

HUES OF LIFE



ENGLISH, MONTHLY

Vol. No. 05

Issue No. 07

FEBRUARY 2026

Price Rs. 100/-

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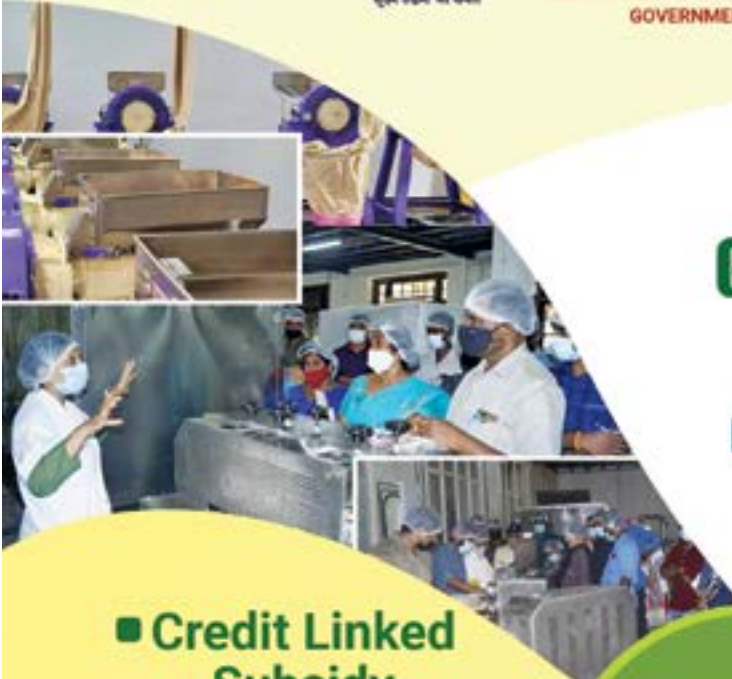
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Contents

08



LIFESTYLE AS MEDICINE
THE NEW FRONTIER IN CANCER PREVENTION

12



THREADS OF RENEWAL
THE QUIET ELEGANCE OF BANANA FIBRE



16 **THE STRENGTH TO STAND
BESIDE**



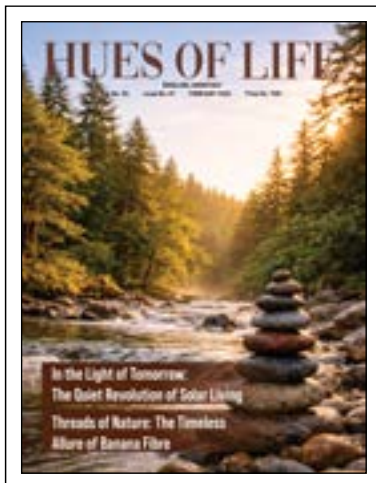
20

SILVER
AND THE SHAPE OF MODERN LUXURY



24
SOFT ARCHITECTURE
THE QUIET ELEGANCE OF
CURTAIN BLINDS

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In the midst of ambition, acceleration, and constant connectivity, there is a gentle truth waiting to be acknowledged. We are at our best when we are in balance. The idea of returning to nature is not an escape from modernity, nor is it a rejection of progress. It is a conscious recalibration of how we live, think, and grow.

Nature operates with quiet precision. It does not rush, yet everything is accomplished. It does not compete, yet everything finds its place. In observing this rhythm, we are reminded that wellbeing is not built on excess, but on equilibrium. Strength is not in noise, but in rootedness. Growth is most enduring when it is organic.

To return to nature can begin with small awareness. Choosing nourishment over indulgence. Presence over distraction. Responsibility over convenience. It is about recognising that the air we breathe, the food we consume, and the spaces we inhabit are not separate from us. They shape us.

As individuals and as a society, we have the opportunity to move forward with greater consciousness. When we respect natural systems, we cultivate sustainability in our own lives. When we honour the earth, we strengthen the foundation of our future.

May we remember that we are not apart from nature, but a part of it. In rediscovering that connection, we rediscover clarity, resilience, and a deeper sense of purpose.

Warm regards,

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This periodical is published by Nijith Raj from 24/606, Jayani, Valiyakunnu Post Office, Kizhuvaram, Kizhuvaram-Koonthallor Road, Thiruvananthapuram, Kerala, 695104 on behalf of Fefe Intelligent Business Solutions, edited by Nijith Raj and printed by SB Press Private Ltd at College Road, Statue, Thiruvananthapuram, Kerala, 695001.

Editor: NIJITH RAJ.

LIFESTYLE AS MEDICINE

THE NEW FRONTIER IN CANCER PREVENTION

While marking extraordinary advancements in the medical field, we realise with a shock that the lifestyle related cancers continue to rise at an alarming pace. This paradox exposes a deeper imbalance which we need to address. The roots of disease, in many cases, do not lie solely in our genes, but in the way we live, eat, work, rest, and respond to our environment. Prevention was once considered as secondary or passive, has now emerged as the most powerful determinant of long term health. The growing science of Lifestyle Medicine places daily choices at the centre of cancer prevention, transforming ordinary habits into decisive tools for resilience.

Cancer was long perceived as a disease of chance or fate. Today, decades of epidemiological and clinical evidence tell a different story. Nearly forty percent of cancers can be prevented by addressing modifiable risk factors. Tobacco use, unhealthy diets, physical inactivity, alcohol consumption, obesity, chronic stress, disrupted sleep, environmental exposure, and social isolation form a complex web that silently fuels disease. These risks accumulate gradually, often unnoticed, until biology begins to reflect behaviour. The path to prevention therefore does not begin in hospitals or laboratories alone. It begins in homes, workplaces, schools, and communities where habits are shaped, reinforced, and transmitted across generations.

“The most powerful determinant of health is not manufactured. It is shaped by what we eat, how we live, and the connections we nurture.”

Among all preventable risks, tobacco remains the single most destructive factor driving global cancer incidence. Tobacco use is directly linked to cancers of the lung, oral cavity, throat, esophagus, pancreas, bladder, and cervix, while passive exposure compromises the health of non smokers, particularly children and women. Tobacco is not merely a lifestyle habit. It is a systemic toxin that disrupts DNA repair, overwhelms detoxification





pathways, fuels inflammation, and suppresses immune surveillance. In the context of Lifestyle Medicine, tobacco elimination is not an optional recommendation. It is the most fundamental act of prevention.

Food, the most intimate and repeated act of self care, sits at the heart of cancer prevention. Every meal sends biochemical signals that influence inflammation, metabolism, immunity, and even gene expression. Diets rich in whole grains, fruits, vegetables, legumes, nuts, and seeds provide antioxidants and phytonutrients that protect DNA, neutralise free radicals, and regulate cellular repair. Traditional dietary patterns such as the Mediterranean approach, abundant in olive oil, fresh produce, herbs, fish, and fermented foods, consistently demonstrate lower cancer incidence and longer life expectancy.

Nature offers a vast pharmacopeia through food. Curcumin from turmeric supports cellular defence and anti-inflammatory pathways. Catechins in green tea assist detoxification and protect DNA. Resveratrol in grapes helps regulate abnormal cell growth. Cruciferous vegetables such as broccoli, cabbage, and kale activate enzymes that enhance the body's natural protective mechanisms. The diversity of colour on a plate often mirrors the diversity of protection within the body. In contrast, diets dominated by ultra-processed foods, refined carbohydrates, sugary beverages, and trans fats create metabolic stress, disrupt gut microbiota, and increase the risk of colorectal, breast, pancreatic, and liver cancers.

Sustainable nutrition is rooted in balance rather than restriction. Mindful eating cultivates awareness of hunger, satiety, and emotional triggers, reconnecting

nourishment with intention. In prevention, moderation is not compromise. It is biological intelligence.

Movement represents another powerful, yet undervalued, form of medicine. The human body is designed for motion, yet modern life confines it to prolonged sitting and continuous screen exposure. Sedentary behaviour has now emerged as an independent risk factor for multiple cancers, even among those who exercise occasionally. Regular movement regulates hormones, improves insulin sensitivity, enhances immune function, and supports metabolic balance. Even moderate physical activity, such as brisk walking for thirty minutes on most days, can redirect biological pathways away from disease.

Movement need not be confined to gyms or structured routines. Gardening, dancing, cycling, yoga, household activity, and active commuting stimulate circulation and vitality. Strength and flexibility training preserve muscle mass, hormonal balance, and metabolic health. Practices such as yoga and tai chi integrate breath with movement, lowering stress hormones while cultivating mental clarity. Prevention is strengthened not by intensity alone, but by consistency and integration into daily life.

Stress, though invisible, is among the most potent disruptors of health. The body is biologically equipped to handle short bursts of alertness, not prolonged psychological strain. Chronic stress elevates cortisol, suppresses immunity, disrupts metabolism, and fuels inflammation. Over time, this internal environment becomes conducive to disease development. Emotional hygiene therefore becomes as essential as physical hygiene. The ability to process emotions, release resentment, and cultivate resilience directly influences biological outcomes.

Mindfulness practices such as meditation, controlled breathing, journaling, and gratitude rituals have demonstrated measurable reductions in stress markers and improvements in immune regulation. Purpose and belonging further enhance emotional resilience. Studies of long-living populations consistently reveal strong social bonds, community engagement, and joy as central pillars of longevity.

Sleep remains one of the most underestimated tools in cancer prevention. Modern culture often glorifies productivity at the cost of rest. Yet sleep is when the body repairs tissues, balances hormones, strengthens immune defence, and clears cellular waste. Inadequate or irregular sleep disrupts melatonin, a hormone that regulates circadian rhythm and functions as a powerful antioxidant



with anticancer properties. Good sleep hygiene, including consistent sleep schedules and reduced screen exposure, transforms rest into a therapeutic intervention.

Metabolic health and body weight play a crucial role in cancer risk. Obesity is not merely a cosmetic concern. It is a chronic inflammatory state that alters hormonal signalling and promotes insulin resistance, creating conditions favourable to tumour growth. Prevention shifts focus from weight alone to metabolic harmony, achieved through nourishment, movement, stress regulation, and restorative sleep. Extremes undermine sustainability. Balance restores physiology.

Environmental exposure represents an expanding frontier in cancer prevention. Air pollution, chemical residues, endocrine disruptors, and microplastics are now embedded in modern ecosystems. While complete avoidance is unrealistic, conscious reduction is achievable. Choosing fresh foods, filtering water, reducing plastic use, and selecting natural household products meaningfully reduce toxic burden over time. Urbanisation introduces additional challenges such as polluted air, overcrowding, noise, and limited green space. Solutions must therefore extend beyond individual behaviour to collective action through clean energy, green urban planning, walkable communities, and accessible public spaces.

“Cancer prevention is not just a medical mission. It is a cultural, environmental, and emotional awakening.”

Human connection itself is one of the most powerful yet overlooked determinants of health. Loneliness and social isolation have emerged as silent epidemics that weaken immunity and shorten life expectancy. Meaningful relationships, shared meals, laughter, and community participation strengthen both psychological and physiological resilience. In an increasingly digital world, authentic connection has become a radical act of wellness.

Beyond social connection lies the spiritual dimension of health. Whether expressed through faith, meditation, or communion with nature, spirituality cultivates inner calm and perspective. It allows individuals to navigate uncertainty with acceptance rather than fear. The healthiest individuals are not those who avoid adversity, but those who respond with awareness and resilience. Cancer prevention must therefore be holistic, integrating body, mind, environment, and meaning into a unified approach.

Healthcare systems themselves must evolve in response to this understanding. The future of



medicine lies not in reacting to illness, but in nurturing wellness. Physicians and institutions must expand their role from treatment providers to prevention partners. Lifestyle counselling, nutrition education, stress management, sleep guidance, and community engagement must become integral to mainstream care.

Corporates, educational institutions, and governments also carry responsibility. Workplaces can be designed to promote health through nourishing food options, movement friendly environments, and mental wellbeing support. Schools can shape lifelong habits by teaching nutrition literacy, physical activity, and emotional regulation early in life. Governments must elevate prevention to a national priority, embedding it within policy, urban design, tobacco control, screening programmes, and public communication. Investment in prevention yields exponential returns in productivity, longevity, and societal wellbeing.

Technology has emerged as a powerful enabler in this transformation. Wearables, digital wellness platforms, personalised nutrition tools, and telehealth services expand access to preventive care. Artificial intelligence and data analytics can identify population level risk patterns and guide targeted interventions. Yet technology can only support change. It cannot replace intention. The ultimate determinant of health remains conscious choice.

Lifestyle Medicine is not about perfection or rigid discipline. It is about balance, sustainability, and self compassion. It celebrates small, consistent improvements that compound into resilience over time. Prevention is not about living cautiously. It is about living consciously, aligned with biological rhythms and the wisdom of moderation.

“When lifestyle becomes medicine, prevention becomes inevitable.”

The journey toward a cancer free future does not begin with laboratory breakthroughs alone. It begins with awareness. It begins with choosing smoke free spaces, whole foods over processed options, movement over prolonged stillness, rest over exhaustion, connection over isolation. Each choice becomes a quiet act of prevention.

In the final analysis, how we live is how we heal. Cancer prevention is not distant or abstract. It is present in our kitchens, our streets, our workplaces, and our relationships. Every act of balance, responsibility, and care becomes a prescription for longevity. The most advanced medicine of the future may well be the simplest wisdom of the present: to eat consciously, move regularly, rest deeply, reduce what harms, and nurture what sustains.

Lifestyle is not merely how we live. It is how we thrive.



THREADS OF RENEWAL
THE QUIET ELEGANCE OF BANANA FIBRE



There are materials that whisper their stories rather than proclaim them. Banana fibre belongs to that quieter world, a world of touch and patience, where beauty is not imposed but revealed. It begins in the heart of the tropics, in fields where the banana plant grows tall and generous, its broad leaves catching sunlight with the same ease that its trunk holds water. For generations the plant has been valued for its fruit, a humble staple of daily nourishment, while its stem was once discarded, left to wither into the soil. Yet within that forgotten stem lies a treasure that artisans have long known, delicate filaments of fibre strong as silk and soft as linen, shimmering faintly with the golden sheen of nature's grace.

In the quiet rhythm of rural life, the making of banana fibre is an act of reverence. The process is patient, almost meditative. After the fruiting cycle ends, the stem is harvested and its layers are gently peeled to reveal the tender inner sheath. These sheaths are soaked, dried and then stripped into fine threads, each one carrying the mark of the hand that made it. What might have been agricultural waste becomes a raw material of extraordinary character, transformed by touch and time. It is a conversation between nature and human skill, an exchange that feels both ancient and alive.

For the weavers and artisans of South India and parts of Southeast Asia, banana fibre is not a novelty but a memory, an inheritance that speaks of self-sufficiency and balance. In Tamil Nadu, Kerala and Assam, families have woven mats, ropes and garments from it for centuries. The fibre's strength made it ideal for utilitarian crafts, yet its lustre and fineness also found a place in ritual fabrics. Today, as sustainability



moves from ideal to necessity, this old wisdom feels suddenly modern again. What the world calls innovation is in many ways a return to what was once instinctive, the understanding that nothing in nature is wasted and that beauty is best when it arises from respect.

When contemporary designers discovered banana fibre anew, they saw more than a rustic material. They saw potential for transformation. In ateliers that balance artistry with ethics, the fibre is now spun, blended and woven into textiles of quiet luxury. Its texture is unlike any other, crisp yet yielding, with a subtle irregularity that catches the light and gives each piece a life of its own. Fashion houses experiment with it as a sustainable alternative to silk, creating flowing garments that breathe and move like living things. Home designers use it for cushions, rugs and drapes that bring the warmth of handmade artistry into modern spaces. Its natural hues, from pale ivory to earthy gold, speak softly of the land they came from, lending interiors a grounded serenity that synthetic fabrics can never replicate.

The beauty of banana fibre lies not only in its surface but in its story. Every strand carries the memory of rain and sun, of the farmer who harvested it and the artisan who gave it form. It embodies a cycle of renewal, where what was once discarded becomes cherished again. In a time when fashion and design are learning to slow down, banana fibre feels like a gentle reminder of how things were meant to be made. It asks for patience, for care, for human touch. It does not rush and in that slowness there is grace.

Designers working with banana fibre often speak of its quiet power, the way it connects them to something elemental. The fibre resists perfection; it demands respect for imperfection, for the small



irregularities that reveal life. In a world of polished sameness, this honesty feels revolutionary. Each thread becomes a testament to the maker's humility and to the resilience of the earth itself. It is no surprise that many artisans speak of it not as a fabric but as a living medium, one that breathes and responds, that seems to carry the pulse of the soil.

What makes banana fibre particularly precious today is its balance between beauty and responsibility. It is biodegradable, renewable and entirely plant-based. The process of its making sustains rural livelihoods and strengthens communities that have guarded this knowledge for generations. By choosing it, designers participate in a form of quiet activism, showing that luxury and sustainability need not be at odds. They remind us that refinement can coexist with conscience, and that the truest elegance often lies in restraint.

In the hands of skilled creators, banana fibre becomes poetry in motion. A shawl woven with it feels both light and strong, as though it were spun from sunlight and wind. A lampshade made from its threads glows with a soft, natural radiance. A handwoven sari carries the sheen of moonlight and the texture of memory. These are objects that do not age quickly; they gather character with time. They belong to a slower rhythm of life, one that values continuity over novelty.

The revival of banana fibre is not merely a trend in sustainable fashion but part of a larger cultural awakening. It invites us to look at the overlooked, to find elegance in the everyday, to rediscover the artistry hidden in the ordinary. In every fibre lies a reminder of our interdependence with nature, a truth that technology can never replace. Its story is a testament to renewal, to the possibility of creating beauty that does not harm.

There is something profoundly moving about a material that begins as waste and ends as wonder. Banana fibre carries that transformation with quiet dignity. It is not loud or ostentatious; it wins hearts through texture, through touch, through truth. In a world searching for meaning and mindfulness, it offers both. To hold it is to hold a fragment of the earth, transformed through care into art. It is proof that sustainability need not compromise on elegance, that the future of luxury may indeed be rooted in the simplest of things, the silent strength of a single thread.



THE STRENGTH TO STAND BESIDE



Cancer does not come quietly. It does not arrive only in reports or hospital rooms. It enters a home slowly and then claims space in every corner. It tests the body, but it also tests patience, courage and the bonds that keep families together. The fight begins not only in clinics but at home, in how we notice, how we respond, and how we stand beside the one who is affected. The real survival begins with care, empathy and emotional strength.

For those who have spent their lives giving to others, the arrival of illness is heavier. Mothers who carried households with quiet endurance, fathers who worked tirelessly to keep families safe, elders who held wisdom and routine together suddenly find themselves vulnerable. Their hands, which once did everything without complaint, tremble. Their voices, which reassured everyone, now ask for reassurance themselves. In that moment, the responsibility to care is passed on. Care is no longer optional. It is a duty. It is the measure of our humanity.

Emotional strength is not something given once or occasionally. It is a presence maintained every day. It is patience when a loved one walks slowly, even when time is short. It is listening without interruption when they repeat stories because those stories carry memory and comfort. It is holding a hand without needing to speak. It is being there without expectation. Often the strength of a survivor is built not only from their own courage but from the quiet endurance of those around them.

Empathy transforms fear into resilience. A person affected by cancer is fragile not only because of the illness but because of uncertainty, dependence, and the erosion of control over life they once knew. Families who meet that fragility with attention and understanding instead of avoidance help the patient regain power. A person does not survive cancer alone. They survive because someone carries a piece of their burden with them, sharing moments of discomfort, moments of doubt and moments of fear.

The need for comfort and dignity is universal, but it is most obvious in palliative care. Palliative care is often misunderstood as a surrender, a last stage of life. In reality, it is a conscious commitment to make life bearable, to preserve dignity, to ease pain and to give emotional balance. When families embrace this, a person is not left to face suffering in silence. Comfort and care strengthen the will to survive. They are as crucial as any treatment because illness is never only physical. It is emotional, social and deeply human.

This is particularly true for elders. People who spent decades holding families together, making sacrifices, and keeping households running now face dependence. Their lives were once full of giving, and they rarely asked for anything. Illness forces a reversal. They rely on the children, the younger generation, the people they nurtured. This is where true responsibility begins. Our mothers, for example, fed and

clothed us, guided us, protected us through every challenge. When they are unwell, care must return to them, with the same patience and dedication they gave us. This is not a repayment. It is an acknowledgment of their strength and the continuity of love that made us who we are.

Strength is built in ordinary acts as much as in extraordinary gestures. It is noticing the small signs of discomfort, attending to fatigue without complaint, offering presence without words. It is maintaining patience even when exhaustion and frustration rise. It is speaking gently, listening intently, and allowing space for the patient to be themselves, even when they are vulnerable. These are acts of strength that transform fear and suffering into endurance.

Cancer reveals what is often hidden. It shows the depth of love, the resilience of family, and the quiet ways care can sustain a person. It exposes whether we respond to need with presence or avoidance. Survival is not only about treatment. Survival is about the emotional backbone that surrounds the patient—the patience, the understanding, the empathy and the care that flows naturally from commitment and love.

Families have the power to shape the experience of illness. The person affected may lose independence, but with care, they do not lose dignity. They may feel physical weakness, but with emotional strength, they retain the will to live. Strength is not refusing fear or pain. It is showing up every day. It is making life bearable when illness threatens to make it unbearable. Strength is consistency, patience, and presence.

In the end, the survivor is never truly alone. Survival begins the day care is offered not as a duty but as an extension of love. It begins when families understand that emotional support, empathy, and presence are as vital as any medicine. It begins when we recognize that survival is not only living, but living with dignity, comfort, and human connection.

Our mothers, our fathers, and our elders taught us the meaning of care through their lives. Now it is our turn. Cancer may challenge the body, but it is the care we give, the empathy we show, and the emotional strength we carry that define whether a person truly survives. When care becomes strength, the survivor does not simply live. They thrive, supported by the same love that once carried us.

This is the unspoken power of care. This is the strength of humanity. This is the way we survive together.

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SILVER

AND THE SHAPE OF MODERN LUXURY



Silver has always spoken in a quieter, more assured voice. Unlike gold, which has long announced itself with grandeur, silver speaks in a tone of subtle authority. It glows rather than glitters, whispering a story of transformation that mirrors our own evolving relationship with beauty, identity, and art. Once seen as the humbler cousin to gold, silver has now found its rightful place at the heart of contemporary luxury. It no longer hides behind its modesty. Instead, it has become the canvas on which modern artisans craft the language of personal expression.

The journey of silver is a fascinating reflection of shifting cultural tides. For centuries, it adorned temples, royal households, and ceremonial occasions. Its lustre held deep symbolic meaning, representing purity and endurance. Silver anklets jingled on dancers, intricate bangles graced brides, and ornate necklaces were passed down through generations as tangible tokens of legacy. But as the world began to reimagine luxury, silver quietly reinvented itself. Today, it is not confined by heritage alone. It has embraced modernity with the same quiet grace that defines its sheen. The metal that once belonged to heirloom chests now belongs to the streets of Milan, the runways of Paris, and the studios of new-age designers who sculpt dreams in minimalist silver.

Contemporary silversmiths are no longer content with the traditional motifs that once defined the craft. They approach the metal with an experimental spirit, treating it as a living material capable of infinite moods. Some bend it into architectural forms that seem almost like wearable sculptures, while others play with textures that blur the line between raw and refined. The beauty of silver lies in its adaptability, it can appear soft and fluid or bold and assertive, depending on the vision of the artist. This duality gives designers endless room to explore, allowing the metal to hold stories both ancient and modern.



In the studios of avant-garde jewellers, silver is being redefined through clean lines and organic shapes. The emphasis is not on ostentation but on intention. Pieces are designed to be lived in, not merely displayed. A single cuff can command attention through its sculptural simplicity, while an asymmetrical earring can transform an ensemble with its quiet rebellion. The artistry lies not in excess but in restraint, in the way a simple form can evoke emotion and depth. Each creation feels intimate, as though it carries the rhythm of the maker's hand and the pulse of the wearer's individuality.

What sets contemporary silver jewellery apart is the way it bridges timeless craftsmanship with modern thought. Techniques once reserved for ornate temple jewellery are now being reinterpreted through minimalist aesthetics. The traditional processes of hand-hammering, oxidizing, engraving and filigree work are finding new expression in pieces that speak to today's sensibilities. This harmony of past and present is what makes modern silver design so compelling. It carries the discipline of heritage and the freshness of innovation. Every polished curve and deliberate imperfection is a dialogue between generations, between the silversmiths of old who worked by firelight and the designers of today who sculpt under the glow of digital creativity.

Silver's resurgence also echoes the broader cultural shift toward authenticity and sustainability. In an age where conscious living has become an extension of personal luxury, silver resonates deeply. It is a noble metal that does not scream for attention, yet it endures beautifully over time. Many designers are embracing recycled silver, reducing waste and honouring craftsmanship as a slow, deliberate



art. The value now lies not merely in the material but in the story of how it was made, who shaped it, where it came from and why it exists. In this quiet narrative, silver becomes a symbol of mindful elegance, aligning seamlessly with the modern consumer's desire for meaning over excess.

The emotional relationship between the wearer and a silver piece is profound. Unlike mass-produced ornaments, handcrafted silver carries an energy that feels personal. Its surface may bear the faint mark of a tool or the impression of a human touch, reminding us that it was created, not manufactured. Over time, silver develops a patina that softens its shine but deepens its soul, much like the people who wear it. Each scratch and subtle hue shift becomes part of the wearer's own story. There is something poetic about the way a silver ring, warmed by skin, seems to remember the person it belongs to. It becomes a quiet companion, reflecting moments both ordinary and extraordinary.

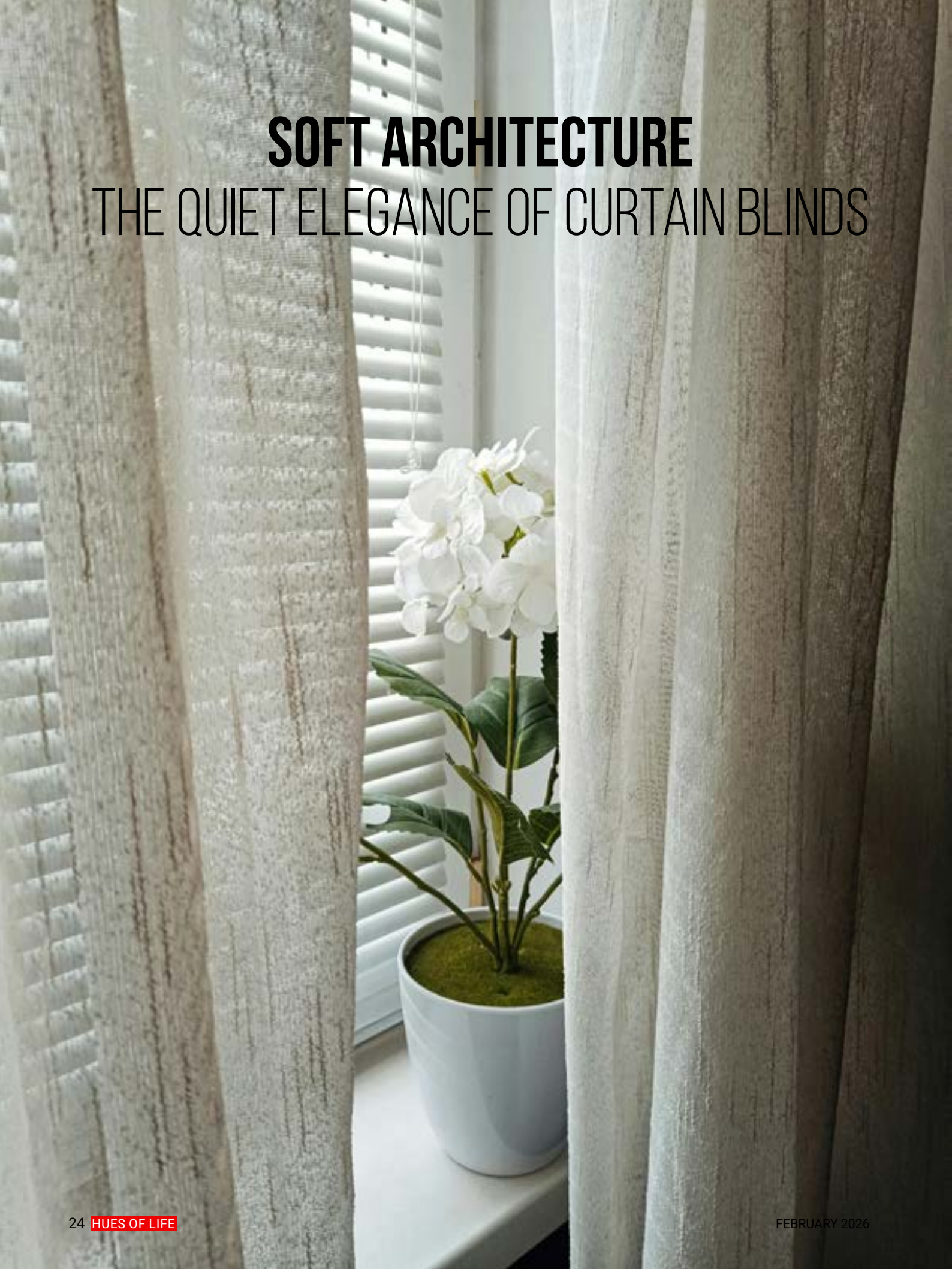
For many, silver represents the essence of contemporary luxury, understated, intelligent and effortlessly personal. It fits seamlessly into modern wardrobes, complementing both couture and casual elegance. It does not demand attention, yet it never goes unnoticed. It is worn by those who understand that sophistication is not in loud display but in quiet confidence. To choose silver is to choose subtlety with strength, grace with edge. It is for those who find beauty in nuance, who see art not in perfection but in expression.

In this redefined era of adornment, silver stands as a metaphor for individuality. It celebrates impermanence and adaptability, reminding us that luxury need not always gleam in gold. The modern fascination with silver is not just about design or fashion. It is about emotion, identity and the stories we choose to carry on our skin. When a piece of silver jewellery catches the light, it is not only reflecting the world around it but also revealing something of the person within.

In the end, silver's allure lies in its quiet power, the ability to be both ancient and avant-garde, familiar yet endlessly new. It holds within it the memory of craftsmanship, the purity of expression, and the spirit of reinvention. As it continues to evolve through the hands of contemporary artists, silver has found its most radiant moment yet, not as a relic of the past but as the luminous heart of modern luxury.

SOFT ARCHITECTURE

THE QUIET ELEGANCE OF CURTAIN BLINDS





There is something profoundly human about the way light enters a room. The first morning rays that wander through fabric, the soft diffusion of dusk that calms the walls, the evening hush that turns interiors into cocoons of quiet, all these moments depend on the delicate mediation of a curtain or a blind. What was once a simple barrier between the private and the public has become a defining gesture in the language of interior design. Curtain blinds today do not merely frame a window; they frame the mood of a home.

In the story of design, window dressing has always been both functional and emotional. Curtains once spoke of opulence and shelter, layers of brocade and velvet meant to guard against the elements while whispering status and taste. The modern blind, however, belongs to a different philosophy. It embodies clarity and restraint, designed to invite light rather than conceal it. This evolution reflects a shift in how we inhabit our spaces, a movement from display to introspection, from ornate protection to seamless integration with the natural world.

The true beauty of curtain blinds lies in their quiet duality. They are both tool and texture, structure and softness. A well-chosen blind can transform the atmosphere of a room as effortlessly as the changing sky. Linen brings warmth and airiness, silk adds gentle lustre, while woven bamboo and organic cotton infuse an earthy calm. The interplay between light and material becomes a living conversation that changes with the time of day. Morning may reveal translucence and promise; afternoon might draw sharper contrasts; evening turns fabric into shadow and silhouette. In each moment, the blind becomes an instrument of mood, composing light as if it were music.



Craftsmanship plays a silent yet central role in this art. The perfection of a made-to-measure blind begins long before it meets the window. It begins with precision, with the care of an artisan who understands proportion, texture, and the language of light. Every stitch, fold and edge speak of intention. The mechanism must move with grace, the alignment must be exact and the finish must feel inevitable, as though the blind was always meant to belong to that particular space. In such craftsmanship, the mark of luxury is not loudness but fluency, an ease that comes only when every detail is considered and resolved.

In contemporary interiors, curtain blinds have become statements of individuality. They offer the freedom to express taste with subtlety rather than extravagance. Minimalist interiors often choose monochromatic tones, allowing the fabric's weave and fall to create quiet drama. More eclectic settings may embrace bold patterns or textured blends that echo the personality of their owners. What remains constant is the search for balance, the desire to harmonize function and feeling. A blind that filters light just so can create an atmosphere of intimacy that no other element can reproduce.

The materials chosen today reveal the consciousness of our time. As sustainability becomes the foundation of design, natural fibres and eco-sensitive production processes are transforming the world of window coverings. Organic linens, recycled textiles, and ethically sourced woods are no longer niche preferences but the new expression of elegance. This thoughtful approach to design carries an emotional dimension as well. It reassures us that beauty can coexist with responsibility, that comfort can be intelligent and that refinement can emerge from restraint rather than indulgence.

To live with curtain blinds is to live with awareness. They invite us to notice the light, to feel the difference between early morning and late afternoon, to appreciate the art of transition. In homes designed with care, blinds become mediators of rhythm and mood, drawing boundaries that are soft rather than rigid. They create privacy without exclusion, openness without exposure. There is a deep comfort in such spaces, a sense that life can flow freely yet remain beautifully contained.

When a home breathes well, when its interiors reflect the sensibility of those who live within, there is a kind of serenity that cannot be purchased. Curtain blinds, in their quiet way, contribute to that feeling. They soften architecture, making it human. They turn light into emotion. They allow rooms to evolve with the day, to feel alive yet composed. In this balance between clarity and comfort lies their enduring allure.

Every room tells a story, and sometimes that story begins with how the light falls. A sheer blind rippling in a morning breeze, a textured weave glowing amber in the evening sun, a layered fabric gently filtering the world outside, these are not decorative choices but expressions of life as lived through beauty. Curtain blinds remind us that design, at its finest, is not about display but about experience. It is about how a space feels when we sit quietly within it, surrounded by the grace of things that have been made with thought and care.

In the end, curtain blinds are not merely about privacy or protection. They are about presence. They teach us to pause, to notice the subtle transformations that light brings, to find comfort in the ordinary miracles of each day. They are the soft architecture of modern living, shaping not only our interiors but our moods, our moments and our sense of belonging. In their measured stillness lies the poetry of home itself, a reminder that beauty, like light, is most powerful when it is gentle.



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GOGGLES AND THE MODERN SENSE OF SELF



Goggles have always been objects of quiet significance, living at the intersection of practicality and identity. They began as simple shields, created to protect the eyes from sun, wind and the unpredictable world that lay ahead of travellers, explorers, and early adventurers. Yet even in those earliest forms there was an unspoken understanding that what rests so close to the face eventually becomes a part of the person who wears it. Over time, goggles have moved from the realm of bare necessity into the vocabulary of style, carrying with them a story that continues to evolve with each generation.

The journey from protection to expression did not happen all at once. The first wearers valued clarity and safety above all else, depending on durable materials and straightforward frames that could withstand harsh conditions. Aviators soaring through thin air and motor enthusiasts racing along open roads saw goggles as companions that preserved vision when the environment became too wild for the naked eye. These early forms were crafted with care, even if beauty was not the primary goal. Their design held an honest simplicity that spoke to the character of their time, a period when every object had to earn its place through function.

As culture shifted and life grew more urban, goggles took on a new meaning. Designers began to see them not only as tools but as extensions of personality. A frame that once belonged to the cockpit or the open field found itself entering the world of fashion, where craftsmanship could be shaped by emotion as much as by utility. Smooth lines replaced rigid angles. Innovative materials replaced heavy ones. Colour, once a minor detail, began to speak boldly. Goggles no longer belonged solely to the adventurer. They belonged to anyone who wished to express a sense of self through a single, striking detail.

Modern eyewear is a quiet celebration of individuality. The person who selects a particular shape chooses more than a frame. They choose how they wish



to be seen. A rounded form can suggest warmth and gentleness. A sharply defined edge can convey confidence and control. Transparent frames can offer a sense of openness, while deeper tones carry mystery and depth. The diversity of design today reflects the diversity of personalities who seek clarity not only of sight but of identity. Goggles have become mirrors, reflecting the inner world of the wearer with subtlety and grace.

Craftsmanship remains at the heart of this evolution. A well-made pair of goggles feels almost like a conversation between maker and wearer. The smooth movement of the arms, the balance of the frame, the way the lenses capture light without distortion, all reveal the hands and minds behind the object. Designers experiment with textures that feel soft and human while ensuring that each component supports long hours of comfort. The art lies in achieving harmony. Protection must not compromise elegance. Comfort must not diminish personality. Every choice, from the curve of the temples to the finish of the bridge, serves both beauty and purpose.

In a world filled with constant motion, goggles provide a rare moment of steadiness. They shape the way a person sees the surroundings, filtering glare, softening brightness and bringing focus to details that might otherwise be lost. But they also shape the way a person is seen. There is a certain confidence that comes from the gentle weight resting across the face, a sense of completeness that settles in the moment the frame touches the skin. It is a small gesture, yet it carries tremendous emotional power. People do not only wear goggles to see clearly. They wear them to feel anchored in their own presence.

The cultural significance of eyewear is woven into daily life. Musicians, actors, athletes and thinkers have all used goggles as silent extensions of their public persona. A single pair can become iconic, remembered long after

trends shift and seasons change. This lasting impact comes from the simple truth that eyewear sits at the centre of expression. It frames every glance, every smile, every spark of curiosity. It becomes part of memory. Even the act of removing goggles can reveal another side of a person, offering a moment of unexpected vulnerability or openness.

In contemporary culture, the role of eyewear continues to expand. People embrace goggles that suit changing moods and changing stages of life. A pair chosen for travel might feel different from one chosen for work or leisure, yet all share the same intention. They allow the wearer to move through the world with clarity and assurance, inviting a sense of ease that blends function with emotion. Technology has added new layers of possibility, offering lenses that respond to light and frames that balance strength with remarkable lightness. Yet the essence remains rooted in the timeless idea that seeing clearly should feel natural and personal.

Goggles remind us that style is not merely about adornment. It is about the stories we tell without speaking. It is about the subtle language of shape and shade, the quiet dialogue between the eyes and the world. They show that protection can be beautiful, that comfort can be elegant and that the smallest object can carry the largest sense of self. In their presence, vision becomes more than physical sight. It becomes a reflection of the inner character that guides us through our days.

To wear goggles is to choose clarity, not only in view but in identity. It is to acknowledge that the world meets us first through the eyes, and that what frames those eyes becomes part of our story. In this simple yet profound way, goggles stand as companions of both style and spirit, offering a blend of function, expression and quiet confidence that continues to define modern life.



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IN THE LIGHT OF TOMORROW

THE QUIET REVOLUTION OF SOLAR LIVING

There was a time when sunlight was simply light, an ordinary presence that marked the passing of hours and seasons. It entered our windows, warmed our backs, and shimmered upon the surface of rivers, yet few paused to think of its boundless generosity. Today, that same sunlight is being reclaimed not only as a source of power but as a symbol of the world's most hopeful transformation. Solar energy, once considered an experimental alternative, has quietly become the soul of a new era, one that seeks harmony between human ambition and the wisdom of the earth.

The story of solar energy is as old as civilization itself. Long before photovoltaic panels lined rooftops, ancient architects shaped their homes to follow the sun. Temples, courtyards, and gardens were aligned with its path, honouring its warmth as a force of both life and divinity. For centuries, sunlight guided the rhythm of days and the cycles of harvests. Then came an age of machines, when the world grew brighter but not necessarily wiser, and sunlight seemed to lose its sacredness. Coal and oil took centre stage, and the planet's balance began to falter. What we are witnessing now is not merely the return of solar energy but the restoration of our relationship with light itself.

Modern solar technology carries a quiet grace that mirrors nature's own design. Where once we imagined clunky panels as intrusions upon architecture, we now see an artistry in their form. Rooftops gleam with mirrored surfaces that capture dawn's first light and send it flowing through copper veins, transforming the intangible into motion and warmth. Walls become luminous





canvases, façades that breathe and generate, turning homes into living organisms that draw sustenance from the sky. In this merging of beauty and utility, design ceases to be decoration and becomes instead a dialogue with nature.

To live with solar energy is to participate in something intimate and universal. There is a stillness that comes from knowing that your morning coffee, your evening lamp, your child's laughter echoing through a room bathed in light are all powered by the same sun that has risen and set for millennia. It is a feeling both ancient and new, as if technology has finally caught up with the poetry of existence. Each ray of sunlight harvested carries the promise of self-reliance, the assurance that progress need not mean depletion. It reminds us that the solutions we seek are not in distant discoveries but in rediscovering what has always been here.

Communities across the world are now being shaped by this realization. Villages once dark after dusk now glow softly under solar lanterns, each light a small declaration of dignity. In cities, sleek panels crown skyscrapers, silent and steadfast, turning glass towers into modern sunfields. Even industries once associated with smoke and strain are learning to draw their strength from the sky. Solar farms stretch across

arid lands, their mirrored plains shimmering like water, a mirage turned into a living promise. In these places, energy is no longer extracted with violence but gathered with patience, echoing the rhythms of photosynthesis itself.

The transformation is not only technological but profoundly emotional. There is a certain humility in acknowledging that our future depends on something so elemental. In embracing solar energy, we are learning to slow down, to attune ourselves to cycles larger than our own. It invites a gentler kind of progress, one that listens, that responds, that respects. When homes generate their own power, they cease to be isolated shelters and become part of a living ecosystem. The daily act of drawing energy from the sun becomes a quiet ritual, a reminder that sustainability is not an abstract ideal but a way of dwelling within the world.

Architects and innovators have begun to infuse this philosophy into their work, designing spaces that do not fight the elements but converse with them. The play of shadow and light, once merely aesthetic, has become functional art. Transparent solar glass allows buildings to glow from within while collecting light without obstruction. Even the simplest village homes, with panels fixed upon clay tiles, echo the same



principle: beauty need not be sacrificed for sustainability. The old divide between the practical and the poetic begins to fade. What emerges instead is a vision of living that is at once efficient and deeply soulful.

As we step further into this solar age, the measure of progress can no longer be consumption but coherence. The sun does not rush, yet it sustains every form of life. It gives without exhaustion and demands only reverence. To build our future upon such a foundation is to choose a path of balance—a path that acknowledges both our ingenuity and our dependence on nature’s grace. The warmth that now powers our homes carries within it an invitation to live more consciously, to see the world not as a resource to be spent but as a companion in our shared journey of renewal.

There will come a morning when solar energy will no longer be thought of as an alternative but as the natural order of things. Light will once again define the architecture of our days, shaping how we build, how we consume, and how we imagine our place in the larger design of life. To embrace the sun is to remember that we are not apart from nature but expressions of it, turning toward the light in quiet faith, generation after generation.

In that golden symmetry between innovation and intuition, between science and soul, lies the essence of our time. Solar energy is not only a testament to human progress but an act of reconciliation, a luminous gesture toward balance. In its glow, we are learning once again what it means to belong to the earth, to live gently, and to let the light lead the way.



Explore the Beauty of Backwaters



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THE COCONENT REVOLUTION

FRESHNESS WITHOUT COMPROMISE

Entrepreneurship often begins with a mere idea—one that finds and fills a niche in the market, and eventually becomes a successful venture. In the case of Preeja Nair P.G., the creator of coconent, the inspiration was a desire for quality and easy coconut products. Not having come from a food background, having trained as a banker, she had not considered a career in food; however, a series of circumstances pushed her to take the leap. Her brand is now committed to dehydrated grated coconut, offering a solution that provides authenticity, nutrition, and convenience to the modern consumer.

Her entry into the business went beyond business; it was all about reinventing the way people interact with coconut-based products. With her husband, Shinil, she carefully studied market trends, researched processing methods, and built a brand that focuses on quality and sustainability. The result is a product that maintains the freshness of coconut with a longer shelf life without additives or preservatives.

The concept of entering the food industry was presented to them at a time when change was inevitable. The sudden shift as a result of Covid-19 prompted the couple to rethink their future, looking for an opportunity that was scalable and sustainable. Their quest led them into the world of coconuts, an industry with rich cultural and economic value in Kerala. Discussions with industry experts, including representatives from the Coconut Development Board, established the potential of coconut products in global markets. With extensive research, they established that there was a gap in the market, which was for good quality, ready-to-use grated coconut.

coconent was built on the values of quality and transparency. Right from day one, Preeja made it a point to source raw materials directly from farmers in the locality. By cutting middlemen out of the picture, the brand gives fair prices to farmers while maintaining strict quality controls. Carefully sorted coconuts are then subjected to processing according to state-of-the-art dehydration technology. Not only is the natural flavour, texture, and nutritional value of fresh coconut retained, but the shelf life is enhanced without the addition of artificial preservatives.

What sets coconent apart is its production process. Though efficiency is enhanced with modern equipment, traditional techniques are still necessary for sorting and quality control. Each batch is carefully monitored to ensure consistency, and the end product offers the same rich flavour that home cooks and professional chefs require. Used in traditional Kerala recipes, baked products, or contemporary recipes, coconent's dehydrated grated coconut seamlessly fits into a





variety of culinary uses.

Besides the quality of products, ethics and sustainability are also highlighted by the brand. Supporting local farmers is the core business model of coconent. By offering price guarantees and long-term contracts, the company gives farmers financial security, taking away market volatility risks from their shoulders. The encouragement of chemical-free cultivation also addresses increasing consumer demand for natural, minimally processed food products.

Distribution and marketing have played a key role in the development of coconent. Due to the power of the internet, the company has leveraged social media and online shops to increase its customer base. By combining offline stores with online



marketplaces, coconent can distribute its products to both local and foreign customers.

Preeja's path is a testament to grit and determination. The shift from a career in banking to the unknown landscape of entrepreneurship required grit and good planning. The ability to be adaptable in the face of change, conduct extensive research, and build a company from scratch is a testament to the spirit of an entrepreneurial visionary. With coconent, not only did she create a brand that resonated with consumer demands but also contributed to the larger cause of sustainable and ethical food production.

With demand for natural, quality food products increasing, coconent is poised to take its reach to a strategic expansion. Committed to remaining innovative while not straying from what has worked, the company represents a new wave of entrepreneurial spirit—this one paying homage to heritage while embracing the promise of tomorrow.





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