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HUES OF LIFE



CHANGING FEATURES OF
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HUES OF LIFE

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editor's Desk

Dear Readers,

Being a symbol of fullness where all human beings are the same, another Onam has arrived. Filled with the granaries of affluence of riches and baskets of poverty, Onam's journey of goodness is through sweet moments of gathering and sharing. The light of memory from thousands of years beyond passes through us. Onam is a festival of equality and goodness, although legends, historical records, and ancient literary works support Onam. The specialty of Onam is that both the haves and the have-nots forget their differences and become empathetic. Those of today's older generation will be nostalgic for a bygone era when Onam was celebrated in its own right. When the new age stepped into modernity, the celebration of Onam was also modernized.

When Onam was transformed into a consumerist celebration of buying resources and prosperity, the concept of Mahabali was given a clownish twist. The transition to nuclear families also affected Onam. Onam packets bought from Onam Sadya eateries are sufficient. The colourful flowers of spring have disappeared. The ponds and wetlands that are the breeding grounds of Onathumbi are filled with garbage. Children and adults played Onam games and were spectators in living room visual feasts and mobiles. It is the change that we have made ourselves. Maybe it is the change that time demands.

Thus, the Malayalees are faced with a dull vision that has lost its color. Onam is a glimpse of the ultimate truth that if nature, natural resources, and man come together, heaven can be created on earth as it gives us the hope of an eternal fountain of goodness. Even though the Malayalees knowingly or unknowingly have blurred the ancient customs and celebrations, the relevance of Onam will always be there and should be there.

Hearty Onam wishes to all the readers of Hues of Life with the hope that this time around Onam will be celebrated with the same enthusiasm, vibrancy, and colour as before.

Happy reading
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CHANGING FEATURES OF ONAM

The Onam days of this year have arrived. Every Onam presents us with days of happiness and celebration, but each of us has different memories and stories to tell about Onam. Is it true that with the passage of time, does Onam lose its glory? Is Onam just a celebration of the return of Mahabali? Behind Onam celebrations that we see and know today, there are many historical truths that we do not know. Do you know what are some of the Onam facts that have been hidden from the minds of the Keralites due to the changes which took place in Onam celebrations of the new era?

For farmers, Onam day is a harvest festival too. It's a time when the rainy clouds of darkness clear and the barns are filled with the harvest. In other words, it is a time to celebrate the fruitful moments of man's long toil. In primitive Kerala, Onam was not just a festival as we see it today. On the contrary, these days were also considered as a reflection of the greenery, tranquillity and purity that nature has spread to man. All the ideals that stood here at that time became the epic stories of a society. In the past, paddy was the most important crop in Kerala. Its harvest days were festivals for farmers. But today everything has changed and rural fields are rapidly disappearing. Those old ridges and barns are strange today. While celebrating Onam days by sitting in apartments and huge buildings, people have forgotten that the goodness and spirit that it once gave to the people of Kerala have been hidden.

When we hear about Onam, we think of Lord Mahabali and his legend. But do you know that there is another special story behind Onam in Kerala? According to historians, Onam is celebrated in the country to commemorate the local king Cheraman Perumal. He was the last Perumal (The great one) of The Chera dynasty, abdicated his kingship and went on a pilgrimage as a person who possess nothing. On an Onam day, he decided to leave the kingdom and handed it over to the local rulers. Perumal, the efficient

and kind ruler was given a grand send-off by the people. For a long time, it was believed that Onam every year is a day to remember him.

Historical records indicate that various types of Onam celebrations have been held in temples and their surroundings since ancient times. Sree Vallabha Temple in Thiruvalla has articles referring to ancient Onam customs and traditions. It is said to have been written around 861 AD. The income and expenditure figures of the temple festivals which were held in connection with Onam in the Thrikkakkara temple reveal the reality of the greatness of its Onam celebrations. History is the unfolding of memories of myths and legends. As times change, unexpected changes are added to all this.

In the past we used to celebrate Onam in a joint family system. When it is time for Onam, all the members of the family come to the family home to gather. But today, Onam in cities has become as private as today's festivals and has no difference in villages too. Today there are no more fun celebrations, unique folk-art performances and traditional games that used to last for at least ten days. Gone are the days of family gatherings, going out to pick flowers to decorate the house, playing hide and seek, flying kites and swinging. In the past, the women of the house used to engage in the Thiruvathira dance on Onam.

We also put flower beds known as Athapookalam. But where do all those flowers come from? During the current Onam season, children do not go to the neighbouring areas to collect flowers. But, the children of today won't understand the thrill of sneaking and picking flowers from the neighbour's house. All the flowers required for Onam come in truckloads from nearby states. Local flowers such as thumba, aripoo, kakkapoovu, and mukutti, which used to grow abundantly in houses and trunks, are not seen today. Even though the tradition of buying Onakkodi or Onapudava still exists, they too have changed. The traditional style of puliyilakara mundu, pattupavada, and dawani have all been replaced by ready-



Many of the folk-art forms that existed in the Onam days of yesteryear are disappearing today.



made designer dresses which proves markets rule today's Onam season.

Many of the folk-art forms that existed in the Onam days of yesteryear are disappearing today. A small group of Muslim artists used to go to houses and play Duffmuttu on Onam days. The families happily gave them money, rice and groceries when they came home after dancing on Onam. It was popular in some parts of Ernakulam district till a few years ago. Similarly, in the northern parts of Kerala, there was a concept called Onavedan. Members of the Peruvannan community used to go around the villages with painted faces and decorated costumes, singing Onam songs with traditional percussion instrument named udukku in hand. In Kannur, Kasargod and Palakkad districts, during Onam in the past, some people would come to visit the house with their face painted red and crowned, holding a bell in one hand and a basket full of dates in the other. We used to call them Onapottan. Along with Chenda and Illathalam, two more people will be with Onapottan. All these art forms are very rare to see these days.

Haven't we seen poetic concepts like Onanilavu arise in our minds when we listen to old poems and stories about Onam. There was a time when onathumbi (a type of dragonfly) came to the fields along with the rain in the beauty of the nature of Onam and the yellow bird that visits the country only during Onam. There was a time when even nature welcomed Onam with its heart if we looked around. Everything becomes just a fading memory. Even if it is not old, we can preserve it without losing when Onam comes again.



ONAM SADYA - A FEAST TO SAVOUR

Onam is celebrated by Malayalis from all corners of the world irrespective of caste and religion. Onam celebrations start on the first and ends on the tenth day of Leo aka Chingam. Thiruvonam, the tenth day, is more likely to be beautiful because it completes only by the sadya feast including more than twelve dishes like Upperi snack, banana, Papad, Payasam and other rich dishes on a traditional plantain leaf known as Thooshanila. Onam sadya has some traditional rituals. Traditional Sadya according to Ayurveda consists of six rasas or tastes with more than 26 dishes. Spicy, sour, salty, sweet, bitter etc., are the rasas required in a meal according to Ayurvedic rules. Siddha Vaidya suggests that the meal becomes a meal because of the abundant nutrients in it.

The dishes of Onam sadya are famous even in foreign countries. Kerala Kuthari rice is usually served at Onasadya. The vegetable used to prepare Olan, one of the main dishes, is pumpkin. Generally, coconut is roasted and grated rawly. Rasam is indispensable for Onasadya, an easy-to-prepare one. Ginger curry is the major star in Onasadya, leading in flavour and quality. Onam Sadya is not complete without serving ginger. Pachadi is an important curry and the first dish served in sadya. Pachadi can be prepared using cucumber, beetroot, pumpkin, pineapple, etc. Various vegetables are used to prepare sambar, which is the main dish in Onam sadya. Aviyal is another dish that is a combination of different types of vegetables. The ancients used to say that there is nothing that does not belong in Aviyal. Parippu curry (dal curry) is the first to be served. We have to start eating Onasadya with ghee and parippu curry. A good accompaniment

to Onasadya, Erissery is made up of either gourd, yam or pumpkin. Kalan, a very tangy curry, is so similar to Pulisseri. It is used as side dish or curry in Sadya. Pumpkin is another important dish in Onasadya.

Roasted coconut gives this dish a slightly sweet taste. Khichdi can also be prepared using vegetables like beetroot and papaya. It is also sure to have Thoran in Onasadya. Thoran can be prepared using any vegetable like cabbage or yam. Onam Sadya is never complete without Payasam. Various types of payasam like Adapratham, Kadalapratham, Palpayasam, Palada Payasam, Vermicelli Payasam are served on Onasadya.

Serving and eating Onasadya has its own rituals. The side dish, curry, and kootu curry



should be included in the meal. Onam sadya should be served on an uncut banana leaf. The leaf should be placed in such a way that the root of the banana leaf comes to the left side of the person having the meal. Upperi is served first. It is served on the left side of the leaf and usually serves three different types. Nenthakaya fry (banana chips), Chembu varuthathu (colocasia chips) and sharkara upperi (Jaggery chips). Salt is also added to the dishes for those who need more salt. After that banana and two small and big papads will also be served. Then ginger curry, lemon curry and mango curry will also arrive on the leaf.

Aviyal is served on the right side of the leaf. Next to that, thoran, kichadi and pachadi are served little by little. Then koottucurry, Kalan and Olan will be served. Aviyal, Thoran, Erisseri, Mezhukupuratti are the other curries. After this, rice will be served. Pour the parippu curry and ghee along with the rice and break the pappadam to start the meal. After that you can add

sambar and eat rice. Then, payasam is served in some places. But in many places, Pulisseri or Kalan is served after Sambar. Adaprathamam is served first as it is the king of payasams. After that Pazha prathamam, Kadala prathamam and wheat payasam are also served. Palpayasam is served last. In some places, a sweet called Boli is served along with Palpayasam. After payasam, curd and rasam will be served. It is customary to get and drink these in a handful. Onam Sadya is completed with the serving of curd.

Travancore Onasadya

For non-Keralites, Kerala has only one Onam. However, if you really look inside Kerala, you will see that from Thiruvananthapuram in the south through Ernakulam in the middle to Kasargode in the north, the rituals, celebrations and feasts are different. Kerala's Onam celebrations are also different depending on the geography of Kerala which lies between south, north and middle. Onasadya in Travancore is

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lavish. New dishes have been added to the unique meal. Pachadi with cucumber is a must here. Moreover, Travancoreans do not have the custom of putting salt on the leaves. Place the pappadam on the left side of the leaf for serving rice and on the left side with the jaggery chips and kadala pazham. Starting from the top left edge of the leaf, the ones to touch include ginger, mango pickle, lime pickle, red lime curry and white lime curry. After that, Aviyal, then Thoran. Snow peas were also used for Thoran in the past. The top side of the leaf is almost full if there is a clump of cucumber kichadi next to it. It is started by adding dal curry to the rice. There is also the practice of pouring ghee over it. The meal starts with mixing pappadam and dal curry and then comes the sambar. After the sambar, the staples of Travancore's payasam varieties such as Palada Payasam, Sarkara ada Payasam, Kadala Payasam, Pea Payasam and Vermicelli Payasam will come to the fore. One or both of these is made according to their situation. After the payasam, rice is served for Pulisseri. The people of Travancore make Pulisseri

with cucumber and pineapple. After Pulisseri, it is usual that they add rasam and curd and eat rice again. People of Travancore love to get and drink these in a handful. The people of Travancore are very careful about following the rules in Sadya.

Onam Sadya in Thirukochi

Due to the fact that it is in the middle, you can see the mixed character of the south and the north in here. They serve the plantain leaf first with ginger curd. It is generally called aayiram curry or thousand curry. It is said that you only need to eat ginger curd to digest whatever you eat. After that, the place is for salt. Along with the salt, pappadam, sharkavaratti and fried upperi are served with it. Upperi, which is made by cutting the banana into pieces, is served for Onasadya. Apart from this, yam, banana and papaya all have their places in the leaf. The ancients remember that in the olden days fried peas were served in the sadya. After that came Kalan, Olan, Erisseri, Thoran and Aviyal. People here also put mezhukupuratti instead

of thoran. Most of the mezhukupuratti dishes are made from yam, banana or pea. It is common to have thoran with peas, beans or cabbage. Instead of Erisseri, koottucurry is included in the feast. Either way, coconut will be fried in it. The dal curry is served to the right of the rice. Ghee is served on top of it. After completing the first step, Sambar arrives. After the rasam is done, payasam is served. Palpayasam is a must here for Onam. There are mostly two types: Palada and Pazhaprathamam are the main dishes here. In the olden days even chakka payasam (Jackfruit payasam) was served on Onam, only the memory of the ancients today. After the payasam is done, ginger and green chillies are mixed with raw curd and served with rice to eat. With that, the feast will be complete. Apart from this, pieces of banana and ilayada are also placed on the leaves.

Onam Sadya in Valluvanad

Valluvanadan Onasadya is based on the saying that Onam sadya is made with four dishes. Nalukaris means a



kind of sweet like erisseri or koottu curry, kalan, olan and payasam. First serve the banana, yam roast and jiggery chips on the left side of the leaf. Next to these, the pazham nurukku and after that the papad is placed. Pickles come after the papads. The pickles included in Onasadya are Mango pickle, Lemon pickle, Ginger curd, and Tamarind.

Lime pickle is more important than mango pickle for Onasadya in Valluvanad. After that, Olan with pumpkin is also served. If you eat Olan, the taste of the previous curries will be released from your tongue. Then there will be Kalan and next to it there will be Thoran with peas or cabbage. Then koottu curry is served. Valluvanadan koottu curry is made with yams and banana. In the past, koottu curry was not served for Onam Sadya and erisseri made with pumpkin was used instead. After this, rice will be served. Here too rice is served and dal curry is served on the right side of it. After dal curry, sambar, and rasam is served. It is served in Valluvanad with the addition of coriander leaves. After the rasam comes the payasam. Pazha prathamam, prepared with coconut milk, was served on Onam in the past. In the same way, it was mandatory for the people of Valluvanad to have the Chengalikodan banana first. Buttermilk is served after Pazhaprathamam. After adding butter milk and eating the rice, the meal is complete. The ancients say that in the olden days there was no sambar in Valluvanadan feasts. Aviyal used to be made by adding some water instead of sambar. Later, among many changes, sambar was also included in Onam sadya. This is the traditional Valluvanadan sadya, but with the

passage of time, fish and meat took their place on the list along with the Onam sadya as we went further north.

Aranmula Vallasadya

Needless to say, when the plantain leaves are served with different types of dishes, papads and various types of payasam, there is no one who does not like Sadya. However, the fame of Aranmula Vallasadya, which is the biggest sadya feast in India, is a ritualistic ceremony held at Aranmula Parthasarathy Temple. Aranmula Vallasadya is performed from Karkidakam fifteenth to Kanni fifteenth. It is believed that this temple was dedicated by Arjuna, the middle sibling of the Panchapandas, to his uncle Lord Krishna.

Aranmula Vallasadya, which is performed with many rituals, is also a favorite offering to the Lord. Rice, dal curry, pappadam, ghee, aviyal, sambar, thoran, pachadi, khichdi, lemon pickle, ginger, mango, sour mango, fried erisseri, kalan, olan, rasam, yogurt, curd, prathamam, upperi, kadali pazham, sesame sweet balls, vada, unniyappam, rock sugar, jaggery/sugar, grapes, sugarcane, mezhukkupuratti, chutney powder, spinach thoran, honey, takara thoran, gooseberry pickle and ginger curd are the main dishes in Aranmula Vallasadya. Many people from different parts of the country come every year to have Aranmula Vallasadya. On the first day, people from seven parishes come to the temple to participate in the Vallasadya. It is believed that offering a feast of Aranmula Parthasarathy's favorite dishes to those who come to the temples will lead to prosperity and wealth.



People here also put mezhukkupuratti instead of thoran. Most of the mezhukkupuratti dishes are made from yam, banana or pea. It is common to have thoran with peas, beans or cabbage. Instead of Erisseri, koottucurry is included in the feast.



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TOYS FOR CHILDREN

Toys are an indispensable part of homes with children, but there are parents who see toys as a mere outlet for their children's tantrums. Many small and big toys found in every nook and corner of the house can even affect the growth of the child if they are not suitable for each age.

There are a few things to keep in mind while choosing these. In short, toys have become an integral part of children's lives. It is safe to say that the world of toys is undergoing tremendous changes on a daily basis. Toys are available in the market today that fascinate and amaze not only children but parents and adults alike. From building blocks, plastic carts and soft dolls to snakes, cones, Ludo, chess boards and caroms, the list of children's toys is endless.

As children grow, their preferences for toys also change. Today, the world of toys is vast, with toys for each age group, different toys for boys and girls, toys that make sounds and toys that don't. Avoid buying too many toys that are useless and expensive for babies. They should choose toys that are age-appropriate and will help



Today one has to think twice while choosing toys for children. A lot of information has come out in a short period of time showing that the plastics and other metals used to make some toys are of poor quality and cause many health problems.



their mental and physical development. As children are generally attracted to colours and sounds, many toys with these features are bought by adults for their children at high cost. There is no point in insisting that their children want such toys which are not useful for their age and mental development. However,

cheap and attractive dolls and the like have been appealing to children since then. Before gifting expensive toys to babies, think for a moment whether they are useful for children. Each child should be given age-appropriate toys. Babies up to three months of age are more fond of sounds. Toys with ear-pleasing sounds can be purchased for this age group. At the same time, do not give them toys that have sounds that indicate violence (sounds like gunshots). Children should be taught to use various noisy toys in a way that does not harm the ears. Babies begin to notice colours between three and six months, so choose different coloured toys for this age group.

As babies grow, they need toys that help them develop hand-eye coordination and improve their motor skills. These types of toys are generally called activity toys. Things like building blocks help a lot with hand-eye coordination. Growing up also brings about big changes in preferences for toys. Babies grow up learning a lot from the things around us. You can buy toys that help children learn these things easily. Various types of toys are also available in the market

today that help in learning. For example, various toys can be used to learn objects related to nature. For example, toys with birds, animals and fruits and vegetables can be more helpful for learning. Toys that help children learn about the organs in the human body can help children develop their intelligence up to the age of two. Dolls that clap their hands, move their heads and sing songs are very beneficial for the mental development of children. Today, there are many toys that help teach English-Malayalam alphabets and numbers in song form. Children memorize letters and numbers at an early age when they hear them many times.

Today one has to think twice while choosing toys for children. A lot of information has come out in a short period of time showing that the plastics and other metals used to make some toys are of poor quality and cause many health problems. Lead and cadmium content in toys can cause serious health problems in children. Some companies make toys by recycling plastic and other materials from unusable electronic waste. Some banned chemicals such



While keeping all the above things in mind, children's preferences should also be considered while buying toys. It is not wise to buy toys that the child does not like, but which are good for learning. Toys that make children happy can be preferred.



as hexabromocyclododecane present in toys manufactured in this way cause serious health problems in children. Experts in the field of health point out that this will have a negative impact on areas such as memory, intelligence, concentration and learning ability in children. Moreover, these chemicals can inhibit the development of children's brains and disrupt the body's hormonal systems.

While keeping all the above things in mind, children's preferences should also be considered while buying toys. It is not wise to buy toys that the child does not like, but which are good for learning. Toys that make children happy can be preferred. Apart from what they like, they also need to check if the toys are safe. It is the responsibility of the parents to check and ensure this. Parents play an important role in understanding their children's preferences. Only parents who spend time playing with their children can choose toys according to their preferences.

In short, toys have become an unavoidable part of children's lives. This

obsession with toys is often created as part of the marketing strategies of toy companies. And they know very well the psychology of children. Often many parents do not care to choose the right toys for their children. Traditionally, we try to give the babies the toys and dolls that we have seen and used. But as our babies get old enough to watch television, etc., new toys are added to their minds. Another thing that every parent should be aware of is that some fast-food brands offer toys with their meals. Today's children also have a good understanding of this. Most of the time, they force their parents to buy such products for the reason that they can get a toy. But don't forget the fact that this promotes unhealthy eating habits. Avoid brightly-coloured toys and toys made of low-quality plastic. Avoid toys that make loud noises. It is essential for children's health to ensure that these are cleaned daily after use. When giving pencils to children for drawing make sure that they do not put it in their mouths. Pencil paint and lead can cause severe health problems if children get into their stomachs.



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DEDICATED WEAVING OF KASAVU

Handloom is the unique textile vibe of Kerala. The truth is that there are few original handloom garments available in the market now. Most of those available are power loom garments and the main reason for this is the low number of handloom weavers. This is a job that requires a lot of skill and it takes a lot of time. The reason for the decrease in handloom weavers is that the profit is less.

Baramapuram has the most famous handloom garment manufacturing looms in Kerala. The truth is that even there, the original handloom garments are now being woven very little. Before we know how to identify power loom clothes, it is important to understand how many types of handloom clothes there are and what is the difference between them. There are four main types of handloom garments. The difference between them is mainly related to the quality of kasavu used in it. The kasavu yarn of great quality is made with gold and silver and the medium quality kasavu yarn is made with copper and chemicals. The lowest quality kasavu yarn is made with polymer and chemicals. To distinguish between them, it is enough to take a thread and rub it on a stone. The finest kasavu shows a golden colour when rubbed on a stone, and the next quality shows a brassy colour. To know the third type of kasavu, it is enough to take a thread and burn it.



You can see the polymer yarn melting when burning. But the real yarn is only coarsely burnt. Kasavu clothes that curl after being washed and dried are made of the lowest quality yarn. The very best of kasavu garments, those costing more than Rs. 10,000, are made with occasional kasavu thread. As the highest quality kasavu break when struck on the power loom machine, such can only be woven by handloom. This is also a reason for their high cost. So, if you pay attention to these things when you start buying kasavu clothes, you can avoid repeating the mistakes that have been made so far.

Located on the banks of the Bharatapuzha on the Thrissur-Palakkad border, Kuthampully is the land of handloom garments that is loved by all over India and abroad. It is a traditional weaving village with traditional community life, looms and weaving mills. The sound of looms is the pulse of every life in this village which is the confluence of Gayathri Puzha and Nila. Beautiful kasavu and artistic excellence in thin cloth awakened the beauty sense of the Malayalis. All the houses in a village are filled with sounds of

spinning wheels and looms. Here you can see people doing the same work, the same life and the virtue of unity. For the people here, it is not only a means of livelihood but also a form of worship and art. Kasavu sarees, double dhotis, veshtis, settu mundu, mangalya dresses, pavu mundu and everything else flourish on these looms.

Kuthampully has some of the finest handloom garments available in India. They work day and night and focus only on their own work, and their lives are free from hardships. Amidst the noise of the looms, life is woven here. The Kuthampully Handloom Industry Co-operative Society, registered in 1972 with 102 members, has 814 members as of February 2008. Embroideries, pictures and designs like mural art are done on the clothes along with the traditional weaving methods by understanding the innovative possibilities in the markets. Kuthampully has long been popular in designer sarees. Peacock, flower, Krishna, elephant, kathakali, gopuram, house and so on, any design easily lends itself to Kuthampully. Among these, the all-time hit design is the peacock. It also receives the most orders from abroad.

The threads used for weaving are put in pavu water and gruel water and strengthened and then hooked on the loom. One yarn is connected to another yarn core on the loom. From morning till night here every house sings weaving-songs. Months preceding the festivals of Onam and Vishu, lights are not switched off in any of the houses here. With the popularity of handloom, the price of Kuthampully sarees also increased and the price of these sarees ranges from Rs. 1500 to Rs. 3000. Despite the global fame, the weavers earn meager profits.

Malayalis' love for knitted clothes during Onam is a way of life for Kuthampully. Kuthampully kasavu culture is age-old and there is a huge demand for handloom clothes woven in the brotherhood of Kuthampully village. Be it Onam or Vishu celebrations, it is a pleasant experience to walk through these village streets with paddy fields and mountains stretching as far as the Gayathri Puzha that feeds the village with kasavu, weavers and industrialists. You should visit Kuthampully at least once, where you can also buy clothes directly from them at cheaper prices.



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CRICKET- A GAME OR BATTLE?



The known history of the game of Cricket dates back to the 16th century. Although international competitions began in 1844, the formal beginning was only in 1877 when Test Cricket began. Although cricket was born in England, it has spread to other countries. Cricket is more popular in Commonwealth countries. No one has a clear clue as to where cricket originated, but it is thought to have originated in the grasslands between Kent and Sussex in Southern England. In medieval times, boys used to come here to graze sheep in the meadows. It is generally believed that these boys must have

started playing cricket for the first time. Centuries later, cricket was also played by adults. Cricket became more popular among adults with the 17th century. Although it is a country as famous as Britain in its colonial history, the history of cricket had nothing to do much in France. But France still disputes that their country played the first game of cricket in world history. Cricket, which is believed to have been played by children in 1478, had to wait several generations before it became popular among adults. Before the 17th century, there is little evidence of cricket's influence among adults.

Cricket may have originated from the old game called bowl. Here the batsman hits the ball before it reaches the target. When cricket was first played in pastures, the ball must have been a small piece of wood, stone or wool. The bat used was a stick for driving goats or other rod-shaped agricultural implements. Trees, stumps and seats were used as wickets. There are many arguments behind how cricket got that name. According to the earliest known reference to the sport (1598), cricket derives its name from the word creckett. Another belief is that the name cricket may have been derived from the Dutch word krick(-e). Krike means stick in Dutch. The name cricket may be derived from the Old English words cricc and cryce. These words mean strong rod. Another possibility is that it comes from the Dutch word kerkstoel. The meaning of this word is long crutch. Such long sticks were used for wickets in the past. According to Heiner Gillmeister, a linguist at the University of Bonn, the word cricket is derived from the Dutch word krik ket, which means to follow. This shows the connection the Dutch have with cricket since its origins. Most of the technical terms used in cricket today are from England.

India-Pakistan Cricket

The history of the India-Pakistan cricket war is as old as the Pakistan cricket team itself. Pakistan cricket team played their first match against India in 1952 after independence. The differences between the countries on political matters naturally spread to the cricket pitch. For 65 years from 1952, the India-Pakistan cricket match was given a war-like importance by the



India retaliated in the match held in India the very next year. India responded by winning the four-Test series. But in the series held in 1982, Pakistan won again. They won the ODI series 3-1, but India didn't have to wait long; the following year, Pakistan lost the series 2-0 to India.



media and the public. It was not just a political contest that took place on the ground. It was truly a battle of equals.

Those who watched the India-Pak cricket match in the nineties and early 2000s know the heat of Pakistan. Imran Khan, Waqar Younis, Wasim Akram, Shoaib Akhtar and Mohammad Sami were the Pakistan team. A batting line-up consisting of Inzamam-ul-Haq, Saeed Anwar, Javed Miandad and Shahid Afridi did not hesitate to face any bowling lineups. Saeed Anwar single-handedly scored more runs against India in 1997 than the entire Pakistan team in today's conditions. The India-Pakistan cricket tournament was held for the first time in 1952. India won the 3-Test series 2-1 at that time. It was Pakistan's first Test match. Later on, both the series ended in a draw. After the Indo-Pak war

of 1961, it took 18 long years for India and Pakistan to come together again on the cricket field. Pakistan defeated India in these matches held in 1978. Pakistan won the Test series 2-0 and the ODI series 2-1. India lost that day due to the performance of Imran Khan and Miandad.

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3-1, but India didn't have to wait long; the following year, Pakistan lost the series 2-0 to India. In this way, both the teams played cricket with each other's victories. It's just that India has often won big cup matches. Today's Pakistan team is not even in the shadow of the mighty Pakistan team of that time. The cricket of our brother team is so depleted. The Pakistan cricket team has been going down for the past few years. Their last achievement was reaching the semi-finals in the 2011 World Cup.

In 2009, there was a terrorist attack on Sri Lankan players during a cricket tournament in Pakistan. After that many cricket boards refused to play matches in Pakistan. Moreover, fast bowler Mohammad Asif and opening batsman Salman Butt were involved in the match-fixing controversy and made the Pakistan cricket team defensive. Due to problems with the board, many players retired and the collapse was complete. The Board of Control for Cricket in India's decision to ban Pakistani players from IPL matches has also played a role in the downfall of Pakistan cricket.

Those who celebrate India's victory may see the India-Pakistan cricket match as merely political. But not so for true cricket lovers who are fans of Indian team and cricket. The matches between the two countries have gone a long way from the goodness of the fans in a generation when India and Pakistan thought that Imran, Akram and Waqar would have played in the Indian team and Kapil, Gavaskar and Sachin would have played in our team if the partition had not happened.

The excitement of that old cricket match that once strained the nerves of the fans is perhaps more present now than ever. But the sadness comes when you realize that the passion is not because of cricket but because of politics, religion and enmity. There are people in both the countries who pray that the India-Pak match does not take place. It's not because they don't like cricket or anything. They think about what they, the minority in their own country (Muslims in India and Hindus in Pakistan) will have to suffer if the opposing team wins.

Fans want to see a fight between equal powers. Apart from watching Miandad's last-ball six to take the victory away from India and his frog jump that made us angry, and Sachin's class innings as he caressed Shoaib Akhtar's 150 km speed ball and crossed the boundary over Thedman, what excitement can we get when India destroys the currently weak Pakistan? However, success on the field is what matters.

CHOICES FOR PAINTING HOMES

Building a home is a long-time dream of a person. It is a dream that is shaped day-by-day as each house is seen, changed, built and put together. Vastu, design, size, construction materials, interior decorations, kitchen, interior shelves, etc., keep homeowners running wild at every stage of its construction. The same is the case with exterior painting. From four to five brands that dominate the market, there are companies that produce paint locally. The quality that everyone claims is the same. They say

that because the product has been specially researched for the climate of Kerala, it will not catch moss and mold. They provide a guarantee of five years and ten years. But the companies are safe to some extent as everyone tries to buy a new paint and redecorate the house with a new color regardless of the company's guarantee if it gets moldy or mossy two or three years after the painting is done.

Generally, there are two types of paints – Paints compatible with water and compatible with petroleum by-products of oil. Water-based paints fall into the emulsion category and oil-based paints fall into the enamel category. Emulsion paints are applied to walls while enamel paints are applied to wood, iron and grills. Add water to dilute the

density of those in the first category. However, petroleum by-products such as turpentine and thinner are used to adjust the density of enamel paint. In the climate of Kerala, there is a rainy season of about six months. Due to the increase in atmospheric humidity throughout the period, houses are more likely to get moss and mold and lose their moisture. The next three months are a harsh summer, which also cause the paint to fade. Emulsion category paints include plastic coating and silicone coating by various brands. Such coverings also protect the house from moss and mold. The durability of the paint is determined by the amount of plastic and silicone in the emulsion paint. This is also the content of the emulsion paint applied to the interior of the house. Paint companies claim to remove stains from emulsion painted walls by reducing the amount of silicone.

Certain things should be taken care of while building a house in Kerala's special climate. As it rains for six months, in the past, sloped roofs were mandatory for houses in Kerala. It is for this reason that even when the concrete style of construction came, sunshades became mandatory for houses.





Houses that protect the roof like an umbrella are good for the weather in Kerala. Many companies are now releasing leak-proof products that can be added to cement and concrete at the time of construction. There are many products that prevent moisture, such as those that can be added to concrete, those that can be added during plastering of walls, and those that can be applied to the roof of completed houses with white cement. Care must be taken in the use of such materials during construction as preventing moisture also means preventing moss and mould. It is also a good idea to apply expensive weatherproof paints to the beadings of sunshades, roof beading, and walls exposed to direct rainfall. How expensive paint is used for the house is not what determines the life of the paint. The duration of the paint depends on how clean the surface to be painted is maintained. A common practice in new houses is to prime the walls after finishing the plastering and curing thoroughly. Primer is the first coat to hold the paint well on the walls without chipping. After this the walls are plastered. Putty is actually a white cement-based chemical powder. Nowadays paste putty is also available in the market for interiors. Powder putty is best for exterior walls. When plastering, there will be tiny pits in the wall. Putty helps to cover them, make the walls smooth and extend the life of the paint. Two coats of putty are applied to the primer-applied wall. Putty first and then sandpapers the walls to make them smooth again. There are sanding machines that clean the walls without dust inside the house using a sanding machine and collect the dust in a bag by vacuum and then throw it out.

Painting of new houses is done in the order of primer, two coats of putty and then two coats of paint. How well the walls are cleaned before painting will determine how beautiful the walls will be after painting. Branded companies release special paints for the interior and exterior of the house. Exterior wall paints often contain chemicals to repel moss and mold. So you should pay



special attention to these while buying paints.

A maximum warranty of three years is given for the base model of the paint. But for higher models, warranties of five years and seven years are given. When buying paint for personal use, it is better to buy products in the medium range. This is because expensive paint can cover more surface area than a litre of cheaper paint. Then the total cost does not make much difference. Moreover, the wages to be paid to the labourers are the same for any type of painting. Labour costs also increase when repainting is required in less time.

Different companies produce 4000 to 6000 colors of paints. So, everyone can decide what color they want for their home. With the advent of the computer-aided colour mixing machine, such a range of colours came into the paint. Or it is not easy for paint dealers to store more than four thousand colours of paints in different quantities. Usually, the base color of emulsion paint is white.

Paint dealers now add the color chosen by the user to it and mix it with the help of computer. Due to this, those who want their house to be different and beautiful from all the other houses can choose the colour of their choice even though there is only a slight difference between the various colors.

Just like different colors in emulsion paints, it is possible to add matching colors to enamel paints with the help of computer. Earlier window grills and doors were only given in white, black, teak and mahogany colours. But with the introduction of computer-aided colour addition, all the colors available in emulsion paint can also be found in enamel paint. Windows and window frames can be colored to match the colour of the walls. Choosing the right colours in this way makes the interior designing very beautiful.

While there are many colours to choose from and a wide variety of stain-removable and washable products, the beauty of the home is enhanced by



choosing and applying colours wisely. Light colours are generally preferred for interiors. It gives a lot of light to the rooms. Light colours can also help make rooms feel larger. The use of light colours for three walls of the room and a contrasting dark colour for one wall will increase the beauty of the room.

If you decide the interior decoration of the room in advance, you can make the house more beautiful by giving the corresponding colours while painting. After deciding how you want curtains, beadings in the room, furniture, sofa cushions and shelves, choosing the paint will make the house more attractive. If the beading in the room is painted in a slightly denser colour that matches the colours given to the walls, it will become an interior design.

Today there is a change in traditional painting methods as well. Now rollers are used to beat the emulsion on the wall. Rollers are preferred because they are prone to smudging when painting with a brush and they give a glossier finish than a brush-painted surface. Auto roller which reaches the roller

automatically with the help of paint motor is now available in the market. That is, there is no need to dip the roller into the paint bucket every now and then. Once the auto roller is placed on the wall, the roller should be stopped only after the painting is done. This also results in a better finish.

Decorative painting in living rooms along with preparing the walls with emulsion is now on the rise. Various companies have launched special types of designer rollers and decorative paints for this purpose. If you look at the company's catalogue and select the desired design, you can buy the corresponding decorative paints in the market. After applying the base coat colour on the walls that have been cleaned with putty and primer, the paint is applied using a designer brush. Then the design on the designer roller is stuck on the wall. Talented painters can create wonders on the wall like this.

Wood preservation in homes used to be done by applying polish with a brush on the furniture. But later, instead of polishing, a special type of paint for wood called melamine came into the

market. It was sprayed by machine. But as the melamine fades over the years, the wood is now using Polyurethane polish which does not hold moisture and is not affected by fungi. This may cost more, but the furniture will remain intact for many years and shine like new. Polyurethane polish is applied by sealing the joints with putty while painting the wood, after bringing the natural colour of the wood with sealer and smoothing it with sand paper. Due to this, the furniture remains intact for a long time.

The habit of painting only walls and furniture is changing now. Concrete, tiles, flooring and patio tiles are all trending with paint. There are special paints in the market for all that. As there are many colours and products to choose from in the paint market, choose house colours only after thinking it over. Only skilled workers should be entrusted with the work. Don't choose inferior paints just because of a small difference in price. It should also ensure that the work related to painting is done correctly and completely. Then the house will shine more beautiful than your smile.

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PARENTING - A TOUGH TASK

There are still many parents who do not know what good parenting is. Due to mistakes in parenting, we can lose a great personality that society deserves. Parents have complaints about their children who are preparing to go to school for the first time. Parents can't be blamed for the anxiety the children feel on this journey out of the shadow of the home and into the next stages of growth. Whether they go to school or stay at home, most people complain that they don't have any idea how to bring up their children in this online age. The concern extends to the fact that children will become addicted to their phones, will they see something they should not see, and will they be distracted from their studies. Many people show that they don't even know how to correct their mistakes. There are many simple ways to facilitate friendly parenting by understanding children's likes and desires without instilling fear in them.

Appreciation for doing good works builds a person. The habit of most parents is to always expose their children's shortcomings. Instead, it would be good to appreciate the little good things they do. You can talk about the good things they have done in the past, remind them often,





Parents should be careful to find good friendship at every age. The ability to make a choice for oneself should be developed in the child by recognizing good and bad associations. Guidance given at a young age helps the child to have a sense of who to associate with as an adult.



and praise good behavior when it happens. If we have to reprimand, we should always convince them that they are dear to us and that only what they have done is wrong. Children should be taught to do their own things at an early age. Develop the ability in the child to do things like tying shoes, putting on a uniform, putting books in a bag, washing dishes, etc., regardless of gender, at a young age. Many people have the habit of teaching by sitting with the child. If the parents train them to do many things, the child will lose the ability to do things on his own.

Parents should be careful to find good friendship at every age. The ability to make a choice for oneself should be developed in the child by recognizing good and bad associations. Guidance given at a young age helps the child to have a sense of who to associate with as an adult. Reading is an important part of good habits. Parents have to lead by example if they want to lead their children to serious reading. Read books and tell them in a way that fills the child with excitement as reading is one of the most important exercises to develop a child's imagination. Parents should take the initiative to provide age-appropriate books. Likewise, parents should try to make the most of opportunities they





have to spend with their children. There should be an atmosphere at home where the child can talk openly about anything. Make the child believe that someone is there to listen. Parents should not hesitate to encourage their child's actions.

There are many ways to recognize children when they do good things. For example, you can give one star for each good thing. If they get ten stars, they can be bought a gift of their choice. Special stars can be drawn for them in the calendar even on non-misbehaving dates. Special care should be taken to ensure that gifts given as incentives are not expensive. Here only small gifts are enough. Expensive gifts can make gifts worthless in the minds of children. However, the child needs to know the difficulties at home to grow up. An average parent follows the pattern of buying whatever the child asks for immediately. Even in times of financial hardship, many people try to raise the

child without informing them about it as it will incapacitate them. Children need to be enabled at an early age to grow up knowing the limitations of the home. Never mind the initial sadness and crying when you have to say that some wishes cannot be fulfilled and slowly they will understand. Once they get everything, they don't think about getting anything for themselves.

Apart from study purpose, children can also be given phone for entertainment for some time. The child should be taught how to use the phone in a controlled manner instead of denying the phone. Make an agreement with the children that they will be given the phone at a fixed time each day. Compliment them if they return the phone on time. However, if they use phone for a long time, then you must reduce the extra time from the next day's time. Along with this, try to seat children in common space as much as possible. Whether it is a computer or

a mobile phone, children should be trained to use it in the common space of the house and the privacy of children should be minimized in such matters. Parents need to pay special attention to the videos they watch and the apps they use.

If the child is given orders at every age they will have the courage to refuse them; especially teenagers. Parents should take care to give an insight on what to do and what not to do. Tell the child that if he does something like this, the consequences will be like this. Let the child decide whether to do it or not. Also, don't assume that beatings and fights alone can fix children. Children may repeat mistakes when they forget the pain and discomfort. So we can convince them by giving small punishments in other ways. For example, if the child does something he or she likes best, be it riding a bicycle, swimming, or watching movies—deny it. You can also tell them the reason



Parents forcing their child to do things they are not interested in can do more harm than good. Being forced to do many things in order to get special attention in front of others will destroy the child's natural ability. All the parents have to do is to find the field in which the child is interested and can prove his ability and get good training in it.



for denial. Lesser punishment should be given for minor offenses and slightly more severe punishment for major offenses. If you notice your kids watching any kind of bad videos, immediately reprimanding and harassing them in a very angry manner will only do harm. Children will try to repeat such things by tricking and hiding from us. In such cases, calmly talk and understand the problem and dangers of those videos. The truth is that in teaching children the good things and correcting the bad things, there needs to be unity in the home.

If the child does not want to do something, the father, mother and grandmother should tell him not to do it. If the father says yes and the mother does not, the child is getting the wrong message. Later, they will try to be cunning to see who the matter will happen next to. Parents have a habit of making a rule not to do something, and then loosening it when the kids are

whining and crying. Children will take advantage of such concessions which are given thinking that they will get peace for the time being. They will always promise that if they cry, things will be done. Punishment should not match the mood of the parents. Husband and wife should not punish their children to vent their anger on each other.

Parents forcing their child to do things they are not interested in can do more harm than good. Being forced to do many things in order to get special attention in front of others will destroy the child's natural ability. All the parents have to do is to find the field in which the child is interested and can prove his ability and get good training in it. In some people, certain aptitudes appear at a young age. In others it may be after growth. All the parents have to do is provide the necessary training as soon as the interest is expressed. Parents who openly say 'My child has no talent' are really incapable of understanding



Childhood is a time of mischief and disobedience so don't insist that they behave maturely at a very young age. It is through disobedience that they ripen. Think for a moment about what it was like when you were young.



their child's potential. Keep asking and understanding the children's dreams and interests.

Do not impose our wishes on children. Teach them to dream instead of setting good examples. It should be their dream of who they will be when they grow up. Forcing ourselves to do so will backfire. A child's ability to find a career is destroyed by parent insisting that I am a doctor, so my son should also be a doctor. Many people realize that it is not for them when they choose the subject of study according to their parent's choice and finally reach that field of work. Placing huge burdens of parental expectations on children does no good. Just recognize children's potential and ability and expect from them accordingly. High expectations can weigh on children and destroy their confidence.

The first thing to try is to make the children a good human being with energetic mindset. There are many people around us who make great achievements in their professional life but fail in life. Even in small games, fathers and mothers give up their

children to win. This kind of habit of easy success is dangerous for children in future life. Tell them that defeat is good too. Many people get depressed even by small failures and commit suicide because they don't have the willpower to accept the defeat.

We must realize that children's abilities are vast and that it makes no sense to call them smart on the basis of academic excellence alone. The truth is that parents are not very good at recognizing the different talents of their children. It is a habit of many to compare them with other children of the same age. Stop asking why you can't do what other kids do. Your child may not have the skills that another child has. Don't force your child to sing by watching the neighbourhood kid sing. Sometimes they like to draw or dance.

Childhood is a time of mischief and disobedience so don't insist that they behave maturely at a very young age. It is through disobedience that they ripen. Think for a moment about what it was like when you were young. Try to correct them when they misbehave and try to encourage obedience. Parents of only

one child often over-indulge the child. He tries to raise his child in isolation, thinking that if he is close to others, his child will go bad. They should be brought up with the same care given to other children. Grandparents who want to pamper their children often tend to meet their needs that mom and dad don't. Realize that it is not good to some extent, and that everyone has a responsibility to teach good habits. Children should not be left to their own devices at an early age. Because they are not ready for it. All behavior should be controlled by parents. So just make the corrections and move on.

The child should be taught to maintain maximum distance from strangers and discourage such interactions whether in public or in the cyber world. It is often relatives who try to influence and exploit children mentally and physically outside of the acquaintance. Care should be taken to teach the child at an early age how to understand poor touch and speech. Trying to scare the child when they are about to do something will destroy the child's confidence and efficiency.

DESTINATION



EASING MOBILITY AT KIZHAKKEKOTTA

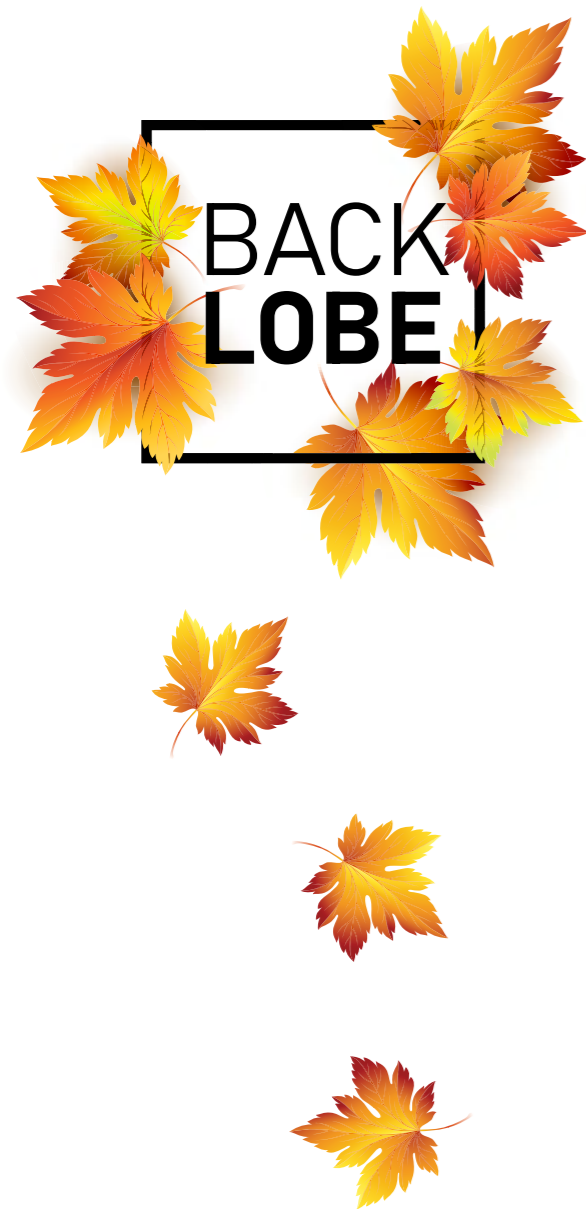
The busiest area of our capital city, Kizhakkekkotta becomes an easy way to walk and cross without effort. In a festive atmosphere, Public Works

Minister Mohammad Riyaz opened the flyover at Kizhakkekkotta, which makes our journey easy and safe and it is the longest pedestrian flyover in Kerala. Actor Prithviraj inaugurated the unique Ananthapuri selfie point on the skyway. The advantage of the flyover is that it will now be easy to cross the road at the busiest bus stop in the state. Actor Prithviraj got the most applause when he came to present the selfie point at the opening ceremony. This Selfie Point on the flyover is a proud place that houses the pictures of people who have climbed the pinnacle of fame from Thiruvananthapuram. The construction company will get revenue from the advertisement displayed on the skyway designed in L shape. The contract company is also

responsible for the maintenance of the flyover. The design and construction of the flyover was carried out by Axo Engineers Private Limited on behalf of Thiruvananthapuram Municipality.

On one side of East Fort Bus Station lies the Chalai Market and on the other the Padmanabha Swamy Temple. If you pass Putharikandam Maithanam and Kota on MG Road, you can travel to Attukal via Manacaud. Kizhakkekkotta is the busiest place to go from Padmatheertha pond, Airport Road, Pazhavangadi, Railway Second Entrance, Killipalam and Manacaud. Apart from the bus station and Gandhi Park, this is also the gateway to thousands of small and big shops in Kizhakkekkotta. The biggest problem in there, where tens of thousands of people gather for events at Putharikandam or Gandhi Park, is the access to all four parts, including the entrance to the fort and the canal, after crossing the road. It is being solved by the corporation's new skyway.

The 104-meter-long pedestrian overbridge built at a cost of 4-crore rupees has many special features. Apart from steps for passengers to climb the track on both sides, two lifts have been constructed for senior citizens. All those who have difficulty climbing stairs can use the lift. CCTV cameras, clock tower, portraits of political figures like Mahatma Gandhi, Jawaharlal Nehru, etc. decorate the skyway. Named 'Abhimanam Ananthapuri', the path also features portraits of renaissance, art-cultural and sports luminaries that the capital has contributed to the world, from Sree Narayana Guru to Sanju Samson. There is a seven-foot-tall clock to tell the time in the skyway designed in the pattern of the castle. With four entrances, both sides of the skyway are graced with colourful paintings. The path is made most beautifully with LED screens, coloured lights, etc. and there is also a police aid post on the route.



Are we in the mode to celebrate?
It appears so. After a gap, most of us have shrugged off of the pale and gloom and rebounded to being hale and hearty.

And what is the occasion?
Onam – Keralites’ most important festival season. It’s not contained to Kerala anymore. It is taken across the world by Keralites and spread to other countries too. They introduced the concept of this harvest festival there and gets them too into festive mode.

If most of those in Kerala celebrate all the ten days of Onam, those in other countries have had to restrict it to a day or two at the max. And the highlights for them are of course Pookkalam and OnaSadya. These two individually and collectively have captured the non-Keralites’s attention. As Pookkalam adds colour to the event and brings out the best in designers, it also captures the aesthetic minds. Foodies and food lovers both get enraptured by OnaSadya. The variety and the substance satisfy both these teams.

However, do all of us get the ‘reason for celebrating’ right?

Maybe, may not be.

Since there seems to be new reasons cropping up daily, what do we settle on?

All of those reasons might be the best thing to do.

All good reasons – that bring out the Cheerfulness in us, allow us to fondly Remember of the past, and make us Optimistic of the future – should be celebrated.

Let’s celebrate this Onam together, wishing every one of us a Hearty Onam.

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