



# MANDAYAM NEWS

News Magazine of

The Mandayam Srivaishnava Sabha (Regd.)

198, Sri Yadugiri Yathiraja Mutt Building, Sampige Road, Malleswaram, Bangalore 560 003

Ph : 41535970 Website : <http://www.mandayamsabha.in>

Vol III

Issue 3

July 2013

Complimentary



ಶ್ರೀ ಅಂಡಾಚ್ ತಿರುವಡಿಹಳ್ಳಿ ಶರಣಂ

## UDEYAVAR THIRUNAKSHATTIRAM - 2013



Elegantly decorated Stage



Arathi at the entrance by Ladies



N. Narasimhan, President welcoming the audience



Sri M.R.S. Iyengar singing his compositions on Udeyavar



Pasurams by Smt. Saraswathi Parthasarathy



"Modal Moonu Alwarhal"



SRIMATHE RAMANUJAYA NAMAHA

THE MANDAYAM SRIVAISHNAVA SABHA (R)

Yadugiri Yathiraja Mutt Building, 11th Cross, Malleswaram, Bangalore 560 003 Tel : 41535970

## AADI VELLIKKILAMAI - 2013

On Friday, 2nd August 2013

at Sri Ramanuja Samskrithi Bhawana, **Sampige Road, Malleswaram,  
Bangalore, from 10.15 am onwards**

All the members of the Community are invited to participate and get the blessings of Sri Andal.

### Programme

10.15 am † **Procession of Sri Andal and Lord Ranganannar from Sri Andal's Sannidhi - Sri Venugopala Krishnaswamy Temple, 11th Cross, Malleswaram**

- † **Aarathi in Yadugiri Yathiraja Mutt**
- † **Aarathi by Ladies at the Entrance of Samskrithi Bhawana.**
- † **Invocation : Kum. Madhuvanathi Sridhar**
- † **Welcome : Ms. M.B. Thanga, Vice President**
- † **Lighting the Pachamavu Vilakku : Members**
- † **Songs on Goddess Lakshmi & Ashta Lakshmi : Members**
- † **Recital of Sri Andal's Thiruppavai : Goshti**
- † **? Aadi Masa Vaibhavam? - Tamil skit : Members**
- † **Dance : Traditional Kummi and Oil lamps : Members**
- † **Vote of Thanks : Sri M.D. Jayasimha, Secretary**
- † **Shathumurai**

1.15 pm **Thadheeyaradhanam**

#### Note:

1. Members are requested to bring Nithyanusandhanam book.
2. Married ladies are requested to come in our traditional Madisharu Pudavai, men in Dhoti and unmarried ladies in Sarees.
3. Kindly co-operate by your presence on time and make the festival a grand success.

#### ? KODAI PARISHU?

The first 200 members who attend the function before 11.00 am will be given a serial number and ? Adi Vellikilamai Special Prize? will be drawn from among these numbers.

### From the Secretary

I, the Secretary of Mandayam Sabha profusely thank all the members for having taken active part in all the activities organized.

The only regret is that the participation of youth is not as expected.

It is they who have to carry on the heritage of our community. I therefore insist that this year 2013-14 should be a 'Mandayam Youth Year'. It is the duty of every youth of our community to appreciate the toil of the veterans and strive towards realizing their dreams. I therefore appeal to all our youth, " do come forward, and let's have a brain storming session. Let's bring in some novelty in all aspects of our activities"

I am certain you'll be all looking forward to the next mega event – Sports - during November. Come forward, participate, inspire and motivate".

Yet another request is your contribution by means of loan/donation to the building of "Vidyarthi Nilayam" at Mysore – the only heritage property of Mandayam community.

At outset I wish to mention that the site at Jayalakshmiapuram is on the verge of being leased to the Mandayam Sabha by the Mysore Corporation Authorities.

Men may come and go, but monuments and the landmarks of toil remain forever.

I do not wish that the well-known "brains" of our community to go futile.

As the workaholic youth is the real strength of any organization, I appeal to our youth to come forward, lend their hands in working towards the betterment of our "RICH COMMUNITY".

Yours expectantly

M.D. Jayasimha

### Financial Aid and Merit Award given by Mandayam Srivaishnava Sabha

Applications are invited from eligible persons for Financial Aid and Merit Awards given by Mandayam Srivaishnava Sabha under the following categories for the year 2013-2014.

The details are as under:

Financial aid:

1. Financial aid for the needy and elderly.
2. Financial aid for medical requirements to the economically needy, qualifying the eligibility criteria specified by the Sabha.
3. Financial aid for the handicapped
4. Educational aid for needy students

Merit Awards:

The Mandayam Srivaishnava Sabha offers cash merit awards to worthy academic performers. Deserving students who have passed X standard, II PUC with 85% and above marks may apply. Students of professional courses like Engineering, Medicine and Management are also eligible. Applications must be enclosed with relevant marks card.

Application forms and Submission

Application forms will be available at the Sabha office (at 1st floor, 11th cross, Yathiraja Mutt Buildings, Sampige road, Malleswaram), from 1st Aug 2013, during Sabha office hours - 5.30 pm to 7.00 pm.

Duly filled in application forms may be submitted at the Sabha office on or before 30th Aug 2013.

*Kindly Note that applications in prescribed forms only will be eligible for consideration.*

- Indira Parthasarathy, Chairperson, Finance Committee

# UDEYAVAR THIRUNAKSHATHIRAM - 2013

M.A. Kunthala



Udeyavar

The celebration of Sri Ramanujacharyar Thirunakshathiram by the Mandayam Srivaishnava Sabha on Sunday, the 2nd June 2013 started with a grand procession - from Sri Ramanuja Samskruthi Bhavana to Sri Venugopala Krishnaswamy Temple, at the 11<sup>th</sup> Cross and back - led by Nadaswaram by Vid. Govinda and Tawal by Vid. Ganessa. Many ladies and men joined the procession. Beautifully decorated idol of Lord Srinivasa and Ubhaya Nachiyars decorated by Smt. M.A. Rajalakshmi Srinivasa and troupe along with the idol of Udeyavar was kept on a nice pedestal, which was carried by the Sabha volunteers. Ladies and U.Ve. Vidwans accompanied the procession chanting slokas & pasurams. After Shathumurai and Mahamangalarathi in the temple and at Sri Lakshminarasimhar Sannidhi in Sri Yadugiri



Arathi at Yadugiri  
Yathiraja Mutt  
by  
Archakar  
Rangaswamy

Yathiraja Mutt, the procession entered the programme hall in Samskruthi Bhawana. A few ladies offered the traditional Arathi at the entrance. The programme started with an Invocation by Kum. Y.G. Rajashree followed by welcome by Sri N. Narasimhan, President of the Sabha. He presented a brief history about the celebration to the audience and highlighted how it is gaining lot of interest and enthusiasm among our members. He also expressed that the presence and participation of our members and their co-operation by being on time goes a long way in successfully conducting the stage programme as per schedule. The artists also feel happy to exhibit their talents if the hall is



Procession of Lord God & Goddesses with volunteers

full to encourage and appreciate with a good, non-stop cheers and applause. To enable the community members to come on time, Sabha is arranging breakfast and coffee for all. He concluded his speech by requesting all the members who were present to bring all the members of their family, and their relatives - particularly the youths, for four functions the Sabha conducts in a year.



Goshti reciting "Gadya Trayam"

Sri Ramanujacharya's "Gadhya Traya" was recited by a Vidwath Goshti led by Vid. M.D. Srinivasan and many ladies joined the Goshti.

The Cultural Committee has started this year presenting the Alwars in the form of Tableau so that by the time of Sri Ramanujacharya's millennium celebration, all the twelve Alwars will be presented in the form of Tableau or skit. This year the first three Alwars were presented.

The boys depicted the roles very truly and were appreciated with a non-stop applause by the audience. Sri M.R.S. Iyengar presented a song - his own composition - on Udeyavar.

The skit "Thirukkurungudiyal Acharya Vaibhavam", written by Smt. Veidehi Murali and Sri M.B. Murali was enacted by M.A. Dwaraki as Cheran Maharaja, M.D. Jayasimha as Udeyavar, Chi Rohith Srinivasan as Lord Nambi, Chiranjeevis Anirudh Makaram,



A view of the audience

Anoop Makaram, Ravinanand Rajesh as Shishyas presented their roles very aptly. Sri Udeyavar's experience in *wgāPngAUAir* also known as *wgā<sup>a</sup> | A#Agf* was a rare selection this year, which was not known by many of us. The direction by Vid. M.A. Selvanarayana and the selection of appropriate Pasurams added a greater effect to the play. Before presenting the skit, he gave a brief introduction and a gist of the play. The experience of Sri Udeyavar in Sri Ananthapadmanabha Temple, the black magic of Namboodaris who did not like Acharya's preachings on Vishistadwaitha and temple Kainkaryam, mesmerised him with black magic, kidnapped and threw him in *wgā<sup>a</sup> | A#Agf* and Lord Nambi came as shishya Nambi for his support



Sri M.A. Selvanarayan rendering Pasurams

and help. The most interesting part in this play was Udeyavar. The following members participated in the play:

M.D. Jayasimha as Sri Ramanujacharya,  
S. Rohit as Wadhaga Nambi,  
M.A. Dwaraki as Raja,  
Ramaswamy (Mysore) as sishya 1

The make up and direction was by M.D. Jayasimha,

Narration and Shlokas by Sri M. Selvanarayan,  
Script by M.B. Veidehi, M.B. Murali and M.A. Kunthala, and

Stage Decoration by Smt. Rajani, Smt. Harini,  
Sri Badri, M.A. Rajalakshmi, Jayachar, Smt. Rekha and Sri Priya.



Volunteers at the entrance

It is believed that Sri Ramanuja as child had experienced the darshanam of Lord Narayana in many Avatharams and the ten important Avatharams namely Mathsya, Koorma, Varaha, Narasimha, Vamana, Prashurama, Rama, Balarama, Krishna and Kalki has been taken into cognisance.

This has been presented every year in the form of Bharatha Natyam by our renowned dancers. This year Smt. Smitha Raghunath presented two songs, Narayana Govinda - composition of Sri Purandaradasa in Ragamalika and Thodeyamangalam, composition of Sri Kanakadasa in Ragamalika. This was highly appreciated by a good non stop applause by the audience.



A view of the audience

The Lalee song selected from Savya Sachi's book "Nanna Acharya" was sung by Vidhushis M.A. Mythili, Radhamani Krishnan, M.T. Vedavalli, M.T. Ramamani, Sudha Sampath.

Sri M.D. Jayasimha, Secretary of the Sabha proposed vote of thanks. He thanked the committee of management of Sri Yadugiri Yathiraja Mutt, Sri Ramanuja Samskruthi Bhawana, Sri Venugopalakrishnaswamy Temple for providing the facilities to conduct the procession successfully, the Nadaswara Vidwans, members of the Cultural Committee, Food Committee, Decoration Committee, all the artistes and volunteers for their support and service and the audience for their encouragement in making the celebration a grand success.

After Shathumurai, the day's event concluded with a grand traditional Thadheeyaradhanam.

## An Appeal to all Mandayams



As you may all be aware, Mandayam Vidyarthi Nilayam – a hostel for Mandayams - was set up in 1936 by our forefathers who knew the importance of education. Through this hostel they provided the necessary facilities and amenities to all our community members to attain education, which was the sacred objective of the Sabha. Over the years this hostel has seen hundreds of Mandayams use the facility, complete their education, become successful professionals in various fields and lead a comfortable and well settled life.

This building is nearly 75 years old and beyond any further repairs. It is located in a central part of Mysore, on a commercial road. Therefore, the General Body of the Sabha has given a mandate to demolish this old building and build a Commercial complex cum Hostel in its place. This move will provide the Sabha not only a building of its own, but also more funds through its rental and other earnings, which would be available for its community activities like Educational assistance, Scholarships, providing medical assistance, helping the poor people, setting up old age home, encouraging sports persons, community social meets, etc. We have got a building plan designed by an architect, which has been approved by the Mysore Municipality. Under this plan, we will have about 7000 sq.ft in ground and first floor which could be leased out and about 2500 sq.ft on the second floor to house hostel rooms and a hall for conducting activities of the Sabha. The estimated cost of construction is around Rs. 2.50 crores. The Sabha proposes to raise this amount through LOANS from our own community, offering an attractive interest of 9% p.a.

Today, Mandayam community is fortunately well placed. We have nearly 5500 Mandayams all over the world and nearly 600 to 700 of them are well settled in overseas countries like USA, UK, Australia etc. Even the Mandayams within this country are very well placed, with good earnings. For these members of our community, mobilizing Rs.2.5 Crores should not be a difficult task. If we look at a modest contribution of Rs. 1 lakh by each member to wards this loan, we would then need only 250 members to cover this amount. However, the response we have got so far does not indicate this. We have collected Rs.35 lakhs and have a long way to go. Possibly our members have been very casual and have not given this cause a serious thought it deserves, which could be the only reason for such slow mobilization of funds for his project.

I hereby appeal to all Mandayams to assist the Sabha in making this project a grand success and a feather in our caps. The Sabha will be celebrating its Centenary in 2016 and it is only fitting that the members come together to complete this prestigious project as a memorial of Sabha's Centenary and have it inaugurated in Sabha's Centenary year. We as a community are known for our intelligence, resources, capacity, wealth and abilities. Let's rise to the occasion and demonstrate that we can do it!

M A Dwaraki

## Mailing of Mandayam News

There are households in which we have more than one member. We could save on the number of copies being printed and also on postage, by mailing such house holds only one copy of our news magazine. This would result in a cost savings for our organization.

We will be adopting this from the current issue onwards. We shall avoid mailing multiple copies of the newsletter to any single address. While due care is being taken in this process, it is possible that due to some oversight, the mailing to some household might get wrongly stopped. We would request our readers to kindly bring such incidences to our notice, so that we could duly correct our mailing list and ensure that they receive their copy of Mandayam News.

- Mandayam News Sub-Committee

## Computer Classes

As you would be aware, The Mandayam Srivaishnava Sabha started computer classes for the elderly quite some time ago and there was an overwhelming response for the same. Not only many of our elders joined the classes, over a period of time this service or facility was covered in local papers. This resulted in a lot of senior citizens expressing their desire to join the classes. As a result, these classes which started exclusively for our members have now been thrown open to all. It is getting very good response and has been serving a very good cause. It is to the credit of Mandayam Srivaishnava Sabha and its voluntary workers that such a facility for senior citizens have been offered. Perhaps this is the only organisation extending such a service. Here is a report on our computer classes.

Thanks to the article on Computer Classes for Elders published in (TOI) Times Neighbourhood of Malleswaram, Whitefield and Jayanagar - JP Nagar editions, we got an overwhelming response of over 200 elders registering their names to join our classes. Even now, 3 months later, elders are calling up and expressing their wish to join the basic computer classes. Based on demand we decided to start one batch each at Basavanagudi and Malleswaram. Shri Madhusudhan offered space in his ORKAY Food Products office near Sajjan Rao Circle, VV Puram where we started the classes from 17<sup>th</sup> May and concluded on 5<sup>th</sup> July. Similarly we started another batch at Malleswaram Yethiraj Mutt buildings from 27<sup>th</sup> May and concluded on 2<sup>nd</sup> July. The response and enthusiasm in both batches were extremely positive and at the end of the course there was very high appreciation from participants. Sri M. A. Parthasarathy conducted the classes and was supported by Sri M. D. Jayasimha in organizing various other logistics etc. We thank Sri Madhusudhan for providing us the ORKAY House premises for conducting classes and thank the MS Sabha for providing the computer room and other infrastructure including the projector for all classes. We are planning more batches in Malleswaram due to heavy demand.

- Parthasarathy M. A.  
(Photos on back cover)

### GENEOLOGY BOOK

*A large number of our community members have purchased this useful book which is a reference book to know about the various families. With a view to facilitate more Mandayams to have this book, price has been slashed to Rs. 100/- (previous price Rs. 200/-) per book.*

*Life members & patron members who upgrade their membership to Donor membership (minimum Rs. 5,000/-) will be issued a complimentary copy*

### What our reader's said

*"Grateful thanks to Shri Parthasarathy for this service. Many Sr. Citizens can now use their computer at home for browsing the great internet-library, correspond with their children and friends and interact via emails with the Mandayam web-site.*

*May God bless you and your team members."*

- M.K. Krishnaswamy

*"Congrats Patchu!*

*Vidyadan is one of the main objects which our forefathers had enunciated and I am glad that Sabha has done this in a magnificent way. It is all the more a great news, because we are not restricting this programme to only Mandayams but inviting one and all and you deserve all the kudos. Keep it up!!"*

- Dwaraki

### APPEAL TO COMMUNITY MEMBERS

Our community has a strength of nearly 4000 people and our Membership details are enclosed. This has to increase. In order to reach out to all people of our community and involve in various activities of the Sabha. It is requested that all community members become Donors/Patrons/Life Members at the earliest.

#### Membership Fees (One time)

- |                 |            |
|-----------------|------------|
| 1. Life Members | Rs. 500/-  |
| 2. Patrons      | Rs. 1000/- |
| 3. Donors       | Rs. 5000/- |

Application forms for membership can be collected from the Office (Tel: 4153 5970) or downloaded from our website: <http://www.mandayamsabha.in>

Duly filled forms along with cheques / DDs towards membership fees may be sent to or handed over at the Office."

Members who have paid Rs. 25, Rs. 100 & Rs. 250/- earlier, may pay the difference to make up the present Life Membership fee of Rs. 500/- to improve the finances of the Sabha.



## Spot Light

Kum. Dr. M. A. Seetha



Kum. Seetha hails from a respectable families of Ammanjee and Natampally. Father Sri Mandayam Ammanjee Doresamy (son of Sri M.A. Varadachar (Chief Conservator of Forest) and mother Smt. Janakamma (daughter of Natampally Tirupathi Peshkar Narayana

Iyengar).

Seetha has a long list of educational qualifications - B.Sc. Mysore University; MA (Sociology), Karnataka University; MCH (Master of Community Health), Jawaharlal University, New Delhi; Ph.D. (Gold Medalist) Hon. Degree, Nepal – for service in Community Health – Tuberculosis; Rashtrabhasha Praveena (DBHPS) – Hindi; Sanskrit.

Seetha joined service immediately after graduation at the age of 17, worked as a teacher in Vani Vilas Girls High School, Fort, Bangalore. Then she got a job in Central Government Population Survey of India, and Family Planning as a social worker in Ramanagaram (Closepet). She changed her service and worked as a Training Officer in National Tuberculosis Institute (NTI). She has conducted many Seminars and Conferences in her office and attended many all over India. Govt. of India had deputed her officially to participate as a delegate in other countries such as America, Germany, South Korea, etc.

She has toured almost all the villages in Karnataka, Andhra and Tamil Nadu, in her official capacity. After retirement, she took up to Adhyathmik studies and joined U.Ve. Rama Srinivasan's class to learn Nalayira Prabhandham for nearly 5 years. She has participated in Goshtis reciting Nalayiram in Sri YY Mutt and at other places and occasions. She has visited all Divyadesams except Mukthinath. She has been to Ahobalam four times. She always likes to visit temples in Srirangam and Melkote. She had been to Thirnanagore to have the darshanams of Garuda Sevai during the month of May-June for about 4 years. She has a big library of about 220 books on Adhyathma and Philosophy.

Hobbies:

- (i) Music : Learnt South Indian Carnatic music and has given public performances in Sangeetha Sabhas in Bangalore, Ananthapur, Madras, Hassan. She is an AIR artist (A grade).

- (ii) Sports : An active member and player of YWMA Basketball and Ball Badminton teams. Represented Karnataka State in Basketball (1 year) and Volley Ball (2 years). All round champion in NTI stratamural sports, Athletics, Shuttle Badminton and Table Tennis.
- (iii) She worked for National Saving Scheme and got 2<sup>nd</sup> prize for YWMA and got cash award of Rs. 2,000.00 which had to be utilized for buying Library books only.
- (iv) She was the Vice-President of Mandayam Sri Vaishnava Sabha for 5 years and Joint Secretary for 2 years.
- (v) She always tells that one should be proud to be born in Mandayam community.

As it is by inheritance full of histrionic talents in all fields namely music, dance, drama, sports, fine arts and handicrafts which no other community have provided a big platform to showcase their talents, she has dedicated her life for her family, sabhas, and Mandayam community.

Even now she believes in Service to humanity. She has helped many poor students in education, she has helped students for MBBS.

She has individually contributed to Guruvayur Temple when Late Shamanna was there in installing Sri Andal and Udeyavar's Sannidhi for both Moolavar and Utsavar idols and one of the Sannidhis of Ashtalakshmi and she has donated Silver Shatari purchased from Chennai and she has collected lot of donations from her relatives and public (devotees). She was working as a Treasurer for nearly a decade.

She has contributed in making Silver Kavacham for Manavalamamuni and also for Sri Andal's Sannidhi in Sri Venugopalakrishnaswamy Temple, Malleswaram.

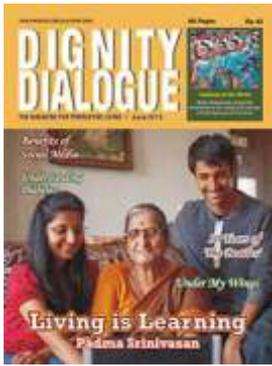
Mandayam news extends a hearty congratulations to Seetha on her multifarious achievements and wishes her all the best in the days ahead.

## Padma Srinivasan

Smt. Padma Srinivasan has been featured on the cover story of the June issue of the magazine Dignity Dialogue. The issue carries an article on



her titled "living is learning" and portrays her talents and achievements. It highlights how Padma, after being married and having four children, at the age of 30, continued her studies and got four degrees completing her M.A and M.Ed., along with ably taking care of her household



and family responsibilities. Padma was equally interested in various other activities like sports, crafts, cooking, painting etc. and excelled in them also. Padma is the daughter of M.K. Ethirajan (Pashal family) and wife of Late M.V. Srinivasan (Veerambhudhi family).

Mandayam News congratulates Padma Srinivasan on her achievement and wishes her all the best in the days ahead.

### Shubha Mukund

Shubha Mukund has passed out of the final exam of Master's degree in Carnatic Music from Jain University with a first rank and will be receiving a Gold Medal shortly. Shubha is the daughter of Smt. & Sri M.D. Jayasimha and wife of Sri Mukund. Mandayam News congratulates Shubha on this achievement and wishes her all success in the days ahead.

### M.T. Rajakesari conferred "Kalaradhana Shri"



Mandayam Tondanur Rajakesari, son of Sri M.T. Radhakrishna (Aame family) and veteran Mridangam Artist, All India Radio, Bangalore was conferred the title "Kalaradhana Shri" by the Aradhana Cultural Organisation recently. He is receiving the title from Vidwan B.K. Chandramouli. Mandayam News congratulates Sri Rajakesari and wishes him more laurels in the days to come.

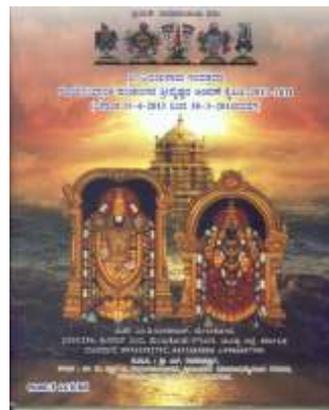
### 80th Birthday of Sri.R.M.Parthasarathy & 50th Wedding Anniversary of Sri. R.M.Parthasarathy & Smt. Indira Parthasarathy



Sri.R.M.Parthasarathy was recently 80 and their 50th Wedding Anniversary was also completed recently. To celebrate both these happy occasions, their children and grand children had organized a get-together of friends and relatives on the evening of 29th June 2013, at the Ubhaya Vedanta Sabha's Hall. Well known humourists M.S.Narasimha Murthy and Y.V.Gundu Rao regaled the audience before dinner.

Mandayam News congratulates the couple and wishes them many happy returns of the day.

### Panchangam released



Surya Siddantha Panchanga followed by Srivaishnava customs, authored by Vidwan M.D. Rangarajan of Melkote was released at Melkote on the Vairamudi day. Copies of the Panchangam were distributed free to our community members and others subsequently. Recipients thankfully appreciated the community service rendered by the author and publisher.

This issue of MANDAYAM NEWS is sponsored by

Sri. M.A. Ramaprasad



With best wishes from  
Palalli Narayana Iyengar Charities  
Devoted to the promotion of education and culture  
Kindly contact  
M.A.Arun:98865 55234 M.A.N.Prasad: 94484 84403

Sri. M.A. Shama Iyengar

Sri. M.T. Rangarajan

M K S SYSTEMS - Engineers  
Sri Aqua - Packaged Drinking Water

A Well Wisher

RESULTS OF THE SHLOKA COMPETITIONS  
HELD ON SUNDAY, 21.07.2013  
JUDGES : 1.M.D.JAYASHREE 2.THANGAMANI

PRI ZE WINNERS

JUNIORS

6-15 YEARS

BELOW 6 YEARS

1.VI SHRUTHA.M.C (Kommar Family)

1.VIBHA M.C. (Kommar Family)

2. UPPILI RAJEEV.M.K

3. ANIRUDH ( Makaram Family)

SENIORS

1.VEDAVALLI M.C. (Kommar Family)

2.INDU W/O M.A.SAMPATH

3.RAMA SRISAILAN M.K.

ನೀನಿ ಹನಿಗಳು

"ಆಡೆ ಅರವತ್ತು ಗುಣವು  
ಮಾಡೆ ಮುನ್ನೂರು ಗುಣವು"  
ಮಣದಷ್ಟು ಸೊಲ್ಲಿಸದಿರು  
ತೊಲವಷ್ಟು ಮಾಡಿ ತೋರು

\* \* \*

"ನೋಡಿದರೆ ಗರ್ವಿಯನ್ನು  
ತೋಲಿರೈ ಅಲಕ್ಷ್ಯವನ್ನು"  
ಗರ್ವಿಗಳೆರೆಯನ್ನು ತೋರೆ  
ಗರ್ವ ಹೆಚ್ಚುವುದು ಮೀರಿ ಮೇರೆ.

- ರಮಾಕುಮಾರ

(ಮಂಡಯಂ ತೊಂಡನೂರು ಸಂಪತ್‌ಕುಮಾರನ್)

ಓ ನನ್ನ ನಾರಾಯಣ

(ಕುಲಶೇಖರಾಚಾರ್ಯರವರ ಕ್ಷಮೆ ಬೇಡಿ, ಕೃಪೆ ಕೋರಿ)

ನಮಿಸುವೆನು ನಾರಾಯಣ ನಿನ್ನ ಪಾದ ಕಮಲಗಳ  
ಮಾಡುವೆನು ನಾರಾಯಣ ಸದಾ ನಿನ್ನ ಪೂಜೆಯ  
ಪೇಳುವೆನು ನಾರಾಯಣ ನಿನ್ನ ಪವಿತ್ರ ನಾಮಗಳ  
ಸ್ತರಿಸುವೆನು ನಾರಾಯಣ ನಿನ್ನ ಅಮರ ತತ್ವವ

ದೈವ ಕೃಪೆಯೊಂದೇ ಸಾಕು!

ದೈವ ಕೃಪೆ ಇಲ್ಲದಿರೆ ದೊರಕುವುದು ಅಧಿಕಧನ ಜ್ಞಾನಶೂನ್ಯ  
ದೈವ ಕೃಪೆ ಸ್ವಲ್ಪವಿರೆ ಸೇರುವುದು ಧನದೊಡನೆ ಅಲ್ಪಜ್ಞಾನ  
ದೈವ ಕೃಪೆ ಅಧಿಕವಿರೆ ಸಿದ್ಧಿಸುವುದು ಪರಜ್ಞಾನ ಧನಶೂನ್ಯ  
ದೈವ ಕೃಪೆವೊಂದೇ ಸಾಕೆನ್ನವಗೆ ಕಟ್ಟಿಬಿದ್ದು ಪರಮಪದ ಸ್ಥಾನ.

- ಎಂ.ಟಿ. ರಾಮಸ್ವಾಮಿ, ಮೈಸೂರು

YADUGIRI YATHIRAJA MUTT

To facilitate the booking of Mutt Hall for Kainkaryas and Shraddha Bhavan, the office of the Yadugiri Yathiraja Mutt is working as under:

Weekdays : 9.30 am to 11.30 am & 4.30 pm to 6.30 pm

Sundays : 9.30 am to 11.30 am

Shri M. D. Srinivasan, Asst. Secretary of the Mutt and Sri M. K. Srinivasan will be available.

Ph : 41127295 / 23345260

## THE EVOLUTION OF INDIAN MEDICINE

- Dr.M.D.Rajagopal

We bring our readers excerpts from an article by Dr. M.D. Rajagopal, who was a Ph.D. in Anatomy and a very distinguished Professor of Anatomy at the Mysore University. He was a visiting Professor of Anatomy at Temple University School of Medicine, U.S.A. This article was published in one of the medical journals in U.S.A.

India has been called the "Cradle of Civilization". The origin and growth of medicine can be closely correlated with that of civilization.

### I. Vedic period and Vedic Medicine:

The vedic literature comprises: (1) the four Vedas, namely: Rigveda, Yajurveda, Samaveda and Atharva veda, (2) Brahmanas (3) Aranyakas and (4) Upanishads, which formed the chief basis of later Indian philosophy.

Vedic Medicine. The word 'Veda' means knowledge. The vedic literature gives us a lot of insight on medicine as practiced then.

(a) *Rigvedic Medicine* - The Soma plant was known to have medicinal properties. Physicians were recognized as a class and divided into surgeons, physicians, magic doctors, and poison curers. Hymns were employed to combat diseases and thirty-three vedic gods were invoked to protect people and cure diseases. Disease was ascribed to demons and cured by healing gods, the chief healing gods being the twin heavenly gods (Aswini Kumaras who came down to earth in golden chariots ...). There are references to the treatment of chest disease, extraction of arrows in battle, amputation of limbs, artificial limbs, artificial eyes and teeth, and assistance during labor.

(b) *Yajurveda* – based on Rigveda and consisting chiefly of sacrificial prayers and prose formulas for sacrifice.

(c) *Samaveda* – consisting of knowledge of melodies arranged with particular reference to Soma sacrifice.

(d) *Atharvaveda* – including spells, incantations and magic. This veda is the chief source of vedic medicine.

Though Atharvaveda associated dropsy with heart disease, most diseases were ascribed to supernatural agencies. Mention is made of malaria and other fevers, tumors, abscess, constipation, diarrhea, jaundice, rheumatism, leprosy, venereal diseases and diseases of the eye. Certain herbs were employed to heal the sick, a probe was used in cases of urinary retention, and one hundred hymns were described as cures for diseases. Knowledge of anatomy was primitive and probably derived from examining sacrificed animals.

The Brahmana Period - In this period were composed various treatises including six systems of philosophy such as Yoga and Ayurveda, which were called Upaveda or supplementary to Vedas. The names of Atreya, the physician, "Father of Hindu Medicine", and Susruta, the surgeon-anatomist,

"Father of Hindu Surgery" are outstanding. Dates for the great teachers are difficult to fix accurately, but astronomical calculation in some of the Brahmana treatises throws some light on this problem.

II. Rational Indian Medicine - Ayurveda (Ayuh – life; veda – knowledge) is the Hindu System of Rational Medicine. Charaka, the great physician, defined Ayuh (life) as being of four types – good, evil, happy, and unhappy. Ayurveda (science or knowledge of life) is that in which are declared what are beneficial and injurious to life. Ayurveda is said to have been revealed by the God Brahma, the Supreme, to Daksha Prajapati, who in turn taught the celestial twins Aswini Kumaras. Later, medicine and surgery followed diverse lines. Medicine was taught to the sage Bharadwaja, who taught Atreya. Atreya, in turn, (ca. 600 B.C.) can be regarded as the "Father of Hindu Medicine"; his long treatise "Atreya Samhita" consists of 46,500 verses; Atreya taught Agnivesa, Bhela, and Harita. Charaka, the great physician and philosopher in the court of King Kanishka of Cashmere (200 A.D.?), followed Agnivesa's teachings. Charaka's treatises were collected by Dridhbala (700 A.D. or 900 A.D.) and called the "Charaka Samhita" (Charaka's Compendium). This work is chiefly medical. It describes 500 medical plants, numerous diseases and their treatment, medical ethics, qualities to be expected in a nurse and the importance of nursing to the medical profession, poisons and their antidotes, and instructions for building hospitals and keeping them clean. It also describes a few surgical techniques such as tapping for the relief of ascites and the suturing of intestines by the use of black ants, as given in Susruta Samhita.

Surgery was also taught to Dhanvantari, the Patron Saint of Hindu Medicine (he held the same place as Imhotep among the Egyptians and Aesculapius among the Greeks). Dhanvantari, the white robed physician, is said to have emerged out of the ocean, with a cup of drink of immortality (amrita or nectar) in his hands. Susruta can be called the "Father of Hindu Surgery" for he was the greatest surgeon and anatomist of his time. Living before Hippocrates, he was among the first to dissect dead bodies to learn practical anatomy. Dampier-Wetham writes that Susruta lived in Taxasila during the time of Buddha (560-480 BC) Susruta was acquainted with the osteology of Atreya – for he said that there are 300 bones (including nails, teeth, sclera, and trachea, yet he regarded the carpals and tarsals as single bones). Susruta's work was compiled by

Nagarjuna (150 A.D.) and called "Susruta Samhita" (Susruta's Compendium). Susruta laid great stress on surgery, which he regarded as the foremost of all medical sciences and the least subject to speculation. He regarded medicine and surgery as a unit and said, "He who only knows one branch of his art is like a bird with one wing." Susruta Samhita described anatomy, operative surgery, surgical diseases and their treatment, 760 medicinal plants, 125 surgical instruments, operations for hernia, intestinal obstruction, Caesarian section, rhinoplasty, plastic operation on the ears, etc. An operation for cataract does not appear in the original text, but was added subsequently by others. Hippocrates (460-361 B.C.) the Greek "Father of Medicine", appears to have borrowed ideas from the Hindus. His contemporary and kinsman, Ctesias; visited North India where he gained some knowledge of Hindu medicine.

The Ayurvedic system is based on humoral pathology, the three humors being derived from five matters of the universe, namely, ether, air, fire, water, and earth. The body humors are three (the triumvirates) called, Vayu (wind, vital or nerve force), Pitta (bile, metabolism), and Kapha (phlegm, a cooling and lubricating process and builder of granulation tissue). The three humors exist in equilibrium in the healthy body and derangement of one or more of the humors results in disease. Ayurveda also believes in astronomical influences, and the influence of Karma (good or evil deeds performed in this or past life) in producing or curing diseases. Hippocrates also taught humoral pathology (his four humors being blood, black bile, yellow bile, and phlegm), and he also stressed meteorological influences.

The aim of Ayurveda is to study man as a whole and as such with all the paraphernalia of social, seasonal, climatic, and regional environment. Health in Ayurveda includes physical, mental, and spiritual elements. The Hindus attached great importance to mental and spiritual health and originated hypnotism, which knowledge was brought to Europe from India by Abbe Faria. The practice of use of hypnotism in medicine was later introduced into England by the efforts of Braid of Manchester, who had practiced in India, and by Esdaile, who also had gained experience in India. The other great master of Ayurveda was Vagbhata I (200 B.C.), the author of Astanga Sangraha (Octopartite Science). This treatise deals with medicine, therapeutics, hygiene, anatomy, surgery, ophthalmology, pathology and obstetrics. Antidotes for snake and insect bites and diabetes ('Madhu-Meha' or 'honey-urine') are also mentioned. The chapter on diseases of the eyelids has been translated into German by Esler.

Susruta, Charaka, and Vagbhata I have been called the "Holy Three". In addition to the masters of Ayurveda mentioned so far, there also exist a host of lesser medical works by various authors. There

is some evidence that the ancient Hindus formulated a germ theory. References to bacteria are found in Atharvaveda (11-31-2), where it is stated that, "we kill Krimis, visible, and invisible." (Krimi-germ or very small organism). References are also made in the Ashtanga Sangraha of Vagbhata I (200 B.C.) to micro-organisms, invisible to the naked eye due to their minute structure, and also in Charaka's Vimana and Mahabharatha. There is evidence in Charaka Samhita that the process of fermentation of rice flour by yeast was understood.

The Hindus used Indian hemp, (*Cannabis Indica*) and henbane (*Hyocyamus niger*) for anesthesia, *Datura stramonium* for asthma, *Nux Vomica* for dyspepsia and paralysis, mercury for syphilis, arsenic for intermittent fevers, serpentina plant for nervous anxiety and other conditions, chaulmoogra oil for leprosy, and wine to produce insensibility during operations and labor. The Hindus were among the earliest to recognize the value of a salt-free diet in nephritis, and the first to employ mercury for the treatment of skin diseases. They also used the magnet to extract foreign bodies from patients.

**BUDDHIC PERIOD** - In the sixth century B.C., two offshoots of Hinduism, Buddhism and Jainism, arose. Both promised non violence. Buddha's personal physician, Jeevaka, was famous. Jeevaka was also physician to King Bimbisara, and was once sent to Egypt to treat King Ptolemy. The Buddhist kings built hospitals for men and animals, but little progress in medicine took place during their reigns. During the time of Buddha, there were two great universities in India, one at Taxila and the other at Benaras. Atreya, the physician, taught at Taxila, and Susruta, the surgeon at Benaras.

From this period onward the decline of Hindu surgery started.

**MOGHUL PERIOD** - Moghuls conquered India and made it their homeland. Babar (1525 A.D.) was the founder of Moghul dynasty which ruled India until the British conquest. King Humayun, son of Babar, brought Persian physicians to Delhi. Akbar, son of Humayun, encouraged both Arabic and Hindu systems of medicine. The Arabic system of medicine, introduced by the Moghuls, became the 'Unani' system of medicine in India. This system was actually the ancient Greek system which moved to Arabia and thence to India in about 900 A.D. It consisted chiefly of Greek remedies, plus parts of Arabic, Syrian, and Hindu lore. The practitioners of 'Unani' are called Hakims. The later Moghul rulers also employed British physicians.

**III THE PERIOD OF MODERN MEDICINE** - The British entered India in the seventeenth century. The British introduced the 'modern system' of medicine into India. They opened the first modern medical schools and hospitals, and also encouraged Ayurvedic and Unani systems.

## Our Trip to Badrinath / Kedarnath

We are all aware of the massive natural disaster that occurred recently in Uttarkhand. Reading about it or seeing it on TV makes one shudder. What about the experience of those who were there at that time? Our members Devashikamani K Badarinath & Malathi share their experience with the readers.

Some of our family members wanted to visit Badrinath and Kedarnath shrines during this summer and six of us viz, me, my wife Malathi, my co brother M.K.Narasimhan, my sister in law M.N.Padma, Usha Rajan (wife of N.Rajan) and her daughter Roopa Ravee joined the team for the trip. All of us were very enthusiastic about the tour programme and honestly were looking forward to an exciting life-fulfilling visit to these holy shrines. On 09 06 2013, we left Bangalore by Rajdhani Express to New Delhi and reached New Delhi on 11th. Our first outing was to Mathura / Vrindavan, where we prayed the almighty for our safe journey in Himalayas. We also visited Tajmahal at Agra, before returning to New Delhi.

Next day we left for Hardwar from Connaught Place afterpooja at anesh temple. 8 others joined us for this conducted tour.

At Hardwar, we visited Manasa Devi Temple by reaching there through ropeway. In the evening, we enjoyed Har Ki Pauri (Lighting of lamps at Ganga Ghat in the night). It was a very nice programme and the weather was excellent. we halted that night at Haridwar.

We started at 06.00 am the next day and visited Devaprayag enroute to Kedarnath. We visited the Rama temple at Devapraya which is one of the 108 divyadeshams and reached Sitapur, where we our night halt was arranged. Around this time weather was already playing hide and seek. Just behind our hotel River Mandakini was flowing serenely and normally and we had spent some time on the river bed. With Himalayan Mountains all around, nature was simply at its best. From Devaprayag upto Sitapur, the journey was beautiful. Rivers Alakananda and Mandakini flow along the route and greenery was very beautiful all around. Climbing the mountains one after another was breathtaking. However, the road is just okay and very narrow where two vehicles coming from opposite sides cannot pass simultaneously.

Six passengers in our team had booked their tickets to Kedarnath by helicopters. But finally, only four of them went to Kedarnath by helicopter. Weather had got foggy and by night, heavy rains started. We were confined to our hotel rooms. Our problems started at this juncture and the crisis started unfolding, the magnitude of which we could realize with every passing hour. Due to foggy weather, helicopters which had taken the passengers to Kedarnath cancelled their return trips and 4 members of our team who had gone by helicopter



were stranded there. We were worried about the fate of next day's trip as we could not proceed further without the return of these 4 members of the group. Our guide even went to Gauri Kund to know the whereabouts of our co passengers and finally, we got the information that they will come only by 12 in the night!

Those of us, who could not go to Kedarnath, visited another temple nearby which is known as Triyugi Narayan Temple, which is about 20 km from Sitapur. We went there by jeep. The condition of the road was horrible and it almost seemed like climbing the Himalayas vertically. However, the temple was very beautiful and we had the darshan of the lord. We returned to Sitapur same night. Rain had started there just then, and even then our spirits were high.

Next day we started our journey to Badrinath via Pipal kote and Joshi Mutt, at 04.00 am. The road from Rudraprayag upto Badrinath is NH 58 and is quite good. En route, we visited Nandaprayag, Pipal Kote and reached Joshi Mutt in the evening. In Joshi Mutt, we visited Narasimha Temple and prayed for our safe journey ahead. It was drizzling there since morning. There was heavy traffic rush on both sides. When we reached Govind Ghat, it was 04.00 pm and all traffic was blocked there. Nearby Govind Ghat enroute to Badrinath, there is a place called Hemakund Sahib, where Sikhs' Gurudwara is located. A big group of Sikhs had come to visit this place of worship.

By then, the weather worsened and intermittent heavy rains started. With the heavy rains and heavy landslides near Hanuman Chetti, the traffic was stopped. There was traffic jam on both sides, stretching for nearly 5 Kms. We were forced to sit in the bus itself through the night. From 04.00 am the previous day till 04.00 pm the next day, we were inside the bus without any food, which was a big ordeal. We all were worried about the

journey ahead. From Govind Ghat, the distance to Badrinath was only 20 Kms. Throughout the night, it was raining heavily. None of the passengers inside the bus had any sleep, every one felt a lurking fear of risking their lives. We had seen on the way a Maruthi 800cc car falling into the valley and also a big boulder falling on another vehicle behind us. Both these incidents shook our confidence, to say the least. Even though nobody was ready to talk of these, it was writ large on everyone's face!

Finally, we were told that road between Hanuman Chetti and Badrinath has collapsed following huge landslides and there is no chance of repairing it in the near future. Even at that point of time, all of us were hopeful of reaching Badrinath. We had even prepared the list of sevas that were to be performed at Badrinath temple. However all our hopes and expectations went crashing when we were informed that given the monstrous proportions of the nature's calamity in the region, we have to return back without visiting Badrinath. Finally and most reluctantly, we were forced to return.

We did not know what was in store ahead for all of us. By that time, the news of heavy rains at Himalayas was already being flashed on TVs and we started receiving telephone calls on our mobiles from our near and dear ones. Thanks to modern technology, only because of mobile phones with us, we could reach out to our relatives, even when we found ourselves amidst a grave disaster. Talking to our near and dear ones gave us much relief at that time of crisis.

En route to Joshi Mutt and from there to Pipal Kote, our journey was stopped frequently due to landslides, heavy rains etc. Visibility was very poor. By the time we reached Joshi Mutt, all the rivers were fully overflowing breaching the banks and we got the message that many people stranded at Kedarnath shrine are dead. In Joshi Mutt, we visited the shrine of Adi Badri, which is one of five Badris. It is the only solace for us. When we reached Pipal Kote, due to landslides, traffic was stopped. It was getting late in the evening and rain was getting heavier every moment. Even though Pipal Kote was not a night halt place for us, we advised our guide and the driver to get rooms as there was no food and shelter available between Pipal Kote and Chamoli. Just behind the room, the river Alakananda was flowing in full fury and we could see the row of houses constructed on river side collapsing and disappearing in the swollen river. I was frightening sight to see the buildings collapse and the dead bodies being washed away in the river. That night, while watching the TV, we saw to our horror, the Hotel at Sitapur, where we had stayed overnight, crumbling down and disappearing in the floods. God indeed had mercifully saved all of us from a near catastrophe. We shuddered at the thought of

what if we had continued to stay there? There was anxiety and fear all around, even though nobody was ready to discuss them in public.

Next day, we advised our guide and driver to proceed towards Nandprayag at the earliest. Rivers overflowing, heavy rains and road blocks were in the minds of every one. Traffic was blocked at Karnaprayag at about 02.00 pm when we were informed that roads have been washed away at a place called Gouchar. By about 03.30 pm, a temporary bridge was constructed and only small cars were being allowed. Police informed us that it is risky to go towards Gouchar since there are more landslides en route towards Hrishikesh. Our driver Ajay Singh, who is from Ranikhet, felt that if we take the route to Gouchar, we may get stranded in between for nearly 4-5 days. Instead, he suggested that we take a deviation route towards Ranikhet and Nainital. One of our fellow passengers, Ramaswamy, who is from Delhi and works for JCB, also advised the same. Finally, all of us agreed for taking a deviation towards Ranikhet, even though this meant a journey of nearly 400 km more than the original route.

It was again climbing the Himalayas, where the roads are very narrow. In one place, there was heavy landslide and road was blocked. Behind our bus, there were nearly 10 vehicles full of sikh pilgrims. Everybody from these vehicles came down along with our bus people and removed the heavy boulders lying there within a short time. On one side vertical mountains with heavy landslide, on another side, deep valley with flooded river and the land beneath was very loose. We literally witnessed hell there. We never expected to go any further. However, with god's grace, we continued our journey towards Ranikhet, which is about 11000 ft above the sea level. We started early in the morning and reached Ranikhet in the night. There we got hotel accommodation and finally some food of our choice.

Next day, our journey started towards New Delhi enroute Nainital, Almora and Moradabad. At Moradabad, we became anxious once again as we were informed that the River Yamuna is overflowing and roads blocked. However, it was not to be and all of us reached New Delhi on 19 06 2013 at 10.30 pm. Our scheduled arrival at New Delhi was 18 06 2013, as per original plan.

After the turmoil and nature's fury at Badrinath and other places, we never thought that we would return to New Delhi alive. Before starting our Theerthayatra, we had visited Mathura and Vrindavan, where we had prayed Lord Krishna for our safe journey. I believe that because of the blessings of Lord Krishna, - who had protected his devotees from stormy rains in Brindavan, by lifting Govardhana Giri, - likewise he ensured our protection and we could return back home safely. It was the experience of a lifetime for all of us!

On 20 06 2013, four of our group returned to Bangalore by flight and two of us went to Chandigarh for a day's rest. While coming back to New Delhi we visited Kurukshetra, where we visited Brahasaravara, the place where Bheeshma slept on arrows and other museums etc. The Krishna Museum where multimedia arrangements have been made and where entire Mahabharatha has been depicted is very nice and worth watching. Finally, we reached Bangalore 26 06 2013.

Here, it has to be stated that the military people along with localities were doing their best to evacuate the stranded people in Himalayas. Their efforts are definitely laudable. However, all of us returned to New Delhi without any support or help from Government agencies at the time of crisis.

On our own, we decided to take a safe route. There was so much publicity in TV and other media about the people being brought back safely. Without any publicity and / or fanfare, we returned silently. Hence, we cherish all the appreciation received from close relations and well wishers, for the silent confidence and absolute trust in God displayed by every member of our group, which really saw us through the crisis of a truly Himalayan scale, faced during our pilgrimage. Even though, we missed the Badrinath shrine very narrowly, we have the satisfaction of visiting Adi Badri temple and In the near or distant future, we hope to go to Badrinath someday again, with the almighty permitting and blessing us!

- Devashikamani K Badarinath & Malathi

## NEW MEMBERS OF THE SABHA

The list of Donors, Patrons & Life Members who joined from April 2013 is given below:  
*We welcome all the new members.*

Sl. No.	Name	Family Name	Location	Membership No.
<b>DONOR</b>				
	Sri/Smt.			
<b>NIL</b>				
<b>PATRON</b>				
1.	M.K. Anand	Budanur	Bangalore	0487
2.	Annamurthy Kannan Raman	Annamurthy	Tirupathi	0488
<b>LIFE MEMBERS</b>				
1.	M.G. Sriram	Gomatam	Bangalore	1798

## COUPLES WHO HAVE TIED THE KNOT

The following weddings took place during Period ending July 2013. The Sabha wishes the couples a happy married life.

Sl. No.	Marriage Date	BRIDE GROOM			BRIDE		
		Groom's Name	Parents Name	Family Name	Bride's Name	Parents Name	Family Name
1	13.5.13	V Sumanth	T. Venkatesh	-	Swathi	M.D. Seshanarayan Rama	Krishnakumar Pashal (Devashikamani)
2	13.6.13	Ramanujam	Jaggu Narayana Iyengar Late Janaki	Jaggu	Mythili	M.K. Thirumala Iyengar Rajalakshmi	Kainkaryam
3	10.7.13	M.B. Raghunandan	M.B. Muralidhar Vaidehi	Bheemarayan	Bhargavi	M.J. Ramanujam Revathi	Jairam
4.	11.7.13	R.A. Anandalwan	R.A. Srinivasan Rama Srinivasan	Ramanujapuram Anandapillai Ammanjee	M.T.Prathibha Lakshmi	M.T. Narayana Kousalya	Thondanur Prathivadi Bhayankaram

### REQUEST FOR INFORMATION OF MANDAYAM WEDDINGS

Every 'Mandayam News' issue carries a list of Mandayam weddings that have taken place after the release of the last issue. The bride and bridegroom parties are requested to mail a copy of the wedding invitation to the MANDAYAM NEWS at the Sabha's address as reference for publishing details of the wedding.

## BASIC FIRST AID

M.D. Jayasimha

We bring under this series basics of First Aid. First Aid, as the name itself suggests, is the aid or care provided to a person in emergency or an accident, before he can be taken to a doctor or a doctor can visit him. It is important that all of us know about these basics so that should be a need, we can provide the right type of help that can save a life or minimize the damage done to the patient.

Do not move the patient unnecessarily. Keep him warm. Observe the patient; make a diagnosis of the kind of aid to be given.

Remember the ABC of First Aid - A: Airways are clear; B: The patient is breathing; and C: his circulation is okay.

Then, based on the problem, give first aid as suggested below:

1. Respiration - if it is failing, give artificial respiration - MOUTH TO MOUTH or MOUTH TO NOSE. If no pulse give CPR.
2. Bleeding - arrest bleeding and protect the wound. Apply direct or indirect pressure. Cover with a dressing; apply a pad and firm bandage. Elevate and keep at rest.
3. Fractures - Immobilize with a well padded stiff support reaching the joints on either side. Apply bandages on either side and at the joints on either side, support.
4. Burns & Scalds - A burn is caused by dry heat and a scald by moist heat like from steam, hot water or oil. Immediately cool the area with cold water for 15 minutes, till pain subsides. DO NOT break blisters, or apply anything on burns, cover with a sterile or clear-cloth, pad and bandage. Give fluids.
5. Nose Bleeding - Sit him up facing the breeze with the head slightly forward. Ask him to breathe through the mouth and NOT to blow his nose. Apply a cold compress over the nose. The soft part of the nose may be pinched close with fingers for 10 minutes. Cold application on the back of the neck and forehead may help.
6. Bee Sting - (A blister or a bag like swelling is formed at the site of the sting due to the sting which is left behind by the insect there). Do not press the bag (formed due to the sting). Use a forceps to remove the sting. Apply cold or weak ammonia.
7. Animal bites - wash with soap and plenty

of water. Loose bandage may be applied. Get medical help quickly.

8. Snake bite - Keep the patient calm. Wash with plenty of water and soap. Do not rub hard. Apply a constriction bandage on the heart side of the bite (not to be applied for more than 20 mins.) DO NOT incise or attempt to suck the wound. Get aid quickly. Try to identify the snake, if possible.
9. Fainting - Lay down the patient; loosen the clothing around the chest and waist. Turn him to one side. The legs may be raised a little. DO NOT attempt to give any solids or liquids. On recovery a small quantity of a drink can be given, the patient allowed to sit up and move after rest.
- 10 General - If you are in doubt about the treatment to be given, DO NOT DO ANY THING. You may do more harm.

These are only hints and to be a good first aider, one needs to do a course. Those interested in doing a course can contact Shri M.D. Jayasimha for details.

### LIST OF FIRST AID ITEMS

Sl. No.	Name	Usages
1	Eye Drop	Preventing Eye Infection
2.	Saridon	Headache
3.	Fast relief/ Moov	Quick relief from pain
4.	Nebasule Powder	Treatment of infections in cuts
5.	Burnol cream/ Silverex	Burn injuries
6.	Dettol (200 ml)	Cleaning cuts & abrasions
7.	Crocin	Pain reliever
8.	Medicated plaster	application on small cuts
9.	Crocin cold & flu	for cold symptoms
10.	Bandage	to cover up wounds
11.	Cotton wool	to clear the surface of the skin.
12.	Tincture Iodine	To be applied on fresh wound
13.	Torch	During night use
14.	Adhesive plaster	Band-aid/spoor plaster



## MATRIMONIAL

*Details given below are as furnished by the respective members and Sabha takes no responsibility on the genuineness of the information furnished.*

Name	Age (Date of Birth)	Family	Contact Nos.
<b>BRI DE GROOMS</b>			
1. M.B. MOHAN	05.11.1978	Bheemarayan	080-26792899, 9972622551
2. E.J. RANGARAJAN	17.02.1964	Jaggu (Baladhanvi)	Melkote - 571431, 9945908490
3. ADITYA SRINATH	09.10.1980		011-22713213, 98119 88001, 98990 78036
4. M.G. GAGAN	07.05.1967	Kope	080-23347732, 98456 64451
5. SURESH	20.10.1972	Kannappan	080-28436905
6. H.O. SUDARSHAN	25.08.1975	Honnalgere Osuri	080-26531954
7. RAMANUJAM M.	06.11.1972	Iysami	(080) 23374931
8. N. RAMAGOPAL	27.05.1976	Natampally	080-26613589
9. PRAVEEN N.	08-01-1975	Aakere	080-23377688
10. SUJITH	17.04.1977	Dhati	080-26605694
11. Badri Narayan Mandayam (Divorcee)	27.03.1961	Chennu	080-23402467
12. M.I. SARATHY	10.05.1973	Mandayam Ishami	080-23561598, 9449721317
13. M.V. PRASHANTH	27.10.1970	Bheemarayan	98451 39091, 26562679
14. M.V. SRINIVASAN	28.12.1981	Veerambudhi	0821-2521902, 99001 09092
15. M.N. HARISH	09.05.1983	Mandayam Nayakar	080-23424095, 90080 25721
16. M.P. PRASHANTH	04.05.1981	Makaram	044-25576678, 9444607001
17. MANAS KESARI	24.06.1983	Bhoolokam	94492 80977, 94818 19325
18. M.N. ANAND	04.02.1986	Mandayam Nayakar	
<b>BRI DES</b>			
1. M.D. SUNITHA	18.07.1978	Cuddapah	080-23285344
2. Y.G. VANI	03.09.1982	Gunja Josyer	080-2314 3486
3. RADHIKA ANAND	31.08.1983	Bheeman	022-25550979
4. MITHUNA M.R.	20.09.1984	Anandampillai	080-27200019, 27202223
5. M.A. MADHUVANTHI	21.07.1985	Palahalli	080-23312231, 9980558854
6. M.N. JAYASHREE	20.12.1988	Mandayam Nayakar	
7. M.N. SRIVIDYA	13.06.1985	Mandayam Nayakar	

Dear Readers,

Many members of our community are involved in activities that serve the public and have built organizations to promote / pursue such causes. These could be in the form of music / dance schools, Institutions or Trusts promoting arts, education, literature, culture, social work, charitable causes, etc. Some are also entrepreneurs providing job/career opportunities for many. Often, we may not be aware of these contributions. In order to make these contributions known to all in our community, Mandayam News plans to bring out issues featuring each of these fields and the people actively involved in them. We would request our readers and members to kindly furnish us the details of their organization, its key people, objective, a brief history of its activities and achievements. After receiving these inputs, we shall group them according to their nature of activity and feature them in the Mandayam News.

M.A.N.Prasad, Chairperson, News Bulletin Committee

## UDEYAVAR THIRUNAKSHATTIRAM - 2013



Participants in the Tamil Skit



Ladies singing Lalee song on Ramanuja



Dance recital by Smt. Smitha Raghunath



Invocation by Kum. Y.G. Rajashree



An exclusive photograph taken during the recent Uttarakhand floods by a Mandayam family who were also caught in the floods during their visit to Uttarakhand. A first hand experience is narrated by them in this issue. (Page 12-14)

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For Article see Page 6.

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**Members :** Sri M. A. Dwaraki, Smt. Ramya Srivas, Sri E.J. Shelva Pillai

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