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**GOKULAM
GOPALAN**
PIONEERING A
LEGACY OF
IMPACT AND
INNOVATION

EMPOWERING EXCELLENCE: WOMEN OF SUCCESS 2024

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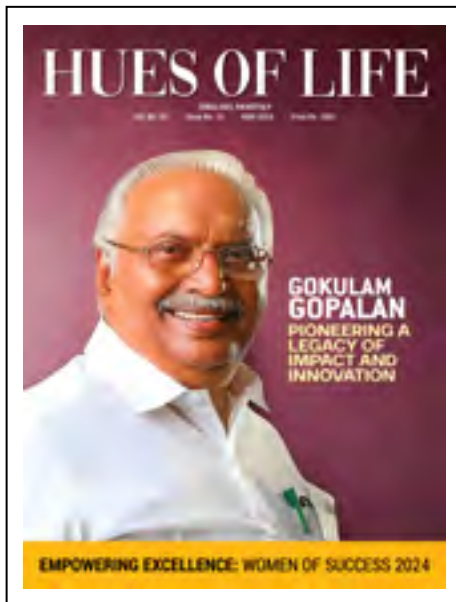
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editor's Desk

Dear Readers,

In the spirit of embracing diversity and fostering inclusive leadership, the May edition of Hues of Life Magazine proudly shines a spotlight on individuals who have made significant strides in breaking barriers and championing equality in their respective fields. As we navigate through the pages of this issue, we are inspired by the stories of resilience, innovation, and unwavering determination exhibited by these personalities.

At the forefront of our celebration is the Women of Success 2024 Programme, an initiative that honours the extraordinary achievements of women who have defied odds and shattered glass ceilings. From visionary entrepreneurs to dedicated social activists, each individual showcased embodies the spirit of perseverance and empowerment that fuels progress and ignites change.

In addition to celebrating the achievements of women, we are privileged to feature the inspiring journey of Shri. Gokulam Gopalan. As the Founder Chairman of the esteemed Gokulam group of companies, Gopalan's story exemplifies the transformative power of hard work, humility, and a steadfast commitment to service. His humanitarian approach and dedication to using business as a force for good serve as a beacon of hope and inspiration for generations to come.

As we reflect on the diverse array of voices and experiences showcased in this issue, let us recognize the importance of creating inclusive environments where all individuals, regardless of gender, background, or identity, have the opportunity to thrive and succeed. By embracing diversity in leadership, we not only enrich our organizations and communities but also pave the way for a more equitable and just society. Together, let us strive for inclusive excellence and create a brighter future for all.

Warm regards,

Nijith Raj
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GOKULAM GOPALAN

“PIONEERING A LEGACY OF IMPACT AND INNOVATION”

Shri A. M. Gopalan, known as Gokulam Gopalan is the Founder Chairman of Gokulam group of companies. He is a multifaceted visionary entrepreneur and philanthropist known for his profound impact across diverse sectors. A graduate from Kerala University from a humble background, he built this Business Empire upon his hard work, humility, honesty, integrity, dedication and perseverance. He embarked on a journey marked by resilience and innovation. He is very pious and deeply religious. "Service to the Society through Business" has been his noble motto. His humanitarian approach and empathy have earned him success and glory. He ventured into Chennai, where his passion for acting and filmmaking flourished.

Society: Chairman's entrepreneurial spirit led to the establishment of Gokulam Chit Funds and Finance Private Limited one of the pioneers in Chit Industry today, established itself as the best in the field with more than 480 branches across many states with a dedicated team of over 6000 staff under the able and experienced leadership of Shri Gokulam Gopalan, the Founder Chairman. This has evolved into a multi-faceted conglomerate, the Sree Gokulam Group of Companies. "Sree Gokulam" has earned the support and goodwill of customers and public alike not only in chits, but also in other people-centric group companies in education, healthcare, hospitality, and entertainment etc built along in its 55 years of progressive journey, exemplifying his commitment to societal progress. Shri Gokulam Gopalan has played a significant and leading role in many social organizations. He has made generous donations to innumerable noble causes. For achieving social justice, his struggles against the distortion of Sree Narayana Guru's values is the part

of cultural and social renaissance of Kerala History. He paved the way to revival of Guru Dharmas, through his innovation of "Sree Narayana Dharmavedi". Also, he holds Senior Position in various associations such as: The Vice President in Confederation of Tamilnadu Malayalee Association, Chennai, The Treasurer of All India Marunadan Malayalee Association, Chennai

Education: Recognising education as transformative, he has spearheaded initiatives to make quality education accessible. The group operates schools and colleges, impacting communities in Kerala and the Middle East. In healthcare, initiatives like the Sree Gokulam Medical College and GG Hospital reflect his dedication to advancing healthcare accessibility. Sree Gokulam Medical College is the brainchild of the Chairman - Sree Gokulam Gopalan. He is recognised as one of the brightest luminaries in the contemporary business world. Understanding the relevance of education and the significance of health, specially in the rural underserved areas, he undertook establishing this institution in Venjaramoodu in the year 2004. Since then, this institution has educated thousands of aspiring medical, nursing and paramedical students by nurturing them into globally competent practitioners and personnel; helped innumerable patients by providing quality health care; generated fulfilling employment for hundreds of workforce - both local & distant; and served the local community by providing avenues for development in the fields of health and commerce. His timeless vision aims at elevating this esteemed institution to an Advanced Research Centre and ultimately to a Medical University par excellence. His concept of giving importance to values rather than money in education is well known. Sree Gokulam Arts

& Science College is a primary example for the same, his greater contribution to higher education system.

Healthcare: The Healthcare sector of the Gokulam Group comprises of 1) Sree Gokulam Medical College & Research Foundation, Venjaramoodu, Trivandrum 2) GG Hospital, Murinjapalam 3) GG Family Clinic, Kulathoor, 4) Sree Gokulam Medical Centre, Attingal 5) Sree Gokulam Medical Centre, Kallara. Sree Gokulam Medical College & Research Foundation (SGMC), located in Venjaramoodu, Trivandrum (Thiruvananthapuram), Kerala, is a well-known medical institution associated with the Gokulam Group. It offers undergraduate and postgraduate medical courses along with healthcare services to the community.

Translating the vision of the Chairman into reality defines the dedicated efforts of the Vice Chairman, Dr. K K Manojan. As a brilliant academic and healthcare administrator, he not only leads from the front, but believes in participatory approach and carrying his entire team of Gokulam forward. As an eminent professional, he not only understands the intricacies of developing this institution, but his decisions are directed to ensure compassionate, quality healthcare to our patients and a high standard of medical education for our students. Since its inception, he has left no stone unturned in steering this institution to greater heights through his forward-thinking leadership and has set himself as a role model by inspiring both students and faculty alike.

Here are four more healthcare institutions associated with the Gokulam Group in Trivandrum:

1. Sree Gokulam Multispecialty Hospital: This hospital is likely affiliated with the medical college and offers a wide range of medical services, including specialized treatments, surgeries, diagnostics, and research.

2. Sree Gokulam Nursing College: The nursing college affiliated with the medical college provides education and training to aspiring nurses, preparing them for careers in healthcare.

3. Sree Gokulam Health and Wellness Center: This center focuses on preventive healthcare, wellness programs, and holistic treatments aimed at promoting

overall well-being in the community.

4. Sree Gokulam Rehabilitation Center: The rehabilitation center provides specialized services for patients recovering from injuries, surgeries, or managing chronic conditions, offering physical therapy, occupational therapy, and other rehabilitation programs.

These institutions collectively contribute to the healthcare ecosystem in Trivandrum, offering education, training, and healthcare services to meet the needs of the community.

Film Production: In the film industry, Gokulam Gopalan is renowned as a producer with a vision. He has been involved in the production of several critically acclaimed and commercially successful movies in Malayalam cinema. His production house, Gokulam Movies, has been associated with projects that have garnered both national and international recognition. Chairman's influence extends to the film industry, where he has produced acclaimed movies such as "Kerala Varma Pazhassi Raja" and "Kayamkulam Kochunni." His philanthropic endeavors uplift communities and enrich society, showcasing a deep sense of social responsibility

Sports Promotion: Apart from his ventures in the film industry, Gokulam Gopalan has also made significant strides in promoting sports, particularly football, in Kerala. He is the owner of Gokulam Kerala FC, a professional football club based in Kozhikode,





Kerala, which competes in the I-League, one of the top football leagues in India. Through his ownership of the football club, he has aimed to nurture and develop local football talent in the region.

Philanthropy: Gokulam Gopalan has been actively involved in various philanthropic initiatives, particularly those focused on education and healthcare. He has supported numerous charitable projects aimed at providing quality education and healthcare services to underprivileged communities.

Legacy: Gokulam Gopalan's entrepreneurial acumen, coupled with his contributions to the film industry and sports, has earned him a respected position in the business and cultural spheres of Kerala. His multifaceted endeavors continue to make a positive impact on society, leaving behind a lasting legacy of innovation, creativity, and social responsibility.

Awards: In recognition of his achievements, various prestigious Awards have been conferred on him. Throughout his journey, he has received prestigious accolades like "GEM OF INDIA '96" and "UDYOG RATNA '97," recognising his outstanding contributions to business and society. He has received the prestigious J C Daniel Foundation Trust Gold Award from Former Minister Kadakampally Surendran, MLA at Bharat Bhavan, Thiruvananthapuram on 26th Feb 2024. Shri Gokulam Gopalan was honoured with the 'Deepika Lifetime Achievement Award' on 28th Feb 2024. The award is in recognition of the immense contribution of Sri Gokulam Gopalan towards establishing educational institutions and spearheading leadership roles in the field of education at all the levels from playschool to professional medical colleges. He has received the 69th National Film Awards 2023 for the Best Non feature film award Moonnam Valavu from the Honorable President of India Smt Droupadi Murmu

- FAIMA Award
- Gem of India Rashtriya Udyogarthan – Indian Society for Industry and Industrial Development
- Bharatiya Udyogarthan – India Economic Development and Research Association
- Gem of VadaKara – Jaycee
- For the sake of honour – Rotary Club District 2003
- Millennium Award – Vyaparin Vyavasai Ekopana Samithi
- Red Cross Award 2002
- Excellency Award -Karnataka chit Association 2003
- SATH SEVA PURASKARAM 2003-Minarva Educational Trust
- DHANA SREE AWARD - 2004
- Pravasi Udyog Pathra Award
- P.N Paniker Sevana Samskriti Award
- T.V.R Marar Award.

Shri Gokulam Gopalan, the esteemed chairman, is a magnificent legend of human effort, who chariots several enterprises at regional, national and international level, which have one name and fame not only in India but also abroad. He reached the present astounding status by sheer hard work, optimism and the readiness to take up every difficulty and adverse hindrance as a challenge. His humanitarian views and empathy have brought him success and glory. Through his business he has helped all his customers to attain growth in status and wealth.. The Chairman is a man of humanitarian and dynamic leadership qualities, with an absolute attitude to contribute to the society by service through business. Under his leadership the Sree Gokulam group of Institutions has become an established business landscape.

Gokulam's Victorious Saga marches ahead with The Almighty's Blessings !!

GG HOSPITAL

ILLUMINATING PATHS OF HEALING



Amidst the verdant landscapes of South Kerala lies a nest of compassion and excellence, where the rhythms of life intertwine with the symphony of healing. Welcome to GG Hospital, a inspiring idea born from the visionary zeal of Shri. Gokulam Gopalan, a titan of industry with a vast heart.

In the field of healthcare, GG Hospital emerges as a vibrant thread, weaving tales of resilience and restoration. Guided by a vision to redefine medical care with a touch of humanity, Shri. Gokulam Gopalan envisioned a haven where every soul, regardless of creed or circumstance, finds solace in the embrace of healing.

From beginnings to soaring heights, GG Hospital's journey is a testament to the power of dreams ignited with passion. In just six years, it has blossomed into a bastion of medical excellence, etching indelible imprints of hope across the canvas of countless lives.

Step into of GG Hospital, and you'll be greeted not just by sterile corridors, but by the gentle whispers of empathy and understanding. Here, the ethos of "Love and Care to Humanity" permeates every interaction, transforming sterile spaces into rooms of solace.

At the heart of GG Hospital lies a harmony of specialized care, each note resonating with precision and compassion. From the Orthopaedics department to the ENT, Head Neck & Skull Base Surgery department, every service is rendered with unwavering dedication and expertise.

In the fight against cancer, GG Hospital stands as a fortress of hope and healing. Led by Dr. Boben Thomas and Dr. Praveen Kesav, the Medical Oncology and Surgical Oncology departments offer advanced care, empowering patients to reclaim their lives with courage and resilience.

The legacy of compassion and excellence of GG Hospital continues to shine bright. With every life saved, every smile restored, the hospital's commitment to its motto – "Love and Care to Humanity" – rings true, reaffirming its status as a beacon of hope in a world that often needs it most.





Delving Deeper into GG Hospital's Journey

Beyond the glossy facade of a modern medical institution lies a story of dedication, perseverance, and unwavering commitment to the noble cause of healing. GG Hospital's journey is a saga marked by triumphs, challenges, and above all, the indomitable spirit of humanity.

At the helm of GG Hospital's journey is Shri. Gokulam Gopalan, a visionary leader whose passion for excellence and compassion for humanity paved an extraordinary way for this noble institution. Inspired by a deeply ingrained sense of social responsibility, Shri. Gokulam Gopalan embarked on a mission to create a healthcare destination that transcends the boundaries of geography, socio-economic status, and cultural differences.

GG Hospital was not merely the realization of a business venture; it was a labour of love, a testament to the belief that quality healthcare is not a privilege but a fundamental human right. Guided by this ethos, Shri. Gokulam Gopalan assembled a team of like-minded

individuals, each driven by a shared commitment to deliver healthcare with compassion, integrity, and excellence.

From acquiring state-of-the-art medical equipment to recruiting top-tier healthcare professionals, every decision at GG Hospital was guided by the singular objective of providing world-class medical care to all who seek it. However, the journey was not without its challenges. In a landscape fraught with regulatory hurdles and logistical complexities, GG Hospital stays as a shining beacon of resilience, overcoming every obstacle with fortitude and determination.

As the hospital's reputation grew, so did its reach. What began as a modest healthcare facility soon evolved into a comprehensive medical centre, offering a wide array of specialized services to cater to the diverse healthcare needs of the community. From primary care and preventive medicine to complex surgical procedures and advanced diagnostic services, GG Hospital became synonymous with excellence in healthcare delivery.

But beyond the realm of medical

expertise lies the beating heart of GG Hospital – its unwavering commitment to compassion and humanity. In an age where healthcare is often reduced to mere transactions, GG Hospital stands as a testament to the enduring power of empathy, kindness, and human connection. Here, patients are not merely numbers on a chart but individuals with unique stories, fears, and aspirations, each deserving of dignity, respect, and personalized care.

The culture of compassion that permeates every aspect of GG Hospital's operations is not merely a byproduct of its success but a guiding principle that shapes its identity. From the warm smiles that greet patients at the reception desk to the reassuring words of comfort whispered by nurses at the bedside, every interaction at GG Hospital is infused with a sense of empathy and understanding.

But perhaps the true measure of GG Hospital's impact lies not in the accolades it receives or the technological marvels it boasts but in the lives it touches and the stories it inspires. From the cancer survivor who finds hope in the midst of despair to the elderly patient who receives compassionate end-of-life care, GG Hospital's legacy is written in the moments of human connection, compassion, and healing that unfold within its walls every day.

As GG Hospital continues to chart new frontiers in healthcare delivery, its journey serves as a reminder of the transformative power of compassion, resilience, and unwavering dedication to the greater good. In a world beset by uncertainty and turmoil, GG Hospital stands as a beacon of hope, illuminating paths of healing and humanity for the future.

DR. SHEEJA G MANOJ

A LEADER IN HEALTHCARE AND COMMUNITY EMPOWERMENT

In the field of healthcare leadership, few individuals match the dedication and innovation of Dr. Sheeja G Manoj. As the Managing Director of GG Hospital and the Deputy Director of Sree Gokulam Medical College in Trivandrum, Dr. Sheeja has played a pivotal role in transforming healthcare administration and delivery, making a significant impact on both the industry and the communities she serves.

Dr. Sheeja's professional journey is marked by her commitment to excellence and her drive for innovation. With a background in medicine and a strong understanding of hospital administration, she brings a unique blend of expertise to her leadership roles. Her MBBS and MD in Radio-diagnosis, coupled with an MBA in Hospital Administration, have equipped her with a deep understanding of the complexities of healthcare management.

Dr. Sheeja's impact on GG Hospital's transformation into a leading healthcare institution has been profound since her arrival. Through her leadership, dedication, and forward-thinking approach, she has inspired a commitment to excellence among the staff,

ensuring that patients receive the highest standard of care and that the hospital continues to evolve and innovate in its service.

At the core of Dr. Sheeja's vision is the utilization of cutting-edge technologies to improve clinical outcomes and enhance patient experiences. Under her guidance, GG Hospital has embraced digital advancements and introduced



innovative services to meet the evolving needs of the community. From convenient pharmaceutical services to satellite centres near the IT hub of Trivandrum, Dr. Sheeja has ensured that GG Hospital remains at the forefront of healthcare innovation, catering to the diverse needs of its patients.

In addition to her contributions to healthcare administration, Dr. Sheeja is deeply committed to medical education and professional

development. GG Hospital offers opportunities for aspiring doctors to pursue advanced studies in postgraduate programs and fellowships, including specialized fields such as Critical Care Medicine and Vascular & Interventional Radiology. Through these programs, Dr. Sheeja is nurturing the next generation of medical professionals, equipping them with the skills and knowledge needed to excel in their respective fields.

Furthermore, Dr. Sheeja's dedication extends to community service and social initiatives aimed at empowering women and supporting marginalized communities. Her efforts have earned her national recognition, including the prestigious Rashtriya Nirman Ratan Award, in acknowledgment of her outstanding contributions to women's empowerment and societal development.

Dr. Sheeja's impact reaches beyond the walls of GG Hospital and Sree Gokulam Medical College. She actively participates in national healthcare forums and conferences, sharing her expertise and contributing to discussions on healthcare policy and best practices. Her insights and



leadership have earned her respect within the industry and positioned her as a thought leader in healthcare.

Despite her busy schedule, Dr. Sheeja remains deeply connected to her roots and actively engages with the local community. She sponsors health camps, organizes educational seminars, and supports initiatives aimed at improving healthcare access for underserved populations. Through her hands-on involvement, she embodies the values of compassion and service that are at the core of her leadership philosophy.

Her leadership extends beyond the confines of the hospital and medical college, permeating into various spheres of healthcare innovation and development. She actively collaborates with governmental bodies and non-profit organizations to advocate for healthcare policies that prioritize patient welfare and equitable access to medical services. Her involvement in shaping healthcare policies at regional and national levels underscores her commitment to driving systemic change that benefits communities at large.

Rather than professional endeavours, Dr. Sheeja remains deeply invested in fostering a culture of research and innovations. Recognizing the pivotal role

of research in advancing medical knowledge and improving patient outcomes, she has spearheaded initiatives to establish state-of-the-art research facilities and promote interdisciplinary collaboration among clinicians and researchers.

Her unwavering support for research endeavors not only enhances the institution's academic prestige but also translates into tangible benefits for patients through the development of novel treatments and diagnostic techniques.

Dr. Sheeja's commitment to excellence extends beyond the realm of healthcare provision to encompass sustainability and environmental stewardship. Recognizing the interconnectedness between environmental health and human well-being, she has implemented eco-friendly practices and initiatives within GG Hospital, aiming to minimize its ecological footprint and promote sustainable healthcare practices.

The transformative leadership of Dr. Sheeja is characterized not only by her professional achievements but also by her profound impact on the lives of individuals and communities she serves. Her unwavering dedication to social responsibility underscores her belief in the inherent dignity and worth of every individual, reflecting a profound commitment to serving humanity and creating a more equitable and compassionate world.

Dr. Sheeja G Manoj's visionary leadership has elevated GG Hospital into a beacon of hope and excellence in Trivandrum and beyond. Her services continue to inspire and shape the future of healthcare, leaving a lasting impact on the industry and the lives of those she serves.



EMPOWERING EXCELLENCE: WOMEN OF SUCCESS 2024



On the illustrious afternoon of March 6th, 2024, at 3:30 PM, the curtain rose on the much-anticipated second edition of Women of Success. A guidelight of women's empowerment and entrepreneurial development, Women of Success 2024 unfolded in collaboration with Hues of Life magazine and esteemed partner National Small Industries Corporation (NSIC). This extraordinary event was dedicated to celebrating the extraordinary

achievements of women across diverse industries and sectors.

The inauguration of this prestigious event was graced by the esteemed presence of Shri. Kadannappalli Ramachandran, Minister for Ports, Museums, Archaeology, and Archives of Kerala, lending his support to the noble cause of women's empowerment. The proceedings were gracefully presided over by Shri. Kowdiar Dharman, Director of Forest Industries, Kerala, adding a



touch of dignity and reverence to the occasion. Smt. P. Satheedevi, Chairperson of Kerala State Women's commission, adorned the event as the esteemed Guest of Honour, embodying the spirit of leadership and advocacy for women's rights. Sri Mukesh M. Nair, CEO of Branding King and Food Travel & Lifestyle Influencer, graced



the occasion as the Chief Guest, bringing his insights and expertise to the forefront. Dr. K. Omanakutty Amma, Carnatic Vocalist and Academician, enriched the event with her special address, adding a touch of cultural elegance to the proceedings.





*[Adv. Satheedevi, Chairperson, Kerala Women's Commission- **Lifetime Achievement Award**]*



*[Dr. Sheeja G Manoj, MD, GG Hospital - **Eminent Leadership in Healthcare**]*

Women of Success 2024 served as a resplendent platform to honour and recognize the remarkable achievements of talented women who have excelled in their respective fields. These women stand as shining beacons of inspiration for future generations, having made significant strides in social, political, industrial, economic, and cultural spheres. Their

accomplishments were not only highlighted but also celebrated, as they represent the epitome of excellence and leadership. Indeed, they are the mentors whom the upcoming generation will look up to as role models and examples of success.

This year's programme was not only a celebration of achievements but also an opportunity for dialogue



*[Dr. Anupama R, MD, Pran Fertility & Well Women Centre-**Excellence in Fertility Research**]*



*[Smt. Gayathri Suhas, MD, Bhima Jewellery-**Most Admired Jewellery Professional of the Year**]*

and innovation. A seminar on "Perspectives on Women Entrepreneurship," conducted by Grace Reji, Deputy Manager of NSIC, served as a platform for fostering discussions and sharing insights into this crucial domain. By nurturing dialogue and collaboration, the programme aims to inspire and empower women entrepreneurs to reach greater heights of success.

Among the illustrious recipients were luminaries such as Smt. Gayathri Suhas of Bhima Jewellers, who was crowned Most Admired Jewellery Professional of the Year, showcasing unparalleled skill and creativity in her craft. Dr. Shamla Haleema, the driving force behind Ocean Pearls, claimed the title of Entrepreneur of the Year, embodying the spirit of innovation and leadership.



[Dr. Veena V Nair, IRIS Hospital - Excellence in Pediatric Endocrinology]

Innovation took centre stage with Smt. Roshny S. R. of Reiwa Education Pvt Ltd, recognized as the Innovative Edupreneur of the Year, while Dr. Anupama. R of Pran Fertility and Well Woman Centre earned acclaim for Eminence in Fertility Research, offering hope and breakthroughs to countless families.



[Dr. Annie Varghese, Adonai Companion Animal Care- Excellence in Animal Health and Welfare]

The healthcare sector shone brightly with luminaries such as Dr. Sheeja G. Manoj of GG Hospital, celebrated for her Eminent Leadership in Healthcare, and Dr. Kamala. S of Ananthapuri Hospitals and Research Institute, honoured for Excellence in Healthcare (Neonatal and Paediatric Care), ensuring the well-being of the most vulnerable among us.

Iris Hospital emerged victorious as the Best Healthcare Provider for Rheumatology and Immunology, while Dr. Annie Varghese's compassionate care at Adonai Companion Animal Care earned her the title of Excellence in Animal Health and Welfare.



[Anjana Sunoj, Cake Bilss-Most Promising Enterprise (Cake and Bakes)]

The entrepreneurial spirit was alive and thriving with emerging talents like Smt. Najiya Ershad of Yummy Spot, recognized as an Emerging Entrepreneur, and Merryfield Events, acclaimed as the Best Event Management Company, orchestrating unforgettable experiences with finesse and creativity.

Cake Bliss by Anjana Sunoj tantalized taste buds and captured hearts as the Most Promising Enterprise (Cake and Bakes), while Sakhi Women's Resource Centre stood tall as the Best NGO for Women Upliftment, empowering and supporting women in need.



[Smt. Roshny S.R., Reiwa Education Pvt Ltd - Innovative Edupreneur of the Year]



[Dr. Shamla Haleema, Ocean Pearls - Entrepreneur of the Year]

Academic leaders like Dr. Anuradha. V. K, Principal of Govt. College for Women gained Excellence is Academic Leadership award and technical education stalwart Smt. Ashalatha Thampuran was awarded for Excellence in Technical Education.

Dr. Priya Prasad, HOD of Rajadhani Business School, and Dr. Ruma Sreedhar, leading change through Sai Anandamrutham Foundation, exemplified Excellence

in business education and Excellence in social service, respectively.

The compassion and dedication of healthcare professionals like Smt. Bhagavathy Devi. M became the awardee for Most Compassionate Nurse of the year and expertise professional Smt. Sunila Kumari, Chief Advisor at LIC was acknowledged Insurance Professional of the year. The remarkable career of



**[Smt. Bhagavati Devi M,
Alumni of Sri Sathya Sai Institute
Most Compassionate
Nurse of the Year]**



**[Dr. Priya Prasad
Rajadhani Business School
Excellence in Business Education]**



**[Smt. Sunila Kumari,
Chief Advisor, LIC
Insurance Professional of the year]**



**[Smt. Ashalatha Thampuran
Excellence in Technical Education]**



**[Smt. Sheila Raj,
Retired programme announcer
from All India Radio,
Professional Excellence]**



**[Smt. Dr. Ruma Sreedhar
Sai Anandamrutham Foundation
Excellence in Social Service]**



**[Dr. Anuradha. V. K
Govt. College for Women
Excellence in Academic Leadership]**

Smt. Sheila Raj, retired programme announcer from All India Radio was honoured for her Professional Excellence.

As we bid adieu to the radiant Women of Success 2024 event, our hearts swell with anticipation for the next chapter unfolding in the charming city of Kochi. On May 28, 2024, amidst the timeless beauty of Bolgatty Palace, Kochi, we'll gather once more to

honour the spirited women entrepreneurs from North and Central Kerala. With each passing moment, we're reminded that this journey isn't just about accolades; it's about the courage, determination, and dreams of every woman who dares to defy limits. So, let's embrace the future together, weaving stories of empowerment, resilience, and triumph, painting a world where every woman's success adds a vibrant stroke to the canvas of life.



നിങ്ങളുടെ വീടുകൾക്ക് എന്തുകൊണ്ട് ടൈറ്റാനിയം ഡയോക്സൈഡ് പാഡർ? (KEMOX RC - 822)

- ➔ കോൺക്രീറ്റിന് ഉണ്ടാകുന്ന ചോർച്ച കുറച്ച് കെട്ടിടത്തിന്റെ കാലദൈർഘ്യം വർദ്ധിപ്പിക്കുന്നു
- ➔ വേനലിൽ വീടുകൾക്ക് ഉള്ളിലെ ചൂട് കുറയ്ക്കുന്നു
- ➔ ഏയർ കണ്ടീഷനിങ്ങ് ഊഷ്മാവ് 5°C വരെ കുറയുന്നതിനാൽ വൈദ്യുതി ഉപയോഗം ഗണ്യമായി കുറയുന്നു
- ➔ ചൂട്മൂലം കോൺക്രീറ്റിനുണ്ടാകുന്ന വിള്ളൽ ഇല്ലാതാക്കുന്നു
- ➔ ഈർപ്പം നിൽക്കാത്തതിനാൽ തുരുമ്പിനെ ഭയക്കേണ്ട
- ➔ വൈറ്റ് സിമന്റിന്റെ ഉപയോഗം ഗണ്യമായി കുറയ്ക്കാം

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- NANO TITANIUM DIOXIDE
- TITANIUM SPONGE
- TITANIUM TETRA CHLORIDE
- MAGNESIUM CHLORIDE
- ILMENITE, SILLIMANITE
- ZIRCON, RUTILE

ഉപയോഗിക്കേണ്ട വിധം

20 കിലോഗ്രാം വൈറ്റ് സിമന്റിന് 1 കിലോഗ്രാം ടൈറ്റാനിയം ഡയോക്സൈഡ് പാഡർ എന്ന അനുപാതത്തിൽ ഈർപ്പം അൽപ്പം ഹേലും തട്ടാതെ പരസ്പരം നല്ലശീതിയിൽ കൂട്ടിയോശിപ്പിക്കുക. 10 മിനുട്ടിന് ശേഷം 15 ലിറ്റർ വെള്ളവും ഒരു ലിറ്റർ ഫെവികോളും (DDL) ചേർത്ത് പെയിന്റ് രൂപത്തിലാക്കി കഴുകി വൃത്തിയാക്കിയ, ചെറിയ ഈർപ്പത്തോടെയുള്ള പ്രതലത്തിൽ ബ്രഷ് ചെയ്യുക. 6 മണിക്കൂറിന് ശേഷം ചെറിയശീതിയിൽ നനയ്ക്കുക. കനത്ത വെയിൽ സമയത്ത് സൂപ്പിൽ അടിക്കുന്നത് നല്ലതല്ല.

ടൈറ്റാനിയം ഡയോക്സൈഡ് പാഡർ
കെ.എം.എം.എൽ സൊസൈറ്റിയിൽ നിന്നും ലഭ്യമാണ്
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DR. K. OMANAKUTTY

MAESTRO OF CARNATIC MUSIC, INSPIRING GENERATIONS



In the complex weave of Carnatic music, Dr. K. Omanakutty emerges as a radiant star, her life's opus weaving a transcendent melody that echoes through the annals of time, leaving an indelible imprint on the hearts of all who encounter its luminous resonance. Born amidst the verdant landscapes of Kerala in 1943, her journey unfolds as a symphony of dedication, talent, and unwavering passion, guided by the celestial harmonies that permeate her soul.

From her earliest days, Omanakutty's existence

was steeped in the sacred traditions of South Indian classical music, cradled in the tender embrace of her familial lineage. Her father, the illustrious harmonium maestro Malabar Gopalan Nair, and her mother, the ethereal Carnatic vocalist Medayil Kamalakshi Amma, nurtured her budding talents within the hallowed chambers of their musical sanctuary. Amidst siblings whose hearts beat in unison with the rhythm of their heritage, Omanakutty's formative years blossomed with the intoxicating fragrance of melodies, laying the groundwork for her resplendent journey ahead.

Her quest for musical enlightenment led her to the revered sanctum of the Thiruvananthapuram-based Music Academy, where she embarked on a pilgrimage of sonic discovery under the tutelage of venerable masters. Within the sacred confines of this hallowed institution, Omanakutty's spirit soared, each chord and cadence a testament to her unquenchable thirst for artistic expression.

In the crucible of 1963, at the crossroads of academia and artistry, Omanakutty made a momentous choice to grace the Music Department of Government Maharaaja's College for Women in Thiruvananthapuram with her luminous presence. Here, she not only imparted knowledge but also cultivated her own blossoming talents, ascending from the humble role of lecturer to the exalted position of First Grade Professor.

Balancing the duality of educator and virtuoso, Omanakutty's devotion knew no bounds. Her expertise and dedication garnered accolades, propelling her towards the pinnacle of academic achievement as she pursued post-graduate and doctoral studies in Music, unravelling the mysteries of Kathakali's melodic tapestry with scholarly fervour. Her ground-breaking research, culminating in the conferment of a Ph.D. from the venerable halls of the University of Kerala, stands as a testament to her erudition and unwavering commitment to her craft.

As a Carnatic songbird, Omanakutty's performances transcend mere musicality, each melodic flourish an emotive tapestry woven from the threads of her soul. With an intimate understanding of ragas, talas, and

classical compositions, she breathes life into each aria, enrapturing audiences with the ethereal beauty of her artistry.

Yet, Omanakutty's legacy extends beyond the proscenium arch. As a mentor and muse, she has shaped the destinies of countless aspiring musicians, nurturing greatness in each disciple who walks the hallowed path of her tutelage. Among them stands the luminous figure of playback sensation K.S Chithra, a living testament to Omanakutty's unparalleled ability to inspire and ignite the flames of musical brilliance.

Her contributions to the preservation and proliferation of Carnatic music have garnered universal acclaim, earning her laurels from the farthest reaches of the musical cosmos. Yet, her most enduring legacy lies not in the accolades she has amassed, but in the incandescent spirit of inspiration she has ignited within the hearts of generations to come.

Dr. K. Omanakutty's journey stands as a beacon of transcendence, a testament to the transformative power of music to elevate the human spirit beyond the confines of time and space. In her melodies, we find solace; in her teachings, we find enlightenment; and in her legacy, we find an eternal symphony of hope and aspiration.

As we stand amidst the resplendent tapestry of her life's opus, we pay homage to a true maestro whose celestial melodies will continue to resonate through the corridors of eternity, casting a radiant glow upon the souls of all who dare to dream in the language of music.



ADONAI COMPANION ANIMAL CARE

WHERE LOVE AND EXPERTISE UNITE FOR EVERY PAW



Adonai Companion Animal Care, the one of a kind pet care hub in Trivandrum stands as a testament to the lifelong dedication of its founder, Dr. Annie Varghese. Dr. Annie's journey into the realm of veter-

inary medicine was nurtured in the arid landscapes of Nigeria, where she forged an enduring bond with animals from a tender age. Raised near the Sahara Desert, she was introduced to the intricate world of animal care by her father, fostering a deep-seated empathy and understanding for creatures great and small.

As a young child, Dr. Annie's home became a haven for abandoned wildlife, from wild pigeons seeking refuge to hatchling companions in need of nurturing. These early encounters instilled in her a profound appreciation for the interconnectedness of life and sowed the seeds of her lifelong passion for animal welfare. With the arrival of cherished pets like BINGO, the family dog, and a flock of Rhode Island Red hens, Dr. Annie's devotion to animal companionship flourished, shaping her aspirations and igniting a fervent desire to dedicate her life to their care.

Driven by an insatiable curiosity and a boundless love for animals, Dr. Annie's pursuit of knowledge led her to immerse herself in the world of veterinary medicine from a young age. Her voracious appetite for learning, coupled with her innate compassion, propelled her towards her ultimate goal: to establish a sanctuary where

every paw, furry or feathered, would find solace and healing.

Today, Adonai Companion Animal Care stands as a beacon of compassion and expertise, guided by Dr. Annie's unwavering commitment to redefine the standards of animal care. With a foundation built on love, empathy, and a profound respect for all creatures, Adonai continues to enrich the lives of pets and their owners, embodying the vision of its founder and fostering a community united by a shared love for animals.



The Genesis of Compassion

Dr. Annie Varghese's journey into the world of veterinary medicine began with a humble one-room practice in Kumarapuram, Trivandrum. Her passion for animals and dedication to their well-being soon propelled her practice forward, culminating in the establishment of Adonai Companion Animal Care on January 19, 2021. Together with her husband, Dr. Varghese P.J., she envisions a most modern pet hospital where every pet would receive the love, kindness, and expertise they deserve.

An example of Excellence

At the heart of Adonai lies Dr. Annie's unwavering commitment to excellence. With an impressive academic background, including an MVSc in Surgery and a PhD, Dr. Annie brings over three decades of clinical and surgical experience to the table. Her expertise has been recognized with numerous accolades including KJ Hospital Award and Puratchi Thalaivi Dr. J. Jayalalitha Award for her Best Performance in MVSc. In 2008, she earned Gold Medal for Avian Surgery from Indian Society for Veterinary Surgeons (ISVS) and the esteemed Best Veterinarian Award of Kerala. In 2022, Dr. Annie Varghese received The Best Veterinary Entrepreneur Award.

A Comprehensive Approach to Pet Care

As a multi-speciality veterinary hospital, Adonai Companion Animal Care has a team of specialists

for medicine, surgery and gynaecology, offering a comprehensive suite of services tailored to meet the diverse needs of its clientele. From routine health check-ups to specialized surgeries, Dr. Annie and her dedicated team ensure that every pet receives personalized attention and compassionate care.

While general services in Adonai include routine health care, vaccination, sick pet care, neutering of pets, certification etc., specialised services include blood transfusion, soft tissue surgery, orthopaedics, neutering of exotic animals, avian surgery, ophthalmology including surgery, dentistry, cardiology, nephrology, exotic care, pet parent counselling etc.

Diagnostic facilities in Adonai is also matchless as they provide blood and serum, biochemistry, hormone tests (progesterone, thyroid, cortisol etc.), X ray (including contrast radiography), ultrasound, echocardiography etc. These offerings reflect Adonai's commitment to providing holistic care for pets of all shapes, sizes, and species.

The Adonai Experience

What truly sets Adonai apart is its ethos of compassion and empathy. Here, every patient is treated with the same level of care and respect as a beloved family member. Dr. Annie's team comprises skilled veterinarians, compassionate vet nurses, and dedicated managers. They have been well trained to handle animals based on behaviour and painless administration of medication, creating a nurturing environment where





pets and their owners feel valued and supported.

Beyond medical care, Adonai is a community united by a shared love for animals. Through counselling sessions and behavioural guidance, Dr. Annie and her team empower pet owners to forge deeper bonds with their companions and navigate the intricacies of pet care with confidence.

Looking Towards the Future

Adonai Companion Animal Care is expecting to expand its present facilities further. Though the expansion of equipment and services in Adonai are upgrading timely, more institutions for pets all over the state are in the dreams of Dr. Annie. In a world where love and expertise intersect, Adonai stands as a shining example of what is possible when compassion leads the way. With a commitment to excellence and a dedication to the well-being of every animal companion that walks through its doors, Adonai Companion Animal Care is poised to continue making a positive impact in the lives of pets and their owners for years to come.

Fostering awareness

Beyond its role as a veterinary hospital, Adonai Companion Animal Care serves as a hub for community engagement and awareness. Dr. Annie and her team of doctors' host outreach programs like paper presentation and articles from Adonai, public

awareness classes, hands on trainings for veterinarians in various subjects. It is down the pipeline to provide trainings for para veterinarians to elevate their positive outlooks and providing healthier attitudes. By empowering pet owners with knowledge and resources, Adonai is not only enhancing the lives of individual pets but also contributing to the broader well-being of the community as a whole. Through mentorship opportunities and academic partnerships, she provides aspiring veterinarians with hands-on experience and guidance, empowering them to become compassionate and skilled practitioners.

Environmental and Ethical Stewardship

Dr. Annie fulfils her idea of 'A clean hospital with little or no smells' at Adonai Companion Animal Care, as proper waste disposal is effectively managed without creating nuisance to neighbours. Eco friendly waste disposal is done through IMAGE, as Dr. Annie is dedicated to minimizing the hospital's environmental footprint through initiatives such as waste reduction, energy efficiency, and eco-friendly procurement. Additionally, they try to Create a culture where pets are themselves in a segregated easing spot prior to enter the hospital. So, the animals won't make the hospital premises dirty.

A Legacy of Love and Healing

As Dr. Annie's journey continues, her legacy of



love and healing grows stronger with each pet she touches. Through her tireless dedication, unwavering compassion, and commitment to excellence, she has transformed Adonai Companion Animal Care into more than just a veterinary hospital—it is a beacon of hope, a sanctuary of healing, and a testament to the profound bond between humans and animals.

Pioneering Innovations in Animal Care and Supporting Animal Welfare

Latest methods and medications in Adonai are used where and when owners complain. Dr. Annie actively seeks out new technologies and treatment modalities, constantly striving to enhance the quality of care provided at Adonai Companion Animal Care. By embracing innovation, Dr. Annie ensures that her patients have access to the latest advancements in veterinary medicine, leading to better outcomes and improved quality of life for pets.

As a torchbearer for animal rights, Dr. Annie Varghese is a staunch supporter of animal welfare organisations like People for Animals. She uses her platform to speak out against cruelty and injustice towards animals. Ear cropping, tail docking and dewclaw removal etc. are not done at Adonai for fancy purposes. She actively supports animal welfare and promotes protection of rights and well-be-

ing of animals. By raising awareness and championing for change, Dr. Annie hopes to create a more compassionate and just society for all beings.

Continued Dedication to Excellence

Looking ahead, Dr. Annie remains steadfast in her dedication to excellence and compassionate care. She actively uses various social media platforms for giving pet related information for educating the common. Adonai Companion Animal Care continues to lead the way in veterinary medicine, setting new standards of excellence and innovation. With a focus on compassion, integrity, and professionalism, Dr. Annie and her team are poised to make an even greater impact in the lives of pets and their owners for the future.

Adonai Companion Animal Care is not just a veterinary hospital; it is a beacon of hope, compassion, and excellence in the field of animal care, dedicated to reach out to families and society. It helps to love, handle and understand an animal in the right way. Dr. Annie's vision and dedication have transformed a humble practice into a thriving institution that sets the standard for pet care in, making an animal a part of the family. With a focus on personalized attention, compassionate care, and a commitment to excellence, Adonai Companion Animal Care is truly where love and expertise unite for every pet, making it a healthy companion.

EMPOWERING DREAMS

THE MIRACULOUS JOURNEY OF PRAN FERTILITY

In a world where the tinkling laughter of children paints the air with pure joy, PRAN Fertility emerges as a steadfast sanctuary for couples yearning to embrace the joys of parenthood. Nestled in the bustling heart of South Kerala, PRAN Fertility isn't just a medical institution; it's a living testament to the indomitable human spirit and the relentless dedication of its founder, Dr. Anupama R.

Founded on the principles of compassion and inclusivity, PRAN Fertility aims to redefine the landscape of infertility treatment. Dr. Anupama R envisioned a haven where women from all walks of life



could find solace and support in their journey towards parenthood. With a mission to provide personalized, low-cost healthcare, PRAN Fertility has emerged as a pioneer in its field, offering a lifeline to those who had almost given up on their dreams.

The journey of PRAN Fertility is a testament to the power of perseverance in the face of adversity. Dr. Anupama R, fueled by her passion to make a difference, embarked on a mission to break down the barriers to infertility treatment. Despite initial financial constraints, she forged ahead with unwavering determination, garnering support from both



patients and staff alike. Even the formidable challenges posed by the COVID-19 pandemic could not deter the spirit of resilience that defines PRAN Fertility. Through it all, the institution remained steadfast in its commitment to its patients, ensuring uninterrupted care and support.

At the heart of PRAN Fertility lies a commitment to holistic healthcare, encompassing not just infertility treatment but also a range of essential services aimed at promoting overall well-being. From family medicine to adolescent clinics, PRAN Fertility caters to the diverse healthcare needs of its community, fostering a culture of preventive care and early intervention.

One of the hallmarks of PRAN Fertility is its pioneering approach to infertility treatment, epitomized by its innovative programs such as Low-Cost IVF and PRAN Green IVF. By leveraging cutting-edge technology and in-house expertise, PRAN Fertility has made infertility treatment more accessible and affordable than ever before, extending a ray of hope to couples from all backgrounds.

Central to the success of PRAN Fertility is its multidisciplinary team of experts, comprising gynaecologists, embryologists, andrologists, psychologists, nurses, and lab technicians, among others. This collaborative approach ensures that patients receive comprehensive care tailored to their individual needs, with a focus on empathy, dignity, and respect.

In addition to its clinical endeavours, PRAN Fertility is deeply embedded in the fabric of its community, actively engaging in social initiatives and outreach programs. Dr.

Anupama R's commitment to giving back is evident in the numerous classes and workshops conducted for women and adolescents across schools, colleges, and social gatherings. By addressing crucial topics such as menstrual health, women's hygiene, and adolescent issues, PRAN Fertility is not only providing healthcare but also fostering a culture of education and empowerment. Moreover, through initiatives like pre-marital training sessions and support for newlywed couples, PRAN Fertility is laying the foundation for healthier families and stronger communities, underscoring its commitment to social responsibility and collective well-being.

At the forefront of medical innovation, PRAN Fertility is dedicated to advancing the field of reproductive medicine through research and development. With a state-of-the-art gynaecological research centre

equipped with the latest technology, PRAN Fertility is pushing the boundaries of what's possible in infertility treatment. From pioneering techniques in IVF to groundbreaking discoveries in reproductive endocrinology, PRAN Fertility is continuously seeking new ways to improve outcomes and expand access to care. By investing in research and innovation, PRAN Fertility is not only enhancing its own capabilities but also driving progress in the broader field of reproductive health, paving the way for future breakthroughs and advancements.

While PRAN Fertility's roots may be firmly planted in South Kerala, its impact extends far beyond regional borders. Through collaborations with





international organizations and partnerships with leading experts in the field, PRAN Fertility is playing a pivotal role in shaping the global conversation around infertility treatment and women's health. By sharing knowledge, expertise, and best practices, PRAN Fertility is contributing to a more inclusive and equitable world where every individual has access to quality reproductive healthcare. Whether through training programs for healthcare professionals or outreach initiatives in

underserved communities, PRAN Fertility is committed to making a difference on a global scale, bridging divides and building bridges towards a healthier, more prosperous future for all.

As PRAN Fertility celebrates its achievements and looks towards the future, its legacy is one of hope, resilience, and compassion. From its humble beginnings to its current stature as a leader in reproductive medicine, PRAN Fertility has remained true to its founding principles of integrity, empathy, and excellence. With each new life brought into the world, PRAN Fertility reaffirms its commitment to making dreams come true and spreading hope to all those who seek it. As it continues to evolve and grow, PRAN Fertility will remain a beacon of light in the darkness, guiding countless individuals on their journey towards parenthood and fulfilment.

As PRAN Fertility continues to expand its reach and impact, it remains guided by its founding principles of compassion, integrity, and excellence. With each new life brought into the world, PRAN Fertility reaffirms its commitment to fulfilling dreams and spreading hope, one miracle at a time.





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DR. VISHAD VISWANATH'S IRIS CENTRE FOR ARTHRITIS

PIONEERING EXCELLENCE IN RHEUMATOLOGY

Nurturing Healthier Joints, Transforming Lives

IRIS Centre for Arthritis offers solace to those ensnared in the grips of rheumatic maladies. Led by the eminent rheumatologist, Dr. Vishad Viswanath, this specialized institute embodies a harmonious blend of expertise and state-of-the-art technology, redefining the field of rheumatological care. With a guiding ethos of "Towards Healthy Joints with a Healing Touch," IRIS exemplifies a commitment to delivering unparalleled medical care with compassion and sincerity.

Pioneering Care

At the core of IRIS Centre for Arthritis lies a dedication to providing comprehensive care for a spectrum of rheumatic disorders. The institute's approach goes beyond mere symptom management; it aims to address the underlying causes of rheumatic ailments, thereby promoting long-term wellness and improving patients' quality of life. This holistic approach is underpinned by a multidisciplinary team of specialists, whose collective expertise ensures that patients receive personalized care tailored to their unique needs. From autoimmune conditions to degenerative joint diseases and paediatric rheumatology disorders, IRIS pioneers innovative treatment modalities that are at the forefront of medical science.

The Visionary Leader

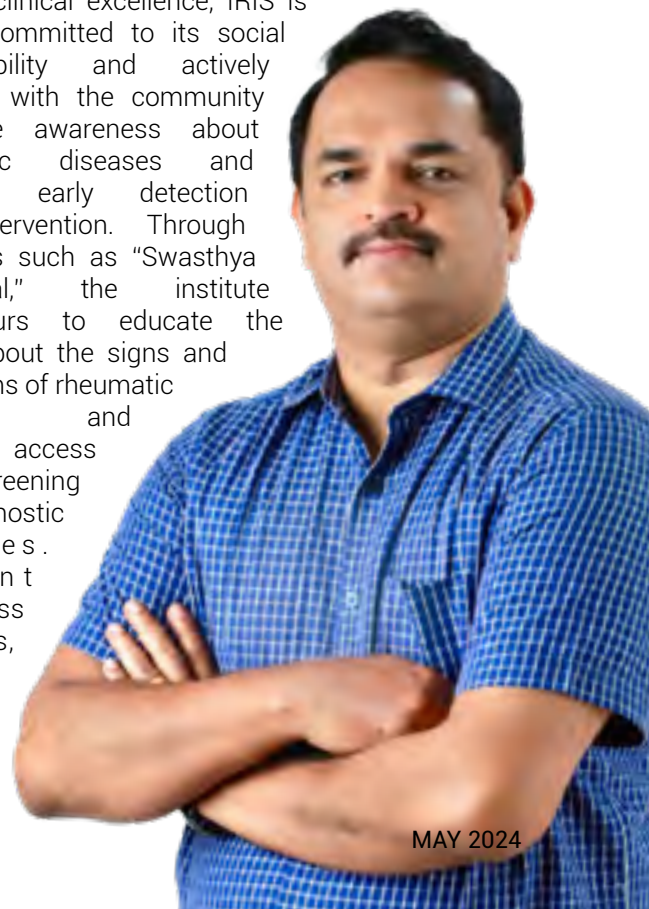
Being a distinguished alumnus of Medical College Trivandrum, Dr. Vishad spearheads the vision of IRIS Centre for Arthritis with unwavering dedication and passion. With a wealth of experience garnered from prestigious institutions and accolades, he is not only a renowned rheumatologist but also a compassionate caregiver who puts the well-being of his patients above all else. His journey, marked by a commitment to alleviating the burden of rheumatic diseases, serves as the driving force behind IRIS's pursuit of excellence. Dr. Vishad's leadership fosters a culture of innovation, compassion, and continuous improvement, ensuring that IRIS remains at the forefront of rheumatological care.

Comprehensive Services

IRIS Centre for Arthritis prides itself on offering a comprehensive range of services under one roof, eliminating the need for patients to visit multiple facilities for their healthcare needs. The institute's state-of-the-art facilities include a physiotherapy unit, advanced immuno diagnostics laboratory, and musculoskeletal ultrasound facility, all of which are equipped with the latest technology and staffed by highly skilled professionals. This integrated approach to care ensures that patients receive seamless and coordinated treatment, from diagnosis to rehabilitation. Furthermore, IRIS's commitment to patient education empowers individuals to take an active role in their healthcare journey, fostering a sense of partnership and collaboration between patients and providers.

Community Engagement

Beyond clinical excellence, IRIS is deeply committed to its social responsibility and actively engages with the community to raise awareness about rheumatic diseases and promote early detection and intervention. Through initiatives such as "Swasthya Sandhigal," the institute endeavours to educate the public about the signs and symptoms of rheumatic ailments and provide access to screening and diagnostic services. Patient awareness seminars,



conducted in collaboration with local organizations and community leaders, serve as platforms for education and advocacy, empowering individuals to take control of their health. By partnering with scientific and philanthropic organizations, IRIS strives to advance research and education in the field of rheumatology, ultimately improving outcomes for patients and communities alike.

Accreditations and Certifications

IRIS's unwavering commitment to quality has earned it prestigious accreditations, including NABH and ISO certifications. These accolades serve as a testament to the institute's adherence to stringent standards and its relentless pursuit of excellence in patient care and diagnostic services. By upholding the highest standards of quality and safety, IRIS ensures that patients receive the highest level of care, from the moment they walk through the door to the completion of their treatment journey.

Innovative Diagnostics

The advanced immuno diagnostics laboratory at IRIS is equipped with state-of-the-art machinery and staffed by experienced professionals who are dedicated to delivering accurate and timely results. From routine tests to sophisticated immunological assays, the laboratory employs cutting-edge technology and rigorous quality control measures to ensure the highest standards of precision and reliability. By leveraging the latest advancements in diagnostic science, IRIS provides patients with access to state-of-the-art testing modalities that enable early detection and personalized treatment planning, ultimately improving outcomes and quality of life.

Musculoskeletal Ultrasound

IRIS's musculoskeletal ultrasound facility is a valuable tool in the diagnosis and management of joint and soft tissue disorders. With its high-resolution imaging capabilities and real-time visualization, musculoskeletal ultrasound enables clinicians to assess the structural integrity of joints, identify abnormalities, and guide therapeutic interventions with precision and accuracy. By offering this advanced diagnostic modality in-house, IRIS ensures that patients receive timely and comprehensive care, from initial evaluation to follow-up monitoring. Moreover, IRIS's team of skilled radiologists and technologists are trained in the latest techniques and protocols, ensuring the highest standards of quality and safety.

Pharmacy and Physiotherapy

IRIS's pharmacy and physiotherapy units play integral roles in the delivery of comprehensive care, providing patients with access to essential medications and therapeutic interventions. The pharmacy is staffed by knowledgeable pharmacists who are committed to ensuring patient safety and medication adherence. Through personalized counselling and medication management services, the pharmacy team empowers patients to take an active role in their treatment and recovery. Similarly, the physiotherapy unit offers a range of evidence-based interventions designed to improve mobility, reduce pain, and enhance functional independence. From manual therapy techniques to therapeutic exercises and modalities, the physiotherapy team works collaboratively with patients to develop personalized treatment plans tailored to their individual needs and goals. By combining these services with clinical expertise and compassionate care, IRIS ensures that patients receive comprehensive support throughout their treatment journey, promoting optimal outcomes and long-term wellness.

In essence, IRIS Centre for Arthritis transcends conventional healthcare paradigms, embodying a holistic vision of healing and empowerment. With its unwavering dedication to excellence and a compassionate ethos, IRIS continues to illuminate the path towards healthier, pain-free lives for individuals battling rheumatic ailments. Through innovative approaches to care, community engagement, and a relentless commitment to quality and safety, IRIS remains steadfast in its mission to nurture healthier joints and transform lives, one patient at a time.



DR. VEENA V NAIR

PIONEERING PAEDIATRIC ENDOCRINOLOGY WITH DEDICATION AND INSIGHT

In the dynamic landscape of paediatric medicine, where each case represents a unique challenge and opportunity for healing, Dr. Veena V. Nair's journey through the intricate realm of paediatric endocrinology is not merely a story of academic achievement, but a testament to the transformative power of compassion, innovation, and unwavering dedication.

Born and nurtured in the culturally rich district of Thiruvananthapuram, Dr. Veena's passion for medicine was ignited from a young age. Her journey began with a profound sense of purpose and a relentless pursuit of knowledge—a combination that would shape her future endeavours in the field of medicine and lay the foundation for her remarkable career, leading her to graduate with distinction

from the esteemed Govt. Medical College, Thiruvananthapuram in 2003. It was here that she first glimpsed the world of paediatric medicine, drawn to its unique blend of challenge and reward.

In 2004, Dr. Veena's commitment to excellence propelled her to achieve the 14th rank in the All India Post Graduate Medical Entrance Examination—an achievement that not only affirmed her academic prowess but also opened the doors to a world of opportunities. With her sights set on further specialization, she pursued her MD Paediatrics course at SAT Hospital, Govt. Medical College, Thiruvananthapuram—a journey that would ultimately culminate in her graduation with a Gold Medal in 2007. This accolade served as a testament to her exceptional academic



achievements and her dedication to mastering her craft.

Driven by her passion for paediatric endocrinology, Dr. Veena sought to deepen her expertise through specialized training and advanced study. In 2009, she embarked on a fellowship at the prestigious Sanjay Gandhi Post Graduate Institute for Medical Sciences, Lucknow—a transformative experience that would shape her approach to patient care and clinical practice. Immersed in the study of hormonal disorders in children, she honed her diagnostic skills, expanded her clinical knowledge, and gained invaluable insights into the complexities of paediatric endocrinology.

Upon completing her fellowship, Dr. Veena embarked on the next phase of her journey—an opportunity to apply her specialized expertise in a clinical setting. She joined the Department of Endocrinology at Christian Medical College, Vellore, as a Senior Research Associate, where she played a pivotal role in advancing clinical, academic, and research endeavours in the field of paediatric endocrinology. Her contributions were instrumental in shaping the landscape of paediatric healthcare in the region and cementing her reputation as a leader in her field.

In 2013, Dr. Veena returned to her hometown of Thiruvananthapuram—a homecoming marked by a renewed sense of purpose and a commitment to serving her community. It was here, amidst the familiar streets and familiar faces, she started the first dedicated paediatric endocrinology clinic at Ananthapuri Hospitals and Research Institute in 2013.

In 2016, Dr. Veena expanded her clinical practice to include the Institute for Rheumatology and Immunology Sciences (IRIS), the first Paediatric Endocrinology Clinic in South Kerala founded by her spouse, Dr. Vishad Viswanath, a distinguished Consultant Rheumatologist. Embracing her dual role as a caregiver and administrator, Dr. Veena seamlessly integrated her expertise into the institute's operations while upholding her unwavering commitment to delivering exceptional patient care.

Dr. Veena embarked on a mission to provide

specialized care to children with hormonal disorders—a mission driven by her unwavering dedication to improving the lives of her patients and their families. But Dr. Veena's impact extends even far beyond. She is deeply committed to community outreach and raising awareness about endocrine disorders—a commitment that manifests in her tireless efforts to educate the public and empower parents to recognize the signs and symptoms of hormonal imbalances in their children. Through medical camps in schools, collaboration with NGOs, and advocacy efforts, she seeks to break down barriers to care and ensure that every child has access to the resources they need to thrive.

One area of particular focus for Dr. Veena is paediatric diabetes—a condition that affects an increasing number of children worldwide. Recognizing the critical importance of early detection and intervention, she is dedicated to raising awareness and providing the highest level of treatment available. Through support group meetings, educational initiatives, and community outreach efforts, she ensures that children with diabetes receive the care and support they need to manage their condition effectively and live healthy, fulfilling lives.

In addition to her clinical work, Dr. Veena is actively involved in research and academic pursuits. She is a frequent speaker at regional and national medical conferences, where she shares her expertise and insights with colleagues and peers. Her numerous publications in indexed journals reflect her dedication to advancing medical knowledge and improving patient care in paediatric endocrinology.

As Dr. Veena V. Nair continues to make strides in the field of paediatric endocrinology, her impact reverberates far and wide. Her unwavering commitment to excellence, coupled with her compassion and dedication to her patients, makes her a true innovator in the field of paediatric healthcare. Her journey is a corroboration to the transformative power of education, perseverance, and compassion—a light of hope for future generations of paediatricians and healthcare professionals alike.

ROSHNY S. R.

CHAMPIONING EDUCATION THROUGH VISIONARY LEADERSHIP AND EMPOWERMENT



Amidst the vibrant tapestry of Trivandrum's illustrious scholastic realm, where the echoes of cultural heritage harmonize with the symphony of intellectual pursuit, emerges a luminary whose name gleams as a guiding star of innovation and transformative prowess: Roshny S. R.

At ReiWa Educations and ReiWa Kids International School at Kowdiar, Roshny ascends as more than a mere leader; she embodies the quintessence of visionary entrepreneurship and educational stewardship. With an unwavering commitment to redefine the contours of learning, she orchestrates a melodic symphony of pedagogical ingenuity, sculpting a paradigm that transcends convention and embraces boundless possibilities.

Visionary Beginnings

Roshny's journey in education began with a profound desire to revolutionize conventional learning methodologies. Armed with a steadfast vision and unwavering dedication, she set out to establish ReiWa Kids International School, a ground-breaking educational platform designed to ignite curiosity, foster creativity, and instil a lifelong love for learning among students. With a keen focus on personalized education solutions, Roshny embarked on a mission to transform the way children engage with academic content and develop critical thinking skills.

Empowering Communities

Beyond her entrepreneurial pursuits, Roshny is deeply committed to uplifting communities and nurturing the next generation of leaders. Recognizing the transformative power of education, she actively collaborates with educational institutions, spearheads community outreach programs, and mentors aspiring educators. As a female entrepreneur operating in a historically male-dominated industry, Roshny understands the importance of breaking gender stereotypes and creating pathways for success for women in education and beyond.

Pioneering Innovations

Drawing from her early experiences as a teacher, Roshny founded ReiWa Educations, her inaugural venture aimed at providing tailored support to students facing challenges in traditional academic settings. Embracing technological advancements, she ventured into the ed-tech sector, leveraging digital tools to enhance teaching methodologies and facilitate deeper understanding among her students. Roshny's pioneering spirit and commitment to innovation have propelled her institutions to the forefront of educational excellence.

A Trailblazing Career

Roshny's illustrious career is punctuated by a myriad of achievements and accolades. As the founder of ReiWa Education Pvt. Ltd., she has served as a trainer and



consultant for prestigious institutions such as the State Institute of Correctional Administration and the Nirabhaya Project. Her expertise in soft skills training, teacher development workshops, and curriculum design has earned her recognition from esteemed educational bodies and institutions worldwide. From her tenure at Christ Nagar International School to her contributions to Cambridge University-affiliated schools in Saudi Arabia and Qatar, Roshny's impact on the global education landscape is undeniable.

Empowering Educators, Empowering Minds

Central to Roshny's ethos is a commitment to empowering educators and nurturing their professional growth. Through initiatives such as Montessori coaching for kindergarten teachers in remote areas, she seeks to elevate the standards of teaching and learning across society. By fostering collaboration, creativity, and ethical conduct, Roshny aims to create an educational ecosystem that cele-

brates diversity, fosters inclusivity, and nurtures the holistic development of every learner.

A Vision for the Future

Looking ahead, Roshny envisions a future where education transcends boundaries and empowers individuals to realize their full potential. With an unwavering commitment to excellence and a passion for transformative change, she continues to push the boundaries of educational innovation. Through her visionary leadership and tireless dedication, Roshny remains steadfast in her mission to shape a brighter future for generations to come.

Fostering Global Citizenship

Roshny's commitment to education extends beyond geographical boundaries, as she believes in nurturing global citizenship among her students. Through partnerships with international educational institutions and exchange programs, she exposes students to diverse cultures, languages,

and perspectives, fostering a deep appreciation for global interconnectedness. By instilling values of empathy, tolerance, and cultural competence, Roshny empowers her students to become compassionate leaders and responsible global citizens in an increasingly interconnected world.

Embracing Technological Innovation

In today's digital age, Roshny recognizes the transformative potential of technology in education. Embracing a forward-thinking approach, she integrates cutting-edge educational technologies into the curriculum, providing students with immersive learning experiences and preparing them for the demands of the 21st-century workforce. From interactive multimedia presentations to virtual reality simulations, Roshny harnesses technology to enhance engagement, facilitate collaboration, and promote experiential learning.



Promoting Environmental Sustainability

As a steward of the environment, Roshny is committed to instilling eco-consciousness and sustainability practices within her institution. From eco-friendly campus initiatives to curriculum integration of environmental education, she educates students about the importance of environmental stewardship and inspires them to become advocates for sustainable living. Through hands-on projects, such as community gardens and recycling programs, Roshny cultivates a sense of environmental responsibility and empowers students to become agents of positive change in their communities.

Cultivating Entrepreneurial Mindsets

In addition to academic excellence, Roshny emphasizes the importance of fostering entrepreneurial mindsets among her students. Through innovation challenges, start-up incubators, and real-world problem-solving projects, she encourages students to think creatively, take risks, and develop an entrepreneurial spirit. By instilling skills such as critical thinking, communication, and adaptability, Roshny equips her students with the tools they need to thrive in an ever-evolving global economy.

Championing Diversity and Inclusion

At ReiWa Kids International School, diversity and inclusion are not just buzzwords but core values ingrained in the fabric of the institutions. Roshny celebrates diversity in all its forms, creating inclusive learning environments where students from diverse backgrounds feel welcomed, valued, and empowered to succeed. Through multicultural curriculum, inclusive teaching practices, and anti-bias education, Roshny fosters a sense of belonging and respect for all individuals, regardless of race, ethnicity, gender, or socio-economic status.

A Legacy of Impact

As Roshny's legacy continues to unfold, her impact on the educational landscape reverberates far and wide. Through her visionary leadership, unwavering dedication, and commitment to excellence, she has inspired generations of students, educators, and entrepreneurs to dream big, think boldly, and make a difference in the world. With each milestone achieved and each life touched, Roshny's imprint on education grows stronger, leaving an indelible mark on the hearts and minds of all who have had the privilege of crossing paths with her.

Empowering Communities Through Education

Roshny's commitment to education extends beyond the confines of her institutions, as she actively engages in community development initiatives aimed at uplifting underprivileged communities. Recognizing the transformative power of education in breaking the cycle of poverty, Roshny collaborates with local organizations, NGOs, and government agencies to provide educational opportunities to marginalized populations. Through initiatives such

as scholarship programs, free tutoring sessions, and community outreach events, she ensures that education remains accessible to all, regardless of socio-economic background. By empowering individuals with the knowledge and skills they need to build better futures for themselves and their communities, Roshny catalyses positive social change and fosters a culture of empowerment and resilience.

Advocating for Educational Equity and Inclusion

As a staunch advocate for educational equity and inclusion, Roshny works tirelessly to dismantle barriers to education and create a level playing field for all students. Recognizing the unique needs of diverse learners, she champions inclusive teaching practices, differentiated instruction, and personalized learning approaches that cater to the individual strengths and challenges of each student. By promoting diversity in curriculum, textbooks, and classroom materials, Roshny ensures that students see themselves reflected in their education, fostering a sense of belonging and cultural pride. Through her advocacy efforts, she strives to create educational environments where every student feels valued, respected, and empowered to succeed.

Forging Partnerships for Educational Excellence

Roshny understands the importance of collaboration and partnership in driving educational innovation and excellence. Leveraging her extensive network and industry expertise, she forges strategic partnerships with educational institutions, industry leaders, and government agencies to enhance learning outcomes and expand access to quality education. Through

collaborative research projects, professional development initiatives, and joint programming, Roshny fosters a culture of continuous learning and knowledge sharing that benefits educators, students, and communities alike. By pooling resources, expertise, and best practices, she ensures that her institutions remain at the forefront of educational innovation and academic excellence.

Empowering Educators as Agents of Change

Central to Roshny's educational philosophy is the belief that educators are the cornerstone of transformative change in education. Through ongoing professional development opportunities, mentorship programs, and leadership training initiatives, she empowers educators to embrace innovation, adapt to change, and lead with purpose and passion. By investing in the professional growth and well-being of educators, Roshny cultivates a culture of excellence and continuous improvement that permeates throughout her institutions. Through her unwavering support and guidance, she inspires educators to become catalysts for positive change in their classrooms, schools, and communities.

Harnessing the Power of Data and Analytics

In an era defined by data-driven decision-making, Roshny recognizes the importance of leveraging data and analytics to inform educational practice and drive continuous improvement. Through the implementation of data collection tools, assessment protocols, and performance metrics, she gathers actionable insights into student learning outcomes, instructional effectiveness, and program efficacy. By analysing trends, identifying

patterns, and measuring progress, Roshny empowers educators to make data-informed decisions that optimize teaching and learning experiences. Through her commitment to evidence-based practice and data-driven decision-making, she ensures that her institutions remain agile, responsive, and adaptive to the evolving needs of students and stakeholders.

Charting a Course for Educational Innovation

As Roshny looks to the future, she remains steadfast in her commitment to advancing educational innovation, fostering inclusive excellence, and empowering individuals to reach their full potential. Through her visionary leadership, unwavering dedication, and collaborative spirit, she continues to push the boundaries of what is possible in education. By championing equity, inclusion, and excellence, she paves the way for a brighter, more equitable future where every individual has the opportunity to thrive and succeed.

In the labyrinth of educational paradigms, Roshny stands as a luminary, a custodian of enlightenment, crafting a narrative where innovation dances in harmony with tradition, and where every lesson is a brushstroke on the canvas of tomorrow's brilliance. Her indomitable spirit and unwavering dedication serve as a testament to the transformative power of education, illuminating the path for generations to come with the radiance of knowledge and the promise of a brighter future. From her visionary leadership to her unwavering commitment to equity and inclusion, she has redefined what it means to be an educator and advocate for educational excellence.

BOTANY TO BAKING

ANJANA SUNOJ'S ACADEMIC EXPERTISE TRANSFORMS INTO CAKE ENTREPRENEURSHIP

Anjana Sunoj, born into a family where academic excellence was the norm, initially envisioned a career as a college professor while pursuing her PhD in Botany. With a father in the esteemed IPS and a mother heading the Botany Department at Kariyavattam Campus, academia seemed a natural path for her. Content in her role as a wife to Dr Sunoj, a distinguished Plastic Surgeon, and a mother to three children, entrepreneurship was never on her radar. However, life had other plans in store for her.

Anjana's journey to prominence took an unexpected turn when faced with a pivotal moment during her PhD studies. With her husband side-lined by health concerns, she found herself grappling with the need for an alternative income stream, ideally one tethered to the comforts of home. Initially apprehensive at the mere mention of venturing into business, it took time for Anjana to warm up to the idea. Yet, buoyed by her husband's unwavering support and practical advice, she embarked on a bold endeavour: A venture exclusively for designer cakes. Today, Anjana stands as a shining example of entrepreneurial success, her brainchild, Cake Bliss, now a household name in Sasthamangalam, Thiruvananthapuram, revered for its delectable delights and unwavering commitment to excellence.

Driven by her husband's reminders to secure

a stable income amidst health uncertainties, Anjana Sunoj found herself at a crossroads, contemplating unconventional paths to financial stability. A serendipitous call from her best friend, Divya Sreeji, proved to be the catalyst for Anjana's foray into the world of designer cakes. Divya was a successful entrepreneur at that time with her designer cake brand, De Cakery in Delhi. Initially hesitant, Anjana's trepidations were assuaged by Divya's unwavering belief in the venture's potential.

Equipped with newfound courage and armed with basic baking knowledge gleaned from courses, Anjana embarked on a transformative journey. A week spent in Delhi, under Divya's tutelage, honed her skills in crafting exquisite designer cakes. Armed with raw materials and a passion to succeed, Anjana returned to Thiruvananthapuram, initially crafting traditional fresh cream cakes before gradually transitioning to bespoke creations.

Supported by Divya's initial orders and buoyed by glowing reviews from friends and acquaintances, Anjana took her first entrepreneurial strides in 2015, venturing into the uncharted territory of customized cakes in Kerala. Her confidence soared as accolades poured in, attributing her success to the invaluable lessons learned during her stint in Delhi. Anjana's venture, a beacon of innovation in an otherwise saturated market, quickly gained traction, marking





the beginning of a remarkable entrepreneurial journey.

Amidst the burgeoning success of Cake Bliss, Anjana's entrepreneurial journey encountered a significant hurdle in 2017 when her husband faced renal failure, necessitating a kidney transplant. Anjana was balancing family life and her children's schooling at that time. Her elder son, Gokul, was in 8th grade, while her younger twin children, Gowtham and Gowri, were in 4th grade. Forced to shutter the shop for six months, the absence of Anjana's guiding presence left the establishment in limbo. Despite the setback, the unwavering loyalty of her employees shone through, as they expressed their willingness to return and revive the shop upon Anjana's return.

This touching display of loyalty underscored the familial bond forged within Cake Bliss, transcending the mere confines of a workplace. Anjana's safe return marked a triumphant resurgence for Cake Bliss, as loyal patrons eagerly awaited the reopening of the beloved establishment. Through resilience, determination, and the unwavering support of her dedicated team, Anjana navigated through adversity, emerging stronger than ever, poised to continue spreading joy through the delectable creations of Cake Bliss.

Anjana's decision to restart Cake Bliss proved fortuitous, leading to remarkable growth and a surge in demand for designer cakes. Even amidst the challenges posed by the Covid-19 pandemic, Cake Bliss persevered, leveraging the burgeoning online food market to sustain operations. The pandemic inadvertently transformed the cake industry, with many individuals, including those displaced from traditional employment, venturing into homemade cake businesses.

Despite the upheavals, Cake Bliss emerged stronger, with Anjana noting that the post-pandemic era has only bolstered their business. With a loyal customer base and a diverse range of offerings including customized wedding cakes, haldi function cakes, baby shower cakes, and half birthday cakes, Cake Bliss has become synonymous with

celebrations of all kinds.

The cornerstone of Cake Bliss's success lies in its commitment to customization, a principle that has set it apart from competitors. Anjana's prudent approach to investment, starting with limited resources and gradually scaling up, has been instrumental in the company's growth. From humble beginnings with a small oven toaster grill to a fully equipped establishment boasting multiple ovens, Cake Bliss now employs six dedicated staff members.

In essence, Cake Bliss exemplifies the potential for success in the cake industry, demonstrating that with dedication and sincerity, anyone can thrive amidst competition. Anjana's journey is a testament to the power of innovation and perseverance, showcasing how a simple idea, coupled with strategic execution, can yield substantial returns in the ever-evolving business landscape.

Anjana's remarkable journey with Cake Bliss is a testament to her prudent approach to business and unwavering determination. Eschewing the temptation to borrow capital, Anjana steered clear of the risks associated with loans, opting instead to build her enterprise from the ground up. While some may advocate for diversification into multiple products, Anjana remained steadfast in her belief that specialization in designer cakes was the key to success.

Her decision to focus solely on cakes, a product she was intimately familiar with and confident in producing, proved to be a stroke of genius. This unwavering focus not only streamlined operations but also differentiated Cake Bliss in a crowded market, attracting a dedicated clientele seeking bespoke confections for their celebrations.

Despite scepticism from some quarters, Anjana's steadfast commitment to her vision has yielded tangible results, with Cake Bliss flourishing under her guidance. Now, with ambitions to expand her enterprise with a new outlet in Thiruvananthapuram, Anjana's entrepreneurial journey continues to inspire, proving that success can be achieved through strategic planning, dedication, and a steadfast belief in one's vision.

CHARTING A COURSE FOR SUCCESS

THE INSPIRATIONAL STORY OF DR PRIYA PRASAD AT RAJADHANI BUSINESS SCHOOL

Dr. Priya, an accomplished scholar with a rich academic background and extensive teaching experience. Armed with a Master of Business Administration specializing in Finance from Bharathiar University, she pursued further studies, earning an M.Phil in Business Administration from Vinayaka Missions University. Her academic journey culminated in a Ph.D. from Bharathiar University, where she conducted in-depth research on the service quality of medical tourism in Kerala and its impact on tourists' loyalty, a topic she explored in her thesis titled "Service Quality of Medical Tourism in Kerala and its impact on Tourists' loyalty; A study conducted in Kerala State". With over 15 years of teaching experience, Dr. Priya imparts knowledge in various subjects including Security Analysis Portfolio Management, Financial Derivatives, and Business Economics.

Her passion for research is evident in her prolific publication record, with numerous research papers and articles appearing in reputed refereed peer-review journals. Additionally, she is a sought-after presenter at both national and international conferences, where she shares her insights and engages in scholarly discourse. Dr. Priya's dedication to advancing knowledge extends beyond academia, as she actively contributes to the ongoing dialogue in her field. Through her teaching, research, and academic engagements, she continues to make significant contributions to the realms of finance, marketing, and business administration, leaving a lasting impact on both her students and peers alike.

Transforming Education: Dr. Priya's Journey at Rajadhani Business School

As I reminisce about my journey at Rajadhani Business School (RBS), I am filled with immense gratitude for the opportunity to be a part of an institution that embodies the spirit of innovation, excellence, and holistic development. From my humble beginnings as an assistant professor to my current role as the Head of Department, my tenure at RBS has been nothing short of transformative.

When I first joined RBS five years ago, I was driven by a deep-seated passion for education and a fervent desire to make a meaningful impact in the lives of students. Little did I know that this journey would not only shape my professional trajectory but also redefine my understanding of leadership and mentorship.

Since stepping into the role of Head of the Department six months ago, my approach has been guided by democratic leadership principles, emphasizing the importance of inclusivity and collaboration. I've strived to create an environment where every voice is not only heard but also valued, fostering a sense of ownership and belonging among our team members. Alongside this commitment, my foremost priority remains the delivery of quality education, ensuring that our department upholds the highest standards in teaching and learning.

At RBS, teamwork and peer collaboration are fundamental to our ethos. While teaching remains central to our mission, various activities demand collective effort and cooperation among colleagues. As a cohesive team, we diligently work together, guided by efficient leadership, to achieve the institution's targeted goals and objectives.

Our strategies for fostering teamwork and peer collaboration are multifaceted. Clear communication serves as the cornerstone of our interactions, facilitating understanding and alignment among team members. We cultivate an environment of trust and mutual respect, recognizing the unique value that each individual brings to the group dynamic. Establishing clear and achievable goals, along with milestones to track progress, ensures that we remain focused and motivated.

We celebrate successes and learn from setbacks together, viewing challenges as opportunities for growth and improvement. Regular, constructive feedback helps us continuously refine our performance and foster professional development. Furthermore, we promote a culture of peer learning, where team members freely share knowledge, skills, and experiences, enriching our collective expertise.

We firmly believe that we are more than just educators,





but the architects of dreams, catalysts of change, and champions of excellence. Our commitment to providing quality education goes beyond the confines of traditional classroom learning. We strive to create an environment that fosters intellectual curiosity, critical thinking, and practical application of knowledge.

One of the hallmarks of RBS is our unwavering dedication to staying abreast of industry trends and evolving market dynamics. Recognizing the importance of equipping students with the skills and competencies needed to thrive in today's fast-paced business landscape, we have curated a curriculum that is both rigorous and relevant. From finance and marketing to human resources and operations, our MBA program offers a diverse array of add-on courses tailored to meet the needs of a dynamic and ever-changing industry.

Moreover, our commitment to holistic development extends beyond the academic realm. We believe in nurturing not just intellect but also character, resilience, and empathy. Through a blend of curricular, co-curricular, and extracurricular activities, we strive to instill in our students a sense of social responsibility and ethical leadership.

As the Head of Department, my role extends far beyond administrative duties. I see myself as a mentor, guide, and facilitator, empowering students to discover their passions, unlock their potential, and pursue their dreams with unwavering determination. Whether it's through personalized mentorship, experiential learning opportunities, or international immersion programs, our goal is to provide students with the tools and resources they need to succeed in an increasingly interconnected and competitive world.

At RBS, innovation is not just a buzzword; it's a way of life. We are constantly exploring new pedagogical approaches, leveraging cutting-edge technologies, and forging partnerships with industry leaders to ensure that our students are at the forefront of change. From immersive learning experiences to industry-relevant projects, we are committed to providing students with opportunities that challenge, inspire, and prepare them for the demands of the real world.

Central to our ethos at RBS is a culture of continuous improvement and excellence. We believe that education is

a journey, not a destination, and we are relentless in our pursuit of excellence. Whether it's refining our curriculum, enhancing our infrastructure, or investing in faculty development, we are always striving to raise the bar and exceed expectations. Our goal is not just to meet the needs of the present but to anticipate and shape the demands of the future.

In my tenure at RBS, I have witnessed countless success stories - students who have overcome adversity, defied expectations, and emerged as leaders in their own right. These stories serve as a testament to the transformative power of education and the indomitable spirit of the human mind. As we continue to chart new horizons and push the boundaries of what is possible, I am confident that the best is yet to come for Rajadhani Business School and the remarkable individuals who call it home.

As we look ahead to the next chapter of our journey, I am filled with a sense of optimism and excitement for what lies ahead. The world is changing at an unprecedented pace, and the role of education has never been more crucial. At RBS, we are not just preparing students for jobs; we are empowering them to be architects of change, leaders of innovation, and drivers of progress. Together, we are shaping a future where anything is possible, and the only limit is the bounds of our imagination.

As a leader, I strive to lead by example, embodying the behaviours and attitudes expected from our team members, such as respect, empathy, and a commitment to excellence. Additionally, I recognize the importance of work-life balance, particularly for working women like myself. With clearly defined goals, a supportive family, and a cooperative work team, effectively managing and balancing these responsibilities becomes not only achievable but also fulfilling.



DR. ANURADHA V. K

A VISIONARY LEADER IN WOMEN'S EDUCATION



Dr. Anuradha V. K, the principal of Government Women's College Thiruvananthapuram, is a true leader in the realm of women's education. With a keen sense of purpose and unwavering dedication, she has transformed the institution into a beacon of excellence and empowerment. Dr. Anuradha's leadership is characterized by a visionary approach, fuelled by her passion for education and commitment to fostering holistic development among students.

Government Women's College has evolved from its humble beginnings as the Government Girls School, established by the Travancore Royal Family in 1864, into a prestigious institution with a history spanning 125 years. Today, through Dr. Anuradha's strategic initiatives and tireless efforts, the college has become synonymous with women empowerment in Kerala's educational landscape. Today, with over 3000 female students enrolled in 18 degree courses, 17 PG courses, and 12 research departments, the college stands as a testament to a transformative leadership.

Dr. Anuradha's visionary outlook is reflected in the college's achievements, including its NAAC 'A' grade accreditation and recognition as the 75th best college in the country according to the National Institutional Ranking Framework (NIRF). Dr. Anuradha's emphasis on academic excellence and holistic development has led to outstanding pass percentages, university ranks, and faculty research achievements across all departments. The systematic functioning of various bodies such as the IQAC, College Council, CDC, College Union, and PTA, under her leadership, has played a pivotal role in the college's progress.

In celebration of the college's 125th anniversary, Dr. Anuradha and her dedicated team have orchestrated a year-long series of programs and events that epitomize what a transformative leadership is. From international and national level seminar series to research conferences, exhibitions, cultural programs, and academic extension activities, the festivities showcase the college's rich history and promising future. Furthermore, Dr. Anuradha's commitment to em-

powering women extends beyond the campus, with initiatives such as providing internship facilities for female students, offering self-employment training for women, and inviting women entrepreneurs from Kerala to inspire and mentor students.

As a leader, Dr. Anuradha leads by example, fostering a culture of inclusivity and compassion within the college community. Her tireless advocacy for inclusivity and empowerment ensures that every student, regardless of background or circumstance, has the opportunity to thrive and succeed. Through initiatives such as Prapatha, dedicated to supporting differently-abled students, Dr. Anuradha reinforces the college's commitment to creating an accessible and supportive environment for all.

Dr. Anuradha's vision extends beyond academic excellence to encompass environmental stewardship and community engagement. Her efforts towards achieving a zero-waste campus and her involvement in community outreach initiatives underscore her commitment to creating a sustainable and socially responsible institution. By leveraging the resources and expertise of the college, Dr. Anuradha makes a meaningful impact on the lives of countless individuals and communities, embodying the college's commitment to social responsibility and civic engagement.

In addition to her administrative responsibilities, Dr. Anuradha is deeply involved in fostering entrepreneurship among students. Through various programs aimed at promoting innovation and creativity, she empowers students to pursue their passions and transform their ideas into viable businesses. Mentorship programs and networking opportunities further cultivate a culture of entrepreneurship on campus, inspiring students to think outside the box and pursue their dreams fearlessly.

Under Dr. Anuradha's leadership, Government Women's College has emerged as a hub of research and innovation. Faculty members and students are engaged in cutting-edge research projects that address pressing social issues and advance scientific knowledge. Through her unwavering support for research and innovation, Dr. Anuradha fosters a dynamic academic com-

munity where ideas are nurtured and discoveries celebrated.

Dr. Anuradha's tenure at Government Women's College has been marked by a relentless pursuit of academic excellence and innovation. She has introduced interdisciplinary courses that bridge traditional disciplines, preparing students for the challenges of the modern world. These initiatives not only equip students with the skills and knowledge needed to become global citizens but also foster a culture of critical thinking and creativity.

In addition to her academic and administrative responsibilities, Dr. Anuradha is deeply committed to fostering a culture of social responsibility among students. Through partnerships with local organizations and government agencies, she spearheads initiatives aimed at addressing pressing social issues such as poverty alleviation, healthcare access, and environmental conservation. By instilling values of empathy and compassion, Dr. Anuradha empowers students to become agents of positive change in their communities.

As a staunch advocate for women's education, Dr. Anuradha collaborates with government authorities to advocate for policies and programs that benefit not only the institution but also the broader community. Her efforts transcend mere academics, aiming to empower students as responsible leaders and agents of societal change. By championing women's empowerment initiatives both within and outside the college, Dr. Anuradha reinforces the importance of gender equality and inclusion in education.

Dr. Anuradha's leadership extends beyond the confines of the college campus, making a lasting impact on the lives of students and communities. Her unwavering dedication to excellence, empowerment, and societal transformation serves as an inspiration to all. As we look towards the future, guided by Dr. Anuradha's resolute vision and commitment to education, we are reminded that genuine progress begins with empowering individuals to reach their full potential. Through her leadership, Dr. Anuradha continues to shape the minds and futures of countless women leaders, leaving an indelible mark on the landscape of education in Kerala.

NALUKETTU

TRADITIONAL RESIDENTIAL ARCHITECTURE



Nalukettu is the popular form of traditional residential buildings in Kerala. They are constructed as independent structures or as the main part of the Residential complex. They are considered as a structure which occupy the entire kshetrakhanda (Vastupurusha Mandala) and adhere to Ayadi shadvarga. The positioning of Nalukettu in various plots, small plot, larger plot or very large plot are different. This paper looks into the planning and positioning of Nalukettu in different situations.

Definition

Nalukettu is a building, combining all the four Diksalas each placed at their respective cardinal position around Ankanam. Architecturally it consists of an interior space and an exterior space (both open spaces) and an interspace of built form. It is a form of optimum shape which occupies the

universal space of Kshetrakhanda (house site) and well balanced on both axis. Nalukettu is the Malayalam version of the Sanskrit term Chatussala meaning an edifice comprising of all four Diksalas each positioned in their respective cardinal position with respect to the central Ankanam (courtyard). Fully developed Nalukettu will have four Diksalas and four Vidiksalas all combined forming a continuous built space around the Ankanam. It follows all principles in Vastusastra like Vastupurusha mandalam, Padavinnyasam, Positioning of Padadevathas, Marmams and Veethi. Sketch 1. It is a large family residence traditionally meant to accommodate a growing family setup of a joint family. Each Tharavad (joint family) complex has both residential and non-residential structures. The basic structure in any Tharavad is a Nalukettu which is extended depending on the physical and economic growth of the family and



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social and cultural attributes of the family. It is considered as the fully evolved residential form.

Aaroodham and Sala concept in Nalukettu.

Each Nalukettu has four Diksalas. Each of these salas has an independent annular support for the roof. The concept of aaroodham and designation of Salas are unique to Kerala. The Manushyalaya Chandrika, a treatise on residential architecture produced in Kerala during the 15th century by a famous Sthapathi Mangalathu Neelakantan Namboothiri discusses about this concept in detail. This is mainly seen in the load bearing structures of central and north Kerala and forms part of the structural system. The roof pattern is clearly translated to the floor plan. This concept is not seen in Nalukettus which are constructed on framing concept. Later other Shapathis in Kerala adopted this concept. It also has a social relevance. Each sala is separated and can be used for the designated functions. As per the practices followed in Kerala even today, a sala is defined only when it stands separated by an ante space Antharala. In the absence of Antharalam the attached space is only an extension known as Koottikkettu. Sketch 2

Nalukettu is a social unit which satisfies all functions of a family-physical, intellectual and spiritual. Orientation of the structure take care of the micro climatic and environmental factors and make the design flexible. Treatises state that this type of building is favoured for all social categories except the working class (sudras) and other lower classes.

Evolution of Nalukettu

There are two possibilities by which the evolution of Nalukettu can be explained. 1. From

Ekasala by repetition and 2. From Mandapam. Nalukettu is evolved from Ekasala by repetition to higher forms like Dwisala (two units), Trisala (Three salas) and ultimately to Chatussala (Four salas). Existence of Dwisala and Trisala though rare points to this

In Kerala Nalukettu is evolved from Mandapam. -Mandapam is a square structure with a roof supported on concentric rows of columns. The smallest structure is one with 4 columns. Next configuration has 12 columns and the next one has 20 columns and so on. In Kerala two types are generally seen with 28 columns and 36 columns. The first Nalukettu has a courtyard surrounded by 4 columns and the second one has courtyard surrounded by 12 columns. From the study of Nalukettu, it may be presumed that first or two concentric columns define the courtyard. The next two concentric colonnade define the Salas and the last concentric colonnade define the external periphery. Depending on the size of the courtyard, number of columns around the courtyard is either 4 or 12 and that of the external colonnade 28 or 36, ie the Nalukettu is

either in a Mandukapadam (8x8) or in Paramasayikapadam (9x9). Most of the Nalukettus in Kerala are in Paramasayikapadavinyasam. The requirement of column less space has resulted in the removal of columns in the central built portion. However, the columns around the courtyard and the exterior are retained. Sketch 3.

Positioning of Nalukettu in designated space

Nalukettu is associated with the residence of higher caste and the elite, it is always

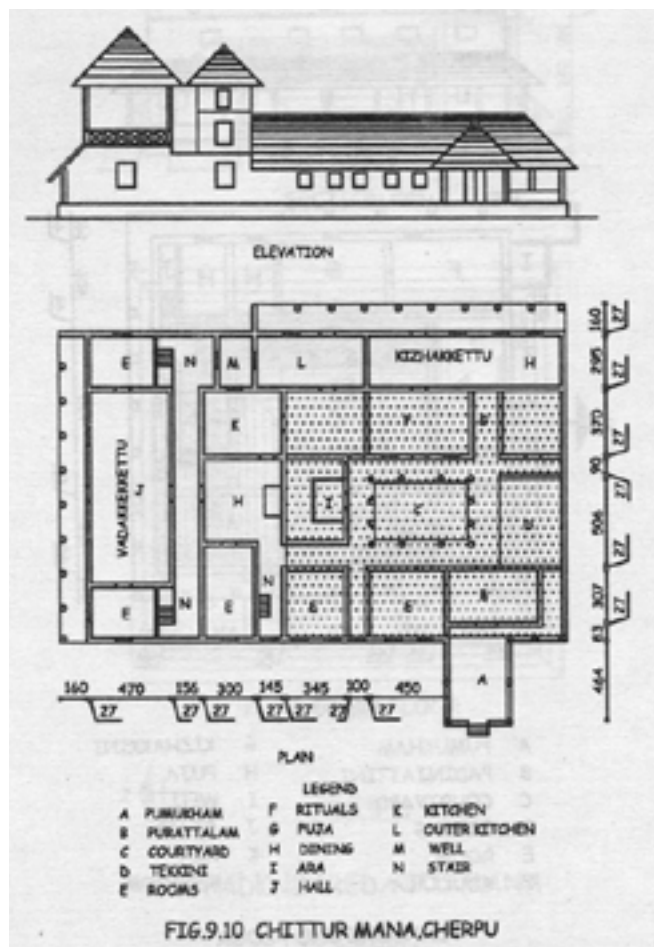


FIG.9.10 CHITTUR MANACHERPU

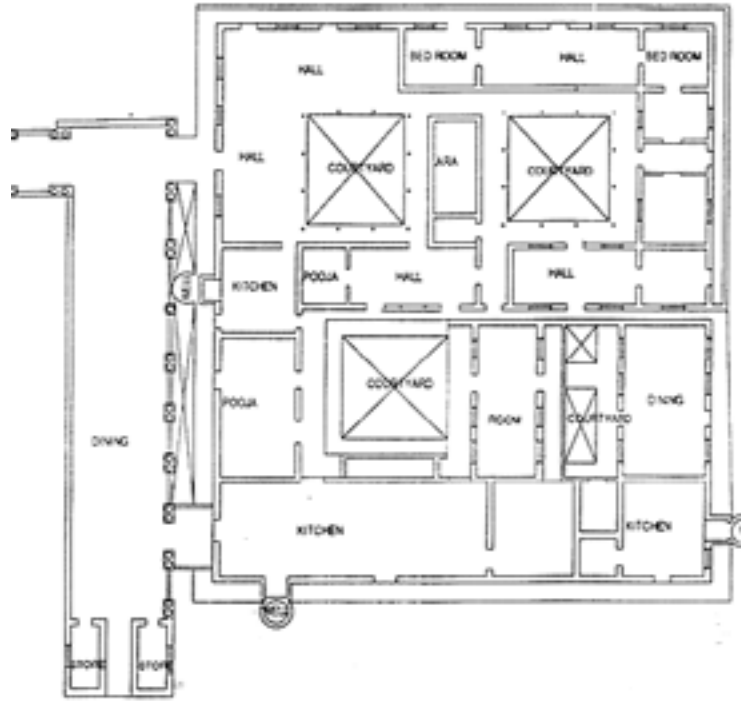
constructed in larger or very large plots. There are exceptions where Nalukettu as an independent structure is constructed in a small plot.

Small plot

When the measurement of the plot is less than $8D \times 8D$ ($D=2.88$ to $3m$) and cannot be divided into 4 sectors it is considered as small plot. Here the entire plot is considered as the universal space and the Nalukettu is planned as per the requirement of the owner. Smallest Nalukettu is of the dimensions $4D \times 4D$. Depending on the kshetra-khandam larger Nalukettus can also be planned. The space beyond the Nalukettu is used for construction of other structures.

Large plot

Large plot is one which can be divided into four sectors and the Nalukettu can be constructed in one sector. Minimum dimensions of such plot is $8D \times 8D$. Nalukettu is constructed either in Devakhandam (NE) or Manusha Khandam (SW). In Kerala Manusha Khandam is preferred over Devakhandam. Devakhandam is kept as undisturbed green space (Kavu). The other two sectors are used for constructing utility structures, additional storage space, tanks, cow sheds etc. The entire plot is enclosed with a high wall with a Padippura with a gate on the



eastern side. Sketch 4.

Very large plot

For the construction of a tharawad which is the habitat for a large feudal joint family the plot is divided into 18×18 padams (Karnashtaka Padavinyasam) with a minimum dimension of $18D \times 18D$. The plot is divided into 4 sectors and 9 concentric Veethis. As in the case of large plot one sector is used for



constructing the Nalukettu. Depending on the space requirement of the family kshetrakhandam can be of 4 sizes viz 2X2 padams, 4X4 padams 7X7 padams or 8X8 padams. Once the kshetrakhandam is defined it is considered as a self-contained space. It is then divided into padavinyasam Veethi nirnayam etc and the structure is planned. Sketch 5.

Planning of Nalukettu in Kshetrakhandam

Once the size of the Kshetrakhandam is fixed with respect to the space requirement of the Nalukettu, the actual planning begins. The Ankanam is fixed to occupy the Brahmaveethi of the Kshetra khandam. In Kerala Nalukettus are planned in Paramasayika Padavinyasam with Brahma veethi of 9 padams. The Diksalas in the respective yonis with independent Aaroodhams and the Kone salas are planned in the next two veethis. Care is taken to see that the external walls of the various salas and the internal walls around the courtyard are in the same line. Any adjustment in the measurement to suit the desired Yonis are done in the ante space (Antharala). The principle of Madhyankana (central yard) pramanam is used where the built space is designed with respect to the centre point of Ankanam. All principles of vastusastra viz ayadi Shadvargam is followed. It is to be noted that the kshetrakhandam has always one corner touching the Brahmasthalam. In this way whether it is a large plot or very large plot Karnasutram only will pass through the building. Care is taken to see that the sutram does not pass through the Diksalas. (video)

Extension of Nalukettu.

Nalukettu is the central structure of any residential complex. It accommodates the common family activities like religious, ritualistic, cooking, dining, entertaining the guests etc and private activities like rest and sleep. When the size of the families increased, it necessitated addition of space resulting in more appendages to the Nalukettu. Two types of additions are observed. 1) Structurally attached additions and 2) Independent additions.

Structurally attached addition can be horizontal, vertical or both. Horizontal additions are seen everywhere but vertical additions are confined to Nalukettu of load bearing nature. Additions are physically connected.

Horizontal extensions

Horizontal extensions are generally seen on eastern (Kizhakke kettu) and northern (Vadakke Kettu) side of the Nalukettu and used as additional utility spaces. The climatic conditions necessitated the built area to be one bay wide and has resulted in structures with courtyards. There is no restriction to the number of courtyards and the size of courtyard. These extended structures do not have Aaroodhams and have been designated as Koottikkettu. There are cases where salas are repeated on Southern or western side of the Nalukettu with additional courtyards to produce larger structures of Ettukettu or Pathinarukettu.

Vertical extensions

Vertical extensions are provided on western and Southern side and are strictly used for residential purposes. In very rare case extensions are provided on all four wings around the courtyard. These are normally seen in Nair Tharawads of Northern Kerala,

Independent extensions.

Independent structures are added when more space is required. They are in the form of Ekasalas and used as residential areas. They are connected to the main structure by covered corridors. Other utility structures like dining, kitchen, store (Pathayappura), tank shed (Kulappura), cattle shed (Thozhuthu), Gate house (Padippura) etc with or without Aaroodham are also provided, making the complex with innumerable corridors and courtyards. (Sketch 13)

Conclusion

Traditional residential architecture of Kerala is unique due to its isolation from rest of India. Various types of residential structures have evolved here taking into consideration of climatic, social, environmental and other factors. The practice is still alive. Number of practitioners are engaged in practice specially in rural areas. Even in cities their services are highly solicited in setting out and performing ritualistic activities before construction and after construction before occupying the building. But they are not involved in the actual design process. Lack of awareness among builders and the owners also contribute to this. As a result the merging of traditional wisdom and modern technology is not happening. It is highly essential to bridge the gap to produce modern structures with traditional base.

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