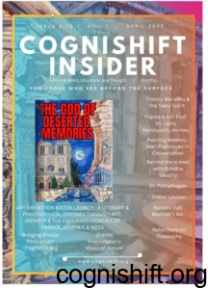


**COGNISHIFT INSIDER, ISSUE 1,VOL-1 , ISSUE 01/25 APRIL**

## **Voice Behind the Screen: An Interview of Thiru Brindha Sarathy**

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### **A Tribute to a Modern-Day Sage of Tamil Cinema**

It was during my journey in writing *The Monk With A Stethoscope* that I sought to meet individuals who had transformed their lives and the lives of others through words, vision, and spirit. Among them stood one whose poetic strength and cinematic soul had left an indelible mark on Tamil literature and film — **Thiru Brindha Sarathy**.

A poet, screenwriter, dialogue craftsman, and film director, he belongs to that rare tribe of cultural architects who infuse cinema with poetry and philosophy with purpose. I had heard much about him from my mother, a Tamil poet and critic herself, and felt drawn toward a meeting that would eventually illuminate my path as a writer.

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### **A Meeting with Brilliance**

When I arrived at his office for the interview, I was greeted by walls that whispered stories — framed awards, certificates, and tokens of honour speaking to a lifetime of artistic devotion. And then he entered — tall, dignified, and reflective — with eyes that had clearly seen many narratives unfold.

He welcomed me with warmth and humility, and I opened my black notebook, eager to absorb wisdom.

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### **Interview with Thiru Brindha Sarathy**

## 1. How did you choose to become a film director?

"I was on the path to becoming a Tamil professor. That was my dream during school. But in college, I was drawn to cinema, influenced by legends like K. Balachandar and Bharathiraja. Friends often said my everyday talk sounded like film dialogue — they planted the seed. I entered a poetry contest by Kamban Kazhagam in Kumbakonam and won first prize. That gave me confidence. Despite my parents' warnings, I left for Chennai, determined to pursue film. I had chosen my path."

## 2. How did you maintain focus amidst the distractions of the film world?

"It took me seven years, facing hurdles every step of the way. There are many temptations — alcohol being the most damaging. I stayed away. Jealousy, too, can derail a person. My focus was always on being helpful — to others and to myself.

Success demands clarity. Draw a straight line between where you are and where you want to go — no detours, no zigzags. That's the path."

## 3. What is your message to the youth and aspiring creators?

"Let your motive be this — *the world's victory is your victory*. Let that truth shape your words and actions. People can feel your intent.

Focus and determination are your two greatest weapons. Even if you can't run, move just one millimeter in the right direction. The wrong detour can become a point of no return. Keep walking the true path."

## 4. Any motivational books that influenced you?

"One book that impacted me was *Yennangal* by Dr. M.S. Udayamurthy."

## 5. Any personal challenges you overcame that left a mark?

"I had a deep fear of the dark as a child — fear of new places, unknown spaces. It affected my sleep. But I conquered it. Meditation helped me.

Every day I meditate for at least 30 minutes. You must wipe out every hidden fear from your subconscious. Build your character like a hero in your own movie — resilient, fearless.

Your friendships will come through your work. Your life's circle expands through passion and perseverance. Find your calling and follow it — not as work, but as purpose. Let your passion do the work. Then, obstacles fade away."

## Closing Reflections

Thiru Brindha Sarathy's words stayed with me long after the interview. His life, like his films, is a testament to what one can achieve with **discipline, clarity, and inner strength**. He reminds us that art is not just an expression but a **path to personal mastery**.

At the launch of *The Monk With A Stethoscope*, Thiru Brindha Sarathy and director Thiru Lingusamy joined us, extending their heartfelt congratulations. It was more than a gesture — it was a passing of the torch, a nod of recognition from a master to a seeker.

In his own way, Thiru Brindha Sarathy is a **chevalier of culture**, standing guard over the values of artistic integrity and personal truth.

## Photo Caption:

Dr. Prashant Madanmohan with Thiru Brindha Sarathy and Thiru Linguswamy at *The Monk With A Stethoscope* Book Launch, 2023





