

FOUR FRUITFUL YEARS, NEAR-PERFECT COVID-SURMOUNT... ■ N. RAM WRITES

# KERALA CALLING

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2020 MAY 01



**SURVIVAL OF THE  
FITTEST STATE**



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**Vogue**  
Kerala's health minister who is raising the state out of the pandemic

**ASIA**  
Kerala's COVID-19 fight success due to public-private partnership

**la "rosso", modello indian  
ienza nella lotta contro il cor**

**SCIENCE**  
Kerala's COVID-19 fight success due to public-private partnership



# LET THE ROSES BLOOM AGAIN...

Spinning a crisis into opportunity invites a lot of imagination if not valor. The days of Corona have indeed rung alarm bells, but to ignite the inherent mind's eye to its considerate zenith. Headship quality and the resolute attitude in the State's leadership came to the rescue of populace, which now reaches another important phase.

It is time to stand firm behind and support the Chief Minister of our State as we are out there to face another segment of Corona – control. So far under the prolific action - mode disease control, led by the State Government we have been in a platter of solace. But with the influx of expatriates both from abroad and neighbouring – states there arises the need for an added vigil.

The Government initiated every possible step to bring back those distressed Malayalis from every nook and corner of the world. The same has been done with those living in different states in the country. All of them have to undergo stringent medical surveillance and mandatory quarantine procedures. With their return, the state has to pose some tasks. These include the rehabilitation of those who have lost jobs and to strengthen the economy by implementing various measures.

There will be a new world order post-Covid 19. We are supposed to live with it, maybe with more mutated forms of the virus. So, it is time to remember those who have made our lives extended to that 'end' to face any forthcoming threat. The list includes nurses to policemen, the fire-rescue personnel, doctors, Asha workers, officials from various government departments like revenue, and panchayat etc. All have done their work extremely well to save our lives from the clutches of the virus.

With the support of various schemes and farsighted projects from our own government, we will not be in a state of panic in the days to come is the positive expectation to share for the time being. Let us together march towards the days of opportunities once again.

**U. V. Jose I A S**  
Editor-in-Chief

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# FOUR FRUITFUL YEARS, NEAR-PERFECT COVID-SURMOUNT...

**Pinarayi Vijayan**

Chief Minister, Kerala

.....

**F**our years of Effective governance is no mean achievement. Fulfilled promises and futuristic projects are the hall mark of this Government. Near-perfect taming of a global threat like Covid-19 menace is something more than an achievement. More effective plans are there on the anvil...

On May 25th, our government will complete four years in office. Four years is a short period in a state's trajectory but the last four years were historic in terms of setting a bar as the number one state in India. The government has proved that it is committed to development, welfare, social justice, administrative reforms and making Kerala a safe haven for people. This year also, our government will be bringing forth a progress report based on the progress of promises made in the election manifesto. Despite the Covid-19 lockdown and impending economic crisis our government has made tremendous effort to lift Kerala into the next stage of its development.

The last four years of good work is helping the government in its fight against Covid-19. The importance we have given on social security, in disbursing pensions, strengthening the public sector, cooperative sector, disaster management



along with four missions is saving the day for us. We have completed 2 lakh homes under the LIFE Mission and are moving towards a homeless free Kerala in a couple of years. The Pothu Vidyabhyasa Samrakshana Yajnam has transformed our public schools into hi-tech schools and more.

Aardram Mission, which aimed at delivering patient friendly quality healthcare services at the grass root level and speciality and super speciality facilities at Taluk and District level hospitals has become a boon to us in our fight against the Covid-19 pandemic. The posts created and appointments made to fill the positions in the public healthcare system are by far the largest in the state's history. Haritha Keralam Mission has rejuvenated our water bodies, increased the area under agriculture, made our environment green and addressed our waste management issues.

Government has a vision to develop Kerala as a prime investment destination. In less than four years, the Kerala Infrastructure Investment Fund Board (KIIFB) has taken up projects worth more than 50,000 crore, though we had allotted 5 years for the same. The state has benefited immensely from KIIFB funding in meeting its infrastructure development needs. We have been acquiring the infrastructure facilities for enabling such a transformation without any delay. The power infrastructure of the state has seen unprecedented growth. The completion of Kudamkulam power line, Transgrid 2.0 project, GAIL etc. is a testimony to this. The K-FON project will accentuate the state's broadband connectivity and help to decentralise IT infrastructure. The industrial corridor is set to bring new investments, the completion of Petrochemical Park and Vizhinjam Port will be another landmark event in the development of the state.

The Rebuild Kerala Initiative is being implemented specifically to augment the state's capacity to face future challenges such as climate change shock, or any other calamity. It is humbling to say that we have achieved so much despite having to face two consecutive floods, Nipah, Ockhi and the Covid-19 pandemic. The progress card auditing the Government's realisation of promises made in its election manifesto will



**The government has proved that it is committed to development, welfare, social justice, administrative reforms and making Kerala a safe haven for people.**

have a detailed account of our work.

## The Covid-19 Challenge

The Government's good work in the last four years has not just improved governance; it has improved people's trust in the Government as well. This increased trust is helping us immensely to overcome the challenges posed by Covid-19 lockdown. The people of Kerala have cooperated in an exemplary manner with all directives from the Government.

Global media has observed that Kerala is a rarity not just among Indian states but among world nations. Only a handful of nations had fought Covid-19 pandemic like we did. Our efforts in the awareness, detection, containment, financial assistance and focused interventions paid off, and we were able to 'flatten the curve'. And now, Non-Resident Keralites are returning back to Kerala from all over the world, including other Indian states. We are committed to bring back all Keralites who want to return to Kerala.

According to the World Health Organisation, the Covid-19 virus is here to stay and could be around for a long time. It is certain that the world as we know it is going to change due to this pandemic. There are three aspects to our response towards the challenges arising from Covid-19. In the short-term controlling the spread of the disease and limiting the number of casualties are our priorities. The next task is to address the challenges of economic crisis, unemployment and food shortage. In the long-term we need to thwart the pandemic and ensure that Kerala remains the number one state.

As I write this we are entering a new phase in our fight, where we are learning to live with the novel Corona virus. Economic activities have to be restarted, people need to be brought out of the lockdown mode and their lives have to be put back on track. Covid-19 has weakened the global economy. Some predict that it will be worse than the global economic crisis of the 1930's. The Food and Agriculture Organisation has predicted a food shortage and the International Labour Organisation has warned that unemployment will increase. Taking due note of it, the Government of Kerala has launched two ambitious programmes, Subhiksha Keralam and Vyavasaya Bhadratha.

## Subhiksha Keralam

It is a comprehensive programme aimed at ensuring the food security of Kerala, which will be implemented in a year with an expenditure of Rs. 3,860 Cr. Local Self Governments will be taking the lead role in implementing this programme along with Agriculture, Animal Husbandry, Dairy Development and Fisheries Departments. The Department of Water Resources and the Department of Industry will also help in the implementation of the programme. The agriculture, animal husbandry, dairy and fisheries sectors will have a share of Rs 1449 crores, Rs 118 crores, Rs 215 crores and Rs 2078 crores respectively. We are expecting to cultivate in all the fallow lands available in the state. The project aims to increase the income of farmers and to attract youngsters and returning migrants to agriculture by creating more employment opportunities.



**The last four years  
of good work is  
helping the  
government in its fight  
against Covid-19**

Generally, the loans are given to the owners of farmland. Under this programme primary agricultural societies and cooperative banks can give credit to NGOs / groups / committees which will cultivate fallow lands. Appropriate technology will also be used along with the services of the Agricultural University, Agricultural Research Centers, Veterinary University, University of Fisheries and Agricultural Sciences for the success of the project. We intend to cultivate 25,000 hectares of fallow land. Out of this, rice will be cultivated in 5000 ha, vegetables in 7000 ha, banana in 7000 ha, potato in 5000 ha, pulses in 500 ha and cereals in 500 ha. In homestead farming, vegetables and tubers can be grown.

In the animal welfare sector 10,000 cross breed cow units will be established. Assistance will be provided for hygienic livestock shed. The project aims to establish 5,000 clean cattle sheds. The Government will provide an assistance of Rs 2 Cr for the mechanization of Commercial Dairy Farms and aims to set up 200 units. We expect to set up 8,000 dairy units across all panchayats in a year. 11,000 animals will be brought in with the participation of farmers. We will increase the production of value-added products such as cheese and yogurt. The subsidy for milking machines will

be increased.

Pearl Spot farming units will be set up in 3,000 ha of salt ponds. This will give employment to 6,000 fishermen. 5,000 units will be set up for cage cultivation in salt water. This will increase fish production by 5,000 tons. About 12,000 fishermen will get employment. 5,000 fish farming units will be set up in 'Padutha' ponds at a cost of Rs 1 lakh per unit. This will provide employment to 5,000 people. Mobile Aqua Labs will be set up in all the 14 districts for disease monitoring.

## Vyavasaya Bhadratha

The industrial sector in Kerala has estimated a loss of Rs 15,000 Cr. Till now, the total economic cost due to the lockdown for Kerala is estimated at Rs 80,000 Cr. The next three months will reflect its impact on all sectors. The trade sector lost Rs 17,000 Cr. IT sector has lost 26,200 jobs. Indirect job losses are 80,000. We are confident that the crisis can be overcome by ensuring productivity, employment and food security. As a support to the IT sector we have waived off three months' rent for all IT/ITeS companies operating in government owned IT parks and buildings.

There are 1.56 lakh small enterprises in the state. This is 70% of the total enterprises. 40 lakh workers are employed in this sector. We have announced an assistance of Rs. 3,434 Cr for MSMEs through the Vyavasaya Bhadratha. This package is being implemented by the Department of Industry. Margin money assistance and interest concession for additional credit will be provided to existing micro, small and medium enterprises. KSIDC and KINFRA will implement one-time settlement of loan arrears. Extension of six months will be provided to these enterprises for the repayment of interest. Three months' rent will be waived in standard design factories under the Department of Industry. Entrepreneurs who use public facilities in industrial parks will be exempted from rent for three months.

Interest subsidy will be granted for MSMEs and manufacturing industries. Interest rate on loans taken for diversification and development will be discounted by 6% for six



**Government  
has a vision to develop  
Kerala as a prime  
investment destination**

months. Special loan will be provided for working capital and asset creation for the businesses that already have a KSIDC loan. Three-month moratorium has been announced on interest and capital, to all operating units under KSIDC. After the moratorium, the loan can be repaid without penalty. The fine of the entrepreneurs who have taken loans from KSIDC will be waived off completely for six months. KSIDC will provide loans of up to Rs 50 lakh to MSMEs. The repayment period will be extended to entrepreneurs who take up space in the industrial parks of KSIDC and KINFRA. The lease premium will be reduced in advance. Women, SC, ST and young entrepreneurs will be given 25% margin money.

Global attention on Kerala has increased like never before, and so have our responsibilities. We are committed to use all the resources, technology, and skills available to us, in the fight against Covid-19. We are sure that we will turn this crisis into another opportunity and come out with our heads held high. ◆



# KERALA'S EXEMPLARY RESPONSE TO THE PANDEMIC CRISIS



**N. Ram**

Former Editor-in-Chief, The Hindu

**C**risis management capabilities of every government are put to test these days. When Novel Corona threat shudder the whole world absolute resoluteness in governance is what matters. In that the State Government has gained vivid acceptance from all over.

Whatever be their political or ideological orientation, all Indians should be proud of the way the government and the people of Kerala have responded to the coronavirus (COVID-19) pandemic. Kerala does not claim that there is a 'Kerala model' of handling the crisis. But its response, like the responses of Vietnam, China, South Korea, New Zealand, and Germany, each with its own COVID-19 story under very specific circumstances, does stand out internationally. That "Kerala has managed the crisis with the most resolve, the most compassion, and the best results of any large State in India" (to quote Brown University's Professor Patrick Heller, writing in The Hindu) has been widely reported and commended in the international news media, including The Guardian, The Washington Post, and the BBC. Model or not, there are positive lessons to be learned from Kerala's exemplary response.



The basic story, which is ongoing, is well-known. Kerala was the State with the first recorded case of COVID-19 in India; initially it led Indian States in the number of confirmed cases; the Left and Democratic Front government has not lost a moment or put a foot wrong in rising to the challenge; led resolutely and decisively by the Chief Minister Pinarayi Vijayan, the government immediately deployed what has been called an “air-tight health protocol”

**Kerala managed to keep the mortality rate extremely low and flattened the curve**

**Chief Minister Pinarayi Vijayan’s daily press conferences and the constant communication the government maintained with the people at large built and sustained trust at a high level**

government, backed by armies of volunteer citizens, worked hard to deliver on this promise.

Secondly, nobody would go without shelter. The way the State looked after large numbers of highly vulnerable migrant workers was certainly a model for other States and also for the central government.

Thirdly, everyone would have access to the health system, with its three tiers, as needed. The government’s policy approach was unwaveringly to follow the science, starting with the WHO guidelines: test, isolate, contact-trace. Free testing was part of the Kerala safety net.



There is some evidence to show that pro-active testing in the early days of the COVID-19 outbreak helped to flatten the curve and keep the number of cases at a low or manageable level. It is now a matter of record that in the first 24 days after identifying the early infections, Kerala’s test rates for COVID-19 were much higher than the test rates of other States. At least partly in consequence, the infection rate per crore people for every 10 days after the 10th case dropped in Kerala,

in contrast to other major States

and simultaneously came up with a comprehensive Rs. 20,000 crore economic package; the people of Kerala, including large numbers of young people, responded magnificently; Kerala managed to keep the mortality rate extremely low and flattened the curve at a time other large States have seen worrying increases in the case load.

**The government and the people of India’s most progressive State are ready and well prepared to meet and overcome the challenge**

**I learnt that unlike the government of any other Indian State, the LDF government gave four assurances to the people and implemented them in letter and spirit**

Fourthly, there would be a free and continuous flow of information, as befits a State that takes the rights of its citizens seriously. Chief Minister Pinarayi Vijayan’s daily press conferences and the constant communication the government maintained with the people at large built and sustained trust at a high level.

“Eternal vigilance,” it has been observed, “is the price of liberty.” As I write, Kerala is bracing itself for the challenge of receiving large numbers of “Pravasi Malayalees” returning from abroad, especially from West Asian countries, and also from other Indian States. The Chief Minister’s messaging to

Talking to well-informed friends in Kerala, I learnt that unlike the government of any other Indian State, the LDF government gave four assurances to the people and implemented them in letter and spirit. It also did so with complete transparency.

the people of Kerala is that this is no time for complacency; he has called attention to some violations of the lockdown and called for vigilance and strict compliance with the physical distancing norms. It will be no easy task to handle this new situation but I have no doubt that the government and the people of India’s most progressive State are ready and well prepared to meet and overcome the challenge. ◆

First, no one would go hungry and without a safety net of essential commodities and services. Every agency and arm of the

# THE STORY OF SURVIVAL

**K. K. Shailaja Teacher**  
Minister for Health, Social Welfare,  
Women and Child Development

**U**tmost care was given in the planning and execution of the widely accepted Kerala Model of Corona - defense. It is the Health Department that led from the front, but the role of all those buttressed the cause has to be acknowledged wholeheartedly...

The COVID-19 virus which originated in the Hubei province of China by the end of December 2019 spread over 100 countries across the world and was declared a pandemic by the World Health Organization. The first Covid-19 positive case in India was reported in Kerala on 30-01-2020 in a student who returned from Wuhan.

The state-level activities to overcome the challenge posed by Novel Corona threat were monitored and analysed by a team headed by the Health Minister that would give adequate instructions to the districts concerned. Special teams under the Health Department and isolation facilities in all districts were set up and directives given to examine symptomatic persons.

All educational institutions in the state were closed. Social gatherings including festivals and political and cultural events were banned. People were asked to suspend wedding parties. All public events cancelled and cinema theatres were shut down. In the subsequent days, there was a massive and united participation



of the health and local self-government departments, ASHA workers, socio-cultural organizations, volunteers and government machinery to put up a strong defense against COVID-19.

Personal hygiene, use of sanitizers to keep oneself germ-free and physical distancing were strictly enforced to implement 'Break the Chain' initiative of the state government. A total shutdown was enforced in Kerala much before the nation-wide lockdown was declared.

The health officials identified each patient and meticulously tracked down the places the patient travelled and picked up all those who came into close contact with him/her and kept them under isolation.

After weeks of strenuous efforts to contain the infection it is the time to cheer up.

On May 1, there was not a single positive case of COVID-19 reported in the State, while only two positive cases were reported on May 2. The number of people under observation came down to 21,000 from 1, 71,355. Compared to the average global mortality rate of COVID-19 which is 5.75%, and that of the national mortality rate which is 2.83%, Kerala's mortality rate of COVID-19 is as low as 0.58%.

Kerala has numerous distinctions to its credits - from being the state with maximum number of COVID-19 testing facilities in proportion to its demographic pattern, to being the first to set up a COVID-testing kiosk in the country, to being the first state to start plasma therapy, to having 38 COVID specialty hospitals, to being the first state to promulgate Epidemic Diseases Ordinance in the wake of the disease outbreak.

A total of 49,702 beds have been set up in 1,296 government hospitals exclusively for COVID patients. The ICUs here are equipped to treat 1,369 patients and have 800 ventilators. Besides, 81,904 beds have been arranged in 866 private hospitals which have 6,059 ICU beds and 1,578 ventilators for COVID patients. The arrangements reinforce the fact that we are well-equipped to meet any eventuality.

Another notable move in this direction was the appointment of over 300 doctors and over 400 health inspectors on a war footing measure through the PSC. Moreover, temporary appointments were made in various departments.

Our 'Break the Chain' campaign received wide acceptance. We were also successful in completely curing the nation's oldest COVID-19 patients aged 93 and 88 years. Kerala reached the envying pinnacle of world's lowest mortality rate and the zone with the highest curing rate.

## Key activities

- **Isolation rooms were set up in all government Medical Colleges, General Hospitals, district hospitals and major private hospitals in the state. Besides, ICU facilities, including ventilators, were arranged in all districts.**
- **14 government labs and two private labs were authorized for conducting COVID tests. All the sixteen labs were facilitated to conduct COVID-19 tests in a matter of 2 months.**
- **The Health Department undertook the Herculean task of expediting testing procedures.**
- **The government started state-level helpline desk 'DISHA' (Direct Intervention Centre for Health Awareness) 1056 - the 24-hour tele-health helpline number.**
- **The psychological issues and stress of people living in isolation were duly addressed.**
- **Utmost care was taken to ensure that the epidemic is not spread among the elderly people.**
- **The police collected the details of persons who arrive at the various airports.**
- **Massive awareness on sanitation and medical care was spread among the guest workers of Kerala**
- **The officials meticulously tracked down the foreign tourists who came from COVID-19 infected countries staying in the various resorts, homestays and hotels of Kerala.**
- **Ensured the participation of private hospitals**
- **The newly recruited volunteers were given special training.**
- **The government's app 'GOK Direct' that provides the official data regarding COVID-19 has received an overwhelming response.**
- **Walk-in Sample Kiosks (WISK) were opened for the safe and fast collection of samples for COVID-19 tests.**
- **A full-fledged ambulance service, comprising the 108 free service and government-run ambulances, was in the frontline to transport the suspected cases that were under observation to hospital and ferry the hospitalized patients back home.**

# FRIENDS, YOU ARE NOT ALONE

**T. P. Ramakrishnan**  
Minister for Labour, Skills & Excise

**T**hose who came here in Kerala, from near and far away states to earn their daily fortune never felt the burn of the troubling Corona-struck days as they were provided with utmost care and support by the State.

The lockdown period is about to complete two months by now. COVID 19 pandemic has turned the situation upside down and all action has come to a standstill. The labour sector is one among the most-affected ones. The new ways of life have taught us many lessons. The Government of Kerala, with a clear strategy and profound homework, has handled the current crisis in a much better way.

As all we know, the Guest Workers from various parts of the country have a major role in the labour sector of Kerala. In almost every sector, their presence is now visible. Many of them have already settled in Kerala with families.

In the ongoing crisis situation, the welfare measures to these Guest Workers were a major subject before the Government. Without any uncertainty, the Government machinery lead by the Labour Department came forward to extend all support to the migrant workers and their families. Firm and specific



**The State Government of Kerala with a clear strategy and profound homework has handled the current crisis in a better way**

**Government took all efforts to locate and to provide respectable accommodation to them**

**The Labour Department also took initiatives for providing sufficient materials for entertainment as well**

measures were taken and instruction given to all concerned Government departments to carry out the supporting role of their own. Apart from the homes where they reside, Employers' and Contractors were also directed to provide accommodation and food to the Guest Workers.

The Government took the initiative to put up Labour camps all over the State. Altogether 21,556 camps were set up as on 2.5.2020 and a total of 3, 73,070 Guest Workers were accommodated. Government took all efforts to locate and to provide respectable accommodation to them. Simultaneously, food was also supplied to the camps with the help of each district administration.

Food materials were also supplied on

demand and enough arrangements for cooking were also provided. During the period of lockdown, the Labour department also took initiatives for providing sufficient materials for entertainment including Television sets, Carrom Boards, Chess Boards etc.... Government made it sure that every Guest Worker is given priority in the State and all measures are taken for their life security.

Then came the issue of going back to the native States. All over India, we saw that workers from other States tried their best to get back to their home states and there were some casualties occurred. Taking the matter seriously, the Government of Kerala took the issue of the transportation of Guest Workers with the Government of India, with other States and Railway authorities and sorted out a clear-cut plan. Upto 7th May, 27,064 workers were transported to various States through trains. While leaving the camps, they were provided with sufficient food and water for their journey. Initiatives are now being taken for the trip of other guest workers to their home

# REPATRIATION THROUGH NORKA



**K. Varadarajan**  
Vice-Chairman, NORKA

**E**xpatriates are not just bringing prosperity to their home-land, they are toiling hard to earn, leaving behind their dear-ones back home. Now in the midst of a global pandemic threat, they were in a spot of bother, all-out efforts are initiated to support them in every possible way.

Even as COVID-19 continues to spread its tentacles far and wide, with total disregard for boundaries, the Government of Kerala's gesture is instilling hope in expatriate Malayalis who are stranded in islands of despair. These non-resident Keralites are no doubt confident that their loved ones are safe in the caring hands of the state but they dread the prospect of facing challenging hurdles in the future.

The Government is deeply involved not only in maintaining COVID-resistance activities but also in initiating welfare programmes for the expatriates through its agency, NORKA ROOTS. Just when COVID-19 had begun to spread, the Chief Minister of Kerala Pinarayi Vijayan gave directives to members of the Loka Kerala Sabha to take precautionary measures for ensuring the health security of Malayali communities all over the world. He held a video conference with Malayali representatives of 25 countries in order to find



out more about the problems of expats living under the COVID threat, and took steps to alleviate their anxieties.

NORKA Help Desks have been arranged all over the world to take stock of the problems of non-resident Keralites in the backdrop of the COVID spread. The most number of Help Desks work in the Gulf Cooperation Council (GCC) countries. They are involved in various activities like arranging supply of food, medicines and other medical help, giving legal advice, and maintaining the channel of communication with the embassies of these countries. NORKA also arranges online medical consultation and tele - medical consulting services to Malayalis who are stranded in their quarters due to lockdown. It also supervises the transport of medicines from Kerala through cargo and courier services.

NORKA began its registration procedures in order to make quarantine facilities available for those seeking to return to their native land during this time of the COVID crisis. Close to five lakh Malayalis living in more than 180 countries registered their names in the NORKA list. The Government of Kerala drew up a priority list – individuals with expired visas, pregnant women, children and senior citizens topping it – and handed it over to the central government, and took measures to arrange 1.5 lakh beds to accommodate the returnees.

A compensation amount of Rs 5,000 was given to those who are unable to go back to work due to lockdown. Under the Santhwanam Project, Rs 10,000 was given to expats who tested positive for COVID-19. A one-time payment of Rs 1,000 was given to Non-Resident Keralites' Welfare Fund pensioners too.

The NORKA Department Project for Return Emigrants (NDPREM) is the programme that aims to give suitable training and financial assistance to eligible returnees. It proposes to sanction emergency loans of up to Rs 30 lakhs as seed capital for self-employment enterprises, with subsidies on capital and interest. The benefits will be available to anyone who has returned to Kerala for good, after having worked abroad for at least two

**The Government of Kerala's gesture is instilling hope in expatriate Malayalis who are stranded in islands of despair**

**The Chief Minister of Kerala Pinarayi Vijayan gave directives to members of the Loka Kerala Sabha to take precautionary measures for ensuring the health security of Malayali communities all over the world**

**NORKA Help Desks have been arranged all over the world to take stock of the problems of non-resident Keralites**



years, and plans to set up a company, trust or society with fellow-returnees. Bank loans up to a maximum of Rs 30 lakhs will be sanctioned, with 15 % subsidy. The maximum subsidy amount will be Rs 3 lakhs. On prompt repayment, 3% rebate on interest of loan will be offered for the first 4 years.

Loans will be sanctioned for enterprises like Farm Tourism, group farming, food processing, milk production, fish farming, goat and chicken farm, floriculture, vegetable farming, bee-keeping, restaurants, homestays, repair shops, furniture and wood industry under production medium scale enterprises, bakeries, computer equipment, salons, beauty parlours, paper recycling units, flour mills, small scale commercial establishments, taxi service and so on.

NORKA will extend help in giving clear guidelines for setting up projects, including drawing up plan proposals and reports. It will also give necessary guidelines for the first six months through the Centre for Management Development. ◆



# AARDRAM MISSION TAMING COVID -19



**Dr. P. K. Jameela**

State Consultant – Aardram Mission

**T**he state of Kerala is well appreciated by the whole world for its anti Covid - 19 activities and many experts have started studying the various aspects of this magnificent outcome.

Aardram Mission is the important programme taken up by the Government of Kerala that aims at transforming the public health sector to become people-friendly. It is responsible for the enhancement of quality of services at secondary and tertiary care levels, by raising resources both human and financial. Re – engineering Primary Health Centers to Family Health Centers



The state has upgraded more than 300 PHCs to FHCs by now and the target is to cover all remaining PHCs. In addition to the expansion in infrastructure and human resources, there is an expanded basket of services which includes extended OP timings, well standardized guidelines for management of a wider range of diseases, standardized laboratory with diagnostic facility for common communicable and non communicable diseases, enhanced supply of drugs, new programmes for mental illnesses and chronic respiratory diseases, out – reach services to other institutions in the area, pre check facility, counseling by nurses etc.

The Local Self Government (LSG) play a key role in supporting the infrastructure development and human resources of the health institutions transferred to them. The primary care team including the people’s representatives of each LSG has been thoroughly trained under Aardram Mission for this huge transformation. Anti - Covid activities...

As soon as Corona virus outbreak in China was announced by WHO, the Aardram machinery started working just like an army battalion according to the directions and advisories issued by the state and district administration. All health workers, ASHAS, volunteers and staff of line departments were trained within a few days.

Advisories and guideline for surveillance, early identification, contact tracing, home quarantine, isolation, testing and



disease, primary and secondary contact tracing, home quarantine / isolation etc were done only because of the highly efficient public health system.

Proper training given to health workers under the Aardram Mission on how to handle a public health emergency, planning and implementation of the programme, inter-sectoral co-ordination and community participation helped to a large extent in the fight

against Corona. Infection control measures adopted by the state after the Nipah outbreak were an added benefit. Mental health issues of the victims, contacts, relatives and public are also being addressed.

Public health care network in Kerala is strong enough to manage

any public health emergency in coordination with a sensitized civil society. Activities against Covid – 19 has provided an opportunity to showcase an explicit example of a high ranking inter-departmental and inter- sectoral co –ordination of a government led programme from the grass root to the highest levels. ◆

**It is responsible for the enhancement of quality of services at secondary and tertiary care levels**

**Public health care network in Kerala is strong enough to manage any public health emergency**

**As soon as Corona virus outbreak in China was announced by WHO, the Aardram machinery started working just like an army battalion**

hospitalization were in place before the first case was reported. The secondary and tertiary centers were well equipped to receive Covid – 19 patients. In Covid – 19, we can definitely say that early detection of the

# THE 'GREEN' MISSION FOR SURVIVAL



**Dr. T. N. SEEMA**

Executive Vice Chairperson,  
Haritha Keralam Mission

**T**he Coronavirus has been a revelation to the populace across continents. It has revealed that vulnerability is universal. When everything is being destined to change, approach towards agriculture too has to be upturned but in a productive manner.

Agriculture is often referred to as a way of life. But, how can we bring people who, for many reasons, got separated from that culture, back into the world of agriculture? In order to achieve a 'real green' Kerala, the society has to imbibe the importance of agriculture, for which a wider involvement is needed. Haritha Keralam Mission's sweat has been focusing on the same with all enthusiasm. It is made possible by the joint efforts of the Department of Agriculture and related agencies and local bodies that focus on the enhancement of agriculture-related activities.

It is a commendable achievement that in the last four years, the





**Haritha Keralam Mission's work has been made possible by the joint efforts of the department of Agriculture and related agencies**

**Local Governments and Kudumbasree have succeeded in expanding the area of paddy cultivation by an additional 24000 hectares**

**Many traditional farmers have come forward to cultivate paddy in the fields that have been lying barren for decades**

Department of Agriculture, Local Self Governments and Kudumbasree have succeeded in expanding the area of paddy cultivation by an additional 24000 hectares. About 20 local self-government institutions have produced rice in their own brandname, from the Bedakam Rice of Kasargod Bedaduka Panchayath to the Cherunniyoor Rice of Cheruniyoor Panchayath in Thiruvananthapuram.

There is an exciting proceed in the field of vegetable cultivation. Organic farming was carried out under the aegis of the Department

of Agriculture in 240 clusters. The Kudumbasree-led JLG (Joint Liability Groups) play an important role in the production of vegetables in the State. The scheme started in the State in 2006. Today, it has got 285871 women farmers in 63101 groups. They cultivate 52490 hectares of land.

There are three lakh women farmers in the State who are willing to take even all the risks of fallow farming, including paddy cultivation. It is also commendable that many traditional farmers have come forward to cultivate paddy in the fields that have been lying barren for decades.

The main impetus for the revival in agriculture over the past four years has been the increased coordination between the departments at the state level and better integration of their activities with the local governments, under the leadership of the Chief Minister who heads the Mission.

The Parassala assembly constituency was able to achieve the prestigious status of being the first fallow land-free constituency. Many other constituencies like Dharmadam, Chirayinkeezhu, Mattannur, Taliparamba and Chathannoor are also on the path to agricultural prosperity by ensuring cultivation in all fallow lands.

Through the water conservation projects ushered in by Haritha Kerala Mission over the past three and a half years, Kerala has witnessed a resurgence of water sources like never before. More than 36000 km long streams and waterways were revived during this period. An innovative programme – 'Let me flow again' (Ininjanozhukatte) launched in December 2019, got an overwhelming response in many LSGIs. The project, which began with the target of reviving at least one water source in a local body, has been successful in renovating over 1000 water channels spanning over two thousand kilometers. Farming has also returned to most of the places where the local streams have been reclaimed.

The project 'Pachathuruthu'; has been conceived with the realization that the green cover of Kerala, is fast disappearing. The new scheme of Pachathuruthu was launched in the third year (2019-20) by the Haritha Keralam Mission. The plan is to make a green strip by growing trees close to each other in wherever land becomes available, even in small pieces of one cent land. The project is being implemented under the leadership of Forest Department, Social Forestry, Local Self Governments and various other public and private institutions and by mainly utilizing the Employment Guarantee Scheme.

Haritha Keralam Mission has taken up a campaign to mobilize the people along with the government departments to plant seedlings for this purpose. The scheme aims to create a healthy life for the people, making high quality fruits to grow in their backyards, while providing a green cover over the land.

'Greening' of a country is accomplished when green habits grow from person to family and from there to the community. Kerala is fast moving along that path.

# COMPASSION... THY NAME IS 'NURSE'



**M. G. Shobhana**

Addl. Director of Nursing Service

**D**uty-bound nurses, with a big - heart in the days of COVID 19, dedicated themselves to the care and support of those affected with the threatening pandemic.

Nurses being the back bone of health care team, have made vital contributions to the fight against the coronavirus. They are taking this responsibility more than a challenge and are actively participating in corona - infection control activities in Kerala. Tireless team work is the crux behind the successful management of COVID-19.

## Screening and testing

Nurses & Nursing students were posted in the health care team at Air Port, for screening the passengers both domestic & International arrivals. They had to screen each and every passenger 24X7, in designated shifts. CORONA HELP DESKS were set up in the hospitals and team of nurses and field staff were posted to screen the patients.

## Training

Training on PPE, infection control practices, Isolation techniques have been commenced since the emergence of coronavirus reported in China. During the phase of preparedness, Nurse Trainer/ educator took the initiation to conduct training. All hospital staff were trained. Immediately after this the field health workers, anganwadi workers and sanitation workers were trained.

## Care of patients

As the patients were alone without any bystanders and relatives, they depended completely upon the nurses for their each and every requirement. "The very smile seen on the faces of the patients after getting recovered from the disease is the greatest reward to the entire nurse's community" said a nurse on duty.

Although well protected with the PPE, nurses were scared of unintentional exposure and transmitting the virus to other people and their family members, especially their parents and children. So, they stayed in the facilities provided by the hospitals without going to their houses during the period of duty in the isolation ward/ICU and 14 days of quarantine. Most of the nurses returned to his/her home only after 28 days.

Nursing officers & charge nurses were supervising and monitoring each and every duty of subordinate, procuring and ensuring proper utilization of supplies & PPE kit, arranging duty of rhw staff, maintain records and reports, ensuring proper waste disposal etc.

Nurses & Nursing Tutors, Nursing Students were deputed to call center /control room to provide guidance and counselling to the people. Contact tracing is the key to present

**They had to screen each and every passenger 24X7**

**As the patients were alone without any bystanders and relatives, they depended completely upon the nurses**

**Contributions given by different categories of nursing personnel are inevitable in curtailing the spread of the disease**

community spread of the disease. Some of the nurses have participated in the district surveillance team. Field health workers also ensured great job in contact tracing surveillance and to ensure the quarantine of people in the community.

The COVID 19 duty put great pressure on both the physical and psychosocial aspects of the nurses. Many nurses willingly sacrificed their well-being and many came out of their comfort zone by putting on the PPE suit and walked into the hazard zone with a smile, with the courage of a warrior, with the care of a parent and provided services as a nursing professional. The professionalism of nurses

was more evident while adapting to this demanding situation.

The nurses who are in the Isolation units and ICUs are working efficiently to provide comprehensive nursing care to the COVID positive/suspected patients. In the midst of their heavy-duty schedule, some of them are affected with COVID 19 and some were under quarantine. The difficulties faced by the colleagues have not even made the nurses lose their confidence. Instead, they encouraged the nurses to work in the forefront. Contributions given by different categories of nursing personnel are inevitable in curtailing the spread of the disease and containment of the infected patients in the state.



# POST LOCKDOWN RECOVERY OF KERALA ECONOMY

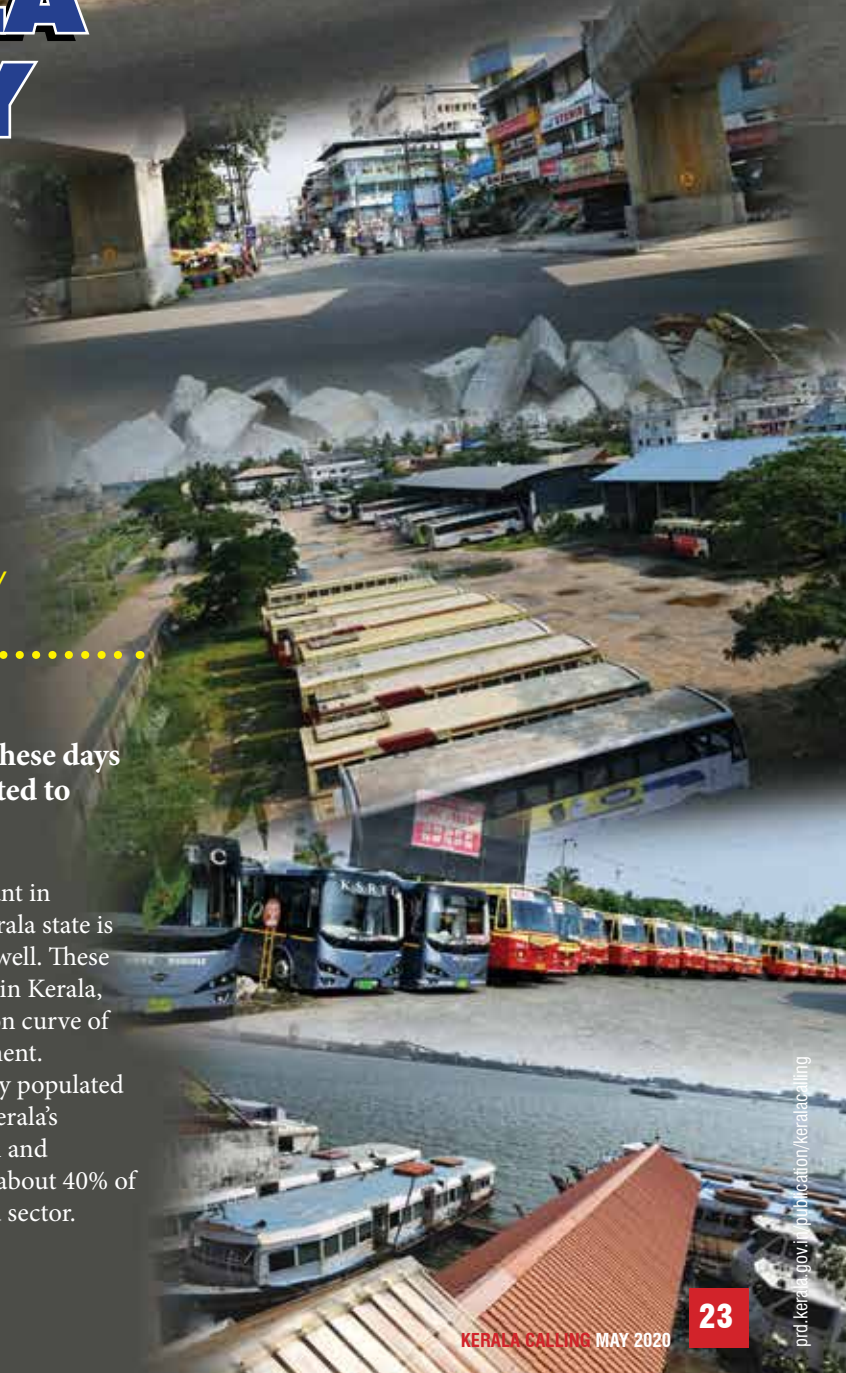


## Dr. C. S. Shaijumon

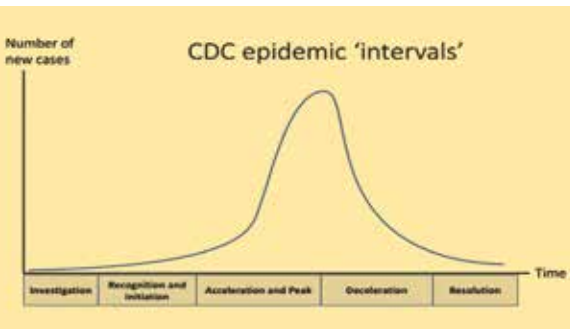
Associate Professor of Economics,  
Indian Institute of Space Science and Technology

**E**conomic revival is a big challenge these days and competent measures are initiated to conquer the unavoidable crisis.

An aggressive policy of social distancing is important in shielding the pandemic COVID 19. In that, the Kerala state is a model not only to the nation but to the world as well. These measures can efficiently flatten the infection curve in Kerala, but inevitably steepen the macroeconomic recession curve of the economy as well as the finances of the government. Introduction of social distancing policy in a densely populated state like Kerala is a big challenge. About 50% of Kerala's working population depends on community, social and personal services. It is also interesting to note that about 40% of total employed people Kerala is in the unorganized sector.

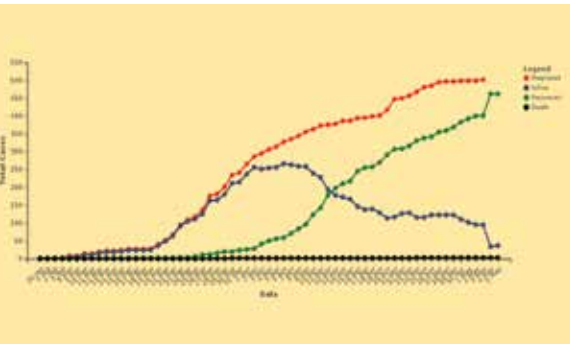


## Intervals, or phases, in an archetypical epidemiological curve



Covid-19 epidemiological graph of Kerala has got peaked during the last week of March and the first week of April 2020 with maximum cases reporting a day up to 39.

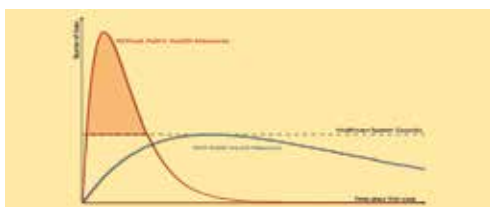
## COVID-19 daily graph by total number of cases, recoveries and death (Kerala - 30th January to 5th May 2020)



## Flattening the epidemic curve and effect of recession

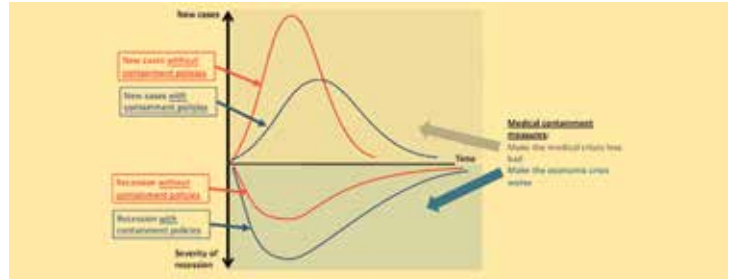
The focus of flattening the infection curve will exert a strong negative impact on the overall economy in the short turn, and potentially a large negative impact in some sectors even in the short and long run.

## Flattening the epidemic curve with public health measures



The flattening is done by slowing the rate of infection. The social distancing policies are purposefully inducing an economic slowdown. Keeping workers away from work and consumers away from consumption both reduce economic activity.

## Flattening the Covid-19 curve and economic recession



It is clear that the effective introduction of medical containment policies of the Kerala government right from the reporting of first Covid-19 case till now has flattened the epidemic curve and the reporting of new cases has brought down almost to the level of zero.

Without containment policies, the number of reporting cases and casualties on the life of people would have been much larger. In short, the economic recessionary effect of subsiding the epidemic by using strict medical containment policies like social distancing are much more severe than without any containment policies. If any of the buyer-seller links is ruptured by the disease or containment policies like social distancing, the outcome will be a cascading chain of disruptions. This situation has a very big-gushing effect in the Kerala state because the economic activities like production, consumption and distribution of more than half of the State's population depend either directly or indirectly on the remittances from abroad. For the last two decades, migrant workers from other states have become very important beads of the chain of economic activities of Kerala.

Government of Kerala has foreseen this situation and started focusing on various sectors like the introduction of programs like the announcement of new agriculture revival package, strengthening of industries including traditional ones, infrastructure development, and special policies for returnees from abroad etc.

The Government is trying to bridge the 'economic mismatch' through various fiscal and monetary stimuli. It has judged the situation well in advance and trying very hard to bridge the disrupted economic chains through various governmental interventions like the introduction of community kitchens, volunteers for delivering various essentials at home, slowly opening the essential supply chain links of the economy, active intervention of various governmental agencies etc. The Government is also focusing on encouraging the private investments associated with large positive externalities like one person's investment raises the reward for another person's investment, employment, income etc.

A Right mix of economic and social policies, assured political leadership, responsive public and expert domain knowledge with essential infrastructure have made the state of Kerala to become the model territory of the world in controlling the pandemic Covid-19. ◆





# THE MISSION GOES HANDY...



## R. Prasad

Director (Technical), Fire and Rescue Department

**B**eing a force entrusted with the task of rescue as a primary duty, Kerala Fire and Rescue Department rendered unhindered service right from the onset of Corona outbreak.

Kerala Fire and Rescue Department is in the forefront in the activities against the prevention of COVID-19 pandemic. The team actively participated in 'Break the Chain' campaign and took utmost care to keep personal cleanliness. To protect themselves against the spread of disease and to protect the public, all the 124 Fire and Rescue Stations, District Office, Regional Office and Headquarters were provided with Break the chain kiosk. Apart from that, 4500 fire and Rescue personnel and 6200 Civil Defense Volunteers, who are Functioning under Fire and Rescue Services, also joined in this significant initiative.

prc.kerala.gov.in/publication/keralacalling

Sanitization of Public Places including hospitals, disinfection of Vehicles, distribution of life saving and other essential medicine to the people in need, distribution of food, awareness activities for migrant labourers and other public, blood donation and transportation of patients are the core activities of this department during the lockdown period.

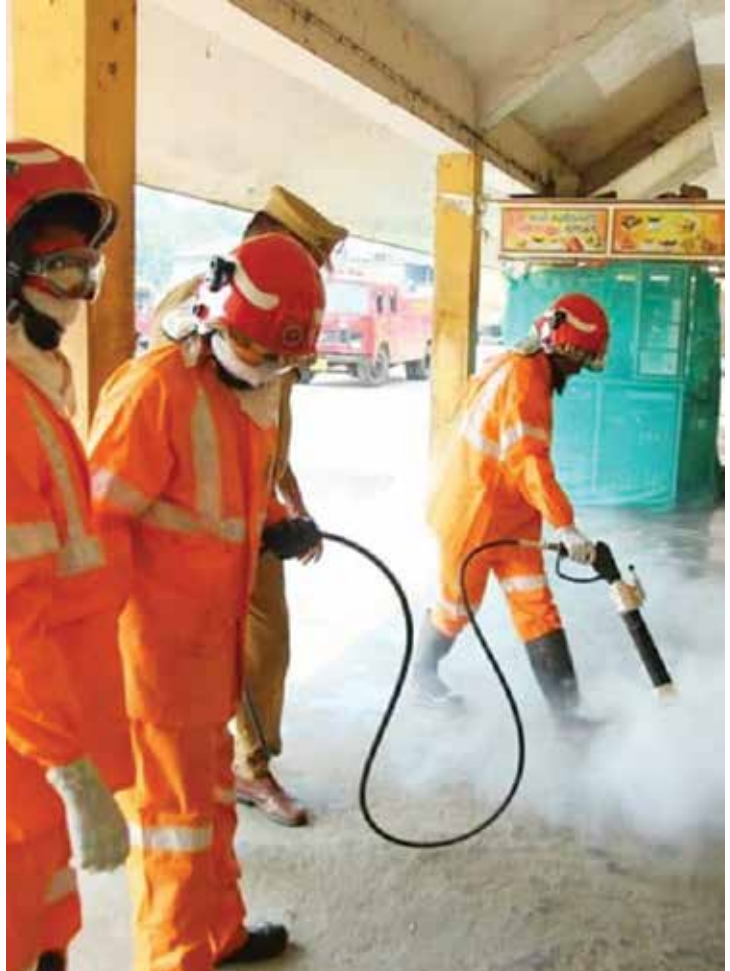
Fire and Rescue Personnel disinfected 37235 Public Places such as bus stands, railway stations, ATM centers, public distribution system outlets, banks, Govt. offices etc...

Fire and Rescue Service Personnel disinfected Govt. Medical Colleges, district hospitals, taluk hospitals and primary health centers etc. and the process is going on sans break. The force is also engaged in disinfecting quarantine centers, isolation wards, homes and contact - areas used by Covid-19 confirmed patients. 2195 hospitals have been decontaminated by the department.

The team disinfected essential goods carrying vehicles and other vehicles at the border districts of Kerala. Cleansing of vehicles includes ambulances, Govt. owned vehicles and private vehicles. 145885 vehicles have been disinfected.

The department enthusiastically engaged in the distribution of life saving medicines too. Supply of medicine to the door steps of patients suffering from various illnesses too was carried out. Life saving Medicines was collected from Regional Cancer Centers, Medical College Hospitals and from other District Hospitals. The medicines were supplied to poor citizens free of cost. 37021 medicine packets have been distributed all over the state.

Fire and Rescue personnel took the responsibility in the preparation and distribution of food for the underprivileged and needy. Officers rendered service in Community Kitchens too. Civil defense volunteers are also working round the



**Kerala Fire and Rescue Department is in the forefront in the activities against the prevention of COVID-19 pandemic**

**Civil defense volunteers are engaged in production of Masks and Sanitizers in many districts**

**The team disinfected essential goods carrying vehicles and other vehicles at the border districts of Kerala**

clock in these Community Kitchens. Civil defense volunteers are engaged in production of Masks and Sanitizers in many districts. Until now, more than 25000 masks and 650 liters sanitizers have been produced by Civil defense volunteers.

In coordination with control room setup in each district, Fire and Rescue Personnel were engaged in blood donation too. These acts in fact worked out well and helped in alleviating numerous taboos connected with blood donation, those aroused in the backdrop of Covid 19.

Apart from these activities, volunteers are involved in surveillance activities with police Personnel, distribution of refreshment - drinks to health officials and police personal, Health Staffs etc. They are also in the forefront to ensure social distancing at Banks, Public Distribution System counters etc. ◆

# THIS IS HOW WE FLATTENED THE 'CURVE'

## Dr. P. S. Indu

Professor and Head, Community Medicine,  
Govt Medical College, Trivandrum

## Dr. Chintha S.

Professor, Community Medicine,  
Govt Medical College, Trivandrum

**T**he way Kerala emerged as the safer-best option during the Covid - days is not just a fluke. Systematic, Scientific and methodical approach can be attributed as the reason behind this unique success.

SARS and Ebola were just dress rehearsals, compared to the way the SARS CoV 2 moved out of Hubei province and spread to several countries giving sleepless nights to not only administrators and health care professionals but to almost everyone, across the world as well.

Different countries are at different stages of their own epidemic curves now. Kerala, a state with high population density, has one of the flattest and slowest curves, globally. Right from the beginning, Health and Family welfare Department geared up its preparedness, Guidelines and Standard Operating Procedures were in place. Entry -

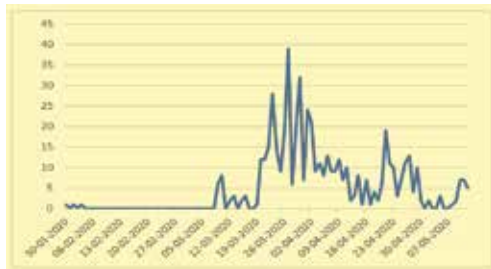


screening of flights from China was done in a mission - mode. A system was established by the state Health Department for daily follow up of patients in home quarantine.

By the first week of March, a steep rise in epidemic curve with significant deaths was seen in countries like Italy, Iran, Spain, the United States and the United Kingdom. Kerala continued its vigil by proactive interventions like heightened entry screening at airports, registering every person who returned from affected countries and ensured home quarantine for them with the involvement of its strong network of Primary health centres and support of LSGs.

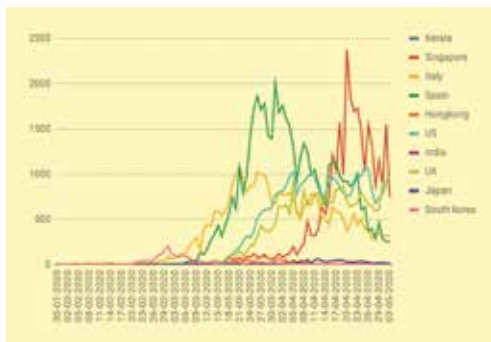
Lockdown measures were implemented in several countries, sooner or later. The decision to implement lockdown at a very early stage of the epidemic paid off well for Kerala. In 10 days, the curve started to flattening.

**Trend of COVID 19 positive cases in Kerala**



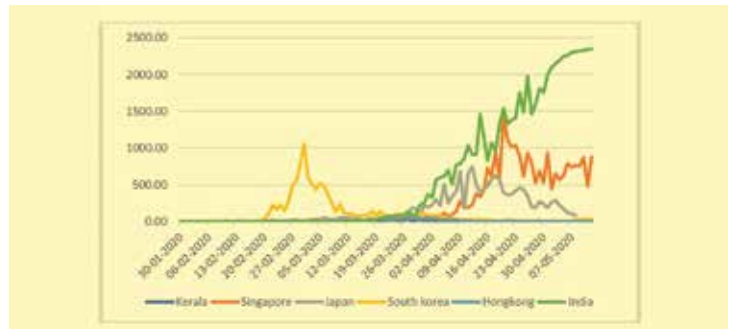
Three months into this epidemic, Kerala's curve has never shown a steep rise. We started preparing for the worst; Kerala with its strong public health system rooted in the principles of primary health care could keep the curve flattened.

**Comparison of Epidemic curves: Daily new cases per 10 million populations**



Kerala, from the beginning itself was focusing on increasing the number of tests done, though we had limitations of resources. At one point due to shortage of testing kits, there was a sharp decline in testing rate, which is now being compensated by implementing sentinel surveillance among high risk groups.

**Comparison of Epidemic curves in Asia: Trend of new cases**



Kerala has the lowest mortality rate among all states in India - 0.6%. Two of the deaths were among elderly patients with comorbidities and the third patient was a four month old Infant with heart disease. A few others who reached critical stages were saved by expert management provided at various hospitals of Kerala. The low death rate validates adequacy of testing. If we fail to detect

**Kerala, a state with high population density, has one of the flattest and slowest curves, globally**

**Kerala continued its vigil by proactive interventions like heightened entry screening at airports**

a considerable number of positive cases, there is a probability of death rate being overestimated. Along with the Health department, entire machinery of the Govt, predominantly the Police, Fire & Safety, Local Self - Government institutions, Revenue, Information Technology, Motor Vehicle department and Civil Supplies had their pivotal roles in preventing a rapid surge of cases in an uncontrolled manner.

Wide dissemination of scientific facts was a key factor and this happened through several communication channels such as the audio-visual and print - media, the Information & Public Relations Department, social media etc.

In the context of Keralites returning in large numbers from other Indian states and abroad, the system needs to be strengthened further and timely changes in strategies based on evidence will be required, to keep Kerala moving. A realistic and harmonious blend of public health strategies, economy renovations, social mobility and actions for sustainable development will be the way forward for Kerala.

# SUBAIDA



Till lockdown Subaida a resident of Port, Kollam went through a run-of-the-mill life. What she retained was a modest tea-shop, living in a rented house as well. Unexpectedly, Covid-19, came in followed by the lockdown she was destined to face the harsh realities of life. She was forced to shut down her only source of income – the tea shop.

In addition to her uncertainty on earnings, inability in the remittance of rent added to her woes. Deprived off all avenues to clear her debts she painfully decided to sell her goats. Once she got cleared off her debts, she decided to spare the money left with her for an honourable cause.

Having a know-how on the sufferings of her fellow-beings, owing to Corona threat, she contributed whatever money she had to the Chief Minister's Distress Relief Fund. Her husband encouraged her towards this high-minded deed.

What followed was a surprise if not a blessing in disguise as Kollam MLA M. Mukesh handed over five goats to her. Anees Adam, a Malabar based restaurateur sponsored those goats as a token of appreciation to the boundless endeavour from this woman to donate to the CMDRF after selling her two goats.

## EACH ACCORDING TO HIS ABILITY



As the present pandemic reminds us of the fact that there are no differences or borders between those who suffer and suffer not. This fact is revealed through the altruistic act of the differently-abled. The differently-abled, who are profoundly shaken by the time, have come forward with a helping hand.

Realizing that no one is invincible and everyone needs help, the students of Manovikas Special School for the Mentally Handicapped, Sasthamcotta, Kollam came forward with a modest fund to contribute to the Chief Minister's Distress Relief Fund. It was gathered from their small savings - Vishu Kaineettam, or one whole year's coin collection intended to buy school uniform and study materials. Manovikas is a free school, in a remote rural village of Kollam district. Their deprived parents, financially struck down by the lock down, have also contributed to the fund.

Manovikas Chairman D. Jacob handed over Rs. 76,341/- to B. Abdul Nazar, District Collector, Kollam.

# THE GLORY THAT IS KERALA

**Bose Krishnamachari**

**M**en of eminence or those from every stratum of life have accepted and appreciated the way The State Government is handling the Novel Corona Threat. From the Artist's brush this success is painted in flying colours.

It wasn't surprising that the first confirmed covid-19 case would be in Kerala, and that too right from the point of origin in Wuhan, as through large parts of history, Kerala has been in contact with different parts of the world. If languages, religions, flora and technologies come, surely viruses will come too. The forms of contact and connection have varied through history, and it is Kerala's non-resident labouring population that is a significant channel of global traffic today.

We are not out of the woods yet, but all signs suggest Kerala has managed the situation with adroitness and humaneness. Although the virus itself does not discriminate, once it goes beyond its biological reality and emerges as a 'social' being, we have seen that its effects tend to replicate the fissures and distortions already existing in society. So, a lock-down might be a necessary technical-regulative measure, but as we have seen, this immediately and seriously affects lakhs of people.

This is why I am particularly appreciative of the way Kerala has responded to the coronavirus situation. The authorities as well as the people have recognised the pandemic not only as health problem, but also as a socio-economic problem. There are many sections of people who have been our heroes during this emergency

- health workers, who include not only medical staff, but also researchers as well as the secondary line of workers who have been involved in contact tracing, quarantine management, etc.; the police force, who have worked tirelessly to coordinate the lock-down; the political leadership, who have shown foresight and sensitivity; the administrative system that has coordinated this massive operation; various community groups and citizens' associations that have stepped up to provide support.

A strong public health system, the availability of education, our sense of social justice - we know that it is years of political contestation, social action, cultural experimentation, and democratic mobilisation that have created the conditions from within which we have been able to act today.

This is important, because these collective virtues are today under assault from various economic and political forces. I hope that the government and the people treat this moment as a signal for not only the consolidation of these cultural and political values, but also that we band together to promote and expand them.

## U S THEATRE PROFESSOR SEEKS LEGAL MEANS TO REMAIN IN KERALA

# KERALA IS SAFER THAN THE U S



**Balagopal Kent**  
Editor, [ukmalayalee.com](http://ukmalayalee.com)



**A**t a time when Indians abroad are trying to make their way back home during the time of the Covid-19 pandemic, there are hundreds of foreigners stranded in Kerala who do not want to return to their home countries as they feel Kerala is safer than any other place.

American Theatre Professor Terry Converse, at the Washington State University who got held up in Kochi during the time when India was put under a lockdown talks to Kerala Calling. Prof Terry is at present living in Kochi. His Visa had run out on March 27 and got extended till 25th April and due to the lockdown, it was further extended until 17th May. However, Prof Terry has now taken the legal process by approaching the Kerala High Court requesting his visa be extended by as many six months.

**Q: Can you please elaborate on why you felt this would be the right decision for you to extend your stay here?**

Unlike India, and specifically Kerala, the United States took way too long to begin taking proactive action towards the pandemic. Then once in the US, I face the difficulty of living in places that are not taking the

lockdown very seriously.

**Q: In your views how was Kerala able to contain the virus up until now?**

Locking the borders is one very good thing Kerala government had done. In the US, the state borders are totally open and this has caused the coronavirus to spread much faster than it would have otherwise. I have also been very pleased with Kerala government's attentiveness to tracking person to person Covid-19 patients.

**Q: Can you please share about your works in Kerala?**

In 2012, I was granted a Fulbright scholarship. I conducted a three-month series of extensive mask acting workshops with Chandra Dasan's Lokadharmi Theatre in Kochi. I directed a dramatization of Vaikom Muhammad Basheer's famous short story The World-Renowned Nose (Viswavikhyathamaya Mookku) and Bernard Pomerance's The Elephant Man.

**Q: Can you please let us know your purpose of being in Kerala?**

I am living with the family of Charu Narayanakumar who is the head of Phoenix World Theatre group in Kochi. I have been extremely interested in theatre that focuses on cross cultural themes. ◆

# THE LEADERSHIP WORTH EMULATING



**M. A. Yusuff Ali**

**A**s we all know, the whole world is currently going through a very difficult and unprecedented global health crisis. In the fight against COVID-19, our State of Kerala has been highly successful when compared to the rest of the world.

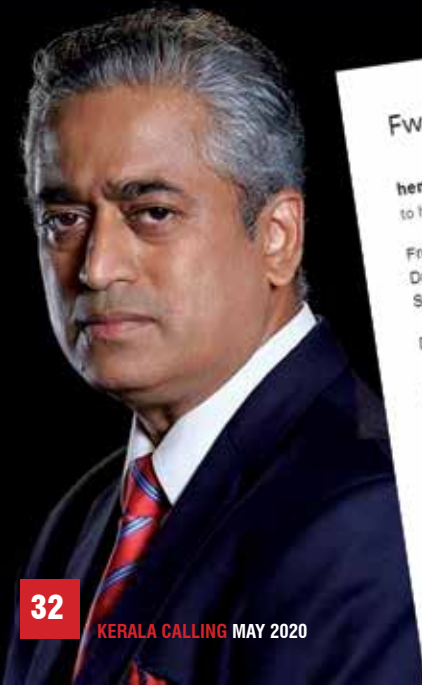
I will attribute this success to the collective efforts of the people of Kerala under the dynamic leadership of



our Chief Minister. The efforts of our Chief Minister to bring the issues of expatriates to the attention of NGOs, Representatives of Social Organizations outside Kerala and eminent personalities among the NRKs are laudable. As the Chairman of NORKA ROOTS, he stepped up to the situation to help the expatriates.

Thousands of expatriates who are currently in Kerala will be greatly benefiting from the welfare schemes and financial aid provided for Non-Resident Keralites through Norka Roots and Kerala Pravasi Welfare Fund in the backdrop of COVID-19 outbreak.

As the Vice Chairman of NORKA ROOTS, I am proud to say that the services of this Department in helping Non-Resident Keralites outside India and in other states of India are really helpful for the people. I sincerely believe that we will survive this global health crisis and come out of this situation soon.



## RAJDEEP SARDESAI TOO CONTRIBUTES TO CMDRF





# WHEN DREAMS RETURN



## Dr. S. Irudaya Rajan

Professor, Centre for Development Studies, Kerala

**M**assive influx of migrants back-home is a looming threat to the already fragile economy in the state. The solutions have to be explored with out-of-the-box philosophy.

The flow of return emigrants from Gulf countries to Kerala had occurred even before the COVID-19 pandemic. The state has in the past witnessed a mass influx of expatriates due to external shocks in three occasions - Gulf war, global crisis and labour market nationalization policies like the Nitaqat policy of Saudi Arabia. The current COVID-19 pandemic crisis is set to be the next major shock which will lead to another yet another spike in return migration into Kerala.

The COVID-19 crisis has affected the Gulf economies severely, and they are already beginning to see the effects of



the COVID crisis, both in their societies and also in their economies, with the oil prices sinking to an all-time low in the recent days. In this regard, the future of emigration to and return from Gulf is a challenge and a question that needs to be addressed at the earliest.

As of May 3, 2020 there were 4.13 lakh migrants from Kerala stranded all over the world, who registered through NORKA ROOTS to request a return back home along with an additional 1.5 lakh migrants from other states in India. Among them, a little more than 61,000 have cited job losses abroad as the primary reason for return.

This number is expected to increase due to the change in working and living conditions in the Gulf region in the post COVID period. Thus, we can expect additional three lakhs return - migrants from the Gulf due to COVID-19 crisis. Their rehabilitation and re-integration into Kerala society and economy is a major challenge that the government has to take into consideration when deliberating over the future of migration from the state.

The World Bank has already predicted that there will be a 23% decline in remittances to India. Given the situation in the Gulf, we predict for Kerala is that there will be at least a 15% decline of remittances in 2020. As per the estimates in 2018, over Rs 85,000 crore came to Kerala annually, which was equivalent to 25% of Kerala state income; and was expected to increase to over Rs. one lakh crores by 2020. In light of the current crisis, it is expected that remittances in 2020 in Kerala are going to be roughly equal to the amount in 2018 – a decline in Rs.10000 to 15000 crores from what was earlier projected. Land and housing, consumption, education and health are all expected to show changes due to the rise of return emigration.

On the other hand, this trend also affects the internal flow of migrants from other states of India into Kerala within India. It is estimated that there are around 3.3 million Malayali migrants both outside and inside the country. This void was met by the 3 million guest workers coming to Kerala, whom I call replacement migrants. In the shadow of the looming crisis and lockdown, some of these migrants left before lockdown while some



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others were left stranded in other states. A lot of the migrants who stayed back later returned to their homes.

Thus, in the short term future, there will be a scarcity of labour in Kerala to take the economy forward. The challenge that presents itself in front of the Kerala government is their success in re-integrating the almost 300,000 Malayalees who are returning within the jobs that are vacated by guest workers. This would solve half the problem. If they are successful in achieving this, Kerala's economy has a chance in improving.

While Kerala model of managing covid19 is being talked about everywhere, how Kerala handles the twin issues of returning international migrants and their rehabilitation as well as the management of the internal migrant problem can be example for many other states to emulate in a post COVID world. ◆

# THEY DO NOT LET YOU DOWN



**Bimal Shivaji**  
Senior Journalist

**S**heer responsibility of duty may not be enough to address the perils of testing -times. Here comes - in the time of Corona - the significance of Asha workers, for what they deliver is something more than admiring, if not extraordinary.

For the community health worker R. Rajalakshmi, living in the Muttathara ward of Thiruvananthapuram Corporation, her normal work schedule used to start early just after she packed off her two children to school every day. With the first COVID 19 patient being reported on January 30 in Kerala, the life of the forty-year-old accredited social health activist has become even more hectic with more responsibilities falling on her. Another area they have been concentrating on is the prevention of the spread of communicable diseases such as dengue in the area.



prc.kerala.gov.in/publication/keralacalling

## Additional Responsibility

Since February this year, these ASHA workers have had the additional duty of scrutiny on cases under quarantine. “There have been at least 20 cases of violation of quarantine reported by the local people during April. We immediately visit the spot and take necessary actions. Now, we have to visit houses of elderly patients to deliver medicines from the Taluk Hospital as many people have no access to personal transport to visit the hospital to collect medicines,” she said. Rajalakshmi is one of the over 26,000 Accredited Social Health Activists (ASHA) working in the various districts of Kerala. “There have been at least 20 cases of violation of quarantine reported by local people during April. We immediately visited the spot and took necessary actions.” she added.

Asha workers Rajalakshmi, Vijayashri and their colleague Rajitha are associated with the Poonthura Public Health Centre. They say that one of their main areas of concern is immunisation. But, since the advent of COVID19 people have been approaching them for vaccination for their wards willingly. Still, they are happily engaged in immunisation activities.

Rekha A.R. an ASHA worker in Thevally ward of Kollam Corporation, who has been working in the health sector for the past 13 years, says that there were quarantine cases in April in her ward. But then on cases have begun to shrink.

ASHAs are local women trained to act as health educators and promoters in their communities. Their tasks include motivating women to give birth in hospitals, bringing children to immunisation clinics, encouraging family planning, treating basic illness and injury with first aid, keeping demographic records, and improving village sanitation.

The State government has recognised the precious work of the ASHAs in the prevention and spread of COVID 19 as well as other communicable diseases. The services rendered by the ASHA workers have turned into a lifeline for many under home

quarantine in the state.

The Chief Minister announced that the State government has approved to give honorarium and a fixed incentive to 26,475 Accredited Social Health Activist (Asha) workers in the state. “Asha workers are entrusted with collecting details of foreign returnees, those suffering from lifestyle diseases and supplying their medicines according to doctor’s instructions. They deserve special appreciation,” - he added.

The ASHA workers are soon to be provided with more facilities as recognition to their service and as a support to improve the quality of work they deliver wholeheartedly.



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**The services rendered by ASHA workers have turned into a lifeline for many under home quarantine in the state**

# POLICING THE LOCKDOWN WITH A HEART FOR THE ANIMALS



**Ignatius Pereira**  
Senior Journalist

**A** heart for fellow-beings is something more than worthy, especially during the testing times. When it comes from the hectic-activity-bound police force, it turns into an act worth emulating.

In the wake of the indefinite lockdown clamped across the nation to counter the spread of COVID-19, the first Chief Minister in the country to make a clarion call on the need to take care of all animals dependent on human beings for food, especially the strays, was the Kerala Chief Minister Pinarayi Vijayan. The Chief Minister made the call out of concern after fully realising that the lockdown could definitely lead to starvation deaths of the strays in massive numbers, if not taken care of.

Responding to that call several organisations and



individuals extended feeding hands to keep stray animals alive since uncertainty loomed large over the lifting of the lockdown. This had even led to a new-born bond between animals and humans. But one of the most remarkable relationships through such an exercise was the one between police officers and stray animals that sprouted within the Neendakara Fishing Harbour complex in Kollam district

The complex is also the natural habitat for a large flock of little egrets and several packs of stray dogs for generations. The whole complex became deserted following the lockdown and the situation had badly hit the food supplies on which these animals were dependent upon. The egrets sourced their food from the hundreds of fishing boats that returned to the harbour each day after fishing. Following the initial lockdown days, no boats went fishing and this meant no food for the harbour egrets.

The stray dogs depended upon fish offal discarded while cutting and cleaning large fish within the harbour complex. They also depended on the waste food from eateries dumped discreetly into the isolated areas of the complex at the end of the day. They could not leave the complex in search of food because the outside areas belonged to other packs that will not tolerate intruders.

The switch in the situation meant imminent starvation death for these harbour animals and it did not take much time to happen. The egret chicks were the first casualties. Soon, they started dropping from the nests only to die. The falling chicks were seen as easy meal by the stray dogs and that led to clashes between the packs. It soon appeared that the dogs would kill each other in the fight to feast on the carcasses. Then came the stirring deed from the police officers. For more than one month they fed the egrets and dogs.

At first the birds were wary and did not respond when fish was offered. But very soon the egrets swarmed the police station at feeding time and the dogs mobbed the police vehicle that arrived with their food. The officers had spent their own money for that and maintained that food supply till the lockdown for fishing was lifted. With the new



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development, the police station was looked upon as a source of food by these animals. The benevolent exercise had the full moral support from the Kollam City Police Commissioner T. Narayanan and he said that at a time when the duties and responsibilities of police officers swelled on account of strictly enforcing the lockdown norms, it was a gracious gesture on the part of the Neendakara Coastal Police Station officers to find time and take the trouble to care for the starving animals living inside the harbour complex.

That team was led by officers S. Sharief, M.C. Prasanthan and D. Sreekumar. All that activity was carried out without compromising on the regular coastal police station duties and the additional lockdown linked duties. ◆

# PRE-MONSOON CLEANING CAMPAIGN

**Waste free premises for safe health**

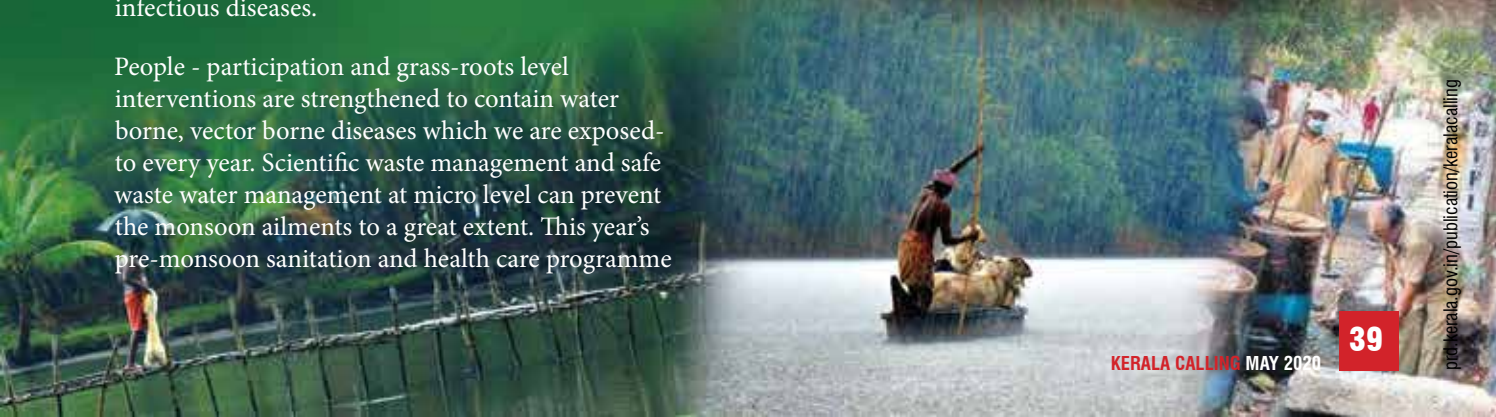


**Mir Mohammed Ali I.A.S.**  
Executive Director, Suchitwa Mission

**A** sense of cleanliness can bring a trouble-free monsoon, since the drench might trigger many numbers of diseases to its zenith.

Rain is a beautiful gift of nature, but the diseases it brings have always been a source of concern. Monsoon is also a time of several illnesses. The state has been carrying out pre-monsoon cleaning activities every year to contain the spread of infectious diseases.

People - participation and grass-roots level interventions are strengthened to contain water borne, vector borne diseases which we are exposed to every year. Scientific waste management and safe waste water management at micro level can prevent the monsoon ailments to a great extent. This year's pre-monsoon sanitation and health care programme



is being implemented jointly by Suchitwa Mission, Haritha Kerala Mission, Local Self Government Institutions, Health Department, Clean Kerala Company and other Government Departments. The preparation for this has already begun. Pre-monsoon sanitation work and corona prevention activities are implementing as a campaign titled “Waste free Premises for Safe Health”.



## Activities through District Suchitwa Mission and Local Self Government Institutions

- Provision of funds to the Local Self Government for pre-monsoon cleaning activities. For this Suchitwa Mission provides Rs.10,000/- per ward for Gramapanchayats/Municipalities and Rs.20,000/- per ward for Municipal Corporations.
- The sanitation work of each ward is spent by the Ward Health and Sanitation Committee
- House-to-house awareness generation activities, source-reduction of mosquito breeding spots, promotion of managing organic waste at source has been promoted by Suchitwa Mission
- Every Local Self Government is supported by the government for setting-up Haritha Karma Sena for conducting door to door collection of dry-waste and establishes its forward linkage through Clean Kerala Company for its recycling.
- The Harithakarmasena is also supposed to extend their support to households in managing wet waste at source itself.
- Steps have been taken to remove waste from public places and water bodies from the month of January itself.
- As part of the covid-19 and monsoon epidemic defends initiative, disinfection activities is being completed in co-operation with Local Self Government Institutions, Health Department, Fire and Rescue Services, Government-Public and Private Sector Institutions.
- Through Mahatma Gandhi/Ayyankali Employment Guarantee Scheme, state envisages installation of composting devices and soakage pits for at least 50

households in each LSGI ward and setting up a mini material collection facility in each ward

- Haritha Karma Sena to be made operational in all local bodies and there are 694 Material Collection Facilities (MCF), 188 temporary Material Collection Facilities, 414 Mini Material Collection Facilities and 146 Resource Recovery Facilities (RRF) for sorting and recycling of non bio degradable waste.
- Inspection has been tightened to prevent the use of banned single-use plastics
- The extensive green protocol campaign under the direction of District Suchitwa Mission is being undertaken to reduce the amount of waste generated
- Waste Management & disinfection activities are being undertaken at community kitchens, labour camps and quarantine centers at regular intervals
- A special action plan for Covid 19 waste management programmes has been prepared by the Government and circulated to the local bodies
- Steps have also been taken to include Haritha Karma Sena members, migrant workers, welfare association members, NGOs, Political and social organization as part of the overall sanitation process

**Monsoon is also a time of several illnesses**

**Scientific waste management and safe waste water management at micro level can prevent the monsoon ailments to a great extent**

**Inspection has been tightened to prevent the use of banned single-use plastics**



# MONSOON DISEASES IN THE BACKDROP OF COVID 19

**Dr. Anish T. S.**

Associate Professor, Dept. of Community Medicine, GMC, Thiruvananthapuram

**Dr. Siba S.**

Junior Resident, Dept. of Community Medicine, GMC, Thiruvananthapuram

**M**onsoon - disease challenge has become more complex in these days of Corona threat. Still the way the State restrained the pandemic brings in a lot of expectation towards containing those seasonal ailments.

Kerala, the first state in India to report a COVID 19 case now boasts of effectively controlling the disease with the help of its well-tuned public- health machinery. Though flattening the curve did materialize, public health experts are well aware that the time has not come yet to relax, since the state now has to confront the next hurdle of monsoon and its aftermaths. Even though the State of Kerala could overcome huge challenges including natural calamities, this year a pandemic is engulfing and the pre- monsoon preparation period is being intertwined with COVID 19 control activities.



**Though flattening of curve did materialize public health experts are well aware that the time has not come yet to relax**

**To tie down COVID 19 we need to continue the physical distancing measures**

**Amidst the COVID 19 pandemic, as we now prepare to welcome back Keralites from foreign countries, it will be an extraordinary task to contain monsoon - diseases...**

## Monsoon Diseases

Various communicable diseases that accompany monsoon include Dengue fever, Chikungunya, Malaria, Leptospirosis, Acute diarrheal disease, Cholera, Hepatitis A and Typhoid fever.

Dengue viruses are arthropod borne viruses, transmitted by Aedes mosquitoes. Due to the changing lifestyles, urbanisation and poor water management and storage practises, mosquito breeding sites are ever increasing. Even though dengue fever is perennial in Kerala, there is a peak seen during and after monsoon due to the summer showers and the monsoon itself, providing a perfect breeding environment for the vector. The public health professionals are expecting a surge in dengue cases this year and a committed public health action is called for.

Chikunguniya virus too is transmitted by Aedes mosquitoes. The disease occurs in the rainy season, when the mosquito vector population is at the highest. Checking mosquito breeding inside and outside our

houses is the key strategy to contain the disease.

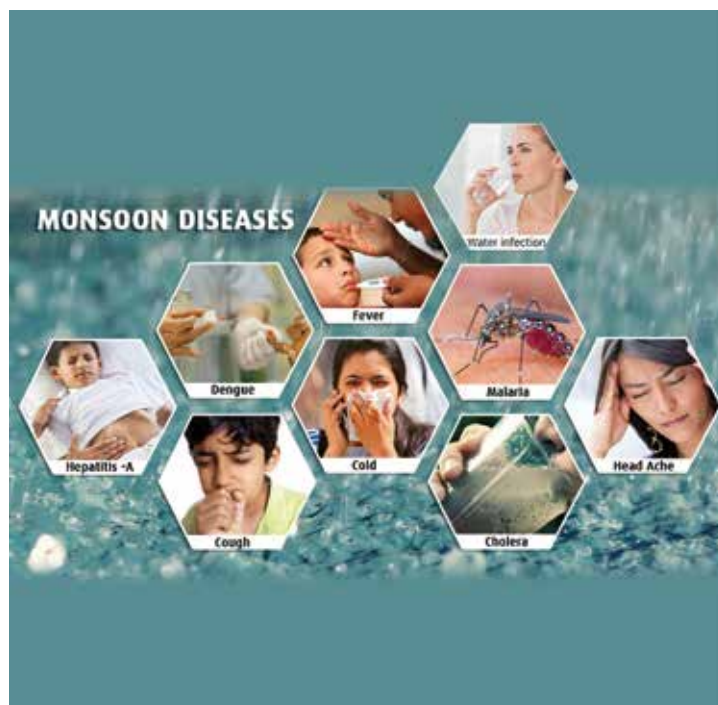
Malaria is caused by a parasite. But Malaria is similar to dengue and chikunguniya in being a mosquito borne disease. The Malaria incidence and deaths due to malaria have reduced significantly in recent years. Even so there exists a possibility of more malaria cases being reported in more numbers following monsoon and floods.

Leptospirosis is essentially an animal infection by several serotypes of Leptospira, can contract when the organism enter the body through skin abrasions or mucous membrane comes in contact with water/soil/vegetation contaminated with urine of infected animal. The disease is more common in tropical climates, especially following disasters like floods.

Other water borne infections like Acute Diarrhoeal Diseases (ADD), Cholera, Typhoid and Hepatitis A cases also contribute to the burden during monsoon days. Amidst the COVID 19 pandemic, as we now prepare to welcome back Keralites from foreign countries, it will be an extraordinary task to contain monsoon - diseases.

Anticipating vector borne, air borne and water - borne diseases with the onset of monsoon, there needs a careful and systematic planning without shifting the focus from COVID 19.

To tie down COVID 19 we need to continue the physical distancing measures and break the chain activities as possible as we can and incorporate them into our habits; and enhance reverse quarantine of the elderly until a vaccine is developed or herd immunity is achieved. For the monsoon diseases, vector control activities with proper public participation and sanitation drives with the same manner is vital.



# WE 'LOCKED' TO LIBERATE...

**Loknath Behra**

D. G. P

**H**ard – times bring forth the efficiency of any competitive entity and here Kerala Police has outshone many other with their dedication and relentless service during the COVID 19 – struck days.

The Government of Kerala has now been recognised and acclaimed globally, for its adept handling and containing of the spread of COVID 19 in the State and the “Kerala Model” is now, a matter of international research and study. The efficiency of the Health Department of the State, the dexterity of the doctors, medical infrastructure facilities, educational and social consciousness are cited as reasons for this success. Similarly, the timely lockdown helped the state contain the virus in time. Kerala Police made this possible, through a successful lockdown.

The Chief Minister Pinarayi Vijayan, understood and insisted that the Police had to play a very active and frontline role in handling this Pandemic. The lockdown brought police to the forefront of the efforts of the Government to control the spread of the disease and the Kerala Police immediately rose up to the occasion and delivered its efficiency on all fronts.



What made Kerala Police different is the manner in which the lockdown was ensured, through purely legal means, high voltage awareness campaigns and seeking the cooperation of the citizens. Police implemented a near- total lockdown ensuring a complete fullstop to the spread of the virus in the State.

Both the “Corona scare” and the “Corona awareness”, have been largely ‘thrown’ through the social media, and understanding the impact of social media in a digital State like Kerala, the Cyber Police had tightened the vigil on social media from day one. Police were very quick to identify certain fake and misleading news and posts and more than 150 cases were registered. Arrests of more than 106 persons followed.

One of the most decorated and awarded police forces in the area of digital technology and innovations, the social media cell of the Kerala Police has played a major role in building up the general image of the police and in ensuring the community support for various initiatives of the department. They proved that digital technology can be used very effectively in containing not only the typical law and order problems, but in effectively handling pandemics as well. The viral ‘hand washing dance’ produced by them has gone viral all over the world.

Apart from this, with the direct supervision of various senior officers in the State Police, police ventured into the important task of keeping the persons marked under house quarantine within the four walls of their houses, using a slew of digital technological solutions/ Apps, visits by Janamaitri officers, Video call Checking and by arresting persons who violated the quarantine.

Police also came out with a plethora of digital solutions including a Tele Medicine App in association with IMA for tele-medical consultation for police officers and public alike, a Shopping App, where the citizens can order essential goods online in the period of lockdown, a digital platform for obtaining curfew pass, identification platform for guest workers from other States etc.

The extensive use of drones for surveillance not only in enforcing the lockdown but also

in identifying the production of spurious liquor and sale of drugs was another noteworthy feature of the police response. The police intervention in the colonies housing the migrant labours (Guest Workers) checking on the facilities given to them and tying up on their provisions was another successful feat.

The war against the virus has not ended. But in the midst of this crisis also, the Kerala Police has stood out with its unique blend of community oriented policing, laced with digital innovations and smooth, sober but firm law enforcement through registration of thousands of cases against the violators of lockdown.

**The Lockdown brought police to the forefront of the efforts of the Government to control the spread of the disease**

**The Kerala Police implemented a near-total lockdown ensuring the complete fullstop to the spread of the virus in the State**



**Police also came out with a plethora of digital solutions including a Tele-Medicine App**

**The Cyber Police had tightened the vigil on social media**

# FOR A HALE AND HEARTY MONSOON



**Dr. Saji Prasad**

C.E.O – Sanjeevani Ayurveda Medical Center,  
Ooninmoodu, Kollam.

**M**onsoon brings both joy and unease in equal terms. If rains activate a soothing mindset, it is the seasonal ailments that cause enough reason for anxiety.

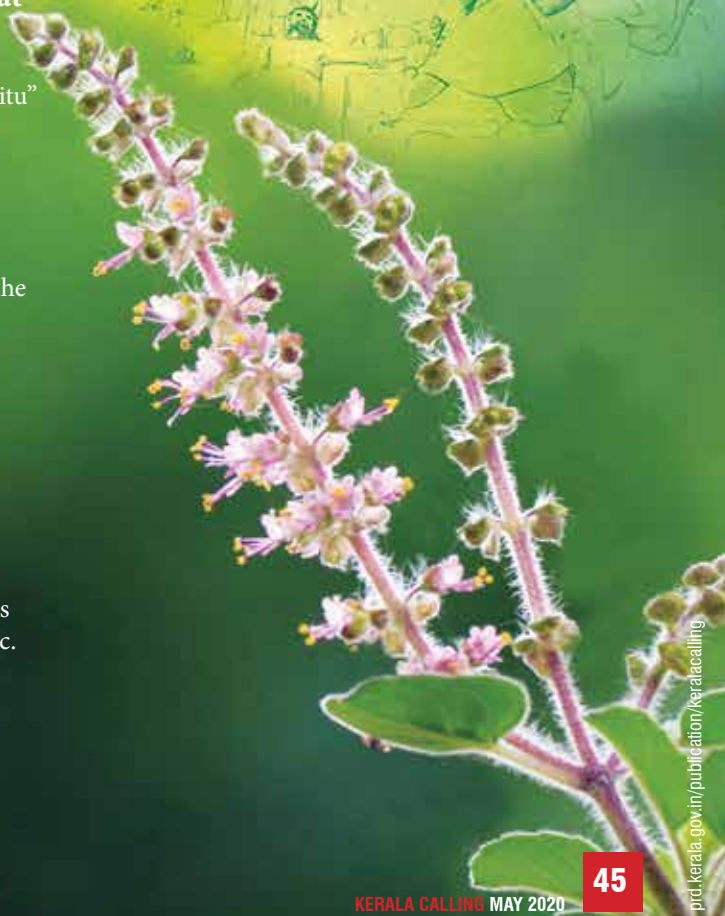
According to Ayurveda, monsoon season refers to “Varsha Ritu” which starts from early June and lasts till mid - September.

Owing to extreme heat in summer lessening in immunity happens. When monsoon makes the atmosphere chill and damp bacteria and virus become more active. They usually infect those who are not that healthy. This in turn results in the spread of epidemics.

According to Ayurveda there are medicines, herbs and drugs which improve immunity and there by prevents those monsoon- specific epidemics. That is why pre - monsoon treatment and regiments of an expert Ayurvedic doctor is considered helpful.

Diseases like common cold (Influenza), cough, viral fever, typhoid, jaundice, gastro - enteritis, pneumonia, leptospirosis and also mosquito borne diseases such as dengue, malaria etc. are monsoon – precise.

High temperature, body pain, and sometimes rashes may appear in dengue – viral fever affected. Dengue is spread by tiger mosquito ( *Aedes aegypti* ). Reduction in platelet count



will be there in dengue patients from fourth or fifth day onwards.

Gastro - enteritis occur from contaminated food and water and also due to pitiable hygienic conditions. Severe diarrhoea with watery stools is the common symptom. Rehydration and electrolyte balance are the remedial measures taken.

Typhoid is water - borne bacterial infection caused by Salmonella. This disease is caused by stale food, drinking water or water contaminated with faeces of an infected person. Diagnosis can be confirmed by Widal test. Prolonged high fever, abdominal pain, vomits and loose stools are symptoms. Better sanitation, washing hands before and after using toilet - before taking each meal and intake of boiled warm water can prevent the disease.

Jaundice (Hepatitis A) is highly contagious water borne liver infection caused by hepatitis A virus. It spreads through contaminated water or juice and also via unclean fruits and vegetables. Its symptoms include yellowish urine - eyes - skin. Stomach pain, loss of appetite, nausea, fever, diarrhoea and fatigue will be there. Blood investigation is there to diagnose Hepatitis A.

Leptospirosis is a bacterial disease which spread through the urine of infected animals, especially rats. Direct contact with the urine of infected animals or working in contaminated water with wound in the leg has to be avoided to prevent infection. High fever, headache, bleeding, muscular pain, chill, red - eyes, vomiting, yellowish urine etc are its symptoms.

## Precautions Against Mosquito - Borne Diseases

- Wear full sleeve clothing and pants or track suit while working outside in day time.
- Avoid water accumulation in surroundings.
- Maintain dry day in a week.
- Pre - monsoon cleaning of drainages and surroundings.
- Clean the terrace - remove twigs and dry leaves from clogged drains.

## General Care

- Drink boiled water prepared out of jeeraka

( Cuminumcyminum ) and dried ginger (Zingiberofficinale).

- Cover mouth and nose with handkerchief while coughing or sneezing or wear a mask.
- Use mosquito repellents and nets.
- Close the windows and doors of houses from 5.30 pm to 8.30 pm to resist mosquito menace.
- Keep your garments dry to avoid fungal skin infections.
- Avoid eating from eateries as much as possible.
- Use umbrella and rain coat in rain.
- Use cooked vegetables.
- Meat and fish should be cooked thoroughly.
- Don't eat too much especially at night.
- Take dinner before 8.30 pm.
- Avoid visiting crowded places.
- Use hand sanitizers regularly.
- Use warm water for bathing.
- Wash your face and hands well after every travel.

## Do's

- Panchakarma treatment is recommended to detoxify the body.
- Udwarthanam or medicated powder massage is recommended.
- Fumigation with Aparajithachooranam in the evening.
- Fumigation with Gulgulu (commiphoramukul), Devadaru (citrus deodara), Akhil or Agaru (aquiloriaagallocha), Kiriyaath (Swertiachirata) in the evening.
- Hot water fomentation with Tulasi leaf (Ocimumsanctum), is good for common- cold, running - nose, sore - throat.

## Don'ts

- Drenched in rain.
- Hard work.
- Too much exposure to Sun.
- Day - time sleep.

## Food To Be Taken

- Pumpkin, Brinjal, Ginger, Garlic, Cumin seeds, Fenugreek leaves, Litchi, Pomegranate, Banana, Papaya, Wheat, Rice, Dal, Elaichi, refreshment - drinks with honey etc .

## Food Not To Be Taken

- Stale food
- Heavy diet
- Excessive salt
- Curd
- Fermented preparations

The best way to prevent disease is to have a healthy, balanced and nutritious diet. Proper daily exercise will boost immune system. In the case of experiencing above said symptoms, should consult a health professional and must avoid self - medication.

**Think Green - Save Green - Live Green**

# VOICES ARE NOT LOCKED DOWN



**K. Satchidanandan**

Poet

**A**re Artists and writers a self – confined lot living in their own world? Don't they enjoy the liberty to roam according to their whimsical fancies? The new world order definitely asks many questions...

I, along with several progressive artists and writers, strongly believe that arts, including literature, can never be locked down or quarantined, even when even artists are under lockdown. This has been more than proved by the recent spurt in virtual creative activity that uses several platforms like Facebook live, Twitter live, poetry chains using pre-recorded videos and audios, live music and dance concerts organised across India by organisations like SPICMACAY besides various foundations and companies and face to face interviews, panel discussions and live talks using Skype, Zoom, Blue Jeans and several other new platforms and devices.





**Arts, including literature, can never be locked down or quarantined, even when artists are under lock down**

**But there is another world of artists and craftsmen out there who can only work collectively and outside of their homes...**

**It is true that solitary artists like writers and painters can work even during these traumatic times**

My own virtual activity has increased many times under the lockdown and the demands for talks, readings, video-recorded messages and Whatsapp audios and participation in virtual group discussions are ever on the rise. Progressive organisations like Purogamana Kala Sahitya Sangham, Safdar Hashmi Trust etc have been holding many series of poetry and short story readings; and several poetry groups and reading on Facebook and Whatsapp have suddenly burst into hectic activity.

Many platforms are organising film festivals: one of them was showing all the feature films of Satyjit Ray. Another is the opening of art galleries and art collections like Guggenheim for the public who have access to the internet. Many huge libraries and book collections have also been made available for open access.

For writers like me, as well as individual artists, the lockdown is not really new, as we are used to sitting at homes and studios alone and working even though the circumstances are different. We had enjoyed the liberty to travel according to our wish. Persons like me used to enjoy frequent travels in the country and abroad. Now we do miss those outings and meetings with like-minded people! But there is another world of artists and craftsmen out there who can only work collectively and outside of their homes: the crisis for them is far deeper. Even artists – painters, sculptors and video and installation artists- need galleries to show their work

where they also sell them: the crisis really stares at the face of upcoming artists whose livelihood depends on the sale of their art products.

Then there are musicians, dancers and percussion artists etc who cannot organise or take part in public programmes: here again the younger artistes are at a greater disadvantage than the established ones in financial terms. This used to be the time of temple festivals where percussion artists, drummers, pipers etc used to be very much in demand, though the plight is equally bad for mahouts, lamp-keepers, illuminators, electricians etc. In fact this is the only season in the year when they earn enough to sustain their families for the whole year. This is also true of folk artists. The craftspeople, again, cannot meet their customers in shops, markets or their collective social spaces, say, like Dillihat in Delhi.

I am speaking here only of the artists, but when festivals are rendered impossible by the lockdown, a lot of other people like small migrant merchants, helpers of diverse kinds etc also lose their regular income, like those who look after galleries and museums and curate art shows. Theatre and cinema are also collective arts; these fields have come to a standstill because of the social distancing and the lack of mobility. It is the livelihood not only of actors and producers but a whole huge set of background assistants from stage and set designers and back ground musicians to dubbing artists and light-boys. There are also disk jockeys, pop music and dance teams/ bands, announcement artists, anchors and other popular entertainers who earn money from weddings, pubs and public functions.

So, while it is true that solitary artists like writers and painters can work even during these traumatic times – if the tension and trauma have not flung them into total depression as many of my friends tell me -, those artists who work as a community and entertain the public are in a profound crisis demanding the attention of people's organisations as well as governments. ◆



# THE IMPORTANCE OF BEING JACK FRUIT



**N. V. Ravindranathan Nair**

Senior Journalist

**D**espite all the odds, Corona season has created a binge – time for many. Kerala's Official fruit has gained a lot from these otherwise 'ordinary' days.

There may not be an apparent connection between jack fruit's newly-bestowed status as Kerala's official fruit and the Mollywood cinema. While coconut continued to play the lead, thanks to its conventional superstardom thrust upon it, jack fruit was content with playing the side role, though it was everywhere and everything to those who looked upon it. Finally, not only the heroine but her parents also realise that the character actor playing side role has equal or even more heroic virtues and jackfruit has been arrived to claim the status of Kalpavriksha.



Jack fruits' emergence as one of the major sources ensuring food security is getting widely accepted these days as a large chunk of Keralites, especially those in the villages find it as one of their staple food items. Moreover, in a testing time like that of Corona, people are depending on jackfruit to meet their food needs as it is locally available, cheap, nutritious and tasty. Interestingly, the official fruit has become a symbol promoting the values of care and share. Being the biggest fruit, most often, it will be more than enough for one family.

These days, a single jack fruit plucked from the backyard of a house has the luxury to appear before the hungry in any form of their choice besides being cooked traditionally. Chips, snack halwa, ice cream, juice, in whatever forms you like it is being cooked. In the Keralites' menu, like tapioca, jack fruit also had a prime place. Still, it lacked the lustre as it deserved till recently. While tapioca raised its bench mark value and managed to sneak into the five-star menu, jackfruit was still waiting in the backyard to get incarnated in its full glory. Though the official fruit status was a belated recognition, it is fast picking up and climbing the ladder of acceptance.

While, all the people are tied town to the households owing to the lock down and enough time at their disposal, many of them try their hands at preparing food varieties with using jackfruit. Jack fruit juice, jack fruit halwa, jackfruit concentrated in jaggery, jackfruit chips are prepared in several households these days.

“There is immense potential for Jackfruit to emerge as major income source for our people and impact our economy. There is great demand for tender jackfruit as dummy meat in the international market, especially in Europe” - points out Jissy George, subject matter specialist at Central Plantation Crop Research Institute, (CPCRI), Kayamkulam. It's medicinal properties to check cholesterol, insulin level makes jackfruit powder ideal for making favourite items like iddali, dosai - She added.

The Krishi Vignan Kendra, Alappuzha with the support of the state Agriculture Department has set up an incubation centre



*Giant jack fruit harvested from the house premises of John Kutty of Idamulakkal, Anchal, Kollam which is likely to enter the Guinness book of records and Limca Book of records. The jack fruit is weighing 51.5 kilo and has a length of 97 centimetres. The earlier world record was the 57 centimetre long jack fruit with a weight of 42.5 kilo harvested in Pune, Maharashtra in 2016.*

### **Jackfruit has been arrived to claim the status of Kalpavriksha**

**In a testing time like that of Corona, people are depending on jackfruit to meet their food needs**

**Though the official fruit status was a belated recognition, it is fast picking up and climbing the ladder of acceptance**

at the CPCRI to train entrepreneurs to produce jackfruit based pastha, noodle, ice cream, pulp, squash, vinegar and even wine. There are items to be made from rinds and strands. Even its thorns are used to prepare 'dahasamini'. Leafy extracts are used like tea. Leaves also get used for jackfruit bajji. From hard-rind jackfruit, halwa, jam, candy, jackfruit concentrated in jaggery are made. Vacuum fried jack fruit chips have a great demand domestically and in the international market.



# THE 'WORD' EFFECT ON LOCKDOWN ...



## Dr. Kishore Ram

Assistant Professor of English at Mannam Memorial N.S.S College, Kottiyam

According to Francis Bacon 'reading maketh a full man'. So if anyone wishes his life flourish to its full during this quarantine - era can be utilized to its fullest. When it comes to literature what to read, has to be picked up with utmost care.

An incident from the life of Socrates from Emil Cioran's *Drawn and Quartered* will justify this piece on reading at a time when a deadly virus threatens the world. While his executioners were busy preparing hemlock, the deadly poison, Socrates was learning how to play a new tune of the flute. When asked, "What will be the use of that?" he replied 'To know this tune before dying.'



**The quarantine period is the best time to read the classics for it demands slow pace and deep reflections**

**“When you re-read a classic, you do not see more in the book than you did before; you see more in you than there was before.”**

**‘Reading gives us someplace to go when we have to stay where we are.’**

Classics are part of the world and part of our collective unconscious. The quarantine period is the best time to read the classics for it demands slow pace and deep reflections. To get a feel of the classics it is good, to begin with, writers like Balzac, Flaubert, Tolstoy, Maupassant, and Chekhov.

Balzac’s *Old Goriot* is the right book for mature thoughts. The story is set against the backdrop of a society driven by social ambition and lust. It narrates the tale of Jean-Jochim Gorriot, dying of poverty in a lodge, uncared by his two daughters to whom he has given every ounce of love and every coin he saved he made in the flour trade. A father for Gorriot means ‘eternal giver’ and he tells fellow lodger Rastigna, “I love my daughters more than God loves the world.”

Emile Zola needs to be read in bulk but here I mention only *Nana*. Zola presents *Nana* with “her powerful hips and flowing hair” as a fly ‘flown up out of the dung,’ ‘buzzing, dancing’ and poisoning the men, ‘simply by settling on them’ but at the end, the radiant golden body is reduced to a “shovelful” of decaying matter.

Kindle offers hundreds of classics free to keep readers entertained during the lockdown and it is good to remember what Cliff Fadiman said, “When you re-read a classic, you do not

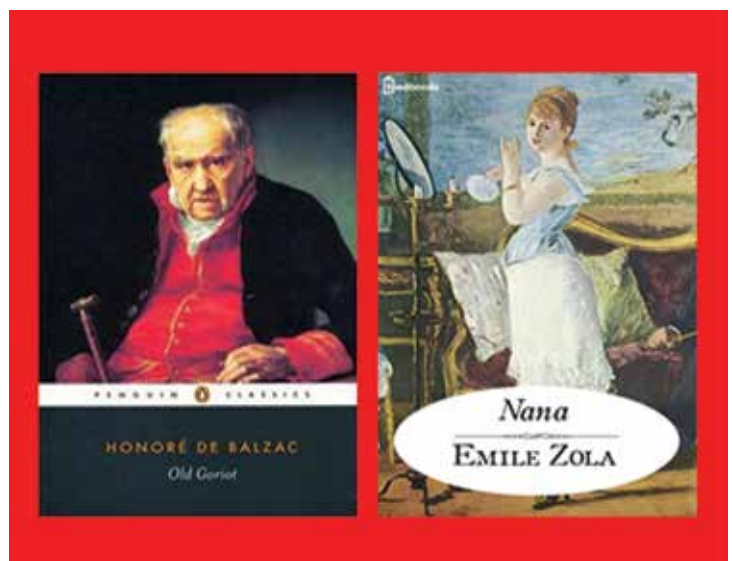
see more in the book than you did before; you see more in you than there was before.”

James Joyce’s *A Portrait of the Artist as a Young Man* is a book worth reading. It is written in a realistic style but creates extensive use of free-flowing narrative pattern and allows the reader to peep into the central character’s developing religious and intellectual consciousness.

*The Rainbow* and *Women in Love* along with his short stories and his poetry is enough to establish D. H. Lawrence’s literary permanence. However, *Sons and Lovers* seems more apt for quarantine - reading.

Fitzgerald’s *The Great Gatsby*, Vonnegut’s *Slaughter House Five*, Forster’s *A Passage to India*, Steinbeck’s *The Grapes of Wrath*, Nabokov’s *Lolita*, Lessing’s *The Golden Notebook*, Roth’s *Portnoy’s Complaint*, Naipaul’s *A Bend in the River*, Rushdie’s *Midnight’s Children* and Heller’s *Catch-22* will keep one engaged in this time of distress.

Peter Handke’s *The Great Fall* chronicles a day in the life of an



ageing actor as he makes his way on foot from the outskirts of a city into its busy centre. *Celestial Bodies* by Omani writer Jokha Alharthi narrates the story of three sisters in al-Awafi.

Anna Burn’s *Milkman*, Polish author Olga Tokarczuk’s *Flights* and Donna Tartt’s *The Goldfinch* are outstanding works of fiction by women writers. Hogarth’s *Shakespeare* reworks are highly commendable, of which Howard Jacobson’s *Shylock is My Name* is a re-envisaging of the *Merchant of Venice*, a rework that brings Shakespeare to the present. Shakespeare’s contemporariness is perhaps one reason why his birthday day is celebrated as the world book day. It will be apt to conclude with a quote from Mason Cooley, the aphorist, ‘Reading gives us someplace to go when we have to stay where we are.’ So let us stay home, stay safe, and read. ♦

# THE TITANS DEPART BUT VIVID MEMORIES LINGER..



## Anamika

Freelance Journalist

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**I**n an uncertain new world – order what endure is the glowing recollections on artists of eminence. Tinseltown just lost two such stalwarts, both unique in their own traditions in acting.

## Irrfan Khan

Despite all the horror and misery, it brought along, the COVID19 lockdown was also a period celebrated by cinephiles across the globe. Several must-see lists were in circulation, but those curated by critics and genuine film lovers had one thing in common. Whether they belonged to Hollywood, Bollywood or indie slot, they unfailingly featured at least a couple of films starring one actor - Irrfan Khan.

In an industry where success was defined in terms of everything larger-than-life, the star was an anomaly, but then he was never a star as per the mainstream rulebook. He never had looks that could melt chocolate, he never

flexed his muscles for damsels in distress and he never danced his way to the hearts of female fans. He simply wooed the audience with his talent, unalloyed and brilliant, so much so that his demise felt like a personal loss for many. There was just one explanation for the deep personal connect - the sheer honesty and perfection of his screen portrayals, a rare gift that set him apart from his peers. In a world of Adonises, he was a Houdini who easily vanished into his characters.

Irrfan Khan was no overnight screen sensation, but an NSD alumnus belonging to the league of Om Puri and Naseeruddin Shah. He started off with a small cameo in Mira Nair's Salaam Bombay and then a string of television shows and critically acclaimed films followed. He made the industry sit up and take notice in Maqbool and very soon he emerged as an actor who left his indelible mark irrespective of the reel time allotted to his character. Then we saw exceptional performances in films like The Namesake, The Lunchbox and Paan Singh Tomar that fetched him the National Film Award for Best Actor.

Though it's child 'splay for an actor of his calibre to outshine any Bollywood icon or screen goddess, it's not easy fitting into A-list equations. But Irrfan often made his characters utterly credible despite all the odds as his versatility knew no bounds. You never felt anything amiss when he essayed Deepika Padukone's romantic interest in Piku and in The Lunchbox you saw his enormous eyes easily translating emotions. His directors remember him as a master of improvisation who brought in new dimensions to the totality of a film through his underplaying. Irrfan was also the only Khan who found a career outside Hindi cinema as he starred in prominent films like Slumdog Millionaire, LifeofPi, Jurassic World,



The Amazing Spider-Man and Inferno. The actor leaves behind a true legacy and a commendable body of work but he will also be remembered for his progressive outlook and his unapologetic stands and opinions on religion. The world lost him in the middle of a pandemic but he will stay alive in the minds of film lovers and they will always celebrate him as an artist extraordinaire.

## The 'Kapoor' Heirloom

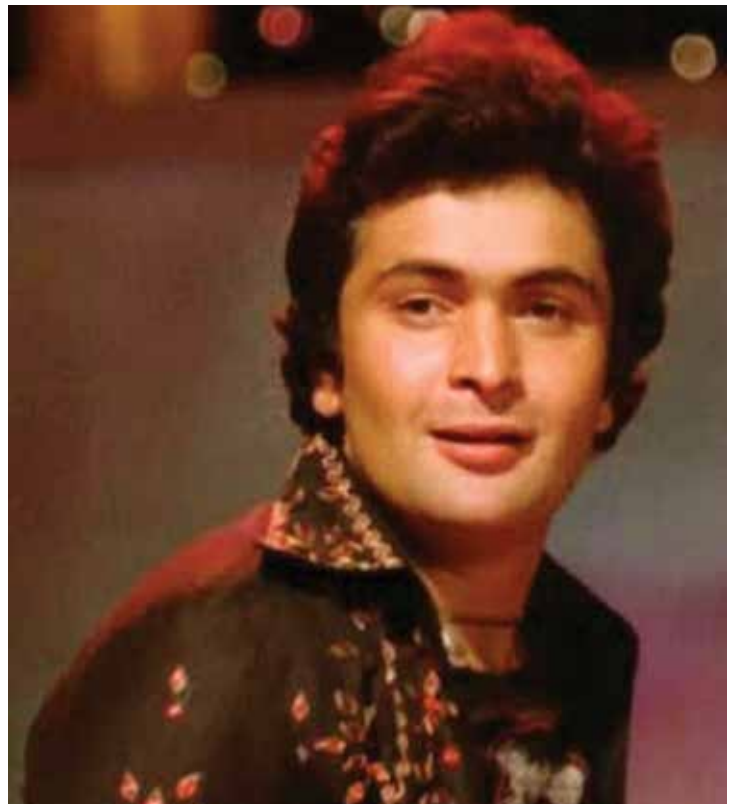
When Rishi Kapoor's parents were discussing the script of Mera Naam Joker (1970), the first major role offered to him, the adolescent was inside practising his autograph. Coming from the Kapoor clan who ruled the entertainment industry, the young boy knew he was destined to be a star. Rishi Kapoor's entry to the tinsel town was no accident, it was more of a long-established tradition which he embraced with all the zest. And while living his legacy, the young man evolved into Bollywood's quintessential prince charming with his songs and dance

numbers always topping the charts.

The young Kapoor boy got his first breakthrough playing the hero in Bobby, a film that broke all records. Everything about the film from his red scarf to Rajdoot motorbike went on to become a rage and suddenly there he was - the brand-new teenage heartthrob.

He almost always shared a crackling chemistry with his lead ladies, easily establishing himself as the poster-boy of romance. He wooed them wearing polka dot shirts and bell-bottoms, sequined jackets and sweaters, sometimes simply strumming the guitar and sometimes setting the dance floor on fire. He navigated his career through a spate of hits including Kabhi Kabhi, Karz, Prem Rog, Chandni and Sagar, never shying away from multi-starrers or films like Nagina and Damini that belonged to the female leads. He was never the typical macho hero and his angry young man stints were limited to films where the rich lad fell in love with the poor girl.

But, despite being hugely popular, he never got any chance to put his acting skills to test, no director ever came his way with a performance-oriented script. Rishi Kapoor had to wait long years to break free of his image and he started reinventing himself as an actor only in the 2000s. In sharp contrast to his sweet and predictable roles, this time he played filthy pimps and gangsters, naughty grandpas and cops in films like Agneepath (2012) and Kapoor & Sons (2016). The actor had to bid adieu half way into his second innings, but he was one matinee idol whom even millennials couldn't ignore. And yes, we totally agree when he says in his autobiography "I am Prithviraj Kapoor's grandson. Raj Kapoor's son... I am Rishi Kapoor. I was born lucky and stayed lucky."



# ENLIGHTENMENT DURING A PANDEMIC



**Adarsh Onnatt**

Literary Critic

**F**inally, a Virus transported one to self – realisation. From the days of agony to the trance of near-survival, mankind has gone through multiple emotions.

The world that is so beautiful, vivid and diverse, has been in locks for the last 100 days. A pandemic has wreaked havoc. It is also the first time in the history of the near memory of the mankind that such a severe panic-state has befall upon us.

Most humans in the world around are confined to their houses or its premises. The Coronavirus that has been caused so much worry has given humans a reprieve of time to ponder over the things that are need to be re-set before embarking on.

The virus has stolen the peace of the world. The peace that was illusionary.

The countries with social order in place have been the most hit. The others like Syria, Libya and others are in tantrum always. With or without Coronavirus.

The world, however, is in disarray. We watch in our home television screens every toll the virus had taken on the humans. We watch it with a pounding heart. The virus has spread to every corners of the world.

However, here in Kerala the state government has smelt the danger far early and a missioned effort was put in place. The state has been first in the country to put a control of the disease being spread. There are no explicable ways to escape this disease though we can boast of a responsible government and a well-trained medical system in place. It is our responsibility too now.

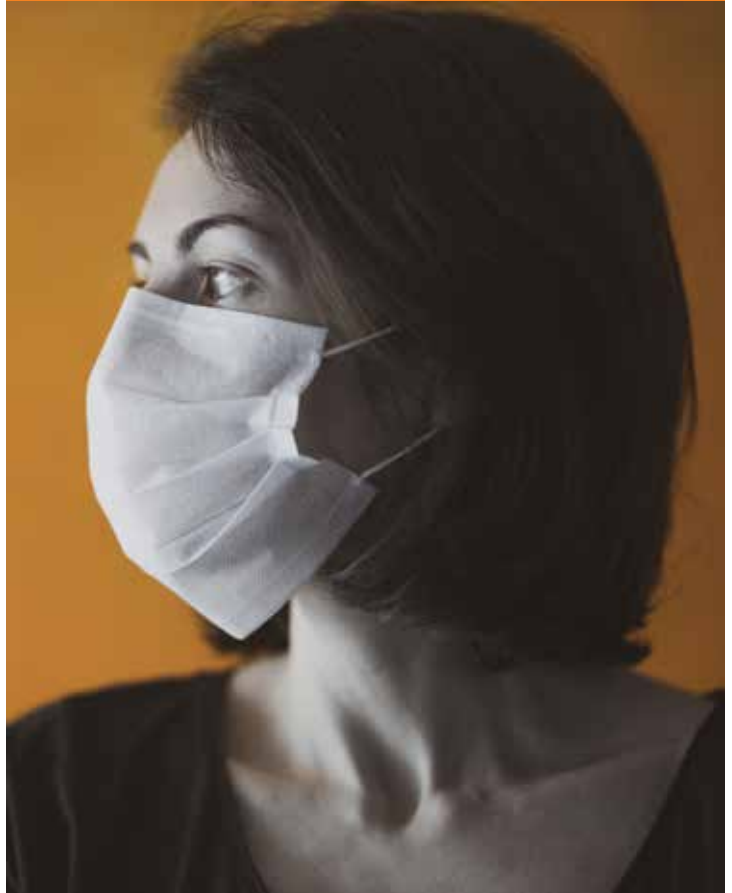
The many videos that surface in the social media with people beating the humid, arid summer of Kerala with lockdown by engaging in different creative activities. The life that stopped us for a few months has helped us reclaim the lost talents and activities in us. The busiest humans who were running behind a fast-life has slowed down. They have got the time to think and take a stroll around their natural premises to see what has been left in there of all the years of disregard. It is since the many working people find it a perfect summer sojourn. Since after the high school days, many would have-not stayed in homes to see the mangoes ripening and the cashew nut trees blossoming. And also, the many varieties of birds, animals come to feed upon the juicy fruits now. Lock down has also bring forth in us the warmness and kindness of the people.

In a part of Alappuzha this writer is staying, a Community Kitchen ran for almost two months to feed the homeless, poor. The many had contributed to it either as groceries or in participation. The youths have once again come together to distribute the food among the people to the remotest parts of the village. However, it is clear with the way the economy is nose-diving the state can go further with clamping on the locks. The government has to ease it in a few weeks. For that, social distancing, washing hands, obeying health guides won't suffice the contagion. With

**The state government has smelt the danger far early and a missioned effort was put in place**

**The state has been first in the country to put a control of the disease being spread**

**Many would have-not stayed in homes to see the mangoes ripening and the cashew nut trees blossoming**



human activities, the virus can gain momentum.

The disease has made us more responsible. We cannot wash it off with a soap or rinse it with a sanitizer. It is not like surviving floods. We have to care for each other. We need to choose wisely. The pandemic has helped us to tread a new path. The damage it has done to us is severe. It is only through our collective efforts- with social-distancing, wearing mask and not hurting the nature- that we can scale over this challenge, danger. Slowly.



# "KERALA'S RESPONSE HAS BEEN HUMANE, CARING AND SUCCESSFUL."

**Dr. Jason Hickel**



**Balagopal Kent**

Editor, [ukmalayalee.com](http://ukmalayalee.com)

**T**he noted economic anthropologist says the way the state handled the pandemic puts the "first world" to shame

Forget about foreign mainstream media singing praises about Kerala's successful fight against the COVID-19 pandemic. Kerala's success story now has been picked up by academicians and economists all over the world who are now scrutinizing on why Kerala is being able to flatten the curve without allowing it to the peak.

MIT Technology Review, published by the Massachusetts Institute of Technology, ran a whole length article reviewing and praising each and every step taken by the local administration to control the transmission by breaking the chain feeding on the main incumbent factor of the WHO-recommended plan of contact tracing, isolation, and surveillance.

Ramanan Laxminarayan, director of Center for Disease Dynamics, Economics & Policy

(CDDEP) based in Washington D.C. and New Delhi opined in an interview that lockdown would only slow down the spread of the virus but the need of the hour is to proactively test everyone who is ill and treat them. Kerala is a frontrunner here with the WHO plan of action and they are executing it well to control the spread.

Now we have Dr. Jason Hickel, an economic anthropologist, author, and a Fellow of the Royal Society of Arts and a senior lecturer at Goldsmiths, University of London, praising Kerala for the way it handled the COVID-19 pandemic, saying the way the state handled the pandemic puts the "so-called first world" to shame. In his Tweet, he said: "Kerala's COVID-19 response has been humane, caring and successful. They've kept their death toll to 2 and new cases are falling thanks to widespread community testing. It puts the so-called "first world" to shame. This is what happens when you have a society that is organised around the welfare of humans rather than around the welfare of capital".

In addition to his academic work, Jason writes regularly for The Guardian and Foreign Policy, and contributes to a number of other online outlets including Al Jazeera Fast Company, Prospect, Jacobin, Le Monde Diplomatique, New Internationalist, Red Pepper, Truthout, and Monthly Review. His media appearances include Viewsnight, the Financial Times, the BBC World Service, Sky News All Out Politics, BBC Business Matters and much more.

In an exclusive interview, he spoke to Kerala Calling.

**Q: Can you please let us know how you came across or stumbled on the news about Kerala's fight against COVID-19? Do you**

## know about this small state in India?

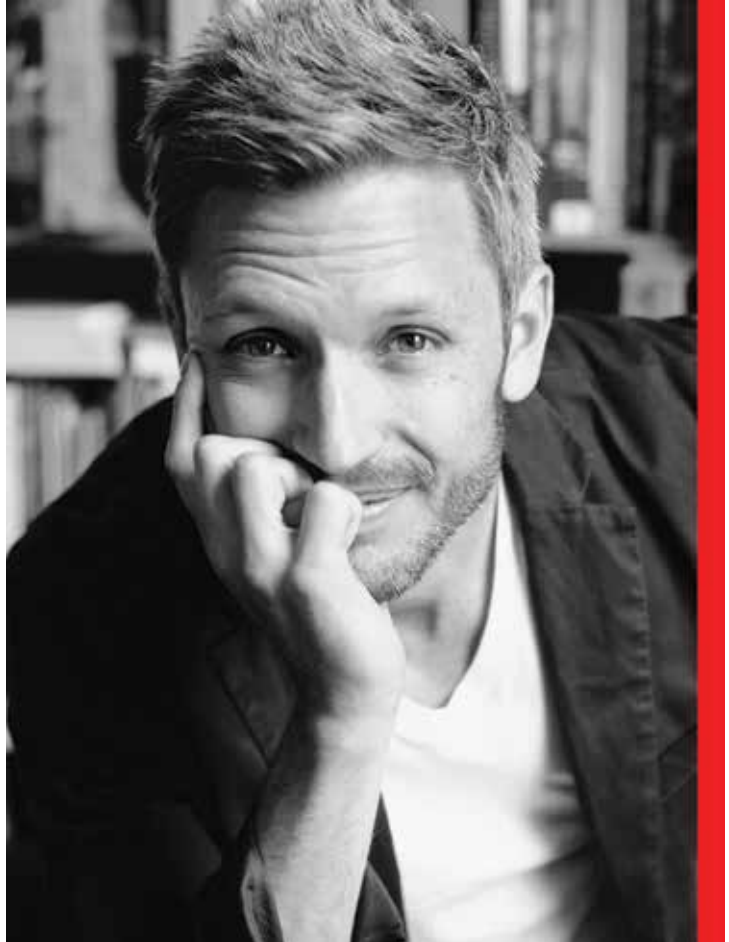
I have been following news from and about Kerala for many years as it is a state that often goes a different route from the rest of India. I have been impressed that Kerala has been able to achieve such high levels of health, education and other social outcomes with relatively little GDP. It shows that GDP is not everything. What matters is that we build economies that are organized around human welfare, universal public goods, social solidarity, and ecological stability. Kerala shows this can be done. It is a model for the world.

**Q: It is a fact that nations have to give priority to their economy and people? How would one find a balance in such a situation? Ideally what should be the priority for a nation at the present times?**

The governments of the world will have accepted that the only way to protect people from COVID-19 is to slow down unnecessary parts of the economy. Next, they will have to accept that the only way to do this without harming people is with a significant redistribution of income and wealth, to ensure that everyone has access to a decent livelihood. At a national level, this will require policies such as a wealth tax on the rich. At an international level, it will require canceling foreign debts. The global South should mobilize collectively to cease all payments on external debt for the rest of the year, and into 2021, and to use that money instead in the fight against COVID-19. It is immoral that the South should be paying money to rich banks during a time of crisis.

**Q: Can you please share why the UK and the US were not able to work on such new and innovative measures trialed by Kerala to address COVID-19? (The rapid testing walk-in kiosks WISK (Walk-in Sample Kiosk), which will enable us to test more in less time? Is it that there is no desire to get this done or did UK underestimate it or are they awaiting the “herd immunity” rather than taking measures to address this disease on the thought that this will go away once the curve flattens? What should the West do at present?**

The problem with the US and UK is that



four decades of neoliberalism have left them unable to govern in the public interest. For one, their public healthcare systems have been fragmented and underfunded, so they lack the infrastructure to mount an effective coordinated response. At the same time, they have been so thoroughly trained in the principles of laissez-faire that they find themselves unable to imagine the political interventions that are necessary here. They need to retool factories to produce PPE and ventilators, they need to take over private labs, they need to roll out mass community testing, and they need to cancel rents and debts and redistribute income and wealth.

**Q: In your opinion, what does Kerala do to better its economy? Do you think Kerala has tapped its tourist potential to the extent it has now?**

Agriculture is one of the main sectors of Kerala's economy. Around the world, chemical-intensive industrial agriculture has led to a decline in soil fertility and a decline in biodiversity, while poisoning streams and rivers. This is a disaster. Kerala can lead the world by shifting to regenerative agroecological methods wherever possible (like organic, polyculture, and no-till methods). This improves long-term soil fertility, resilience, and yields while restoring biodiversity. And the most exciting part is that these regenerative methods are effective at pulling carbon out of the atmosphere. Adopting this approach could allow Kerala to be a world leader in the fight against climate change. As for tourism, it would be unwise for Kerala to rely too much on tourism going forward. If the world gets serious about stopping climate change, this will entail a significant reduction in air travel. Kerala should prepare for this eventuality. ◆

# MULTI-LAYERED FLAIR

**Muktha**

Freelance Journalist



**T**alent unnoticed cannot be attributed to many yesteryear actors as the only thing eluded them was the support of new-age promotional gimmicks. Still they earned the close-to-the-heart image which the current generation artists are finding hard to achieve.

For those who grew up watching Doordarshan it was not easy to miss Ravi Vallathol. During those days there was no never-ending line-up of programmes, social media was something unheard of and an entire generation waited the whole day for their evening dose of entertainment. And there he was starring in some of the early tele-plays aired by the DD, turning into a familiar figure over the years. Though the late actor's filmography has had around fifty films, it was serials that made him popular and he remained active in the small screen for a long time.

Son of the prominent author and playwright T.N Gopinathan Nair, Ravi Vallathol started his acting career with 'Vaitharani' in 1986, following it with a multitude of others, mostly playing the affable gentleman. Ravi did not limit himself to acting, as he tried his hands at writing, perhaps following in the footsteps of his father and granduncle, the renowned poet Vallathol Narayana Menon.

While Ravi played key characters in tele-shows like Parijatham, Vasundhara Medicals, Nizhalukal, and American Dreams, his film appearances were mostly miniscule roles or extended cameos. His first film was Swathi Tirunal directed by Lenin Rajendran and he continued to act in several films that include Mathilukal, Kottayam Kunjachan and Godfather. A recipient of the best TV actor award, his film career never took off the way it was expected. At the same time acclaimed filmmaker Adoor Gopalakrishnan repeatedly cast him in his films and the actor was part of films like Vidheyan,



*Ravi Vallathol, Jagathy's heroine! A rare picture in memory*

Nizhalkuttu, Naalu Pennungal, Oru Pennum Randaanum and Pinneyum. In fact it was the veteran director who offered him a some of his best roles including the segment in National Award-winning Nalu Pennungal.

Ravi Vallathol also has to his credit the story of 1986 film 'Revathikkoru Pavakutty' and the lyrics of the song 'Thazhvarayil manju poothu' from Madhuram Thirumadhuram released in 1976.



EVERY  
DROP  
SAVES  
THE  
WORLD

Break  the  
Chain

കൈവിടാതിരിക്കാം - കൈ കഴുകൂ -

