



Feb 2025

MMA Newsletter



Honouring the Strength of Women – A Tribute for Women's Day

As we approach March 8th, we take a moment to reflect on the significance of Women's Day—a day dedicated to recognizing the resilience, dedication, and contributions of women across the world.

Since 2016, Maitri has been a space where MMA women come together to support, uplift, and celebrate one another. Over the years, we have built a strong foundation through cultural events, fitness programs, social gatherings, and community initiatives, always ensuring that women's voices and achievements are recognized.

For many in our community, the journey to the UK has been one of sacrifice and perseverance. Our mothers, wives, sisters, and daughters have taken bold steps, leaving behind their families and homes to build a better future. Whether managing careers, raising families, or balancing both, they have navigated countless challenges with strength, resilience, and selflessness. Homemakers, who form the backbone of our families, and those contributing in various fields all play an invaluable role in shaping our homes and community.

From long hours of work to nurturing homes, supporting families, and enriching society, these women have shaped not only their own lives but also the lives of those around them. Their struggles and successes are a testament to their unwavering spirit, and as a community, it is our responsibility to celebrate, support, and uplift them.

Women's Day is more than just a celebration—it is a reminder to acknowledge their journey, honour their sacrifices, and continue advocating for their well-being and empowerment. This year, let's take the time to express our gratitude, share their stories, and ensure they feel seen, valued, and appreciated.

To all the incredible women in our lives—thank you for your love, strength, and dedication. Let's continue to support and inspire each other, not just on Women's Day, but every day.

Geetha Lukose
Maitri Coordinator 2025

Message from Geetha – Maitri Coordinator 2025:

A Few Reminders:

♥ Maitri's Women's & Mother's Day Celebration – Mark your calendars for March 8th!

🚗 Day Trip / Weekend Getaway – Let us know if you're interested so we can plan accordingly.

🏃 Zumba Classes – If we get enough interest, we'll get it started!

🎄 Annual Christmas Dinner – A tradition we all love—more details to come.

🚶 Charity Walks/Runs – A great way to stay active and give back to our community.

For any questions, event participation, or suggestions, feel free to reach out to me.

– Geetha
Maitri Coordinator 2025

Bringing the elegance of
Indian ethnic wear
to the UK

bougain
DESIGNER BOUTIQUE

DESIGNER SAREES
DESIGNER BLOUSES
KURTIS | CHURIDARS
HOLY COMMUNION DRESSES
UNIFORM SAREES
ONAM / VISHU OUTFITS

GET IN TOUCH 07368827124

@bougaindesignerboutique @bougaindesignerboutique



Creative Spotlight: The Art of Jaganvismai Valiyavilayil

As part of our ongoing efforts to celebrate and encourage talent within the MMA community, we are excited to feature the incredible artwork of Jaganvismai Valiyavilayil this month. His stunning illustrations, ranging from anime and superhero-inspired characters to intricate creature designs, highlight his passion, creativity, and attention to detail.

Jaganvismai's work stands out for its bold use of color, expressive compositions, and dynamic storytelling—a true testament to his artistic dedication. As recognition of his talent, one of his artworks will be considered for inclusion in our end-of-the-year MMA calendar update, showcasing his creativity alongside other community highlights.

We are proud to showcase his talent and look forward to seeing more young artists in our community step forward and share their creative work. Keep inspiring, keep creating, and keep pushing the boundaries of imagination!



Rising Star in Cricket: Congratulations to Albert Bobby

MMA takes immense pride in celebrating the achievements of our young sports talents, and this month, we extend our heartfelt congratulations to Albert Bobby for being awarded the Emerging Player Award by Mote Cricket Club, Maidstone.

Albert's dedication, passion, and hard work have truly set him apart, making him a promising young cricketer. His commitment to training, skill development, and teamwork is an inspiration for other young athletes in our community. Recognitions like this not only highlight individual talent but also reflect the growing presence of our community in local sports.

At MMA, we strongly believe in nurturing sportsmanship and encouraging youth participation in various athletic disciplines. Whether it's cricket, football, badminton, or any other sport, the determination and success of young players like Albert motivate us to create more opportunities for aspiring athletes.

Albert, we are all incredibly proud of you! May this be just the beginning of an exciting journey in cricket, and may you continue to shine on and off the field.

Warm & Comforting Butternut Squash Soup



Prep the squash: Peel, deseed, and chop the butternut squash into cubes.

Roast or sauté: Either roast the cubes in the oven with a little oil (olive oil works well) at 400°F for about 25-30 minutes until tender, or sauté them in a pan with some oil over medium heat for 10-15 minutes.

Season: Add your preferred spices – a pinch of salt, pepper, garlic, and maybe a touch of cinnamon or nutmeg.

Blend or mash: Once cooked, either blend it up for a smooth puree or mash it for a chunkier texture.

Finish: Add a splash of vegetable broth or water if you want a smoother consistency. Taste and adjust seasoning if needed.

Enjoy your warm and comforting homemade soup!

Receipe by Jaganvismai Valiyavilayil

President's Column:

പ്രിയ സുഹൃത്തുക്കളെ,

പുതിയ വർഷത്തിലൂടെ നാം യാത്ര തുടരുമ്പോൾ പ്രതീക്ഷയോടെ കാത്തിരിക്കുന്ന ഉത്സവങ്ങളുടെ കേളികൊട്ട് ഉയരുകയായി...

വിഷുക്കാലം പടിവാതിലിൽ എത്തുമ്പോൾ കണിക്കൊന്നപ്പൂക്കൾ മൊട്ടിട്ടു തുടങ്ങി... അണിയറയിൽ ഒരുങ്ങുന്ന ഈസ്റ്റർ വിഷു ആഘോഷങ്ങളുടെ പണിപ്പുരയിലാണല്ലോ നമ്മൾ പലരും...

അതോടൊപ്പം വരാനിരിക്കുന്ന കായിക മാമാങ്കങ്ങളും ആകാംക്ഷയുറപ്പിച്ചു പ്രചോദനവുമാണ് നമുക്ക് പകരുന്നത്... പ്രത്യേകിച്ചും പോയ വർഷങ്ങളിലെ വിജയക്കൂതിപ്പ് തുടരുവാൻ നമ്മൾ ഒരു കുടുംബമായി ഒത്തൊരുമിക്കുമ്പോൾ...

സ്നേഹപൂർവ്വം,

ലാലിച്ചൻ ജോസഫ്

Secretary's Note:

Dear Members,

It's been a busy month with successful events completed and exciting plans ahead. This edition highlights Maitri – the Women's Wing of MMA, whose dedication enriches our community through cultural and social initiatives. A big thank you to all past and present leaders for their commitment!

Upcoming & Recent Events:

- Women's Day Celebration – 8th March 2025 (led by Maitri).
- Awaiting results for the Maitri Valentine's Day competition.
- MMA Men's Club held a successful first meeting with 40 participants—thank you for the support!
- Upcoming Easter & Vishu programme and MMA UK Cricket Tournament—details soon.
- Badminton Training: Please set up a standing order before 7th March for ongoing sessions.

We're also celebrating our members' achievements! Share your success stories—personal or family—by reaching out to any committee member.

If you have any concerns, suggestions, or require communication assistance, please reach out to us at maidstonemalayalee@gmail.com or through personal contact. We value your input and are here to help!

Our Sponsor's



Q LEAF CARE



DEEPESH SCARIYA
Mortgage Advisor CeMAP

07883 259330
03339 980808
08000 489970

112a Walsgrave Road,
Coventry, UK
CV2 4ED

deepesh@excellentfs.co.uk

www.excellentfs.co.uk

Residential & BTL Mortgage | Remortgage | Life Insurance | Home Insurance



Paul John & Co

SOLICITORS

Nisa

making a difference locally

maidstone

Bringing the elegance of Indian ethnic wear to the UK



bougain
DESIGNER BOUTIQUE

DESIGNER SAREES
DESIGNER BLOUSES
MURTIS | CHURIDARS
HOLY COMMUNION DRESSES
UNIFORM SAREES
ONAM / VISHU OUTFITS

GET IN TOUCH [07368827124](tel:07368827124)

[@bougaindesignerboutique](#) [@bougaindesignerboutique](#)

Swiftech

Computer Repair Centre


Tunbridge Wells | Tonbridge

INTRODUCING

ESTD  2020

KENT


Kerala Spices





A Celebration of Heritage & Luxury

NOW OPEN IN SOUTHALL, LONDON



Visit our showroom
86 THE BROADWAY, SOUTHALL
LONDON UB1 1QD, TEL: +44 7780 889 916

Other showrooms in the UK | Opening soon in
East London | Leicester | Birmingham

Proud sponsors for:

MMA



OUR SERVICES

- New Builds
- Plumbing
- Extensions
- Electrical
- Renovations
- Architectural Design
- Kitchens
- Structural Calculations
- Bathrooms
- Council Application Services
- Landlord Services

✉ Info@7seasbuilders.co.uk

🔗 www.7seasbuilders.co.uk

☎ Sinoj Chackochan
078304 86657

