



ECA MIRROR

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Padmashree
Dr. C.G. Krishnadas Nair

ECA COMMITTEE 2021-22

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VICE-PRESIDENT



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GEN. SECRETARY



MR.SONY KURIAN

JT. SECRETARY



MR.JAYARAJ MENON

TREASURER



MR.BIJU THOMAS

EDITOR



MR. TONY AUGUSTINE

Vice-President's MESSAGE

Dear Friends,

One of the first things that this year's committee had to decide, coming out of devastating pandemic was on Onam Celebrations. After quite a bit of discussions, it was decided to conduct the Onam Celebrations in a hybrid fashion – a combination of offline and online programs. The online program would be in the form of a short movie, it was further decided.

After brain storming sessions including the youngsters of the club, the idea for a short movie materialised. It is unique that the story, script, direction, acting, dances, camera and production were all done only by the ECA members and their family. It is definitely a first in the history of ECA that such a movie was made. Well over 160 members participated in this endeavour. It is a matter of pride to us that this production was well received by all of ECA.

The Onam program was spearheaded by the Jt. Secretary of the club and the convenor of the Onam Celebration Committee Mr. Jayaraj Menon. The Member programs were driven by Member In Charge – Neema Naveen.

The hybrid event started off with chendamelam and a short comic relief provided by Devi Chandana and team. This was followed by the official messages by the Office Bearers of ECA, all pre-recorded followed by the Members Movie. After the movie played to thunderous applause, came the wonderful offline program – Tribute to Balabhasker – performed by Balu and Stephen Devassia.

We are grateful to all the committee members of ECA, sponsors of the event, participants of the events and all the members who contributed directly and indirectly to make this year's onam a memorable one.

Sanjay Alex.
Vice President
Chairman – Onam Celebration Committee.



Congratulations!!

Ms. Sara Kunnath, our member and the wife of our Past President, Mr Thomas Kunnath, was awarded PhD for her thesis - An analysis of the Impact of Renewable Energy on Organizational Performance and Sustainability: A Perceptual study.

ECA extends hearty Congratulations to Dr Sara Kunnath and best wishes for your future endeavors.



EXECUTIVE COMMITTEE MEMBERS 2021-22

MR.BINESH .M
Club Programmes
& Special Events

MR.KIRAN KUMAR M.B
Guest Rooms &
Banquet Halls

MR.MANOJ VARGHESE
Cards

MR.NAVEEN.S.ALAYIL
Sports & Health Club

MR.RAJESH.V.K
Beverages

MR.RAMA NARAYANAN
Club Development & Facilities

MR.SAJITH KUMAR
Fine Arts

MR.SHAJI V. PILLAI
Sahityavedi

MR.SHARATH AVATE
Community Service
& Billiards

MR.TONY AUGUSTINE
ECA Mirror & Library

CMC MEMBER

MR.TONY VINCENT
Membership

MR.V P M THILAKAN
Club Affiliation & It

MR.SUDHY VARGHESE
Housie & Sthree

MR.SOBIN SOMAN
Catering

INVITEES

MR. VENU RAVINDRAN
Immediate Past Gen.secretary

MR.V.R.CHANDRAN
Immediate Past President

MR.MANOJ SUBRAMANIAN
Immediate Past Treasurer

From The Desk of THE GENERAL SECRETARY

Greetings to all my fellow members, it gives me immense pleasure to address you all as the General Secretary of this great organisation The ECA Club. First and foremost I would like to thank each one of you for the Faith and Trust placed in me to take up this post. Next I would like to thank my fellow Office Bearers and my Committee Members for their whole hearted support extended to me in performing all my duties as the Secretary of this Club. I would also like to express my gratitude to the Manager and all the ECA staff for their total commitment in carrying out their day to day activities in the most stupendous way. Finally I would like to thank each member for coming over to the Club for all the events and programmes that we conducted and making each of them a grand success.

I trust I was able to carry out all my responsibilities to the best of my ability, hoping to continue to serve you all in the true spirit of an ECA member in whatever best possible way.



SONY KURIAN
General Secretary

From the EDITOR'S DESK

Dear ECA members,

On behalf of the club and the Mirror subcommittee, we are pleased to present the second edition of Mirror for the year 2021-22.

The last couple of years have been very challenging for each one of us mainly due to the pandemic. Fortunately, we are slowly coming out of the clutches of Covid and some semblance of normality is returning. This period has taught us a few new things and we were forced to amend some of our past practices. One such major departure is the emergence of 'on-line / hybrid' meetings and events. With the fast advancements in technology, especially in the digital space, our Mirror has also undergone some changes.

There is a famous quote which is much relevant for the times – “Never let a good crisis go to waste”. We at the Mirror sub committee, have attempted to make use of the Covid crisis to usher in a few changes for the betterment of Mirror both in its content and its reach.

We started publishing The Mirror both in the physical (limited copies) and in the digital form formally. One can easily download the copy of the Mirror just by scanning the QR code using the smart phone. The copy will be



available with you for your convenient reading. We are sure that this will help us to reach much more members quickly and in a very cost effective way.

To reflect the linguistic variety in our club, an attempt has been made to have articles by our members in regional languages like Malayalam, Kannada and Hindi. We are pleased with the response and hope to continue this trend.

Mirror has initiated the idea of one of our past Presidents sharing their experiences by writing an article in Mirror. Additionally, now we have a page dedicated to introduce and familiarize our members to our affiliated clubs. Apart from these, new sections like cookery, youngster's page, quiz are part of the Mirror now.

We at Mirror sincerely hope that these changes will make the Mirror more attractive and enjoyable for all sections of our members.

I wish to thank the office bearers, the Exe committee members and the Mirror subcommittee members for their whole hearted support and encouragement. We owe a special Thanks to our sponsors- The Aratt group for the financial help extended.

Once again thank you for the opportunity and wish you happy reading

Thank you

Tony Augustine
Chairman – Mirror

SUB COMMITTEE REPORTS

ECA LOUNGE BAR

ECA Bar known as Paul John Lounge Bar is one of the most sought after socializing place by our members. Its décor and feel over the years have taken different face lifts to suit the era it served and it's endeavour is to evolve with the time.. As the furniture, lay out and décor have outlived it utility, the bar committee proposed a renovation plan to make the ECA Lounge Bar a trendy and a true to label Lounge in the 100 feet road, Indiranagar.

A Bar renovation committee consist of ECA President Santosh, Secretary Sony Kurian, Treasurer Biju Thomas, Beverages committee chairman Rajesh, Mr. Naveen Alayil and the undersigned was formed to carry out the project with the below proposed changes:

1. Change in Layout for the entrance of the bar
2. Liquor Serving counter complete revamp from design to latest equipment

3. Replacement of bar Furniture
4. Complete Wooden Floor
5. Electrical lay out change and new lighting plans with multiple TV sets
6. Sound System for live music in the bar
7. Polishing the existing wooden pillars and panels
8. Additional serving station
9. Complete revamp of Zone (out of the box thinking by ECA Zoners with caricatured walls and legends of music decorated glass pans)

Temporary bar set up was made in our restaurant to continue the business and the Lounge renovation was taken up from 26th Jan 2022.. The renovation activity took almost a month to finish and ECA Zoners group made the revamp in the zone front which added more colour to the whole décor.. The renovated Lounge Bar was inaugurated on 26th Feb 2022 by our senior most member Sri K.G.

Nair and Musical evening rocked by live music lit up the skies..

Last, but not least - The renovation Committee wholeheartedly thank our main sponsor M/s. Paul John & Company, ECA Zoners and Mr. Sreejith

who conceived, planned and executed this renovation exercise in a seamless manner.

-RAMA NARAYANAN

Chairman- Club Development & Facilities



ECA FINE ARTS COMMITTEE

ECA stands for East Cultural Association. The operative word is 'cultural'. What it signifies is that we are a platform for our members and their families to showcase and develop their cultural and artistic talents. It is what defines ECA and makes us who we are. It is our USP.

That is why you will find that the ECA annual calendar is packed with high-quality dramatic, dance, musical, and various other cultural performances – most of which are staged by our very own members. Indeed, no other club or cultural association in Bengaluru offers the breadth of such performance opportunities to their members that ECA does. One such programme is the ECA Members Nite which is one of the most important of our annual events, with a legacy of several decades, when our members come together and perform for your entertainment.



This year, the ECA Members' Nite 2022 events were held on 26-27 Feb and on 19th March 2022. Team competitions associated with Members' Nite 2022 were conducted on 26-27 February.

Grand Finale of Members' Nite 2022 was held on 19th March. The variety entertainment program during the Finale consisting of group dance (A tribute to Lata Mangeshkar), Members Ganamela and Malayalam drama "Vishwa Vikhyatamaya Mookku" based on a story with the same name by renowned Malayalam Author Vaikom Muhammed Basheer, was appreciated by one and all.

Prizes to the winners of Members' Nite 2022 team competitions were also given away on this occasion.

-SAJITH KUMAR
CHAIRMAN-FINE ARTS

CLUB PROGRAMMES & SPECIAL EVENTS

1) Republic Day Celebration

This year as India celebrated its 73rd Republic day, ECA members adorned in the tri-colors gathered at our premise to be a part of the celebrations organized by our club. The club programs committee chairman, Binesh, welcomed the gathering. This was followed by the president, Santosh Kumar, addressing the crowd. The president along with the office bearers and senior members hoisted the national flag. This was followed by patriotic songs by the ECA Sangeetham team. The event culminated with a scrumptious breakfast spread for all the members present.

73rd Republic
Day Celebration
@ ECA



Aatta & Ootta



2) Aatta&Ootta

All work and no play make Jack a dull boy. And when you get a chance to be out in the open play those games of your childhood what more could you ask for. ECA club program committee brought together the event 'Aatta&Ootta' to our members where they got to play Terrikoit Ring, GilliThandu, Tower of Brahma, Goat & Tiger and many more games. There was childish enthusiasm as members formed teams and competed with each other to score points.

The day ended with lip smacking street food and foot tapping music by Nanda Kumar and team.

3) Treasure Hunt

ECA club programs committee in association with the luxury car brand Lexus, conducted the ECA Treasure Hunt event on the 3rd of April. 30 cars with over 130 members including children and elders started on 2 routes from the Lexus showroom and ended at ECA. The harsh summer sun was no deterrent for the enthusiastic hunters who travelled far and wide to crack the clues.

The backend team of Gopou, Prajesh, Mariann, Ketty, Santosh, Sathya and Leetha along with the marshals ensured complete support to the hunter and also did an amazing job with the tabulation of records.

Prizes sponsored by Lexus were given for the fastest car on each route and the cars who took the least time, as a team, to complete the hunt. A wonderful lunch and music to conclude made it a day well spent and each one took back wonderful memories to cherish for a long time.

Winners

K1	K2
Biju Thomas	Devasia Kurian
Jayaraj Menon	Meril Jacob
Sanjay Alex	Sony Kurian
Sam Thomas	Ann Kurian
Manoj Varghese	Abu Kurian

Runner Up

I2

Tony Vincent
Mathew Manoj
Prince
Wills
Jovan

Second Runner Up

L1	L2
Venu Ravindran	Anil Kumar
Amrutha	VK Rajesh
Prakash	Anjali Binesh
Lasitha	Saurav Rajesh
Sudha	Anand Binesh

Fastest Car in Route 1

C1

Jeevan Avinash Vidya
Ronson Vinod Puthussery

Fastest Car in Route 2

A2

Sharad Chandramani Anju Sharath Sudhy
Rohan Jacob Jacob John

- Binesh.M,
Chairman

BEVERAGES COMMITTEE

The Renovation of the ECA Bar was a constant demand from all our patrons. This was one of the biggest priorities of the Bar Committee this year. I am glad to share that the newly renovated Paul John Lounge was inaugurated on 26th February 2023, followed by a Musical Night with the Band "Mike and Ruth". The Sub-Committee would like to thank the ECA Managing Committee for their

Love is being stupid together.
East Cultural Association
Beverage committee presents

Valentine

Come celebrate this special occasion with your loved ones, sing & dance to the live performance of the band.

PRESENTENSE

On **12TH February, Saturday**
at the **Main Hall Ground Floor, 7:30pm onwards**
Be there and express your love...

Chairman Beverages: **Rajesh VK** | General Secretary: **Sony Kurian**

Your favorite lounge is renovated and looking great!
WELCOME TO THE GRAND OPENING OF THE

Paul John

Indian Single Malt Whisky

LOUNGE

East Cultural Association
invites all the members, their family and friends to come experience the new lounge

Come experience a musical night with

On 26th Feb - Saturday, 7:30pm onwards at the lounge
Be there to Rock & Roll!

Chairman Beverages: **Rajesh VK** | Chairman Club Development: **Ram Narayan** | General Secretary: **Sony Kurian**

UNPLUGGED NIGHT WITH DWI

FLARING & FIRING COCKTAIL

Hindustani Popular Band
Venue: Paul John Lounge
12.03.22
8:00pm onwards

RAJESH VK
CHAIRMAN - BEVERAGES

SONY KURIAN
GEN. SECRETARY

POPULAR & CLASSIC COCKTAILS

BY RENOWNED MIXOLOGIST **PRADEEP ANDREWS**

East Cultural Association
Beverage committee presents

BAR AN TAKSHARI!

Inviting all the members, family and friends to this special sing along event.

Be there to experience the magic of music.

On Friday, 18th March 2022 6:30pm onwards at the Paul John Lounge

Few pointers:

- 7 teams 4 members each with at least one lady member
- A keyboardist and punch pad artist would accompany the singers
- All entries to be submitted to Maryann and Sunita of the organizing committee at the venue
- If unable to form teams please contact: Sunita
- In case of a tie, there will be a tie breaker round
- All further rules will be clarified at the venue

For further details please feel free to contact Maryann: +91 81479 74590 / Sunita: +91 98806 45882

Gift Hampers for each participating member.
Winners and runners up trophy

HURRY UP! Register Now*

Chairman Beverages: **Rajesh VK** | General Secretary: **Sony Kurian**



approval and support in the renovation of the Lounge and also Paul John Distilleries for co-sponsoring the renovation.

Our endeavour has been to constantly conduct



musical events at the bar and to promote local musical talent. In this regard we had conducted frequent Bar Nights with the following bands.

- Valentines Night with Presentense – February 12,2022
- Bar Inauguration with Mike and Ruth – February 26,2022
- DJ night with Neil Hoskins – March 5,2022
- Nostalgia Night with Dwi - March 12,2022
- Bar Antakshari – March 18,2022



We have been constantly working out offers with the Liquor companies and ensuring that we pass on these offers to our members. I am happy to report that we have been able to have offers on atleast 10 brands for every day of this year. We have also seen excellent growth in sales over last year.

Rajesh V.K

SPORTS COMMITTEE

Aratt EBL 2022 was conducted over two weekends (April 29, 30, May 1, 6, 7 & 8) for 6 days with a participation of around hundred badminton enthusiasts. The auction for players, conducted by Meril Jacob, was action packed and teams fought tooth and nail, to get their desired players. At the end of it, we had an evenly balanced six teams. The games, even at the league stage, were of high caliber this year, with a total of thirty matches going to three setters and coincidentally thirty games getting decided by the golden point, after being tied at 20-20.



Finally, the third place fight was between Lions & Shuttle masters. The evergreen Thomas Kunnath & Sushmita, played their heart out but couldn't match the grit and determination of Prashant & Vijay to win the third place for the energetic Shuttle masters, in the seventh match of the tie.

The finals was an epic battle between Falcons & Rockers. Eca Rockers were led by their wily & hard working captain Sudhy Varghese along with their owners Naveen Alayil & Jose James, while Eca Falcons, were led by Bijoy Peter & Rakesh Sasibushan. Rockers took an initial lead of three to one, with a spirited fight by an injured Govind and a powerful Prakash jolly



and needed just one more match to win the finals. However, the falcons, had other plans, they fought back and won it in the seventh match of the tie.



The tournament was superbly managed by the Governor, Prajesh Soman, and his team - Maryanne and Shiv Naveen.

All thanks to our sponsors, who have supported EBL year after year. A big thank you to our owners, who stepped in and took the responsibility and spent a month of their time and a lot of their money. A big thanks to beverages team led by VK Rajesh and catering team led by Sobin Soman. A big thanks to the executive committee in supporting the event in a big way and helping to conduct it every step of the way.

Naveen S. Alayil,
Chairman.

എന്റെ അമ്മ

കുറച്ചെങ്കിലും കഴിച്ചിട്ടു പോ, മോനേ..
പലവട്ടം അമ്മയിൽനിന്നും കേട്ട വാചകം.

7,8 വയസ്സു പ്രായമുള്ളപ്പോൾ അമ്മയുടെ ആ വാക്കുകളിൽ അടങ്ങിയിരുന്ന സ്നേഹത്തിന്റെ വിലയും വ്യാപ്തിയും മനസ്സിലായിരുന്നില്ല. വീട്ടുവളപ്പിൽനിന്നും ലഭിച്ചിരുന്ന പച്ചക്കറികൾ പ്രത്യേകിച്ച് പച്ച ഓമക്കായ് (പപ്പായ) ഉപയോഗിച്ചിട്ടുള്ള കറികൾ കാണുമ്പോൾ തീൻമേശയിൽ നിന്ന് ഓടിപ്പോയിരുന്നു. അപ്പോഴാണ് ആ വിളി - കുറച്ചെങ്കിലും കഴിച്ചിട്ട് പോ, മോനേ.

കുറച്ചു സമയം കഴിഞ്ഞ് വിശപ്പ് സഹിക്കാതെ വരുമ്പോൾ വീണ്ടും അമ്മയുടെ അടുത്തേക്ക്. സന്തോഷത്തോടെ വേറെ എന്തെങ്കിലും തരം. കുട്ടിക്കാലത്ത് മനസ്സിലാക്കാൻ കഴിയാതിരുന്ന ആ സ്നേഹത്തിന്റെ ആഴം തിരിച്ചറിഞ്ഞപ്പോൾ മനസ്സിൽ ആശങ്ക - അമ്മയെ ഞാൻ പലപ്പോഴും വിഷമിപ്പിച്ചുവോ?

ഞങ്ങൾ 6 മക്കൾ. ഞാൻ നാലാമൻ. അച്ഛൻ ആദ്യം അദ്ധ്യാപകൻ പിന്നീട് തിരുവല്ല ഷുഗർ മില്ലിൽ ഉദ്യോഗസ്ഥൻ കമ്പനി ക്വാർട്ടേഴ്സിൽ താമസം.

സ്നേഹിക്കാൻ മാത്രം അറിഞ്ഞിരുന്ന അമ്മ. ഞങ്ങൾ ആരോടും അമ്മ ദേഷ്യപ്പെട്ടതായി ഓർമ്മയില്ല. ഭർത്താവിന്റെയും മക്കളുടേയും ക്ഷേമം മാത്രം ലക്ഷ്യം. അമ്മക്ക് സഹായത്തിന് ആറു പതിറ്റാണ്ടിലേറെയായി ഞങ്ങളുടെ കുടുംബത്തിലെ ഒരംഗം പോലെ കൂടെ ഉണ്ടായിരുന്ന വേറൊരു അമ്മ.

അമ്മക്ക് എന്തെങ്കിലും ആഗ്രഹമുണ്ടായിരുന്നോ എന്നറിയില്ല. അതൊന്നും പറഞ്ഞ് കേട്ടിട്ടില്ല. കണിശക്കാരനായ അച്ഛൻ. ഞങ്ങൾ ആരോടും സ്നേഹപ്രകടനം തീരെയില്ല. എല്ലാ ആവശ്യങ്ങൾക്കും കൂടെയുണ്ടുതാനും. മക്കളുടെ വിദ്യാഭ്യാസത്തിനായിരുന്നു അച്ഛന്റെ മുൻഗണന. അച്ഛനും ഞങ്ങളെ ആരെയും വഴക്കു പറയുകയോ ഒന്നും ചെയ്തിട്ടില്ല. വീട്ടുകാര്യങ്ങൾ എല്ലാം തീരുമാനിച്ചിരുന്നത് അച്ഛൻ മാത്രം. എന്തിന്, അച്ഛനിഷ്ടമില്ലാത്ത വെളുത്തുള്ളിയും ചേമ്പൂം പടിക്കു പുറത്ത്. അത് മറ്റാർക്കെങ്കിലും ഇഷ്ടമാണോ അല്ലയോ എന്ന ചോദ്യം ഉദിക്കുന്നില്ല.

പന്തളം എൻ.എസ്.എസ്. കോളേജിൽ ബിരുദത്തിനു പഠിക്കുമ്പോൾ ഉച്ചക്ഷേണം പതിവായി കൊണ്ടുപോകും. മിക്കവാറും

ചോറും, തേങ്ങ ചമ്മന്തിയും, ഓംലറ്റും. കഴിച്ചു മടുത്ത കാരണം പൊതി എടുക്കാതെ പോയിട്ടുണ്ട് പലപ്പോഴും. അന്നു ചിന്തിച്ചിട്ടില്ല അമ്മ എത്ര വിഷമിച്ചിരിക്കും. അമ്മയെ ഞാൻ വിഷമിപ്പിച്ചുവോ?

അച്ഛന്റെ മരണത്തിനുശേഷം ബിരുദാനന്തര പഠനത്തിന് ജേപ്പ് റ്റനെ ആശ്രയിക്കണം എന്ന സ്ഥിതി വന്നപ്പോൾ ഒരു ജോലിക്കായി ശ്രമം തുടങ്ങി. മദ്രാസിലേക്ക് പോകാൻ തീരുമാനിച്ചു. പോകേണ്ട ദിവസം അമ്മയോട് യാത്ര ചോദിച്ചപ്പോൾ കണ്ട വികാരം ഇന്നും കൺമുൻപിൽ മായാതെ നിൽക്കുന്നു.

അമ്മയെ സ്നേഹിച്ചു മതിയായിട്ടില്ല എന്ന തോന്നൽ എന്നെ വ്യാകുലനാക്കുന്നു. അമ്മക്കുവേണ്ടി ഒരു മകന്റെ ധർമ്മം ഞാൻ ചെയ്തോ - അറിയില്ല.

അവസാന നാളുകളിൽ രണ്ടു മാസം കൂടെ നിന്ന് ശുശ്രൂഷിക്കാൻ സാധിച്ചു എന്നത് ഭാഗ്യം.

അച്ഛൻ പോയിക്കഴിഞ്ഞതിനുശേഷം എല്ലാ ഉത്തരവാദിത്വങ്ങളും അമ്മക്കായിരുന്നു. സാമ്പത്തിക ബുദ്ധിമുട്ട് ഉള്ള കാലം പരിഭവവും പരാതിയും ഇല്ലാതെ എല്ലാം സഹിച്ചും ക്ഷമിച്ചും നിറവേറ്റി.

2022 മാർച്ച് 8-ാം തീയതി ലോക വനിതാദിനമായി ആഘോഷിച്ചു. ലോകമെമ്പാടുമുള്ള വനിതകൾക്കായി ആ ദിനം സമർപ്പിച്ചു. മെയ് 8, 2022 മാതൃദിനമായി ആചരിക്കുന്നു. രണ്ട് ആഘോഷങ്ങൾക്കും ഹേതു സ്ത്രീ തന്നെ. ഓർമ്മയില്ലേ ആ വാചകം - 'ഒരു മകൾക്ക് ജന്മം നൽകുമ്പോൾ ഒരു തലമുറക്കാണ് ജന്മം നൽകുന്നതെന്ന അമ്മയുടെ തിരിച്ചറിവാണ് ഓരോ പെൺഭ്രൂണങ്ങളുടേയും ഒമ്പതു മാസത്തെ സുരക്ഷ.

ആ സുരക്ഷയിൽ ജനിച്ച് വളർന്ന് വലുതായി അമ്മയാകുന്ന എല്ലാ സ്ത്രീകളും എന്റെ അമ്മയെപ്പോലെതന്നെ സ്നേഹത്തിന്റെ മറ്റൊരു പര്യായം.

ആർ.കെ.എൻ. പിള്ള

Yoga and its benefits – Part II

Surya Namaskar – full body workout

-By Meenakshy Rama Narayanan

As we all know that , Sun is the primary source of energy for the universe and paying respect and gratitude to Sun God is known as Surya Namaskara.

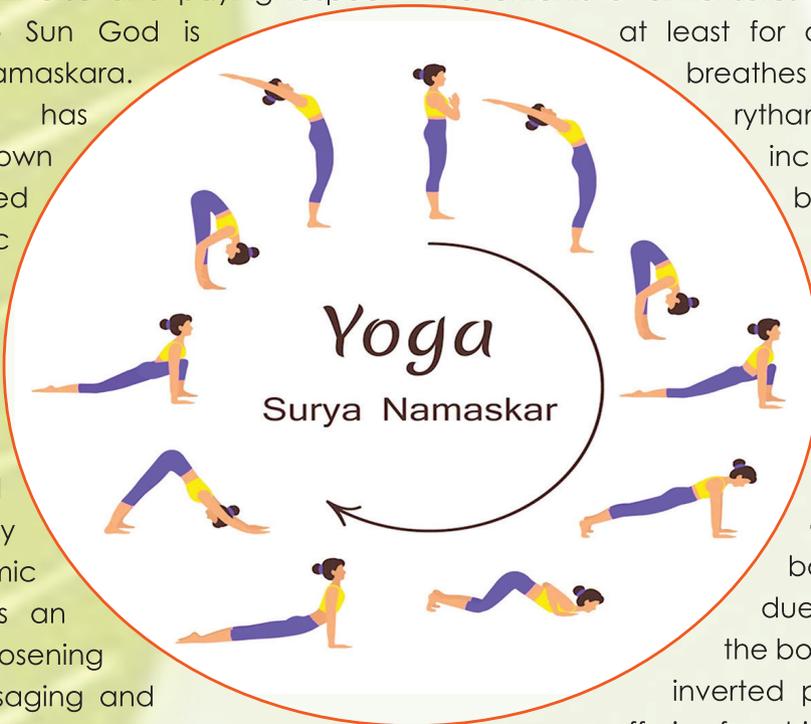
Surya namskara has been handed down from the enlightened sages of the vedic age. In Yoga, Sun is represented by Pingala or Surya Nadi, the pranic channel which carries the vital life- giving force. By practicing this dynamic group of asanas is an effective way of loosening up, stretching, massaging and toning all the joints, muscles and internal organs of the body. SN is a complete "Sadhana"-practice , which includes asana, pranayama, mantra and meditation. SN has a direct vitalising effect on the body. Regular practice of SN regulates Pingala Nadi and helps to maintain a balanced energy system at both mental and physical levels.

SN can be practiced in the early morning at sunrise or at sunset.

Benefits of practicing SURYA NAMASKARA

Practice of SN helps to strengthen the back and helps balance metabolism, stimulates and balances all systems of the body including the reproductive, circulatory, respiratory and digestive system. Its influence on the endocrine glands helps to balance the transition period between childhood and adolescence in growing children.

Synchronising the breath with the physical movements of SN ensures that the practitioner at least for a few minutes daily breathes as deeply and rythamically as possible, increasing mental clarity by bringing fresh , oxygenated blood to the brain.



Contra Indicaiton to SN practice

SN should not be practiced, if a fever, acute inflammation, boils or rashes occur due to excess toxins in the body. SN includes semi-inverted postures and people suffering from high BP, coronary artery diseases or by those who had a smoke, should be avoided. People with back conditions should take medical advice. During menstruation, this practice should be avoided. If there are no adverse effects, can be continued towards the end of the period. Following childbirth, approximately, after 40 days of childbirth, practice can be resumed. This will help for re-toning the uterine muscles.

Exercise and Nutrition

Our generation is highly influenced by the Internet and social media. Internet has both negative and positive impact on lives. Positive impact is we get exposed to the cultures of other countries, opportunities, food, fashion, access to better amenities etc. Negative impact is that we are always comparing us with others in terms of materialistic achievements. The pressure of being active in social media, made us to become

slaves to gadgets, social chatting, active online shopping and no time for making healthy food or proper physical activity. Always look for quicker and easy solutions.

Fortunately...that trend is changing. Momentum in terms of awareness for physical activity and fitness is picking up. Thanks to social media for bringing more awareness on benefits of being physically active. The necessity to bring in self discipline in terms health and being fit is the overall trend now. More awareness on food consumption pattern, right nutrition, quantity, quality of food. Moderate consumption is the need of the hour. Information on **Satvik food/pure vegetarian food (yogic food)**/ its impact on health, correcting gut health etc are available. Many start-ups are coming up with the concept of making and sending Satvik / Yogic food for people to address their ailments through consumption of right nutrition/nutrients.

For our own health maintenance and benefits, its better to understand what kind of food to be consumed on a daily basis. This helps us to stay healthy and keep us away from life style diseases. At least 30 minutes of daily exercise of brisk walking, jogging, yoga or involving any sports activities should be a daily routine. On an average **150 minutes per week** of exercise time should be provided.

Food Pyramid - Food for daily consumption

We must consider and include 5 food groups in our daily diet.

Foods are grouped together because they provide similar amounts of the key nutrients of that food group. To meet the nutrition requirements, essential for good health, one needs to eat a variety from each of the five food groups daily, in the recommended amounts. It is not necessary to eat from each food group at every meal.



It is also important to enjoy a variety of foods within each of the Five food groups because different foods vary in the amount of the key nutrients that it provide. 'Basic Five food group, suggested by ICMR can be used for planning diets.

Table 1.1 Basic Five Food Groups

Food groups	Nutrients
1.Cereal and products : Rice, Wheat, ragi, maize, bajra, rice flakes, wheat flour, sprouted cereal	Energy, protein, Invisible fat, B vitamins, iron, calcium, fiber
2.Pulses and legumes Bengal gram, black gram, cow pea, peas (dry), soybeans	Protein, energy , invisible fat, thiamine, riboflavin, folic acid, calcium, iron and fibre
3.Milk & Meat products: I) Milk and skimmed milk, cheese, curd II)Chicken, liver, fish, egg and meat	Protein, fat, riboflavin, calcium.
4.Fruits & vegetables : I) Mango, guava, tomato, papaya, orange, sweet lime, watermelon Green leafy vegetables : II) Amaranth,spinach, drumstick leaves, coriander leaves, fenugreek leaves Other vegetables : Carrot,onion,brinjal,ladiesfinger, beans, capsicum, cauliflower, drumstick	Carotenoids, vitamin C, riboflavin, folic acid, iron, fibre Riboflavin, folic acid, calcium, fibre, iron, carotenoids Carotenoids, folic acid, calcium and fibre
5.Fat & sugars : I) Fats :Butter, ghee, groundnut oil, coconut oil, hydrogenated fat, cooking oils II) Sugar and jaggery	Energy, Essential fatty acids and fat soluble vitamins Energy and iron

Health is Wealth

By M. D Murali

There is a saying that 'Health is wealth'. But we Indians often run after wealth, that is making money. But often this comes at the cost of their health.

Majority of the people, especially youngsters sit in front of computers from morning to evening. There is no proper timings for breakfast, lunch or dinner. As they sit in front of computers the whole day, they get following ailments – Headache, eye strain, neck and back ache etc. Also, one tends to put on weight in this lifestyle.

Usually, all such problems emerge by the time a person reaches 40 years of age. Because of the stress condition, you become diabetic and develop blood pressure. All these ailments will require hospitalization and special treatments. Many people spend almost 3 times their earnings on medical requirements. With all these, the efficiency of the person also comes down.

So, the only way to avoid all these problems is to keep yourself fit. This can be achieved by involving yourself in physical activity for a minimum period of 1 hr every day. Equally important is sleeping for 7 to 8 hrs daily and eating healthy food. Ensure

that you have your breakfast, lunch and dinner at proper times.

Hence, I would suggest that every person, adult or children, should be involved in physical activity for one hour and have 8 hours of sleep. It is not required to eat non vegetarian food for all your requirements of vitamins, protein and minerals. Today a person can get all these details about the contents of all these in vegetarian food also. A child can concentrate better on his/ her studies by doing physical activity for 1 hr. Even during exams, you need not study all the time. Its not easy for a child to concentrate continuously in studies for more than 1.5 hrs. at a stretch. After this a break is necessary. Even during exams, a child can get involved in physical activity which will help one to be disciplined and become mentally strong.

Therefore, to conclude, my advice to all is to get involved in physical activities and every child should spend 1 hr. daily in a good physical activity to remain healthy throughout the life.

Hence, HEALTH IS WEALTH !!

ಸ್ತ್ರೀ ಶಕ್ತಿ

ಪುಷ್ಕಲತ ಮುರಳಿ

ಹಿಂದಿನಿಂದಲೂ ಮಹಿಳೆಯು ಎಲ್ಲಾ ರಂಗದಲ್ಲಿಯೂ ಪುರುಷರಿಗೆ ಸರಿಸಮಾನಳು.

ಒಲಂಪಿಕ್ ಕ್ರೀಡಾಕೂಟದಲ್ಲಿ ಭಾರ ಎತ್ತುವಿಕೆ ವಿಭಾಗದಲ್ಲಿ ಭಾರತಕ್ಕೆ ಪದಕ ತಂದುಕೊಟ್ಟ ಮಹಿಳೆ ಕರ್ಣಂ ಮಲ್ಲೇಶ್ವರಿ, ಅದೇ ರೀತಿಯಾಗಿ ಪಿ.ವಿ. ಸಿಂಧು ಬ್ಯಾಡ್ಮಿಂಟನ್‌ನಲ್ಲಿ ಹಾಗೂ ಸಾಕ್ಷಿ ಮಲ್ಲಿಕ್ ಕುಸ್ತಿಯಲ್ಲಿ ಗೆದ್ದಿದ್ದಾರೆ. ಭಾರತದ ಮೊದಲ ಗಗನಯಾತ್ರಿ ಕಲ್ಪನಾ ಚಾವ್ಲ, ಪಿ.ಟಿ. ಉಷಾ, ಶೈನಿ ವಿಲ್ಸನ್ ಮುಂತಾದವರ ಸಾಧನೆ ನೋಡಬಹುದು. ತಾಯಿಯಾಗಿ, ಮಗಳಾಗಿ, ಅತ್ತೆಯಾಗಿ, ಸೊಸೆಯಾಗಿ ತಮ್ಮ ತಮ್ಮ ಕರ್ತವ್ಯ ನೆರವೇರಿಸುತ್ತಾರೆ.

ತೊಟ್ಟಿಲನ್ನು ತೂಗುವ ಕೈಗಳು ಜಗತ್ತನ್ನೇ ತೂಗಬಲ್ಲದು.

ಭಾರತರತ್ನ ಪ್ರಶಸ್ತಿ, ಎಂ. ಎಸ್ ಸುಬ್ಬಲಕ್ಷ್ಮಿ, ಲತಾ ಮಂಗೇಶ್ಕರ್‌ಗೆ ದೊರಕಿದೆ. ಪುರುಷರಿಗಿಂತ ಮಹಿಳೆ ಯಾವುದರಲ್ಲೂ ಕಮ್ಮಿಯಿಲ್ಲ.

COLOURS IN MY BLACK AND WHITE DAYS

-Dr (Ms) Chandish R. Ballal (aka Rani Ballal)

May 31, 2020 7.30 PM – I got into my staff car for the last time in my official position, with the ever-smiling and talkative Mr Chandrappa at the wheels. Mr Chandrappa usually made this long car journey (from my Institute in Hebbal to my residence at Indiranagar - a route with countless traffic signals and snarls) interesting with his interesting narratives. On this particular day, both of us were silent, yet the drive did not seem so long as black and white scenes of a story started unfolding, my simple straight forward story. Black and white pictures of personal and professional lives: my sweet home in Palakkad, my dear parents, brothers and their families, my teachers, my schools, my colleges, my wedding and getting to know my dear husband, the big hall where I wrote the All India ICAR Agricultural Research Service Examination in Veterinary College, Bangalore, the final interview held at the Agricultural Scientists Recruitment Board in New Delhi, first posting as Scientist 1 at the Indian Institute of Horticultural Research, Hessaraghatta, welcoming my sweet children, my Ph D programme, moving as part of a research team to the newly formed Project Directorate of Biological Control in Hebbal, the Institute getting upgraded to the ICAR-National Bureau of Agricultural Insect Resources, getting selected to head a Division and finally getting selected to head the organisation – all of these started appearing on my mind's canvas like a power point presentation. Though I tried hard, I could not use colour templates on these memory slides, which remained BLACK AND WHITE. I wondered if this grey template was due to the sad realisation that I was leaving behind my organisation after serving for 35 year or as I was vacating my chair where I had the opportunity to combine research and management to arrive at decisions for the growth of science and for benefit of our farming community or as I would miss my dear colleagues, who stood by me through thick and thin? I was brought back to the present with a jolt when I

reached home and composed goodbyes had to be exchanged.

To come out of my grey mood, I made up my mind to unpack the cardboard cartons of books and files brought from my office and to sort out the contents stuffed (over the years) into the drawers of my table at home. Thus, my post retirement day 1 started with a clear resolve to clear. However, very little was thrown, while a treasure chest was created with the little memories which I unearthed. A certificate from Lions Nursery and Primary School, Palakkad for winning the first prize in English recitation, a pink coloured bus ticket for 10ps, which was the bus fare from Chandranagar to Moyan Girls High school in Koppam, a black and white photograph of my friend and I wearing ghagra choli and posing in front of Taj Mahal. ...All of a sudden, I could see beautiful colours...I was wearing a maroon ghagra choli and my friend a red one.

And then there were only beautiful hues and colours....

The headmistress and teachers at the Lions Nursery and Primary School, Palakkad, who first taught me to be confident in class and stage. I very clearly remember a hilarious (now...not then) incident. My brother and I were two of the main characters in an English play put up for the School Annual Day. There was this scene where my co-actor and I had to deliver a couple of dialogues, at the end of which, my brother had to enter the stage to deliver his dialogues. My brother, who was not quite fast in changing his costume and could not enter the stage at the right time. My co-actor and I had delivered our dialogues and had nothing more to say. All we did was to keep looking at the door through which my brother was to enter!!

Moyan Girls High School, where we wore Maroon and cream uniforms, where we studied, sang, danced and played together and we understood what "uniformity" actually meant.

Dedicated teachers and fun-loving friends. Along with Science, Maths, Social Studies, English, focus was also on Sanskrit, needle work, drawing music, dance and games. Excitement amongst the uniform clad girls was at its peak when shouts and screams were heard and could be identified as a strike by the students of the neighbouring boys' school, which would finally result in a holiday being declared.

Pre-Degree II Group and B Sc in Zoology at Mercy College, Palakkad...almost an extension of school life. The students at Mercy had a unique advantage as they could get ready to go to college in five minutes as no time was lost in deciding what to wear....a uniform was prescribed by the college.. – a light orange coloured skirt and blouse or sari. So, naturally energy was totally channelised into curricular and co-curricular activities. Memories of charged and electrifying moments when elections happened for the post of chairperson, with no party supporting the candidates (all independent), the fight being primarily between science and arts students. Cute memories of six of us sitting inside the college bus and chit-chatting (during the time allotted for group study) and hiding between the seats and refusing to open the door in response to the frantic knocks on the bus door by the Principal and Vice Principal.

Masters in Zoology, with Entomology specialisation at Victoria College, Palakkad, there were five seats and we were five girls, a nightmare for some of the young (and slightly nervous) lecturers. Excellent Professors who gave us a strong foundation in Entomology and good friends who encouraged each other to participate in cultural and sports events and partners in crime when there was a good Kamala Hassan movie playing in Balkhees theatre!! And a kind attender Kunjan chettan, who was totally sympathetic to the five naïve innocent damsels and convinced the external examiners on the non-availability of *Gryllotalpa* (mole cricket - the toughest one for dissection) and availability of cockroaches (the relatively easier one) for the practical exam.

MPhil in Zoology at the University of Calicut, Thenhipalam, hostel life (with a gang of

wonderful like-minded friends though from varied disciplines – Library science, Education, Philosophy, Psychology) and a campus life totally different from what was experienced till then, accompanied by a tough dissertation topic – Histology of the accessory sex glands in *Scolopendra* (centipede). After a massive hunt to find a supplier, finally a consignment of live centipedes was received from a commercial supplier in Trivandrum. The carton box was opened by “brave” me least expecting that one of the subjects of my study would seek freedom and escape from confinement. I did not realise how I actually reacted till my classmates told me to climb down from the laboratory table. And not to forget my Ph D programme as an in-service candidate (on Management of *Helicoverpa* (the caterpillar attacking tur dal pods and tomatoes in the field) through non-chemical environment friendly methods) under Mysore University. The two young (7 and 5 years old) scholars at home provided maximum research inputs for my thesis, resulting in the most memorable and colourful roller coaster ride and a PhD degree at the end of 4 years.

It was quite a long and eventful journey, moving from the fear of invertebrate organisms, primarily insects to being comfortable with them, finding them beautiful and finally loving, caressing and conserving them, understanding the yeomen ecosystem services that they provide to man and animals. I have handled the not so colourful ones (cockroaches, locusts, houseflies, filth flies,), but I choose to watch, understand and encourage the colourful ones - the butterflies, dragonflies, mayflies, lacewings, lady bird beetles, hover flies, honey bees, the tiny parasitic wasps – our friends and friends of farmers. Is it not the same with our lives? Can we not choose to live in colour, trying to understand that life is like a rainbow, needing sun and rain to make its colours appear? I now realize that black and white give depth to colours and I do not need my spectacles to see the beautiful colours in my BLACK AND WHITE days!!

Trivandrum Club – Thiruvanthapuram, Kerala





ABOUT OUR CLUB

Trivandrum Club earlier on known as "The European Club" has a rich history which dates back to the 19th century. During those times this was an exclusive club with membership open only to Europeans. In 1902 the club was re-christened "THE CLUB TRIVANDRUM" and Mr. Oliver Henry Bensley, then Superintendent of Police, was made the trustee, with the power to manage the club.

The first Indian to ever become the member of this club was the erst while Maharaja of Travancore "Sree Moolam Thirunal". From 1900, the club was frequented by officers of the armed forces as well as tea Planters. In 1935, the functioning of the club was systematised, with Sri. C.B.E Truscot being made the President and Sri. C.D. Nokes made the Hon. Secretary. His Highness The Maharaja of Travancore, was made the patron in 1941 with Sir. C.P. Ramaswamy Iyer being the vice patron. Later on in 1960, Mr. A.K. Thampi became the first Indian to become Hon. Secretary and Mr. R.V. Raja became the President in 1964.

Today, the club is spread over more than 5 acres of land formed on the northern ridge of the Cotton Hill. The main club building still maintains its colonial architecture even though many new facilities and buildings were added over a period of time.

The club offers multifarious facilities like Cafeteria, Family Room(A/c), Conservatory (A/c), a well stocked spacious Bar (A/c), a carry home food Counter, laundry, a multi-cuisine Kitchen serving North Indian, Chinese, Continental, Tandoori and South Indian cuisine, and Anthapuram exclusive for ladies and infants, Library (A/c), Tennis, Table Tennis, Billiards with two tables (A/c), Cards room (A/c), 5 self contained cottages, 3 double rooms, 1 single room, 6 deluxe room, an air conditioned large community cum Marriage hall, a full fledged sports complex cum Health Club with swimming Pool, Indoor shuttle, Ayurvedic Massages, Saloon, 3 lawn restaurants - one among them exclusive for members accompanied by their families, a spacious Lounge of exquisite colonial design, Hospitality Centers (A/c) for parties, meetings etc), Children's park etc. Our club is affiliated to a host of other clubs in India and abroad.



Rhea Elsa Paul
D/O: Sanju Paulose

THE RESSURUCTION

This painting shows the true abstract meaning of easter, not straying away from its true meaning. It depicts Jesus rising from his grave and the nurturing essence of the angel. The message is that it portrays a new beginning, that not all was lost, the chance to learn the ultimate lesson, and the true intentions of the Lord.



Om Narakantakaya
Namaha

There are numerous messages hidden in this piece. Hindu Malayalis view Vishu Kani as a symbol of prosperity and good fortune. It is to signify new beginnings, as it also marks the start of the Malayalam new year. Hindu tradition holds that the day Vishu marks the killing of Narakasura by Krishna.

Happy Vishu, Happy Easter

The End

By Tom Thomas

"The end of the month is your last day," the Manager informed me. That was it. Nothing else. No thanks for the many years of service I had rendered to the institution. I had become indispensable. In the early days, people sought positions like mine—as we considered them as the gatekeepers to knowledge.

How I used to love it when those visiting my portals would ask my opinion on different topics and what to pick up and take home for a while. I guarded all my treasures zealously, ensuring that they were in pristine condition always and taking to task any who did not respect them.

Alas, that was all in the past. Today no-one wants them. They lie—dusty and forlorn—waiting to share their treasures with those who seek them. People have everything on their fingertips now and don't need me anymore.

The signs were there, footfalls reducing, no new additions to the treasures over time. The solitude where my treasures rest no longer call out to them. They find the silence unsettling as their minds crave constant noise and action always. They

find no time to be still, no time to seek, dive in and understand the great treasures that surround me. It is history they say.

I tried my best to fight the tide. "There is no interest and no budget." I was told when I asked about adding more treasures.

Enough! Let me look back with gratitude on the years that I have served in the most interesting profession to me, a real blessing to have worked at something I loved doing. I wonder what I will do at the end of the month. That is another story.

I will close the Chapter on my life as a librarian now, as many of my other fellow librarians have done in other places.

We will go soon, but we will never forget you—seekers of knowledge who came to us.

It may not be too late for you to decide.

After all,

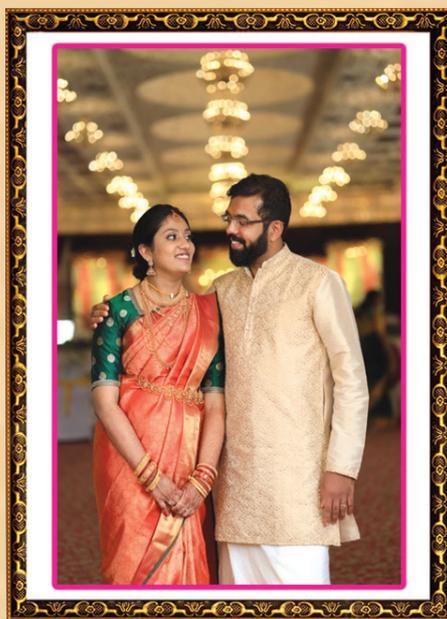
"Without libraries what have we? We have no past and no future." —Ray Bradbury



By Gopalakrishna Damodar

- 1) What is common to Queensland-Australia, Yorkshire-England, Tennessee-USA and Kerala?
- 2) According to legend, Parashurama was the first to learn this skill from Shiva. He then taught it to 21 Gurus and set up 108 schools in Kerala to teach and spread its knowledge. The British banned it in the early nineteenth century. What are we talking about?
- 3) What is common to Austin, Benson, Cleveland, Cooke, Fraser, MacIver, Richard, Richmond, and Tasker?
- 4) When making a movie if you use a Foley, what are you doing?
- 5) Caroline Murat, sister of Napoleon Bonaparte and Queen of Naples, was the first to use this personal accessory which is commonly worn worldwide today. What are we talking about?
- 6) What tradition was started by Count Ludwig von Zinzendorf three hundred years ago, which spread worldwide and is practised today in practically every house?

Wedding



ASHWINI

daughter of Smt. Sandhya
&

Sri Jayakumar Menon,
got married to

Sri. Vaishak,

son of
Smt. Sudha
&

Sri. Jayakrishnan
on Monday, 28th March, 2022
at "White Feather Banquet
Hall", Hosur Main Road,
Bengaluru.



COOKERY -

Summer Specials

- by Reeny Joe

WATERMELON FETA CHEESE SALAD

Preparation time
15 min

Total Time
15 min

INGREDIENTS:

1. Watermelon (cut into Cubes) - 2 cups
 2. Olive Oil - 1.5 tablespoon
 3. Feta Cheese - 60 gms
 4. Iceberg lettuce - 1 cup
 5. Fresh herbs – mint, parsley, basil leaves
 6. Salt and Pepper - as required for taste
 7. Zest of ½ lemon
 8. Walnuts chopped - a handful for crunchiness
- Mix everything together and chill; serves for 4 .

BERRY COOLER

How to Prepare

1. Remove the seeds from the gooseberry and grind it in the mixer with small qty of water.
2. Strain the juice and keep it aside.
3. Boil the beet root grated in small qty of water. When it is cool, strain it and add the gooseberry juice.
4. Make a sugar syrup with 1 ½ Kg of sugar and equal qty of water.
5. When it is cool, add it to the gooseberry - beetroot juice and store in the freezer.

15 minutes before serving, take it out from the freezer. Just before serving, blend it in the mixer with crushed ice and serve immediately. No need to add any more water. Servers 8/10.

Preparation time: 30 min
Total Time: 30 min

INGREDIENTS:

- | | |
|---------------|---------|
| 1. Gooseberry | Kg |
| 2. Lime | 10 nos |
| 3. Beet root | 1 no |
| 4. Sugar | ½ Kg |
| 5. Water | 1 ½ cup |

ಕೊರೊನಾ (ಕೋವಿಡ್-19 ವೈರಸ್)

ಕೊರೊನಾ ಎನ್ನುವುದು ಸಾಂಕ್ರಾಮಿಕ ಸೋಂಕು ರೋಗ. ಇದರಲ್ಲಿ ಕಿರೀಟದಲ್ಲಿ ಇರುವಂತಹ ಮುಳ್ಳುಗಳಂತಹ ರಚನೆ ಇರುವುದರಿಂದ ಕೊರೊನಾ ಎನ್ನುವ ಹೆಸರು ಬಂದಿದೆ. ಕೊರೊನಾ ಎಂದರೆ ಲ್ಯಾಟಿನ್ ಭಾಷೆಯಲ್ಲಿ ಕಿರೀಟ ಎಂದು ಅರ್ಥ. ಇದು ಒಬ್ಬರಿಂದ ಒಬ್ಬರಿಗೆ ಸುಲಭವಾಗಿ ಹರಡುವ ಸಾಂಕ್ರಾಮಿಕ ರೋಗವಾಗಿದ್ದು, ಉಸಿರಾಟದ ತೊಂದರೆಯನ್ನು ಉಂಟು ಮಾಡುತ್ತದೆ.

ಸೋಂಕು ತಗುಲಿದ ವ್ಯಕ್ತಿಗೆ ಜ್ವರ, ಕೆಮ್ಮು, ಸುಸ್ತು, ಮೈಕ್ಕೆ ನೋವು, ಉಸಿರಾಟದ ತೊಂದರೆ, ಸ್ನಾಯು ಹಾಗೂ ಸಂಧಿಗಳ ನೋವು, ತಲೆ ನೋವು, ಚಳಿ ಹಾಗೂ ಒಮ್ಮೊಮ್ಮೆ ಭೇದಿ ಕೂಡ ಕಾಣಿಸಬಹುದು. ಹೃದಯದ ತೊಂದರೆಗಳು, ಡಯಾಬಿಟೀಸ್, ಶ್ವಾಸಕೋಶದ ತೊಂದರೆಗಳು ಮತ್ತು ರೋಗನಿರೋಧಕ ಶಕ್ತಿ ಕಡಿಮೆ ಇರುವಂತವರಲ್ಲಿ ಹಾಗೂ ನ್ಯೂಮೋನಿಯಾದಂತಹ ಕಾಯಿಲೆ ಇರುವವರಲ್ಲಿ ಈ ರೋಗ ಶೀಘ್ರವಾಗಿ ಹರಡುತ್ತದೆ.

ಈ ಸೋಂಕಿಗೆ ಒಳಗಾದ ರೋಗಿ ಕೆಮ್ಮಿದಾಗ, ಸೀನಿದಾಗ ಹೊರಚೆಲ್ಲುವ ಹನಿಗಳ ಮೂಲಕ ಹರಡುತ್ತದೆ. ಹನಿಗಳು ಬಿದ್ದಿರುವಂತಹ ವಸ್ತುವನ್ನು ಮುಟ್ಟಿದ ಕೈಯಿಂದಲೇ ಮೂಗು, ಕಣ್ಣು, ಬಾಯಿಯನ್ನು ಮುಟ್ಟಿದಾಗ ಹರಡುತ್ತದೆ.

ಕೊರೊನಾ ವೈರಸ್‌ನ್ನು ಈ ಕೆಳಗೆ ಮುನ್ನೆಚ್ಚರಿಗೆ ವಹಿಸುವುದರಿಂದ ತಡೆಯಬಹುದು.

1. ಕೈಯನ್ನು ಚೆನ್ನಾಗಿ ತೊಳೆದುಕೊಳ್ಳುವುದು - ಕೈಗಳನ್ನು ಸ್ಯಾನಿಟೈಸರ್ ಅಥವಾ ಸೋಪ್‌ನಿಂದ.
2. ಹ್ಯಾಂಡ್ ಸ್ಯಾನಿಟೈಸರ್ ಬಳಸುವುದು.
3. ಕೈಯಿಂದ ಮುಖ/ಮೂಗನ್ನು ಮುಟ್ಟುವುದನ್ನು ಸಾಧ್ಯವಾದಷ್ಟು ತಡೆಯುವುದು.
4. ಹೆಚ್ಚು ಜನ ಸಂಪರ್ಕ/ಗುಂಪುಗಳು ಇರುವ ಕಡೆ ಹೋಗದಿರುವುದು.
5. ಒಬ್ಬರಿಂದ ಒಬ್ಬರಿಗೆ 3 ರಿಂದ 6 ಅಡಿ ಅಂತರ ಕಾಪಾಡುವುದು ಸುರಕ್ಷಿತ.
6. ಕೈ ಕುಲುಕುವುದು/ಹಸ್ತಲಾಘವನ್ನು ಮಾಡದೆ ಕಡಿಮೆ ಮಾಡಿ, ನಮಸ್ತೆ ಮಾಡುವುದು.
7. ಮುಖಗವಸನ್ನು ಕಡ್ಡಾಯವಾಗಿ (ಮಾಸ್ಕ್) ಧರಿಸುವುದು.

ಈ ಮೇಲೆ ತಿಳಿಸಿರುವಂತೆ ಕೋವಿಡ್-19 ರೋಗ ಲಕ್ಷಣಗಳು ಕಂಡು ಬಂದ ತಕ್ಷಣ ಮೇಲಿನ ಎಲ್ಲಾ ಕ್ರಮಗಳನ್ನು ಕೈಗೊಂಡು ವೈದ್ಯರನ್ನು ಸಂಪರ್ಕಿಸಿ. ಅವರ ಮಾರ್ಗದರ್ಶನದಂತೆ ಚಿಕಿತ್ಸೆ ಪಡೆಯುವುದು.

ಯಾವುದೇ ಜಡ ಪದಾರ್ಥಗಳು, ತರಕಾರಿ, ತಿನಿಸುಗಳನ್ನು ಮುಟ್ಟುವ ಮೊದಲು ಸ್ವಲ್ಪ ಸಮಯ ಹಾಗೆಯೇ ತಟಸ್ಥಸ್ಥಿತಿಯಲ್ಲಿ ಇರಿಸುವುದು, ನಂತರ ನೀರಿನಿಂದ ಚೆನ್ನಾಗಿ ತೊಳೆದು ಉಪಯೋಗಿಸುವುದು. ಸೋಂಕು ತಗುಲಿದ ವ್ಯಕ್ತಿಯನ್ನು ಪ್ರತ್ಯೇಕವಾಗಿ ಇರಿಸುವುದು. ಅವರಲ್ಲಿ ಸ್ಪೂರ್ತಿಯನ್ನು ನೀಡುವಂತೆ ಜೀವನೋತ್ಸಾಹ ತುಂಬಿ ಹಾಗೂ ಮಾನಸಿಕ ಕುಗ್ಗತೆಗೆ ಅವರು ಒಳಪಡದೇ ಇರುವಂತೆ ನೋಡಿಕೊಳ್ಳುವುದು.

ಕೊರೊನಾ ತಡೆಗಟ್ಟಲು ವೈದ್ಯರುಗಳು, ನರ್ಸ್‌ಗಳು, ಪೊಲೀಸ್ ಸಿಬ್ಬಂದಿ, ವಾರಿಯರ್ಸ್, ಆರೋಗ್ಯ ಇಲಾಖೆಯ ಸಿಬ್ಬಂದಿಗಳು ದಿನದ 24 ಗಂಟೆಯು ಕೊರೊನಾ ತಡೆಗಟ್ಟಲು ಕಾರ್ಯ ನಿರ್ವಹಿಸಿರುತ್ತಾರೆ. ಕೊರೊನಾವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ನಾಶಪಡಿಸಲು ಸಾಧ್ಯವಾಗಿಲ್ಲ. ಅದರ ಜೊತೆಯೇ ಬದುಕಬೇಕು. ಆದ್ದರಿಂದ, ಅದನ್ನು ತಾತ್ಕಾಲಿಕವಾಗಿ ತಡೆಯಲು ಎರಡು ಡೋಸ್ ವ್ಯಾಕ್ಸಿನೇಷನ್ ಮತ್ತು ಬೂಸ್ಟರ್ ಡೋಸ್ ಅನ್ನು ಹಾಕಿಸಿಕೊಳ್ಳುವುದು ಅತ್ಯವಶ್ಯಕ. ಕೊರೊನಾ ವೈರಸ್‌ನಿಂದ ಭಯ ಪಡದೆ ಮುನ್ನೆಚ್ಚರಿಗೆ ಕ್ರಮವನ್ನು ವಹಿಸುವುದು ಅವಶ್ಯಕವಾಗಿರುತ್ತದೆ.

ಆರೋಗ್ಯವಾಗಿ ಮತ್ತು ಸುರಕ್ಷಿತವಾಗಿ ಇರಿ.

-ಸುರೇಶ್ ಕೆಂಪಯ್ಯ

Quiz Answers

- 1) They are all known as God's Own Country
- 2) Kalaripayattu
- 3) They are all Britishers who have localities in Bengaluru named after them
- 4) Using pre-recorded versions of everyday sounds such as footsteps, a door closing, a phone ringing etc.
- 5) The wristwatch, made for her by Abraham Louis Breguet.
- 6) Lighting candles equal to one's age on birthday cakes.

OBITUARY LIST



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