

HOMOEOPATHIC CLINIC AT NDMCC, KARNAKODAM

A Homoeo clinic has been started at Dr. Narmada & Dayanand Kamath Multipurpose Charitable Complex (NDMCC), Karnakodam, in association with Dr. Padiyar Memorial Homoeopathic Medical College, Chottanikara. The inaugural function took place on Sunday 19th August 2007 at 8.00 am.

Dr R Janardhanan, Principal of the college inaugurated the clinic. Chief guest, Sri T M V Shenoi, President of the college enumerated the service rendered by the college to the public. He also appreciated the charitable activities of the Trust and said that the college will only be happy to associate with the Trust for social projects which are helpful for the public.

Sri T J Vinod, Smt Aji Francis, honourable councilors of the Corporation of Kochi felicitated the function. Sri K Vikrama Kamath,



L-R: Dr. R. Janardhanan, Sri. T.M.V. Shenoy, Sri. K Vikrama Kamath, Sri. Narayana Bhakthan & Smt. Aji Francis

Working President of GSB Vikas Parishad and Adv. K D Vincent also spoke on the occasion.

The invitees were welcomed by Sri Narayana Bhakthan, former General Manager of India Cement Ltd and a prominent well wisher of the Trust. Vote of Thanks was proposed by Sri C Surendranatha Naick, Trustee.

The Clinic will be functional daily between 8.00 am and 1.00 pm and expert doctors' service will be available for the public.

In connection with the inauguration of Homoeo clinic, a free Homoeo medical camp was also organized on 19th August. More than one hundred people utilized the facilities and got free consultation and medicine.



Smt. Aji Francis having consultation with Dr. R. Janardhanan

The camp was led by Dr R Janardhanan, Principal of the college; ably assisted by other doctors, students and staff of the college.



Members of the Anugraha "Family" recite prayer

Editorial —————

LIFE PARTNER

For a husband, his wife is life partner and vice versa too. In business concerns also, we find partnerships are quite common and well understood. But, in marital life the meaning of a life partner is some times either misunderstood or wrongly interpreted. A 'partner' is equal in all respects viz. in decision making process by consultation, sharing the workload, taking responsibility and enjoying the fruits of their labour or benefits (ie. profits / gains).

In business, sometimes we hear of sleeping partners etc. Sleeping partner will have hardly any role in running the business except enjoying the benefits. Quite often, we come across a husband or wife regarding the life partner as only a 'sleeping' partner. (ie. real bed partners) Is it due to male chauvinism? Or wife's superiority in money power (dowry brought by her)? When the wife is merely a housewife doing house hold chores, raising the children and taking care of old parents, then the husband tries to take command and makes her just a 'sleeping' partner. Also, when your wife is well educated and employed and earning, she too develops this complex and looks at the husband only as a 'sleeping' partner.

This should not happen at all and must change once and for all. Both are 'EQUAL' partners in life and for a harmonious family. Raising children and other house hold work etc are also equally important as of office work. 'SHARING' mantra should be adopted and guide in resolving any conflict, if at all cropping up. Sex fulfillment is not the only essentiality and essence of a happy married life. It is much more than that. There is no room for any dominance by one partner on the other. It is foolish as well as dangerous, for one to lockdown on the other with superiority. What is needed is rationalizing the relationship on a platform of equality. The joy derived from this feeling of sharing, can go a long way to build a strong edifice of peace and harmony in that happy family. Also the impact on their children will be positive and help to groom them as better citizen and more useful to the society.

An ideal husband must 'understand' his wife for her virtues as well as potential and allocate the duties and share responsibility with her. Allow your partner to evolve and develop. Try to bring belongingness amongst each other. Both should play their roles according to the situation demanding, and make easy to yield positive result / outcome. As in a business, in

President's Desk —————

I have great pleasure to inform that the third major project under the Trust, Dr Narmada & Dayanand Kamath Free Housing Complex is getting ready by which selected needy families in the near future will be provided with a place to live. It is indeed our great fortune that H H Sreemad Sudheendra Theertha Swamiji, Mathadhipathy, Sree Kashimath Samasthan has kindly consented to bless the inaugural function. Trust has initiated steps to select the beneficiaries for allotting the flats and a detailed working rules and regulations are formulated for smoothly running the project. A meeting will be convened at 10.00 am on Sunday, 9th September 2007 at TDLP School, Kochi to explain the details of the project and selection process.

Trust has rehabilitated the adopted members of the Samaj at Dr Narmada & Dayanand Kamath Multipurpose Charitable Complex, (NDMCC), Karnakodam. Two students in the group are pursuing their studies. All facilities are provided to the inmates for a good living.

A Homoeo clinic in association with Dr Padiar Memorial Homoeopathic Medical College, Chottanikara started functioning in NDMCC, Karnakodam from 19th August 2007. The clinic will be open for public everyday excluding Sundays from 8 am to 1 pm and expert homoeo doctors will be available for consultation. A free homoeo camp was also held on the same day. This is another step forward initiated by the Trust in bringing multifaceted charitable activities at Karnakodam.

Trust has provided educational kits for more than 800 students spread across Ernakulam and Alleppy Districts. In addition, books were distributed to students belonging to Kudumbi, Vyshya and Saraswath communities. Meritorious students who achieved laurels in the Xth standard were honoured during the function.

R.Bhaskar Shenoi

a family life too, you can reap rich dividend when there are equal partnership and effective synergy complimenting to one another. The husband – wife relationship should never be of 'Governing' and the 'Governed'. The term 'life partner' will make a sense and real meaning if there is EQUALITY in their relationship.

N R R Pai

Trust Activities at a Glance

1. Dr. Narmada & Dayanand Kamath Multipurpose Charitable Complex, Karnakodam.

This project is providing shelter to the mentally and physically challenged, destitutes and orphans. Trust has already rehabilitated 6 brethren who were adopted by the Trust way back in 2003-04 and were temporarily staying at Ernakulam.



A view of the complex

A 83 year old Smt Leela Bai was adopted by the Trust and admitted in the complex. She is provided with urgent medical attention.

Smt Shanta Devi, an ex-teacher from T D School, Kochi has taken charge as the Warden of the project and is providing excellent support and contributing to the development of the children.

27-05-07 : Family Get-together

Anugraha Charitable Trust organized a get-together for all its members with family, including major donors at **Radheshyam**, Narmada complex, Karnakodam on 27th May 2007.

The function helped in introducing the family members to each other, better understanding of the activities and objectives of the Trust and sharing lighter moments with various entertainment programmes.

Incidentally it co-coincided with the tenth anniversary year of the Trust.



Participants enjoying an entertainment game



Sri. N R R Pai making a presentation

Sri C Surendranath Naick called upon the members to utilize the function to understand the various activities of the Trust. Sri R Bhaskar Shenoi, President, Sri N R R Pai & Sri S Devananda Kamath conveners of Kochin sub-committees explained the objectives, schemes and projects. The programme used audio-visual presentations and received excellent feedback. The programme started at 4 pm and ended at 7.30 pm with a light refreshment.

2. Senior Citizens' Forum

23-05-07 - Dr Govinda Raj Shenoy of Sree Sudheendra Medical Mission Hospital gave an illuminating talk on "Tips of Health for Elders". The talk covered various topics such as holistic approach towards curing of diseases and simple exercises for the elderly. Doctor shared his personal experience as to how he could bring down illness among inmates of an old age of home at Kalady by simple prescription of reduced intake of rice. The audience were mainly the residents of the senior citizen home and they actively participated in the interactive session.

13-06-07 - Sri Haridas, coordinator of Kochi branch of YogaVidya Foundation for Pranic healing conducted an orientation programme on "Pranic healing". The lecture with demonstration was well attended. The audience took keen interest in the concept of pranic healing. Many doubts raised by the audience were cleared by the presenter.



Sri R Bhaskar Shenoi inaugurating the talk on Pranic healing with Sri Haridas on the dias.

3. Dr. Narmada & Dayanand Kamath Free Housing Complex, Pandikudi.

This project is progressing as per our plans and the 38 furnished flats are getting ready for allotment. Super structure is complete and the finishing work of plumbing, electric and plastering has started. H H Sreemad Sudheendra Theertha Swamiji has kindly consented to inaugurate the project on a suitable date.



Anugraha Committee Members and Architects during the site visit

09-09-07 - A meeting is convened for the public at 10.00 am at T D L P School (U-Hall) Kochi, to explain the details and formalities of the project. The selection process and the rules and regulations applicable for the residents of the housing complex will be explained in detail. All social workers and beneficiaries who want to apply for the accomodation are cordially invited for the meeting. Prescribed application forms will be distributed thereafter.

4. Vidhya Sahaya Nidhi

03-06-07 - As usual this year too, more than 800 students belonging to various places spreading across **SHERTALAY** to **CHERAI** were given educational assistance in kind under **Devaki-Krishna Bhat endowment Scheme** at Krishna Bhat House, Ernakulam. All of them received free Note Books, Umbrellas and other study materials (Instrument Box, Pencil Box, Ball pens etc) apart from getting treated to refreshments (with Heavy snacks).

Dr. T L P Prabhu (Sree Sudheendra Medical Mission) inaugurated the function and called upon the students to excel in the education, not only to earn a good living but also to extend help to the



Sri R Bhaskar Sheno, President conducting the proceedings. L-R: Sri K Ranga Bhat, Trustee, Sri Kumar Kini, Dr T L P Prabhu and Sri P Rangadasa Prabhu

needy in our society. Sri Kumar Kini, retired Head Master of H S S Kollam, was emphatic to urge our community to unite together for getting their legitimate rights from the government.



A view of the dignitaries and beneficiaries

Also present was Dr. Ramananda Pai, Paediatric surgeon (Sree Sudheendra Medical Mission) who stressed the need for good health to excel in education. Only homely food, regular food habits and avoiding junk and fast food can prevent / immunize the life style ailments. Sri Rangadasa Prabhu (Ernakulam Tirumala Devaswom) lauded the yeomen service rendered by the Anugraha Trust. Smt. Latha Praveen welcomed the gathering and Shri K S V Shenoy (Kochi Area Committee) proposed the vote of thanks.

On this occasion Shri K Ranga Bhat (Trustee) was apt to recall the efforts of his father Late A Krishna Bhat who started giving help to poor and needy from early 1960's, and now grown to the magnitude of more than 800 students beneficiaries.

Trust also noted with thanks, sponsorship of various items by Smt. Sandhya Rajasekharan Thampuran in this noble project and co-operation extended by the volunteers of GSB Vikas Parishad, Ernakulam.

Free Books

Trust has distributed more than 1500 note books for distribution to the students of other communities through the following organizations, thanks to the sponsorship from **Dr Narmada & Dayanand Kamath Endowment Fund**.

- ▶ Kudumbi Seva Sangham, Kochi & Kuzhupilly
- ▶ Saraswath Association, Kochi
- ▶ Vyshya Samaj, Kochi

Principal donors

Trust is supporting the student community by way of distribution of educational kits, providing scholarship and awards to meritorious students and financial assistance to the selected needy. The Principal donors for Vidhya Sahaya Nidhi are

- ▶ Dr. Narmada & Dayananda Kamath Endowment Fund
- ▶ Devaki - Krishna Bhat Endowment Fund
- ▶ Diwan Peshkar Madhava Prabhu Education Endowment Fund
- ▶ Sandhya & Ramesh Pai Education fund
- ▶ E V Lakshmana Rao & Family Endowment Fund
- ▶ V Balachandra Kamath Endowment Fund

Scholarships & Awards

The highlight of the function on 3rd June 2007 was the honoring of the meritorious students who passed their Xth standard examinations in 2006.

Name of the Student	Subject	Award
Kum Joythi K	Sanskrit	Late E K Lakshmana Rao Memorial Award
Sri Sreenivasa Mallaya	Sanskrit	Late E K Lakshmana Rao Memorial Award
Sri K R Narendra Pai	Hindi	Late Lily Lakshmana Rao Memorial Award
Sri S Sreenivasa Bhat	Hindi	Late Lily Lakshmana Rao Memorial Award
Kum H Divya Prabhu	Chemistry	Late Anandi Viswanath Rao Memorial Award
Sri K R Narendra Pai	Chemistry	Late Anandi Viswanath Rao Memorial Award

These awards were constituted by Sri. E L Viswanatha Rao, Ernakulam.

5. Arogya Sahaya Nidhi



Dr Ramananda Pai conducting medical checkup

The opportunity of the assembly of the students and their parents at the free book distribution ceremony on the 3rd June 2007 was best utilized for a free Medical Check Up for them. The presence of specialists, Dr. T L P Prabhu and Dr. Ramanda Pai both from Sree Sudheendra Medical Mission helped to organise the same. Dr. Praveen Pai, Kollom also assisted the above panel. Certainly a number of youngsters got the benefit of the camp and made a bee line to get them examined by the above panel for their ailments.



Sri. N M Pai lighting the lamp. Sri Ibrahim Kunju, local MLA is also seen on the dias.

Vysha Samaj, Kochi in association with Amritha Institute of Medical Science organised a free medical camp on 28th July 2007 at Sree Janardhana Swamy Devaswom Hall, Kochi. Sri N M Pai, Trustee offered felicitation in the inaugural function.

6. Annadanam

Our Annadanam scheme continues to receive the support from various quarters and we request donors to come forward for this noble cause. Those of our Samajbandhavs wish to contribute for this noble cause can do so by cash or in kind. At present more than 50 members of the Konkani speaking Community at Kochi are the beneficiaries of this Scheme.

AKADEMI AWARD TO BHATMAM



It is a proud moment for every member of our community to realize that one of our Samajbandhu, Sri K Anantha Bhat has been selected for the Kendra Sahitya Akademi's prize for the translation of "Ramacharitamanas" a 500 page publication released on May 16, 2004 by Konkani Bhasha Prachar Sabha.

A retired bank officer, who lives in Kochi, he has been contributing to the development of Konkani literature. His works include "Tulsidas" (biography) in 1976, "Sur Bhajanmala" in 1979, "Harve Pan" and "Pikane Pan" (51 poems) in 1997.

Trust feel happy and wish Bhatmam to achieve more laurels in his life.

DOCTORS' VISIT

Dr Ramananda Pai, Senior consultant at Sree Sudheendra Medical Mission has kindly consented to make monthly visits to various projects of the Trust and will provide consultation and guidance to those who are staying in these projects.

Trust places its gratitude for his noble act of support.

INCOME TAX EXEMPTION

All donations to the Trust are exempted from tax under 80G of Income Tax Act for the period 01.04.06 to 31.03.09

SATHYANARAYANA POOJA

Monthly Sathynarayana Pooja is regularly conducted on second Saturday at Dr. Narmada Dayanand Kamath Senior Citizens' Home, Ernakulam

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