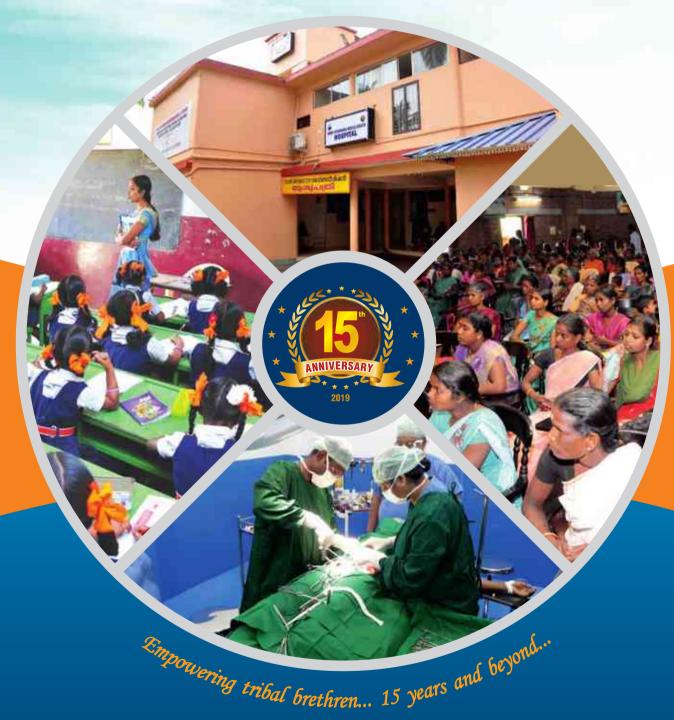


SWAMI VIVEKANANDA MEDICAL MISSION

AGALI PO, PALAKKAD DISTRICT





SOUVENIR





SWAMI VIVEKANANDA MEDICAL MISSION

Reg.no.55/IV/2004

AGALI PO, PALAKKAD DISTRICT, KERALA, INDIA



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Empowering Tribal Brethren,
......15 years and Beyond

SOUVENIR EDITORIAL COMMITTEE

Joby Balakrishnan | Krishnakumar R | Dr.Robin Abraham | Shraddha Dulap

R. Venugopal | Adv R. V. Sreejith | Dr. Narayanan V

SVMM /

Our Inspiration



Swami Vivekananda



"This is the gist of all worship - to be pure and to do good to others.

He who sees Shiva in the poor, in the weak, and in the diseased, really worships Shiva"





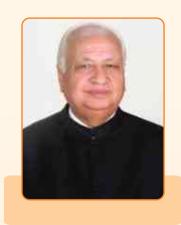
Our Guide



Swami Dayananda Saraswathi

I consider that living begins when one contributes something that will bring about more joy, more happiness, more light and more freedom





ARIF MOHAMMED KHAN GOVERNOR OF KERALA



RAJ BHAVAN KERALA

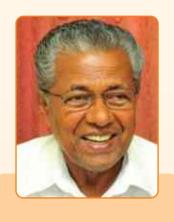
11 December 2019

MESSAGE

I am happy to know that Swami Vivekananda Medical Mission, Attappady, Palakkad is celebrating its Fifteenth Anniversary this year and that a **Souvenir** is being published to mark the occasion.

I convey my hearty greetings to everyone behind this venture and wish the celebration as well as the souvenir all success.

[Arif Mohammed Khan]



പിണറായി വിജയൻ മുഖ്വമന്ത്രി



കേരള സർക്കാർ



നം.1040/പ്രസ്/സി.എം.ഒ/2019.

നവംബർ 27, 2019.

സന്ദേശം

അട്ടപ്പാടി സ്വാമി വിവേകാനന്ദ മെഡിക്കൽ പതിനഞ്ചാമത് വാർഷികത്തോടനുബന്ധിച്ച് ഒരു സുവനീർ പ്രസിദ്ധീകരിക്കുന്നു എന്നറിഞ്ഞതിൽ സന്തോഷം.

വാർഷിക പരിപാടികൾക്കും സുവനീറിനും എല്ലാ ഭാവുക ങ്ങളും നേരുന്നു.

പിണറായി വിജയൻ







Thiruvananthapuram Date: 28.11.2019

No:0142/Press/H&SJ/2019

Message

I am happy to know that Swami Vivekananda Medical Mission, Attappady is bringing out a souvenir in connection with 15th anniversary celebrations. I appreciate your initiative and wish you all success in this endeavour.

K K Shailaja Teacher



Website: www.kamakoti.org E-mail : kanchimutt@gmail.com



॥ श्रीचन्द्रमौलीश्वराय नमः ॥ श्रीशंकरमगवत्पादाचार्य परम्परागत मुलाम्नाय सर्वज्ञपीठम् पुज्यश्री काञ्चीकामकोटिपीठाधिपति

शंकराचार्य स्वामिनः

श्रीमठम् संस्थानम् सं.१, सालै वीथी, काडीपुरम् ६३९५०२



28/1/2020

Date :

2 : 044-2722 2115

Acts: 044-2722 4236 Fax: 044-2722 4305

Message of Blessings

Bharata Desha has been blessed & guided by divine Savants from time immemorial. Based on the firm foundation of Sanatana Vaidika Dharma, Avatara Purushas have led the spiritual, social, educational, cultural, national realms of this country. Kerala, known as Parashurama Kshetra, has been a divine abode and Avatara Sthala of Jagadguru Adi Shankaracharya. As is well known, the Acharya, within a short span of 32 years, achieved unimaginable progress for humanity by guiding, uniting & uplifting the people by spreading knowledge of Veda-Vedanta and removing ignorance.

The Acharya in his Prashnottara Ratna Malika has emphasised the need for achieving merit in education, medicine and charity.

कुत्र विधेयो यतः?

विद्याभ्यासे, सदौषधे दाने॥

Swami Vivekananda Medical Mission, Attapady, Palakkad Dist, Kerala has been enthusiastically performing activities in all the three fields mentioned above, since fifteen years, with a spirit of service to humanity. The various activities in the area have uplifted the health and well being of the people especially the Tribal communities, which is very essential in present day situation.

His Holiness Pujya Sri Sankara Vijayendra Sankaracharya Swamigal is immensely pleased to note that the mission is fully committed towards Manava Seva, which is equated with Madhava Seva in our traditions. His Holiness conveys divine benedictions for the souvenir, published to celebrate the 15 years of service to society, and which will enable the mission to reach out and involve a wider section of society in its activities. His Holiness also conveys blessings to all those involved in this 'Seva' including the management, doctors, administrative staff and volunteers.

Narayana Smriti

Sri Vikaari - Maaga - Sudhdha Chathurthi Camp: Chinna Tirupati Perumal Temple, Ambattur, Chennai

Hara Hara Shankara



presidentoffice@rkmm.org

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E-MAIL: president@rkmm.org



RAMAKRISHNA MATH

P.O. BELUR MATH, DIST. HOWRAH WEST BENGAL: 711 202 INDIA

MESSAGE

I am glad to learn that Swami Vivekananda Medical Mission, Attappady, which is active in the fields of health, tribal welfare, education, skill development, agriculture and rural development will be celebrating its fifteenth anniversary and a souvenir will be published on the occasion.

Swami Vivekananda traveled the length and breadth of India for nearly three years. The terrible poverty and misery of the masses caused his soul to burn in agony. He realized that the neglect of the masses is one of the causes of India's downfall. Every nation has a prominent ideal running through its whole life and this ideal is the backbone of the national life. Swami Vivekananda proclaimed that the



national ideals of India are 'renunciation and service' and India will rise once again only by following them. His vision was to inspire his countrymen with these ideals and 'send them rolling like irresistible waves over India, bringing comfort, morality, religion, education to the doors of the meanest and the most downtrodden.' He said, "Intensify India in those channels, and the rest will take care of itself. ...if I had a thousand lives, every moment of the whole series would be consecrated to your service, my countrymen, my friends. ...Feel, my children, feel; feel for the poor, the ignorant, the downtrodden; feel till the heart stops and the brain reels... He who sees Shiva in the poor, in the weak, and in the diseased, really worships Shiva." I am sure that, by the grace of Swami Vivekananda, the work undertaken by you all will continue to grow in the years to come.

May by the grace of Bhagavan Sri Ramakrishna, Holy Mother Sri Sarada Devi and Swami Vivekananda the programmes and the publication be a grand success!

I convey my good wishes to all.

Belur Math

29th November, 2019

(Swami Smaranananda)

Sonorana I

President





MESSAGE

Hari Om! Salutations!

All over the world, saints and sages see the entire cosmos as One. The Rishis of India presented the incredible image of the Virat Purusha, the Cosmic Being, to describe the glory and magnificence of the Supreme – wherein all things and beings are in Him alone.

It is this vision that enables us to go beyond all distinctions and differences of race, religion, caste, colour and creed. It is this vision that enables us to serve and share what we have with others — as this profound vision sees no 'others!'

It is this vision that resounds in the words of Pujya Gurudev Swami Chinmayananda as he urged us to "serve others selflessly and thus serve Him who is the one Effulgent Truth behind all this world panorama."

I am very impressed and happy to note the wide range of health and community development projects and activities of Swami Vivekananda Medical Mission for the welfare of tribes and other backward sections of Attappady. True to its name, it is glorifying and spreading the vision and message of Swami Vivekananda. He succinctly pointed out that the knowledge of Oneness leads one to help and support those who need it most, when he said, "It is a privilege to serve mankind, for this is the worship of God. God is here, in all these human souls. He is the soul of man."

My best wishes on the occasion of the 15th anniversary of the Trust. May it grow to greater heights and bring maximum happiness to the maximum people in all its future endeavours.

At His Feet.

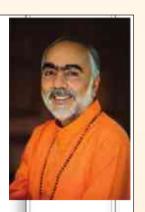
Swarogonanda

Swami Swaroopananda Global Head, Chinmaya Mission

4th December, 2019



Central Chinmaya Mission Trust



Q Gři



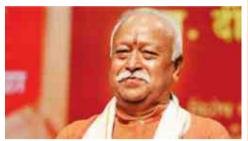
അമ്മയുടെ സന്ദേശം

ഓമന മക്കളെ,

ആതുര സേവനരംഗത്ത് സ്വാമി വിവേകാനന്ദമെഡിക്കൽ മിഷൻ വിജയകരമായ പതിനഞ്ചു വർഷങ്ങൾ പിന്നിടുകയാണ് എന്നറിഞ്ഞതിൽ അമ്മയ്ക്ക് സന്തോഷമുണ്ട്. അതിയായ സാധുക്കളോടുള്ള കരുണയാണ് ഈശ്വരനോടുള്ള നമ്മുടെ കടമ. വ്യക്തിയുടെ ആത്മീയ പുരോഗതിയും സമൂഹത്തിന്റെ അഭിവൃദ്ധിയും കൈകോർത്തുപോകണമെന്നതാണ് വിവേകാനന്ദസ്വാമികൾ നമുക്ക് നല്കിയ സുപ്രധാനമായ സന്ദേശം. ദരിദ്രരുടേയും അവശരുടേയും ഉന്നമനത്തിലാണ് രാഷ്ട്രത്തിന്റെ യഥാർത്ഥ പുരോഗതി കുടികൊള്ളുന്നത്. ആദിശയിൽ ഏറ്റവും പ്രാധാന്യമർഹിക്കുന്ന ഒരുമേഖലയാണ് മക്കൾ ചെയ്തുകൊണ്ടിരിക്കുന്ന ആതുരസേവനരംഗം. സാമൂഹ്യപ്രവർത്തനങ്ങളിൽ അമ്മയ്ക്ക് വളരെ സന്തോഷമുണ്ട്. പ്രവർത്തനം ഇനിയും ഇനിയും മക്കളുടെ വളരുവാനും വിജയിക്കുവാനും സാധുക്കൾക്ക് അനുഗ്രഹമായിത്തീരുവാനും അമ്മ പരമാത്മാവിൽ സമർപ്പിക്കുന്നു.

ഓം നമഃശിവായ





ाॐ।। राष्ट्रीय स्वयंसेवक संघ

प्रधान कार्यालय : डॉ. हेडगेवार भवन, महाल, नागपुर — 440 032 दूरभाषः (0712) 2723003, 2720150 फॅक्स नं: 2721589, Email-bedgewarbhayan@rediffmail.com

माध कु. 7 युगाब्द 5121

15.02.2020

Karnavati

Swami Vivekananda Medical Mission Seva Trust working for the upliftment of tribal people in Attappady, Kerala since the last 15 years in the field of Education, Health, Socioeconomic development and building self confidence amongst them is an example of selfless service.

॥ कामये दु:खनप्तानां प्राणिनाम् अर्विनाशनम् ॥ is the basis of Seva. The feeling of Brotherhood towards all our countrymen alone can bring in the sense of responsibility towards those living in dense forest areas. It is our duty to work relentlessly for the deprived and less fortunate. For Bharat to become a Vishwa Guru, the Vanavasi brethren proclaiming 'वर्ष अमृतस्य पुत्राः' with confidence is but a pre requisite.

A souvenir to mark the auspicious occasion of completing 15 years of Seva will definitely pursue the objectives of Swami Vivekananda Medical Mission and will facilitate in spreading this pious mission.

I heartily wish all success to this souvenir and extend best wishes to all those involved in publishing it.

Mohan Bhagwat



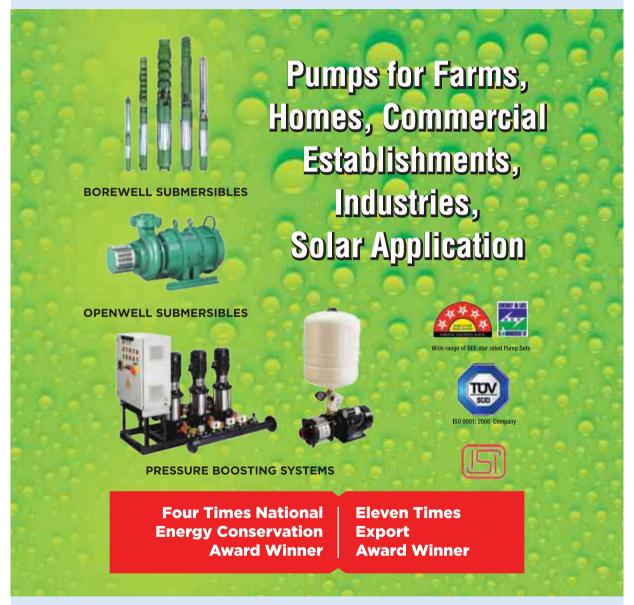


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Inauguration stone for hospital laid by Dr.D.D.Sagdeo on 18th April 2005



Inaugural address by Sri P.E.B.Menon on 5th June 2006



Dignitaries at the inaugural function of the hospital



Reception for Poojya Swami Dayananda Saraswati at the hospital



Poojya Swami Dayananda Saraswati visit to the hospital



Smt P.Sugathakumari inaugurating Mental Health Project



Dr.Sankar VH inaugurating Sickle Cell Disease Care Centre



Dr.M.Lakshmikumari inaugurating Annual Day Celebrations in 2008



Dr. K. Mohanan, Vice-Chancellor, Kerala University of Health Sciences inaugurating CMHP 10th anniversary



Dignitaries at Silver Jubilee function of Malleeswara Vidyanikethan school



Foundation stone laid for new school building by Sri NCT Rajagopal



Sri Pon Radhakrishnan, Union Minister of State for Roads, Shipping and Heavy Industries inaugurating New wards and facilities at the hospital on 15-9-2015

An Odyssey called Swami Vivekananda Medical Mission

V.P.S. Menon
President
Swami Vivekananda Medical Mission Trust

Souvenirs are like bottles of perfumes! A souvenir distils our aspirations, successes, failures, memories, past events and milestones passed and hold the distillate in captivity! It never fades, never gets stale. And then, when we want we can uncork it and live the moments all over again! In these fast moving times, when NOW become THEN even when it is still NOW, what other memoir can we have to mark the trail that we had traversed so far, and to prove that it wasn't all a dream?

Our dream began in 2004; it turned into a vision in 2006 when our hospital was inaugurated at Agali under Dr Narayanan as the only doctor. Soon, his dedication and commitment found enough admirers and well wishers who were also drawn to the 'mantra': Manava Sewa Is Madhava Sewa. His resolve and zealousness triggered similar passion and ardour in them enough to form Swami Vivekananda Medical Mission Trust.

The trust took up the challenge diligently to bring forth stupendous transformation in the rendering of basic health services in Attappady. The hospital provided free basic therapy even to the inhabitants of remote tribal hamlets. When the unique rural health programs like Community Mental Health Services, Sickle Cell Anaemia project and village health worker

scheme received state wide recognition, success came in the form of sponsorship of facilities and equipment under CSR schemes of many private and Public Sector Units, enabling the hospital to scale up its activities.



Soon, it blossomed into the present multispecialty care centre that renders consultation and treatment in General Medicine, Gynecology, Dermatology and Dentistry. Facilities like ECG, EEG, Ultrasound Scanning, X-ray, Lab and Pharmacy were added. In 2015, Women and Children's ward, Maternity Ward, Labor Room, Operation Theatre and ICU were built.

The hospital continues to provide free medicines, treatment and surgeries to tribal patients and at subsidized rates to other backward people. Hundreds of tribal patients from the nook and corner of all the three panchayaths attend the hospital daily. Adequate ambulance service to and from remote tribal hamlets to not only our hospital but also to Medical Collage Hospitals in Palakkad, Thrissur and Coimbatore is also



provided, thanks to the donors who had provided the Ambulance vehicles.

General and specialty surgery, Antenatal care, delivery and post natal care and new born care, are additional services available. Specialist Doctors of various disciplines attend the Medical Camps organized by the hospital at regular intervals to provide consultation and treatment for specific diseases. The mobile medical unit comprising a doctor, nurse and paramedical staff visits the far flung tribal hamlets periodically to conduct medical camps and give treatment and nursing care at patients' doorstep.

The activities of the hospital and trust are manifold. Apart from health, rural development, education, skill development and women's empowerment are areas of special attention and implementation. A high school giving free education for tribal children, boys' hostel, tribal sports hostel and tailoring and dress making centre for self help groups are already functioning.

After identifying about 300 mentally ill patients through a comprehensive survey,

The Community Mental Health Programme was initiated in 2009. Since then almost 200 patients with mental illnesses at various stages are on regular treatment and follow up under this programme which was started under the guidance of the

Department of Psychiatry, Medical Collage, Thrissur.

An Alcohol De-addiction Project under which alcoholics are identified, motivation camps conducted. Patients with good motivation levels are admitted in the De-addiction centre where detoxification and counseling for deaddiction is given. Over 250 patients have been treated under this project. To treat Sickle Cell Anaemia, a congenital disease commonly found amongst tribes, a Special Project is in operation under which about 40 patients are receiving treatment regularly.

We do acknowledge the need to scale up our activities both in quality and quantity considering the increasing number of treatment seekers in our hospital. Efforts are under way to add more modern facilities and more floor area in our hospital. We do look forward to help from our well wishers, both old and new, in our endeavor.

Yes, the task has been daunting, the path strenuous! But when resoluteness (by a dedicated and motivated team) combines with timely support from noble

individuals and philanthropic institutions, nothing seems

impossible! Our journey from nowhere to present, epitomizes this. May this Souvenir capture the aura of our odyssey for posterity and motivate us to attain greater heights of service to

the needy and downtrodden!

The trust took up the challenge

diligently to bring forth

stupendous transformation in

the rendering of basic health



Swami Vivekananda's Approach to the Religion of Service

Dr. M. Lakshmi Kumari Chair Person, Vivekananda Vedic Vision Foundation

wami Vivekananda raised service to fellow human beings to the level of worship usually identified with and practiced as part of religion to meet the most urgent need of the modern society, suffering under the burden of fragmented unwholesome approach to life and its manifold challenges and problems. Service too benefited immensely by this as it found itself fitted in the framework of the glorious time tested tradition of religion. Thanks to the Vedantic idealism that he was firmly rooted in, Swamiji could bring about this wonderful harmonisation and integration of religion and service (selfless dedicated work,)man's internal life and its external manifestation, each replenishing the other and thus providing a rare whole someness in approach.

Swamiji himself drew his inspiration for this from the life of his Master Sri Ramakrishna who taught him how to perfuse the whole of one's life with Love of God, a love which was not foolish sentimentalism but rooted in the deep understanding of the spiritual unity of the entire Universe and of the oneness of all that exists.

Sri Ramakrishna wanted to fill the entire Universe with love of God. Swami Vivekananda, more practical than his Master in worldly affairs, wanted to begin from man and sought ways and means of bringing Godliness

first into the life of man. He wanted men to become more and more aware of the divinity within him and then learn to manifest the same in our daily life. He



acknowledged the capability of each individual and offered a variety of paths such as work, worship, psychic control or philosophy, all of them or any one of its combinations. The goal to be reached was freedom, freedom from the thralldom of matter, of attachment, of ignorance, of delusion. By choosing to put work as the first criterion, Swamiji in a way emphasised work as the path for the majority.

To make this integration more wholesome and fulfilling Sri Ramakrishna has left behind for us an exquisite gem of thought - "SHIVAJNANE JIVA SEVA" which can light up our lives with a unique glow. Swami Vivekananda, who caught the momentous significance of this utterance, made his own life and works a commentary on this thought of His Master. To make it more explicit, Swamiji gave it a simple form "Serve Man, Serve God." True to his own great



understanding of the ideal and the need to make it easily comprehensible to one and all, without diluting it, at the same time making it applicable to our lives which is pregnant with great Vedantic and practical significance.

Anticipating the onslaught of science on religion, forestalling the doubts and suspicions in the minds of even the so-called believers of Sri Ramakrishna. Vivekananda has laid down the foundation for practical Vedanta which can simultaneously take on the challenge of scientific ratiocination and also provide a wholesome milieu for the faithful for their selfdevelopment with infinite scope for expansion. This is how realised souls breathe life into their thoughts, words and deeds which in turn set up currents for the purification of generations, to the establishment and strengthening of the forces of dharma, of righteousness. Swamiji's Mahavakya "Serve Man, Serve God" also holds within it an extraordinarily harmonising ideal for social upliftment through selfdevelopment.

By keeping God as the be-all and end-all, Swamiji acknowledges the supremacy of the invisible power controlling the universe. Social welfare or man's liberty without a spiritual basis or an ultimate spiritual aim doesn't lead anywhere. We have seen political systems, which put the cart before the horse collapsing and ending up in absolute chaos. It is too costly a mistake for us to repeat. Spiritual awareness alone can hold us together as one and assure the survival of mankind. Swamiji doesn't insist on any specific God but on the God of the entire humanity by whichever term we may choose to refer to Him. He thus made his appeal universal true to the Vedic ideals.

By equating man with God, the highest Vedantic ideal of Oneness is emphasised as in it lies the real meaning of liberty, equality and fraternity. This is the greatest gift of our rishis to mankind at large for all times to come. Sooner or later, by whichever path one may choose, man must come to recognise the "God" within him and learn the art of manifesting that Godliness, the real fountainhead of all virtues. In fact, Hinduism proclaims and Swamiji underscores that manifestation of this divinity is the aim and purpose of all education, religion, culture, why life itself. Lack of this realisation is the root of many of the present day ills, in our society. Unless spiritual awareness is woven back into the fabric of our society, the future of the world, especially of our great nation would be very bleak indeed.

By stressing on the same word "serve" for both man and God, the ideal of Sarvatma bhava is brought out. All great men of realisation, exemplified in our living memory by Sri Ramakrishna, were embodiments of this "unified field" comprehension of the entire universe. Sri Sankara explains this in his Viveka Chudamani, verse 340 thus.

To recognise "the entire universe as the self" is the means of release from all sense of bondage. There is nothing higher than realising the "universe as the Self". One realises this state by excluding the objective world through steadfastness in the Eternal Atman."

To recognise the entire universe as the Self is the means of release from all sense of bondage. This is the ultimate in understanding. In such a person the barrier between the subjective and the objective collapse and along with fear, anxiety, insecurity, loneliness and so



on, feelings which torment the human mind. Thus Swamiji's formula holds out to us a very simple form of doing the highest sadhana by transforming our humble acts of service of fellow human beings as service of the Almighty who is present in every being as our own Self.

By bringing man into the picture, the insufficiency of serving God alone is shown. Religion starts degenerating when we enshrine God only in places of worship, establish systems of worship and engage mediators to do worship on our behalf. To save mankind from the clutches of institutionalized religion, Swami Vivekananda comes out with this revolutionary ideal, of a new form of worship, of approaching God through the proper channel of man.

In practice, it would mean accommodating everyone in our love, compassion and service. It would mean understanding all as the creation of the same Lord Almighty. It would mean seeing "man" as a moving temple of Narayana. This expansion of oneself in spiritual vision as also the experience of Sarvatma Bhava are possible if we learn to "Serve Man, Serve God."

Jnana, Bhakti and Karma are harmonised in the expression in a very beautiful way. Identity of man and God comes through Jnana, Service of God through Bhakti and that of man through Karma. All of them have to be blended together in the life of man, each enriching the others. Inlaid in the formula is also the sense of renunciation without which no act of man can ever be raised to the service of God.

WORK AS WORSHIP:

To elevate man's work into an offering Swamiji brings, out the formula "Atmano mokshartham, jagathitaya ca" and "Work is worship".

Many of us work, often hard enough, but unwillingly, with a mind totally out of tune with the work at hand. We do not find any joy in our work, yet work on to earn a livelihood. We have forgotten that each and every action can be chiseled out to be a means for a deep inner fulfillment, that even a simple work when properly executed, with a proper mental attitude can take on the hues of 'Offering' and 'Service', benefiting not only oneself but also the humanity at large.

Mental attunement comes as the natural result of spiritualization of our entire life and its activities and is the sure way to achieve precision co-ordination, efficiency and above all, harmonious inter-realationship. It comes out of our readiness to surrender to a higher ultimate authority or God or to an elevating and ennobling idea or principle, anything that would help to raise the small 'man' in us to evolve and merge into a bigger Universal Man.

RENUNCIATION and SERVICE:

"Tyagenaike amritatwamanasu"-"through renunciation one attains immortality" proclaims the Mahanarayana Upanishad. "The national ideals of India are 'renunciation and service'. Intensify her in those channels and the rest will take care of itself." -in his inimitable way exhorts Swami Vivekananda.

What could be the significance of these utterances? How do these ideals help man to achieve his ultimate goal in life? How would it benefit us to hold them as national ideals?

To the uninitiated, the words appear to have different meanings, as 'renunciation' denotes an abstract ideal or valuation in the mind and 'service' relates to an aspect of man's day to day life and work. But in essence, they are one



and influence the entire range of human possibilities.

It is well known that all our actions originate from the thought processes in the mind. It is also true that actions, though they have their field outside, are also capable of leaving their impressions on the mind. Thus, purity or impurity of the mind gets reflected in the actions and conversely the quality of actions influence the mind. Being thus the obverse and reverse of the same coin, 'renunciation and service' have a significant bearing on the development of the entire human personality. One in whom these two ideals merge, emerges as a Man among men. That is why all our great teachers, from time immemorial, have stressed the importance of 'renunciation and service'tyaga and seva in individual and national life.

Truth being omniscient, omnipotent and universal, to realise it, naturally the human mind should also develop the same qualities of expansiveness and universality. Only a mind of utmost purity and subtlety can hold and retain truth. To achieve this, the mind must get rid of all that which prevents its expansion and growth. Swamiji's oft quoted words 'all expansion is life, contraction is death' provides a valuable clue to this fact of nature. Just as the impurities enmeshed in a block of ice settle down when it melts into the expanded liquid form and get completely eliminated at the still subtler form of vapour, so does the human mind gets more and more purified as it expands from its self-centeredness to the subtler realm of universal identification. With expansiveness come greater pervasiveness, rarefaction and consequent purification. The mind, made of the substance of thought flow, can be purified only

through thought process. The small 'self' which fills up the human mind with all its poisonous tentacles of self-will, selfish desires and



motivations and ego must be renounced. These are the shackles or bondages which tie the human personality down, obstructing its blossoming into its fuller stature. Through the process of renouncing 'self' at the thought level, slowly but steadily the non-self establishes itself and percolates down to the level of actions. With the complete surrender of the small 'self' at the altar of greater SELF, man finally attains his fulfilment.

What is to be renounced is a question, which has tormented many a sincere seeker. Lord Krishna demonstrated it in his life and explained it in the Gita. Are our actions, our work, and our labour to be renounced? The answer is a definite 'No'. Let us open our eyes and look at the wonderful creation around, the inherent rhythm and movement therein. There is not a still moment in the whole universe. The galaxies, planets, the stars, animals, trees and even the rocks are moving, changing, sometimes at terrific speeds, at other times almost imperceptibly. Constant movement is the very law of nature. Incessant actions and



interactions are in the very nature of things. If action or work is an inalienable part of creation, is it to be renounced?

We find the answer again in the Gita. What is to be renounced is not the action itself but the attachment to the fruits thereof. Work should flow out as a natural expansion of Swadharma without any personal motivation, desire or manifestation of self-will. For this there is only one-way, renunciation of the small 'I' and its replacement with the bigger universal 'I'. To achieve this, one should first become aware of the subtle vibrations of action at the very depths of one's personality. One should learn to recognise in these life impulses the expression of the immaculate Life principle itself, and then try to remove from these all stains of selfish motivations and egoistic doership and dedicate all of these in utter silence at the feet of the Master within. Through this renunciation, 'I' and 'mine' get transformed into 'Thee' and 'Thine'. The awareness that 'all are His, nothing is mine' dawns on the doer and gives him an exquisite taste for work and service.

If on the other hand, one prefers to move along the path of service then also the first step is elimination of 'self' through dedicated, desireless actions. Constant vigil of thoughts, words and actions slowly rid them of the contamination of 'self' and make them more and more universal and pure. Result is disinterestedness in the fruits of action and work gets done for the sake of work. Bereft of the anxiety for result and relieved from the burden of past joys or sorrows, the same work starts yielding a rare joy. There is no place then for planning, scheming or manipulations. Work becomes spontaneous and meaningful. Selfwill gets replaced by greater and more potent will, till at last one gets fully transformed into His instrument. With this there comes the release from the misery, thralldom and shackles of work. Then karma turns into karma yoga and becomes the vehicle to take man to his fulfillment in service. The great miracle happens then - the 'I' gets transformed into a zero, but finds itself filled with the INFINITE.

This awareness of Unity, this miracle of Love, and this saga of service are what all our great teachers have preached to mankind from time immemorial. If these great principles, which govern the very laws of Nature, could become the three sides of our prism of Life, we can also capture the Eternal Light and beautifully, colourfully and harmoniously let it flow in and through our humble lives.

That is the greatest service we can render to ourselves and to the world we live in.

ക്കരു



A small peep into SVMM history - how it all began

There were many attempts to set up a medical centre in Agali for serving the tribal patients of Attappady by Rashtreeya Swayamsevak Sangh through its Seva Vibhag. In 1989, the hundredth birth anniversary of the founder of Sangh, Dr.Hedgewar, became a milestone in the history of Sangh activities in Kerala. The workers of Sangh started service activities in many places remote and unreached, with very earnest initiatives. In 1991, a small dispensary was started in Agali under the name, Swami Vivekananda Health Centre. Dr.Sudheer, a fresh medical graduate from Calicut Medical College, had come as a volunteer to serve at the centre. He left in about 2 years, after which the centre was again active in between few intervals when some doctors served for short periods. Prominent among the doctors who served at the centre was Dr. R.Prabhudas, who later joined the Government health service.

In 2002, Dr V Narayanan, was sent to resume the medical work after his post graduation in Paediatrics. He found that the scheduled tribes were a hugely under reached and underserved community, mired in several health issues like chronic as well as genetic diseases, rampant alcohol addiction, severe mental disorders etc. His efforts started off with a mobile medical unit in November 2002 assisted by a few local boys to help in dispensing medicines. Along with the camps, he took time to visit many tribal villages, meet with the people there, stay in their houses and share their food. In this period of about three years his close contact with the tribal communities enabled him to develop a mission which was close to their hearts and addressed their needs. Thus was born Swami Vivekananda Medical Mission. A medical OP with a dispensary was started on 13th June 2003. The trust was formally registered in 2004. The medical centre gradually evolved into a 10 bedded hospital, which was formally inaugurated on 5th June 2006. Since then, it has grown into a full fledged 30 bed multi speciality hospital with Operation Theatre, ICU, 24 hrs Emergency Services, Labour Room, Antenatal Care, Dental Care, Dialysis Centre, Computerised Lab with ECG, EEG, X Ray, Ultra Sound etc. Tribal patients get medicines and treatment free of cost along with any laboratory tests or surgical procedures that are needed.

The hospital serves as a base centre for the community health and development projects initiated by the trust all through the years. In this souvenir, we take you through all of these projects. Along with the community projects, new institutions and ventures were added in later years, for the development of the tribal society. The projects and institutions cover the sectors of health, education, empowerment, agriculture, culture and rural development.



SWAMI VIVEKANANDA MEDICAL MISSION

INSTITUTIONS & PROJECTS

Swami Vivekananda Medical Mission Tribal Hospital Malleeswara Vidyanikethan High School

Balachandran Smaraka Janavaibhava Kendram, Agali Vivekananda Janasevakendram Sholayur

Community Health Projects

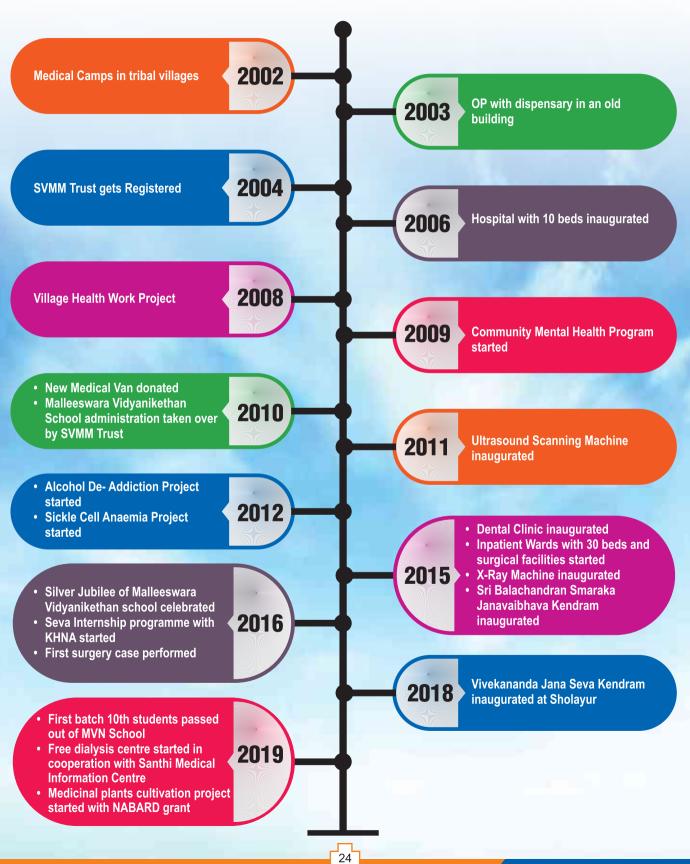
- * Village Health Worker Project
- * Community Mental Health Programme
- * Alcohol De-addiction Project
- * Eye Camps
- * Sickle Cell Disease Care Project

Community Development Projects

- * Educational Resource Centre
- * Women's Self Help Groups
- * Village Development Committees
- * Youth Clubs
- * Agriculture Projects
- * Development of basic needs infrastructure



TIMELINE







Medical Camp



Medical OP



Medical OP



Medical Camp



Gynaec surgery



Laparoscopic surgery held at the hospital





Medical OP



Dental OP



Patient transported to hospital in Bolero van donated by BPCL



Inauguration of Ventilator donated by EYGDS



Inauguration of Ultrasound Scanning machine donated by Harman Corporation ltd.



ENT Medical Camp





വാഹന വായ്പ



ESTD:1961

വസ്തുജാമ്യം, ആൾജാമ്യം, സ്വർണാഭരണങ്ങൾ എന്നിവയുടെ ഈടിൻമേൽ പരമാവധി 10 ലക്ഷം രൂപ വരെ വിവിധതരം വാമ്പ്പകൾ.

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വ്യാപാരികൾക്ക് ട ലക്ഷം രൂപാവരെ സഹായതാ അഡ്വാൻസ് പദ്ധതി

മാസംതോറും ആരംഭിക്കുന്ന

MDS (പ്രതിഓസ നിക്ഷേപ പദ്ധതി)



മൾട്ടി ഡിവിഷൻ എം.ഡി.എസ്

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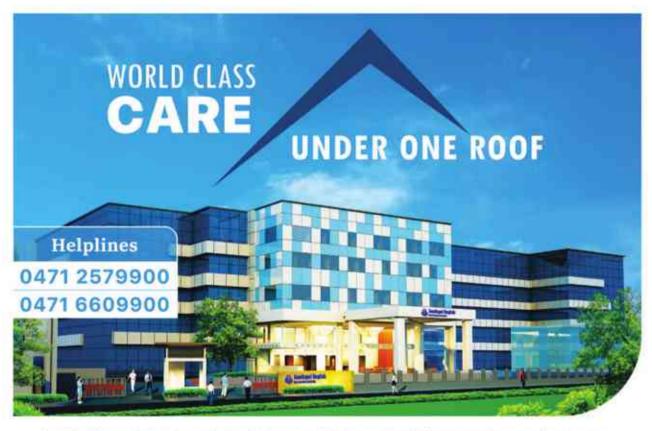
അത്തെന്നുപുർ സഹകരണ സംഘം - T184

> ൈസ്ഓഫീസ് : കൈതമുക്ക്, തിമുവനന്തപുരം 24 , ഫോ: 0471 2575977, 2575477 ഇ-ലെയിൽ : ananthapuram184@gmail.com

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නොලපුදුය අත්සේ සදහරෙ කුඟ් അനുക്യമാന എം പ്രസിഡന്റ്





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As we shrink to the identity of 'Scheduled Tribe'...

Neethu Parvathy S. Ph.D. Research Scholar Amrita Viswa Vidyapeethom, Ettimadai

short description for the district of Wayanad would be 'the misty green paradise of mother nature'. Wayanad, the district with the most tribal population unfurls tales and rhymes that tie its inhabitants close to their soil. Having spent more than a year with them astonished me about the depth of adherence they have for their land. The fragrance of soil is enchanting for them and its dwellers are happily encapsulated within. Gradually as my research on the tribal life progressed, I happened to hear many tribals and non-tribals commenting on their land echoing the same sentiments for Wayanad. "How far I travel, how long I stay away, en route back to this land, climbing the mountain pass towards



Wayanad is the best feeling ever. Wayanad is a feeling, this place is home," said Pakkan, an old man in the tribal colony.

Mukundettan, everyone calls him, is a lively person, who is the grandson of Kappi Mooppan, the most renowned and late King in the clan. Living in a small house with his wife, he was my first friend turned contact in the tribe. As he talked about their culture: rituals and symbols, there was often this repeated statements, "Now things are changing, the culture is slowly fading". Though his eyes were glittering in pride on the royalty of warriors/hunters they once were, there was a disappointment in the shrinking of their identity to mere ' Scheduled Tribe'. He explained to me in details their rituals, symbols, and their experiences in being a part of their culture.

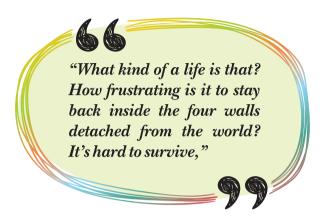
Not so buoyant about the way the world has turned, his major concern was on the loosening grip of brotherhood and belongingness among the younger generation. Mood and interest of the current generation populace are towards the thriving modernity and the outside world. In his opinion, it



affects the love and bonding of the people in the clan. Caught up in the middle of a competing modern world, the youth of the tribe are after white collar jobs and moving to cities for more opportunities and a better living.

"I feel suffocated when I have to stay at my daughter's home in Trivandrum City," says Balan

SVMM



(name changed), an old tribal person from the clan. "What kind of a life is that? How frustrating is it to stay back inside the four walls detached from the world? It's hard to survive," he continued.

People who cling to their culture and clan live a life so different from the colorfully appearing lives they see in televisions. It is intriguing to find that every house in the clan has television and the tribal people are its heavy consumers. Irrespective of their fascination towards the outside world, there is a part in them which is deeply connected and

rooted to their rich culture. The question is how long will they be able to stay close to their roots, if their tradition and beauty is left unprotected with a modern definition of development.

One and a half years of data collection helped me make family and home there in the clan. Works

aside, my lived-in-experience in the clan had been magical. I have stayed in the clan for days and nights, partook in their rituals at night amidst fully drunk men in pitch dark and walked out unharmed, untouched the next morning. Here are a group of illiterate, less sophisticated people who behave like class gentlemen even when they are fully drunk. We celebrate my little accomplishments like finishing a set of data collection by roistering like kids in the river taking long hours of rejuvenating bath. On the way to the river, we pluck wild turmeric, hibiscus



and some other plants so as to add relish to our moments. Coming back from the river, mother serves us hot rice soup and chutney which always seems like heaven. Some days I take a cycle from a home in the colony and ride across the place with a little girl who would ride pillion and pluck guava, mango, mulberries etc on the way, boosting our energies at regular intervals. A life in perfect harmony and balance with nature that rarely people puts into practical. Well, a lesson that is of utmost importance yet rarely taught in it's true intention.

Oodles of memories and moments kept adding to my mind which is in an arduous search of oneself. The more we explore, the more we embrace human beings staying close to nature, we grow. We grow and blossom beyond possibilities! It is a great lose for the humanity if we continue staying blind to a beautiful culture. How unfortunate is it that the world is pulling them away from themselves, their identity and expecting them to fit in the definition of the 'scheduled tribe'.



Attapady that Lives in Me

P.K.Kesavan IFS
Principal Chief Conservator of Forests &
Head of Forest Force, Government of Kerala

I was a full time resident of Attapady from 1971 to 1977 during which period I completed my high school education and thereafter moved out for my higher studies. But I continued to spend a few weeks in Attapady every year till 1992 when my parents finally left Attapady for Kozhikode, their home district. Now I pay an occasional visit to Attapady every now and then. The formative years I lived in Attapady has left a permanent mark in me.



As it continues to be even today, Attapady offered one of the most difficult living conditions in the God's Own Country. In most parts of Attapady, especially along its eastern parts, annual rainfall is far below the state average of 3000 mm. During major part of the year the place was windy which made the living condition quite hostile during the rainy and winter days. Exposure to such conditions made one hardy.

Water from the stream flowing in front of our home s was the only source of drinking water. In effect, by the time it reached our place, the stream had already received a good load of human inflicted impurities and no treatment of any sort ensured that a good measure of it entered into our systems also. During the rainy season, the stream used to carry a good load of sediments as was evident from its turbid colour. This has left a permanent mark in my habits and made me not to hesitate in directly consuming water from any stream inside the forests that one comes across while on long treks.

Only two or three buses were plying along the narrow roads and this facility was practically limited for the occasional visit to the downhill town of Mannarkkad. Walking was the only available mode of travel across the hills and valleys, whether to reach school, buy provisions or to meet friends. This was a great asset that literally made the 25 KM walking test in the Delhi Zoo for the IFS selection a cake walk.





Other than the most essential items for the day to day life, everything had to be brought in from the plains, either from Mannarkkad or from Coimbatore (less often). Staff of the line buses was well known to my father and they could be of great help in getting things from the plains during emergencies. Even then one had to be planning in advance not to be caught unaware, an essential trait for a Senior Manager.

Life was very close to soil, literally. I started regularly using sandals when I was in the 8th standard. The typical agricultural crops of Attapady consisted of cotton, ground nuts, millet etc., very different for that of the mainland Kerala, and practically had no coconut, areca nut that are typical of most other parts of Kerala. Taking part in agriculture was the norm for all children, though for the children like me from the better of families, it was limited to holidays and the time outside the school and study time. Sure it offered an opportunity for earn while you learn. Love for nature and agriculture was natural, one reason which did not persuade me to opt for a career in medical field (which was at the arm's distance) and instead made me opt for a career, initially in agriculture and later in forestry.

Population of Attapady had more or less equal representation of Malayalees, Tamilians and the ethnic tribal. This was truly reflected in the day to day dealings, including the class room and outdoor. Celebrating different festivals and members of the other community being guests during such festivals was a granted. Picking up essential skills of communication in all the three languages (tribal dialect included), along with their local variations (depending from where the malayalees / tamil came in from), was natural. Probably this prepared me well to pick up atleast a few words in most of the languages that I came across in my later life.

Government High School, Agali was the only option available for any one in Attapady to complete high school education. As can be expected, there were fewer number of teachers than what was necessary to effectively run the school. Regular posts were lying vacant most part of the year and would get filled with employment hands during the 3rd or 4th quarter of the academic year. The unattended periods were allotted for outdoor sports which mostly comprised of one or the other physical activity in the open. But this is where I came across the best teachers I ever had and the most committed Government employees I ever saw in my life. When getting the students regularly into the class itself was a task, they went far beyond their brief. They truly believed and practiced the philosophy that the young minds can be moulded and guided properly so that they become assets to the society. We were introduced to some of the classics in world literature far beyond the prescribed syllabus and in the later years to the disbelief of some of my fellow students from the best known schools in the State and the Country.

Attapady shaped my personality, career, likings / dis-likings and what I am today. I don't have any plans to return to live in Attapady. But those years that I lived in Attapady has become a part of me – a part of Attapady lives in me forever.





Medical Camp



Medical Camp



Sickle Cell Disease Project



Alcohol De-Addiction Project



Public Awareness Rally on World AIDS Day 2013



Alcohol De-Addiction Project





CGM of KERALA Regional Office NABARD interacting with tribal farmers



TB Awareness programme for School students



Alcohol De-Addiction Project



Mental Health programme



Sickle Cell Disease Project



Women undergoing training in tailoring at Balachandran Smaraka Janavaibhava Kendram



Environmental Ethics for Modern World

Rajeevan V
Indian Railway Service (Retired)

"We do not inherit the Earth from our ancestors; we borrow it from our children" (An old saying of Native Americans).

Man is born of and part of Nature. Our ancient civilization reveals an intimate relationship between man and nature. Nature has been Mother, Provider and Protector. So much so that our religious concepts initially evolved from worshipping Nature along with its own rituals-the gods emerged later as manifestations or symbols of the various forces of Mother Nature. The 'Panchbhoota's or Five sacred elements were the first recipients of our revere and veneration. In short, we lived off Nature and with it in a perfect symbiotic relationship.

This symbiotic relationship gradually got eroded as mankind in its hurry and obsession with development started a long trail of destruction spree, especially across the last fifty or sixty years. The effects have been disastrous and leading to significant concern and anxiety regarding the final chapter of this gruesome tale. The symptoms are alarming-global warming, floods, rising of the seas, incessant rains and the fast declining green canopy across the globe.

As the dominant species, man has a responsibility and an unwritten commitment to preserve the precious balance of Nature, as adhered to in the not so distant past. With the advent of the digital age, a feeling of invincibility and an overbearing sense of recklessness has led us to ignore the cause and attend only to the effects. Nature's fury, expressed repeatedly, has sadly not been perceived in its gross reality and the urgency demanded.

There has been significant cries raised in various parts of the world against our own indifference to nature and as a warning against the bleak future ahead. We, as a species are apparently hell bent on eradicating our



fellow species one by one, and unknowingly, in the process, setting the timeline for our own eradication. Are we, collectively gripped by the Freudian 'Thanatos' or death drive? The advance warning systems are in motion-let us hope that they do not get brushed aside in our mad and hedonic pursuit of short lived pleasures.

Responsibility to Nature and essentially to the environment around us is the critical key to salvation in this context. During the course of the last three decades, many movements and initiatives to protect and conserve environment had sprung up in various parts of the world. The movement to protect Silent Valley, a National Park of Kerala from imminent destruction was one of the many success stories in this context. As a college student I was first exposed to the issues related to environment, especially the conflict between the contradictory objectives of development and conservation. Interestingly, the Silent Valley movement was taken up and supported by the socio-cultural leaders including writers, academicians, social workers and students. The



chastity of that ecologically rich Greenland was saved by the concerted and persistent efforts of the discerned mass of people, leading to a landmark judgment by the High Court of Kerala.

The term 'eco friendly' was a favorite coin of expression of the nineties used frequently and noticeably in varying contexts. In fact the term 'eco' was a popular prefix to various processes and activities to establish credibility and social acceptance. Various industrial establishments including hotels, resorts, construction works etc tried to carry the tag of 'eco friendly' to make perceivable gains and increase their social value. One of the frontrunners in this segment was the Tourism industry, which otherwise carried a negative stigma related to destruction of environment, disruption to natural life, and large scale pollution.

In most parts of the world the concept of Eco Tourism was introduced as special package and compartment within the larger framework of Tourism. The establishment of a Eco Tourism Department for the first time in Kerala was a milestone in this chapter. Thenmala, in Quilon district was developed as the first Eco Tourism park to demonstrate that this is a practically viable concept to carry forward in future endeavors. The social changes influenced by environmental issues and concerns were getting more visible and pronounced. As a corollary to Eco Tourism, the more inclusive concept of 'Sustainable Tourism' emerged.

According to The World Tourism Organization (WTO), sustainable tourism should "make optimal use of environmental resources that constitute a key element in tourism development, maintaining essential ecological processes and helping to conserve natural heritage and biodiversity". It also encourages to "respect the socio-cultural authenticity of host communities, conserve their built and living

cultural heritage and traditional values, and contribute to inter-cultural understanding and tolerance." It also aimed at Ensure viable, long-term economic operations, providing socio-economic benefits to all stakeholders that are fairly distributed including stable employment and income-earning opportunities and social services to host communities, and contributing to poverty alleviation.

When I had opportunity to associate myself officially with Kerala Tourism for a second phase in the beginning years of the new millennium, Sustainable Tourism evolved further to 'Responsible Tourism". The term 'Responsible was more comprehensive, carrying more objectives and goals and features. The term Responsible Tourism was first coined in the Cape town Summit of 2002 related to Sustainable Development. Even though the Kerala government announced the Responsible Tourism Mission as an official initiative in 2017, the preparatory work had begun a few years earlier. A few tourist destinations such as Kovalam, Kumarakom, Thekkady etc were chosen to give a Test dose of Responsible Tourism and subsequently study its effects on the societies concerned.

The term 'Responsible' is the culmination of a conceptual evolution based on the cause and effect relation of manmade interventions for preserving nature and the inevitable development of society. The term has migrated even to the corporate world as Corporate Social Responsibility (CSR) which is a high valued rating factor for corporate image and credibility. Concerns of 'carbon footprints' and environmental impact of every action is the consequence of 'Responsible' processes and actions. As rightly put by Teddy Roosevelt many years ago, "... there must be the look



ahead, there must be a realization of the fact that to waste, to destroy, our natural resources, to skin and exhaust the land instead of using it so as to increase its usefulness, will result in undermining in the days of our children the very prosperity which we ought by right to hand down to them amplified and developed."

While we measure material wealth and Development in terms of GDP, there is a new yardstick for measurement of the progress at the ethical and spiritual level – Gross National Happiness. Bhutan is one nation which has shown to the world how a nation can prioritize Environment and Nature conservation along with national development. Conservation of the environment is one of the four pillars of Bhutan's Gross National Happiness philosophy. As mandated in its constitution, Bhutan preserves (at all times) 60 percent of its land under forest cover. Bhutan has succeeded in doing so. Evidence of this commitment to conservation is everywhere in Bhutan. Native wildlife—including endangered royal Bengal tigers, elusive snow leopards, elegant black cranes and elephants—all roam free in the country's 5 million acre network of protected areas. The world benefits, too. Bhutan is in a region that provides water for one-fifth of the world's population.

Swami Vivekananda had a cosmic perception of Nature and its inclusiveness of mankind. The role of man with respect to inter relatedness of Ecological Cosmology fascinated Vivekananda. According to him religion plays an important role in understanding and practicing harmony between nature and humanity that result to the formation of a cosmological awakening, i.e. 'transcending the universe'. This leads to Global Humanism, which is an application of the Vedic concept

which recognizes that 'fundamentally all life is one, that in essence everything is reality and that this oneness finds its natural expression in a reverence for all things'. What Vivekananda tried to establish is now classified as Environmental Spirituality or Environmental Ethics.

Thus it is heartening to observe that there are concerted and persistent efforts in various pockets of the world to address our concerns and anxieties related to erosion of environment and natural resources. The ripples are felt in our country and also in our small state with encouraging signs of success. Let me conclude with these lines written by my late father over four decades ago in allegiance to the Silent Valley movement in Kerala. Lines which were almost prophetic, as only a poet can be.

" Mother Earth, still alive, in the imminence of your death, may your soul rest in peace! This song I inscribe in my heart today is a requiem to you (and to me)! When tomorrow you lie benumbed in the shadow of the enveloping dark poison-flower of death, none will be left here, me either. to mourn, to wet your dead lips with our tears! Therefore, I inscribe this to you: here is a wish, Mother Earth, not yet dead, in the imminence of your death, may your soul rest in peace!" (O.N.V.Kurup in 'Requiem to Mother Earth')

SVMM





ആറുകാൽ ഭഗവതി ക്ഷേത്രം - "സ്ത്രീകളുടെ ശബരിലേ"

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പൊങ്കാല മഹോത്സവം 2020

2020 മ്മർച്ച് 1 മുതൽ 10 ത്തര പൊകാല 2020 മാർച്ച് 9 തികളാഴ്ച

സഹസ്രകലശാഭിഷേകം 2020

മേയ് 26 മുതൽ 31 വരെ



ലോകത്ത് ഏറ്റവും കുടുതൽ സിത്രികൾ പ്രകടുക്കുന്ന ഉത്സവമായി ആറ്റുകാൽ പൊങ്കാല തിന്നസ്സ് വേൾഡ് റിക്കോർഡിൽ സ്ഥാനംനേടി

ട്രസ്റ്റ് സ്ഥാപനങ്ങൾ, സജ്ജീകരണങ്ങൾ

- (ടസ്റ്റിന്റെ ഔദ്യോഗിക വെബ് സൈറ്റായ www.attukal.org ൽ കുടി ഓൺലൈനായി പൊങ്കാല വഴിപാടുകളും പൂജകളും ഭക്തജനങ്ങൾക്ക് ബുക്ക് ചെയ്യാവുന്നതാണ്.
- ടക്തജനങ്ങൾക്ക് ക്രഡിറ്റ്/ഡെബിറ്റ് കാർഡ് ഭുഖേന ക്ഷേത്രകൗണ്ടറുകളിൽ നിന്നും വഴിപാടുകളും പൂജകളും ബുക്കു ചെയ്യാവുന്നതാണ്.
- വിവാഹാദി ആവശ്യങ്ങൾക്ക് ഉപയോഗിക്കാവുന്ന എല്ലാവിധ നൗകര്യങ്ങളുമുള്ള ആഡിറ്റോറിയങ്ങൾ
 ദേവീ, കാർത്തിക, അംബ.
- ദർശനത്തിനെത്തുന്ന ഭക്തജനങ്ങൾക്ക് റൂം, ഡോർജിറ്ററി സൗകര്യം
- എല്ലാ ഭാസവും പൗർണടി നാളിൽ ക്ഷേത്രത്തിൽ സ്ത്രീകൾ ഭാത്രം പങ്കെടുക്കുന്ന ഐശ്വര്യപൂട്ടു
- എല്ലാ ജലയാളഭാസം ഒന്നാം തിന്തതിയിലും എല്ലാ ചൊവ്വാഴ്ച, വെള്ളിയാഴ്ച, ഞായറാഴ്ചയും നടത്തുന്ന അന്നദാനം
- 7. ദേവിയുടെ പ്രതിഷ്ഠാചിത്രം ആലേഖനം ചെയ്ത സ്വർണ ലോക്കറ്റ്
- "ആറ്റുകാൽ അംബാപ്രസാദം" എന്ന ആത്മീയ നാംസ്കാരിക ഓസിക ഒറ്റപ്രതി 15/= ഭൂപ, വാർഷിക വരിസംഖ്യ – 150/ ഭൂപ
- സ്പീഡ്പോസ്റ്റ് വഴി ദേവിക്ക് നിവേദിച്ച അവേണ, അഭിഷേകം ചെയ്ത കുങ്കുരം, ദേവിയുടെ പ്രതിഷ്ഠാചിത്രം എന്നിവ ഭാരതത്തിൽ എവിടെയും 150 രൂപാ നിരക്കിൽ അയച്ചു കൊടുക്കുന്നതാണ്.
- 10. ടൂറിസ്റ്റ് ബസ്റ്റ് സർവ്വീസുകൾ
- 11. ഓരിന്ദ്രരേഖയ്ക്ക് താഴെയുള്ള യുവതിയുവാക്കളുടെ സഭൂഹവിവാഹം, നിർദ്ധനരായ വിദ്യാർത്ഥികൾക്ക് ധനസഹായം, നിർദ്ധനരായ രോഗികൾക്ക് ചികിത്സയ്ക്കായി സാമ്പത്തിക സഹായം എന്നിവ ട്രസ്റ്റിന്റെ അഭിഭുഖ്യത്തിൽ എലാവർഷവും നടത്തിവരുന്നു
- 12. ഇൽഡസ്ട്രിയൽ ട്രെയിനിംഗ് സെൻർ
- (ടസ്റ്റിന്റെ ഭക്തിഗാന സി.ഡി കളായ "ആറ്റുകാലംബാര്യേതം", "ആറ്റുകാൽ ദേവിയങ്ങ", "ആറ്റുകാൽ അഭയാംബിക" എന്നിവ ക്ഷേത്രകൗണ്ടറുകളിൽ നിന്നും ഭക്തജനങ്ങൾക്ക് ലഭിക്കുന്നു

വിവരങ്ങൾക്ക് ബന്ധപ്പെടുക

ബെക്രട്ടറി ആറ്റുകാൽ ഭഗവതി ക്ഷേത്രം ട്രസ്റ്റ്, മണക്കാട്. പി. ഒ, പി.ബി. നമ്പർ 5805, തിരുവനന്തപുരം — 695 009



Swami Vivekananda Medical Mission Hospital

On 5th June 2006, the hospital was inaugurated in Agali. The hospital started providing free treatment to tribal people in Attappady. Located at the geographical centre of the Attappady block, it is easily accessible to people from across the region.

It is a referral centre for other hospitals in the area, especially for childhood illnesses. An average of 150 patients from all over Attappady, visit the OPD every day, more than half of these patients are from the tribal community.

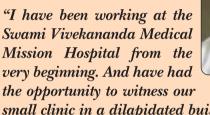
The hospital provides medicines for free to the tribal patients and at a subsidized rate for the other backward people. Services like laboratory tests, treatments, ECG, X-ray and more, are offered for no cost to the tribes.

Apart from medical treatment, general and laparoscopic surgeries, dental procedures, deliveries, emergency room services, and ICU service, are also provided free. The hospital has a pantry that gives free food to the inpatients.

BENEFITS FOR TRIBAL PATIENTS

- Free medicines
- Free medical treatment
- Free lab investigations
- Free Dental procedures
- Free orthopedic procedures
- Free surgeries
- Free deliveries
- Free food for in-patients
- Free haemodialysis

Sujata K Senior Nurse





small clinic in a dilapidated building turn into a full-fledged hospital.

Thorough research and surveys equipped us with an in-depth study of the health scenario amidst the tribal population. Our OP-Dispensary, which was set-up in the year 2003, started attracting innumerable patients from far and wide. That's when we realized the need for a full-fledged hospital.

Last 15 years, has bestowed us with a remarkably satisfying experience. I feel proud to claim that our work here holds a more significant meaning. Every time, we attend to a tribal patient, there is a feeling of contentment, for our efforts are aiding a noble cause.

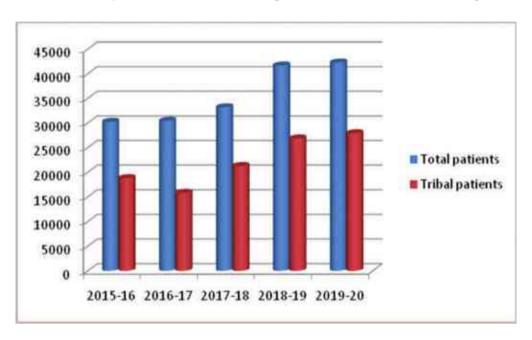
The people from the tribes cannot afford to go to private medical centres. Well aware of their health and economic condition, our staff make an extra attempt to manage things more proficiently.

The hospital is expanding, the latest equipment is purchased, there are speciality wards built, and full-time doctors are also on-board. We hope that more and more people, who have a sense of service on their minds, join us and help us accelerate this cause."

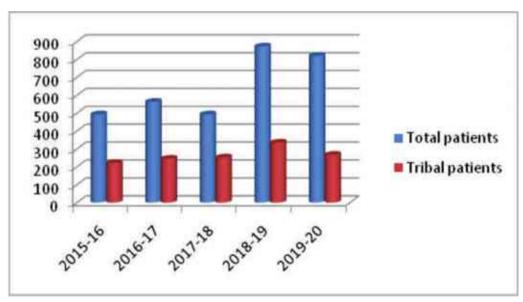


The number of patients visiting the hospital, especially the number of tribal patients, is increasing year by year. We started our surgical services in 2016, with the help of visiting surgeons, gynaecologists and anaesthetists.

Number of patients attending the OP in the last 5 years



Number of in-patients in the last 5 years





MEDICAL TEAM

FULL TIME DOCTORS

Dr. Narayanan V	MBBS, DCH	Chief Medical Officer & Paediatrician
Dr. Bharathi Mohan	MBBS MD	Medical Superintendent & Anesthesiologist
Dr. Sampathkumar	MBBS	Resident Medical Officer
Dr. Maya M S	MBBS	Casualty Medical Officer
Dr. Shraddha	BDS	Dentist

VISITING CONSULTANTS

Dr. Senthilkumar	MBBS, MS, M.Ch	General and Paediatric Surgeon
Dr. Rajeev Menon	MBBS, MS	Laparoscopic surgeon
Dr. Lalitha N	MBBS, MD, MRCOG	Obstetrician and Gynaecologist
Dr. Mukund K	MBBS MD DNB	Cardiologist
Dr. Guru Maharaj	MBBS DA	Anaesthesiologist
Dr. Mahesh Krishnan	MS (Ortho)	Orthopedic Surgeon
Dr. Sreekanth S	MDS	Dental surgeon
Dr. Prakash V K	MBBS MD	General Medicine
Dr. Krishnan Namboothiri	MBBS MS	Laparoscopic Surgeon

Number of patients who benefited from our services in 2019-20

Services	Total beneficiaries	Tribal patients
Out Patient department	42302	27949
In Patient Department	820	267
Surgeries	64	23
Dental clinic	1995	954
ICU	93	46
Ultrasound Scan	232	86





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സന്ദർശിക്കു,

ഹോം ഓഫ് പ്യൂരിറ്റി - ഭീമയിൽ നിന്നും ഓൺലൈനായി ആഭരണങ്ങൾ കൂടാതെ 22 കാരറ്റ് സ്വർണ്ണനാണയം, 999 പ്യൂരിറ്റിയുള്ള ബുള്ളിയനുകൾ എന്നിവ വാങ്ങു, ഏറ്റവും മികച്ച വിലയിൽ. ഇന്ത്യയിൽ എവിടെയും

ഹോം ഡെലിവറി നേടു





HPCL Chairman handing over key for ambulance to SVMM President



Guruji Sri Sri Ravishankar handing over Uthishta Seva Purashkar to SVMM trustees



Sant Easwar Award handed over by Smt. Sumithra Mahajan, Hon'ble Speaker, Lok Sabha



Dr.Narayanan honoured by State Bank of India Chief General Manager



SBI Deputy CGM flagging of ambulance donated by State Bank of India



Sri Guruji Puraskaram handed over by Padmasri P.R.Krishnakumar



Village development committees



Participatory rural appraisal



Empowering tribal farmers



Health camp



Village Health Worker Project



Village Health Worker Project



With best compliments from



CAD Shrrishti Healthcare





Community Mental Health Programme

Swami Vivekananda Medical Mission started the community Mental Health Project in Attappady with technical assistance from the Department of Psychiatry, Government Medical College, Thrissur. The project was inaugurated by renowned poet and social worker Srimathi Sugathakumari on 23rd November 2009. Intending to provide quality mental health care to the community, MEHAC (Mental Health and Action) trust, Kochi, has also joined hands with the mission for its success.

In November 2019, we completed 10 years of our Community Mental Health Programme. It gives us immense pride and happiness that we could touch and transform many such lives with this programme. Many of our patients are known as persons with mental illness only to us. To the outside world, each of them is a mother, father, son, husband, wife etc. Some of them got married, some are pursuing jobs, education etc. An unfortunate few died, due to medical illnesses, suicides etc. Dr.Shaji K.S. (Professor of Psychiatry), Thrissur Medical College was the man who gave us the skills and knowledge to start this programme. He talked about treatment gaps, need to identify common mental

disorders in the general OPD and the primary care physician being the key person. His team of specialists worked towards making this possible. Dr.Jyothi was entrusted with the task of writing protocols. Dr.Sumesh had already done a pilot visit to Attappady for starting the programme. We initially thought that a team from Thrissur would visit our hospital every month for this programme. But Dr.Shaji insisted we do it ourselves with technical support from MCH Thrissur.



While we cross ten years, we feel it was his vision about this programme that made it sustainable, cost effective and workable.

Two years later, the programme took wings with the involvement of Dr. Chitra Venkateswaran and her organization MEHAC (Mental Health and Action) Foundation. With her assistance and support we could take in more patients with mental illness into the programme and they were those who needed expert psychiatric care. A team from MEHAC has been visiting Attappady since 2011 every month to support this programme

Comprehensive Mental Health Survey 2010

The trust conducted a comprehensive survey in the year 2010 to find out the spread of mental disorders and the number of mentally ill patients in the tribal villages of Attappady. The survey was undertaken by 60 volunteers who had received training on research methodology and logistics.

The survey found out that innumerable tribal people were suffering from a varied range of mental disorders and that they were unaware, neglected and in need of proper care. It also revealed that a large number of suicides were reported every month from Attappady, especially from the tribal population.

The survey findings were as follows:-

- High prevalence of mental disorders among the tribes of Attappady
- Mental illnesses range from frank psychosis to mood disorders
- Schizophrenia is one of the most common conditions
- Majority of the patients haven't received any treatment
- The patients belong to poor socio-economic backgrounds
- The patients were not able to afford psychiatric medicines or treatment

Mental Health Volunteers

The mental health programme is a full-fledged community programme with involvement of several segments of society. Each patient is connected to a mental health volunteer, who is a member of the community living near the patient. The volunteer works along with the social workers of the mission to monitor the progress of the patient, their compliance to the drug regimen, side effects, problems of the care givers etc.



The mental health volunteers are

- Regularly trained on symptoms of mental illness, the efficacy of treatment and daily medication
- Taught to provide professional and emotional support to patients and their families
- Instructed to monitor drug compliance and follow up visits and document it in the patient's case sheet
- Trained to identify both new patients and defaulters at the earliest and bring them for treatment
- Educated to conduct awareness programmes to eradicate taboo and superstitions around mental disorders.
- Facilitated to provide transportation facility for agitated patients to bring them to the hospital
- Appointed to encourage patients and their families to share experiences and gain more insight into mental illnesses and their treatments.

Out of 220 registered patients with severe mental disorders, about 120 patients are on regular follow



up. Approximately 100 patients with common mental disorders like anxiety disorder, depression are also getting proper treatment under the project.

A very important part of the programme is the home care visits by the social workers from the mission. The patients are seen at their homes and their progress, well being, relief of symptoms and drug compliance is enquired at each visit.



BENEFITS OF THE PROJECT

- · Provides free psychiatric consultation and free medicines to all patients
- Regular follow up by social workers
- Drug compliance is monitored
- · Community Based Rehabilitation of treated patients is ensured
- · Large number of mentally ill persons resumed their occupation, domestic responsibilities and normal lives
- Rescue efforts from social workers in case of exacerbation of symptoms
- Increase in awareness in the society regarding mental illness and efficacy of medical treatment



"It was in December 2017 that we met R. His mother had come to our hospital to meet the doctor the previous day. She told his story. His mental illness started two years back. He was working in the Railways in Salem as a mazdoor. When the initial symptoms appeared, they went to a psychiatrist in Coimbatore and started treatment which went on for about 6 months. But slowly his disease worsened, he started absenting from work, and in about a year's time he was back in Anaikkatti at his wife's house. He refused to go back to his work, started wandering all around the place. He used to collect all his children's dresses and burn them. Now he wouldn't stay in the village, he rented a house away from the village and stayed there alone, the rent was paid by his wife, out of her earnings from menial jobs. Someone had told the mother about our mental health programme and she wanted us to come and see him.

The doctor went along with her in his car to a village not far from Anaikkatti on the Tamil Nadu side. It was around 8 pm and all the family folk were at home. As he approached the house, R came out and left the place immediately on seeing the doctor. That was the first and last time we saw him for the next 6 months. He had not bathed for many months together, had long hair and nails, wore shabby clothes, his face was also not clearly made out in the dim lighting of the village lamps. His wife and mother narrated the symptoms and his deterioration in the last 2 years. They were instructed to come and collect medicines from the hospital the next day. The challenge of administering the tablets was taken up by the wife, she would mix them in the only meal he takes at home, in the night.

Every month one of them would come to the hospital to update about R and his illness. He was taking our medicines without his knowledge. But he was making slow progress, he started changing his clothes once in a while, stopped burning clothes and household articles etc. In another 2-3 months, he started taking medicines on his own, which helped us to make the prescription better. He came to the hospital at the end of 6 months. He was a truly handsome man, now dressed in neat clothes. He had started going for manual labour in the surrounding villages. When we asked him about when he was planning to go back to his job, he only smiled.

In late October, he received a notice from his office for his long absence. He was to attend a hearing at Salem if he wanted to retain his job. Next month his mother came for medicines and told that they had taken him back into the service. Now during the last year, he has been regularly visiting the hospital from his office in Salem to collect his medicines. He is reporting to his work daily and lives his life as well as any other person".

"Mental health care works effectively when the systems in the community are used well. Health systems, social welfare organizations, volunteers, all these need to be integrated to a proactive approach. Going as a team to the villages, indicating your presence in the community to families deprived of care adds significant value to the programme".

SVMM

Dr. Chitra Venkiteswaran Director, MEHAC, Kochi



"Mental health care works effectively when the systems in the community are used well. Health systems, social welfare organizations, volunteers, all these need to be integrated to a proactive approach. Going as a team to the villages, indicating your presence in the community to families deprived of care adds significant value to the programme".

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Anjali Suresh Project Coordinator

"My responsibilities are versatile, and it has helped me analyze the mental health issue among the tribal people from every perspective. Most of the patients are the breadwinners of their family, often in their twenties and thirties. The real task is to convince them that they need help. We learn to build an emotional rapport with the patient and their family. It is only then; that either of them feels comfortable in sharing what has been bothering them.

Sometimes, it gets difficult to remain emotionally detached from our patients. It is undeniable that the job gives immense satisfaction, but it is an effort to maintain our energy levels while helping those who unintentionally lack it. Associating with this noble cause, miraculously bestows us with the strength that we need to handle certain situations. There are times when we have to cater to some of the aggressive patients, and we dedicatedly and fearlessly assist the one in need.

There is a huge learning curve, since one gets to work on the field and with different types of patients, and manage different situations; we get thoroughly groomed in every way. If you intend to work or intern in the mental-health sector, then this is one of the best opportunities for you."







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Balachandran Smaraka Janavaibhava Kendram

Inaugurated in October 2015, in the memory of late trustee Sri M. Balachandran, the 'Balachandran Samaraka Janavaibhava Kendram' is a skill development centre in Agali. Swami Vivekananda Medical Mission founded this institution intending to empower and up-skill the youth and the women from the scheduled tribes. The centre hosts free tailoring classes for those who are keen on learning and also functions as a commercial garment-making workshop for those interested in generating income from the donned skills.



Five years since its establishment, more than 200 women have learnt the art of stitching at this centre. Most of the students are young-adults, married, uneducated and in dire need of financial support. This course not only assists them in gaining income-generating skills but also boosts their self-confidence and helps them find a place in society.

The centre also hosts vacation batches for those who wish to up-skill themselves in-between their academic breaks. The trainer describes the learning curve at the centre as continuous. Recently, the centre started embroidery lessons and more than 20 students, especially young girls, have joined the session.

The trainees who have gained expertise in stitching are taken on board a garment making unit, which is also housed in the same centre. The garments are made on order from textile houses from Palakkad. The women also make various types of cloth bags based on orders received.

Rukmani N Garments making units

"I joined the stitching centre in the year 2017. Here, I learnt to stitch a variety of items like dresses, churidars, night-gowns, shirts and also cloth bags. The teaching methodology was detailed. It not only made me more efficient but also helped me gain more confidence.

My husband is a construction worker; his wages would barely make ends meet. After the course, I started working at the centre. We make women's clothing for local vendors. I also set-up a stitching machine outside my house; in my spare time, I stitch clothes for women who stay around.



This initiative has not only up-skilled me but has helped me to establish an identity of my own. I feel proud to be able to help my husband financially. It has undoubtedly stabilized our life in several ways."

Sheeba K.U.

Trainer

"I have been teaching at the stitching centre for five years, from the very beginning. My students are my family; I spend a lot of time with them and hence, get an opportunity to know each one of them personally.

What we do here goes beyond imparting skills; it helps us to liberate these women. We set them free from their preconceived notions about their capabilities and watch them rise, as they grow independent.

It's fair to say that I have grown along with this initiative. While I taught what I already knew, the zeal amongst my students inspired me to learn more, myself. So, I would not hesitate to experiment, and as I learnt something new, I would pass on the knowledge to others."



Sajil Nandakumar Skill-Development Officer



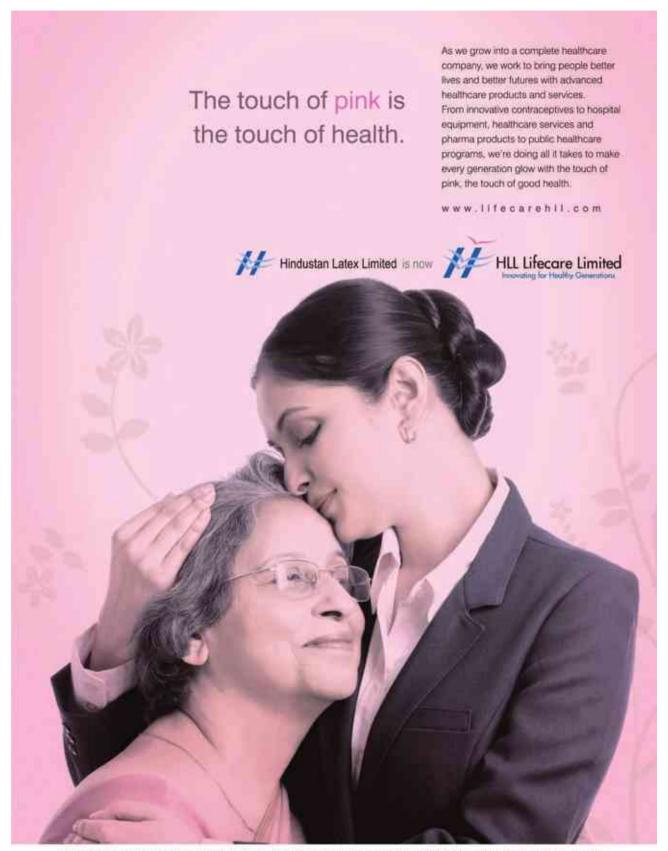
"I have a wide range of responsibilities as a Skill-Development Officer. To manage the stitching classes and to arrange for its requirements and necessities is one of the primary tasks.

Besides that I make regular visits to the tribal hamlets in Attappady, to inform them about the courses and to convince more and more women to join the same.

There is a constant effort put in to find potential vendors and buyers for our commercial garment-making workshop. We also manage the packaging and logistics for our products.

The initiative has accelerated, and more and more women are joining in to learn and to earn. Hence, we are invariably looking to enhance our sale. It would help us to improve the socio-economic condition of the tribal population."





Contraceptives | Surgical and Hospital Products & Equipments | Medical Infrastructure Projects | Women's Health Care | Diagnosis Services | Vaccines | Rapid Test Kits | Natural Health Care Products | Procurement and Consultancy Services | Social and Health Care Franchising | Coodom Promotion and AIDS Prevention Programs | Hospitals and Mobile Clinics | Public Health Program Implementation and Technical Support for NGO's

SVMM

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Angamaly

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Vivekananda Janaseva Kendram

In the year 2018, Swami Vivekananda Medical Mission founded 'Vivekananda Janaseva Kendram,' a computer coaching centre in Sholayur village of Attappady. It was established with the help of Kerala Hindus of North America (KHNA) More than 50 students have enrolled in the classes, so far and almost 20 of them have been from the tribes.



This skill development initiative provides free computer education to those who cannot afford to pay for the courses, while the rest have to pay a minimal amount as a fee. The centre conducts daily sessions, weekend courses, and vacation batches, as well.

The courses offered include Post- Graduation Diploma in Computer Applications (PGDCA), Diploma in Computer Applications (DCA), Digital Typing in Malayalam and English, MS Office, and Photoshop.

Currently, there are around four computers, one printer and one scanner at the centre. It also has a high-speed internet broadband facility.

Furthermore, the centre offers online services for public utilities like Internet, E-mail, Printing, Scanning, Employment Registration, PSC/SSC/UPSC Registration, and more.



Divya K HSC, Science

"I had joined the vacation batch at this computer coaching centre last year. I completed my Diploma in Computer Applications and got certified for the same.

We are taught computer basics at the school, that's where I developed an interest in this technology. The learning experience has been great. I now find it easier to cope-up with my college projects. And at the same time, I am also confident about choosing a computer-oriented career in the future.

My parents are uneducated. My father is into manual labour, and my mother's a housewife. No one in my family has ever learnt a computer; I am the first one ever to pursue this level of qualification.

They are incredibly proud of me and hence, expect my younger sibling to join for the course as well. He should be joining the up-coming vacation batch."

"

Maheshwary R Computer Teacher



I have been teaching at the centre for more than a year. Being a native of Attappady, I am well aware of the socio-economic scenario in this area. Undoubtedly, this computer centre proves beneficial to most of them living in this region. There are no other centres for over kilometres from this place.

I have students of all ages, often very excited to learn something new. The tribal people do not have computers in their houses. Hence, children come to us with sheer excitement and curiosity. It is incredibly satisfying to be able to quench their thirst for knowledge.

We are still looking forward to expanding, and any kind of help is always welcome. One of the crucial issues that we face here is the commute. Students live in far off villages, and it's a task to reach our centre. This fact often acts as a barrier in their aspiration to join us. If supported, we can look forward to having a solution to this issue."





വിജയവീഥിയിൽ വൃവസായ സംരംഭങ്ങളുടെ മുന്നേറ്റം കിൻഫ്രയ്ക്കൊപ്പം!

26 വർഷങ്ങളുടെ അനുഭവസമ്പത്ത്. ഏറ്റവും മികച്ച ലൊക്കേഷനുകൾ. സിംഗിൾ വിൻഡോ ക്ലിയറൻസിനൊപ്പം ഏറ്റവും മികച്ച അടിസ്ഥാനസൗകര്യങ്ങൾ, കേരള ഇൻഡസ്ട്രിയൽ ഇൻഫ്രാസ്ട്രക്ചർ ഡവലപ്പ്മെന്റ് കോർപ്പറേഷൻ (കിൻഫ്ര).

GAIL. HAL. BEML തുടങ്ങി വൻകിട പൊതുമേഖലാ സ്ഥാപനങ്ങളും, മുൻനിര സ്വകാര്യ മേഖലാ സ്ഥാപനങ്ങളും അടങ്ങിയ ഉപഭോക്തൃശൃംഖല കിൻഫ്രയുടെ വിശ്വാസൃത വിളിച്ചോതുന്നു. ഇപ്പോഴിതാ വെയർ ഹൗസ്, കോൾഡ് സ്റ്റോറേജ്, സംസ്ക്കരണ ഉപക രണങ്ങൾ ഉൾപ്പെടെ ചെറുകിട-ഇടത്തരം വൃവസായങ്ങൾക്കും, പുതുതലമുഠ സംരംഭ കർക്കും വലിയ പ്രചോദനമായി കിൻഫ്ര ഫുഡ് & സ്പൈസസ് പാർക്കുകളും.



- ഡിഫെൻസ് പാർക്ക് @ പാലക്കാട്
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- ഗ്ലോബൽ ആയുർവേദ വില്ലേജ് @ തിരുവനന്തപുരം
- സ്പൈസസ് പാർക്ക് @ ഇടുക്കി





Kerala Industrial Infrastructure Development Corporation

(A Statutory Body of Government of Kerala)
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വിദേശവാഴ്ചയുടെ കാലമായിരുന്നു അത്. ദേശീയവും പാരമ്പര്യാധിഷ്റിതവുമായ വിജ്ഞാനവും സംസ്കൃതിയും പിർത്തുപ്പെട്ട കാലം. ജനങ്ങളുടെ ആരോഗ്യത്തെ നൂറ്റാന്തുകളായി പരിപാലിച്ചുപോന്ന ആതുർവേദത്തിന്നും അപചയം വന്ന കാലം. അക്കാലത്താണ് ദീർഘദർശിയായ പി.എസ്. വാരിയർ ചരിത്രപ്രാധാന്യമുള്ള ഒരു സംരംഭത്തിന്ന് കോട്ടയ്ക്കൽ തുടക്കമിട്ടത്. 1902 ഒക്കൊബർ 12-ാംനു വിജയലശമി നാളിൽ ആ പുണ്യശ്രോകൻ ആരുമെദ്യശാല സ്ഥാപിച്ചു. കഴിഞ്ഞ നുറ്റാണ്ടർ ഉണ്ടായ ആയുർവേദനാവാത്ഥാന്ത്രിച്ചു. കഴിഞ്ഞു സ്ഥാപനം വളര്ന്നു. നൂറ്റിപ്പതിനേഴു -സംവത്സരങ്ങൾക്കുശേഷം ഇന്നും ആധികാരികവും ശാസ്ത്രീതവും ആത ആയൂർവേദപാരമ്പര്യത്തിന്റെ ആധുനികമുലമായി അത് നിലകൊള്ളുന്നു. ചികിത്സ, ഔഷധനിർമാണം, ഗവേഷണം, വിദ്യാഭ്യാസം, ഔഷധസസ്യകൃഷി, പുസ്തകപ്രസാധനം, ഇങ്ങിനെ പ്രധാന മോലകളിൽ ആര്യവൈടുശാല നിർണായകസ്ഥാനം വഹിയ്ക്കുന്നു.





















Scandinant, Paper



Prospecto socratus france



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Village Health Worker Project

Swami Vivekananda Medical Mission under the Village Health Programme appoints workers across the tribal hamlets to look after the health and welfare of the tribal population. These Village Health Workers are the tribal youth who have voluntarily agreed to work towards the betterment and upliftment of their people. Once on-board, they undergo rigorous training sessions and then are further deployed to perform various tasks in their respective hamlets.

Their responsibilities are categorized in terms of healthcare of the people and development of the villages. Each village has a Village Health Worker who reports to the respective Panchayat Coordinators. The latter is answerable to the block coordinator, who ultimately manages everything between the hospital and those on the field.

The training programme incorporates training on data collection, organizing campaigns, waste management, recognizing symptoms of various health issues, providing essential medication, giving first-aid treatment, and assessing the gravity of a situation and following the necessary protocols.

The Village Health Workers give special attention to mother and child welfare. Besides that, they also keep track of the availability of drinking water, the sanitary options and other necessities of the tribes.

Responsibilities of a village health worker

- Visiting all the houses every week for enquiries about their well being
- Identifying people with health issues and providing necessary support
- Ensuring hospital visits of both old and new patients
- Arranging a medical van or an ambulance for those in need
- Organizing awareness camps on hygiene, widespread illnesses, & infectious diseases
- Undertaking precautionary measures to avoid seasonal epidemics
- Giving first-aid treatment as a part of immediate response
- Assisting with the medical camps
- Organise cleaning and sanitation drives with the help of other members of the village
- Helping the tribal families to enrol for upcoming specialty medical camps



Lakshmanan K Block Coordinator

"I started working as a Village Health Worker in the year 2006, and two years later, I

was promoted as a Panchayat Coordinator. The Village Health Programme is one of the most thriving initiatives of the Trust. I have come a long way with the mission.

In the year 2010, I was further promoted to be a Block Coordinator. Agali, Sholayur, and Pudur are the three Panchayats that come under my jurisdiction. There are about four Panchayat Coordinators who report to me, and who in return have over 100 village health workers supporting them.



Arranging monthly meetings and training programmes, managing communication and activities in-between the Hospital and the Village Health Workers, and organizing awareness campaigns in coordination with the Government Health Inspectors are some of my primary duties.

This programme creates employment opportunities for the tribal people and in turn supports the development of the community itself. I feel a sense of satisfaction, to be able to work with my people; we indeed are one big family."

Eye Camps

The Trust organizes free Eye Camps in association with Ahalia Eye foundation, Palakkad and Sankara Eye Centre, Coimbatore. Besides free consultation and medication, they also provide our patients with cataract surgeries for free of cost.

The team also makes spectacles available on discounted rates. The display is set-up at the campsite so that the patients can choose as per affordability and comfort.

Dr. Navarosh JOphthalmologist



"We conduct the eye camps, once in every three months. During every visit, I have some first-timers and some old patients coming in for follow-ups. Most of them are aged and often suffering from cataract. So far, more than 500 patients have successfully undergone cataract surgeries, and several others have benefitted in case of other eye-related issues."





Union Minister with senior officials of Cochin Shipyard Ltd at the inauguration of new wards and facilities



Handing over of Ambulance to Trust President Sri V.P.S.Menon by Sri Kannan, Head of Finance, Mahindra Finance Ltd.



Registration at tribal health camp



NABARD DDM interacting with farmers in one day awareness programme



Srimathi Uma Preman at Free Dialysis Centre at SVMM hospital



President Sri V.P.S.Menon flagging off Bolero jeep donated by BPCL for mental health project





Malleeswara Vidyanikethan School



Prayer



Flag hoisting on Republic Day



First batch of 10th standard students after passing out in CBSE exams



Boys and girls kabaddi teams who won first place at District level

Alcohol De-addiction Project

Dependence on alcohol and other substances of abuse is highly prevalent in Attappady, especially in the tribal hamlets. The widespread addiction to alcohol and other substances is a complex social issue with legal, economic, psychological, and medical ramifications.

Intending to eradicate these vices, Swami Vivekananda Medical Mission has been conducting awareness classes on the subject in the tribal villages; along with screening and motivation camps for people to opt for de-addiction. Distribution of educational leaflets, awareness rallies, street plays and pictorial exhibitions are also a part of the awareness activities.

Those dependent on alcohol are identified at these awareness camps and are motivated to undergo de-addiction. Patients with positive attitudes are hospitalized at the de-addiction centre and given detoxification and counselling. So far more than 250 patients have been treated under this project.

Ananthu K.S.

De-addiction Counsellor

"Shyam, a 40-year-old married man, was brought by his family members for deaddiction treatment at SVMM hospital. He was not very eager to get treated for alcoholism. During the screening test, the counsellor assessed the physiological and psychological signs and symptoms of alcohol and other drug use and abuse. The person belonged to the scheduled tribe community from Vadakottathara. He earned his daily living by engaging in traditional agricultural methods and farming. He had started experimenting with alcohol from the age of 14. From the last 2years, his alcohol consumption had increased drastically. After the initial interview, Shyam was willing to take the treatment.



The counsellor took case history and mental status examination of the patient, and then referred to the doctor for further consultation. The ECG and blood tests assessed the current physical condition of the patient. The multidisciplinary team (doctor, nurse and psychiatric social worker) of SVMM hospital charted 15 days treatment plan for the patient which include medication, , psychotherapies (CBT, group therapy, yoga, meditation, individual counselling, family counselling). The counselling sessions cover the areas of psychoeducation to relapse prevention techniques.

After the completion of 15days treatment process, discharge counselling was given to the patient and family members and the importance of further medication and environmental modification was explained. Further follow up and home visits to enquire about the current status of the patient were done subsequently."





ലീഗൽ മെട്രോളജി വകുപ്പ്

ഉപഭോക്താക്കൾക്ക് നിയമലംഘനങ്ങളിമേൽ സത്ഥര പരിഹാരം തേടാൻ ' സുതാരും' എന്ന മൊബൈൽ ആപ്ലിക്കേഷൻ. അളവുതൂക്ക് വെട്ടിപ്പ് നടത്തുന്നവർക്കെതിരെ ലീഗൽ മെട്രോളജി വകുപ്പിന്റെ ശക്തമായ നടപടികൾ.

- പെട്രോൾ പമ്പുകളിൽ രാത്രികാലങ്ങളിലും മിന്നൽ പരിശോധന.
- ബേബി വെയിംഗ് മെഷീനുകൾ ഉൾപ്പെടെയുള്ളവയിലെ ക്രമക്കേടുകൾക്ക് വൻകിട ആശുപത്രികൾക്കെതിരെ കേസ്.
- ► റേഷൻ കടകൾ, അരിക്കടകൾ, മൾട്ടിപ്ളെക്സുകൾ, മാളുകൾ തുടങ്ങിയ എല്ലാ കച്ചവട സ്ഥാപനങ്ങളിലും നിരന്തരമായ പരിശോധനകൾ.
- സ്ഥലം മാറ്റങ്ങളിൽ സൂതാരൃത.
- ഒഴിഞ്ഞ് കിടന്ന തസ്തികകളിൽ പ്രൊമോഷനും നിയമനവും .
- ആധുനിക ലബോറട്ടറി സൗകര്യങ്ങളോടു കൂടിയ ലീഗൽ മെട്രോളജി ആസ്ഥാനമന്ദിരത്തിന്റെ നിർമ്മാണം അന്തിമഘട്ടത്തിൽ.
- എൻഫോഴ്സ്മെന്റ് പ്രവർത്തനം കൂടുതൽ കാരുക്ഷമമാക്കുവാൻ 14 പുതിയ വാഹനങ്ങൾ.
- ഫീൽഡ് ജീവനക്കാർക്ക് ലീഗൽ മെട്രോളജി മാമ്പൽ പ്രസിദ്ധീകരിച്ച ഇന്ത്യയിലെ രണ്ടാമത്തെ സംസ്ഥാനം.

ഇന്ത്യയ്ക്കാകെ മാത്യകയായി ലീഗൽ മെട്രോളജി വകുപ്പ് ജനങ്ങൾക്കൊപ്പാ

പരാതികൾ നൽകുന്നതിനായി

SUTHARYAM ആംപ്ലിക്കേഷൻ പ്ലേ സ്റ്റോറിൽ നിന്നും ഡൗൺലോഡ് ചെയ്യാവുന്നതാണ് ഫോൺ -0471-2303821 ഇ-മെയിൽ cimkerala@gmail.com കൺട്രോളർ, ലീഗൽ മെട്രോളജി വികാസ് വേൻ, തിരുവന്നതപുരം





Malleeswara Vidyanikethan High School

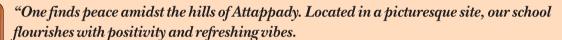
Founded in the year 1991, Malleeswara Vidyanikethan School was an initiative of a government servant, who aimed to provide quality education to the impoverished local population of Nellipathy, about 2 kms from Agali. Later, the school was handed over to 'Navothana Parishad, Palakkad,' for further development.

Intending to uplift the educational standards amongst the tribes, Swami Vivekananda Medical Mission took over the school's administration in the year 2010 and it provides free education to the students from the tribal community. The non-tribal students coming from low-income families are also given exemption from paying the fees.

It is an English medium school offering education from Arun (K.G) to 10th standard. Its infrastructure incorporates ten classrooms, a science lab, a computer lab, a library, a kitchen, toilets, and a vast playground.

Padmakshy P.S.

Headmistress



I have worked in a metropolitan city for several years. Working at this school has bestowed me with a renewed sense of purpose in life. While I bring along several years of experience and expertise with me; I still have had to learn-unlearn a lot to fit into this environment.

The gaps between the privileged and the underprivileged are often evident when measured in terms of finances, lifestyle and other substantial factors. What we often don't focus on is the significant difference in their emotional quotients and behavioural patterns.

The tribal families face a lot of hardships. Eventually, each one of them has to fend for themselves. Life otherwise is so hard that they often do not develop a caring attitude towards the other members of their family. Children are most often a victim to this cold environment and thus, showcase similar behavioural patterns in the bargain.

Therefore it is challenging to gain their trust or to inculcate a sense of discipline in them. We do not play a role of mere facilitators here; instead, act like a big family who along with education and knowledge also provides warmth and understanding that is required to win them."



Usha Kumari

Teacher (Sisuvatika)

I have been working here as a teacher in the K.G. section for the past ten years. We have a mix of tribal and non-tribal students.

The tribal families have their dialect; their language mostly is a mélange of Malayalam and Tamil. Whereas, the language of communication used in the school is English and Malayalam. Thus, this becomes a significant challenge for those who teach.

For teachers like us, who teach the K.G. section, it becomes even more critical, as we lay the foundation for their future. But neither has this issue lowered our morale and nor has it stopped us from achieving our goals.

Over the years, we found out that children, who find it difficult to interpret the pure form of the language, find it easier to grasp it when taught through songs, actions, and melodies.

Most of our children come from uneducated families and hence, we teach with a wholesome approach. And often it is our teaching patterns that determine their attention span. We try and incorporate a lot of activities like skits, story-telling and more, to make the whole learning experience quite enjoyable."









Bharatheeya Vidyanikethan guides the academic functions of the school. The school is registered under the National Institute of Open Schooling.

The first batch of students in the tenth standard passed out with flying colours last year (2019).

The school syllabus is based on the NCERT curriculum. Children here, learn over four languages – Malayalam, English, Hindi, and Sanskrit. Extra-curricular classes like music, dance, karate, and yoga are also a part of regular schooling. The school provides intensive sports training to the students, which reflects in their performances at inter-state competitions and meets.

An intrinsic part of the teaching programme at Malleeswara Vidyanikethan is the focus on Indian culture and values. The children here grow into law-abiding citizens; who are proud of their cultural heritage and traditions and are willing to contribute to the development of society.

Sanjay P.R Teacher (Standard 10th)



"I teach mathematics for the 10th standard. Last year, we had a student who found it difficult to cope up even with the basics of mathematics. He seemed to find it challenging to understand the fundamental calculations. Thus, I began to monitor his situation keenly. The child was both hard-working and very determined to clear his boards.

The department concluded that the child needed personal attention. So, I started tutoring him beyond my working hours. I conducted extra classes at school and as well as at my home. What kept all of us going was the child's determination to overcome these obstacles.

He attended all the extra-sessions and was all-attentive. He focused on his shortcomings and studied and revised until he was confident. In the end, he cleared the exam with flying colours.

We, as teachers at Malleeswara Vidyanikethan, often come across such situations. Our children here come from varied backgrounds, especially from deplorable conditions. They get zero exposure and no help from their parents when it comes to studies. Therefore, we have to scale-up and come up with impromptu solutions during such circumstances.

I believe that the eagerness to achieve is directly proportional to where we wish to be. And to set realistic goals, one needs to be aware of the opportunities and possibilities that the life withholds. So we are open to motivational speakers, experts from varied streams, and also career counsellors. We hope you join us in this noble cause and help our children dream big."

DEVELOPMENT OBJECTIVES

- Ensure good student strength
- Maintain good academic standards
- Introduce STEM(Science Technology Engineering & Maths) Learning
- Upgrade infrastructure as per CBSE norms
- Complete affiliation with CBSE

- Raise funds to support tribal students
- Encourage artistic and cultural training
- Construction of a sports hostel & other facilities
- Development of school ground
- Provide vocational and leadership training



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Educational Resource Centre (Balasamskara Kendram)

This is an educational resource centre, initiated by Swami Vivekananda Medical Mission. Set-up in around 30 tribal villages of Attappady, they host weekend classes for the children, aged 5-15. Each centre has an instructor, a voluntarily involved, well-trained girl or boy from the tribal community.

They help the children revisit their academic subjects and develop an in-depth understanding of the same, through personal attention. The instructors also teach various aspects of Indian heritage and tradition like slokas, cultural values and verses from the Bhagavad Gita.

Each tribal child is motivated to learn more and achieve more in their curricular and cocurricular activities. The teaching programme incorporates stories, games, drama, and other activities to make the whole learning experience more exciting.

Shiny E.K. Block Coordinator



"The best part about this project is that these are tribal instructors, guiding the tribal children, in the tribal hamlets. Therefore, it is one of those initiatives that collectively cover a particular aspect of education, empowerment and as well as growth.

We arrange regular training programmes for the instructors. The members of the mission help us equip them with the academic subjects. My team also ropes-in experienced teachers annually. The training programmes by these teachers enhance their confidence by multi-folds.

We are also responsible for holding refresher and review meetings every month. Here, we address their issues, collect data and maintain a detailed report on what they have done so far. And also come up with innovative ways to improve the programme."







ഗ്രാമീണ കേരളത്തിന്റെ ക്ഷീരധാരയിൽ നിന്നും ആധുനിക സാങ്കേതിക വിദ്യയുടെ സഹായത്തോടെ Food Safety Act നിബന്ധനകൾ പൂർണമായും പാലിച്ച് കൊണ്ട് മിൽമ തയ്യാറാക്കുന്നു; തനിമയുള്ള വിശാസ്ത നെയ്യ്. ഇത് ക്ഷിസേമ്യദ്ധിയുടെ പൊൻകണി.



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Malabar Regional Co-operative Milk Producers' Union Ltd., Kozhikode





Empowering tribal farmers



Balasamskara Kendram



Members of Coimbatore Nair Samajam with tribal villagers of Thadikundu hamlet on Vishu 2018



Medical and social workers with patient at tribal village in Home care project



Solar power plant donated by GIC Housing Finance



Relief distribution during flood



Empowering the Tribal Farmer

A study of the ground realities in the tribal villages reveal that lack of employment, degradation in agricultural practices, lack of availability of water, inadequate infrastructural development and social problems like alcoholism are the major reasons for the poor living conditions of the tribes of Attappady.

Tribal people are traditional farmers. Agriculture is the occupation closest to their hearts. In Attappady also, until the last decade, the tribal farmers were very active in agriculture and were self sufficient in their needs for grains and vegetables throughout the year. The farmers used to cultivate cereals, pulses, spinach and vegetables in plenty and used to store the grains for a year. Though commercial production of crops were not common, they used to be self dependent for their food consumption.

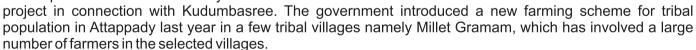
In the recent past, the tide has turned. A majority of the tribal families are not engaging in agriculture in their own land for last 5-10 years. Most of the tribal land holdings are either lying unused or leased out to other farmers. Cultivation of traditional cereals and pulses has declined over the years. Farmers attribute the absence of cultivation to poor water sources for irrigation, fear of losing crops due to destruction by wild animals, non-availability of seeds, lack of awareness about government schemes. Hence we find that the tribal people are not earning their livelihoods from agriculture.

Government initiatives and responses

Government of Kerala has initiated several schemes in Agriculture over the years. Many tribal farmers have benefitted from these schemes. But these schemes have not given an impetus to farming by the tribal farmers due to many reasons. Some of them are

- The land documents of the farmers are not been reconveyed in their own names
- They are not aware of many of the schemes
- Applications for the schemes are not submitted in time
- In many instances, the benefits like seeds, manure etc are delivered to the farmers after the rains have ceased

Last year, farmers started cultivation in many villages with the help of individual loans they received from NRLM



Solutions to the riddle

Swami Vivekananda Medical Mission has adopted a two pronged strategy to help the tribal farmers to generate income as well as sustain their traditional agriculture. One is to develop alternate methods and crops of cultivation which may give sustained and increased returns. The other is to give support to continue cultivation of traditional crops like grains, pulses etc., by identifying help to procure seeds, set up small irrigation facilities, documentation support for getting support from government and other agencies.

Our trust has been involved with development of farming activities among tribal farmers for the last many years.



- 1. **Vegetable clusters:** We initiated the formation of several vegetable clusters in Paloor, Dhanyam and Kulappadika hamlets with the help of Krishi Bhavan, Pudur in 2013.
- 2. **Farmers committees:** Farmers meetings have been held in villages, followed by the formation of Farmer's committees. Farmer's committees are present in 30 villages.
- 3. Awareness programmes: Farmers' meetings were held at different locations to generate awareness about government schemes and farming methods. On 25th January 2018 a meeting of office bearers of farmers committees was held in Nallasinga Community hall. The meeting was inaugurated by Sri Ramesh Venugopal, DDM of NABARD, Palakkad district. Srimathi Jayashree, Agriculture Assistant in Krishi Bhavan spoke on Government schemes.
- 4. **Nallasinga project:** Tribal farmers in Nallasinga in Sholayur Panchayat were supported with seeds and tractor facility for ploughing at the beginning of the farming season in 2018. The support was given by Samraksha Charitable trust, Palakkad. The farmers could cultivate a large area of their land with this support. 36 farmers were benefitted.
- 5. **Medicinal plant cultivation project:** A Project for sustainable agriculture for tribal farmers by cultivation of medicinal plants was started with support from NABARD in September 2019. The project is conceived as an innovative project under Farming Sector Promotion Fund of NABARD. The project is being conceived and implemented with technical support from Arya Vaidya Pharmacy (Coimbatore). The project aims to provide sustainable income to tribal farmers through farming of medicinal plants.



Under this project, 9 selected species of plants are grown by beneficiary farmers in 25 cents of land each. They will receive saplings and other planting materials for the cultivation are provided by Swami Vivekananda Medical Mission. The farming will be supervised by experts from both organizations. The products of cultivation will be procured by Artha Herbs Extracts and Derivatives India (Pvt.)Ltd., a subsidiary of Arya Vaidya Pharmacy, (Coimbatore).

Aswanth M.S. Project Coordinator

"Currently, we have four hamlets under this project-Vellakulam, Moolagangan, Oothakuzhi, and Chuvadiyur; and about 100 beneficiaries, from the tribes.

This programme is an alternative model, as it differs from usual farming practices in this area. Hence, we regularly conduct demonstrations and awareness programmes. It not only acts as an alternative source of income but also enhances their learning curve.

We have organized a 'Mother Nursery,' where we maintain saplings of a variety of medicinal plants and then given them to the tribal farmers for further cultivation. The field staff makes regular visits to collect data, assess the situation, and to provide the necessary assistance.



I have specialized in community development, and this project has given me extensive exposure; from working closely to those on the field to managing funds and logistics. We are keen on expansion; let's together accelerate this noble cause."







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Seva Internship in Attappady

Since 2016, the trust has been hosting a 'Seva Internship Programme' in affiliation with Kerala Hindus of North America (KHNA), an organisation of expatriates from Kerala. Every year, youth pursuing their undergraduation in countries like USA and Canada come to Attappady to spend their vacation here and understand tribal life and its problems. The trust charts out a set of deliverables for them, to benefit from their skills and to provide them with necessary exposure and learning. The students also try to organize some seva activities in the villages to solve intricate problems of the tribal villages.

Some experiences of the interns are shared here

Chetan Nambiar Dayton, OH



This internship provided me with the opportunity to assist with community oriented development. Working with the Swami Vivekananda Medical Mission (SVMM), I got the chance to be a health/social worker. Not only does SVMM treat roughly 300 patients (mainly tribal) for free each day, it runs numerous social programs to assist in the community. There I was able to work with these programs in the village of Vechapathi, a hamlet of around 450 people.

Initially, the work consisted mainly of going door-to-door and collecting information about the residents. I would ask for their name, age, education, health, marital status,

social and governmental problems, and the number of children. In total, 103 houses were logged for all these fields (347 people total). From this data, suggestions were made to SVMM to create four different programs. The first two were combined: create a youth football group, and within that group, create a plan for occupation specialization for those who did not complete school up to 10th standard.

The next program was to develop an infrastructure complaint registration. Through the record, villagers would have another channel to speak about problems such as lack of electricity, water, or inadequate housing. The last program was to create a health awareness program, were locals were warned about standing water, the necessity of toilets, and general disease prevention. The ideas were presented to the village development committee, and we were able to institute the programs within the village.



Rohan Harikumar

University of Toronto, Medical Sciences Student



Interacting with the villagers was a fascinating experience, and truly helped me forge a new perspective on life. These were people who were content with their lives, even if they don't share the same material wealth we are fortunate enough to experience here in North America. Apart from individual data collection, group meetings were organized to better contextualize the issue plaguing the villages. After all the data was collected, I had to deconstruct the major trends persistent throughout. This process served as the anchor, from which the development of solutions can occur.

Lack of electric fencing prevents permanent agriculture, as elephants and wild boar ravaged their crops regularly. Intrinsic family values prevent young children from attending schools after staying home due to illness. Damage to water pipes has forced one of the villages to entirely rely on trucks dispatching their daily water requirements. Lack of vocational training among the adult population meant that very few people held stable jobs. The absence of an internet café nearby meant the college-age children aren't able to take advantage of countless opportunities present online. To truly address these issues, long term involvement and follow-ups are required.

Accompanying the team of social workers also allowed me to experience Attappady in all its beauty. Riding up lush mountain slopes and across rolling plains, interacting with the peoples of various villages, it was all so fulfilling.

This internship has a multifaceted approach to skill development and networking through a myriad of different venues. Flexibility is vital, and as such, you can truly tailor this experience to your liking.





From the extravagant array of wildlife and shrubbery to the unrelenting friendliness of its people, Attappady was the ideal environment for me to continue maturing as an individual. Over this past summer, I was accepted to and attended a youth internship from the KHNA society (Kerala Hindus of North America).

Over my month spent abroad in India, I spent two weeks shadowing various medical professionals at the Swami Vivekananda Non-Governmental Hospital. For the rest of the two weeks of the internship, I helped the psychiatric team in the Attappady village area interview potential patients and helped their children with their schoolwork. I felt

that this experience was extremely rewarding, so I am in the process of organizing different fundraisers for the KHNA organization.

In addition to all of the valuable career experience I have gained from this activity, I have learned about the true value of life and what it means to be a truly good person. All of the selfless workers and doctors, especially Dr. Narayanan that wholly sacrifice their limited time for the benefit of others truly inspire me. I aspire to become as morally true as them as a doctor one day.

Anjana Rajendran University of British Columbia

Shefali Panicker

Western University



From our interactions with the women, we found that the majority were not receiving adequate amounts of nutritious foods in their diet. As the primary caretakers in their households, they acknowledged their lack of variety in food but did not know its detrimental effects to themselves or the children in the community. Although the villages were often surrounded by vitamin-rich fruits/vegetables, such as papayas and gooseberries, villagers did not use these fruits in their diet. They were not aware of its nutritional benefits and had become dependent on other forms of receiving food (ex. Governmental

rations). Thus, malnutrition in young women led to extremely low BMIs and increased rates of infant mortality in these communities.

In regards to feminine hygiene, we found an alarming trend of shorter menstrual cycles. Most women told us that when they initially got their periods (around the age of 12-16), it lasted anywhere from 5-7 days. However, as they got older, their periods only last 2-3 days, which is often a sign of malnutrition and severe iron deficiency. Another finding was that many women were not aware of the safe disposal of sanitary napkins. Some women would simply throw pads into the environment while others would flush them down the toilet (both of which are very dangerous and unhygienic).

We decided that the most efficient solution to these issues was to conduct interactive classes in the villages and bring awareness through visual aid, such as videos and photos. With the help of the social workers from SVMM, we successfully conducted a presentation (in Malayalam) on Nutrition and Feminine Hygiene in 3 different villages, including Nallasinga. Using the Indian Food Guide, we discussed the importance of healthy eating at every stage of life and also, how it could be incorporated into one's daily diet. Besides, we went over the basics of the menstrual cycle and the safe disposal practices of sanitary napkins. The villagers were extremely receptive and eager to learn, as they asked many questions and took notes.

The second focus of our project was to engage and educate the children of Nallasinga by teaching English, games, Yoga and shlokas. Every village has a program known as "Balasamskara Kendram" in which the children of a village will convene every Saturday evening and Sunday morning for tutoring from a local teacher. Over four weeks, we taught the children (ages 5-12) five Bhajans, several games and basic English. The children were very enthusiastic about learning and interacting with them was a highlight of our trip.

This internship is an excellent opportunity to serve, interact with tribal communities, develop new skills and most importantly, gain a more worldly perspective in being able to identify the inherent biases present in society. Indian media often portrays Attappady as a place of hopelessness and despair; however with the firsthand experience, we can confirm that this is not the case. In reality, most of the tribal population is full of joy and eager to make positive changes in their communities. We saw that every effort to make a change could ignite the sparks of overbearing potential every individual possess; however, they may not have been granted the same opportunities to succeed.



Acknowledgements

We remain indebted to the following donors for their timely help in setting up facilities and sustaining relief activities in our hospital, school and other institutions

- Hindustan Petroleum Corporation Ltd. donated a Tata Winger ambulance to the trust
- ◆ Cognizant Foundation donated an Ultrasound Scanning machine to the hospital.
- State Bank of India donated an ambulance to the hospital. SBI also donated laparoscopy equipment to the Operation theatre.
- State Bank of Travancore donated an EEG machine and equipments for Labour room at the hospital
- ◆ Cochin Shipyard Ltd supported the construction of additional wards, labour room and Operation Theatre in the first floor of the hospital
- Kerala State Financial Enterprises (KSFE) donated equipments for ICU and a 62 kva generator for the hospital
- Shanthi Gears Ltd, Coimbatore donated an Operation Theatre table and Monitor for the hospital.
- ◆ South Indian Bank donated a 15 KV generator for the hospital
- Sri D.Arunachalam, Dr.Sangeetha Viswanathan and their friends donated an X ray machine to the hospital
- ◆ Sri D.Arunachalam and Bhanumathi Arunachalam also supported establishment of science lab in Malleeswara Vidyanikethan School.

- ★ KSE Ltd, Irinjalakkuda donated an X ray digitalizing machine to the hospital. KSE also supported the construction of 6 toilets in Malleeswara Vidyanikethan School.
- ◆ CRI Pumps, Coimbatore supported the construction of additional classrooms and also donated furniture for our school
- ◆ Oriental Insurance Company Ltd. donated equipments for the operation theatre and furniture to Malleeswara Vidyanikethan School. They also donated 15 sewing machines to our Skill Development centre.
- Sri N.Balakrishna, Prakruthinest, Bengaluru, supported the construction of additional classrooms and in Malleeswara Vidyanikethan School.
- ◆ SBI Life donated computers and a projector to the computer lab of Malleeswara Vidyanikethan School
- ◆ Mahindra Finance Ltd. donated a Bolero ambulance to the hospital.
- Watertec India (Pvt) Ltd., Coimbatore, donated a Dental chair for the dental clinic at the hospital.
- ◆ Bharat Petroleum Corporation Ltd. (BPCL), Kochi donated a Bolero jeep for our Community Mental Health Programme. BPCL supported the construction of 4 classrooms and toilets in new school building.
- ◆ GIC Housing Finance donated a 12 KV solar power plant for the hospital



- Harman Inspired Charitable Trust donated a new Ultrasound scanning machine to the hospital
- EYGDS donated a ventilator for the hospital ICU
- ◆ SBI Mutual Fund donated a school bus for Malleeswara Vidyanikethan School
- ★ Kerala Hindus of North America (KHNA) supported the establishment of a Computer Education Centre
- → Rubfila International Ltd, Palakkad supported establishment of specialty OP rooms and purchase of new linen for the hospital
- PK Vaidyar and Rugmini Amma Charitable Trust, Kochi, donated equipment for the Operation theatre and Electrolyte analyser for laboratory in hospital
- ◆ Sri Purushotham Das Dalmia Trust supported purchase of equipment for the hospital
- Dr.N.Anand & Family donated equipments for the Neonatal ICU in the fond memory of their father Sri Narasimhan
- ◆ Sri Sivaraman M donated equipments for orthopedic surgery for the operation theatre
- ◆ Synergy Educational and Development Trust donated equipments for science lab and lockers for school and solar lamps for flood affected families
- Srimathi Lakshmi Rajaram and Dr.S.Kannan supported establishment of Operation Theatre facility.
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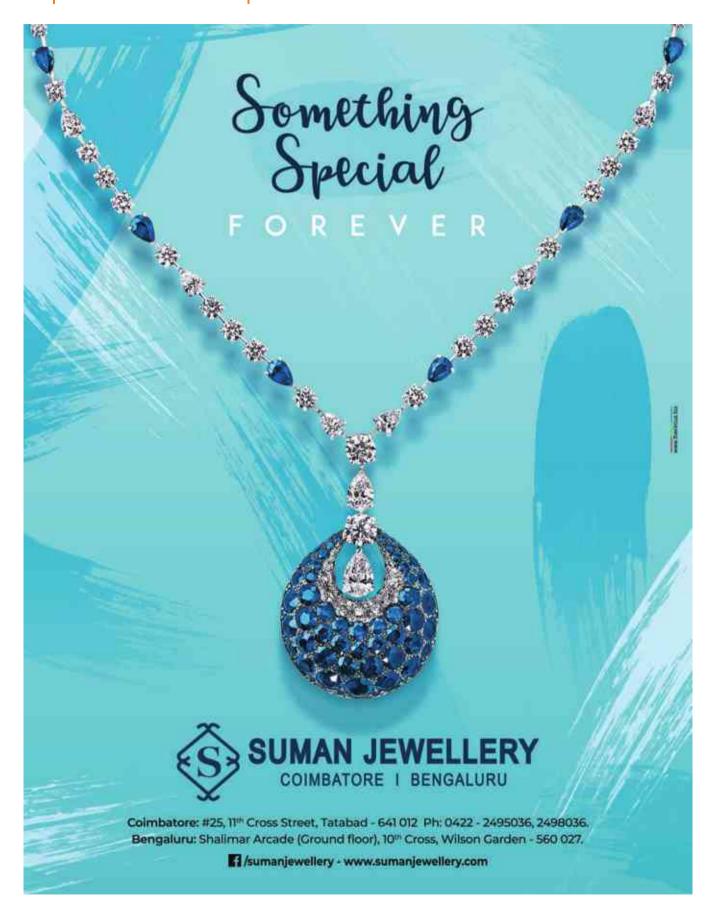
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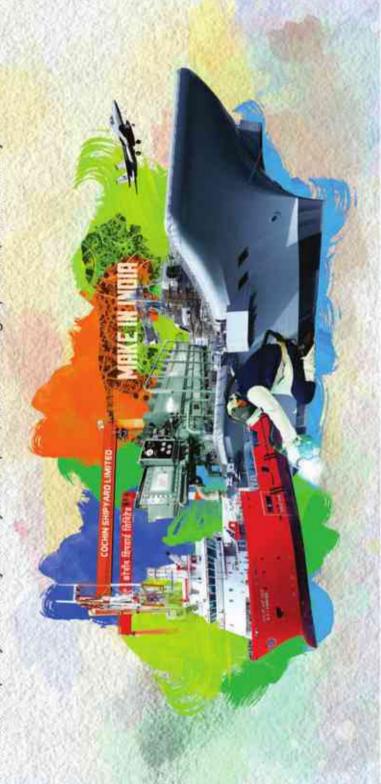
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