



PERSATUAN MALAYALEE SELANGOR & WILAYAH PERSEKUTUAN
SELANGOR & FEDERAL TERRITORY MALAYALEE ASSOCIATION

വർണ്ണകൈരളി Varnakairali

ISSUE 18 Sept 2017 FOR MEMBERS ONLY

PRESIDENT'S MESSAGE

Namaskaram and Onashamsakal to all SFTMA Members and Family,

Welcome to all returning and new Committee members, and welcome to what we envision will be another great year for the Selangor & Federal Territory Malayalee Association (SFTMA).

For over 60 years SFTMA has been successfully led by committed leaders who have sacrificed their time and energy to ensure that the objective of the Association is continued. I would like to take this opportunity to recognize all of you for your past and continued service and contributions to SFTMA. While I have the pleasure of serving as the Association President for 2017-2019, the success of the Association would be impossible without the active support of our members, Patrons and the elected Committee members. Please do extend your support whenever called upon.

There are a number of exciting programmes and events that are being planned for 2017-2018, some of which continue the long-standing SFTMA's traditions. I urge and welcome our young men and women residing in Kuala Lumpur and Selangor to take a step forward in becoming members of SFTMA and making it even more dynamic. The Committee Members and I humbly request your continued involvement and to encourage other Malayalees who might not already be involved in the Association to become involved.

We hope to continue with our newsletter Varnakairali with the support from our community members in taking up advertisements which will help self-fund the publication.

Please do not hesitate to reach out to me or any member of our Committee with any questions, comments or concerns.

I look forward to hearing from you or seeing you at one of our many events this year

Warm regards,

Hilda Apostola
President

Selangor & Federal Territory Malayalee Association



SFTMA'S ONASADHYA

Please reserve the date with us for SFTMA's Onam Celebration to be held on Sunday, September 24th at the Sg. Way Chinese School Hall, No. 116, Jalan SS 9a/1 Seri Setia, 47300 Petaling Jaya, Selangor.

A great programme has been drawn up by our youth members and a sumptuous Onam Sadhya (Onam Lunch) for our members and their families has been organised.

For invitation, kindly contact any of our Committee Members.

**SFTMA COMMITTEE MEMBERS
2017-2019**

EXECUTIVE COMMITTEE

Term: 2017-2019

President

Ms. Hilda Alposilva
E: hildasftma@gmail.com

Vice President 1

Mr. Velayuthan Nair
E: vssp6@yahoo.com

Vice President 2

Madam Valsala Rajaram
E: valsalarajaram@hotmail.com

General Secretary

Mr. Shaqeel Prakash
E: shaqeel_sp@yahoo.com

Assistant Secretary

Dr. Shilpa Suresh
E: shilpa_crystal@hotmail.com

Treasurer

Mr. Vanugopal Menon
E: vanumenon@yahoo.com

Committee Members:

Madam Geetha Padmanabhan
E: geethapadman@gmail.com
(Community Service)

Mr. Muralidaran Moganadass
E: muralidass@yahoo.com
(Sports Chair)

Mrs. Letha Madhavan
E: lethakrishnan@hotmail.com
(Ladies Chair)

Ms. K. Sunita Das
E: nitadas44@yahoo.com
(Sports)

Mrs. Indra Mukhan
E: indramukhan@gmail.com
(Ladies)

Mr. Vishnu Vivekananda
E: vishnuvevakandan@gmail.com
(Youth Chair)

Mrs. Krishnamu Gopal
E: krishnamugopal@yahoo.com
(Cultural)

AUDITORS

Mrs. Sarojini Kunjambo
Mr. Paramasewal Krisnan

IMMEDIATE PAST PRESIDENT

Mr. Ravi G Menon

PATRONS

YBhg. Tan Sri Ravindran Menon
Datuk Ir. Dr. M.S. Pillay
Mr. M R Chandran
Mr. G. Satheesan

**Selangor & Federal Territory Malayalee Association
(SFTMA) / Persatuan Malayalee Selangor & Wilayah Persekutuan**
Date Established: **18 November 1952**

HISTORY OF SFTMA

Selangor & Federal Territory Malayalee Association (SFTMA) formerly known as Kerala Samajam Selangor (KSS) was one of the earliest Malayalee organizations to be registered on 18th November 1952 in Malaysia. Mr. P.N. Pillai was the first President of this organisation.

The formation of KSS now known as Selangor & Federal Territory Malayalee Association (SFTMA) was to cater to the social and cultural needs of Malayalees in Selangor and the Federal Territory. Malayalees hailed from the then States of Travancore, Cochin and Malabar in South India, now called Kerala, with a language of their own called Malayalam. Malayalees have their own traditions and culture and celebrate the festival called Onam, irrespective of their social or religious differences.

SFTMA's AIMS AND OBJECTIVES:

1. To promote the cultural, social, educational and economic advancement of its members.
2. To provide encouragement and opportunities for the youth members to mingle freely and thereby to foster goodwill and understanding among themselves.
3. To provide encouragement and opportunities for the youth members to actively participate in youth activities organised and conducted from time to time by Federal or State Government.
4. To encourage education by providing financial assistance to the deserving members or their children.
5. To render all possible assistance to the needy and deserving members and their dependents in particular and also the needy Malayalees in general.

by Ms. Hilda Aposilva / Ms. Geetha Padmanabhan

As we end the calendar year, we would like to once again say, 'thank you', to each and everyone who answered our calls and invitations to participate in the various activities organised this year. We could not have done it without your support!

We hope that you have a restful holiday season and welcome 2016 with renewed energy, ready to jump back in at the next call for support.

And for those who haven't yet seen what we're all about, possibly a new year's resolution to get actively involved and be part of our activities should be on the cards. We are also working towards increasing our membership and need your help in this area too.

Please give some thoughts to adding your name to our volunteer list. There will be many ways to lend your time or share your talents, not only for SFTMA events, but through AMMA and AMMA Foundation events too.

Also, look out for updates of future events on our website: www.sftma.org.my and on our Facebook page: <https://www.facebook.com/sftma.org.my/>

We wish you a wonderful holiday and festive season with your families. Whether you stay in KL or travel to all corners of the globe, we hope that your moments will be rejuvenating, relaxing and spent reconnecting with those who matter to you most.

We look forward to seeing you all in 2016.

Merry Christmas and a Happy New Year!

UPDATE OF HOME ADDRESSES

The members listed below had their mails returned. SFTMA Members, in reading this message, if you know these individuals, kindly assist us with forwarding the message to them to contact us at: hildasftma@gmail.com / geepadman@gmail.com to update their records. Your help is greatly appreciated. Thank you.

1. LM29 - Dr. Zachariah C Jacob
2. LM2078 - Mdm. Laleetha
3. LM1989 - Mr. Purushotaman s/o Govindan
4. LM1980 - Mr. Sudhagkaran Pillay
5. LM1953 - Dr. Andrew Charles Gomez
6. LM1761 - Mr. T N Menon
7. LM1706 - Mr. S athish Parameswaran
8. LM1421 - Mr. Krishnan Achuthan
9. LM1652 - Mr. Mohana Dhass
10. LM1509 - Mr. S Karunakaran
11. LM1308 - Mrs. Sujatha Raj Kumar
12. LM1255 - Mr. V K Rajappan
13. LM544 - Mr. Narayana Prasad Pillai
14. LM357 - Mr. Salahuddin

15. LM95 - Mr. K K Nair
16. LM63 - Mr. M Kurian
17. LM290 - Mr. Raman Krishnan
18. LM1633 Mr. K. Mohanan Menon

EMAIL ADDRESSES

We are in the midst of building a database of email addresses and mobile numbers of all SFTMA members. We would like to get information to you in the quickest possible manner via this mode. Therefore, we request you to email to us (hildasftma@gmail.com) the details at your earliest convenience. This will help us better communicate with you about our forthcoming activities and events. You are also encouraged to email us contact details of Malayalees who are yet to register as members of SFTMA, so that we could contact them and do the necessary.

NEW MEMBERS

We welcome:

1. Mr. Sangaragarthiyayni Kutty
2. Mr Rajesh Padmanabhan

INVITATION TO BECOME A MEMBER

We invite all Malaysian Malayalees to become Life Members of SFTMA and expat Malayalees as Associate Members. The rates are as follows:

Ordinary Membership (Applicant & Spouse must be a Malayalee as defined under Clause 4 (3) of the constitution)

- **Life Membership (Individual)**
RM 150 + RM 5 Entrance Fee

- **Life Membership with Spouse**
RM 200 + RM 5 Entrance Fee
(to complete two separate forms)

- **Annual Membership (Individual)**
RM 24 + RM 5 Entrance Fee
Associate Membership
(Non Malayalee Spouse or Expatriate Malayalee)

- **Life Membership**
RM 100 + RM 5 Entrance Fee

- **Annual Membership**
RM 15 + RM 5 Entrance Fee
Associate Membership
(Non Malayalee Spouse or Expatriate Malayalee)

Please encourage your family, friends and youngsters to become members of SFTMA. Membership Form is accessible from our website at www.sftma.org.my or you may contact any of our Committee Members to see you personally.

ONAM FESTIVAL

Onam is a harvest festival celebrated annually in Kerala, India and it falls in the month of Chingam. It is a vibrant festival which has been part of our Malayalee culture, for centuries. The festival lasts up to 10 days. The Malayalee community rejoice in the fruitful produce of grains by the farmers in the state after the dreaded rain-drenched month of Karkidakkam which lasts from July to August. Needless to say that the community welcomed the month of Chingam with enthusiasm.

There are many myths associated to Onam, the most famous, being the story of King Mahabali. It is said that King Mahabali, although the King of Demons, was a kind hearted and ever-giving, soul. He gained power over the Demon world due to a boon which was granted by Lord Brahma. He was very influential and gradually won over Earth and Heaven. Lord Vishnu was very unhappy and decided to overthrow King Mahabali. Knowing that the King was charitable, Lord Vishnu approached him disguised a young Brahman asking for alms in the form of 3 feet of land. When the King agreed, this young Brahman



began to increase in size and manifest as Lord Vishnu. His one step covered the entire Heaven. His next step covered the entire Earth. Lord Vishnu then asked the King where his third step should be placed, to which the King knelt down and asked Lord Vishnu to place his final step on the King's head, but because this king cared for his people and kingdom so much he asked Lord Vishnu if he could be granted a boon which allowed him to visit them once a year. It is still believed that the month of Chingam is celebrated to welcome this King to Earth.

The rituals performed during Onam are purely Hindu, but there is one tradition which is practised by the community regardless of caste and religion. It is called the 'Onasadhya', which is a strictly vegetarian feast featuring rice as the main course, accompanied by at least eleven to fifteen side dishes. There are also many customs which are practised in Kerala such as Onakazhcha where fruits of labour are handed over to the eldest member of the family and in return, the members of the family are treated to a feast on Thiruvonam and Maveli Puja which is specific to the Malabar region where a puja is performed to three small figurines made of red sand signifying King Mahabali.

Apart from that, The Pookkalam is also considered an important part of the festival. 'Poo' means flowers and 'Kalam' means artwork, in Malayalam. Hence, Pookkalam



is the artwork made from flowers, arranged on the floor. It is usually done on Attam, the first day of the 10-day festival. Pookkalam competitions are one of the main attractions in Kerala during the festive month. The participants are provided a space within which they have to lay their designs. The Pookkalam is judged based on the design and creative arrangement of flowers.

In Malaysia, we, from Selangor and Federal Territory Malayalee Association would like to invite you and



your family to join us on the 24th of September at the Dewan Dato Seri Lim Bock Seng, SRJK(C) Sg.Way from 11am until 2.30pm to celebrate Onam. Kindly contact any of the Committee Members to get your invitation. ONASHAMSAKAL to all our readers.



59th AGM AND EASTER, VISHU CELEBRATIONS

A luncheon was organized by SFTMA to celebrate Vishu and Easter at the Royal Selangor Club, Mont' Kiara on the 23rd of April 2017, graced by YBhg. Datuk Suseela Menon, President of AMMA, SFTMA's Patrons, YBhg. Tan Sri Ravindran Menon, YBhg. Datuk -Dr. MS Pillay, Mr. MR Chandran and Mr. G. Satheesan. Approximately 60 Life Members of SFTMA and their families were present.

The event was followed by the 59th Annual General Meeting of SFTMA. During this time, the elections for the incoming SFTMA office bearers and committee members for the next two-year terms (May 2017 – April 2019) were also held.

EXECUTIVE COMMITTEE

Ms. Hilda Alposilva, President
Mr. Velayuthan, Vice President 1
Mdm. Valsala Rajaram, Vice President 2
Mr. Shaqeel Prakash, Secretary
Dr. Shilpa Suresh, Assistant Secretary
Mr. Vanugopal Menon, Treasurer

COMMITTEE MEMBERS

Mrs. Letha Madhavan
Mr. Vishnu Vevakanandan
Mdm Geetha Padmanabhan
Mrs. Indra Mukhan
Ms. K. Sunita Das
Mr. Muralidaran Moganadass
Mrs. Krishnamu Gopal
Mrs. Sarojini Kunjamboo
Mr. Paramasewal Krisnan

Immediate Past President:

Mr. Ravindranath G. Menon

MOTHER'S DAY CELEBRATION - 'THARAVATTU SUNTHARIGAL'

By Madam Letha Krishnan, Ladies Wing Chairperson

Our Mother's Day luncheon on 28th of May 2017 at the Card Room, Royal Selangor Club with the theme 'Tharavattu Suntharigal' was a memorable. Welcoming each guest with a rose put smiles on many faces, thanks to Mr Murali who was the sponsor for the roses. Some 70 ladies were present at this function which started at 12 noon that day.



The opening speech was given by myself, followed by our SFTMA President, Madam Hilda Aposilva, who rendered a lovely poem about mothers. Just after, Datuk Suseela Menon, AMMA President and Guest of Honour, gave an equally wonderful speech.



The day's programme included songs by Ashwini Govindan, my own Comedy Skit band as well as an interesting talk by Transformational Coach, Ms. Dhanya Nambiar entitled 'Emotions and its Relationship to Disease' followed by Q & A session from the floor.



A cake cutting ceremony to appreciate the contributions of mothers who were present was organised by Mrs. Krishnamu Gopal.

To pep up the event, the names of the Best Dressed ladies were called out by Geetha Padmanabhan. The winners of this competition were Mrs. Haritha Vishal and Ms. Evita.



Finally, Dr Shilpa Suresh conducted a Table Competitions for the Best Creative Rendition of Malayalam Songs, which was won by our youngsters through a Rapping Version of an old favourite.



AMMA GAMES CARNIVAL APPRECIATION DINNER AND YOUTH RECRUITMENT DRIVE

On September 24th, a dinner was held at the Royal Selangor Club in Kuala Lumpur to thank all our youth as well as our donors who took their time and effort to participate in the AMMA Games Carnival in Ipoh on August 4th and 5th. To activate the social platform and to build community spirit amongst the youth, a dinner was organised by the committee saw the presence of 35 young Malayalee men and women at this function.

Our Patron, YBhg. Tan Sri Ravindran Menon was present to grace the event and offer words of encouragement to the Malayalee youths.



As we all know, participation in any type of event requires financial funding. Our heartfelt thanks to YBhg. Tan Sri Ravindran Menon, YBhg. Datuk Dr. MS Pillay, Mr. MR Chandran, Capt. HS Dharan, Mr. Satheesan, Mr. Girish Ramachandran, and MASER (M) Sdn Bhd for their contributions enabling the organisers to conduct the Games Carnival in style!



Appreciation should be shown to :

- the SFTMA Committee
- the Sports Manager (Mr. Muralidaran) and assistant (Ms Sunita Das) for leading the management of the various sports teams
- the respective sports leaders : Vishnu & Prasat (Captains of the Football team), Mdm. Letha (Netball team), Mdm. Krishnamu, (Bowling team), Ms. Sunita Das (Badminton team) and Ms. Dhania/ Mr. Murali (Tug of War).



The teams endeavoured hard to bring back two golds (netball and ladies tug-of-war), one silver (Men's tug-of-war) and two bronze (bowling and badminton). They managed to secure runners up position at the Games Carnival which was indeed a great achievement!

DEEPAVALI FEEDING PROGRAMME

by Madam Valsala Rajaram

SFTMA is doing a Deepavali "Feeding Programme" on 14th October 2017 at Sri Manjung, Pangkor & Sitiawan, Perak.

We will be distributing 20 Food parcels to poor and underprivileged Indian families in preparation for the celebration of Deepavali.

There will also be a Light of Cheer Bazaar 2017 for the community, where new/nearly new/ Pre Loved items will be put on display for the families to pick and choose to their hearts content. If anyone has sarees, mens and childrens clothes, or toys to give away, please contact me or any SFTMA committee members.

AMMA GAMES CARNIVAL & ANNUAL DELEGATES CONFERENCE

by Vishnu Vivekanandan

After eight years, the AMMA sports returned with an active fighting spirit amongst the Samajams. Sports has and will always play a big role in uniting the community, hence it was a wonderful opportunity to bring our our youth members back together to this ever so supported games carnival. This year's AMMA Sports Carnival was hosted by Perak Malayalee Association, in Ipoh and saw participants from 11 different Samajams from all over peninsular Malaysia. SFTMA participated in all the games such as bowling, netball, football, badminton and tug-of-war.

SFTMA gathered quite a number of new youth members, whereby the sports carnival this year was actually their very first event with the Samajam. About 30 youths participated in the games. The mere bus ride to Ipoh was made into an amazing ice-breaking session, whereby our youths were requested to give a short introduction about themselves and information provided about the core-objective of the Samajam, of which its primary goal is to create fellowship among malayalees, so as to create a sense of belonging to one's culture and heritage.



Prior to the tournament, most of the teams held regular training sessions, some of which started weeks before. This in itself gives you a pretty clear picture of how determined the youths were in making a strong impression. Jerseys were made and banners were printed to complete the participation. SFTMA spared no expense to prove to its youths and its members that they value their participation. A youth fellowship foundation was formed because of this and it became more of an investment rather than a cost.



On the results of the games carnival, Netball team came across as the star winners amongst the games, as they dominated with clean sheets in every game, leading up to the championship as well as the Tug-of-War for ladies. Our badminton and bowling teams secured the bronze medals while our football team gave it their best and even though they did not manage to come home with the trophy, they are determined to make a strong return. Overall, SFTMA managed to secure runners up position at the Games Carnival!

The sports carnival concluded with the grand gala dinner, where Championship trophies were awarded. Our netball and ladies tug-of-war teams too the limelight.

It was truly an amazing experience, observing all the youths coming together under the same Malayalee banner. It is definitely experiences like these that can, and will bring together a more united and profound youth foundation, and that is exactly what the AMMA Games Carnival was made to achieve.



AMMA FOUNDATION (AF) NEWS

by Prof. Dr. Aruna Gopinath, President



AMMA Foundation (AF) signed a MoU with Asia Metropolitan University (AMU) in Cheras with 10 seats for Medicine, 10 for Physiotherapy and 5 for Pharmacy.

For Medicine, AMU will provide RM100,000 with PTPTN providing RM150,000 and the balance RM50,000

will be given as an annual loan of RM10,000 by AF. For Pharmacy and Physiotherapy AMU will provide 50% of the total cost and the remaining will be covered by PTPTN. Applications are accepted for September/October intake as well as for the next intake in January 2018.

AF is negotiating for tie ups with MAHSA University, Kursk University in Russia, BAC and Melvern University Colleges. All these are in the final stages of discussion. Areas of studies will be notified soon.

However, the best tie up is with UNICEF of United Nations where they will work with AF in East Malaysia on educational projects with the marginalised communities. This is a project targeted for next year where the Malayalees of East Malaysia will work together with AF.

AF has embarked upon a project "Give Me A Chance" (GMC) helping the poor needy children in education. Classes are conducted for Standard 5, 6, Form 3, Form 5 at Sungei Besi Tamil School and at Pertubuhan Sosial dan Kebajikan Makkal Eyakam. Classes have commenced since April 2017.

For updates on AF matters, please visit their website on <http://www.ammafoundation.com.my/> alternatively pls directly contact Prof. Dr. Aruna Gopinath at 012-5056585.

HAPPENINGS AT AMMA

AMMA GAMES CARNIVAL – A RIP-ROARING SUCCESS

AMMA re-ignited the flame of the AMMA Games Carnival after a lull of 8 years! Held in Ipoh on 4th and 5th August, and hosted by PMA, the event received enthusiastic participation from 11 of our Samajams, namely, NMMS, JBMA, NSKS, MCCA, SFTMA, PUTRAMAS, MAMANGAM, MKS, LPMA, SSMA & PMA. The Games held were Football, Badminton, Netball, Bowling, & Tug of War. Hosts PMA emerged as the Overall Champions, winning Badminton and Tug-of-War (Men). SFTMA took the "gold" for Netball and Tug-of-War (Women), while Mamangam won the Bowling and SSMA the Football. President, Datuk Suseela Menon, congratulated the winners and all participants and Samajams, thanked the hosts PMA for their tremendous effort, and expressed delight over the involvement of so many of our youths in the Games. She announced that the Games will be held again in 2018 and, hopefully, annually thereafter.



Pre-ADC Gala Dinner – An Evening of Glamour

Held on the evening of the 5th of August at Syuen Hotel, Ipoh, the traditional pre-ADC Dinner was graced by SEDIC Director-General, Prof. Datuk Dr. N. S. Rajendren & his wife, Tan Sri Datuk Ravindran Menon, Emeritus Professor Dato Dr. Kumar Das & wife, Mr. M. R. Chandran, Mr. Raman Nair Hachoodan, participants of the Games, & delegates of the Annual Delegates Conference, as well local guests & dignitaries of PMA. Professor Dato Dr. Kumar Das was presented with the Lifetime Achievement Award for Education by PMA, while Mr. Raman Nair Hachoodan was recognised by AMMA for being the 1st Malaysian Malayalee to conquer Mount Everest.



INVITATION TO BECOME A MEMBER

AMMA Annual Delegates Conference

This well-attended ADC was held on Sunday, 6th August at Syuen Hotel, Ipoh. In addition to the approval of the normal items of the ADC, the new AMMA Constitution was also approved. The ADC ended with a sumptuous buffet lunch.

Philo D'Cruz
Hon. Asst-Sec - AMMA



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(to complete two separate forms)

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RM 24 + RM 5 Entrance Fee

Associate Membership
(Non Malayalee Spouse or Expatriate Malayalee)
Life Membership
RM 100 + RM 5 Entrance Fee

Annual Membership

EDITOR'S NOTE

We need more articles in English or in Malayalam for the next issue by November 2017. We would greatly appreciate if SFTMA Members could send us noteworthy news, achievements of fellow Malayalees in KL/Selangor, articles of interest to the community or even recipes of Kerala cuisine.

