

Happy Easter

Varnakairali recently met Mrs.Elizabeth Kevin Sugumaran (SFTMA life member) who celebrated Easter which fell on 8th April 2012. Easter is celebrated to mark Jesus Christ`s resurrection from the dead and is an important day for Christians around the world.

Before Easter, my family and I observed Lent, a fasting of 44 days, where we abstained from consuming meat as a mark of repentance.

“Lent teaches me to be more spiritual, caring, respectful and tolerant. We consumed one meal a day,” she said.

On the eve of Easter, around 7.00 pm her family attended Mass in Petaling Jaya and on Easter day, they broke fast with family members, relatives and few friends during lunch.

“I prepared my family`s favorite dishes of chicken, mutton, seafood and not forgetting Easter eggs and cakes. My fond memories with my family members are always in my mind, we would gather around the house after Mass and mother would bring out the Easter eggs and cakes which she would have prepared secretly. The eggs are usually made of chocolates. My mum will also boil eggs and color them differently. We always had an enjoyable time together.

Elizabeth prefers to continue with her traditional celebration including going to Mass, fasting, doing charity work for the `residents of Bukit Nanas Home` in Kuala Lumpur and collecting money for the poor. I feel blessed after Easter for my humble work.



Varnakairali wishes Mrs.Elizabeth and her family **Happy Easter**

SFTMA Members News

SFTMA Life Member Mr K.Chandrashekran was recently conferred the AHLI MAHKOTA WILAYAH (A.M.W) for his services since 1963 in the Federal Territory Athletic Association at Istana Melawati, Putrajaya

The award was given in conjunction with Federal Territory day 2012 by The Yang Di-Pertuan Agong.

Mr. K Chandrashekran studied in St John`s Institution and was a sports teacher at St John`s Institution. Later he was appointed as Secretary of the Selangor School Sports Council in 1963 and was active in Malaysian School Sports Council and Malaysia Athletic Union. He was involved in TV Malaysia Sports Programme in English from 1966 till 1971 .He was transferred to Educational TV in the Ministry of Education in 1972 as ETV PRODUCER where his programmes won International and National awards

He was conferred the Pingat Pangkuan Negara (P.P.N) in 1982 by the Yang di Pertuan Agong on the recommendation of the Ministry of Education for his contribution in the education line.

In 1990 he was in the Republic of Seychelles as Specialist Education TV Producer for two years. There assisted the Seychelles Athletic Association before returning to Malaysia during the 16th Commonwealth Games in 1998 .He was appointed the Media Relations Manager for SUKOM 98 Bhd. He has been involved with all the SUKMA Games ever since 2001 in Malaysia and he was also involved in the Laos SEA Games in 2009, 2011 SEA Games in Jakarta/Palembang and also with the ASEAN Para Games in Solo, Indonesia in 2011.

He has always supported the Malayalee Community Games which was held previously here.

Now at the age of 76, is still active in athletics He is married to Pushpaja and they have two sons: Dr.Anil Chandrashekran a medical research scientist in U.K. and Mr.Sunil a lawyer turned into Marketing and Sales field in Malaysia. **SFTMA wishes to congratulate Mr. K Chandrashekran on his award.**

