button on it a hologram of the internal structure of my body. He explained a lot of science of how I became dark beam man. I was not listening to anything he was saying. I was so awed by him that when he asked me whether I would go to his lab with him, I said yes. We got into his Lamborghini and went to his lab. As we entered, he said "This power of yours cannot be taken out of you but it can be calmed, so that when you are older, it will come back and you can actually wear that cape of yours and save the world". On hearing these words I was so surprised I wanted to cry but no I did not. After they did lots of tests on me someone called out "ready, for operation 'dark'". They made me sleep with anesthesia and everything went black. When I woke up I was at home Mr. Harry looking over me, I got up and he took me to my mother he made us sit down and said to my mother "your son is special, certain acids reacted with the acids present within him to form a power source within your son giving him these powers." Then he turned to me and said "Get ready to be the dark".

The next day as I sat there drinking my tea I remembered myself that life will never be the same again and to never under estimate what can happen to you in your life.

# Masterpieces by our Child Artists



Shaune Anil Skaria - 1st Prize 5-8 Years



Prateeksha Sobin - 2nd Prize 5-8 Years



Vienna Wills - 3rd Prize 5-8 Years



Gauri S Prasad - 1st Prize 9-12 Years



Ria Maria Mano - 1st Prize 13-16 Years



Kamyia Lincoln - 2nd Prize 9-12 Years



Ann Kurian - 2nd Prize 13-16 Years



Pranav Vinod - 3rd Prize 9-12 Years



Sarah Peter - 3rd Prize 13-16 Years

## Short Story 13 to 16 Years

1st

Aniktha Venu

I went for a walk today and had a strange encounter, I saw a man standing on my porch. He turned around facing me and smiled. Never had in my entire life met this man before.

“Nora? Nora Gray?” he asked

“Yes. Do I know you?” I replied

“I am afraid not. My name is Jacob Woods” he said with a smile. There was something very weird about his smile. His canines were abnormally long and sharp. Like a vampire’s canines. Other than that he was a handsome man. Tall and dark haired, probably in his early thirties.

“Today is your last day on earth,” he said.

Wait, what?

“What do you mean?” I asked.

“I’m here to kill you Nora right now. I don’t have time,” he said.

And as he said that, he started approaching me with these huge fangs, exactly like a vampire. At the same time my eyes started becoming wider, second by second.

“Why do you want to kill me?” I asked. I was half attempting to plot a plan to escape while saying that.

A few feet away from me, he stopped “Why? Nora. Everyone has to die at one point of time. Your time has come,” he said as he started walking towards me.

And as I was frozen on my spot, eyes shut, waiting for a miracle to happen, I heard something.

“Nora! Nora darling wake up!” I heard my mom.

As I opened my eyes, I realized that of this was just a dream. A very horrendous one.

“Yeah?” I asked my mom.

“Nora we have a guest at home. Get off your bed and come down” she said.

“Yeah okay.”

After a good ten minutes, I finally walked down.

I walked into the living room to see who the “guest” was. I froze. In front of my eyes was a man, tall with dark hair, smiling at me with a very abnormal pair of teeth.

“Nora darling, meet Jacob Woods.”

2nd

Sarah Peter

Suddenly, I’m a director and I’m at a movie set. They’re asking me what kind of movie I wanted to make and I said, “Umm..... How about aliens?”

That was my first mistake. But I didn’t know what else to say. After all it was my first time here. I didn’t know where I was, what I was supposed to do or who those people were.

And so it became. The cast and the crew ran around, setting up, memorizing lines and getting ready. While I sat, script in hand, confused about the whole debacle. I read through the lines, comprehending nothing and finally gave up. I walked over to the snack bar and gulped down a glass of what was labeled “coke”. It tasted funny and began to fizzle in my mouth so I spat it out. All eyes were laid on me.

I froze, glass in hand.

“I didn’t like it”, I stuttered.

And suddenly nobody cared anymore. God, these humans. I just didn't understand these people. My mission was to get info on them. I was sure of that much.

The shooting of the movie went underway. I don't remember what happened on that set. But One day, I woke up to men in white coats holding syringes.

I woke up in a cold sweat. I was relieved to find myself alone in my apartment. They hadn't found me out. I breathed out a breath of relief and tried to get up. But I couldn't.

I was chained and tubes ran in and out of me. Machines beeped and the illusion shattered. I was found out. They figured it out. Now they would go after everyone from my planet.



### Anvita Rose

I went for a walk today and I had a strange encounter, I saw Major Sandeep Unnikrishnan's mother met with an accident. The people were harassing. She got hit very badly and the opponent had a minor his but the men blamed her. She was lying on the road and none of them helped her.

I ran to her and lifted her up. She wore an Onam saree but now it was torn and had blood on it. Her hand was bleeding so I told the men to take her to the hospital, they didn't even bother. They told "If we have to take, she should pay the other person who got hit." I couldn't control my emotions and I shouted at them. They got so embarrassed and let me take her.

I took her to the hospital, the doctors took her to the ward and after an hour or so they said she was fine and I could go meet her.

My role model is Major Sandeep Unnikrishnan and I want to be like him. He has inspired me a lot and I thought it was a great opportunity to meet his mother and help her.

So, I patiently and with a bit of excitement inside, I went to her. She was lying on the bed with bandages on her hand and forehead. She saw me and gave me a pleasant smile and asked me to sit beside her. I sat beside her and she asked me for my name and which class I am in. I answered and I told I am from the same school where her son studied. I saw happiness in her face. She shared all the moments his son had in my school.

Later on, I asked for her husband's number because I had to inform him. She gave it and in one hour he reached. He saw us talking, he gave me a smile and looked at ma'am and asked how she was now. She said she was fine and told him that I helped to get her to the hospital. He was so thankful to me but I begged them not to and they asked me 'why?' Then I had to tell them that I got inspired after this meeting that happened in our school. The meeting was conducted in our auditorium; an order was given from the Centre which said that there should be a programme held in every school where the soldiers studied in. So, a Major came to our school and spoke about Major.Sandeep Unnikrishnan and the life of the soldiers. I heard it and got so inspired that I changed my ambition from a doctor to join the Indian Army and serve the nation.

They looked at me and there were so amazed. Ma'am gave me a tight hug and Sir, tapped at my shoulder. I was so happy at that moment. I always wanted to meet Major. Sandeep Unnikrishnan but I knew that won't ever happen but at least I got an opportunity to meet them.

The doctor told us that we could go back home with the patient and they invited me home as it was too late. So I called up my mom to ask if I could go. The bell was ringing, she said "Hello?" and I said "Hi ma. It's me I know I am late but I met Major Sandeep Unnikrishnan parents and they asked me if I could....." Suddenly my mother woke me up and asked me to get ready for school and I am late. That's when I realized that it's just a dream but I hope I get an opportunity to meet them and tell them about my ambition.

1st

## Ishaan Unni A Memorable Trip

We all love to travel to different parts of the world for our enjoyment. Most of us usually go to one place for an extended period of time. But some of us like to go to different places for shorter periods of time. This is exactly what cruise company's offer. I went on a cruise this year during my summer vacation.

My cruise started in Barcelona, Spain. But a flight from India to Spain is never easy, especially if you are going through the world's busiest airport, Dubai International. After arriving at Dubai half an hour late, we had fifteen minutes to get to our gate. We rushed through the airport and barely made it onto our flight to Barcelona. After landing in Barcelona there was an agonizing, two hour long wait in line at customs. How we wished we were from a country in the E.U. because those who were flew through customs.

After finally making it out of the airport we were guided to this bus which took us to our hotel. We were very hungry and decided to go out and have some local food of Barcelona. We ended up in this quaint little restaurant selling a sea food and mocktail dish called 'Tapas' which according to the locals originated on that very street. After we ate we decided to go to Football Club, Barcelona. We saw so many pieces of memorabilia of the victories of this team.

We headed back to the hotel and spent one night there. The next morning we left to board the cruise ship called the Majestic Princes. It was so huge, I doubt even Donald Trump could criticize it. But we went to our room. It was small but luxurious all the same with a beautiful view of the Mediterranean Sea.

The first thing we all did was go to the pool for a couple of hours. Then we lay down for the 'Movie under the Stars'. Me and my sister guzzling more and more popcorn. We then went to see the Captain's dinner where he made a fountain of Champagne.

The next morning we landed in Toulon, France. It was a small little fishing town on the French coast. We had a guided tour around the town. About three hours later my family went on a half hour cycling tour around Toulon.

Next we stayed two days on the ship and on the third day we docked in Rome. We stayed in Rome for three days. Each day was something new about Roman history. Our hotel was below par to say the least but as I found out there was a good reason for it. The Italian Government had passed a law stating every piece of architecture which was over a hundred years old was considered national heritage could not be tampered with by anyone.

All things considered it was an amazing vacation that anyone of any age would enjoy. Sometimes a vacation on the water can be all you need to relieve you of your stress and troubles.

2nd

## Andrina Louis A Memorable Trip

There are certain events in a person's life that they can never forget because of various reasons. It may be a certain day when something happened or a trip where we went to a certain place. No matter how old we are, these memories are still fresh in our minds. There is one such memory that I am going to describe. It was a trip to Thailand.

My parents had started planning for this trip well in advance. They had already booked the flight tickets in our Christmas vacation. My brother and I could not wait for our summer vacations, because we were going to Thailand!

Finally, our wait had come to an end. Our trip was scheduled for 28th April. We couldn't wait; we had started packing our clothes a week in advance. We were really excited for this trip. Not only was it a two week stay in Thailand. We were spending a week in

Chiang Mai and a week in Bangkok! It was 27th April and we were all ready. We had to board a midnight flight to Bangkok from where we would have to board another flight to Chiang Mai.

When we reached our resort, we met our guide. He would be our guide for the whole week at Chiang Mai. The resort was a very elegant place with a lot of greenery. My brother and I became friends with a dog in the resort. We named him Goldy because of his shiny golden fur.

During our stay at Chiang Mai, we visited many places like a waterfall, a hot spring, a spice garden and a few temples. The water fall was an incredible sight. The water at the hot spring was really warm and it felt so good, that my family and I soaked our feet in it for at least half an hour. The spice garden had a variety of plants and trees. There was also a stream in which we could play with a baby elephant and get wet. We could also buy many spices from there. The temples were so beautiful; my dad could not stop taking pictures of it. But the best part was an elephant camp. We could take many pictures with trained elephants. They were trained to do tricks like hug us with their trunks and carry a person on their trunks. We could also feed them bananas. At the end the elephants painted a picture. I thought that would be impossible but not anymore. After a week we had to pack our bags and take a flight back to Bangkok.

During our stay in Bangkok we mainly visited malls. We had many guides here for different places. Our stay was amazing. We stayed at such an amazing pet-friendly hotel. I saw many cute dogs. The swimming pool was the best. The pool was about three feet at one end and gradually got deeper and deeper. The other end would be atleast fifteen feet deep. We went to a safari park where we saw many animals and shows. We spent a lot of time shopping. We had a lot of fun during our stay in Thailand but yes, we had to come back to India and we never felt like doing so.

The trip had come to an end. I was heartbroken. I never felt like leaving the place. Not only did I have fun, I also spent a lot of time with my family. This was the most memorable trip in my life. It is an unforgettable experience.



## VedikaGoel A Memorable Trip

I have gone for many holidays over the years. Some memories remained in my mind while some were washed out. Although, my best trip which will never get washed out of my mind was my trip to Tokyo and Osaka in Japan. We had a rather pleasant stay as the local people over there were very helpful and comforting. In Tokyo, we stayed at the Disneyland hotel itself. Me and my sister had a lot of fun at Disneyland. We went on roller coasters, had wonderful dishes and were perhaps tired out too! Exploring the city and learning new cultures, trying different kind of sushi meeting the folks of Japan and enjoying the time we had with the cute Chihuahuas too were a major part of our itinerary. After about a week of enjoyment and movement in Tokyo we departed for Osaka on the Shinkansen Bullet train. Osaka was miles and miles away from Tokyo but we reached in about 15-20 minutes. The speed of the bullet trains was something that one's eyes could not believe at first. It was a majestic train ride. Osaka was beautiful with wonderful cable car rides. We went to see Mount Fuji which was covered with a blanket of snow that perhaps looked like pale, delicate feathers. It was super cold or rather 'freezing' cold. Universal Studios was another event that me and my sister longingly looked forward to. We went on this fabulous Harry Potter 180 degree roller coaster which I thoroughly enjoyed. We had mint churros which I thought was an innovative idea. The hotel was another grand one. It had 4 beds in one room. So I got a whole bed of my own!

This trip was something that we did not expect at all. I cherished those moments as I might not be able to grab those back again when I grow old. Japan Tourism is one thing that I would recommend to all my friends and would continue to live on those precious moments of joy and merriment forever long until my last days!!

**Devi N Sreejith****1st****Should Textbook / Notebooks Be Replaced with Tabs / laptops ?**

Every day when we carry our books home we say "Our bags are heavy", or when we have to write a lot of notes we say "My hand hurts". When we take these two situations in our mind a question arise in most of students' minds. Should books be replaced with tabs and laptops?

Books should be replaced with tabs and mobiles or laptops because of many reasons. Laptops or tabs are not so heavy and also they are portable. Carrying them will not be a difficult task for students especially during exams, when we have to carry many books just for referring important questions.

Using laptops has many advantages over books as said before. Another advantage is it does not keep us in a limit, that is in books we only have information to some topics and for referring to more deeper understanding we need many books and searching in these books is very difficult. This work is made easier by laptops and tabs. They search the desired topic in the e-books that we have raved and if we want more data about the specific topic we can always refer it in different websites over an internet connection. So we get more information in a shorter period of time. And also searching in books often make us to search in the internet after long tireless reaches.

In schools, smart classes have been set up. They too provide easier teaching for the teachers, if the student's laptop or tab is connected to the projector then it will be easier for the students as well. Also we must pay a lot of money for buying books. It crosses above 30,000/-. Instead if the school is ready for giving laptops or tab which is available at approximately 20,000/- then the school will not need to visit a hundred stores for books.

Writing often makes our hand weak; we often complain about so much of writing work given by the teachers. Well if we use tabs and laptops that won't be an issue at all. Typing can be done fast by mostly all the people of the 21st century without any pain in the hand. We nowadays get the PDF for almost all the notes of a given chapter which automatically reduces the work of writing a lot.

We do often get an assignment of making and

presenting a power point presentation right ? We usually have to copy the PPT to the pen drive and give it to mam, but it will take a lot of time to take the presentation and play it. By the time that happens half the period is gone. But if we are having laptops and tabs instead of books we wouldn't have to wait for such a long time as the presentation is already saved to the laptop and we have to just connect it to the projector.

Homework and other things can be easily done with the help of laptops. Nowadays we are having so many apps to help us do it. Bijus and other apps give us a small tuition itself in our houses. Teachers also have many advantages. It is easier for them to teach too. Laptops and tabs also have other application like the MS office that helps the teachers to explain to the students better.

In many schools these are laptops used instead of tabs. This is usually done abroad, like in Oxford for about 400 year writing exams was the practice and now they have changed it to laptops. Even in libraries tabs are used. But most of us nowadays do not even visit libraries since we have a tab. In the same manner guides and other books. Even textbooks are available. So according to me, I feel that books should be replaced with tabs and laptops even though they have some disadvantages. They give us students more advantages than disadvantages. When tabs and laptops replace books they give us and all others the ability to work independently too. Whether it is a first standard kid or even a degree student laptops and tabs help us a lot.

**Jathin Narayan****2nd****Supreme Court has banned Crackers for Diwali in Delhi. Do you think this step is in the right direction?**

Absolutely. By banning fire crackers in the Delhi region, the Supreme court has taken a massive step towards the restoration of a cleaner and greener India. I have often believed that if you are observing a festival you must not do more damage to your surroundings for no reason whatsoever. I'm pretty sure the gods wouldn't want us to spoil the wonderful world that we have the privilege to live in, especially by citing the appeasement of the gods as the reason. I feel that fire crackers are an absolute waste of money and time. Other than making an unwanted rocket and contributing to the already declining quality of the

atmosphere, what other purpose do these belligerent devices serve? Not only that firecrackers are made of extremely harmful chemicals that can lead to severe conditions and lifelong diseases. There have been a number of cases where a person has lost a body part due to negligence when dealing with firecrackers. The damage that these crackers can cause to the environment and to humanity in general is probably perennial and irreversible. The smoke produced by these noise devices can cause life-threatening conditions such as lung cancer, asthma and breathing problems. I'm not sure if the data source is reliable but I had read a survey which said that just living in Mumbai is equivalent to smoking up to six cigarettes a day! Add this to smoke produced by fire crackers and you are now breathing more poison than air. I think the Supreme Court has made a fantastic decision regarding the banning of fire crackers in Delhi. I'm sure that when people understand the situation we will find ourselves in, they themselves will do what they can to improve it. India has taken baby steps but we need a lot more if we have to stand a chance against other countries which are much safer to live in. For example, in countries like Switzerland and Norway, firecrackers are banned. These countries are some of the premier nations when it comes to cleanliness and hygiene. If India aspires to be in that group of countries, we can at least start by banning fire makers across the nation. If not the whole nation at least some of the metropolitan regions of India such as Mumbai, Chennai, Kolkata etc. We have all seen the recent pictures of the Taj Mahal in Agra. We can barely see the monument due to the smoke that surrounds the area! Of course, there are many people who are against the bill passed by the government stating that it goes against their beliefs and teachings of their forefathers. It's pretty almous that we can celebrate this festival without waking up people at night and causing heart problems to the elderly. Our ancestors did not have the technologies of fire crackers in their time and yet they celebrated this festival. If we can all adopt an eco friendly approach not just in Delhi, but all over India, we will surely be living in a cleaner, greener and most importantly, safer India.



**Kevin C Joseph**  
**3rd Money Cannot Buy Happiness**

Money is a really very important thing to live a happy

life in this competing challenging, and expansive world. Money is needed for everything, right from an eraser to purchasing an expensive house or starting a business but it is true that money cannot buy happiness.

Happiness is something that is very important in a person's life. Happiness is the factor responsible for the positive emotions of a person. But money does not influence anyone's happiness. Though people say that the lives of rich people are very good but it's not always true. Suppose, a person is craving for a really big apartment or a good villa project, and buys the desired house, but it is not necessary that he will be happy because he would have spent his hand earned money. If the person has a lot of money i.e. he is rich it would be fine but if he's a normal employee it would not be so happy for him. This is just one example but it mainly causes happiness if the person is rich.

The other extreme can be taken of the relative of a third stage cancer patient who has no hope for recovery. The relative would love the patient a lot and would pay a lot of money for his/her treatment. If the person survives it would be a really happy moment but if the patient dies the sadness is without extent. Happiness and health are two things that can't be bought using money.

The human mind is designed in such a way that nothing is enough. We crave for one thing. After getting that we are happy for a while and later when we see something new, or somebody having something better than us, we begin to crave for that and this continues which makes us unsatisfied.

We are the ones responsible to make ourselves happy. Our happiness doesn't depend on anybody or anything. Happiness is also the fruit of our hard work. Craving is something that makes us discontented. If we know what is right for us with a strong conviction we would remain happy. We can also remain happy by doing whatever we like.

Even though money does help us in buying things to lead a good life, it necessarily does not help us to be happy. Even a poor daily wages worker can lead a happy life if he does not waste his wages and has a good character. Character also has a great influence on happiness. Money is not the only thing to lead a happy life and happiness can't be bought with money. The reason for our happiness and our sadness is we ourselves.

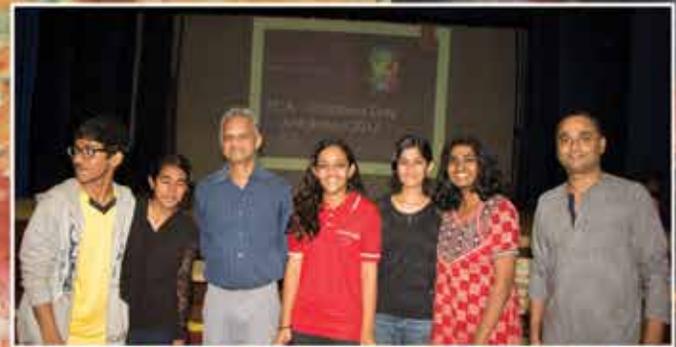
# Vignettes of the Sports Day





# Glimpses of the Arts Events





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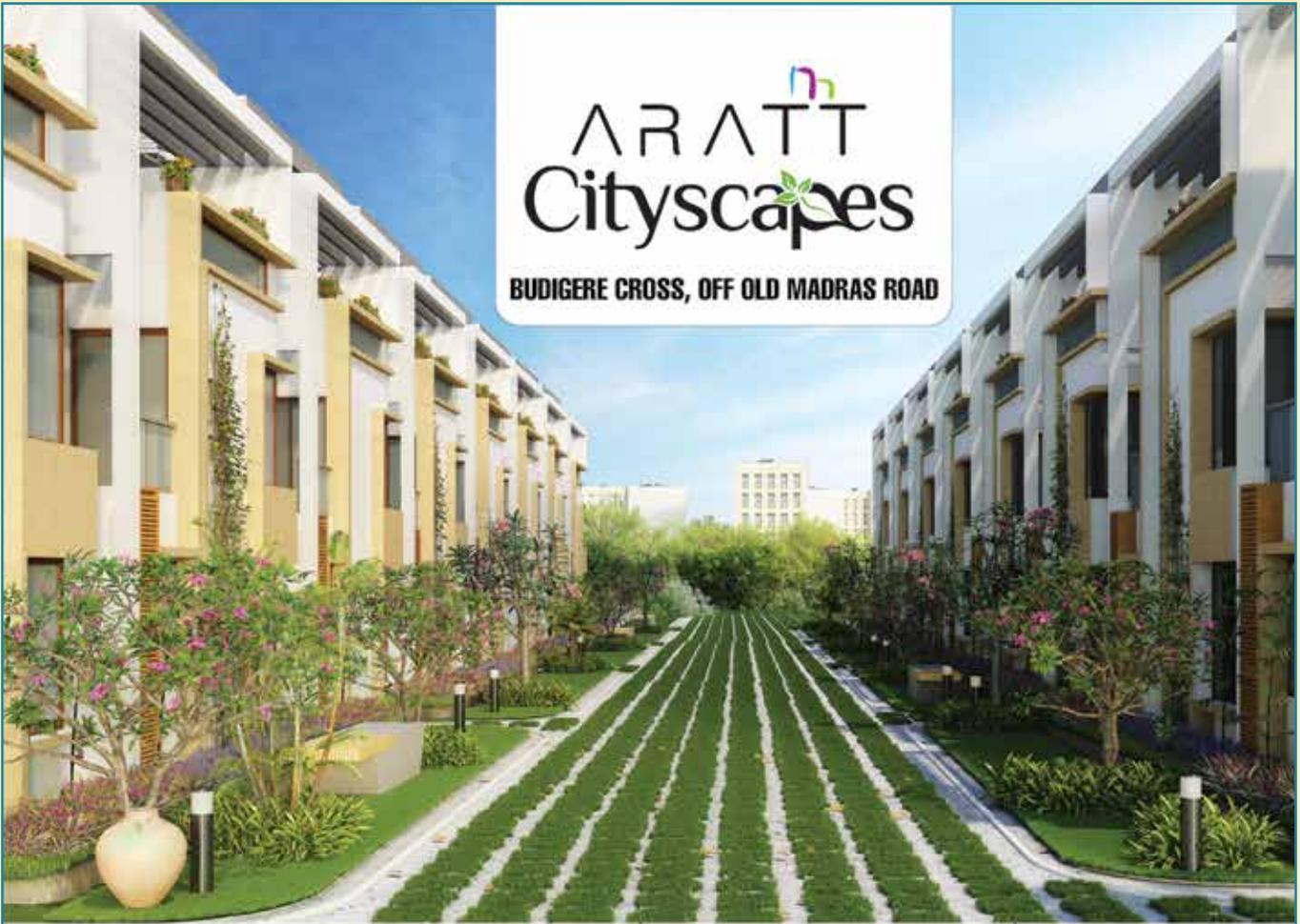
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