

അമ്മക്ക് പകരക്കാരി ആയയോ? ജോലിയുള്ള അമ്മമാർ അറിയാൻ

കാലം മാറുന്നതിനനുസരിച്ച് ജീവിത സാഹചര്യങ്ങളും മാറി കൊണ്ടിരിക്കുകയാണ്. ഇതിനിടക്ക് തിരക്കേറിയ ജീവിതശൈലിക്കിടെ ജോലിയുള്ള മാതാപിതാക്കൾക്ക് കുട്ടികളെ നോക്കേണ്ട ചുമതല കൂടി ഉണ്ടാകുന്നു. ഡേ കെയറുകളിലും മറ്റും കുഞ്ഞുങ്ങളെ പഠിപ്പിച്ച് വിടുന്നതിനുള്ള പ്രവണത ആരംഭിച്ചത് ഇവിടെ നിന്നുമാണ്. ജീവിതച്ചെലവ് അനുദിനം വർദ്ധിച്ചു വരുന്ന ഈ കാലഘട്ടത്തിൽ അമ്മയ്ക്കും അച്ഛനും ജോലിയുണ്ടെങ്കിൽ തന്നെ പിടിച്ചുനിൽക്കാൻ കഴിയാത്ത അവസ്ഥയാണ്. അങ്ങനെയുള്ളപ്പോൾ കുഞ്ഞുങ്ങളെ നോക്കുന്നതിനു മാത്രമായി ജോലി ഉപേക്ഷിക്കാൻ അമ്മമാർ തയ്യാറാകില്ല. കുഞ്ഞുങ്ങളുടെ നല്ല ഭാവിയെ കരുതിയാണ് ഇത്തരത്തിൽ

ജോലി ഉപേക്ഷിക്കാത്തത് എന്നതിനാൽ തന്നെ ഇവരുടെ തീരുമാനത്തെ കുറ്റം പറയാൻ കഴിയില്ല.

ഈ അവസ്ഥയിലാണ് തന്റെ പൊന്നോമനയെ ഡേ കെയറിൽ ആക്കുന്നതിനും അവരെ നോക്കുന്നതിനായി ആയമാരെ നിയമിക്കുന്നതിനുമൊക്കെ അമ്മമാർ തയ്യാറാകുന്നത്. ദിവസം മുഴുവനും കളിചിരികളും സന്തോഷവും ഒക്കെയായി ആയമ്മ കുടുംബങ്ങളെങ്കിലും ഒരിക്കലും അവർ അമ്മയ്ക്ക് തുല്യമാകില്ല എന്ന് മനസ്സിലാക്കണം. സർവ്വേകൾ വ്യക്തമാക്കുന്നത് കുടുതൽ സമയം ആയമാർക്കൊപ്പം ചെലവഴിക്കുന്ന കുഞ്ഞുങ്ങൾക്ക് രണ്ടുതരം സ്വഭാവം ഉണ്ടാകാൻ സാധ്യതയുണ്ടെന്നാണ്. അതായത് അമ്മമാർ കുടുംബങ്ങളെപ്പോലുള്ളപ്പോൾ അവർ ആയമാരോടൊപ്പം ഉള്ളപ്പോൾ പെരുമാറുക. പത്തമ്മ ചമഞ്ഞാലും പെറ്റമ്മ ആകില്ലെന്ന യാഥാർത്ഥ്യമാകുന്നത് ഇവിടെയാണ്.

ജോലിക്കും കുഞ്ഞുങ്ങളുമൊത്തുള്ള ജീവിതത്തിലും തുല്യ പ്രധാന്യം നൽകുന്ന അമ്മമാർ ശ്രദ്ധിക്കേണ്ട ചില കാര്യങ്ങളുണ്ട്. കുഞ്ഞുങ്ങളുടെ മാനസികവും ആരോഗ്യപരവുമായ സന്തുലനാവസ്ഥ ഉറപ്പ് വരുത്തിക്കൊണ്ട് മുന്നോട്ട് പോകുവാൻ ഇത്തരം നിർദ്ദേശങ്ങൾ സഹായിക്കും.

1. ഓഫീസ് വിട്ടാൽ



നേരെ കുഞ്ഞിന്റെ അടുത്തേക്കെത്തുക, അമ്മയിൽ നിന്നും മറ്റു കാര്യങ്ങളിലേക്ക് അവന്റെ ശ്രദ്ധ തിരിയുന്നത് വരെ അവനെ പരിപാലിക്കുക.

2. പരമാവധി സമയം കുഞ്ഞിനൊപ്പം ചെലവഴിക്കുക. അക്കാര്യത്തിൽ വിട്ടുവീഴ്ച പാടില്ല.

3. കുഞ്ഞിനുള്ള ആഹാരം നൽകുന്നതിനായി മറ്റുള്ളവരെ ഏൽപ്പിക്കാതെ, സ്വയം ചെയ്യുക. അമ്മയുമായുള്ള വൈകാരിക ബന്ധം ഉറപ്പിക്കുന്നതിന് ഇത് സഹായിക്കും.

4. മൂലയൂട്ടുന്ന അമ്മമാരാണെങ്കിൽ വീട്ടിലെത്തിയ ഉടൻ പാൽ കൊടുത്തു കുഞ്ഞിനൊപ്പം അല്പം വിശ്രമിക്കാം.

5. അമ്മമാർക്കൊപ്പം അച്ഛനും കുഞ്ഞിനായി കുറച്ചധികം സമയം മാറ്റിവെക്കുക തന്നെ വേണം.

6. കുഞ്ഞിനായി പണം സമ്പാദിക്കുന്നതിൽ മാത്രം കാര്യമില്ല, അവരുടെ മാനസികമായ വളർച്ചക്ക് പിന്തുണയേകിക്കൂടെ നിൽക്കാനും മാതാപിതാക്കൾ എന്ന നിലയിൽ സാധിക്കണം.



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Indian-American Abhijit Banerjee, Esther Duflo, Michael Kremer win Economics Nobel

Stockholm: Indian-American Abhijit Banerjee, his wife Esther Duflo and Michael Kremer jointly won the 2019 Nobel Economics

Institute of Technology while Kremer is at Harvard University. Duflo is the second woman and the youngest ever to win the economics

improved our ability to fight global poverty. In just two decades, their new experiment-based approach has transformed

development economics, which is now a flourishing field of research," the Royal Swedish Academy of Sciences said.

They have introduced a new approach to obtaining reliable answers about the best ways to fight global poverty, it added.



Prize on Monday "for their experimental approach to alleviating global poverty."

prize

The prize includes 9 million-kronor (USD 918,000) cash, a gold medal and a diploma. The winners will equally share the prize money.

The research conducted by this year's Laureates has considerably

Banerjee and French-American Duflo both work at the prestigious Massachusetts

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Young Voices...

അവനീഷ് പണിക്കർ



Last week's United Nations climate summit may go down in history - but not for the reasons intended. It was not the tipping point for action on global warming that organisers hoped it would be. It will instead probably be remembered for the powerful address by Swedish teen activist Greta Thunberg, who castigated world leaders on behalf of the generation set to bear the brunt of inaction.

Young people are not sitting back and waiting for older generations to act on the climate crisis. Days before the summit, school students led a climate strike attended by millions around the world. And at the first ever UN youth climate summit, more than 500 young people from 60 countries, including myself, explored how to meet the commitments of the Paris Agreement.

This group of activists, innovators, entrepreneurs, and change-makers aged between 18 and 30 showcased potential solutions and put global political leaders on notice: they must fight off the climate crisis at the scale and pace required.

Youth aged 15 to 24 years represent 16% of the world population and will reach 1.3 billion people by 2030. Obviously the action (or otherwise) of today's decision makers on climate change and other environmental threats will affect generations to come - a principle known as intergenerational equity.

Millions of young people around the world are already affected by climate change. Speaking at the youth summit, Fijian climate action advocate Komal Kumar said her nation was at the frontline of a crisis and worldwide, young people were "living in constant fear and climate anxiety ... fearing the future".

"Stop hindering the work [towards a sustainable future] for short term profits. Engage young people in the design of adaptation plans," she said. "We will hold you accountable. And if you do not remember, we will mobilise to

vote you out."

UN Secretary-General António Guterres attended the event and his deputy Amina Mohammed took part in a "town hall" with the attendees, alongside senior representatives from government and civil society.

Technological solutions presented by youth summit participants included 3D printing using plastic waste, data storage in plant DNA, a weather app for farmers and an accountability platform for sustainable fashion.

efficiency project in schools, and in Namibia where young people are being trained as tour guides in national parks and nature reserves. In Nepal, young people cultivate wild Himalayan cherry trees as a natural solution to land degradation.

Kenyan environmental activist Wanjuki Njoroge told the youth summit of her nation's progress in restoring the country's forest cover.

Nature-based solutions to the climate crisis - such as conserving and restoring forests, grasslands

forestry and land-use received just 3% of global climate change finance.

Appearing at the youth summit, the global Youth4Nature network told how it mobilises young people to advocate for nature-based solutions. Their strategy has included collecting and sharing youth stories in natural resources management in more than 35 countries.

When it comes to climate change, young people have specific demands that must be acknowledged - and offer

was reflected in the failure of the world's biggest-polluting countries to offer credible emissions reduction commitments.

But the youth summit went some way to granting young people space and visibility in the formal decision-making process.

Pressure from young people for climate action will not subside. Thunberg said it best when she warned world leaders that youth "will be watching you".

"The eyes of all future generations are upon you," she said. "If you choose to fail us, I say we will never forgive you".

The text below appeared in theconversation.com, dated 30 September 2019, by Danilo Ignacio de Urzedo, a PhD candidate, University of Sydney reprinted with permission.

NB: Danilo captured and presented what i wanted to say this month so thought it should be shared here. Recent weeks have witnessed how we adults can behave like toddlers, by the way many of us reacted to children for expressing their concerns. We, the pretentious adults that we are, have been bestowing them, in particular their fearless and determined leaders, with ridiculous and callous memes suggesting they rather clean up their bedrooms before they clean up the world... but in doing so, we forget that we are also suggesting that we would rather take the easy way out, attacking the messenger and not the problem. And if they leave their rooms shabby, who to blame, but their parents! But where will we, the adults, park our forgotten responsibilities and misplaced priorities that make us so perfect, oblivious to the obvious?

We continually fail to recognize that, to deal with the problems we created (not the children, rather the environmental degradation they are fighting for us), we need to think differently to the way we were thinking (or not) when we created the problems!

We would rather enjoy the silent screams of the silent springs.



Participants learnt how to amplify their voices using Instagram and how to create engaging videos with their mobile phones. An art workshop taught youth how creativity can help solve the climate emergency, and a networking session showed ways that youth leaders to stay connected and support each other.

Elsewhere, you don't have to look far to see examples of young climate warriors, including in the developing world.

Programs funded by the UN development program include in Kazakhstan where youth are helping implement an energy

and wetlands - were a key focus at the summit. Efforts to meet the Paris climate goals often focus on cutting fossil fuel use. But nature has a huge ability to store carbon as plants grow. Avoiding deforestation keeps this carbon from entering the atmosphere.

Thunberg and British writer George Monbiot released a film ahead on the New York summit calling on world leaders protect, restore and fund natural climate solutions.

To date, such solutions have received little by way of investments and funding support. For example in 2015, agriculture,

solutions that other generations cannot.

But globally there is a lack of youth representation in politics, and by extension, they are largely absent from climate change decision-making.

Some youth summit participants reportedly questioned whether it achieved its aims - including the value of some workshops, why celebrities were involved and whether anything tangible was produced.

Certainly, there was little evidence that world leaders at the climate summit were listening to the demands of young people. This



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14/09/2015

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die"

(John 11:25-26).

Baby, Ponny, Chiku & Cherry

Social media corner

രണ്ടുദിവസമായി ഭർത്താവിന് ആകെ ഒരു **CHANGE**, 16 വർഷത്തിൽ ഇതാദ്യമാ ഇങ്ങനെ ചെയ്തെ. പാലകസമയത്ത് കൂടെ നിന്ന് സംസാരവും ഏതൊക്കെ പൊടികളാണ് കറികളിൽ ഇടുന്നതെന്ന് വീണ്ടും വീണ്ടും അന്വേഷിക്കുകയും കൈയൊഴി എടുപ്പും അടങ്ങിക്കളിയിൽ തന്നെ

16 വർഷത്തിൽ ഇതാദ്യമാ ഇങ്ങനെ ചെയ്തെ. പാലക സമയത്ത് കൂടെ നിന്ന് സംസാരവും ഏതൊക്കെ പൊടികളാണ് കറികളിൽ ഇടുന്നതെന്ന് വീണ്ടും വീണ്ടും അന്വേഷിക്കുകയും കൈയൊഴി എടുപ്പും അടങ്ങിക്കളിയിൽ തന്നെ . ഊണ് കഴിക്കുന്നതിനു മുൻപേ എനിക്കും ഒരു ഉരുള വായിൽ വെച്ചുതന്നും.

"ഒറ്റക്കിരിക്കുമ്പോൾ നീ ഒന്നും ഉണ്ടാക്കേണ്ട ഞാൻ വന്നിട്ട് ഒരുമിച്ച് ചോറും കറിും കൈ വെച്ചാൽ മതി" ഇതുകൂടി കേട്ടപ്പോൾ സന്തോഷമായി.

Thanks ജോളിചേച്ചി



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Legends

VIKAS VARRIER

Ramapurathu Varier A modern day Kuchela?

Ramapurathu Varier is famous for his 'Kuchelavrutham Vanchippaattu.' Vanchippaattu or the song sung while rowing long snake boats - is a separate branch of literature in Malayalam. While it is not sure who started this branch of writing some say that it was KunchanNambiar, while others credit Ramapurathu Varier for the same it is indisputable that Varier is one of the pioneers and vanchippattu is one of the most recognised pieces of literary work.

Ramapurathu Varier was born in Ramapuram, a place in the present day Kottayam district. Although not much is known about his childhood or education, it is believed that his early days were spent in extreme poverty. One day, he couldn't stand the poverty and left home for Vaikkom, thinking that Vaikkathappan, the deity of the famous Vaikkom Mahadeva Temple, will help him get out of the situation.

As such, he decided to do spend his days praying to Lord Shiva. He made up his mind to eat only on the days the temple provided lunch for the devotees. It was said that the temple authorities served lunch to all devotees daily ever since Varier started his prayer and

worship at the temple. Initially, he had planned to pray there for a year.

Soon, the last day of his worship arrived. So did Marthanda Varma, the king of Travancore. Varier wrote a few couplets praising the king and presented it to the king through Ramayyan Dalava, the prime minister, who was in the travelling group of the King.

At the end of the day, he went to the boat jetty to get back to his native place. It so happened that the King and his troupe were also getting ready to go back to Thiruvananthapuram from the same jetty. The King saw Varier and ordered him to join the party. He boarded the boat without any hesitation.

As soon as the boat started on its way to Thiruvananthapuram, the King asked Varier to pen a vanchippaattu. Legend has it that Ramapurathu Varier created the Kuchelavrutham vanchippattu at that time. It is a fairly lengthy poem consisting of 698 lines. Sectioned into two, this epic work has 96 lines dedicated to

His Royal Highness Marthanda Varma, Thiruvananthapuram, and Sree Padmanabhaswami Temple. 132 lines are dedicated to telling stories of Lord Krishna and the actual story of Kuchela starts only after that. It is considered one of the best

with the touring party and he was given accommodation and provisions for some days in the capital city. There was no shortage of anything he received food on time, oil and other necessities for daily bath and so on. Ramapurathu Varier stayed there for a few weeks in the hope that the King will help him, and his poverty will be a thing of the past.

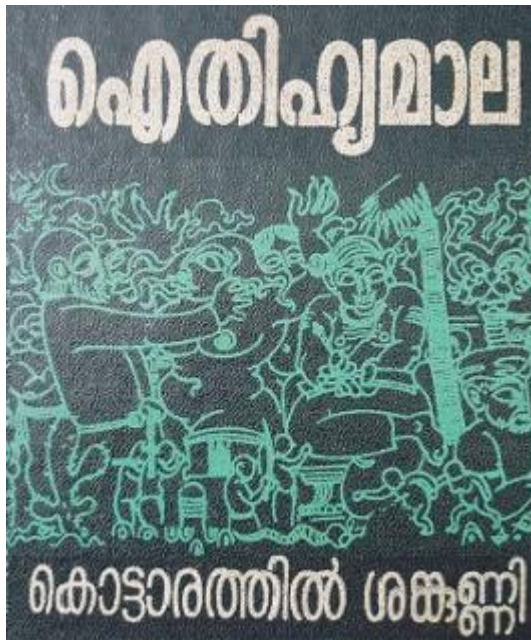
However, nothing of the sort happened. All he did was to eat and spend the day writing some couplets for the King. As it became clear nothing solid would come out of his stay at Thiruvananthapuram, he decided to go home. He took leave from the King, who, despite the subtle hints of Varier's poverty didn't seem to think or care too much about it. Varier, on his part, didn't think it right to ask the King for any help either out of modesty or embarrassment. Anyhow, the poor fellow returned from the King's court empty-handed with a heavy heart. The King did not even give him money to cover his expenses. All along his journey

back home, he was worried about the question how to tackle the extreme poverty at home?

But, as he reached his home, he was astounded to find a huge bungalow in place of his humble abode. He was surprised to know that the King had given orders to renovate his house and to provide for his expenses until his death. In short, the King was benevolent and helped the poor man, just as Lord Krishna had helped his friend Sudama (Kuchela) as depicted in Varier's work, Kuchelavrutham.

This story once again tells us that there are good people out there. They don't need you to go begging or pleading for help. They are humane and intelligent enough to know from the hints and powerful enough to make a world of difference in other person's life. Even though we may not be a benevolent king or a person in a powerful position, we might still be in a position to help others in our little ways. The question we need to ask ourselves is are we doing enough in such a situation?

This is one of the lessons that this story from the past tells us. It is up to us to assimilate this learning, enrich ourselves and act on it. If we do that, the world might become a better place.



literary works in Malayalam. Students of Malayalam literature invariably study this masterpiece and it is also taught in primary classes, albeit in parts. To continue the story of Varier, he arrived at Thiruvananthapuram

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KTP GAIN CUP 2019

Kairali Thunders Penrith conducted its fourth tennis ball cricket tournament on 7 Oct 2019 at Parker Street Reserve, Penrith. the runs needed in 8.4 overs. The CATs went home with \$701 cash prize and The KTP Gain Cup 2019 which was presented to them by Mr Kiranjit of Gain Home Loans. committee head and captain of Kairali Thunders Penrith, praised the camaraderie shown by all the teams and thanked all the teams for their participation in the KTP Gain Cup 2019.



cricket tournament on 7 Oct 2019 at Parker Street Reserve, Penrith. Kairali Thunders Penrith, Sydney Indians, Malabar United, Dubbo Rhinos, MCC Canberra, South West Sydney Strikers, Cricket Association Trivandrum and Wenty Boyz were the eight teams which were in the mix to play the KTP Gain Cup 2019. The participation of interstate teams from Canberra and also from outback NSW (DUBBO) enhanced the competitive nature of the KTP Gain Cup. The tournament title sponsor this year also was Gain Home Loans.

The finals were played between Dubbo Rhinos and Cricket Association Trivandrum (CAT). Suberb bowling display by the CATs coupled with some outstanding fielding efforts restricted the Dubbo Rhino's score to mere 39 runs. The CATs rattled

prize and The KTP Gain Cup 2019 which was presented to them by Mr Kiranjit of Gain Home Loans. Dubbo Rhinos received \$250 runners up cash prize and trophy.

Nithin Nicholas of CAT got the trophy for The Man of the Match sponsored by Peterson Travels. Best Batsman was Niju Varghese of Cricket Association Trivandrum who received the trophy sponsored by Lil Delhi Spice Hub, Jordan Springs. Nivin Daniel also of Cricket Association Trivandrum got the Best Bowler trophy sponsored by Amogh Financial Services. Best Kairali Thunders player trophy sponsored by George Electricals went to Abin Youhanan. Fair play award trophy went to Dubbo Rhinos. All the captains of the teams which had participated in this year's KTP Gain Cup commended the way Kairali Thunders Penrith, had organised the tournament. The organizing

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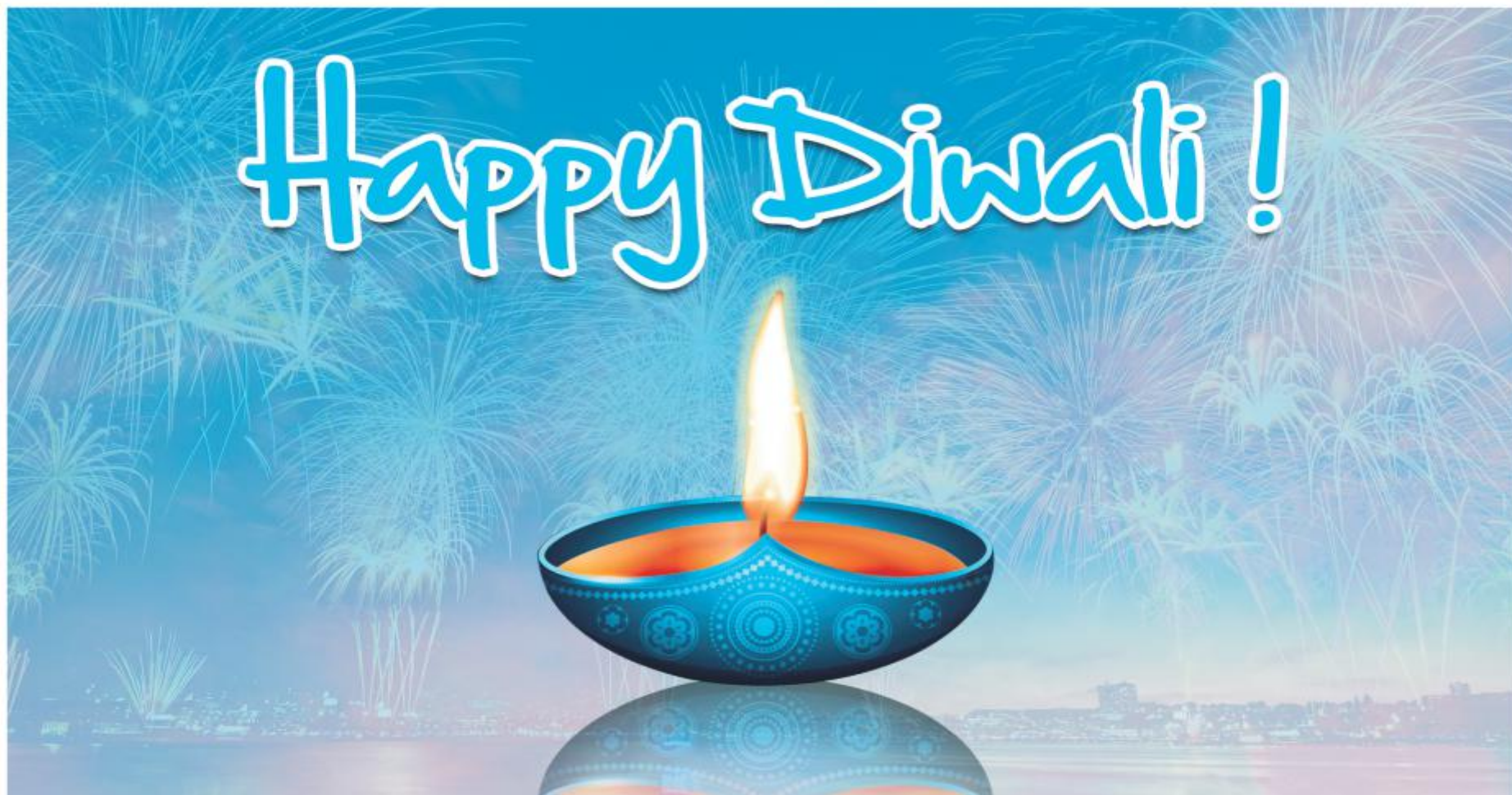
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