



ELDERS' VOICE

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News Bulletin of

Senior Citizens' Forum Kottayam

Editor

Pushpa Mathew

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President's Message

Dhanya Gopinath

Hello Friends,

The onset of the south-west monsoon has been a welcome change for all of us. The rising water levels in our wells & the clean green leaves around us, is indeed, a sight for sore eyes.

Although not an aficionado of cricket, human interest stories fascinate me.

At the recent WTC match played between Australia & India at the Oval in England, you must have all noticed placards saying, "We miss you Dhoni"

The 16th IPL is over & fans of Mahendra Singh Dhoni could not have had it better.

The Finals between the defending champions Gujarat Titans & Chennai Super Kings (CSK) was played at Ahmedabad; nevertheless one could see a splash of yellow all over the huge stadium. It had been reported that this was the spectacle in Kolkata, too.

People had flocked to Ahmedabad to see their favourite "Thala" playing his so-called last match. There was news that fans had taken immense trouble to reach Gujarat & had willingly stayed on despite the postponement of the match to the next day, losing a lot of money in the process.

Suffering severe knee pain, 'Captain Cool' had managed to stump Shubman Gill off Ravindra

Jadeja's bowling. This marked the chief dismissal. With the catch of Wriddhiman Saha, Dhoni had done enough to make the crowd feel they had got their money's worth, even if it was Ravindra Jadeja's sixers that helped Chennai Super Kings emerge the winners of the match.

"Nowhere in the world will you find this kind of Team Support. Proud to play for the best franchise in IPL." said Moeen Ali.

The captain of the rival team Gujarat Titans, Hardik Pandya had this to say, "If I had to lose the match, I would rather lose it to M.S."

Gary Kirsten had likened Mahendra Singh Dhoni's ability to extract the most out of his players to that of the late Hansie Cronje.

Mahi Bhai has broken many records in all formats of the game.

None of these things explain his tremendous popularity. He is the best loved cricketer in the world.

The support displayed by fans brought tears to his eyes. Perchance that is why he has decided not to retire this season.

"Fire in the belly, sweetness in words, a cool head, & a new leadership style. That is the real Dhoni."

He is a Team Man, humble & helpful. He plays for the country & the team & not for himself.

Even seniors like Sachin, Dravid & recently, even Sunil Gavaskar, were all praise for him. During Ganguly's farewell test match, Dhoni asked him to captain the team for some time. Recalling the incident in one of the television shows, Saurav said, "He Dhoni just called me & said, so now you are going to be the captain for the day".

His recent gesture for the ground staff after CSK'S game at Chennai, shows that he has a golden heart. Besides signing autographs & clicking pictures with them, he also gave cash rewards to the staff.

Here is an ordinary man doing extraordinary things. He does not forget anybody. Is there any point envying him for his popularity ?



Dhanya and Rani felicitating Dr. Satish J KV

<https://www.seniorcitizensktm.net/>

<http://www.scfktm.com/>

Editor's Musings

Dr. N C Santhakumari (Assistant Editor)



Hello Everyone

World Environment Day was observed world over on 5th June, to raise awareness about environmental issues and promote actions to protect the environment. Our member Prof. P C Varghese was honoured for his valuable contributions to a cleaner environment, in a function held at Public Library, Kottayam.

During the last few years, wild animals are making incursions into human habitats. Another issue we are facing is attacks by stray dogs. These problems have to be addressed more scientifically. We have to rethink the environmental and legal frameworks for solving these issues.

On 26th May, Dr. N C Santhakumari, a member of this forum spoke on "National Education Policy 2020", which has the lofty goal to provide high-

quality education to all and to make India a global knowledge super power. The revolutionary changes envisaged at the school level, higher education, and research were explained in detail. The changes in the teaching-learning-evaluation methods aim to inculcate critical thinking and conceptual understanding by learning by doing, experimental learning, and experiential learning.

In the interactive session, Prof. P C Varghese highlighted the goals of NEP 2020. Dr. P I John and Dr. Rachel Kurian expressed their concerns about the centralized control of the education field.

On 9th June Dr. Satish J K V (Dental Surgeon and Implantologist) gave a talk on "Common dental challenges faced by elderly patients, prevention, and solutions". Dr. Satish enlightened the audience on the need for proactive dental care especially for elders. He also presented the advantages of tooth implants as an aesthetic and functional remedy for Edentulism

In the interactive session, Dr. Mathew Parackal gave very valuable suggestions on healthcare for elders. He also highlighted the advances in the medical field for the management of Herpes with the help of newly developed vaccine.



Answer to last month's quiz "Guess who is this?":
Dr V N Sivasankara Pillai & Dr N C Santhakumari



Dr. Satish J KV speaking on Dental Implants



Dr. N C Santhakumari speaking on NEP 2020

A JOURNEY TO SEE 7 SISTERS

Part 6 (Tripura)

Rani Mathew



After completing the tour of Manipur, we proceeded to Agartala, the capital of Tripura. Agartala Airport is the 2nd busiest airport in northeast India after Guwahati.

various ethnic communities. It is renowned for its temples and religious sites that hold immense spiritual significance.

In a special boat we went to Neermahal, the water palace

rivers, creating a paradise for nature lovers.

The lush tea gardens of Tripura add to the scenic beauty, providing a tranquil escape from the bustling cities. The state is blessed with several wildlife sanctuaries and national parks.

Due to hilly terrain and forest cover, only 27% of the land in Tripura is available for cultivation. Rice is the major crop cultivated in the state. Inspired from Kerala, Tripura has started rubber cultivation. Rubber estates are seen in many places.

Tripura is noted for bamboo and cane handicrafts. Bamboo, wood and cane are used to make various furniture, utensils, hand-held fans, mats, baskets, idols and interior decoration materials.

Renowned Music Composers RD Burman and SD Burman belonged from Royal Family of Tripura.

Tripura sends two representatives to the Lok Sabha and one representative to the Rajya Sabha.

(To be continued)



A special bus was waiting for us at the airport to transfer us to the hotel and from there for the city tour. National highway is the only highway in the state which connects it to rest of India.

Tripura is a state that boasts a rich cultural heritage, scenic landscapes, and warm hospitality. With its diverse ethnic groups and ancient temples, this land beckons travellers to explore its hidden gems. Tripura state was formed in the year 1972. It is the 3rd smallest state in India after Goa and Sikkim. The state has 8 districts. Bengali is the most spoken language in Tripura.

The state's history can be traced back to the ancient period when it was ruled by various dynasties. The cultural mosaic of Tripura is a harmonious blend of

situated in the middle of Lake Rudrasagar. This was built by King Bir Bikram in the 1930s. This palace showcases a fusion of Hindu and Islamic architectural styles. It attracts tourists from far and wide.

Tripura's landscape is adorned with rolling hills, dense forests and



A PROJECT FOR A FREE, PROSPEROUS AND VIRTUOUS KERALA



Prof. BABU JOSEPH

What is Kerala like?

The state of Kerala lies on the southern most part of India, with a population of 32 million (as per 2001 census) and a land area of 38,863 sq. kms. The landscape is picturesque, the people are educated and intelligent and our quality of life is greater than other Indian states in terms of health care, literacy levels, low infant mortality, unique male-female ratio of 49:51, higher life expectancy and higher per capita availability of goods and services. We also have substantial foreign remittances to the tune of 1,50,000.00 crores per annum making Kerala a model worthy of emulation the world over.

But this model is not sustainable any more unless we make a

drastic change in our mindset and policies. Our problems are:

1. There has been a steady deterioration of basic values and a system has come up that rewards the corrupt and punishes the honest.
2. Productive sectors of the economy like agriculture and industry are neglected and Kerala has the highest position among all Indian states as far as farm indebtedness is concerned. The Kerala farmer has an average per capita debt of Rs 33,907/-. A large proportion of our foreign remittance goes into non-productive purposes like building posh houses.
3. Of the state's annual revenue earnings, more than 85% is

spent on 3 items – salary, pension and interest on borrowings. No effort is made to control and regulate the state's finances and we have the highest number of PSUs, which are a perennial drain on our resources.

4. We have the highest number of educated unemployed, which is about 10% of the all-India unemployed. Finding them gainful employment is one of our biggest challenges.
5. Although Kerala claims to be the most literate state, the quality of education provided is poor and our graduates and post-graduates are hankering for Rs. 3500/- a month jobs.
6. Our infrastructure growth in the form of roads, rails, canals, electricity and clean drinking water is dismal. Despite having 40 rivers and 2 monsoon seasons, we face perennial draughts due to poor water management. Owing to lack of proper infrastructure facilities our roads have become veritable killing fields with an average of 8 lives lost every day. The total cost on account of fatalities, injuries and damaged vehicles amount to about 1.5% of the state's GDP.

(To be continued)

WISH YOU ALL A VERY HAPPY BIRTHDAY

May your birthday and every day ahead be filled with the warmth of love, the joy of good health and blessings in abundance!



Molly Abraham	1 st July
Lily George	1 st July
Elizabeth Philip	2 nd July
Pushpa Mathew	4 th July
Dr Rachel George	13 th July
Minnu John	20 th July
Dr E C Raju	26 th July
Dr Joy Peediakal	28 th July
V K G Nair	28 th July
Mariamamma Poulose	29 th July