MAHIMA

ONAM

NEWSLETTER

Edited by Neha Nair

Fourth Edition

September 26, 2026





EDITORIAL

Neha Nair
Editor

Dear Mahima family,

As I worked on this edition of the MAHIMA newsletter, I realized how special it is to be part of a community that keeps our culture and traditions alive while also creating memories that bring people together. Every event, celebration, and gathering reminds us that MAHIMA is more than just an organization; it's a family connected through culture. One thing I have always appreciated about MAHIMA is the way it allows people of all ages to express themselves creatively while staying connected to their roots. Whether through performances, volunteering, cultural programs, or helping out with events, everyone contributes something meaningful that helps strengthen our community. Therefore being able to put this newsletter together has been such an amazing experience because it gave me the opportunity to see the talent, creativity, and dedication within MAHIMA firsthand. Each page reflects the hard work and interests of every person who has decided to participate in this newsletter.

I hope that while reading this newsletter, you are able to look back on these memories through pictures and writings we have all created-and feel proud to be part of such a strong and supportive community. Thank you to everyone who contributed and helped me make this edition possible!

I hope you enjoy reading this edition of the MAHIMA newsletter!



FROM PRESIDENT'S DESK

Wishing everyone a joy-filled and exciting Onam. As we celebrate this festive occasion, I would like to take a moment to sincerely thank Ms. Neha Nair for taking the lead in coordinating our latest MAHIMA newsletter. Your dedication, creativity, and hard work in bringing everything together are truly appreciated.

My heartfelt thanks also go to Mr. Vinod Preet for his continued guidance and support. Over the years, he has consistently dedicated his time and effort to overseeing these publications several times each year, helping ensure their quality and success.

I also encourage more of our children, youth, and adults to participate in future editions. Whether it's a short article, a story, a poem, artwork, or simply sharing your thoughts, every contribution helps make our newsletter more meaningful and reflects the wonderful talents within our MAHIMA family.

Thank you once again, Neha and Vinod, for your outstanding efforts. Wishing you both continued success.

With gratitude,
Ranjith Nair
President, MAHIMA



FROM SECRETARY'S DESK

Dear MAHIMA family members, Namaste and warm wishes to you all. Malayalee Hindu Mandalam strives to sustain our vision of passing on the culture, rituals, and tradition to the younger generation. We ensure that our rich culture does not merely survive, but flourishes in the hands of the next generation. We believe this is only possible through the regular practice of involving our youth in religious and Vedic classes, celebrating Hindu holidays, having MAHIMA family gatherings, and participating in community services.

We have consistently demonstrated a high standard of engagement and performance over the last four months.

Through dedicated focus and efficient execution, we have successfully completed all our calendar events in addition to our regular Saturday classes and activities. Mother's Day, a day trip to magnificent Lake George, Father's Day, and our summer picnic at the beautiful Hempstead Lake State Park were some of the highlights. This year, alongside our annual picnic, MAHIMA celebrated the 250th anniversary of America, marking a joyous, historic milestone for the community. These events not only provide us with joy but have also strengthened our collaborative spirit and team synergy.

We are filled with joy and anticipation as we prepare to celebrate Onam and the monumental Silver Jubilee of MAHIMA, honoring 25 years of our journey and collective achievements.
We warmly encourage everyone to join us for these celebrations, as your presence is what truly makes our community complete.

Thank you,
Dr. Ashamole Nair,
General Secretary, 2026



FROM BOT DESK

Hari Om

What are Vedas for?

First, before beginning to know about the reason for the Vedas, is better to know what are the Vedas.

Vedas are the core of Hinduism. The basis of how Sanatana dharma is set up, is from the Vedas.

How did Vedas come into existence?

When the Rishis were in their highest state of penance, these were revealed inside them. In their highest state of penance, initially what happened was a tune. The tune was revealed and the tune kept on going. And then, letters started coming into the revelation, not in sequences as words, but just letters.

As the penance continued, the revelation increased with the letters being aggregated into words. That is, first one letter comes and then a word is formed around it. And the congregation of words, finally became the mantra.

These were revealed to the Rishis.

Now, if you look at that process carefully, the first thing that came is the tune, which we call the Shruti. The Shruti is the most important part of the mantra.
Then what came are the Root letters of every word or the root letters of the mantra and these are called seed letters - BEEJAKSHARI. Then the words were formed around these seed letters.

So, when you pronounce a mantra, you should never deviate from this shruti, which is the most important part of the mantra. Shruti means the tune as well as the ups and downs in the pitch of each word. When you read this in a book, it is clearly denoted by lines above the letter or below the letter or two lines above the letter. That's where, you have to raise your pitch or lower your pitch accordingly. Also giving importance to every single point on the mantra is utmost necessary.

CONTINUATION FROM THE BOT DESK...

When you chant a mantra, according to the correct specified rules, it takes you into a deeper state of Existence, a state which we have never been exposed and is indescribable. This is because the brain gets activated.

Normally we use around 5% of our brain every day, including great scholars. People who have experienced more into the other dimensions of existence have an increased usage of the brain such as Swami Vivekananda, Adi Shankaracharya etc. Imagine if you are using just 5% of the brain and you are accomplishing all that you are doing now, then, what you can accomplish by having 20% of the brain or even more.

How much more will you be able to experience? That's when you start experiencing things that you don't see now, you don't feel now and you can't even imagine- the deeper realms of existence. Those are the realms where time and space do not matter. That's why we call God as Kaladeshavadibyam Nirmuktham (completely detached from time and space)

To make it short, the mantras are brought into the world by the Rishis, but it is from the Supreme God himself. That is to help people reach back to the source of everything-which is what we call as God-The one and only God. The basis of Physics is all that exist will return to the origin again and that is described as pralaya in the vedas and puranas.
So, reciting the mantras appropriately with the particular shruti and not breaking the words, as many people do nowadays is important. The sound that we use is important as you cannot mumble a mantra and say it just the way you say it in English, because, these mantras are in Sanskritam.

Vedas are tough to learn. So, many other texts were developed to make people understand the Vedas. These are the Upa vedas, Puranas and Upa-Puranas. These texts are in the form of stories to explain the Vedic principles in a much easier way.

Some of the stories in the puranas really happened, while some others are just symbolic representations. So, we shouldn't hang on to the Puranas and expect that kind of effect to happen in your life, because that's not the goal of reading a Purana.

CONTINUATION FROM THE BOT DESK...

When we start learning a mantra, we should never look at that text first. We should first listen to the mantras repeatedly to understand the shruti correctly and then the words. Once you keep listening repeatedly, you will start chanting alongside it. Remember, the mantras were transmitted from one generation to another by word of mouth and not by any text for thousands of years.

And still they are alive and kept holy without any change.
Once you feel that you're comfortable in chanting it, then you open the textbook and read and chant alongside reading. This is to prevent any wrong pronunciations or wrong shrutis to happen while you chant the Vedas.

When you do it repeatedly for a long time, the neurons that are not activated in the brain start getting activated. The brain, then adapts more neurons in for its function and hence its functionality becomes much enhanced. Once you cross the threshold you start experiencing the different realms of existence, where people can see things which are going to happen in the future or what happened a long way in the past.

As described in Quantum physics, it is clearly contemplated that the past, present and future go in parallel spaces. So, learning the Vedas is not just learning some religion, but learning pure science.
And remember, nowhere in the Vedas you will see the names of the gods we worship. Some names may come, but the meanings of those names are totally different from what we perceive in day-to-day life.

So let us understand what the Vedas and Vedic mantras are and start practicing and chanting them appropriately.

Hari Om.
Dr. Unnikrishnan Thampy, Bot Chair



FROM THE TREASURER'S DESK

Vamana, Mahabali and Evolution of Onam:

On every Onam, Malayalis sing:

മാവേലി നാട് വാണീടും കാലം

മാനുഷ്യരെല്ലാരും ഒന്നു പോലെ

When Maveli ruled the land, all people were equal
The song imagines an ideal society—
prosperous, honest and just, where human beings lived as equals. At its heart stands Mahabali, the beloved king who returns every year to visit his people.

In recent years, however, this old story has acquired a new political controversy. In one interpretation, Mahabali represents the oppressed, while Vamana becomes the agent of a dominant social order who dispossesses him. From the opposite direction comes an attempt to emphasize Onam as Vamana Jayanti:

Mahavishnu triumphs over an Asura king, and this divine victory should be celebrated.

Perhaps both interpretations make the same mistake: reducing an unusually complex tradition to the political categories of our own time.

The Mahabali of the Bhagavatham

The ancient text, Bhagavata Purana presents a more subtle Mahabali.

He is an Asura, but not a conventional villain. He is the grandson of Prahlada, one of Vishnu's greatest devotees. Bali defeats Indra and gains control of the three worlds. Distressed mother of Devas Aditi plead Vishnu to restore her children's status and Vishnu appears before him as the diminutive Brahmin Vamana and asks for three steps of land.

His guru Shukracharya recognizes Vishnu and tells him that granting this request will cost him everything. Bali nevertheless refuses to break his promise.
Vamana assumes his cosmic form as Trivikrama. With two steps he encompasses everything Bali possesses. With nowhere remaining for the third, Bali offers his own head.

It is difficult to describe this simply as good defeating evil. Bali loses his kingdom but keeps his word. His political defeat becomes his moral and spiritual triumph.
Vishnu, too, does not treat him as a despised enemy. Bali is granted the magnificent realm of Sutala and Vishnu's own protection.
The Bhagavatham, therefore, does not require Mahabali to become small for Vamana to be divine.

When Bali Became Kerala's Maveli
Kerala's cultural imagination takes the story further.
The ruler of the three worlds becomes the ruler of Kerala. Bali's generosity becomes the justice of Maveli's government; his prosperity becomes the prosperity of his people; and his righteousness becomes equality remembered in Maveli Nadu.

CONTINUATION FROM THE TREASURER'S DESK...

Not all of this comes from the Bhagavatham. But living cultures do more than preserve stories; they converse with them, reinterpret them and infuse in them with their own aspirations.

The ancient Thrikkakara Vamanamoorthy Temple, one of Kerala's historic centers of Onam celebration, beautifully illustrates the complexity.

Its principal deity is Vamana, and tradition connects Thrikkakara with the encounter between Vamana and Mahabali. Its ten-day Onam festival culminates on Thiruvonam. Mahabali is remembered and welcomed here on the Thiruvonam day of Chinga masam.

Perhaps our ancestors saw no contradiction here. They did not feel compelled to answer the modern question:

Does Onam belong to Vamana or Mahabali?

There was room for both!

Another layer was added in 1961, when the Kerala government under Chief Minister Pattom Thanu Pillai promoted Onam as the "national festival of Kerala."

The government did not create Onam; its traditions were already ancient. Rather, state-sponsored celebrations helped give it a new civic dimension as a common festival of the young State of Kerala.

Contemporary accounts spoke of promoting "emotional integration among the different sections of the population."

Onam thus became not only something Kerala celebrated, but also something through which Kerala imagined itself.

Examining the evolution of the story from Bhagavata purana to medieval kings of Kerala to the modern government of Kerala should make us cautious about forcing Onam into today's ideological divisions.

Turning Vamana simply into an oppressor imposes modern categories upon an ancient theological story. But reducing Onam merely to Vamana's victory ignores Kerala's centuries-old affection for Maveli—
the king whose return we await and whose kingdom we sing about.

Vamana need not fall for Mahabali to rise.

Mahabali need not fall for Vamana to remain divine.

Perhaps Kerala's older tradition was comfortable with a complexity our politics increasingly find difficult to tolerate.

And perhaps the most important question is not who won between Vamana and Mahabali, but to celebrate the story with all its nuances and complexity.

Dr. Deepak Kana

Who is the best son/ child?

VIKRAM CHANGARATHU



When Sri Ram was getting ready to go to the forest to live as an ascetic for fourteen years, Lakshmana, (Sri Ram's brother) told Sri Ram that he does not have to go to the forest since their father (Dasharadha) had not specifically asked him to go. To that Sri Ram said that sons/children could be categorized under three categories:

1. The son who understands what his father desires and does accordingly without being asked, is the Uthama (foremost/BEST) son. Father may not have to say it, but the son senses what his father desires and does accordingly.
2. Second is the son who does what the father asks him to do. Such a son comes under 'Madhyama (middle/GOOD)' son. Someone who obeys his father and carries out what the father tells him to do.
3. Third is the son who refuses even after the father asks him to do. Such a son come under the third category 'Adhama/Lowest/BAD' son.

Dasharadha loved Sri Ram so much that he could not tell Sri Raml to go to the forest. Dasharadha was bound by a promise he had given to Queen Kaikeyi in the past. Sri Ram realized his father's dilemma and agreed to go to the forest since that is what his father agreed to.

Parents love their children, irrespective of which of the three categories they come under. Their thoughts and blessings are always there for the children. However, the child who comes under the first category always have a special place in the parents' heart.

The Appeal of Dystopia

VEDA SABARINATH

If you ask me what kind of books I like to read, nine times out of ten, I will say dystopian fiction. I've always been intrigued by these worlds, and I'm definitely not alone. Millions of readers are drawn to these dark stories. Why are we so fascinated by the end of the world?

Growing Up and Facing Fear:

Looking back, I noticed a distinct pattern in how these books are introduced to us. In elementary school, our reading material had no trace of these dark genres. But right around middle school and early high school, exactly when my peers and I were changing from children to teenagers, dystopian novels suddenly flooded our classrooms. This transition is the perfect timing. It is the exact stage when young adults start figuring out who they are and questioning the world around them. For me and my classmates, dystopian fiction became a safe zone to experiment with big thoughts about morality, rules, and rebellion without any real-world consequences.

The "Uncanny Valley" of Society

What makes these societies so unsettling isn't that they are completely alien to us. It's that they are recognizable. They feel like our world, just tweaked a little bit.

In psychology, there is a concept called the "Uncanny Valley", that creepy, unsettling feeling that you get when a robot or avatar almost looks human, but not quite. I realized that we can apply this same idea to dystopian worlds. They operate on familiar principles, but a single everyday value is pushed way too far:

Why We Keep Reading:

- Security becomes constant surveillance
- Unity turns into forced conformity
- Progress becomes total control

Ultimately, these stories act as both a warning and a mirror. They force us to wonder how close our own society is to tipping over the edge.

Yet, there is something strangely hopeful about our fascination with them. If dystopias show humanity at its absolute worst, they also show us at our most resilient. Watching protagonists fight through the system to gain their freedom gives us solace. They remind us that even in worlds consumed by chaos, human beings will always find a way to fight for truth, freedom, and hope



Mahima Trip to Lake George

THE TRIP TO LAKE GEORGE WAS UNDOUBTEDLY ONE OF THE HIGHLIGHTS OF THE YEAR. WHILE THE BREATHTAKING BEAUTY OF LAKE GEORGE, WITH ITS CRYSTAL CLEAR WATER AND SPECTACULAR SCENERY MADE FOR AN UNFORGETTABLE DESTINATION, WHAT MADE THIS TRIP TRULY SPECIAL WAS THE JOURNEY WE SHARED TOGETHER. THE EXCITEMENT BEGAN THE MOMENT OUR BUS PULLED AWAY. HARILAL AND SANJU KEPT THE ENERGY ALIVE FROM START TO FINISH WITH MUSIC, GAMES, LAUGHTER, AND NONSTOP ENTERTAINMENT. THE BUS WAS FILLED WITH SINGING, CHEERING, MAKING THE JOURNEY JUST AS MEMORABLE PERHAPS EVEN MORE MEMORABLE THAN THE DESTINATION ITSELF.

THE MUSICAL TALENTS WITHIN OUR MAHIMA FAMILY MADE THE TRIP EVEN MORE SPECIAL. ONE SONG AFTER ANOTHER FILLED THE BUS, TAKING US BACK TO CHERISHED MEMORIES, STIRRING EMOTIONS. IT WAS MORE THAN A BUS RIDE, IT BECAME A CELEBRATION OF MUSIC, AND TOGETHERNESS.

ANOTHER UNFORGETTABLE HIGHLIGHT WAS OUR SCENIC STEAMBOAT CRUISE ACROSS THE MAGNIFICENT WATERS OF LAKE GEORGE. SURROUNDED BY BREATHTAKING VIEWS AND SHARING THE EXPERIENCE WITH OUR MAHIMA FAMILY MADE IT A TRULY MAGICAL MOMENT.

THE IMPACT OF THE TRIP WAS SO PROFOUND THAT THE VERY NEXT DAY, AN UNEXPECTED POET FROM AMONG US WAS INSPIRED TO PEN A BEAUTIFUL POEM CAPTURING THE JOY AND EMOTION OF OUR JOURNEY.

AS WE CELEBRATE MAHIMA'S SILVER JUBILEE, THIS TRIP STANDS AS A BEAUTIFUL REMINDER OF WHAT MAKES OUR ORGANIZATION SO SPECIAL, NOT JUST THE EVENTS WE ORGANIZE, BUT THE BONDS WE SHARE. WE LOOK FORWARD TO CREATING MANY MORE MEMORIES TOGETHER IN THE YEARS TO COME.

RANJITH NAIR
PRESIDENT
MAHIMA



MAHIMA ONE DAY TRIP










8817
Coke & Sprite 20oz

Padmanabhaswamy Temple

Gowri Nair



Hidden in the heart of Kerala stands one of the world's most fascinating Hindu temples, the Padmanabhaswamy Temple. Known for its beautiful, sacred architecture and for holding many ancient traditions.

This temple in Kerala has amazed visitors for many years. Dedicated to Lord Vishnu, the temple is not only an important place of worship but also a symbol of India's rich history, culture, and architectural beauty.

Located in Thiruvananthapuram, Kerala, the Padmanabhaswamy Temple is dedicated to Lord Vishnu in his form as Padmanabha. Believed to be over 1,000 years old, the temple is admired for its impressive architecture, like the detailed stone carvings, and beautifully designed corridors. One of its most unique features is the large idol of Lord Vishnu, which is 18 feet long!

What makes it so special and unique about this temple is that there are many mysteries and stories about this temple. A secret vault called Vault B has never been opened. It was purposely hidden and closed so they could store valuable items.

Today, the Padmanabhaswamy Temple continues to welcome thousands of devotees and visitors each year, making it one of the most special and historic places in India.

Soccer

Rishi Nair





Soccer is a fun sport that many people play and watch. One of the most famous soccer teams is Real Madrid. I like Real Madrid because they are a great team and they work hard in every game. They have many good players and lots of fans around the world. Here are some fun facts about Real Madrid.

Real madrid was first introduced in 1902 march 6. Real Madrid's first coach was Arthur Johtur who was actually the first person who scored a goal in the club. Real madrid is from spain and is the capital and largest city in that country. This club is known for having the most champions league and they have 15 of them. Cristiano Ronaldo is the top real madrid players because he had scored the most.

In conclusion Real Madrid is one of the best clubs in soccer because of their champions league and have players that make them a good club and have many cheerful fans with support and love. That is why Real Madrid is the best soccer club.

Hot Honey SHRIMP STIR FRY

Ingredients

1lb shrimp
1 lb stir-fry vegetables
½ cup hot honey sauce
2 teaspoons of corn starch
1 tablespoon water
1 tablespoon soy sauce
6 cloves of minced garlic
1 teasoon salt
½ teaspoon black pepper
1 tablespoon sesame oil

Recipe for Hot Honey Sauce

Gently heat 1/2 cup of honey with and 2 tablespoons crushed red pepper and 2 teaspoons red wine vinegar in a saucepan over medium heat. Let it simmer for 2 minutes. Remove from the stove, let it steep for 15-20 minutes, then strain. (reduce the amount of pepper as your spice level)
I used broccoli, carrots, string beans, and capsicum for stir-fry vegetables

Dr. Ashamole Nair



Preparation

Mix the cornstarch, water and soy sauce in a bowl and set aside.
Heat the oil in a wok or deep nonstick skillet over medium heat.
Add the minced garlic sauté for 30 seconds.
Add the stir fry vegetables and cook, stirring until the vegetables are tender for about 4 minutes.
Add the shrimp salt and black pepper continue stirring till the shrimp color turns pinkish red.
Add the hot honey sauce and the cornstarch mix, cook while tossing frequently until the shrimp is cooked thorough and the sauce is thickened for about 5 minutes.
Serve hot with steamed jasmine rice/ or any rice of your choice.

Dance

SWETHA NAIR

My name is Shwetha Nair, and I would like to share my experience with Bharatanatyam. Bharatanatyam is one of the oldest classical dance forms of India and originated in the state of Tamil Nadu. It combines graceful movements, expressive facial expressions, hand gestures, and music to tell meaningful stories and celebrate Indian culture. I started learning Bharatanatyam when I was four years old, and it has become an important part of my life. Through years of practice, I have learned much more than just dance. Bharatanatyam has taught me patience, dedication, confidence, and the importance of hard work. It has also helped me stay connected to my Indian heritage and appreciate the traditions that have been passed down through generations. Today, my sisters and I continue our Bharatanatyam journey by taking online classes with our teacher in India. Even though we learn virtually, each class brings new opportunities allowing us to improve and grow. Bharatanatyam has given me wonderful memories and a deeper appreciation for my culture. I feel lucky to have the opportunity to learn Bharatanatyam, and I hope to continue growing as a dancer while honoring my culture.



Choice

SAJI HAREESH



Kyiv, Congo, Gaza, Hormuz, World Cup, America 250, Taylor Swift Wedding
I wish the events would really take that order, ending up in a happily ever after situation.
We offer AI powered drones like the Hornet, yet what the world truly needs is a much more evolved version of Kindness.
To be fair towards man's story, there was never a period in the history of mankind when fighting, war and aggression was not present. There is no recorded period in world history where everyone lived in peace and harmony. Except during Mahabali's reign of course! And alas, what did he get for all that?
Powerful men make choices while in power, the consequences of which gets out of their own control and the impact of which outlast their terms of power. And his story repeats.
Usage of men here is intentional because if we pay attention to the recent international war scenes, none of those are found to be initiated by a woman leader. The world needs more women with voice and freedom of choice at the decision-making table, not for diversity or representation, but on their merit.
Most people on this planet do not belong to the decision maker class. But every living person is affected in one way or anotherby their choices.
That does not mean majority of the world that are not sitting at the table have no choice.
We possess the freedom to shape our lives with intention. By reducing consumerism, choosing simplicity over excess and mutual respect over indifference, or by respectfully acknowledging each other's existence, we create harmony in life with oneself and ourfellow beings.
As with the ant and the dove, kindness comes full circle!

Volleyball

AKETHA NAIR

Playing on the volleyball team in 7th and 8th grade was one of my favorite parts of middle school. I loved being with my teammates, learning new skills, and working together during practices and games. Even when we had tough matches, we always encouraged each other and kept trying our best. Volleyball helped me become more confident, taught me the importance of teamwork, and gave me so many great memories that I'll never forget.

As I get ready to start high school, I'm really excited to try out for the volleyball team. I hope I can make the team and continue improving my skills while making new friends and creating even more great memories. I'm looking forward to the opportunity and can't wait to see what the future brings.



MOTHER'S DAY INTERVIEWS

CHITRA SABARINATH



HOW IMPORTANT ARE EVENTS LIKE THIS ONE AT MAHIMA FOR FAMILIES?

"MAHIMA IS DOING A GREAT JOB AS A HINDU ORGANIZATION. IT GIVES A STRONG BASIC FOUNDATION IN HINDU VALUES FOR MY KIDS. SO I STRONGLY RECOMMEND THAT ALL THE FAMILIES BRING THEIR CHILDREN HEREBECAUSE MAHIMA OFFERS MANY EDUCATIONAL ACTIVITIES THAT INSTILL THE BASIC VALUES OF HINDUISM. I ALSO BELIEVE THE CLASSES, CULTURAL EVENTS, AND FESTIVITIES GIVE A DEEPER UNDERSTANDING OF WHAT A HINDU SHOULD FOLLOW. I ALSO BELIEVE BEING PART OF MAHIMA WILL MAKE KIDS FEEL PROUD OF BEING HINDU."

DO YOU THINK MOTHER'S DAY SHOULD BE CELEBRATED EVERY DAY OR JUST ONE PARTICULAR DAY? AND WHY?

"I BELIEVE MOTHER'S DAY SHOULD BE CELEBRATED EVERY DAY BECAUSE MOTHERS ARE THERE FOR THEIR CHILDREN EACH AND EVERY DAY. AT THE SAME TIME, I DON'T DISAGREE WITH CELEBRATING IT ONCE A YEAR BECAUSE IT GIVES US AN OPPORTUNITY TO REFLECT AND APPRECIATE MOTHERS."



WHAT IS THE FIRST WORD THAT COMES TO YOUR MIND WHEN YOU HEAR THE WORD "MOTHER"?

"SO THE FIRST WORD THAT COMES TO MY MIND AS A MOTHER IS SACRIFICE BECAUSE A MOTHER IS THE PERSON WHO SACRIFICES EVERYTHING FOR THE KIDS. THAT'S FROM MY OWN EXPERIENCE BECAUSE MY MOM HAS SACRIFICED SO MUCH FOR ME, AND HER LOVE AND AFFECTION AND EVERYTHING SHE'S GIVEN ME IS FROM SACRIFICE. SO, THAT'S WHAT COMES TO MY MIND."

WHAT IS ONE THING MOTHERS DO THAT PEOPLE USUALLY TAKE FOR GRANTED?

"THEY TAKE ADVANTAGE, AS I SAID, BECAUSE I KNOW THAT I MYSELF TAKE A LOT OF ADVANTAGE OF MY MOM BECAUSE, YOU KNOW, SHE'S MY MOM, AND WE KNOW SHE WOULD NEVER SAY NO TO ANYTHING. AND, YOU KNOW, EVEN WHEN SHE SAYS NO AT THE END OF THE DAY, SHE WOULD STILL DO EVERYTHING YOU ASK FROM HER. SO I FEEL LIKE EVERYONE TAKES ADVANTAGE BECAUSE MOMS ARE THE ONLY PERSON WHO CROSSES ALL THE BOUNDARIES TO MAKE EVERYTHING HAPPEN FOR THEIR HER KIDS."

VINITHA VIJEESH

DEEPA THAMBI

WHAT'S YOUR FAVORITE FOOD THAT YOUR MOM USED TO MAKE?

"IT WAS DEFINITELY KAPPA AND MEEN."

DID YOU EVER LEARN HOW TO MAKE IT?

"YES, I DID. SHE TAUGHT ME HOW TO MAKE IT."

WHAT'S ONE LIFE LESSON YOU'VE LEARNED FROM YOUR MOM?

"TO ALWAYS BE SELF-RELIANT AND INDEPENDENT, AND DON'T RELY ON PEOPLE AS MUCH AS POSSIBLE."



HEMA SARMA

WHAT'S THE BIGGEST QUALITY YOU THINK YOU'VE RECEIVED FROM YOUR MOM?

"COOKING WELL, TAKING CARE OF PEOPLE, BEING VERY BRAVE, AND KNOWING HOW TO HANDLE ANY SITUATION."

HOW IMPORTANT ARE EVENTS LIKE THIS ONE AT MAHIMA FOR FAMILIES?

"MAHIMA ACTUALLY PLAYS A VERY BIG ROLE BECAUSE, I THINK YOU GUYS ALREADY KNOW BUT PEOPLE CAN COME AND LEARN THEIR CULTURE AND MAKE FRIENDS HERE, AND ALL OF OUR FESTIVALS ARE CELEBRATED HERE. IT PLAYS A VERY BIG ROLE FOR ME AND MY FAMILY."

AISHWARYA NAIR



WHAT DO YOU THINK IS THE MOST DIFFICULT PART OF MOTHERHOOD?

"AH, THE MOST DIFFICULT PART OF MOTHERHOOD? PATIENCE. EVERY DAY TAKES MORE PATIENCE WITH YOUR KIDS. I THINK THAT'S WHAT I'VE LEARNED OVER THE MANY YEARS."

WHAT ARE YOU MOST EXCITED ABOUT IN TODAY'S MOTHER'S DAY CELEBRATION?

"TODAY'S MOTHER'S CELEBRATION, I'M DEFINITELY EXCITED FOR THE FOOD AND THE GAMES AND THEN OF COURSE CELEBRATING WITH MAHIMA AND OTHER MOMS."

WHAT'S ONE LIFE LESSONS YOU'VE LEARNED FROM YOUR MOM?

"ONE LIFE LESSON I LEARNED FROM MY MOM IS THAT SOMETIMES CHILDREN TEST WHAT YOU'RE CAPABLE OF DOING. AT SOME POINT, YOU'RE PROBABLY LIKE, 'THAT'S A LOT,' BUT THEN THINGS GET BETTER AGAIN. THAT'S WHAT I LEARNED. I'M CLOSER WITH MY MOM NOW THAN I WAS WHEN I WAS YOUNGER."



HOW WOULD YOU DESCRIBE YOUR MOM IN 3 WORDS?

"IF I HAD TO DESCRIBE MY MOM IN THREE WORDS I WOULD SAY INTEGRITY WOULD BE AT THE TOP, THEN POWER, AND I WANT TO SAY INTEGRITY AGAIN, BUT PASSION."

WHAT IS ONE CHILDHOOD MEMORY WITH YOUR MOM YOU'LL NEVER FORGET?

"A MEMORY I WOULD LIKE TO SHARE IS A VERY FUNNY STORY. GROWING UP, I THOUGHT MY MOM WAS A HEN AND I WAS A CHICK. I WOULD ALWAYS COMPARE HER TO THE MOTHER HEN AND WOULD SOMETIMES CALL HER KOZHIAMMA."

SAJI HAREESH

SUDHI VINOD

DO YOU THINK KIDS TODAY EXPRESS ENOUGH APPRECIATION TO THEIR MOTHERS?

"YES, I BELIEVE THEY REALLY DO. I REMEMBER WHEN MY KIDS WERE SMALL, ESPECIALLY IN KINDERGARTEN, THEY WOULD BRING HOME MOTHER'S DAY STUFF FROM SCHOOL, AND I USED TO LOVE THAT. NOW MY KIDS ARE 21 AND 22 , AND TOMORROW WE'RE HAVING A GIRLS' DAY AND THEY'RE TAKING ME TO THE CITY."



WHAT SACRIFICE MADE BY MOTHERS DESERVES MORE APPRECIATION?

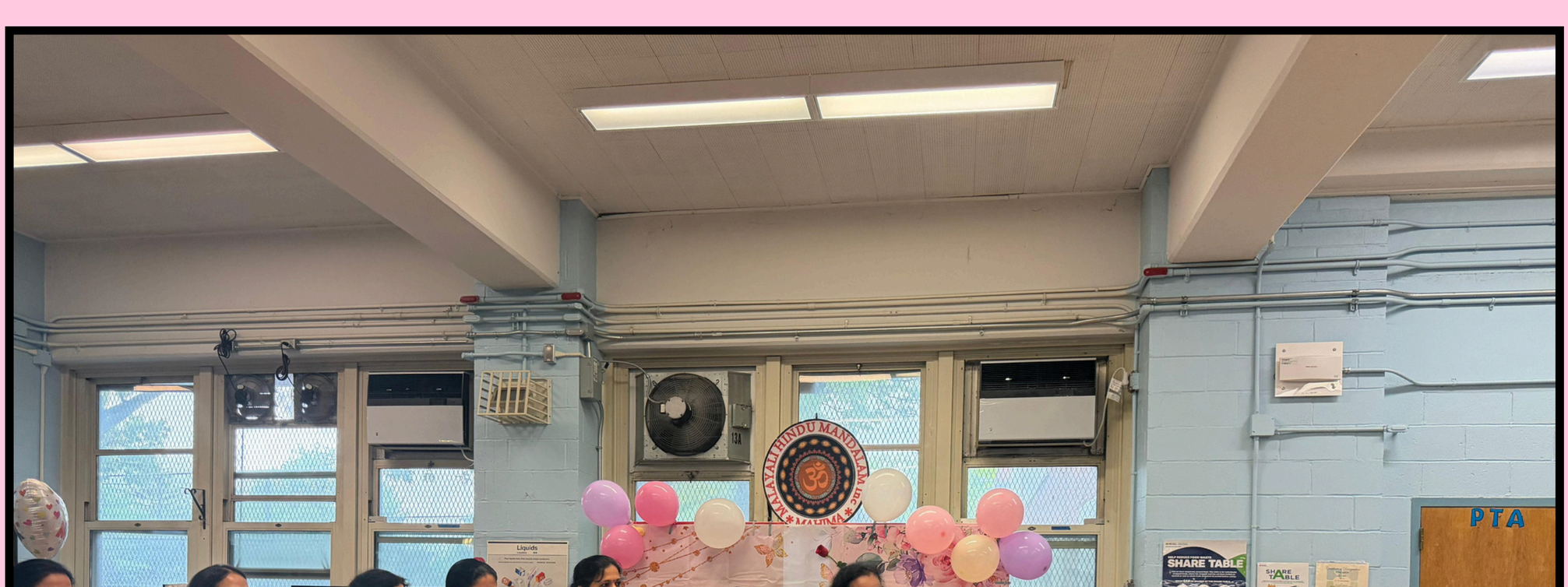
"I THINK MOTHERS USUALLY THINK ABOUT THEIR CHILDREN FIRST. EVERYTHING THEY DO, THEY ALWAYS THINK ABOUT THEM FIRST."

MAHIMA MOTHER'S DAY






MALAYALI HINDU MANDALAM INC
13A


MALAYALI HINDU MANDALAM INC
PTA
SHARE TABLE
CHOKING VICTIM
Happy

FATHER'S DAY

Summary

Gowri Nair

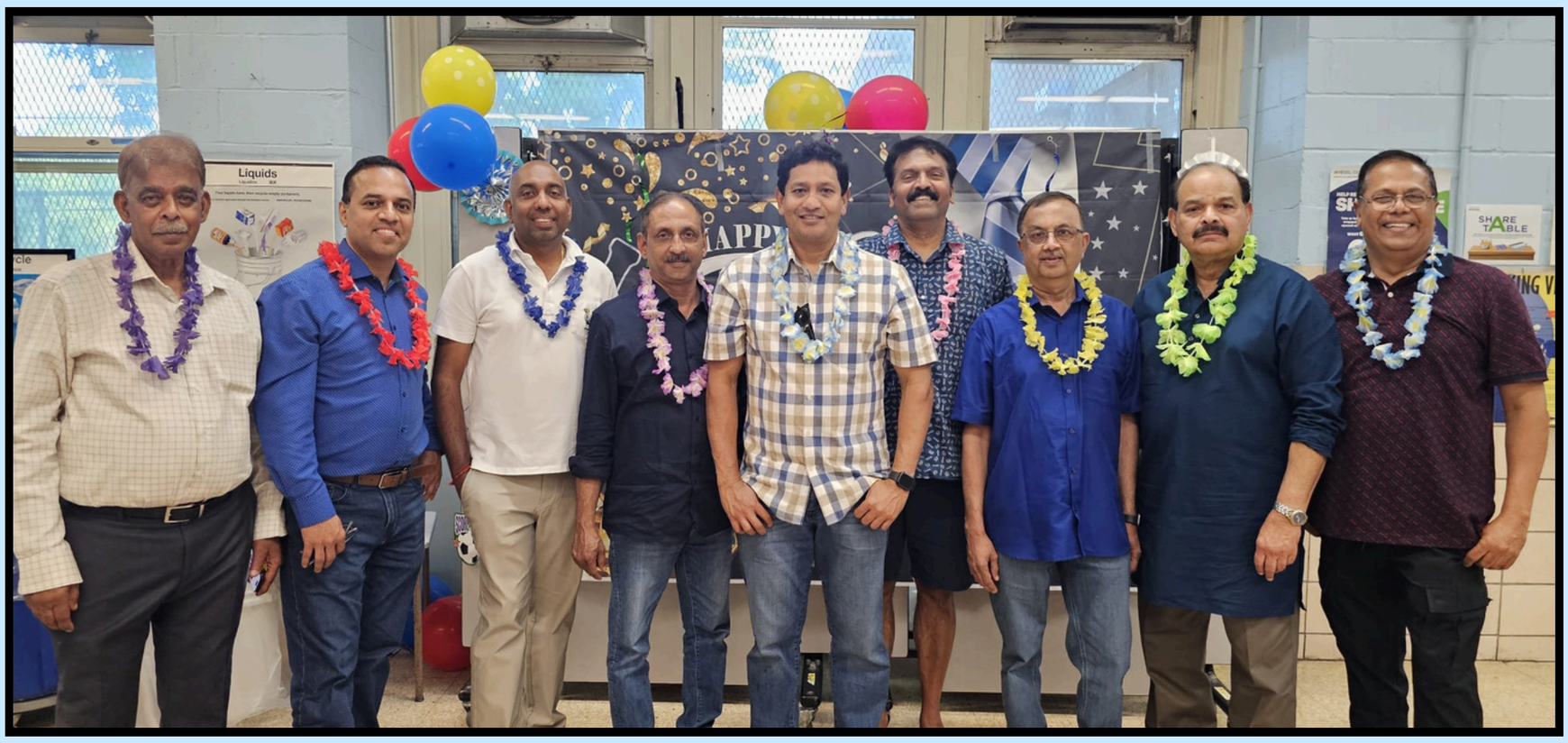
Father's Day was a heartwarming celebration filled with joy, laughter, and appreciation. Families gathered to honor the fathers who fill our lives with love, guidance, and support. The day was made even more special as everyone spent quality time together, creating memories that will be cherished for years to come. When they walked in, we first started off with giving the fathers a nice flower lei along with a small bouquet. We even welcomed them with a mint mocktail, which turned out to be a drink that everyone loved.

Playing the games was the highlight of this father's day celebration. The room was filled with joy and laughter as the dads danced, sang, and even did a mini fashion show. We even had all of the dads talk about what their favorite memories were with their fathers growing up and how they felt about being a dad as they raised their children.

All of these small moments we shared during the celebration, reminded us just how important our dads are. Father's Day gives us a chance to pause and appreciate all the love, support, and guidance our dads give us every day.

MAHIMA FATHER'S DAY










Trash Only
Liquids



Drawing Competition For Kids

WITH PRIZES
JUDGES
AND COMPETITORS !



Varnika Nair



Vihaan Nair

WHO'S THE WINNER ???



AVYUKT NAIR



ADVIKA NAIR

THE WINNERS WILL BE ANNOUNCED IN THE NEXT NEWSLETTER!

MAHIMA ANNUAL PICNIC

Our annual picnic was definitely one of the highlights of the summer! It was a day filled with delicious food, exciting games, and lots of laughter. From the moment everyone arrived, there was a fun and energetic atmosphere that made the day special.

We had so much fun playing soccer with friends and family, making and enjoying s'mores, and cooling off with ice cream and Italian ices after spending time in the sun. There was never a dull moment, and it was wonderful to see everyone laughing, playing together, and creating lasting memories.

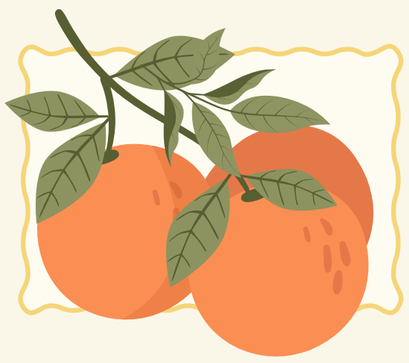
One of the biggest highlights of the day was the tug-of-war competition against another association. The teamwork, friendly competition, and cheering from the crowd made it an unforgettable experience. It was exciting to watch everyone work together and encourage one another.

This year's picnic was even more meaningful because it also celebrated America's 250th Anniversary. It was a great opportunity to celebrate both our Indian heritage and the opportunities we have here in the United States. Seeing our community come together for a day of fun, friendship, and celebration reminded us how important these events are.

By the end of the day, we were already looking forward to next year's picnic. We can't wait to do it all again!

–

Aketha and Swetha Nair



HEMPSTEAD LAKE STATE PARK

MAHIMA
ANNUAL PICNIC








MAHIMA
MALAYALI HINDU MANDALAM, INC
NEW YORK


MAHIMA
MALAYALI HINDU MANDALAM, INC
NEW YORK
1776
2026

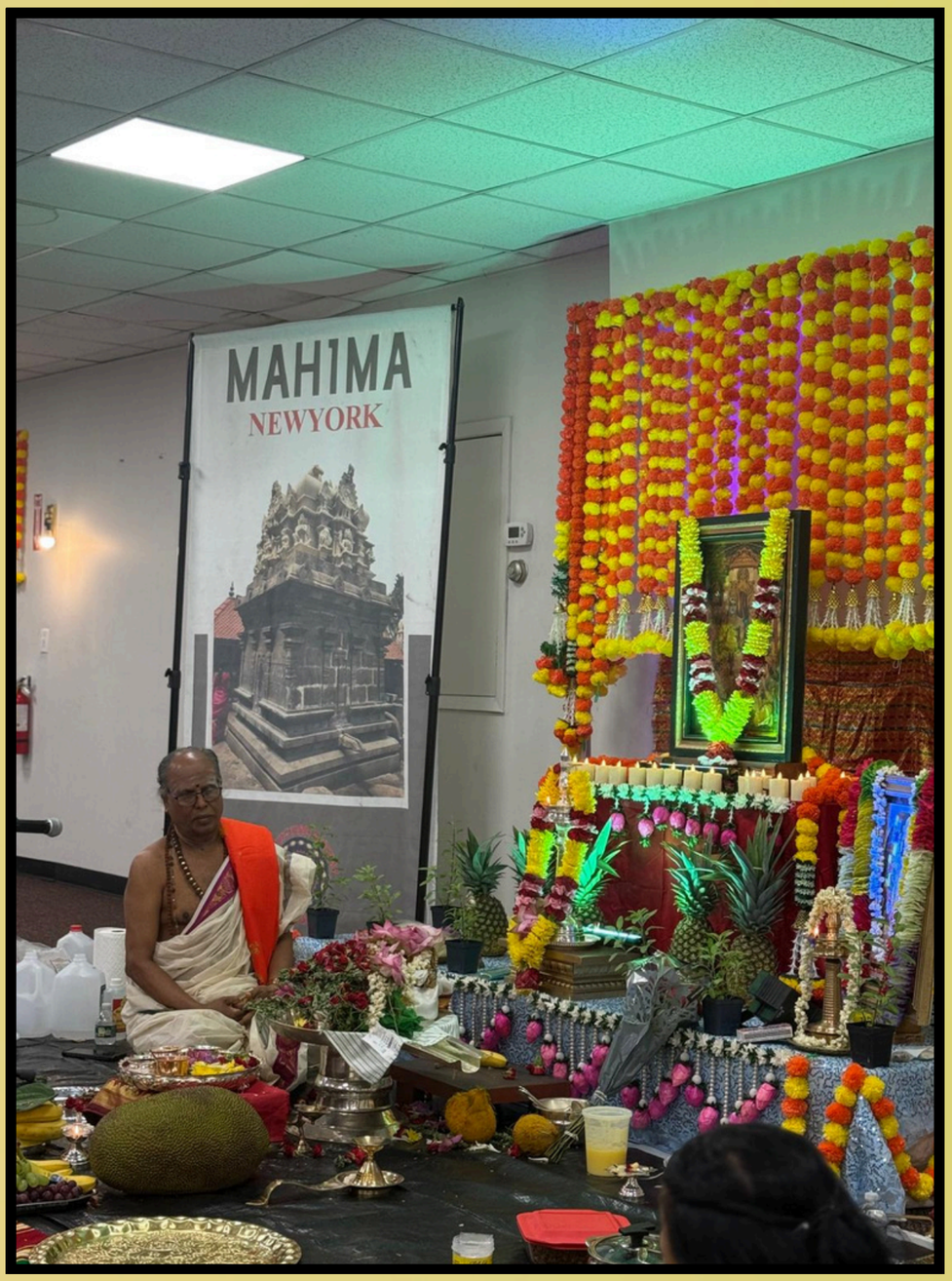

AMERICA'S 250
MAHIMA

Ramayana Parayanam













MAHIMA TURNS 25

Join us as we celebrate this milestone of 25 years!

MALAYALI HINDU MANDALAM INC
MAHIMA

MAHIMA

MALAYALI HINDU MANDALAM INC.

Together in Dharma, Culture and Community



Guru Dr. Sreenath Kariyatt

RAJATHOLSAVAM

MAHIMA 25TH ANNIVERSARY CONVENTION

SATURDAY
NOVEMBER 7, 2026

9:30 AM – 8:00 PM

PS 115
80-51 262 Street
Glen Oaks, NY

A Grand Day for the Entire Family!

DEVOTION | CULTURE | MUSIC | DANCE | FAMILY FUN | DELICIOUS FOOD | AND MORE!



SREE CHAITHANYAM
MAHA LAKSHMI UPASANA & MATHRU - PITHRU POOJA

Guided by the Divine Wisdom of Guru Dr. Sreenath Kariyatt



CULTURAL PROGRAMS

Our Culture, Our Pride.



SANDRANANDAM

An Evening of Divine Bhakti & Soulful Music



DANDIYA

Dance to the Rhythm of Tradition.



BREAKFAST, LUNCH, SNACKS, AND DINNER WILL BE PROVIDED FOR THE WHOLE DAY!

Let's Celebrate Together and Make it a Memorable Day! ♥

ALL ARE WELCOME!

PRESIDENT	GENERAL SECRETARY	TREASURER	BOT CHAIR	ANNIVERSARY CONVENTION CHAIRMAN
Ranjith Nair	Dr. Ashamole Nair	Dr. Deepak Kana	Dr. Unnikrishnan Thampy	Mr. Sabarinath Nair
(646) 301-8922	(917) 478-8142	(412) 496-7784	(516) 395-1835	(516) 244-9952

Rooted in Dharma • United in Community • Building a Brighter Tomorrow

Mahima Onam Pictures










MALAYALI HINDU
MAHIMA
Welcome






RESPECT
FIRE DRILL
FAIRNESS
Responsibility


EXIT
LUNCHAY
BREAKFAST!
CREATE YOUR HEALTHY
PLATE BY TAKING A
1/2 CUP OF FRUIT AND/OR
VEGETABLE FIRST!


OUT OF ORDER
SHARE TABLE
SHARE TABLE






തൃപ്പൂണിത്തുറ ഉത്സവം - തിരുനാൾ
CELEBRATING THRIPUNITHURA FESTIVAL
CELEBRATING
PUNITHURA FESTIVAL
DEDICATED TO TRADITION


തൃപ്പൂണിത്തുറ ഉത്സവം - തിരുനാൾ
CELEBRATING THRIPUNITHURA FESTIVAL
CELEBRATING
THRIPUNITHURA FESTIVAL
WELCOME
ALL




MAHIMA
Welcome to
MAHIMA





































Newsletter Release





Published after the in-person release

Passing of the ToolKit and Introducing New Editor





As we welcome Gowri Nair as the next editor of the MAHIMA newsletter, we wish her the very best in this new role! Everyone is welcome to start sending their articles, ideas, and contributions to Gowri for the upcoming edition. We look forward to seeing all the amazing things she brings to the newsletter. Good luck, Gowri!

Please send to

gowri.nair.ny@gmail.com