

EDITION 4



# GLOBAL NSS CONNECT

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## IN THIS ISSUE

1. **Kidangoor Gopalakrishna Pillai**
2. **Chairman's Desk**
3. **General Secretary's Report**
4. **The Anatomy Of Success And Happiness**
7. **Spiritual Connect**

**“THE WEAK CAN NEVER FORGIVE. FORGIVENESS IS THE ATTRIBUTE OF THE STRONG”**

**- MAHATMA GANDHI**

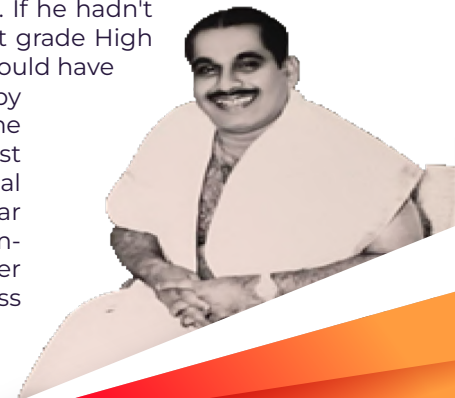
## KIDANGOOR GOPALAKRISHNA PILLAI ( 1929-1995)

Sri. Kidangoor Gopalakrishna Pillai was a powerful leader of the Nair Community. He was an expert administrator, seasoned organizer, and a great orator with unequal eloquence. He was born to Sri. Narayana Kaimal and Smt Gourikutty Amma in the year 1929. He was an eminent Advocate who started practice in 1954. He was considered to be the roaring lion of the Nair community of Kerala.

He was groomed by Our Acharyan Mannath Padmanabhan as his successor. A man of enviable ideas, Kidangoor was out of the ordinary run of political and social activists. He was elected as the General Secretary of NSS in 1967 and continued in the office for four terms consecutively. The period is considered as the golden era of NSS. Nairs in Kerala were so much powerful under his leadership during the nineteen seventies. He also served as the Member of the Senate and Syndicate of Kerala University. He was nominated as a Member of the Guruvoor Devaswam Management Committee. He was elected as the president of All Kerala Private College Management Association.

Sri. Kidangoor was the founder and leader of the National Democratic Party (NDP). By forming NDP he has motivated the Nair spirit in Kerala and transformed it into an influential political power in the Congress-led coalition ministry. NDP had 12 MLA s in its initial year of formation. As a recognition for his talents, he was appointed as the Indian High Commissioner to Singapore.

Sri Kidangoor would have been the Chief Minister of Kerala had he not accepted the post of Singapore High Commissioner. If he hadn't been moved out of Kerala as a 1st grade High Commissioner of Singapore, he would have transformed the face of NSS by giving a sense of direction to the organisation to become the most powerful force in Kerala Political arena. He passed away in the year 1995. Sri. Kidangoor will be remembered as a dedicated social worker and administrator with boundless energy and zest for life.



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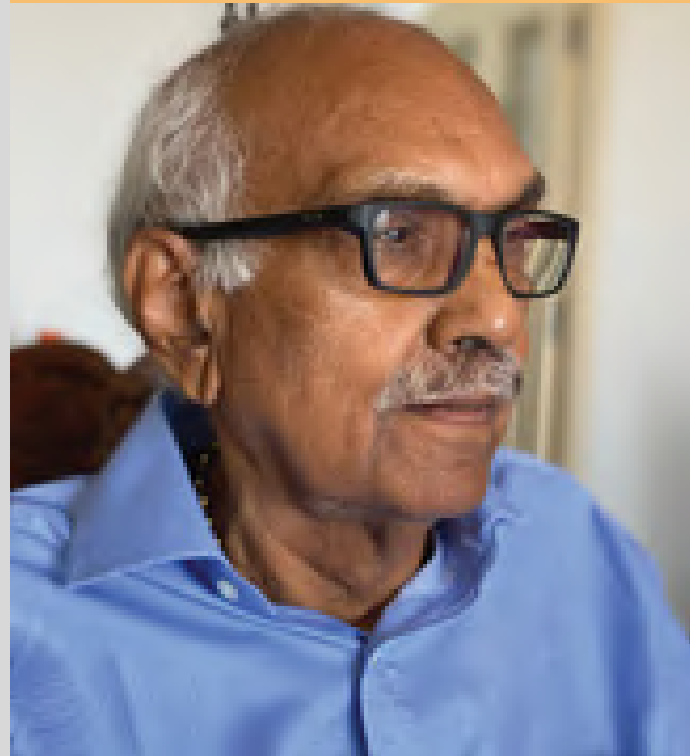


India's future economic growth will be driven by the private sector and entrepreneurship. We must focus on basic skills to ensure that all Indians, regardless of caste, class, or religion, can contribute to economic growth. Ten percent reservation bill to individuals belonging to economically backward creates huge anxieties and uncertainties. The challenge we face is that our mindset is driven by the reservation system that was developed in a different era that we had no time or inclination to think about its success or to examine possible modifications.

Today, the government recognises the role of the business in enhancing our quality of life. India has many programs to seize opportunities to succeed despite many obstacles if the willingness is there to take the risk. We have several success stories before us from our own members who are illustrious and risk-takers. They create employment opportunities, and profits and innovate technologies. They are also willing to take risks and lend a helping hand in getting started on the most beneficial platform of start-up proposals available to them.

## CHAIRMAN'S DESK

M K G PILLAI



When you start something new, don't stop halfway through. Persistence would aid you in achieving your goals. Many great entrepreneurs have taught us this lesson through their success stories. Always keep in mind that the world was not created just for one's personal comfort. Success in life comes to people only when they have the right attitude to life and the willingness to work hard. Never again carry any bad sentiments or resentment for others. Try to look for goodness in people.



# GENERAL SECRETARY'S REPORT

## UDAYABHANU .C

Global NSS had yet another busy month. Regular meetings of the Committees and the Governing Body were held and all proposals were extensively discussed prior to execution.

A Spiritual discourse webinar by Brahmashree Moorkkannur Sreehari Nambuthiri ( former Melshanthi of Guruvayoor temple ) was organised on **"GRIHASTHAASRAMA DHARMANGAL"** on 26th March 2022, which received overwhelming response from members across the Globe .

We are conducting a webinar on 02 May 2022 (Monday) on Sri Chattambi Swamikal at 7.30 p.m, in connection with the 98th Samadhi day of Satguru PARAMABHATTARA THEERTHAPADHA VIDHYADHIRAJA SRI CHATTAMBI SWAMIGAL. Dr K P Vijayalakshmi, Director, Sri Chattambi Swam Study Centre campus of Kaladi Sanskrit University, Panamana, Kollam will be the Chief Guest. Details are already shared with the members for your participation in large numbers . We are planning to conduct such spiritual discourses/meetings on a regular basis to enlighten the members on Spirituality.

The Bye-laws Committee under the Chairmanship of Justice Sri P N Ravindran (Rtd) had finalized the draft Byelaws . It will be placed for discussion in the next Governing Body meeting, scheduled to be held in May 2022. The same can be placed in the Special Meeting and General body meeting for approval, before sending to Registrar of Societies for their approval.

We have conducted one Medical camp in Chennai on 24th April 2022 in association with Anna Nagar Sri Ayyappa Charitable Trust on the occasion of Inauguration of Modern Diagnostic Centre which was attended by Temple members and public. We have planned to conduct such Medical Camps in Chennai and other places on a regular basis. Mr Jaishankar Unnithan, former Chairman Global NSS contributed our share in the expenditures incurred for the aforesaid Camp.

A Regional Conference intended to be held in Bangalore on 27th April to strengthen the cooperation and involvement of State Units of South had to be postponed due to unforeseen circumstances. That conference is rescheduled to take place in June or July 2022. Our members shall be updated as soon as it is finalized .

Sri Chattambi Swamikal Jayanthi Vidhyathiraja Rajolsavam celebrations are to be held in Delhi in 2022. We have decided to form a Celebration Committee for managing the celebrations at Delhi. Extensive discussions are taking place to make this event a memorable one , and the details shall be shared with the members shortly . Please extend your maximum co-operation to ensure the success of the celebrations and the release of the Souvenir.





# THE ANATOMY OF SUCCESS AND HAPPINESS



## K. JAYAKUMAR IAS (RTD)

Is happiness synonymous with success? We tend to imagine so. All around, we find the scramble for achieving success. Every individual-professional, businessperson, politician, entrepreneur, sportsperson, or an ordinary person of modest means- wants to be successful. Who would want to be a failure? That is why successful people are often asked: "What is the secret of your success?" Some might share the so-called 'secret'; others might come up with an answer that would be quite off the mark. The real secret is that there is no standard formula for success. Every success is unique. It is the outcome of the confluence of unique internal and external circumstances. Those sets of circumstances are person-specific and can never be replicated. That is why every success is unique and beyond replication with the help of a magic formula. Though it is tempting to believe that success can be replicated, the truth is that there is no template for success. It however does not mean that there is nothing valuable to learn from success stories. Of course, there are several valuable factors and ingredients that can be gleaned from successful lives, but the routine application of those factors will not guarantee success. The idea that success is amenable to the replicable formula is tempting but absurd. What is sweet for Peter could be bitter for Paul.

## ALL FAILURES ARE ALIKE

Interestingly, though success defies attempts to standardise and replicate, failure is easily replicable. Nobody has the time or inclination to ask a loser, what his or her 'secret' has been to invite failure in business or profession. (After all, the world has no time for losers; 'the winner takes it all'.) Leo Tolstoy opens his masterpiece Anna Karenina with this epigram: "All happy families are alike; but unhappy families are unhappy in their own different ways." So is the case with success and failure. All failures are alike but every success is unique and different. An entrepreneur who lacks core competence or is unwilling to go into details is bound to invite failure. A professional who is not diligent, who has no patience or has no ability to adapt cannot claim success. A businessperson with no concern for the consumers or with no financial discipline can rest assured that disaster is round the corner. Failure is writ large in these wrong attitudes, values, habits, and choices. Of course, from the mistakes of a failed entrepreneur one can arrive at a list of desirable qualities. Yet, that knowledge alone will not guarantee success.

What is often perceived as happiness is gratification. Once some latent need is met, there will be an instant satisfaction or gratification. Satisfaction may be a constituent of happiness but not total happiness. Pleasure is also an adjunct of happiness and it derives from the temporary slaking of desires. That enjoyment is short-lived and should not be mistaken as happiness. True happiness manifests as a state of contentment. Gratification, satisfaction and pleasure are all dependent on external sources. There has to be a person, event, or object that remedies dissatisfaction and



provides gratification. Whereas contentment is independent of an external source; it is a state of mind. Success is a contributing condition for attaining contentment if other factors are favourable.

When the mind is attached to and triggered by small and selfish causes, we experience a thrill that is not real happiness. There can be no real and lasting happiness if our action is motivated by fear, or resentment, anger or envy, lust, or rivalry. The sequence in the Mahabharata where the Kauravas trounce Yudhishtira in the game of dice (played foul by Shakuni), and Draupadi is dragged to the court and attempted to be disrobed by Dushasana, the jubilant Kauravas imagined that they were 'happy.' What was misconstrued as victory/success and happiness arising from it was, in fact, the sense of gratification of base emotions guided by anger, resentment, lust and envy. The celebration of that fleeting 'happiness' sowed the seeds of the eventual devastation and unimaginable tragedy of the Kurukshetra War. Real happiness cannot arise from wicked motives.

We are quite often caged in habits and conditioned reflexes. People who seek intoxicants to be 'happy' for a few hours are embracing misery. Those who hoard money gained through nefarious ploys are also inviting stress and anxiety into their lives. Happiness eludes those who indulge in this kind of unethical money-making spree. The lust for success often erases the distinction between moral and immoral, correct and incorrect, good and bad. Instances of big companies indulging in fraudulent activities, tweaking the laws of the land, making an unethical profit, and indulging in illegal practices are not uncommon. Industrial pollution, indiscriminate mining, deforestation, filling up of water bodies and

wetlands, and such acts of environmental vandalism –all leading to unhappiness and eventual decimation of the human race—are all justified by short-term results of profits and triggered by a self-centered craving for success and happiness. Why we are not able to act on noble and selfless motives?

## **EGO IS THE DRIVER**

Seekers of true happiness have to consciously transcend the trappings of such self-centered and crass motives, which are nothing but the play of the ego. All negative emotions like greed and envy, anger and resentment are in fact the creations of the ego. Ego has no function other than to make us feel important. Ego, which is the hatchery of such thoughts and emotions, cannot be but selfish. Ego prevents the expansion of the horizons of our thoughts and ideas. It keeps on saying that lofty ideas are all unreal and what is real is only selfishness. It glorifies selfishness by anchoring it with negative thoughts. Unless this trick is exposed and we are able to consciously get out of the grip of the ego, negative emotions will continue to haunt us and our misguided acts seeking elusive happiness will continue to repeat themselves in loops. It becomes an inner programme; the software of the ego-driven mind. Our reactions to situations then begin to be pre-programmed. Happiness will continue to be elusive in egoistic relationships. We cannot create happiness in our own lives unless we are able to align with noble and selfless thoughts. Selfishness can never yield true happiness. We cannot experience happiness unless we are able to be compassionate, kind, and considerate to others. But as long as the ego is the controller of our decisions, choices, and responses, our ability to be kind and



compassionate to others is blocked, as the ego has interest only in us. It has no interest in others. It will allow us to help others only if that help has some selfish spin-off benefits for us. Caught in the loop of the predictable reactions prompted by the ego, our lives become repetitive, non-creative, barren, unhelpful, arrogant, and unhappy, as our egos do not allow us to think differently. Ego has only one job: to make us feel important. All its dictates are meant to achieve this purpose. Ego will use any technique for this and we are hardly aware of these strategies of the ego.

## BEYOND THE EGO

One can be successful and be successfully happy only if the power of the ego is first recognised and subsequently reined in. The awareness about the power of the ego and its mechanisms should be the tool to examine every feeling, response, and choice we make. That awareness will help discover the real motive behind every action of ours. Wanting to become an influential person in society is not a bad idea. To plan and execute a great business idea is desirable and healthy. In fact, every person has a responsibility towards one's life. Success and happiness are our birthrights and life is too precious to be wasted in failure. But the true motive why we want to be successful needs to be discovered. To be a successful professional is a welcome desire. Even if it is driven by the ego it is not a negative wish. However, if you are trying to make lot of money so that you could belittle someone else or become

richer than your friend, that won't make you happy. There are parents who want their children to write Civil Service Exam or become doctors or engineer only to compete with their relatives or neighbours. This kind of 'motivation' is indeed a favourite trick played by the ego in order to make us feel important.

Distinguishing the voice of the ego from the voice of wisdom or rationality is the trick. Once we start disobeying the ego, its grip slowly weakens. Then it becomes easier to pursue selfless objectives. Whatever position we hold or enterprise we run, it is possible to make our actions selfless; and make them beautiful and perfect. Life becomes successful when we defy the gravity of the ego and make selfless choices prompted by love. Then one becomes capable of a larger vision and noble thoughts. That, in fact, is the conscious escape from the entrapment of base emotions of anger, greed, cynicism, envy and resentment. And success achieved by such noble efforts will always be a source of lasting happiness and contentment. Be grateful to life and its wonderful beauty and opportunities. If we see only darkness all around it is only because we haven't opened our eyes. Open your eyes, get up and start the journey. That is what the Upanishad exhortation (made popular by Swami Vivekananda) really means: "Uthishtitha, Jagratha, Prapyavarannibodhatha."



# SPIRITUAL CONNECT....



**M D JAYAPRAKASH**

## താപത്രയങ്ങൾ

ആധിദൈവികം, ആധിഭൗതികം, ആദ്ധ്യാത്മികമായ 3 വിഘ്നങ്ങൾ താപത്രയം അല്ലെങ്കിൽ ദുഃഖത്രയമെന്ന് വിളിക്കുന്നു.

താപമെന്നാൽ ദുഃഖമെന്നർത്ഥം.

പ്രതികൂലാനുഭവമാണ് ദുഃഖം. ആദ്ധ്യാത്മികം, ആധിഭൗതികം, ആധിദൈവികം എന്നീ ദുഃഖങ്ങൾ എല്ലാവരെയും പ്രഹരിച്ചുകൊണ്ടിരിക്കുന്നു.

ആദ്ധ്യാത്മിക ദുഃഖമെന്നത് ആന്തരിക കാരണങ്ങളാലുത്പന്നമാകുന്നതാണ്. ഇത് രണ്ടു വിധമുണ്ട്. ആദ്ധ്യാത്മികശാരീരിക ദുഃഖം, ആദ്ധ്യാത്മികമാനസിക ദുഃഖം എന്നിങ്ങനെ.

ശാരീരികമായ രോഗങ്ങൾ കാരണമുണ്ടാകുന്നതാണ് ആദ്ധ്യാത്മിക ശാരീരിക ദുഃഖം.

കാമക്രോധാദികൾ നിമിത്തം ഉണ്ടാകുന്നതാണ് ആദ്ധ്യാത്മിക മാനസിക ദുഃഖം.

ആധിഭൗതികദുഃഖം എന്നത് അന്യഭൂതങ്ങൾ അഥവാ പ്രാണികളിൽ നിന്നുണ്ടാകുന്ന ദുഃഖമാണ്. കള്ളന്മാർ, ദുഷ്ടന്മാർ, ശത്രുക്കൾ, ക്രൂരമൃഗങ്ങൾ, മറ്റ് ഹിംസ്ര ജന്തുക്കൾ എന്നിവയിൽ നിന്നുണ്ടാകുന്ന ആപത്തും ഭയവും ആധിഭൗതികദുഃഖമാണ്.

ആധിദൈവിക ദുഃഖമെന്ന് പ്രാപഞ്ചിക ശക്തികളിൽ നിന്നുണ്ടാകുന്ന ദുഃഖമാണ്. പ്രകൃതിക്ഷോഭങ്ങൾ, അതിവൃഷ്ടി, അനാവൃഷ്ടി, മിന്നൽ, കാറ്റ്, മഞ്ഞൽ, ഭൂകമ്പം, അഗ്നിബാധ ഇത്യാദികളെക്കൊണ്ടുണ്ടാകുന്നതാണിത്.

പുരാണങ്ങളിൽ ഈ ദുഃഖങ്ങളെ ഇല്ലാതാക്കുന്നതിന് ചില കാര്യങ്ങൾ പറയുന്നുണ്ട്. അവ താപശമനകര ചതുഷ്ടയം എന്നറിയപ്പെടുന്നു.

1. ഈശ്വരപൂജ
2. ബുദ്ധിമാന്മാരെ അനുസരിക്കൽ.
3. വിദ്വാനമാരെ ബഹുമാനിക്കൽ .
4. പാപകർമ്മങ്ങളെ വെറുക്കൽ .

ശാന്തിമന്ത്രങ്ങൾക്കൊപ്പം ശാന്തി ശാന്തി ശാന്തി എന്നു മൂന്നു പ്രാവശ്യം ചൊല്ലുന്നതും ആധിദൈവികം, ആധിഭൗതികം, ആദ്ധ്യാത്മികം എന്നീ താപത്രയങ്ങളിൽ നിന്നും ശാന്തി ലഭിക്കുവാനാണ്.