

CHAPTER - 5

'A Phoenix Rises'

Key Notes

- **Inspiration:** The story is based on the life of Arunachalam Muruganatham, known as the 'Pad Man' of India.

പ്രചോദനം: ഇന്ത്യയുടെ 'പാഡ് മാൻ' എന്നറിയപ്പെടുന്ന അരുണാചലം മുരുകാനന്ദത്തിന്റെ ജീവിതത്തെ ആസ്പദമാക്കിയുള്ളതാണ് ഈ കഥ.

- **The Turning Point:** He was shocked to see his wife using unhygienic rags during her periods because she couldn't afford expensive sanitary pads.

തിരിവുണ്ടാക്കിയ സംഭവം: സാനിറ്ററി പാഡുകൾക്ക് വലിയ വിലയായതുകൊണ്ട് തന്റെ ഭാര്യ ആർത്തവസമയത്ത് അഴുക്കുള്ള തുണിക്കഷണങ്ങൾ ഉപയോഗിക്കുന്നത് കണ്ടപ്പോൾ അദ്ദേഹം ഞെട്ടിപ്പോയി.

- **Mission:** He wanted to make low-cost sanitary pads to ensure health and hygiene for poor women.

ലക്ഷ്യം: പാവപ്പെട്ട സ്ത്രീകൾക്ക് ആരോഗ്യവും ശുചിത്വവും ഉറപ്പാക്കുന്നതിനായി കുറഞ്ഞ ചിലവിൽ സാനിറ്ററി പാഡുകൾ നിർമ്മിക്കാൻ അദ്ദേഹം തീരുമാനിച്ചു.

- **Struggle and Isolation:** His village and even his wife thought he was mad. He was isolated by the society for talking about a "taboo" topic.

പോരാട്ടവും ഒറ്റപ്പെടലും: അദ്ദേഹത്തിന് ഭ്രാന്താണെന്ന് ഗ്രാമവാസികളും ഭാര്യയും പോലും കരുതി. സമൂഹം മോശമായി കരുതിയിരുന്ന ഒരു കാര്യത്തെക്കുറിച്ച് സംസാരിച്ചതിന് അദ്ദേഹം ഒറ്റപ്പെടുത്തപ്പെട്ടു.

- **Success:** After many failures, he successfully invented a simple machine to make low-cost pads.

വിജയം: നിരവധി പരാജയങ്ങൾക്ക് ശേഷം, കുറഞ്ഞ ചിലവിൽ പാഡുകൾ നിർമ്മിക്കാനുള്ള ലളിതമായ ഒരു യന്ത്രം അദ്ദേഹം കണ്ടുപിടിച്ചു.

- **Social Service:** He refused to sell his idea to big companies. Instead, he shared it with women's self-help groups to create jobs.

സമൂഹസേവനം: അദ്ദേഹം തന്റെ കണ്ടുപിടുത്തം വലിയ കമ്പനികൾക്ക് വിറ്റില്ല. പകരം, സ്ത്രീകൾക്ക് തൊഴിൽ നൽകുന്നതിനായി അത് സ്വയം സഹായ സംഘങ്ങളുമായി പങ്കുവെച്ചു.

Phoenix : A mythical bird that rises from its own ashes (symbol of coming back from failure). സ്വന്തം ചാരത്തിൽ നിന്നും ഉയിർത്തെഴുന്നേൽക്കുന്ന പക്ഷി (പരാജയത്തിൽ നിന്നും തിരിച്ചുവരുന്നതിന്റെ പ്രതീകം).

Menstrual Hygiene : Cleanliness during periods. ആർത്തവ ശുചിത്വം (ആർത്തവസമയത്ത് പാലിക്കേണ്ട വ്യത്തി).

Innovation : A new idea or invention. പുതിയ കണ്ടുപിടുത്തം (പുതിയൊരു ആശയം അല്ലെങ്കിൽ ഉപകരണം).

Taboo : Something that people are ashamed to talk about in public. വിലക്കുള്ള കാര്യം (പരസ്യമായി സംസാരിക്കാൻ ആളുകൾ മടിക്കുന്ന അല്ലെങ്കിൽ മോശമായി കരുതുന്ന കാര്യം).

Self-help Group: A group of people who work together to help each other (SHG). സ്വയം സഹായ സംഘം (പരസ്പരം സഹായിക്കുന്നതിനായി ഒത്തുചേർന്ന് പ്രവർത്തിക്കുന്ന ആളുകളുടെ കൂട്ടായ്മ).

Entrepreneur : A person who starts a business and takes risks. സംരംഭകൻ (സ്വന്തമായി ഒരു ബിസിനസ്സ് തുടങ്ങുകയും അതിനായി പരിശ്രമിക്കുകയും ചെയ്യുന്ന ആൾ).

Affordable : Something that is not expensive and easy to buy. മിതമായ വിലയുള്ളത് (അധികം വിലയില്ലാത്തതും സാധാരണക്കാർക്ക് വാങ്ങാൻ കഴിയുന്നതും).

Ridicule : To make fun of someone in an unkind way. പരിഹസിക്കുക (ഒരാളെ കളിയാക്കുകയോ മോശമായി ചിത്രീകരിക്കുകയോ ചെയ്യുക).

Persistent : Continuing to do something even when it is difficult. സ്ഥിരോത്സാഹം (പ്രതിസന്ധികൾ ഉണ്ടായാലും ഒരു ലക്ഷ്യത്തിനായി പ്രയത്നിച്ചു കൊണ്ടിരിക്കുക).

Invention : Something that has never been made before. കണ്ടുപിടുത്തം (മുമ്പില്ലാത്ത പുതിയൊരു ഉപകരണം അല്ലെങ്കിൽ വസ്തു നിർമ്മിക്കുക).

Mission : An important job or goal that someone wants to achieve. ദൗത്യം അല്ലെങ്കിൽ ലക്ഷ്യം (ഒരാൾ പൂർത്തിയാക്കാൻ ആഗ്രഹിക്കുന്ന പ്രധാനപ്പെട്ട ജോലി).

Dignity : The state of being worthy of honor or respect. അന്തസ്സ് അല്ലെങ്കിൽ മാനുത (ബഹുമാനത്തിന് അർഹമായ അവസ്ഥ).

Scorn : A feeling that someone or something is useless or bad. അവജ്ഞ അല്ലെങ്കിൽ പുച്ഛം (ഒരാൾക്ക് യാതൊരു വിലയുമില്ലെന്ന തോന്നൽ).

Empower : To give someone more control over their life or situation. ശാക്തീകരിക്കുക (ഒരാൾക്ക് സ്വന്തം ജീവിതത്തിൽ കൂടുതൽ നിയന്ത്രണവും കരുത്തും നൽകുക).

Recognition : Praise or an award for something someone has done. അംഗീകാരം (ഒരാളുടെ നല്ല പ്രവർത്തിക്ക് ലഭിക്കുന്ന പ്രശംസയോ പുരസ്കാരമോ).

Complicated : Something that is very difficult to understand or do. സങ്കീർണ്ണമായ (മനസ്സിലാക്കാനോ ചെയ്യാനോ പ്രയാസമുള്ള കാര്യം).

Revolution : A big change in the way people do things. വിപ്ലവം അല്ലെങ്കിൽ വലിയ മാറ്റം (ആളുകൾ കാര്യങ്ങൾ ചെയ്യുന്ന രീതിയിൽ ഉണ്ടാകുന്ന വലിയ മാറ്റം).

Poverty : The state of being very poor. ദാരിദ്ര്യം (ജീവിക്കാൻ ആവശ്യമായ പണമില്ലാത്ത അവസ്ഥ).

Discard : To throw something away because it is no longer useful. ഉപേക്ഷിക്കുക (ആവശ്യമില്ലാത്ത വസ്തുക്കൾ വലിച്ചെറിയുകയോ ഉപേക്ഷിക്കുകയോ ചെയ്യുക).

Mentality : A person's particular way of thinking. മനോഭാവം (ഒരാൾ കാര്യങ്ങളെ ചിന്തിക്കുന്ന രീതി).

1. Question: Write a short note on the character of Arunachalam Muruganatham / Bablu

Character Sketch of Arunachalam Muruganatham / Bablu

Arunachalam Muruganatham / Bablu is a very brave and hardworking man. He is a great **innovator**. He was born into a poor family and had to leave school early. He is a man of great **determination**. When he saw his wife using dirty rags because pads were expensive, he decided to help her.

He is a **fighter**. Even when his village and family called him "mad" and left him, he did not stop his work. He is also very **kind**. He did not sell his machine to big companies for money. Instead, he gave it to poor women to start their own work. His life teaches us that with hard work and a good heart, we can change the world. He is a true hero.

2. Question: Imagine Muruganatham is alone after his wife leaves him. He writes his feelings in his diary.

12th October 2004

Tuesday

Today was a very sad day for me. My village thinks I am mad. Even my wife left me today. It hurts so much because I am doing all this for her health. I feel very lonely. Everyone treats me like a bad person. But I know I am right. I want to help poor women stay healthy. I will not stop my work. Even if the whole world is against me, I will keep trying. I believe that one day they will understand.

I must be strong.

3. Question: You are meeting Arunachalam Muruganatham. What are 6 simple questions you would ask him?

Answer:

- Sir, how do you feel about winning the Padma Shri award?
- Why did you start making low-cost pads?
- How did you feel when your village called you "mad"?
- Was it difficult to work alone for many years?
- Why did you refuse to sell your machine for a lot of money?
- What is your message to students who want to be successful?

4. Write-up / Review

Question: Prepare a **write-up** on "Success through Hard Work" based on this story.

Answer:

Success Through Hard Work: The Story of the Pad Man

"A Phoenix Rises" is a very inspiring story written by **Twinkle Khanna**. It tells the real-life journey of **Arunachalam Muruganatham**, a poor man from South India who became a global hero. His story shows that hard work and a kind heart can change the world.

In this story, the writer names Arunachalam as Bablu who left school early because his family was very poor. His journey began when he saw his wife using dirty rags during her periods. She told him that sanitary pads were too expensive to buy. He decided to make low-cost pads to save the health of his wife and millions of other poor women.

He faced many failures while building his machine in a small, dark room. The people in his village did not understand his work; they mocked him and called him "mad." Even his wife and mother left him because they were ashamed. He became completely alone .

He did not give up his mission. After many years of struggle, he finally invented a simple, low-cost pad-making machine. He was not **greedy** and refused to sell his idea to big companies for money. Instead, he gave the machines to poor women so they could start their

own businesses. Today, he is famous as the '**Pad Man**' of India. Like a **Phoenix bird**, he rose from his struggles to become a great success.

5. Formal Letter (Appreciation)

Question: Write a letter to congratulate Mr. Muruganatham.

Anup . P
Love Dale
XY Road
Calicut – 07

20 May 2026

Mr. Arunachalam Muruganatham,
AB Street
Coimbatore -03

Respected Sir,

I am a student from Kerala. I read your story "A Phoenix Rises" in my school. I am writing this letter to say thank you.

Your work for women's health is very great. Even when people were mean to you, you stayed kind. I respect you because you are not greedy for money. You are a real hero. Thank you for helping poor people. I wish you all the best.

Yours faithfully,
(Your Name)

6. Question: Imagine you have to give a speech in your school assembly about the life of Arunachalam Muruganatham (Bablu). Prepare the speech.

Answer:

"Success Through Perseverance"

Good morning teachers and my dear friends,

Today, I want to talk about an inspiring man, **Arunachalam Muruganatham**, also known as **Bablu** in the story "**A Phoenix Rises**" by **Twinkle Khanna**. His life teaches us that hard work always leads to success.

Bablu was a poor man, but he had a big heart. When he saw his wife using dirty rags because pads were expensive, he decided to help her. He faced many problems. His village mocked him and called him "mad." Even his wife left him. But he did not give up. He had great **perseverance**.

Finally, he invented a low-cost pad-making machine. He was not **greedy** for money and helped poor women start businesses. Like a **Phoenix bird**, he rose from his struggles to become a hero. Let us learn from him to never give up on our dreams.

Thank you.

7. Question: Prepare a **news report about** Arunachalam Muruganatham winning the Padma Shri award.

Answer:

PAD MAN WINS PADMA SHRI

By Staff Reporter

Coimbatore, Oct 15: Mr. Arunachalam Muruganatham, popularly known as the 'Pad Man' of India, has been honored with the **Padma Shri** award today. He received this award for his great service to women's health.

Arunachalam started his journey in a small room. He wanted to make low-cost sanitary pads for poor women. He faced many struggles. His village and family once called him "mad" and isolated him. However, he worked hard for many years and invented a simple machine.

Instead of selling his idea to big companies for money, he gave it to women's self-help groups. Today, his invention provides jobs and health to thousands of women. He is a true inspiration to the nation.
