



# ECA MIRROR

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December 2021

## PATRONS

Dr. J. Alexander IAS (Retd.)  
Mrs. Rukmini Varma  
Padmashree  
Dr. C.G. Krishnadas Nair

## ECA COMMITTEE 2021-22

PRESIDENT



MR.SANTOSH KUMAR.J

VICE-PRESIDENT



MR.SANJAY ALEX

GEN. SECRETARY



MR.SONY KURIAN

JT. SECRETARY



MR.JAYARAJ MENON

TREASURER



MR.BIJU THOMAS

EDITOR



MR. TONY AUGUSTINE

## President's MESSAGE | Moving Forward!



Greetings to all ECA members and their loved ones. In early August this year, when the present executive committee was sworn in, we had decided on one mission with unparalleled unanimity – “We have to move forward.”

Today, as the golden jubilee year of ECA is fast approaching, we should not only reflect upon the way we have evolved and grown over the last 4.5 decades but also make sure that we don't lose sight of the far away horizon. The future of any family is our children and the youth, and, ECA is no different. This year we will be starting a few initiatives in that direction – the direction of the future. We all know that it's better to look ahead and prepare, than to look back and regret.

Whether it is the programs, the activities or the facilities, there are changes that need to be incorporated to make it more relevant to the younger generation. Yes, with age, we all understand that we have no choice but to look forward. I would like to personally invite all the young members of the club to come forward and give us your inputs and suggestions and work together with us to make this a reality.

The first year of this decade, unfortunately forced upon us, a long period of inactivity. But after interacting with many members, we realized that although we were all stuck at home, nothing could force the ECA spirit into lockdown. This motivated us to dance with the limp and the various sub committees started to experiment with both online and offline models for conducting the programs including our magnum opus – The ECA Onotsavam, the success of which was reassurance in its finest form. I am also elated to share with you that the club is actually leaping back to normalcy. All the activities and facilities of the club have resumed following all safety protocols and it's encouraging to see so many members patronizing them.

On behalf of the managing committee, I would like to invite all of you back to the club and also appeal to each one of you to participate in all our activities wholeheartedly with zeal and enthusiasm. Together, let's make ECA the hub of activity yet again!

Wishing you and your family a safe and joyous holiday season and a Happy New Year !

**Santosh Kumar**  
President



## 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.RAM 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 & Stthree

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

## CLUB PROGRAMME COMMITTEE



## Independence Day Celebration

This year as India celebrated its 75<sup>th</sup> Independence Day, ECA members dressed in tri-colors gathered at our premises 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. Despite the pandemic situation, we had over 80 members attending this function.





## The Sixth Sense

ECA club programs and special events committee along with ECA Sahityavedi, brought together a very unique program that has never been witnessed at ECA. Lt. Cdr. Praveen (Retd.) took the audience through a magical journey reading their minds and bringing back memories stashed away in the remote corners of their brain.

The audience were spellbound by his mind reading skills and sat glued to their seats throughout the session. They were surprised, amazed, curious, and perked at the same time. The guests also felt a tad bit nostalgic as they were reminded of their first pet, their favorite teacher and their passions. It was an evening well spent and left every one present in awe of the speaker.

## SAHITYA VEDI COMMITTEE

The activities of Sahityavedi for the year 2021 was formally inaugurated on 26th September 2021 by the famous Malayalam Poet Prof Madhusoodhanan Nair.

It was an evening of poems. Prof Madhusoodhanan Nair recited his poems and went into the inner meanings of it. Members also recited his poems and it was applauded by all.

Sahityavedi along with Club Program Committee staged Mentalist Show in September. It was a mind

reading, illusion show by famous Mind Reader Lt Cmdr. Pravin.

It was a live program in ECA and was attended by a good crowd of ECA members and guests.



Sahityavedi has plans to do a program every month.

## FINE ARTS COMMITTEE

The Fine Arts Committee of ECA conducts activities which involve participation of its members. Inauguration of ECA Fine Arts calendar for 2021-22 was done by Sri. Irshad Ali, Popular

Malayalam Cine Artist on 27th August 2021, which was followed a Music Night by ECA Sangeetham.

This year the ECA Children's Festival was held from 22nd October 2021 to 27th November 2021. ECA





Children's Fest 2021 was inaugurated by Suraj Mani, Musician and Poet Philosopher on 22<sup>nd</sup> Oct 2021 which was followed a month long of intense and healthy competitions in Literary and Arts events.

More than 60 children in three age categories of 5-8 y, 9-12y and 13-16 years participated in this month Children's Day celebration.

The Grand Finale of ECA Children's Fest 2021 was held on 27<sup>th</sup> November. Ms. Roopa Pai, Author & TEDx speaker was the Chief Guest on this occasion. Awards for ECA Child Office bearers and certificates to the winners of Children's festival competitions were given away on this occasion.



The variety entertainment program consisting of dances, skits and a fashion show presented by ECA children and was appreciated by one and all.





## ECA SPORTS COMMITTEE

We had an active 5-month period with a slew of events from Sports Committee from July 2021 to November 2021.

- 1<sup>st</sup> monthly badminton tournament on August 22, 2021. This was the first tournament after lockdown and we had a great turnout of 48 people, considering the circumstances. The sponsors of this tournament were Tony Augustine, Radhakrishnan, Peter Alen. The winners were Shobha & Reeny (Ladies A), Manoj Jacob & Rohith (A+B), MD Murali & Sreejith (D), Meril & Vinay (C), Bala Warriar & Mahesh (E).
- We had two car park cricket tournaments, on August 15, 2021 & October 24, 2021 spearheaded by Roshan that witnessed great participation.
- Onam badminton tournament was conducted on September 26, 2021. The tournament was sponsored by OCC. We had a record breaking registration of 83 people for the



tournament including juniors. The winners of this tournament were Aryn & Ojas (Kids Senior), Arya Diwakar (Kids Junior), Sherina & Reeny (Ladies A), Anup Vama & Chandrasekharan (E), Sanju & Suresh Nair (D), Jacob & Manoj Vareghese (C), Prasanth & Sudhy (B), Girish & Shiju (A).

- 2<sup>nd</sup> edition of monthly badminton tournament was conducted on November 14, 2021. The sponsors for this tournament were Prashant Menon, Prashant Shenoy, Sreejith Nair &

Vijayaraghavan. This tournament was the last qualifier for EBL. The winners of this tournament were Sherina & Shobha (Ladies), Anup Vama & Rajesh VK (E), Sreekumar & Radhakrishnan (D), Thomas Kunnath & Jacob Joseph (C), Sudhy V & Suresh K (B), Shiju & Rohith (A).

- ECA Football Bundesliga Thanthry Cup 2021, was conducted on November 28<sup>th</sup> with 4 teams. Thanthry KS, was the sponsor for the tournament and the teams were Real Madrid, Indira Nagar Owned by Suresh Kempaiah,



Kozhikkodan Chekkans owned by Sanjay Alex & Jayaraj Menon, Po Mone Dinesha owned by Biju Thomas & CIDs From Kerala owned by Santhosh Kumar & Sony Kurian. Kozhikkoden Chekkans captained by Sobin Soman were the winners & CIDs From Kerala captained by Meril Jacob secured the runners up post.

## HOUSIE COMMITTEE

Post Covid, ECA restarted the Housie event. Now every Tuesday, Housie is being held at ECA. The

participation has increased over the months. It is being well appreciated by members.

## ECA STHREE COMMITTEE

ECA Sthree along with membership committee conducted a program to applaud the services rendered by the medical fraternity during the pandemic period. The program “**Applause for a Cause**” was held at ECA on 25<sup>th</sup> September, 2021. Over 150 people joined us at ECA to acknowledge the services of medical fraternity.







## ECA MEMBERSHIP COMMITTEE

Membership committee started this year with a initiative to get connected to the new members who joined in the last 18 months. In step with this we invited new members with their family on September 25th 2021 for a event with ECA Sthree committee.

As part of adding new members, giving due consideration to the current financial situation, have initiated a new scheme for prospective members who would like to take New Memberships wherein they can opt for an instalment scheme. This is applicable only for Family Membership. New members opting for this instalment scheme for 3 months ie., Dec2021, Jan, & Feb 2022 Request all of you to refer your friends.



## EAST CULTURAL ASSOCIATION

NO.8, 100 FEET ROAD, INDIRANAGAR, HAL 2<sup>ND</sup> STAGE, BANGALORE-560008

### SUBJECT: NOTICE/INFORMATION TO MEMBERS SPECIAL SCHEME BY MANAGEMENT

Dear Members,

The Executive Committee in its meeting held on Wednesday 24<sup>th</sup> November, 2021 has resolved to introduce New Schemes for allotting permanent Membership of the Club. The above decision was taken to help the Executive Committee to undertake the club development activities.

- Family Member – 2.5 Lakhs + Gst @ 18%
- An initial payment of Rs.1 lakh + Gst @18% is to be paid and balance of Rs.1.5 lakhs + Gst@18% to be paid in Installments on or before the 20<sup>th</sup> of the succeeding month. Installment option are as follows:
  - A) If initial payment is made in December, 2021 balance of Rs.1.5 lakhs to be paid in next 3 months (Jan, Feb, March) in 3 equal installments of Rs.50,000/- + Gst @18%
  - B) If initial payment is made in January, 2022 balance of Rs.1.5 lakhs to be paid in next 2 months (Feb & March) in 2 equal installments of Rs.75,000/- + Gst @18%
  - C) If initial payment is made in February, 2022 balance of Rs.1.5 lakhs+ Gst @ 18% to be paid in full by 20<sup>th</sup> March, 2022.
- The candidates will be allowed to use all club facilities after payment of the initial payment and sports fees as prescribed.
- In case of Non-payment or discontinuation of EMI under any circumstances, payments made to the club will be forfeited.
- In case of default in payment, smart card will be blocked and the applicant will not be permitted to use the club facilities.
- The Membership fee will not be refundable/transferable under any circumstances once an application has been accepted by the Managing Committee.
- ECA Club will not send any reminders for balance installments.

Sd/-

TONY VINCENT  
CHAIRMAN –MEMBERSHIP COMMITTEE

Sd/-

SONY KURIAN  
GENERAL SECRETARY



## BEVERAGES COMMITTEE

Beverages Committee commenced the year with some aggressive negotiations with liquor companies to obtain some amazing offers on liquor for our members. Special liquor offers were provided for all club programs including sports events.



For the first time in ECA, the Beverages Committee conceptualized and brought a show on western classical music titled “Thank You for the Music” which was a grand success and tickets were sold out in advance (with all covid protocols followed).

Special screening was organized for IPL nights and Cricket World Cup matches. Bar day was organized with a large gathering.

Come celebrate the return of live music with us!

East Cultural Association  
Beverages Committee  
Presents

# Thank You For The Music

An Evening of Musical Extravaganza!

Venue & Date:  
**ECA auditorium**  
**13th November 2021 | 6.30 pm**

**Dress Code: Smart Casuals**

**SEATS FILLING IN FAST. BOOK YOUR TICKETS NOW!**

Event Sponsor :	Tickets* :
 BIG BANYAN	Table seating for 4 individuals, with a complimentary bottle of wine. Guests INR 3,000   Members INR 2,000
 octave	Chair seating Guests INR 500   Members INR 250

For more details contact : Meril Jacob on +91 94487 29887  
\*T&C Apply. No-entry for children below 12 years.

**Sony Kurlan: General Secretary | Rajesh V K: Chairman – Beverages**

## ECA ONOTSAVAM 2021

ECA Onotsavam 2021 turned out to be a unique experience for the organizers, participants and the viewers.

In the early periods when the committee was formed in ECA, the nation and the state were just getting out of the clutches of extended lockdowns and Covid induced uncertainties. There were quite a few decisions to be taken including if the event should take place or not? If yes, should it be online or offline? How would the members react? After quite a bit of deliberations, it was decided that we would go ahead with one of a kind hybrid

Onotsavam which was both online and offline. It was decided to pre-shoot all the members programs and broadcast it online as well as show it in ECA. The show was to be complemented with Live Shows.

As a part of pre-shooting, it was then further decided to make a movie which would link all the other member programs into a seamless show. From then on it was a roller coaster ride of practice, script-writing, script reading sessions, shooting, editing, issues cropping out of doing all these the first time, dubbing, preparing for the show, then



postponing it because of the untimely demise of Mr. Puneet Rajkumar, budget overshoots...

Since Covid 19 had crippled the spending power of sponsors, a raffle scheme was introduced to broad base fund raising. The Raffle was met with enthusiasm and a large number of members contributed to Onotsavam through it.

Thanks to the tremendous energy and camaraderie of over 150 members, spouses and children that the final product came out with the quality that surpassed our estimates. Along with this, the self-less coordinators, donors and the entire executive committee of ECA put their best foot forward to ensure that Onotsavam 2021 was successful.

The Onotsvam 2021 opened with the traditional chendamelam on Nov 7th. The club was decked in resplendent flowers and the festive atmosphere was all pervading. Dr. J Alexander, ECA's patron, the office bearers of ECA and the Member In Charge, Neema Naveen, lit the lamp and marked the beginning of the functions.

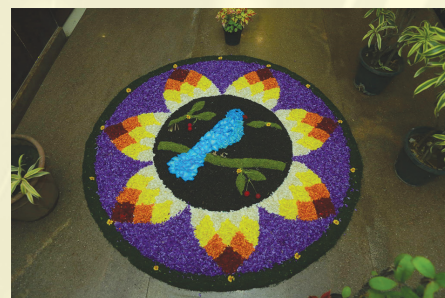
After an hour of thumping chendamelam, Devi Chandana and her team of artists had the

audience in splits with well-timed and clean comedy.

The pre shot official part of Onotsavam 2021 was then aired with the President, J Santosh Kumar providing the welcome address, Vice President Sanjay Alex briefing about the various sports activities, Treasurer Biju Thomas explaining the fund raising aspects, Jt. Secretary Jayaraj Menon detailing the structure of Onotsavam, Member In Charge Neema Naveen thanking member participants and Secretary Sony Kurian giving the Vote of Thanks.

The much talked about movie was then aired to the delight of the participants and audience. It is indeed a matter of pride to all involved that the movie was well received with none moving from their seats during the show.

Onotsavam 2021 reached a crescendo with a scintillating performance by Stephen Devassy and the Big Band as tribute to the late Musician Balabhasker. They had the entire crowd on their feet with brilliant music.









# “THE GENERATION----- GAP”

by U. Haridas, Past President - ECA

“In this contemporary society majority of us at some stage in life start feeling difficulty in understanding parents, grandparents and elders in the family and society, just because we are unable to communicate with them due to difference in tastes, values, outlook etc., This difference between generations which can lead to difficulties understanding one another, are called generation gaps.” A situation in which older and younger people do not understand each other because of their different experiences, opinions, habits & behaviour. A lack of communication between one generation and another, especially between young people and their parents, elders, boss at work place, brought about by difference of tastes, attitudes, values, outlook, interests etc. Of course there are sensible people who understand and change their attitude and think in different perspective to realities of life that influences and stretches the gap in generations, can succeed to mediate and behave more natural. This is termed as sacrifice to adjust their attitude and behaviour to think in equal IQ levels of someone from another generation in order to appease or respect them.

Have you ever had the feeling that people older than you are hard to understand? Or have you felt like people from younger generation just don't get along well with your ideas and thinking? Maybe you find it easier to connect with people who are closer to your age than those who are older or younger than you. You can probably thank the generation gap for those feelings. Why not think of your day today situation faced at home. Most of us don't bother to spare any time with your grandparents either to talk or to help them in their daily chores as you may think it does not interest you or consider as a waste of time. The same is the case with your attitude toward your younger siblings or even much younger juniors in office. You may feel superior in your position or that others cannot match your talents or skills or their behaviour is immature etc., There may be at least 4 different generations living in our country. Each generation has its unique set of characteristics and norms. For example, the greatest generation born in 1930's is known for its patriotism, hard workers and loyalty to institutions, optimism and open mindedness. It is no wonder that many people from different generations have a hard time

understanding each other.

Generation gap refers to differences in actions, beliefs, interests and opinions that exist between individuals from different generations. So, what causes these differences? One factor that has heavily influenced generation gap is the accelerating change in society. In 1940's, developments in society were slow. As a result, two or three generations lived life styles that were very similar to each other. There weren't many differences across generations; However, given technological and social advances that have taken place in the 20<sup>th</sup> & 21<sup>st</sup> centuries, the life style of individuals even one generation apart are drastically different from each other.

Just think about all the changes in technology that have occurred in the past 20 years. Many individuals from older generations are having trouble keeping up with modern technologies that millennials have become accustomed to. Due to generation gaps, a child may explain to an adult how to use technology, or a young adult will choose to spend his time while in public transportation in metros or bus texting, while an older man passes the time reading.

Another factor that has influenced the generation gap is the increased mobility of society. In earlier generation, society was not very mobile. Most of the people stayed in the same area or state. There was little contact with people outside of one's general area. Access to information from other cultures was limited. However, increasing advances of technology, people began to be introduced to new things – media like television, music, websites, such as YouTube made it easier than ever.

To make attitudes change in-order to bring closer the gap in generations, one should have a generous open mind, understanding of human mental conditioning of all ages of people around you. One should be prepared and patient to hear others feelings and opinions and think from their outlook instead of avoidance and retaliations. You can see in organizations, institutions and social clubs there are old generations easily getting merged with younger generations accepting their opinions, suggestions and actions of project proposals, planning and programs of a common cause to achieve satisfying



results. Although it is hard for younger generations to accept senior experienced older citizen's proposals or plans and ideas for a common goal for which they have to rationalize values, experience, maturity and relations to put into practice. One should respect the time, life style and technology exposure of the given period of such older generations and try to assimilate reality and merge with their suggestions proving your point as viable with all pros and cons, avoiding arguments. This mindset, attitude and behaviour apply to older generations also in fully

understanding new generations, their innovations, ideas and technology in arriving at solutions. Then only people of different generations can co-exist harmoniously eliminating hatred, egoism, complexes, tension, fighting and greed.

(This is only my sincere attempt to convey my understanding of the term '**The Generation Gap**' in simple language and not an authenticated write-up for any reference)

## Quiz by Mr Abey Mathew

- Q1. Which former British cantonment in India was linked to another older city by a mile long bund on the HSL?
- Q2. Which present day country became a separate unit under the Government of India Act of 1935?
- Q3. Which state capital is named after Anantha, the thousand headed serpent on which Lord Vishnu reclines?
- Q4. This is one of the oldest existing Dutch Palace outside Holland. This quaint mansion was built way back in 1744 by a Dutch trader. In 1909 the palace was leased to the British and it served as their residency till 1947 when the British Raj came to an end in India. Name the monument?
- Q5. Who was Time Magazine's Man of the Year in 1938?
- Q6. The Pope is referred to as the Holy Father. The title "Pope" is an informal one meaning "papa", i.e. "father". What you may not know is that he has many other titles as well. Bishop of Rome, Vicar of Jesus Christ, Successor of the Prince of the Apostles, Supreme Pontiff of the Universal Church, Primate of Italy, Archbishop and Metropolitan of the Roman province, Patriarch of the West or Occident, Sovereign of the State of the Vatican City, Servant of the Servants of God etc. On March 1, 2006 the Vatican announced that it would no longer use one of the above titles. It is apparently a diplomatic move to improve relationship with the Russian Orthodox Church. Name the title that has been dropped.
- Q7. Which Indian was a runner-up to Einstein for the 'Man of the Century' honour?
- Q8. In 1962, which Indian cricket captain was seriously injured when hit on the head by a Charlie Griffith delivery?
- Q9. Which popular film was based on the story of a fictional village called Champaner?
- Q10. Ms AP \*ed in the DA film HRHK? [Cryptic question]
- Q11. What is the small, enclosed area used in the old sport of cock-fighting called?
- Q12. The IOC awards the Olympic Order to a person who has illustrated the Olympic ideal through his action, has achieved remarkable merit in the sports world, or has rendered outstanding services to the Olympic cause, either through his own personal achievement or his contribution to the development of sport. Name the famous Indian politician who won this award?
- Q13. Fill in the blanks to complete this quote of Elizabeth Taylor: "The problem with people who have no \_\_\_\_\_ is that generally you can be pretty sure they're going to have some pretty annoying \_\_\_\_\_".
- Q14. I was born in 1921 and was a career military officer until I seized power in this Asian country via a bloodless coup. I was head of state in a largely militaristic regime from 1967 till 1998, making me one of the longest ruling heads of state in the region. I was forced to resign due to the Asian financial crisis and the shambles in which it left the economy of my country. Who am I?
- Q15. On September 6, 1997, Princess Diana was laid to rest. Which Nobel Laureate died the previous day, on September 5th?



# Disability A Different Ability

• MERLIN VARGHESE



ASLP (Audiology and Speech Language Pathology) is a course which deals with disorders of speech, language and hearing related issues. The reason that led me to take up this course is the same reason that every single person should feel whenever we meet a person who needs our help. Knowing that a person has to wake up every day without being able to listen to sounds of the birds chirping and the voice of their loved ones is not something that lets my mind stay at ease.

I know that the people who need my help have been dejected and shunned away from the normal workings of the society knowingly and unknowingly because of how their lives have turned out to be. And when I put myself in their positions, I'd also feel the need to have someone help me go through these moments and overcome them. This thought is what encouraged me to be that person who help the helpless and bring them to enjoy the joy of speech and hearing. We should be grateful to God that we all are privileged and at the same time, be God's hands to make the less privileged feel equal.

And as one completes the course, we have various carrier opportunities like Audiologist, Speech Therapist, and Clinical Audiologist etc. Moreover, we can be a part of someone's life and join them in their happiness as they discover the beauty of speech and hearing.

“ भाषा: संस्कृति की परिचायक ”

“ हम सबकी पहचान है हिन्दी, मीठी, मधुरिम तान है हिन्दी, हिमशिखरों से सिन्धु लहर तक, सारा हिन्दुस्तान है हिन्दी। ”

किसी भी देश की भाषा उसकी सभ्यता, संस्कृति की परिचायक होती है। हिन्दी भाषा भी हमारे देश की उन्नत संस्कृति की साक्षी, सहायक रही है। यह भाषा पूरे राष्ट्र को एकता के सूत्र में बाँधती है। इसका विशाल तथा समृद्ध साहित्य आदिकाल से देश की भावनाओं का प्रतीक रहा है। मुंशी प्रेमचंद ने गाँवों के देश भारत की ग्रामीण संस्कृति की अपने साहित्य में दर्शाया तो दिनकर, जयशंकर प्रसाद ने संस्कृति के कई पहलुओं को अपनी रचनाओं में अमर बना दिया। भारतीय संस्कृति को विन्नमता, दानशीलता, आतिथ्य, देशप्रेम, सत्य-पालन, कर्मठता जैसी विशेषताओं को हिन्दी भाषा में, इसके साहित्य में ऊँचा दर्जा प्राप्त है। आज़ादी की लड़ाई में यह भाषा जन-चेतना का माध्यम बनी। अलंकारों, मुहावरों, लोकोक्तियों से समृद्ध यह भाषा अपनी लोक कथाओं में भी संस्कृति के दर्शन कराती है। खुशियाँ मनाने के लिए ‘ घी के दीए जलाना ’ तथा अचूक निशाने के लिए ‘ रामबाण होना ’ जैसे मुहावरे भाषा को संस्कृति का दर्पण बनाते हैं। हिन्दी देश की राजभाषा है। यह अपने साथ सदियों के अनुभव, विदेशियों के आक्रमण तथा विभाजन की व्यथा गाथा सुनाती रहती है।

भारत को संसार का गुरु माना जाता है। इसके नालन्दा, राजगिरी तथा विक्रमशिला जैसे विश्वविद्यालयों में विदेशी छात्र इस भाषा की विशेषता से प्रभावित हुए बिना नहीं रहते थे। आज भी यह भाषा भारतीय संस्कृति की पहचान के रूप में विदेशों में भी प्रचलित है। त्योहारों, मेलों, खेलों-खलिहानों का यह देश हिन्दी के गीतों में गूँजता है। हिन्दी न सिर्फ हमारी संस्कृति की पहचान बल्कि हमारा अभिमान भी है।

कजरी वर्मा



# Yoga and its benefits

by Meenakshy Rama Narayanan

**"Yoga is not an ancient myth buried in oblivion.  
It is the most valuable inheritance of the present.**

**It is the essential need of today and the culture of tomorrow"**

Swami Satyananda Saraswathi,  
one of the pioneers of Yoga practice in India

YOGA.....We are listening to this four-letter word everyday in social media, newspaper, digital media, etc. Since the invasion of invisible viral pandemic in our universe, this magical word has gained more prominence in infinite proportion. A basic awareness is given birth to the mankind is that practicing Yoga helps us to improve our immunity, mental and physical health and keep us away from the arms of invisible and visible illnesses.

We are living in an age of mobile phones or tabs and adopting a lifestyle under the inescapable surveillance and influence of social media. The world we live in is highly competitive, materialistic and external recognition is the hallmark, a solitary source of inspiration. Yoga comes as a therapeutic measure to bring a balance in navigating our lives and insulate us from these influences to a large extent. Needless to say, the regular practice of Yoga builds a bridge of harmony between the body and mind, rekindles the spirit of uniqueness in every individual. In a nutshell, **Yoga** is a journey of self-discovery, harnesses in fine tuning our inner strengths, challenges us to stretch our limits.

The foundation of Yoga built on its Yama and Niyama principles. They are the Personal and Universal vows one has to follow to build up a stronger personality.

**Yamas** are non-Violence, honesty, non-stealing, conservation of energy by moderate activities and being less possessive about materials and relations.

**Niyamas** are Personal cleanliness, contentment, hardworking, disciplined, and finally Surrendering to Supreme Power.

## Yoga for Health, fitness and Sports

Fitness is an important aspect for everyone irrespective of being in sports or not. As a society, majority of us have extended a least priority to fitness and wellbeing for a long time. Times are slowly changing and our awareness levels have considerably improved in the area of health. Most of the institutions are nurturing and encouraging sports and fitness.

Many studies have conclusively proved that athletes or sports persons will reap immense benefits by including yoga to their training regimen. The practice of Yoga improves on flexibility, balance, agility, endurance, core and overall strength that help in prevention of injuries. Even Yoga considerably helps in the rehab programs of injured sportspersons.

Key Benefits of practicing Yoga in sports are:

- *Yoga helps the muscles, tendons and ligaments move through a full range of motion, thus cultivating balance and core strength which is a huge benefit to athletes in their chosen sports...*
- *In addition, yoga not only helps the person to relax the stiff muscles, but also overcome anxious and overstressed situations successfully.*
- *Practicing Yoga in sports ensures longevity of a sports career as it brings physical and mental equilibrium*



*In order to excel in sports, it's imperative that, Yoga must be part of the fitness diet of every sportsperson.*

**Let's look at the prominent force of life – 'Breathing' in this article as a primary aspect of well-being of any individual**

## Breath to calmness and stillness

### Pranayama –Prana – Breath: Yama-controlle :

The breath/breathing is the most vital process in the body. It influences the activities of each and every cell and most importantly intimately linked with the performance of the brain. Most people breathe incorrectly using small part of their lung capacity. This deprives the body of oxygen and prana, essential to its good health. Pranayama establishes regular breathing patterns. This helps us to have control of breath and re-establishing the natural, relaxed rhythms of the body and mind. The best time to practice pranayama is dawn or after sunset.

## Breathing techniques

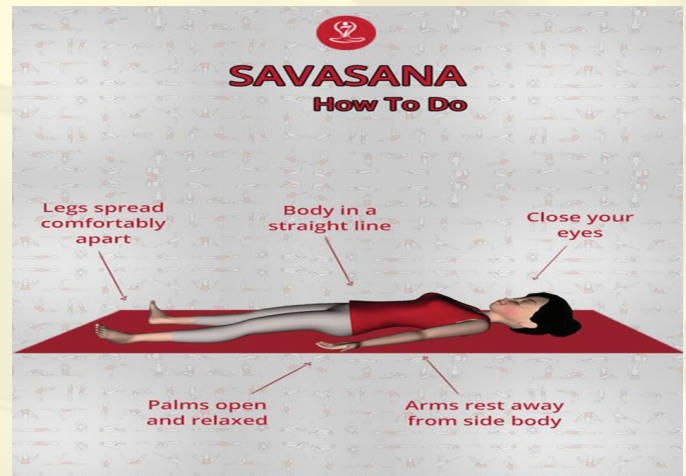
### 1. Natural breathing – Fall in love with your breath

This is a simple technique of introducing the practitioner to their own breathing patterns. This can be practiced anytime and very relaxing. Awareness on your own breathing pattern will help you to slow down respiratory rate and establish a more relaxed rhythm.

Sit in a comfortable meditation posture (sit cross legged on a mat) or lie in Shavasana and relax the whole body. Close your eyes gently.

Observe your own natural breathing process. Feel the breath entering the nostrils and flowing out of the nose. Develop total awareness with this process with a sense of detachment. Bring your awareness down to your throat, chest, abdomen and feel the air entering the throat, chest abdomen simultaneously. And finally aware of the whole breathing process from nostril

to abdomen and the reverse process. Continue observing this process for some time. In the end bring your awareness back to your physical body as one unit and open your eyes.



### 2. Nadisodhana (Anulom Vilom) /Alternate Nostril breathing

Nadisodhana or Anulom Vilom pranayama is a balancing pranayama helps to maintain equilibrium between the right and left brains. This ensures that the whole body is nourished by an extra supply of oxygen. The brain centres are stimulated to work nearer to their optimum capacity. It induces tranquillity, improves concentration, lowers stress and anxiety.



## How to practice

Sit comfortably in any meditation posture: simply sit cross legged on the mat or padmasana. Keep the head and spine upright. Relax your whole body.

## Technique 1- Preparatory practice

- Close the right nostril with right thumb. Inhale and exhale through left nostril 5 times. The rate of inhalation and exhalation should be normal. Release the right thumb and repeat with the other nostril by blocking the left nostril with the ring finger. This will help to clear the nostril passage.

## Technique 2: Alternate nostril breathing

Begin with equal inhalation and exhalation using the ratio 1:1. Close the right nostril with the right thumb and inhale through the left nostril.

Count mentally 1,2,3 until the inhalation ends comfortably. Close the left nostril with the ring finger and release the pressure of thumb on the right nostril and exhale, simultaneously count 1,2,3. The time for inhalation and exhalation should be equal.

Next inhale through the right nostril, by keeping the left nostril closed, using the ring finger, keeping the same count. At the end of inhalation, close the right nostril, open the left nostril and exhale through the left nostril counting the same manner. Repeat for 5 to 6 rounds.

## Contra Indication

This should not be practiced while suffering from cold, flu or fever.

**Benefits:** *This increases awareness and sensitivity to the breath in the nostrils. Breathing through the left nostril tends to activate the right brain hemisphere; breathing through the right nostril activates the left hemisphere. The long slow balanced breathing has profound effects on calming and balancing the energies.*

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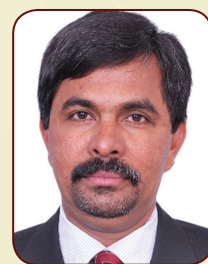
## RECCAA Club – Personal experience of an ECA Member.

We had the privilege to stay at the RECCAA Club several times since inception which is affiliated to ECA.

Uniquely designed and spacious club spread over 3 acres of land, built by NIT Calicut Alumni with ample car parking, RECCAA Club hosts top notch facilities such as air-conditioned conference hall, board rooms make it particularly suitable for business meetings, conferences and corporate events.

Cozy and spacious residential rooms, home theater, swimming pool, kids play area, facilities for indoor and outdoor games make it an ideal place for any family function. Indoor wooden badminton courts designed by professionals make it ideal for sporting needs. RECCAA club's multi cuisine restaurant provides the best and choicest

**Josline K James**  
**ECA Member ID J116**



cuisine. Health club, massage room, card room and bar facilities added value to our stay.

RECCAA Club, one of the best clubs in Kerala, managed by professionals (RECCAA Charitable Society) and courteous staff, is located in RECCAA Valley, Kakkanad, a stone's throw away from collectorate and Civil Station in Kochi.

As a member of RECCAA Club, I personally invite you all to enjoy its ambience and hospitality.







## FRUIT CAKE

### Ingredients:

- |                                 |           |
|---------------------------------|-----------|
| 1. Maida                        | 1/2 Kg.   |
| Baking Powder                   | 2 Std.sp. |
| Salt                            | a pinch   |
| 2. Sugar(Powdered)              | 1/2 Kg.   |
| 3. Butter/Margarine             | 1/2 Kg.   |
| 4. Egg                          | 8 nos.    |
| 5. Nutmeg Powder                | 2 teasp.  |
| 6. Cinnamon& cloves powder      | 1teaspoon |
| 7. Orange zest (Chopped finely) | 2 teasp.  |
| 8. Cake Jeera                   | 1 teasp.  |
| 9. Crystallized Ginger          | 20gms     |
| 10. Vanilla Essence             | 2 teasp.  |
| 11. Lemon Juice                 | 2 teasp.  |
| 12. Orange Juice                | 1 tab sp. |

### Fruits and Nuts:-

Cashew	100gms.
Raisins	100gms.
Dates	150gms.
Cherry	50gms.
TuttiFrutti	50gms.

### Method:

Soak fruits like Raisins, Dates, cherry and tutti-frutti in Rum for 3 weeks. Cashew need not be soaked

Preparation of Caramel syrup:- Put 300gms of sugar in a pan and keep it on stove. First it will melt and will become brown in colour. When it becomes dark brown, dark fumes will start coming. Pour 5 table spoons of water stir continuously. Take it out from the stove. Let it cool.

Now beat egg yolk with Vanilla essence. Egg white has to be beaten separately till it becomes fully frothy. Sieve Maida, with baking powder& salt. Repeat sieving for three times. Keep separately.

Mix sugar with margarine with a hand mixer till it becomes very smooth. Add egg yolk to this and mix well. Slowly add Maida mixture to this and mix with a spatula while adding egg whites. Now add all other ingredients one by one and mix well. Fruits & nuts to be added last

Pre heat the oven at 250 degrees for 15 min. Grease the baking containers and sprinkle Maida then pour cake mix and bake for about 20mts.Check proper baking by a splinter near the centre of the cake. You can also use parchment paper instead of greasing. If the container is too big, keep a metal small glass in the centre of the container while baking. After baking take out the cake from the oven keep it on the wire mesh till it become cool. Empty the cake on to a spread parchment paper.

Let us have homemade Cake for this Xmas.

Alphie Joseph

# COOKERY

## WINE FROM GRAPES

### Ingredients:

Grapes	5 Kgs
Sugar	2.5 Kgs
Water	6 litres (Boiled & cooled)
Instant Yeast	1 teaspoon
Egg White	1 Egg
Whole wheat	2 table spoon

### Method:

Select full ripe dark purple grapes. Wash well with salt and repeat with plain water 2-3 times. Wipe thoroughly with soft cloth until all the moisture is removed. Mash with a wooden spoon lightly to split the grapes. Beat egg white well till it becomes frothy.

Put mashed grapes into a fully dried jar. Add sugar, yeast, well beaten egg white & whole wheat. Stir well with wooden spoon.

Close the lid and cover with a thick cloth tightly tied to the jar. Open the jar next day & stir well with a wooden spoon. Repeat this for next 10 days.

After 21 days open the jar and strain the wine through a muslin cloth to get fully filtered clear wine. Wine has to be stored in sterilized dry bottles.

*P.S: To get a spicy twist one can add 10 whole cloves, 8 cardamoms & 3 pieces of cinnamon sticks. It is advisable to wrap the spices in a piece of cloth, tied & put in the jar along with other ingredients.*

Alphie Joseph



RITHIKA daughter of Smt. Shyla & Sri P.C. Mohan, Member of Parliament, Bengaluru Central, got married to Sri. Agnishwar, son of Smt. Bhavani & Sri. Jayaprakash on Monday, 15<sup>th</sup> November, 2021 at "Chamara Vajra", Jayamahall Main Road, Jayamahall, Bengaluru and their marriage reception was held on 17<sup>th</sup> November, 2021 at Bangalore Main Palace, Vasanth Nagar, Bengaluru.







## OBITUARY LIST 2021-2022



**MEENA MATHEEN**

ECA NO.2538  
CLUB NO.DM-055  
EXPIRED ON 07-05-2021



**B.RAVINDRAN**

ECA NO.1897  
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EXPIRED ON 05-06-2021



**P.C.GEORGE**

ECA NO.614  
CLUB NO.G-038  
EXPIRED ON 19-08-2021



**RAVINDRANATHAN.P.V**

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CLUB NO.DR-016  
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**YOGINDER SIPPY**

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EXPIRED ON 08-09-2021



**THANIGAIVELU.B**

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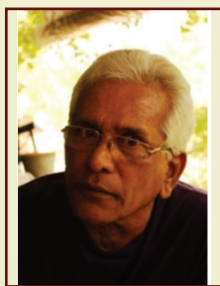
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CLUB NO.DV-011  
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**P.P.PHILIPS**

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CLUB NO.S-185  
EXPIRED ON 03-11-2021



**KUNJU KUNJU A.P**

ECA NO.741  
CLUB NO.DK-010  
EXPIRED ON 13-11-2021

### QUIZ ANSWERS:

Q1: Secunderabad  
Q4: Bolghatty Palace, Ernakulam  
Q7: Gandhiji  
Q10: Zeenat Aman  
Q13: Vices and Virtues

Q2: Burma  
Q5: Hitler  
Q8: Nari Contractor  
Q11: Cockpit  
Q14: Gen Suharto

Q3: Thiruvananthapuram  
Q6: Patriarch of the West or Occident  
Q9: Lagan  
Q12: Indira Gandhi  
Q15: Mother Theresa



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