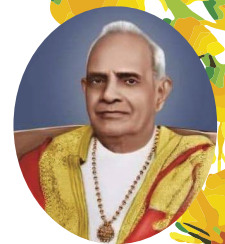




EDITION 8



GLOBAL NSS CONNECT

An official publication of Global Nair Sewa Samaj

APRIL 2025

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PANAMPALLI GOVINDA MENON

Panampilly Govinda Menon (1906–1970) was a distinguished Indian freedom fighter, lawyer, and statesman who played a significant role in politics during pre- and post-independence. Born in Kakkad village by the Chalakudy River in Thrissur, he was raised by his uncle



and later pursued his early education at Paliyam and Maharaja's School, Ernakulam. Influenced by the freedom movement, he actively participated in the Vaikom Satyagraha and faced disciplinary action for his involvement in political activism. He excelled academically and in public speaking, going on to complete his higher studies at St. Thomas College in Thrissur, followed by St. Joseph's College, Tiruchirappalli, and Madras Law College. He was a well-respected lawyer and made significant contributions to the legal field, advocating for social justice and democratic rights. Starting his legal career under Adv. M. C. Joseph, Menon soon entered politics and rose to prominence in the Kingdom of Cochin


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during the 1930s, becoming its Prime Minister briefly in 1947. Following the merger of Travancore and Cochin, he held ministerial portfolios in education and finance before becoming Chief Minister of Travancore-Cochin in 1955–1956. As a minister, he introduced several administrative measures to improve governance and efficiency. He played a crucial role in the formation of the state of Kerala in 1956 by supporting the reorganization of states based on linguistic lines. He later represented Mukundapuram constituency in the Lok Sabha from 1962 until his death. He became Union Minister for Law and Railways (1969–1970) and Minister of State for Food and Agriculture. Known for his leadership and oratory, he mentored several leaders, including former Kerala Chief Minister K. Karunakaran. His legacy is honoured through the Panampilly Memorial

Government College in Chalakudy and the centenary celebration inaugurated by President A.P.J. Abdul Kalam in 2006. Panampally Govinda Menon is remembered as a visionary leader who contributed significantly to Kerala's political and social development. He was involved in infrastructure development, including roads and public transport systems. He played a role in the expansion and modernization of Cochin Port, agriculture, industry, contributing to Kerala's economic growth. He was a promoter of Kerala's rich cultural heritage, promoting arts, literature, and traditional institutions. His leadership in various social initiatives helped in uplifting marginalized communities. His legacy continues to influence Kerala's political and social outlook.





CHAIRMAN'S MESSAGE



SOMASEKHARAN NAIR

Dear Esteemed Members,

On the auspicious occasion of Vishu, I wish you and your families a joyous and prosperous new year. May this year bring happiness, good fortune, and success to all.

As we begin our first issue of the GNSS News Bulletin under the new governing body, I would like to share my thoughts on our prestigious organization. Our regular meetings and events have been well-attended, with active participation from members, friends, and well-wishers. Our diverse membership, spanning various age groups, is an example to our organization's vibrancy.

I appreciate the community's proactive initiatives, which ensure GNSS remains alive and kicking with a bright future ahead. Our organization provides a platform for like-minded individuals to exchange ideas, views, and information. We have numerous professionals who can share their expertise, creating opportunities for knowledge sharing, networking, and collaboration.

I invite our affiliated units and professional individuals to support us through conferences, meetings, online publications, and presentations. Let us create a platform for interfacing with our affiliated units and invite community units to join us.

I am heartened by our growing membership, but I also notice a gender imbalance. I am confident that women will play a more significant role in strengthening our organization in the future.

We plan to organize continuous education and social events, young professionals' programs, and invite GNSS International distinguished professionals.

I invite our young generation to support GNSS and contribute to its growth. Thank you all for your contributions to GNSS. I look forward to seeing you at our monthly meetings, special programs, and events.

Thanks & Regards,
Somasekharan Nair



GENERAL SECRETARY'S REPORT



UDAYABHANU .C

Namaskaram

As we come together to celebrate the auspicious festival of Vishu, I extend my heartfelt greetings and best wishes to each one of you. May this joyous occasion bring prosperity, happiness, and renewed hope into your lives and your families.

Vishu, a symbol of new beginnings and fresh aspirations, offers us a moment to reflect on our journey and reaffirm our commitment to our shared mission. Over the past 14 years, our organization has proudly served the Nair community through a wide array of charitable endeavors, cultural preservation activities, and powerful networking platforms. What began as a humble initiative has grown into a vibrant, global movement, thanks to the unwavering dedication of our members and the synergy of our affiliated units across the world.

Last year marked an important milestone with the election of a new Governing Body. Our newly elected team has infused the organization with fresh ideas, energy, and a renewed sense of purpose. Together, we are working diligently to enhance the impact of our initiatives and to uphold the values that bind our community. Our efforts are directed towards creating lasting value and fostering stronger connections among our members both locally and globally.

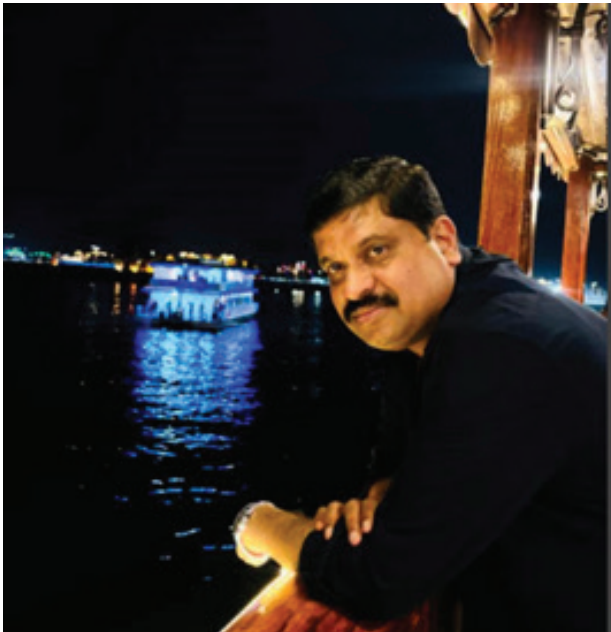
As we step into this new chapter, I call upon all our members and affiliated units to stand united in support of our collective vision. Your active involvement be it through contributions, innovative suggestions, or enthusiastic participation is the backbone of our progress. Together, we can scale new heights and build a future that reflects the strength, culture, and aspirations of our community.

Let this Vishu not only be a celebration of abundance and renewal but also a reaffirmation of our shared goals and dreams. Happy, Prosperous, and Blessed Vishu.

Warm regards,
Udaya Bhanu



TREASURER'S DESK



SHIVA PRASAD NAIR

Dear Members,

It is a privilege to serve as the Treasurer of our dynamic and growing organization. I remain committed to upholding the financial integrity and long-term sustainability of our shared mission.

Each month presents new opportunities to collaborate, support one another, and invest meaningfully in the well-being of our community. Our core priorities continue to be transparency, prudent financial management, and the effective allocation of resources toward impactful initiatives.

From educational programs and welfare services to community events, our efforts are guided by the goal of creating positive and lasting change in the lives of our residents.

I encourage all members to remain actively engaged, to contribute their ideas, and to offer their time, skills, or resources as they are able. Through collective commitment and participation, we can build a stronger, more united, and compassionate community.

Warm regards,
Shiva Prasad Nair



MEMORY LANE



PENNED BY
M K G PILLAI
FOUNDER AND FORMER CHAIRMAN
GLOBAL NSS

C. KRISHNAN NAIR

A Life of Purpose, Patriotism, and Principles

At the outset, I would like to extend my heartfelt compliments to our Chairman, Shri. S. S. Nair and our Secretary, Adv. Priya Balakrishnan, for taking the initiative to revive our cherished project, GLOBAL NSS CONNECT—a quarterly communication bulletin envisioned to strengthen our bond with members and well-wishers, both in India and abroad.

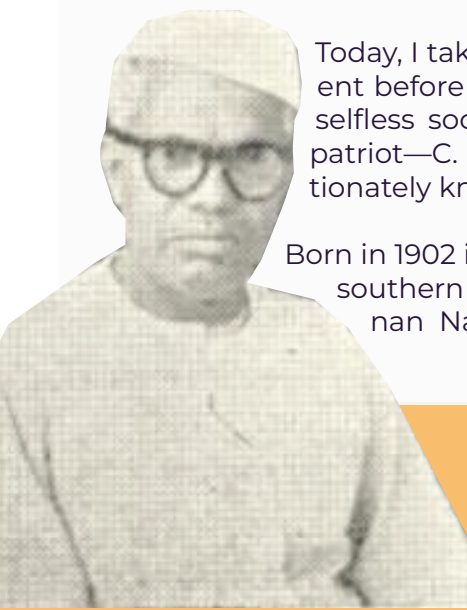
This platform offers us an opportunity not only to share updates but also to remember and celebrate the lives of legendary Persons who have shaped our society through their selfless service. For a long time, I had wished to introduce some of these remarkable veterans to our younger generation, who deserve to know about the values and sacrifices of those who walked before them.

fighter, a Gandhian to the core, and a humble visionary who dedicated his life to the nation.

After completing his basic education, he joined Mahatma Gandhi's independence movement, participating in the historic Dandi March and the Quit India Movement. Though Pandit Jawaharlal Nehru invited him in 1952 to become the first Chief Minister of Delhi in recognition of his service and sacrifices, Nair humbly declined and recommended his younger colleague, Chaudhary Brahm Prakash, instead. As a Member of Parliament representing Outer Delhi in the first and second Lok Sabha, he was instrumental in establishing the Delhi Development Authority (DDA) and initiating many housing projects—yet he never owned a house himself. Living simply in the Gandhi Ashram in Narela, he remained a true Gandhian until his last breath, passing away in a modest flat in R.K. Puram owned by someone else. It is with deep respect and gratitude that we remember C. Krishnan Nair as the first patron and guiding light of Delhi NSS, founded in October 1984. His life and values remain a shining example for all of us to emulate.

Today, I take the privilege to present before you the life of a silent, selfless social worker and a true patriot—C. Krishnan Nair, affectionately known as “Delhi Gandhi.”

Born in 1902 in Neyyattinkara, in the southern part of Kerala, Krishnan Nair was a freedom





CHATTAMPI SWAMIJI

APOSTLE OF GLOBAL PEACE

Chattampi Swamiji (1853–1924), the greatest and wisest sage of the nineteenth and twentieth centuries, lived in the then Travancore, a part of the present Kerala State called the 'God's own country', at the south-west corner of the Union of India, that is Bharat. Though he was known as a great social reformer, philosopher, and spiritual leader for his efforts to eradicate caste discrimination and promote social equality, he can be regarded as an apostle of world peace due to his teachings that emphasized universal brotherhood, religious harmony, and non-violence.

He strongly believed in the unity of all human beings, regardless of caste, creed, or religion. He rejected the rigid social hierarchy of his time and preached the idea that all people are equal. His teachings align with the global ideals of peace, where harmony among people is essential.

Love, peace, harmony, and compassion are the foundations of a truly peaceful world. Love promotes understanding and connection among individuals and communities, breaking down barriers and creating goodwill. Cultivating inner peace leads to peaceful interactions, reducing conflicts and establishing stability on a larger scale. Harmony encourages cooperation and unity among diverse groups and helps to create a balanced and inclusive society where differences are respected. Compassion and empathy towards suffering of others can alleviate it, fostering a supportive environment and mitigating aggression. Together, these values build a foundation for sustainable peace, encouraging societies to resolve conflicts amicably and focus on collective well-being.

Chattampi Swami's teachings of love and compassion can foster world peace through several key principles like universal brotherhood, religious tolerance, non-violence, social equality, self-realisation and inner peace, compassion and service to humanity. He emphasized the idea of oneness and the interconnectedness of all humanity.

By nurturing a sense of global brotherhood,

his teachings encourage people to look beyond differences and embrace common humanity, which is essential for peace. He advocated for religious harmony and understanding, promoting the idea that all religions contain valuable truths. This fosters an environment where diverse beliefs can coexist peacefully, reducing religious conflicts. By promoting ahimsa, or non-violence, he encourages individuals and communities to resolve conflicts through dialogue and understanding rather than aggression. His emphasis on breaking down social barriers and promoting equality helps reduce social tensions and injustices

that can lead to conflict. Swamiji taught that achieving inner peace through self-realization and spiritual growth is vital. Individuals at peace with themselves are more likely to contribute to a peaceful society. Encouraging acts of kindness and service to others can foster supportive and compassionate communities, laying the groundwork for lasting peace.

He taught that true strength lies in love and compassion, not in conflict. His peaceful methods of reform, through education and



ARTIST _ B. RAJAN



dialogue rather than rebellion, reflect the principles later championed by figures like Mahatma Gandhi and Martin Luther King Jr. Indeed, love, peace, harmony, and compassion are the foundations of a truly peaceful world. When individuals embrace these values in their daily lives—by showing kindness, understanding, and respect for others—it creates a ripple effect that can spread across communities and nations.

Swamiji studied various religious scriptures, including Hinduism, Christianity, Islam, and Buddhism, and found that all religions teach love and compassion. His work 'Vedadhikara Nirupanam' challenged orthodox beliefs and promoted a more inclusive spiritual outlook. He encouraged interfaith understanding, which is crucial for world peace.

Swamiji emphasized the importance of education in breaking down social barriers. He encouraged people to gain knowledge and think critically rather than blindly follow traditions. Education, according to him, was a tool to bring peace by eliminating ignorance and prejudice.

His teachings were not confined to any single religious sect. He saw spirituality as a universal

pursuit of truth, which could unite people instead of dividing them. This universal approach to spirituality is a foundation for global peace and mutual respect.

Swamiji lived a simple life and encouraged self-sufficiency. His philosophy was based on minimalism and self-discipline, which align with the modern ideas of sustainable living essential for global peace and environmental balance.

True world peace starts within each of us. If we cultivate love in our hearts, seek peaceful solutions to conflicts, harmonize our differences, and act with compassion toward others, we contribute to a better world. It may seem like a small step, but collective positive actions can lead to great change.

Chattampi Swamiji's life and teachings make him a true apostle of world peace. His messages of universal brotherhood, religious tolerance, non-violence, and education as a tool for harmony are highly relevant in today's world, where conflicts arise from divisions and misunderstandings. By following his ideals, humanity can move toward a more peaceful and inclusive future.



ADV. T G NARAYANAN NAIR

SUPREME COURT OF INDIA

CHAIRMAN, ASHRAM SRINIVASPURI, JASOLA KARAYOGAM, NSS DELHI



TRAILBLAZERS



DR. V. MOHAN

**CHAIRMAN OF DR. MOHAN'S DIABETES SPECIALITIES CENTRE
& MADRAS DIABETES RESEARCH FOUNDATION, CHENNAI.**

Dr. V. Mohan is a pioneering diabetologist in India, recognized globally for his contributions to diabetes healthcare, research, education and charity. Starting his work in diabetes at 18 alongside his father, Prof. M. Viswanathan, he has dedicated five decades to the field. After working for twenty years with his father along with his late wife, Dr Rema Mohan, Dr Mohan with the help of his daughter Dr. R. M. Anjana and son-in-law Dr. Ranjit Unnikrishnan and their large team, established one of the largest chains of diabetes centres in the world with over 50 branches spread across 32 cities and eight States of India, which have helped improve the lives of over 800,000 people with diabetes.

Dr. Mohan serves as the Chairman of Dr. Mohan's Diabetes Specialities Centre and the Madras Diabetes Research Foundation in Chennai. His groundbreaking research in the epidemiology of diabetes and its complications, genomics of diabetes, precision diabetes, and nutrition in diabetes has earned him unparalleled recognition, with over 230 prestigious awards to his name, including the Padma Shri (2012), one of India's highest civilian honours, by the President of India.

Notably, he has been honoured with the Dr. B.C. Roy National Award, the Dr. B. R. Ambedkar Centenary Award for Excellence in Biomedical Research, and international accolades such as the Dr. Harold Rifkin Award (2018) and the Dr. Kelly West Award (2024) from the American Diabetes Association - making him the first Indian diabetologist to receive both. He has also been conferred the FRS from the Royal Society of Edinburgh.

A prolific researcher, Dr. Mohan has authored over 1,750 papers in peer-reviewed journals, including 1,127 original articles, 1,425 review articles and invited editorials and 199 textbook chapters on diabetes and internal medicine. His scholarly contributions have received over 216,000 citations, with an H-index of 157, placing him among the most influential minds in medical research. Recognized by Stanford University as one of the top 2% of scientists in the world and by Expertscape (PubMed) as one of the top 0.01% of researchers in type 2 diabetes, his work has transformed our understanding and treatment of the disease.

Beyond academia, Dr. Mohan is an author of 40 books spanning diabetes, wellness, motivation, and spirituality. His autobiography, "Making Excellence a Habit - The Secret of Building a World-Class Health Care System in India", is a testament to his dedication and vision for healthcare in our country. He seamlessly integrates science, spirituality, and charity in his work, inspiring doctors and policy-makers worldwide.

Incidentally at the invitation of NSS Delhi, Dr. Mohan gave an inspiring lecture on "LIFESTYLE & WELLNESS MANAGEMENT OF DIABETES" through Zoom meeting on March 14, 2025



BHOPAL CONNECT

WOMEN'S DAY CELEBRATION BY BHOPAL NAIR SAMAJ



Bhopal Nair Samaj held its first-ever International Women's Day celebration on Sunday, March 9, at Mannam Bhawan, featuring motivational talks and cultural performances.

Dr. Gayathri A.M., Assistant Professor at BMHRC, spoke on the Panchabhutas and how incorporating the five elements—earth, water, fire, air, and space—into daily life can promote well-being. Smt. Manisha Anand, Career Counsellor and Corporate Trainer, shared stress-relief tips and encouraged women to recognize and build on their strengths. Smt. Anandavalli Amma, retired Senior Principal from BHEL schools, was felicitated for her contributions. Captain Anjali Nair inspired attendees with her talk on how mothers can support youth in pursuing careers in the armed forces.

Smitha Radhakrishnan, Ladies Wing Convener, thanked all participants and appreciated the community's support in celebrating womanhood.





SOUL CONNECT

Alliance invited for a well-educated and professionally settled Nair boy.

Born on 05/06/1991, holds an MBA degree along with a CS (Executive) qualification.

Currently employed as a Senior Associate at PwC, based in Kolkata, West Bengal, with a role that is transferable to other metropolitan cities. Star is Chadayam, and has a Shudha Jathakam. Non-matching stars include Kannikoor, Attam, Thiruvonam, Pooradam, Tricketta, and Chadayam.

Families interested may contact:
9883157684 / 7890606217.



Alliance invited from respectable Nair families for a boy from Alappuzha, 28 years (DOB: 20/04/1996), height 176 cm, star Karthika, Shudhajathakam.

He is B.Tech, MBA and is currently working as a Consultant at Cognizant Technology Solutions. Presently posted in Kochi and plans to settle in Bangalore. Well-travelled, with hobbies including music and movies. Father doing business, mother is a retired Deputy Manager from SBI, and elder brother, married and settled in Bangalore, is a Senior Data Architect at Walmart Global Tech.

Contact:
9446065907 / 9048758347



Delhi-based business family invites suitable alliance for their 27-year-old daughter (5'3", Uthradam), an MBA in Marketing and HR, currently working with Accenture.

She is passionate about Carnatic vocal music, Bharatanatyam, and is an animal lover. We are a close-knit family with roots in Kollam; her elder brother is pursuing medicine, preparing for Post graduation. We seek a well-educated, kind-hearted partner who values honesty, communication, and shared growth.

Families interested may contact :
9810185023



Alliance Invited for Delhi-based Nair family invites alliance for their daughter, born on 20/02/1999, height 5 feet, medium complexion, star Aswathy. She is a Music Teacher in a reputed Delhi school and holds MA (Hons) in Music.

Father employed in Administrative Services, mother is a homemaker. One younger brother working as a Design Engineer. Originally from Kollam, Kerala.. Looking for a well-educated and professionally settled groom from a respectable Nair family.

Contact:
9599277734, 9873483917





Birthday Greetings



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