Balak Vrinda Education Society (BVES) celebrates 70th Foundation Day

Prof. Kalindi S. Muzumdar, the Chief Guest of the function, addressing the audience. Seated (l to r): Geeta Balse, Programme Secretary; Avinash Trasi, Vice Chairman, BVES; Gurudutt Mundkur, Chairman, BVES; Smita Mavinkurve, Hon. Secretary, BVES, and Dilip Sashital, Programme Secretary

Vice Chairman Avinash Trasi giving a brief history of BVES

Prof. Kalindi Muzumdar felicitating one of the teachers

Students of BVES explaining their project to Prof. Kalindi Muzumdar
SINCE 1970

PIONEERS IN CHROMATOGRAPHY    LEADERS IN QUALITY

CHROMATOGRAPHIC CHEMICALS
- SILICA GEL FOR TLC (G, GF254, and without binder)
- SILICA GEL FOR COLUMN CHROMATOGRAPHY
  (60-120, 100-200, 70-230, 200-300, 230-400 or any other mesh size)
- ALUMINIUM OXIDE FOR COLUMN CHROMATOGRAPHY (Acidic, Basic & Neutral)
- LIPIDS FOR GLC

CASTOR OIL DERIVATIVES
- UNDECYLENIC ACID 99% MIN. PURITY BY GC
- METHYL UNDECYLENATE 99% MIN. PURITY BY GC
- ZINC UNDECYLENATE AS PER BP/EP/USP
- CALCIUM UNDECYLENATE AS PER USP
- UNDECANOIC ACID 99% MIN PURITY BY GC
- HEPTALDEHYDE 97% MIN PURITY BY GC
- HEPTYL ALCOHOL 97% MIN PURITY BY GC
- HEPTANOIC ACID 98% MIN PURITY BY GC
- Methyl ricinoleate
- OTHER SALTS AND ESTERS OF UNDECYLENIC ACID

AROMA CHEMICALS
- BETA METHYL NAPHTHYL KETONE (ORANGER CRYSTALS)
- ALCOHOL C-11 UNDECYLIC 98% MIN. PURITY BY GC
- ALCOHOL C-11 UNDECYLENIC 98% MIN. PURITY BY GC
- ALDEHYDE C-11 UNDECYLIC 98% MIN. PURITY BY GC
- ALDEHYDE C-11 UNDECYLENIC 98% MIN. PURITY BY GC
- ALPHA METHYL NAPHTHYL KETONE 99% MIN. PURITY BY GC
- ALPHA AMYL CINNAMIC ALDEHYDE

HIGH PURITY LIPIDS / SPECIALITY FATTY ACIDS / DERIVATIVES:
- OLEIC ACID 99% MIN. PURITY BY GC
- LINOLEIC ACID 99% MIN. PURITY BY GC
- ARACHIDONIC ACID
- SODIUM CAPRYLATE 98% MIN. PURITY BY GC
- LINOLEYL ALCOHOL 99% MIN. PURITY BY GC
- ARACHIDONYL ALCOHOL 99% MIN. PURITY BY GC
- ARACHIDIC ACID 99% MIN. PURITY BY GC
- ELAIDIC ACID 99% MIN. PURITY BY GC
- SALTS AND ESTERS OF THESE FATTY ACIDS
- OLEYL ALCOHOL 99% MIN. PURITY BY GC
- ARACHIDYL ALCOHOL 99% MIN. PURITY BY GC
- ELAIDYL ALCOHOL 99% MIN. PURITY BY GC

THE QUALITY OF OUR PRODUCTS IS THE BEST YOU CAN GET
OUR PRICES ARE TRULY VALUE FOR MONEY
WE NEVER MISS A DELIVERY SCHEDULE

ACTUAL USERS AND BULK BUYERS PLEASE CONTACT FOR SPECIAL PRICING

ACME SYNTHETIC CHEMICALS
NEXT TO RAM MANDIR, RAM MANDIR ROAD, GOREGAON (W), MUMBAI - 400104.
PHONE: 26762959, 26762970, 26794394    FAX: 022-26762994
Email: acmechem@vsnl.com    Web: www.acmechem.com
Kanara Saraswat Association
Independence Day

KSA will observe Independence Day on August 15, 2008. Lt. Col (Retd.) Manohar Karpe, Vice President, KSA, will perform the flag-hoisting ceremony at 9.30 am in Sirur Square, Talmakiwadi.

Inauguration
At 10.30 am, after the flag-hoisting ceremony, the renovated KSA Office, Computer Room, and Reading Room & Library will be inaugurated. Shri Gurudas V. Masurkar, Chairman of Entod Pharmaceuticals, has kindly accepted our invitation to inaugurate the renovated premises. Prof. Kalindi Muzumdar will preside over the function.

All are cordially invited

IN THIS ISSUE
From the President’s Desk 3
Letters to the Editor 5
Our Cover 6
Balak Vrinda Education Society turns 70 year 6
River Saraswati and its relationship with Gujarat ... Vivek Hattangadi 9
The Atheist (Poem) ... Lina Hattangadi 13
Life's stages ... Meera Sashital 14
Travails of the traveller ... Ravi Lajmi 17
'Marriages are made in Heaven' ... Ratnakar N. Gokarn 20
Yoga for Health - 1
Mindful meditation for eating disorders ... Geeta Mohan Rao (Nalkur) 23
Singapore – A memorable experience ... Shrikar Taigeri 27
No Clutter (Poem) ... Rashmee Karnad-Janani 29
"Where have they all gone?" ... Kumud Nayel 33
Book Review - 'Self-Reliance in Water' by Indukant S. Ragde ... Kalindi Muzumdar 35
A Puneite in Bengaluru ... Sadanand B. Kumta 37
Konkani Sourabhi ... Compiled by Arun Ubhayakar 39
वैद्यकी ज्योतिष प्रभास पटेल ... शैला मल्लपूर 41
मोह ... निदित्ती बेंड़कर 41
ग्रंथार्थ सांस्कृतिक ... श्रीनाथ उद्धवाल 42
गृहरूप सांस्कृतिक ... उषा किस्सू 43
कॉयकली विवरणाची पत्रिका ... ड. रिश्तेश्वर वेळारे 44
जमा जय रुपंबे समर्पण ... विजया उद्धव 45
Personalia 47
Here & There 48
Our Institutions 50
SSA Pass ... Maithili Padukone 53
Chitrapur Sarita - 7 ... Kalpana Chandavarkar and Jyothi Divgi 55
Classifieds 60
Domestic Tidings 60

PHOTOGRAPHS IN KS
We request all our contributors, who send us photographs for printing, to please, if using email, scan the photographs at a minimum resolution of 300 dpi, and send them in .jpeg or .tif format OR to mail professional quality prints of the photographs.

- Letters or articles of a controversial nature will not be published.
- The opinions expressed in the articles are those of the authors and not necessarily of KSA.
- 'Letters to the Editor' and articles are welcome. Letters should be brief, and articles should be about 800-1000 words preferably. Both will be edited for clarity and space.
- Unsolicited articles will not be returned.
- All matter meant for publication should be addressed only to the Editor c/o KSA Office/e-mail id given above.
- The deadline for letters, articles, reports for the "Here and There" section, and other original contributions is the 12th of every month; and for advertisements, classifieds and other paid insertions, it is the 16th of every month. Matter received after these dates will be published in the following month.
The member is requested to fill in the form and return it to the Returning Officer, Kanara Saraswat Association (Regd.), 13/1-2, Association Building, Talmakiwadi, J.D. Marg, Mumbai 400 007, not later than 20th September 2008, in a closed envelope marked “Ballot Paper”

The following valid nominations have been received for 5 vacancies on the Managing Committee for the year 2008-2009. Members may please signify their choice by marking (X) in the brackets against the names of the candidates whom they wish to elect to the Managing Committee.

1. Shri Halady Samiir Vivek ...
2. Shri Mankikar Aditya Uday ...
3. Shri Mavinkurve Yatin Shantamurti ...
4. Shri Murdeshwar Shivshankar Dattanand ...
5. Shri Nadkarni Anand Ramchandra ...
6. Shri Padukone Ganapati Devarao ...
7. Shri Sashital Dilip Pandurang ...

Note:

a) If more than one voting paper is received from the same member, it will be rejected.

b) If a member votes for more than 5 candidates, the voting paper will be invalid.

Signature: ......................................................

Name and Address: .............................................................................
.............................................................................
.............................................................................

Membership No.: .............................................................
We have often heard the saying "Man is a rational animal". Have we wondered if this is a realistic statement? In fact, despite the tremendous advances in science, most human beings resort to irrational thinking. Here are a few examples of the lack of logic in our thinking.

At the social level:

"All Muslims are terrorists". Is this true? Blair once made a statement that all Muslims are not terrorists but all terrorists are Muslims. Even this statement needs scrutiny. Aren't there terrorists in other religions? It was Socrates, the Greek philosopher, who initiated logical thinking among Greek youth and lost his life in the process! His famous deductions - All men are mortals but all mortals are not men - are an integral part of deductive logic taught in Arts colleges.

Therefore, let us examine a few of our irrational thoughts and throw away these cobwebs from our minds. For example, "All Marwadis are misers"; or "Women who take up jobs after marriage or continue to work cannot take care of their homes and children. Consequently, their children go astray."

At the individual level:

If someone praises her friend's child, the mother may immediately say, "Drishti lav nakka go" (evil eye). In a middle class family, a seven year-old boy was threatened that he should not say anything evil, as it may come true! It seems this child was playing with a toy airplane and simulated a plane crash. As luck would have it, his father had flown out of town and his plane crashed! Consequently, this child was branded as "inauspicious" and gradually developed behavioural problems!

Our superstitions and blind beliefs too, are irrational, such as wearing a certain saree / suit brings luck, a black cat crossing one's path, and that too from right to left, is a bad omen and so on. Our ancestors gave a religious colour to some of our actions as safety measures. For example, cutting nails at night was forbidden as there was no electricity in those days. Similarly, handling pickles at night was also forbidden probably because it would be difficult to detect worms, if any, in the pickles.

In short, anything that cannot be empirically proved is irrational according to RET (Rational Emotive Therapy). Belief in God is also irrational says RET as the presence of God cannot be scientifically proved. However, philosophers / saints have often stated that God is metaphysical. And indeed He is!

Let us leave these controversies alone and try to apply logic in our daily lives.
THE KANARA SARASWAT ASSOCIATION

PRESENTS

"KAV KAV YETHE YETHE BAISRE MORA"

A THREE-ACT KONKANI FAMILY DRAMA

Original Writer: Shri Vasant Kanitkar
Translated by: Late Shri Vasant P. Nadkarni

Artists:
Francis - Shri Sudhir Balwally; Raj Shekhar - Shri Krishna (Kittu) Chandavarkar;
Madhurani - Smt. Smita Mavinlrnrve; Marotrao - Shri Sharad Benegal;
Das Bhayya - Shri Avinash Trasi; Soni Tayee - Smt. Deepa Savkur;
Venkat Anna - Shri Uday Mankikar; Tilottama - Smt. Purnima Balsekar;
Dr. Katrecha - Dr. Uday Andar

AND

Shri Raghuram Honavar with thirteen very, very naughty children

VENUE: Dinanath Mangeshkar Hall,
Vile-Parle (E), Mumbai - 400 057
DATE: 12th October 2008
TIME: 10.00 a.m.

Further details will be announced in the next issue.

PUROHIT

For performing all your Religious Ceremonies &
Dosha Parihar Homas

Contact:
Ved. Hattangadi
Bhavanishankar Bhat
Tel: 28117539
Cell: 9821675887 / 9892468288

The Saraswat Mahila Samaj, Gamdevi
90th Anniversary Celebrations

The Grand Finalé on
Sunday, 21st September 2008
at 10 a.m. at Yeshwant Natyamandir,
Matunga (Near Plaza)

A Marathi Musical play by Natya Sampada
"AWAGHA RANGA EKACHI ZALA"
(in aid of our Charity Funds)

Cast: Prasad Sawkar
Swarangi Marathe
(Ram Marathe’s grand-daughter)
Janhavi Panshikar
Amol Javdekar

Writer: Dr. Meena Nerurkar
Director: Ashok Samel
Music: Raghunandan Panshikar

Watch for further announcement in the next issue.
Dear Editor: After reading the article “In loving memory of my father, Dr. S.P. Koppikar” written by his son Subhash Koppikar in the June 2008 issue of KS, we recollected our old memories. Vinata's association with dear Shankarmam was more than 55 years and mine, nearly 30 years.

In view of his immense professional experience, he had received many national and international awards. The Government of India had appointed him as a Personal Physician to the President of India - a great honour to him as well as to our community. Last year, when he completed 70 years in the medical profession, the Tamil Nadu Medical Association felicitated him in his hometown, Chennai. He was 92 and still going strong! His son, Subhash, had personally invited us to attend the function.

Both Shankarmaam and his wife Malinipachi had the doors of their house ever open for any Chitrapur Saraswat visiting Chennai. This was not for one or two years but for 49 years! The number of people they helped financially, the number of broken homes they brought together, the number of children they helped educate, and the number of people they gave free treatment to is unmatched by any single couple.

We fully agree with Subhash Koppikar that Shankarmaam will be greatly missed by millions of people whose lives he has touched. We proudly say that we are amongst them.

We salute dear Shankarmaam. May his soul rest in peace.

Dr Vinata and Laxmikant (Sudhir) Kadle, Mumbai

Chitrapur Sarita

Dear Editor: ‘Chitrapur Sarita’, the section for children, which has been appearing in KS since February 2008 to mark the Tercentenary Year of our Guruparampara, has been giving information about our Chitrapur Saraswat heritage, current Tercentenary events, and more particularly, about our Guruparampara. The articles are of interest not only to our children but even to elders like me because they contain places/instances from our younger days that refresh the memory.

I very much appreciate the efforts of Kalpana Chandavarkar and Jyothi Divgi in writing the series, and request them to compile all the issues (from the beginning) into a single publication for sale during Swamiji’s camps and through the Local Sabhas so that elders can present it to children on birthdays or special occasions.

The language is simple, lucid and easily understandable. More especially, the inclusion of the Tercentenary commemoration activities of our Math is pertinent to the current scenario and enhances the readability of the articles.

Shrikar Talgeri, Vile Parle

Kanara Saraswat Association

CENTENARY PROJECTS

After the successful programme of four Konkani dramas held in May 2008, KSA will now organize the following functions as fundraising projects for KSA’s Centenary Year celebrations:

1. Konkani Drama:
   “Kav kav yethe yethe baisre mora” written by late Vasant P. Nadkarni (VP) at Dinanath Mangeshkar Natyagriha, Vile Parle (East), on 12th October, 2008 at 10.00 am.

2. Saraswat Sangeet Mehfil:
   (i) Saturday, October 18, 2008: Sugam Sangeet (folk songs, lavni, jogava, gazals etc.) from 6.00 pm to 9.00 pm.
   (ii) Sunday, October 2008: Two sessions of Hindustani Classical music from 10.00 am to 1.00 pm and 6.00 pm to 9.00 pm.

Both the Sangeet programmes (i) and (ii) will be held at Indirabai Kallianpurkar Hall, Balak Vrinda Education Society High School, Off. Talmakiwadi, Tardeo, Mumbai - 400007. Well known artistes will participate.

Further details will be published in the next issue of Kanara Saraswat.

Gurunath Gokarn
Secretary, KSA Kala Vibhag
Dear Devotees,

We cordially invite you to participate in the Shree Krishna Janmashtami celebrations. It is because of your devotion and love that this celebration has completed 80 years and will continue for many more years.

The Utsav will be celebrated from 17th August to 24th August, 2008

17th August to 22nd August
- 'Nitya Mhanati' from 3.30 p.m. onwards

23rd August
- Geeta Havan – 8.30 a.m. onwards
- Cradling Ceremony from 3.00 p.m. onwards

24th August 2008
- Gopal Kaala (Kallo) and Mangal 4 p.m. onwards

at 13/3 KSA Building, Talmakiwadi, J. D. Marg, Tardeo, Mumbai – 400 007.
Tel: 23808070/65019362

On this occasion we gratefully and affectionately remember the following devotees who helped us and encouraged us to celebrate this programme during their lifetime.


We thank all the devotees who have made this occasion a grand success till now and solicit the same co-operation from you for the forthcoming event and in the future.

Thanking you,
We remain in the service of Lord Shri Krishna
Mangalore Family
The Balak Vrinda Education Society (BVES) celebrated its 70th Foundation Day on June 28, 2008, with great enthusiasm and joy in the School Hall. Professor Kalindi Muzumdar, President, KSA; former VicePrincipal of Nirmala Niketan, and a committed social worker, was the Chief Guest. Prof. Muzumdar was specially invited to deliver the fifth lecture in the Smt. Kamalabai Dongerkery Lecture Series organized annually on the Society’s Foundation Day, since 2004.

Prof. Muzumdar was welcomed by a spectacular lezim demonstration by students of the English Secondary School and led to the Hall in a chariot (lezim) formation. The programme started with a prayer and was formally inaugurated with deepa prajwalan by the Chief Guest, to the chanting of stotras to Devi Saraswati.

Following a cordial welcome address by Gurudatt Mundkur, Chairman, BVES; Avinash Trasi, Vice Chairman of BVES, nostalgically narrated a brief history of the school, proudly proclaiming that he was an alumnus of the School. He recalled the constraints they had faced at that time and yet enjoyed their school days with equal dedication to studies and fun.

Seven decades ago, BVES began ‘Balak Vrinda’, a tiny Nursery School with just 12 children brought together in the Samaj Hall by the Saraswat Mahila Samaj, Gamdevi. A year later, in 1939, impressed by the Montessori wave that was then passing through India, the Samaj started a Montessori school for the same children. The School soon grew in popularity, and within a year, shifted to Talmakiwadi at the request of the parents, most of whom resided there, and was housed in KSA’s Shrimat Anandashram Hall. The Society made rapid strides, and by the time it commemorated its Silver Jubilee in 1964-55, it was running a full-fledged Marathi Medium High School, and before it celebrated its Golden Jubilee in 1989, it had started an English Medium Nursery School which it took to the High School stage with the first batch of students passing out in 1990. These are no small achievements in the history of any Education Society.

After the Vice Chairman’s interesting reminiscences, Smita Mavinkurve, the Hon. Secretary, formally introduced Prof. Muzumdar as a multi-faceted personality, known for her exemplary credentials in the social and educational fields, and her tireless work for the downtrodden.

It was also a day of pride and achievements for BVES since the SSC results had been declared. The Society’s English Medium School had secured 100% results and the Marathi Medium School, 68%. On this occasion, the Heads of both the schools and Rahul Ghuge who had stood first (with 91%) in the Marathi Medium School, were honoured by Prof. Muzumdar. Thereafter, Prof. Muzumdar gave a brilliant and highly interesting talk on teaching techniques and the role of parents and teachers who have to work in unison. She stressed on teaching children not to have preconceived notions about any individual in respect of religion, caste, status etc and never to discriminate on these bases; on teaching moral values and the importance of ‘sarva dharma samabhav’; on encouraging them to blossom creatively, guiding them in their academic development, helping them to tackle stress, strengthening their weak points and bolstering their strong points. She built a beautiful rapport with the audience with her lively anecdotes and brief, simple games, and kept them regaled even as she gave them an insight into the human psyche. Prof. Muzumdar’s talk was greatly appreciated by parents and teachers alike; we are sure that her suggestions and guidelines will help our teachers in the all-round development of our students.

After the vote of thanks proposed by Dilip Sashital, Prof. Muzumdar was taken to the School Hall to see a display of historical monuments of South Mumbai namely, August Kranti Maidan, Rajabai Tower, Town Hall and so on, prepared from eco-friendly and bio-degradable materials. Students who were in attendance gave crisp explanations and replied to queries. This excellent exhibition had been held on January 26, 2008, and repeated to commemorate the Society’s Foundation Day as also to encourage the students. Prof. Muzumdar showed
a keen interest in the exhibits and lauded the efforts put in by the students and teachers. The function ended with tasty refreshments and a resolve in our hearts to do even better in the years to come.

Today, BVES is proud to have among its alumni, eminent doctors, engineers, cricketers, and professionals from different fields. BVES remains grateful to KSA, the Talmakiwadi Co-operative Housing Society, the Saraswat Mahila Samaj, and residents of the surrounding Tardeo and Grant Road areas for their patronage and co-operation which has helped it to grow from strength to strength and perform better from year to year.

It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes short again and again, who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause, who at best knows achievement and who at the worst if he fails at least fails while daring greatly so that his place shall never be with those cold and timid souls who know neither victory nor defeat. 

Theodore Roosevelt

(From a speech given in Paris at the Sorbonne in 1910)


River Saraswati and its relationship with Gujarat

Vivek Hattangadi, Ahmedabad

This article is presented in view of the Concluding Saraswati Yatra which will take place from January 26-31, 2009, as one of the concluding activities of the Tercentenary Year of our Guruparampara. Arranged by the Ahmedabad Sabha, the Yatra will cover Siddhpur, Anhilawad-Patan, Nal Sarovar (the relic of River Saraswati) and Prabhas-Patan Somnath where River Saraswati meets the Arabian Sea. In October 2007, PP Swamiji had flagged off the Tercentenary Commemoration activities with a Yatra to Aadi-Badri, the udgam-sthal of River Saraswati.

“Rudravarte Kurukshetre Pushkare ShriSthale tatha Prabhase panchame teerthe panch prachi Saraswati”

This verse from the Rig-Veda means that ‘Rudravarta’ is one ‘swaroop’ of River Saraswati; the second is Kurukshetra, the third Pushkar, the fourth Siddhakshetra (ShreeSthal, Siddhpur) and the fifth Prabhas (Somnath).¹

The discovery of the course of the Vedic River Saraswati traversing a distance of 1,600 kilometers from Mansarovar to Gujarat is an unparalleled discovery in the history of human civilization. Carrying the waters of River Sutlej and River Yamuna, the mighty river had drained most of North-west India for thousands of years prior to 3500 BC. Today, it is believed that River Saraswati flows underground as detected by remote sensing satellites. The river can also be seen in parts near Lake Pushkar in Rajasthan, Siddhpur in Northern Gujarat and Somnath in Saurashtra, Gujarat.²

Gujarat and River Saraswati are inseparable.

Siddhpur in North Gujarat is a historical place located on the banks of the Vedic River Saraswati. A taluka of Mehsana district in North Gujarat, Siddhpur derives its name from the great ruler of Gujarat, Siddhraj Jaisingh, who constructed a magnificent Shiva Temple - Rudra Mahalaya here. The entire townscape of Siddhpur is dotted with temples, kunds, ashrams and sacred buildings along the banks of the Saraswati River. In ancient times, two significant aspects - the natural features of River Saraswati and the man-made feature of Rudra Mahalaya - influenced the urban structures of Siddhpur.

Siddhpur has many sights to see:

- **Rudra Mahalaya**: is an old Shiva temple built by Siddhraj Jaisingh in the 10th century. Today, mostly in ruins, the structure is said to have been six storeys high with 1,600 pillars and 12 grand entrance doors spread over half of the present-day Siddhpur.

- **Bindu-Sarovar**: It is a small artificial tank, mentioned even in the Rig-Veda and considered to be sacred by Hindus.

- **Saraswati bank**: Siddhpur is the only place in India where *matru-shradh* is carried out. Thousands of people come here annually to perform the ritual for the souls of their departed mothers. This tradition was started by Bhagwan Parashuram, also known as the protector of Saraswat Brahmins.

**Patan**: About 25 kms from Siddhpur is Patan (Anahilwad-Patan). Patan was the ancient capital of Gujarat and is situated on the banks of River Saraswati. Rani-ki-Vav (The Queen's Step Well), a magnificent contribution to architecture located on the eastern banks of the river, was built by the Solanki kings who ruled Gujarat about a thousand years ago, around 1050 AD.³ Sculptures of deities and other images adorn the walls flanking the steps. In essence, it is a storage tank developed for irrigation purposes. The waters could be reached by descending an array of steps. Rani-ki-Vav also served as a resting place for the royals to escape the torrid summers. It is connected to Siddhpur through a 25 km-long tunnel and was meant to serve as an escape route for the royal family in case they were defeated in war.

Rani-ki-Vav was buried for centuries and suffered damage due to neglect and flooding of River Saraswati. After independence, it came into the custody of the Archaeological Survey of India as a protected monument of national importance. Until the 1960s, nobody knew about the existence of this most ornate and highly sculptured well. At that time, it was completely filled up except for its topmost portion.

The **Nal Sarovar Bird Sanctuary** near Ahmedabad is one of the premier attractions of the diverse wildlife in Gujarat. Nal Sarovar is a natural lake spread
WINOVER

TOURS & TRAVELS
AVAILABLE ON HIRE
Qualis, Tata Sumo, Tavera,
Indica. A/C - non A/C Luxury
Cars / Buses
Airport Pick-up / Drop
Holiday Trips
Weddings with car decoration
Local sights seeing etc
Mobile: 98208-43392
Phone: 2618 2689

FOR
WEDDING PARTY &
OTHER FUNCTIONS
SURESII          RAMESH
24312480         24364418
56059653
Mobile:
9869035175 9892962798
32/3, Kanara House, Mogul Lane,
Mahim, Mumbai - 400 016.
FOUR DECADES OF
DEDICATED SERVICE

With Best Compliments from:

TRITON VALVES LIMITED
TS 16949 CERTIFIED COMPANY
Leading Manufacturers & Exporters of
Automobile Tyre Tube Valves, Valve Cores and Accessories

Registered Office:
Sunrise Chambers, 22, Ulsoor Road,
Bangalore - 560 042
Telephone: 25588965/66/68
Fax: (91) 080 2558 6483
E-mail: info@tritonvalves.com

Factory:
Mercara Road, Belavadi,
Mysore-570 018.
Telephone: 2402411/75/76
Fax: (91) 0821-2402729
E-mail: works@tritonvalves.com
across a sprawling area of over 116 sq km. It is 62 km from Ahmedabad and is famous for housing vivid birds migrating from Siberia. One estimate is that over two lakh migratory birds from Siberia visit this place every year. Flocks of flamingos, a great variety of ducks, geese and pelicans are some of the major attractions. This water bird sanctuary is like a fairyland for birds.

Nal Sarovar could be a relic of River Saraswati. There are about a hundred archaeological sites around this Sarovar region. The discovery of over 500 archaeological sites along the coastline of Gujarat, south of Dholavira, and the existence of Nal Sarovar which links up the Little Rann of Kutch with Gulf of Khambat (Cambay) during the monsoons when the Nal Sarovar expands, point to the possibility that River Saraswati had coursed beyond the Rann of Kutch into Saurashtra through Nal Sarovar, Lothal, Padri, Rangapura and up to Prabhas Patan (Somnath). It is also likely that the ancient courses of Rivers Narmada and Tapti had also traversed present-day Saurashtra which has uplifted regions caused by recurrent plate tectonic events.

Prabhas Patan is a small town on the south-western coast of Gujarat. It is four km from Veraval railway station and 93 km from Junagadh. It is a place of pilgrimage of the popular jyotirlinga of Lord Shiva, that is, Somnath. The literal meaning of 'Somnath' is Lord of the Moon. According to the Puranas, Shiva made Prabhas Patan his abode since the beginning of creation and will continue to abide here forever. Prabhas Patan also has a number of places associated with Sri Krishna. One of them is Balka Tirth and the other is Dehotsarga. Sri Krishna is said to have been mortally wounded by the arrow of a hunter while reclining under a tree in Balka Tirth. His body was cremated at Dehotsarga, a place where three rivers — Saraswati, Kapila and Hiranya — unite to form a triveni before joining the sea. According to Hindu mythology, Balram, the elder brother of Sri Krishna, was an incarnation of Seshnag. There is a cave near Prabhas Patan called Balram Guha. It is believed that Balram passed into the netherworld (patal) through this cave.

Veda Vyasa who wrote the Mahabharata, is said to have observed sky inscriptions from the banks of River Saraswati. "The epic describes a pilgrimage of Balram from Dwarka-Somnath (Prabhas Patan) to Mathura along the banks of River Saraswati in 200 shlokas, in the Salya Parva. In the epic, Veda Vyasa himself says that day in and day out, he is watching the planetary positions in the skies. His recording of over 70 such planetary events are almost like a record of celestial inscriptions within the text. These celestial events are used to date the events which occurred on the banks of River Saraswati - events which are described in the epic poem. Since the planets and celestial events are remarkably accurate and follow a precise pattern of cyclical movements, to a rhythm of time, the determination of planetary positions as observed by Veda Vyasa will help determine the date of events described in detail in the shlokas of Mahabharata."

The Gir Forest National Park and Wildlife Sanctuary (also known as Sasan-Gir) is the sole home of the pure Asiatic lion. The fully protected National Park measures about 258 sq km and the Sanctuary is 1153 sq km. The seven major perennial rivers of the Gir region are Hiran, Saraswati, Datardi, Shingoda, Machhundri, Ghodavari and Raval. The four reservoirs of the area are at four dams, one each on the Hiran, Machhundri, Raval and Shingoda rivers, including the biggest reservoir, the Kamleshwar Dam, dubbed 'the lifeline of Gir'.

Rishi Gritsamada calls River Saraswati "Ambitame, naditame, devitame Saraswati", that is, the best of mothers, best of rivers and best of goddesses.

Can River Saraswati be revived? Dr. Jagdish Gandhi (who had made a presentation before PP Swamiji in March 2008 at Killa Paradi) told a gathering of scientists from the Indian Space Research Organization (ISRO) at Ahmedabad, that he has prepared a blueprint to show that the waters of River Saraswati flowing through the Himalayas can now be brought to Kutch (a desert area) through a system of canals. The blueprint has been presented to the Central Government and the Governments of Haryana, Rajasthan and Gujarat. Dr. Jagdish Gandhi further said that enough water is available in the Himalayan glaciers to revive River Saraswati. Through his film, he showed that River Saraswati still flows in the Himalayas; the river now joins River Yamuna. The waters of River Saraswati can now be diverted along the original Vedic Saraswati River.
• Siemens X-Ray and USG Equipment
• Fuji Medical X-Ray and Imaging Films.
• Fuji Films for Laser Cameras.
• Fuji Computed Radiography
• Films, Cassette and Screens for Mammography applications.
• Barium Products from Eskay Fine Chemicals
• Intensifying Screens, Cassette, Protective Apparel and Ultrasound Jelly from Kiran X-Ray Screens Ltd.
• Dark Room Equipment and X-Ray Accessories
• Lead Protective Equipment.
• ECG Paper and Jelly
• Fidelity Cassette for multi-format cameras.
• FUJI Thermal Printer & Rolls
• Ionic & Non-Ionic Contrast
• NovaJet Photo Papers for high-end Colour Dopplers, Sonography and other diagnostic applications requiring sharp, photo-realistic images.

ANITA MEDICAL SYSTEMS PVT. LTD.

Mumbai: #3A/4, Commercial Block, Ram Apartments, 4th Cross Road, Pandurangwadi, Goregaon (E), Bombay - 400 063. Tel. : 2874 1625, 2876 8649, 2874 7542, 2871 2882
Fax : 91-22-2874 7434 E-mail : anitamedicals specialised@mtnl.net.in

Delhi: 12/56, Desh Bandhu Gupta Road, 1st Floor, Karol Bagh, New Delhi-110 005.
Phone : 2352 1639, 2352 1694, 5154 5570 Fax : 5154 5571
route through canals and water can be brought to Haryana, Rajasthan, Gujarat and the Rann of Kutch. Dr. Gandhi clarified and emphasized that drawing water through bore wells and capturing water from the original path of River Saraswati should be avoided at any cost. He has provided the Central and State Governments with details of the maps on this subject.\footnote{7}

Bibliography
2. GS\textsuperscript{2} Konkani – History and Culture at http://www.gsbkonkani.net
6. Kalyanaraman, S: In "Saraswati nadi shodh prakalp - Akhil bharatiya itihasa sankalana yojana"

### The Atheist

**Lina Hattangadi, Battle Creek, MI, USA**

I am an atheist, my friend always says
I don’t believe in God, not now, not ever, always
Maybe not, but for a moment lend me your ear,
Not mysticism, magic, but logic I want you to hear.

Remember in the past, in the olden days
The American continent was far, far away
No one knew or believed in that country
It was just a myth, a fantasy to all and sundry
But it existed, this great big country was there
It was inhabited by people, buffalo and bear.

Thus, you see, the existence of God does not depend
On your beliefs, whims, fancy or intellectual bend
Take the first step and you will reach your destination,
You are an atheist because your journey has not yet begun.

### Kanara Saraswat Association Health Centre

KSA's Health Centre continues its commitment to provide health care at reasonable rates.

The Swami Parijananashram Pathology Laboratory of KSA has recently been upgraded and is available for various pathological tests at affordable rates.

We welcome Senior Ophthalmic Consultant and Surgeon, Dr. Harish Kodial, who will be available at the Centre on every Thursday between 3.30 pm and 4.30 pm.

Every first Thursday of the month, five Diabetics will be examined free of cost for retinopathy. For **compulsory prior registration**, please contact the Manager of KSA at 23805655.

### Doctors on the Panel of the Health Centre and Their Timings

<table>
<thead>
<tr>
<th><strong>General Physicians</strong></th>
<th><strong>Homoeopath</strong></th>
<th><strong>Physiotherapist</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Vasanti Balvalli,</td>
<td>Dr. (Mrs.) Tejaswini Kulkarni-Bhat</td>
<td>Dr. (Mrs.) Swati Puthli</td>
</tr>
<tr>
<td>Mornings: 10.00 am to 12 noon</td>
<td>Fridays: 5.30 pm to 7.00 pm.</td>
<td>Monday to Friday: (by prior appointment)</td>
</tr>
<tr>
<td>(by prior appointment)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evenings: 4.30 pm to 6.00 pm.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Sunil Vinekar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesdays and Thursdays: 6.00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Gaurang S. Muzumdar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays: 5.30 pm to 6.30 pm.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dermatologist</strong></td>
<td><strong>ENT Surgeon</strong></td>
<td></td>
</tr>
<tr>
<td>Dr. Gaurang S. Muzumdar</td>
<td>Dr. Sujata Muranjan</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturdays: 5.30 pm (by prior appointment)</td>
<td></td>
</tr>
</tbody>
</table>

**Kanara Saraswat**

**Vol. LXXXIX, No.8, August 2008**
Obituary

"If I were to die,
Think only this of me,
That there was a father and a husband,
Who loved his children and his wife."

(His adaption of a poem he loved, recited two days before his passing away)

Advocate Narendra B. Kamat

A rationalist, a patriot, a successful lawyer
An ardent lover of literature, theatre and sports
A generous donor to the cause of health, education and social welfare
An admirer of great personalities, a believer in “Service to Humanity”
A warm and hospitable host who rejoiced in the company of family and friends, especially children

Beloved husband of Sadhana; father of Shubha, Vibha, Anuja; father-in-law of Harish, Dilip, Nirad; grandfather of Anirudh, Nachiket, Sahir, Surabhi, Varun, Sanat;

Passed away peacefully after a brief illness on Tuesday, July 8, 2008 in Mumbai (A/3 Anandashram)

Leaving behind a sorrowing family, siblings, relatives, friends and colleagues.
As many learned people have sermonized, life has its many stages. During our lifespan, we undergo metamorphosis many times and experience different events.

As a child, I was addressed as 'Baby' by one and all. 'Baby' was the most convenient way of addressing a child especially when the name’s invariably eclipsed from one’s mind. It made the least difference to the child so long as it got its toys and presents. Engrossed in the toys, the child would be indifferent to whatever it was called. In fact, if anybody persisted in asking its name, the child, preferring to be undisturbed, would even be impolite.

I remember a similar incident. I was in the famous Hanging Gardens of Mumbai escorting my relatives on a sightseeing tour. I saw a sweet little boy enjoying cricket with his father. Being exceedingly fond of children, I ventured to interrupt him to ask his name, his father. Being engrossed in asking its name, the child, preferring to be undisturbed, would even be impolite.

When I reached school-going age, I was called ‘Khukumoni’, a fond way of calling children in Kolkata. ‘Khukumoni’ was a common name for girls and ‘Khokon’ for boys. As Khukumoni, I picked up many languages from my cosmopolitan neighbours and playmates. I did not know when my childhood glided away.

Very soon I became a ‘Mashima’ for vendors and friends. Neighbours would address me as ‘Aunty’ - a more sophisticated word. As Mashima, every woman had a difficult role to play. It was a struggle between doing a (paid) job and simultaneously managing the family. Trying to balance between the two, a Mashima would still feign a smile and keep her family happy. It was her goal to fulfill her children’s dreams and ambitions for which she even made severe sacrifices.

Before I could realize it, I was being called 'Dadima' or Granny. A Dadima was a new personality now. She was the darling of all the children for did she not pamper them and regale them with legends? Her snow-white hair conveyed wisdom and courage; her endurance, triumph over petty domestic quarrels and arguments. She now commanded incredible respect wherever she went and absorbed love from one and all. Dadima is an embodiment of love and kindness, a pillar of experience and strength, emanating joy and happiness amongst all. In fact, with all the noble qualities culminating in her, she is the 'Grand Finale'!
Kamothe has numerous schools, hospitals, malls, supermarkets, parks, playgrounds, club houses, sports complex and much more...
0.5 Km away from Mumbai-Pune expressway &
8 mins drive from International Airport

- All 2 BHK Flats
- Podium Car Parking
- 24" x 24" Vetrified flooring in all rooms
- Concealed plumbing
- Concealed copper wiring with modular switches
- Black Granite kitchen with glazed tiles dado
- Decorative entrance lobby
- Designer flush doors with standard fittings in all rooms
- Intercom facility
- Power backup for all common amenities

Full Cheque Payment

For further information Contact: Mr. Deepak S. Talmaki
Address: 15/13 Swapna, Jai Bhavani Mati Road, Amboli, Andheri (West), Mumbai - 400 058.
Phone: 2677 5816, 98209 54495 (Office)
          98200 32524 (Personal)
Email: vijeraj_asso@yahoo.com
Travails of the traveller

Ravi Lajmi, Oman

All of us have witnessed the explosive increase in travel, particularly by air, in the past decade and a half. Whether for business purposes or personal, emergency or routine, most of us frequently leave the sanctuary of our homes to explore unknown territories within the country and abroad, braving a multitude of risks such as mishandled reservations, missed flights, lost baggage, visa problems and jet lags.

“Anything that can go wrong, will,” declared Edward A. Murphy, an American aerospace engineer, way back in 1949. Within months, this pronouncement had spread around the world as the famous Murphy’s Law, explaining why lots of things around us seem to go wrong all the time. While this law applies to travellers as well, Murphy never travelled around the world nor did he ever have to contend with 9/11 and its aftermath. Indeed, he conveniently left this world well before 9/11, leaving it to the rest of us to deal with the travel and security problems that we routinely face today.

Travel is such an important part of our lives today that it becomes imperative for someone to take the initiative to brief unwary travellers of the pitfalls they face in their transitory endeavours. As a seasoned international itinerant, let me apprise you of the rules that contribute to the travails of the traveller.

**The Check-in Rule:** *If you are the first to check in for your flight, you will be the last to get your bags at the destination.*

If you think checking in early is helpful, think again! Yes, it may help you to sneak in your excess baggage once in a while, but you risk getting delayed on arrival. So, the next time you get the urge to be at the airport four hours in advance of the flight, curb it. In any case, you cannot travel faster than your aircraft!

**The Security Check Rule:** *The intensity of an airport security check is inversely proportional to your looks.*

Call it racial discrimination, colonial mindset or security profiling, the fact is that fair-skinned travellers usually get away with just a cursory check at most airports, particularly in transit. The rest of us have to ‘stand aside’ and be subjected to a thorough body check or worse. You cannot do anything about your skin, but it helps to be well-dressed while travelling. People with beards should watch out.

**The Queue Rule:** *When in a queue, the other lines always move faster.*

This is especially true of ticket-booking, immigration and such other ‘important’ queues. This rule works even when you join the shortest line. The minute you join the line, it seems to lose all its mobility. This universal rule has two important corollaries:

- **Lajmi’s Corollary 1:** *The person before you in the queue will always have the most complex of transactions.*

  Somehow, you are kept away from the window for what seems like an eternity due to inexplicable complications that invariably arise in the case of your predecessor in the line, keeping you fretting and fuming within close proximity of your goal!

- **Lajmi’s Corollary 2:** *If you change queues, the one you have left will start to move faster than the one you are in now.*

  No, you cannot escape the Rule of Queues!

- **The Rule of Connections:** *When the plane you are on is late, the plane you want to transfer to is on time.*

  Corollary: *The distance to the departure gate is inversely proportional to the time available to catch the flight.*

  Physical fitness is not just for athletes! Your ability to run (with a heavy handbag, naturally) may well determine whether or not you get the next flight.

- **The Hotel Shower Rule:** *The complexity of the bathroom shower in a hotel is directly proportional to the hotel’s star rating.*

  Every hotel that I have stayed in has had a shower with a unique design, and no two showers have been alike. The hotel shower, for some reason, seems to stimulate the artistic instinct in plumbing designers who compete with one another to design showers that befuddle the unwary traveller. You are all set to have a bath only to find that you cannot make the tap water find its way through the shower!
Truly Natural!

DR. VcNALLY'S
Homoeopathic 'Specialities'

For Weight Gain and Body Building

Cough Syrup
To treat Wet or Dry Cough,
Whooping Cough,
'Smokers' Cough,
Difficulty in Breathing

Digestion Toner
To treat Lack of Appetite,
Chronic Constipation,
ILL-Effects of Alcohol Consumption

Oral Drops & Massage Oil
Helps to treat Pain & Swelling
of Joints & Muscles

For Indigestion & Acidity
To treat Gas,
Acidity & Indigestion

FREE
Please send us this coupon to receive FREE copies of
our Product Information Booklets OR Phone: 27681116

Name
Address
Place
Pin
Phone Nos. (STD Code:)

Winners of
5* National Awards

MEDISYNTH
In Tech. Coll. With
BECK & KOLL

D-282, MIDC, Turbhe, Navi Mumbai - 400 705
Telefax: 27681116 email: medisynth@vsnl.com

KANARA SARASWAT
In some showers, you have to press a secret button (so secret that you cannot find it!) while in others you pull an inconspicuous knob to get your spray of water. Some knobs have to be twisted clockwise, some others anticlockwise; some have to be pushed sideways, while yet others need a push up or down for the shower to operate. In a seven star hotel, you may see seven stars before you actually get to have a shower!

**The Bus Frequency Rule:** After a long wait for bus Route 84, two Route 84 buses will always pull in together, and the bus which you get in will be more crowded than the other.

Well, let me not abandon the bus traveller. After all, planes cannot take you everywhere, and you need these convenient vehicles to move around within your city. You can check this one out at any stop of Mumbai’s BEST service.

**The Rule of Passive Smoking:** If you are a non-smoker, you will always inhale smoke from the cigarettes of your companions, irrespective of the direction of the wind.

You can ask smokers not to smoke when you are within the protected confines of your home or office. While travelling, however, you are often exposed to smokers despite the rising popularity of bans on smoking in public places. Whether you are in an air-conditioned room or a room with a fan, you will see this rule in operation!

**The Mobile Phone Rule:** You will pick up the maximum number of wrong calls when your mobile is on roaming.

It is bad enough that you have to pay an arm and a leg for the calls you make and receive when you are ‘roaming.’ To rub salt into your wounds, mobile operators themselves make promotional calls to you when you are out of your home territory.

**Corollary 1:** When you dial a wrong number, you never get an engaged tone.

**Corollary 2:** After a period of no calls for two hours, two people decide to call you on your cell phone when you are already speaking to someone.

**The Souvenir Rule:** The item you have just bought will always be available at a nearby shop at a cheaper rate.

At the end of your tiring trip, you hunt for some souvenir or gift for your loved ones waiting for you at home. Feeling good that you got the souvenir at half the rate the merchant first quoted? The good feeling lasts just as long as it takes you to walk to the next shop selling similar items.

So, now you know. The next time you travel, open this issue of Kanara Saraswat and familiarise yourself with these inescapable rules once again. After all, it pays to be prepared!

---

**FAITH**

Let us take this home with us today and live it every day......

Do you know the legend of the Cherokee Indian youth’s ‘rite of passage’?

His father takes him into the forest, blindfolds him and leaves him alone. He is required to sit on a stump the whole night and not remove the blindfold until the rays of the morning sun shine through it. He cannot cry out for help to anyone. Once he survives the night, he is a MAN.

He cannot tell the other boys of this experience because each lad must come into manhood on his own. The boy is naturally terrified. He can hear all kinds of noises. Wild beasts must surely be all around him. Maybe even some human might do him harm.

The wind blew the grass and earth, and shook his stump, but he sat stoically, never removing the blindfold. It would be the only way he could become a man!

Finally, after a horrific night, the sun appeared and he removed his blindfold. It was then that he discovered his father sitting on the stump next to him. He had been at watch the entire night, protecting his son from harm.

We, too, are never alone. Even when we don’t know it, God is watching over us, sitting on the stump beside us. When trouble comes, all we have to do is reach out to Him.

Moral: Just because you can’t see God, doesn’t mean He is not there ‘for we walk by faith, not by sight.’

*Sent by Gourang Kodical, Bangalore*
Smt. Shalini R. Bhat:
Visited us between 3rd February, 1937 to 10th July, 2008

Smt Shalini R. Bhat, made a transition to her designated place in her heavenly abode on 10th July, 2008. She leaves behind her husband – Shri Radhakrishna V. Bhat and his brothers and their families, her sons – Sachin and Ashwin, daughter-in-law Archana and the apple of her eye, grandson, Aryan, her siblings – Shri Arun Kalyanpur and Smt Gayatri Mallapur and both their families. Her transition to her heavenly abode was sudden and it was so typical of her self-effacing character that she did not give us any inkling of the inevitable or trouble us but just transited quietly one fine morning and left us heartbroken and dazed.

Our Amma or Shalu as she was known popularly, epitomized a very dignified personality with an ever positive outlook, tremendous resilience, infinite patience, philosophy of service to others -above self, zero ego and an amazing sense of joie de vivre. She concealed her tears but shared her smiles.

Amma’s culinary skills were a, connoisseur’s delight where every dish was made painstakingly, resulting in unerringly high standards. It was those two vital ingredients – her love and affection that made any mundane dish spectacular – each time!

Amma had complete faith in our beloved Swamiji and almighty God and spent long hours in penance, meditating and praying always for our well-being, never for herself. Nothing gave her joy as much as the happiness of her family. We are devastated with her sudden absence however her advice to us in such testing times would have been to display resilience and keep faith in the Almighty. We would endeavor to follow her advice. Her reassuring invisible omni-presence gives us the courage to trudge on in life.

Many a times she deliberately hid her ailments and sickness from us and continued her sheet-anchor role to the family, to ensure that our routine lives went on undisturbed. Amma’s wisdom and amazingly powerful sense of empathy made her our invaluable guide, philosopher, friend and our demi-goddess. Her’s was a reliable and ever accessible shoulder to lean and cry on.

Unerring consistency in good demeanor and service over self, at times, gets auto-set as a minimum standard for those of our Amma’s ilk and, unfortunately, I am guilty of taking her goodness for granted at times. The absence of such a divine person who was the pillar of our family, makes us now realize her importance for which she never got her true due, neither did she even attempt to exhibit it.

Amma/Shalu would not have liked her own public eulogy. However, I wish to flout her wishes and depict her divine goodness at least NOW and, in a way, seek her pardon for any of my behavioural lapses or transgression and wish to seek her blessings for all her near and dear ones!!

Revered by: Sachin R. Bhat
Adored by: Ashwin R. Bhat, Archana A. Bhat, Aryan A. Bhat
Always remembered and loved most by: Shri Radhakrishna V. Bhat
It is proverbially said that "Marriages are made in Heaven". In reality, the Almighty has entrusted this pleasant task to the match-makers on this earth. Some feel or experience this task to be onerous while some others consider it otherwise.

Generally, parents of grown-up children wish to set their minds at rest by getting their children 'settled in family life' at the earliest opportunity, after the children have completed their academic or other specialized pursuits. As part of its espoused cause of promoting the welfare of the community and its members, therefore, the Kanara Saraswat Association undertook the match-making of eligible boys and girls as one of its important activities by setting up a "Marriage Bureau", in the Association's premises in Talmakiwadi, five decades ago.

The mission of the Bureau was taken on by well-wishers/volunteers who had a flair or hobby for match-making which is otherwise done by parents or elders in the families of grown-up children. Post-retirement, Bhavanishankar V. Manjeshwar took a keen interest in such work. Operating from his residence, he visited parents, gathering personal information, matching horoscopes and tenaciously pursuing the families till a successful understanding was reached among all concerned. Over the years, he had to his credit, a large number of happy, blossoming families. A one-man army, this selfless volunteer shared his voluntary work ungrudgingly with others. Incidentally, he also enrolled a large number of persons as members of KSA.

The KSA was fortunate to have a band of volunteers to continue this activity with the same degree of zeal and enthusiasm on the demise of Bhavanishankar Manjeshwar. Late Laxman N. Baindur, with his knowledge of horoscope-reading, extended a helping hand to set up the KSA Marriage Bureau and was in attendance practically every evening, helping parents with instant advice on match-making. The chain of activity never broke - late Gourang Belthangady joined the panel of the Marriage Bureau till his immigration to the suburbs of Mumbai. Thereafter, late Mangesh Kati filled the void quickly in the absence of Belthangady and worked for a short while with full zeal.

The continuity of the Marriage Bureau was maintained by Mangesh R. Sujir, ably assisted by Vittal M. Nadkarni. He was an instant success with his friendly and ever-smiling nature. One never felt uncomfortable to call him up for advice. Sujir reluctantly retired from this activity due to advancing age, and a seamless change-over occurred to a new, knowledgeable entrant, Usha Surkund, who maintains the stream of activity today. Dilip Sashital, dynamic, ever-obliging, and a well-known personality in the community, was quick to learn the nuances of match-making under the tutelage of Sujir and Usha Surkund. The latter, a gold medalist in Astrology, Dilip Sashital and Geeta A. Kulkarni are assets to KSA's Marriage Bureau.

The Bureau receives a regular flow of parents not only from our community but from Saraswat and non-Saraswat communities. The office keeps well-documented horoscopes of boys and girls with their bio-data, partner preferences/expectations and colour photographs arranged date and year wise for easy access. The data is updated by adding new horoscopes and eliminating the horoscopes of those who get married subsequently. Unfortunately, some parents do not inform the Bureau of the marriages of their children thereby causing embarrassing situations for Bureau volunteers, when parents approach married boys with proposals.

Kanara Saraswat, KSA's monthly magazine which is widely circulated and read in our community, publishes news about engagements and marriages with dates and names. Parents can use it to inform our community members of these happy events either under the magazine's 'Classifieds' column, which is charged, or its 'Domestic Tidings' column which is free of cost.

In addition to the KSA Marriage Bureau, individuals from our community in Mumbai, Pune, Bangalore and other places are active in helping parents to find suitable matches for their children. A number of websites also facilitate match-making by providing information of eligible young people belonging to different communities including our own community.
MRS. SUNEETI DAYASHANKAR KOPPIKAR

(NEE MANKEKAR), 95 years,
attained Moksha very peacefully on
20-6-2008 at 12 noon at home.

Beloved wife of Late Dr. Dayashankar Anandrao Koppikar.
Beloved mother of
Dr. Hemang Dayashankar Koppikar (Ophthalmologist),
Miss Gourpriya Dayashankar Koppikar (Dietician),
Mrs. Nirmala Suresh Nilawar and Mrs. Mangala Ashok Chandavarkar.

Fondly remembered and missed by;
Mr. Suresh Nilawar, Rahul, Shoma-Chirag, Pouliomi-Raj;
Mr. Ashok Chandavarkar, Ameya, Eesha-Aditi-Rohit;
all Relatives and Friends.

This Sanskrit poem was written by her and was published in the 'Wilsonian' college magazine Vol XXX No.1, October, 1937.

विचा ।

लेखिका:—चुनीति वि. शंकेकर, शंभर बी. ए.

विचा नाम महाविंश गुणाति हदयं नूजान।
तत्सत्र शुष्कं तञ्च विषोत सुयुते न हि ॥ १ ॥

चोर्येऽं नैव केनारि शोष्ये न कदाचिं च ।

dेशा तलायिं विचा दृश्मा हृ विषये ॥ २ ॥

विचारित परम् मन्त्रें सर्विने दूक्ष्मे सर्व ॥

संपत्री च विश्रोचि च सा न स्यजलि कहित्वद् ॥ ३ ॥

विचा भार्गवीय पुण्य पवित्रतिः मानबन ।

विचारलो नरं चन्दनं विचा शांतिप्रदायिनी ॥ ४ ॥

विचारं सा: क्षार्य विविधेन प्रयत्नः ।
विविधानोत्तरं विचा न लेव विशोधितः ॥ ५ ॥

शान्तस्य हु तोद्दर्म कालधारिः स्फूर्तयिः ।

परं विचारितं हुयं कालिदित्विधिक्षस्तु ॥ ६ ॥

असः जीवं नित्यं विचारियाः दुश्चिताः ।
भूदिति द्यामोऽविप्रथमी शान्तिः कार्यम् ॥ ७ ॥
Mindful Meditation for Eating Disorders – particularly overcoming overeating

Geeta Mohan Rao (Nalkur)

This month, Geeta shows us how to use ‘mindful meditation’ to develop sound eating patterns, eliminate stress and control ‘mock-hunger’ or other faulty eating patterns. We regret our inability to publish this, the second article of the series, last month due to unavoidable circumstances.

Editor

In the previous article (KS, June 2008), three simple rules were recommended to overcome stress. We know that whenever we go through a long, stressful phase in life, we feel a surge of helplessness, mental emptiness or constant restlessness. This overwhelms our adaptive system and consumes all our senses making us feel as though we have been disassociated from the outside world or disconnected from our natural self. At such times, in the search of that missing piece in our emotional network, we either look for someone’s shoulder to lean on or even a ‘food-anchor’ to log on to, and subconsciously resort to our childhood comfort source of reaching out for foods that made us feel good and secure. Inadvertently, this is how we develop eating disorders including overeating, ‘absent-minded’ eating, eating wrong foods, eating too often or, at times, even eating less than required or not eating at all. All this is done to dissolve and forget that unpleasant stressful situation. Symbolically, we use food to temporarily switch off our sensibilities. At this crucial point, if our attention is drawn to these symptoms, we will realize that something is not right with us; there is no need for a clinical diagnosis to understand that one is suffering from an eating disorder.

As we have seen, most eating disorders stem from a breakdown of our emotional stability. If we have a mentor, a soothsayer, a loving partner or a soul-mate who shares and absorbs our emotional burden, we may not succumb to the disorder. Side by side, if someone instills tremendous confidence and self-esteem in us, we will be able to overcome it easily. It is only those individuals, therefore, who lack such supportive means or measures for preventing the condition from turning chronic, who find that the simplest action is to stuff the mouth with the easiest food available like chips or chocolates that is, savouries or sweets that are readily available in the market. Does this sound familiar? After gorging on a whopping portion, we may feel queasy or uneasy. Yet, as the feeling of mental emptiness continues, we go through the same ordeal time and again as though our internal warning system has collapsed – we do not realize when our stomachs are full and when to stop eating. Later, even when the stressful phase ends at some point, our stomach continues to demand because its satiation level has been pushed way above the normal level and eventually, it results in obesity and a host of other medical conditions like hypertension or diabetes.

This leads us to the next step which is to reach for medicines to combat hypertension or diabetes. There are allopathic medicines for physical ailments such as fever, cold or cough but there are no medicines for psychological complaints that result in eating disorders; the medicines available are symptomatic and do not act on the actual cause of the disorder. Here, yoga comes in handy in effectively untangling the core issue that causes eating disorders.

Yogic Cure: Yoga recommends ‘Mindful Meditation’ – an effective tool for training the mind to develop sound eating patterns, eliminate stress and gain good control over ‘mock-hunger’ or any faulty eating pattern.

Method: At least an hour before you embark on Mindful Meditation, try one of these juices to soothe the nervous, hormonal and immune systems and thereby help in absorbing the technique quickly. Use a juice extractor / juicer (not a blender).

1. Peel 6 carrots and 2 oranges and have freshly squeezed carrot-orange juice (without sugar) or
2. Peel 2 raw beetroots and extract the juice along with a red or green apple (without sugar) or
With best compliments from

Makers of

ELECTRAL

The ORS of the millennium

In dehydration due to:
- Diarrhoea
- Vomiting
- Burns
- Heat Exhaustion

FDC Limited
142-48, S.V. Road, Jogeshwari (W), Mumbai 400 102
3. Drink hot tea with ginger, lemon and honey, without milk or sugar.

If you relish these juices or tea, you may include them in your daily routine.

**MINDFUL MEDITATION TECHNIQUE:** this technique comprises two aspects: Visualization and Breathing

1. **Visualization:** The next time the craving for food becomes too intense, how about meditating on that very food and writing all about the feelings and emotions that take place at that moment? One simple technique is to focus our entire attention on that yummy item by closing our eyes and bringing it onto our mental screen, as though on a dining table.

   We can begin with a little prayer thanking the Almighty, then thanking the Earth i.e. the source where the food comes from, the farmers who produce it and all those who are responsible in retailing it and, finally, thanking those who cook it and place it on our plate (if you have cooked it, then thank yourself). Imagine savouring it by making all the five senses react to it with regard to the food's size, shape, smell, the sound of the food (like crunchy or crispy), the taste and texture, flavour and aroma. While meditating on it, we also go through the joyful experience in our mind of satisfying our senses. This is 'Mindful Meditation' without even touching any particle of food. When our senses soak this up (even if it is imaginary), it reduces our craving to a great extent and gives us time to refrain from the harmful eating disorder.

   Those whose eating disorder is in the form of eating very little or not eating at all will also benefit from Mindful Meditation by allowing their senses to go through the pleasant experience of a 'food tour' on their mental screen. With this, they come to know through their senses that they have starved themselves of food for a very long time and begin to nourish their body.

2. **Breathing:** Try to breathe slowly and steadily throughout the meditation period, keeping the food item on your mental screen all the time without losing sight of it. With slow breathing, the body will naturally move and our mind too would be in motion with 'food' thoughts or perhaps, some stray thoughts. If not, suddenly, mental images of 'laddoos' or 'chaklis' begin to emerge; or some strange emotions start to surface. All this is natural but we need to cross all these material boundaries and travel beyond them to touch base with our core self by saturating all the five senses and dissolving every thought or emotion completely. This can be done just by remaining in the present moment through the continuous rhythm of breathing — gentle inhalation and exhalation, breath after breath. If the breathing becomes rapid or shallow, bring the focus back on to the initial slow and steady breathing, keeping the food item on the mental screen throughout.

   It is important to steady our energy level through gentle breathing or else whenever our energy level becomes overactive, we would tend to use food to stabilize it, and whenever it becomes under-active, we would again use food to energize it.

**Benefits:** In this meditation technique, soon the foodstuff disappears from the mental screen along with the craving and we begin to enjoy a kind of pristine serenity which is beyond earthly, material things. This technique is truly effective not only in overcoming eating disorders but other addictions as well. When we begin to enjoy this physical and mental steadiness we begin to feel secure and succeed in solving the root cause of the emotional problem with new patterns of refreshing thoughts.

Meditation is not magic but by using our very own breath and the five senses we can balance our physical, mental, emotional and spiritual energies, resulting in physical steadiness, mental clarity, emotional security and spiritual serenity. This helps physical and mental coordination as also to connect deeply with our conscious and subconscious levels. It teaches us to be more flexible — physically, mentally and emotionally and helps divert our attention from ourselves to others who are less fortunate and deprived; to avert our attention from food to awaken our own creative, untapped potential to help solve the larger issues in society.

> When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet, at the hundred and first blow, it will split in two, and I know it was not that blow that did it — but all that had gone before.
The roof that affords us shelter from heat, cold and rain is not to be judged by the pillars that support it — the finest Corinthian columns though they be — but the real spirit-pillar who is the centre, the real support of the home — the woman indeed it is

"THE REVERED MOTHER"

"If the Indian Ocean were an inkstand, the highest mountain of the Himalayas the pen, the earth the scroll and time itself the scribe", still it will not suffice to express our eternal gratitude to you!

In Reverential memory and Homage to

Our dear Amma, **Suman Dattatray Dhareshwar** (nee Kamala Maruti Balwalli) who left for her Heavenly abode on 30th April, 2008, leaving us bereft of her ever tender love, affection, succor and warmth, to join her life partner, **Dattatray Ramrao Dhareshwar**

Mangala-Vasant, Uday-Nalini, Vinay-Geeta, Chaitanya-Sonali
Gaurish, Lalita, Ashwin, Nikhil, Omkar, Soham, & Dhareshwar and Balwalli Families
Singapore - A memorable experience

Shrikrar Talgeri, Mumbai

The morning sun was accompanied by a cool breeze. The slight drizzle overnight had soaked the earth. The crimson rays of the rising sun played on the patches of water to create colours on the ground. It was a mix of wonderful sights - and sounds, of birds chirping and singing in chorus. That was the early morning scene on July 5, 2008, in Singapore. It was supposed to be the best time to be in Singapore because due to the forthcoming Olympics in Beijing, the countries surrounding China such as Indonesia, the Philippines, Japan, Malaysia, Thailand etc were promoting interesting packages for tourists from July to September 2008.

Travelling in a Boeing 777 of Singapore Airlines, the unique experience of landing on the dot signified punctuality and discipline; no hassles, no confusion, perfect directions and signboards to get out of the airport's three terminals through well-connected sky trains operated automatically without a driver, motorman or guard.

What a clean and beautiful city Singapore is! Highly developed, spotlessly clean traffic lanes, no violations, no criminal activities and no corruption on account of strict rules and regulations - a well disciplined and civilized country; a great example of a place where different cultures can enjoy a peaceful existence. The vibrancy of the city amazed me - the people are very hardworking, kind, cheerful and well-mannered.

We went to the more glitzy part of the country that is dominated by the best malls in the world as also architectural innovations. No wonder then that it was a pleasantly cosmopolitan area. The malls sold everything from T-shirts and leather goods to expensive jewelry, antiques and more things than one can imagine! Being one of the most famous shopping streets in the world, Orchard Road is a magnet for the trendy and fashionable. One can find almost every brand here either with its own flagship store or located prominently in the malls along the 2 km. stretch. Viva City, the largest mall in Singapore, offers a vibrant and diverse mix of retail food and entertainment outlets.

We saw the Giant Observing Wheel measuring 150 meters in diameter with 28 capsules each capable of ferrying 35 passengers. Said to be one of Asia's most visited iconic visitor attractions, it provides panoramic views of Singapore and beyond.

At Marina Bay, one understands why Singapore is what it is today - this is where the Singapore River joins the sea. The mythical half-lion, half-fish Merlion, overlooking Marina Bay, creates the perfect backdrop as one strolls through Merlion Park in the evening, watching the sky change from warm ochre to a sheath of dark blue. The Merlion pays tribute to this island city since Sang Nila Utama, a Malaya Prince, first spotted the lion on this island and aptly named it Singa Pura (Lion City).

A visit to the Botanical Gardens to acquaint oneself with Nature's bountiful flora is invigorating. And, going to Little India - Mustafa's (department store); the many temples, mosques and churches; and northern and southern cuisine from local breads to ice-cold milky deserts - is a rich Indian experience, giving one an 'Indian feeling'.

Sentosa, a famous sightseeing location on the southern coast of Singapore, is a thriving waterfront and a must-visit for tourists. It is surrounded by surging palm trees and the cool waves and soft sands of sun-kissed beaches (Silosa Beach) with cable cars, a sky tower, 4D magic, luges, sky rides and the works! It is well connected with mono and Metro rail transport and a 'Hop on' bus service, a very popular bus service in Singapore. There were many more places to see such as the ethnic enclaves, night safari, museum, zoo, Dolphin Lagoon...
Enjoy a lifetime of free On Tap Install Now

Solar Water Heaters
- Return of Investment within 3 years
- Long life span (20 years)
- Uninterrupted source of water heating
- Full Stainless Steel Construction
- Near Zero Maintenance
- Safe and Simple to use
- Shock and explosion Proof
- No requirement of Electricity
- Affordable
- No requirement of Gas
- Soft Loans available @2%/ p.a.

Perfect for all applications - domestic, industrial & commercial

Our other products:
- Solar PV lighting systems & Power Packs
- Solar Street Lighting Systems
- Solar Pumping Systems
- Solar Domestic & Bulk Cookers
- Small Wind Turbines
- UPS Systems for Lift Applications

MAHALAXMI SOFTEC  Contact Person: Ravi Katre
...we help Save Power  Mo: +91 9820109755
Bandra (W), Mumbai - 400 050.  Tel: 022 26459142
E-mail: maha_softec@yahoo.com
(* Conditions apply)
and so on but neither was there time nor the strength for a senior citizen like me to see them all.

Singapore, the main hub for commercial activities, connects all countries beyond the Pacific. The first such activities were started by Indians mainly Jains, Gujaratis and Sindhis for business and trade; Malyalees, Tamils, Bengalis, Maharashtrians and Kannadigas for labour, working class and white collar jobs, while Chitrapur Saraswats occupied lucrative positions in international companies.

Divergent but complimentary economic strategies adopted by the local Government have ensured consistent growth and prosperity resulting in a booming economy. The country brings in foreign currency and provides a diverse range of jobs for young nationals. Being a non-manufacturing country, it imports many commodities from nearby countries, India being a major (39%) exporter.

Singapore has a small number of Chitrapur Saraswat families who generally meet during various festivals, picnics or social gatherings.

Overall, it was truly a unique and unforgettable experience of a country within four days and three nights of a sponsored package tour.

No Clutter

Rashmeex Karnad-Jani, Ontario, Canada

I almost said goodbye
To your baby clothes today;
Cleaned the long overdue closet
With a year-end fervor.

You visit sometimes with innocent requests
A quill out of a seagull feather
Food colour ink
Settle a squabble between siblings.

Keep cleaning
Grab lunch on the run

I marvel at your resilience
Your ease of taking each day
As it comes, no outing, no problem
Your forgiveness for my schedules.

I set you chores to do
Builds character I am told
Finished quickly, interrupting
With a welcome hug.

Time for a quick silly dance
I can still pick up one, just about
The other grows taller every day.

Return quietly to the waiting chaos
In my still messy room

The bag of clothes
Foot long pajamas,
Little silk ghagras from Diwali
The two-span shirt embroidered by unseen hands in Vietnam.

With a furtive look over my shoulder
I break my 'no clutter' rule
As I hide these precious artifacts
Into an ever-growing
Bag of memories

And smile at the reprieve from facing reality
That you are growing up every day
I shake my head at my foolishness

I had almost said
Goodbye to your
Baby clothes today.
Shri Chitrapur Math

Introducing

**PRARTHANA**

Samskara classes for children from 5-13 years.

**Under the Aegis of Shri Chitrapur Math**

It has always been Parama Pujya Sadyojata Shankarashrama Swamiji's wish to have a weekly class conducted for children wherein they are introduced to the samskara-s imparted by our Guru Parampara. Such samskara-s make for a strong foundation in spiritual values which ensure that our children lead happy and fulfilling lives.

Accordingly, with the blessings; and under the guidance of Parama Pujya Swamiji, Prarthana, a course for children has been formulated.

The syllabus includes these salient features: vimarsha, learning and singing of shloka-s, stotra-s and bhajana-s, creative activities, drama and expression, group and individual projects, excursions, field trips and sessions with resource people.

Several centres in Mumbai have begun to teach Prarthana. To enrol your children in centres in your area, please contact:

### Mumbai

<table>
<thead>
<tr>
<th>1. Talmakiwadi</th>
<th>Smita Mavinkurve</th>
<th>9323113105</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Deepa Savkur</td>
<td>9869213613</td>
</tr>
<tr>
<td>2. Anandashrama (Grant Road)</td>
<td>Aditi Nayampally</td>
<td>9869923928</td>
</tr>
<tr>
<td></td>
<td>Ketaki Mavinkurve</td>
<td>9820387270</td>
</tr>
<tr>
<td>3. Dadar Matunga</td>
<td>Sangeeta Kalyanpur</td>
<td>9892414359</td>
</tr>
<tr>
<td></td>
<td>Shobha Putli</td>
<td>9867244315</td>
</tr>
<tr>
<td></td>
<td>Vaidehi Savnal</td>
<td>9833003691</td>
</tr>
<tr>
<td>4. Bandra Khar</td>
<td>Sandhya Nayel</td>
<td>9833899163</td>
</tr>
<tr>
<td></td>
<td>Shantala Trasikar</td>
<td>9322228200</td>
</tr>
<tr>
<td></td>
<td>Yamini Bellare</td>
<td>9821931220</td>
</tr>
<tr>
<td>5. Santacruz</td>
<td>Smita Nagarkatte</td>
<td>9821304892</td>
</tr>
<tr>
<td></td>
<td>Kavita Karnad</td>
<td>9820684414</td>
</tr>
<tr>
<td>6. Andheri</td>
<td>Janaki Haridas</td>
<td>9920106570</td>
</tr>
<tr>
<td></td>
<td>Ranjana Hosangadi</td>
<td>9920668331</td>
</tr>
<tr>
<td>7. Borivali</td>
<td>Sharayu Haldipur</td>
<td>9819313263</td>
</tr>
<tr>
<td></td>
<td>Shivani Haldipur</td>
<td>9820856132</td>
</tr>
<tr>
<td></td>
<td>Madhura Haldipur</td>
<td>9833203809</td>
</tr>
<tr>
<td>8. Powai</td>
<td>Nandini Hattangadi</td>
<td>9821627272</td>
</tr>
<tr>
<td>9. Mulund</td>
<td>Vaishali Koppikar</td>
<td>9321488031</td>
</tr>
</tbody>
</table>

### Centres in areas other than Mumbai

| 10. Pune | Priti Panemanglor | 9890286736 |
| 5 centres | Kalpana Chandavarkar | 9823188734 |
|          | Seetam Basrur     | 9822434310 |
|          | Prabha Mankikar   | 9326652538 |
|          | Leenata Rao       | 9370144812 |

Vol. LXXIX, No.8, August 2008 KANARA SARASWAT
Teacher training workshops are conducted regularly to familiarise potential teachers with the syllabus. For further information please contact:
Archana Savnal on 9821484707 archanasavnal@gmail.com

---

"No celebration is complete without a feast", so

Diamond Caterers

professional caterers for weddings and corporates
offers you attractive packages for Amchi weddings,
☆ Shehnai ☆ Phetas ☆ Kelikamb, etc.
☆ Breakfast, Lunch/Dinner, Desserts
☆ Beautifully decorated salad bar with dolphins and water screens
All at an affordable price of Rs. 110/- per head onwards.

Please contact your own family caterer
Jayant Shirali: 9820079674
Varsha/Adeep Shirali: 9820029577

Now even in Pune and Nashik!

Address: EMP 59 / 501, Evershine’s Millennium Paradise, Sector 1, Thakur Village, Kandivali (East), Mumbai - 400 101.
Website: www.diamondcaterers.co.in
With Best Compliments from

PRECOMP TOOLS PVT. LTD.

Manufacturers of

Circular Thread Rolling Dies
 Incremental / Serration / Spine Rolls
 Thread / Serration / Form Milling Cutters
 Thread Rolls for Various Die Heads
 Worm Shafts

New Address
Factory & Office

PRECOMP TOOLS PVT. LTD.
Plot No. D, Gat No. 108,
Village Ranje, Taluka Bhor,
District - Pune - 412 205
MAHARASHTRA
Tel. No.: (02113) 252808 / 252809
E-mail: marketing@precomptools.com
“Where have they all gone?”

Kumu Navel, Bangalored

It is 10 am sharp; my door bell rings. Even before the door opens, I know it is my maid who is a cook by chance, not by profession. Yet, in the one hour, exactly 60 minutes, that she spends facing the hob in my kitchen, she could humble Serena Williams, PT Usha or name whoever, in speed to achieve her goal - the meal for the day.

The only problem is that I can’t beat her to it, not in preparing the meal - it’s the menu which I have to order! Balance the calories, the cholesterol level, reduce fats, increase the protein content plus the iron, substantiate it with raw vegetables and, finally, to make it with the vegetables stocked in the fridge! A perfect rope-walk to suit two senior citizens at the dining table!

While she washes her hands and wipes them on the napkin, I bring out the vegetables and order the menu.

“Make bhindi, grated carrot salad, dal, rotis and rice.”

She chops all the vegetables, and adds the masala powders from the bottles lined up on the rack for curries as well as vegetable dishes. My order is ready in 60 minutes flat. The ‘cook-maid’ never feels tired but I am fagged out by the time I plan the next day’s menu!

All those years ago when I helped my Mom-in-law in her kitchen, I did not ever feel tired. Not because I was 50 years younger but because the senior lady planned those menus. Her menu for the next day’s meals, and for the day after, and the following weekend would be ready! The curries tasted different at every meal; the masalas changed every second day. Even the colour of the curries looked so different with each new vegetable at the table.

As soon as the vegetables arrived from the market, she would lay them on the table.

“This,” she’d say holding the snake gourd, “This will give us three dishes.”

She held the long, winding gourd in her hand like a magic wand. “Chutney with the seeds, upkari with the peel, and we’ll use the gourd for the curry.” There were other gourds of friendship which did the “three-in-one” trick. Some vegetables like raw bananas were the “two-in-one” type. Mom-in-law would separate each banana, feel it for firmness, then announce like a medical specialist, “This is very firm. Let’s make upkari with the peel and ghashi with the bananas.”

No vegetable escaped her hands without the peel. Even the bitter karaten would get the feel of her nimble fingers before it reached the table. “We’ll make chutney with the peel, the seeds can also help the kosambari and, of course,” she’d smile sweetly in spite of the karaten screaming ‘bitter’, “And, of course, we’ll have karatya ghashi for curry.”

Not a single vegetable served a solo dish. Each vegetable served two or three dishes in varied attire. Even an English-looking cauliflower served us with three neat dishes - the green leaves came as ankrya tambli, the sturdy stems blended with the dal or pulses, and the flowerettes came to us in sukken, upkari and wow! those tasty bajes fried and ready to eat just when we reached the table.

Yummy!

Planning a meal was simple. Each dish had a name. Chutney, upkari, talasani, kosambari, ghashi, sambaren, kholmo, koddel, kochhol, ambat, tambli... The list was endless. Add to it the delightful combinations they made! Kholmo with sukken; bendi with tambli; daloi with hot papads and tambli; kochol with kodbalis; not to forget the batatyya song, our Saraswat identity card!

The dishes on my table now have names like bhindi, rajma, aloo, gobi, palak-paneer and makk-dal. Where have all those pretty sisters gone? - the tamblis, the bendis, the ghashis, the kosambaris and their cousins like sukken and koddel?

---

I long to accomplish great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.

Helen Keller
Welding is indispensable to modern Society.

Arc welding is the most widely used process for joining metal to metal. Manual Metal Arc Welding is the process employed in INDIA to the extent of almost 70%.

This is the field in which HELP has been engaged for the past 15 years catering to the needs of Indian Fabrication Industry with world class electrodes in a very wide range. The leading corporates - Larsen & Toubro Ltd., Bharat Heavy Electricals Ltd., and many others, are our prestigious customers with whom we have built up mutual confidence level which has been sustained from year to year.

Furthermore, our handsome contribution to the Industrial advancements goes beyond the ISO 9001 guiding principle of product-based customers’ satisfaction. It extends to knowledge-based satisfaction which provides long term benefit to the user industry by raising the overall knowledge level and thereby the quality standards which results in higher productivity and more cost effective welding operations.

Knowledge is our Strength it Keeps Increasing Steadily by Sharing with Welding Industry

| AREA OFFICE | AHMEDABAD, BANGALORE, BARODA, BHILAI, DELHI, CHENNAI, FARIDABAD, HYDERABAD, JAMNAGAR, KOLKATA, LUDHIANA, PUNE, VISHAKHAPATNAM. |
BOOK REVIEW

'SELF-RELIANCE IN WATER' by Indukant S. Ragde
Pages: 206 pages. Price: Rs. 150/- (by mail)

Here is a book, a wake-up call, written on water conservation and prevention of water wastage. Water, all over the world, is becoming a scarce commodity and has now become a global issue.

The author begins by stating that the ultimate source of water is rain except the icy polar region where water is permanently frozen. Our traditional methods of storing and recycling water are mentioned, for example, the kunds in Rajasthan which were used to store water and had small holes to prevent evaporation. We had water cycling also. In olden days, most families drew water from shallow, open wells. The water used in the kitchen was channelised through a pipe to the garden to nourish banana and colocasia plants. The water from the kitchen and septic tanks was purified with the help of soil bacteria. This clean water reached the open wells. Bath water nourished palm trees and flowering plants while sewage water went into septic tanks which spread below the surface. This purified water again went into the shallow wells. Thus, there was a cyclical movement of water.

Gradually, as population increased, patterns of housing and sewerage changed and the recycling of water came to an end. Our water bodies such as lakes and tanks also began to disappear with the growing population. Schools and stadiums were built in place of tanks. Rivers began to be polluted with sewage water and industrial effluents. Thus began the degradation of natural water bodies.

The author has explained “water language” — widely used words such as bore well, percolation pit etc have been described, and an illustration of a septic tank has been provided.

Simple to complex mechanisms of the much talked about rain water harvesting have been illustrated. We need three components for harvesting rain water — a catchment area, storage units and conveyance mechanisms to transport water from the catchment area to the storage unit.

These are several ways of harvesting water depending upon one’s need and convenience. There can be rooftop tanks or water can be diverted to an underground pump in housing complexes. Row houses too can implement rain water harvesting.

The second method of self-reliance in water is to reuse waste water after purifying it. Sewage water, kitchen water and bath water are normally channelised through three different pipes from our homes. All this water can be utilized after purifying it by simple soil treatment processes.

Even human excreta and urine are not to be labeled as “waste products”. As both originate from food products, they can be converted into manure and used for farms and gardens. The book has numerous pictures showing how water can be treated and utilized.

After elaborating on desalination and reverse osmosis, the book ends with a chapter on self-reliance through water conservation. There are simple suggestions to reduce water wastage while bathing and flushing toilets. Bath water can be used for flushing toilets as such without the use of any technology. Water used in washing machines can also be used for flushing toilets. The book gives practical suggestions as to how water can be conserved while bathing, washing clothes, washing vessels and cleaning vehicles.

This book should be read by all citizens as it gives facts on water wastage and practical methods for water conservation. It is useful for builders also as the need of the hour is the preservation and harvesting of water.

The author needs to be congratulated for the laudable task he has undertaken to put all his experience on the subject in a book to educate the public on water conservation — indeed a global issue!

Kalindi Muzumdar

Erratum

In the July 2008 issue of KS, the date mentioned in the tribute “Goodbye, brother...” by Dr Prakash Mavinkurve, should read as “May 29, 2008” instead of “June 29, 2008”. The error is deeply regretted.

- Editor
Festival Offer
Shop & Get 5% Cash Back*

Shop with Union Bank International Debit Card
and get 5% Cash Back.
- 1% additional cash back if you use your card for 15 times or more
- Make purchases of Rs. 500/- or above to get cash back benefit
- Offer valid till 31st January 2008

www.unionbankofindia.com
A Puneite in Bengaluru

Sadanand B. Kumta, Pune

If I were to depict the places of stay in my life on a pie-chart, the first major slice of 25 years would be in Bombay Karnataka, except the four years I stayed in Pune for studies. The next big chunk of 50 years was in Gujarat for service, and the last six years have been in Maharashtra that is, Mumbai and Pune, as a free lancer. I feel that I may legitimately call myself a Puneite though not a typical 'Marathi manoos'.

With pending invitations beckoning me to Bengaluru, I ventured on a flight to this city of high science, namely IISc, IT and Biotech. I travelled by Jet Airways – an airline of exquisite courtesy and care-taking. It was the best among the four private airlines I have travelled by (not Kingfisher). Pune was dry when I left, but I was greeted by a welcome drizzle when I landed at the HAL airport. My sister-in-law had accompanied me.

Though my stay was only for ten days, it was an exciting period to be in Bengaluru for two reasons. One, it was Karnataka Assembly election time, which had evoked countrywide interest. The newspapers were full of stories about the various lobbies, including mining and construction; actively promoting their candidates. Obviously, money bags were floating around. There were reports of police raids finding gunny bags filled with 500 rupee notes and bags stuffed with sarees. You had only to wait until dark for the liquor to flow. Two, there was a big uproar over the impending commissioning of the BAI airport because of its poor connectivity with the city. Many industrial bigwigs were up in arms and even the likes of Kiran Mazumdar, the Biotech queen, took to street demonstrations. There was a fear that this may result in a business loss of 15 to 20%.

I stayed with my sister-in-law's family in Kormangala – an area near the HAL airport and where many upper middle class families stay, not to speak of some celebrities from the IT and Biotech clan.

It so happened that one evening a relative of mine, a former Kumta, took my sister-in-law and me to her home. She had also invited her maternal aunt. It was a small gathering of old Dharwadians and the talk was all about pleasant reminiscences of our youthful days. The comfort and security of old age reached by dragging my youth through toil, turmoil and thrift counting joyfully, in the process, the milestones of success, can never match or come anywhere near the sweetness of nostalgia of Dharwad which was a little heaven on earth for us.

Though I had visited Bengaluru during my service a number of times and as a tourist too, what still enchanted me was the ambience of canopied streets and highways with the colours of gulmohar, cassia, laburnum, bougainvillea and the huge trunks of age-old trees. Despite its burgeoning population, Bengaluru has still retained its charm with its well-known gardens and exquisitely designed buildings.

What made my visit memorable was a two-day stay with another relative at Malleshwaram. I was lucky to attend a lecture by him on the life and teachings of Basaveshwar whose followers are now known as Lingayats. Although a Brahmin by birth, Basaveshwar's message of dignity of labour was universal. However, unfortunately, any institutionalization of the preaching of saints and prophets ultimately leads to the evils of communalism or casteism which is such a bane in our society.

This lecture was arranged in a small hall of NEEC – the Nightingale Elders Enrichment Centre – truly an exotic title. This intellectually and culturally rich centre has earned a unique niche for itself not only in Malleshwaram but far beyond it. This centre for senior citizens is unique because the senior citizens who are its members do not smoke, drink or play cards. Their activities are wholly cultural where egos are levelled but intellect and humanism are celebrated.

On the following day, my relative had invited three distinguished couples for what can only be called a fabulous lunch crafted by his wife and embellished by his brother. One couple happened to be Harsha Bhogle's parents, both of whom were retired professors of Osmania University in Hyderabad. I found them a delightful couple and being a great admirer of Harsha, was keen and excited to know more about him from the senior Bhogle. It was interesting to know that the latter had studied French at the Sorbonne University. The
other couple, the Prabhus, were migratory like the Siberian crane, spending six months in Canada and coming to Bengaluru during the severe Canadian winter. Mrs Prabhu had spent nearly ten years in London and seemed a charming warm-hearted lady. There was also another lady professor who spoke little but wisely whenever she did.

The last day of my stay was memorable in more ways than one. It began with a drive to one of the elitist schools on the outskirts of Bengaluru with a vast campus. We were there to admit the little genius of the family (with whom I had stayed) appropriately named Vedant. The school charges annual fees of over one and a half lakh rupees. They provide the luxury of an air-conditioned bus with breakfast and lunch at the school. I remembered my own school days when along with others we walked barefoot to the school in rumpled clothes and a cap on our heads. The whole sequence of admission beginning with paying fees followed by buying boots, canvas shoes, uniforms, textbooks etc consumed the whole morning, making us directly head for a restaurant for lunch. The one we went to was called the Hundred Foot Boutique Restaurant, a unique one in Bengaluru, where apart from the food, you can even buy the chair you sit on or the queer-shaped glass from which you drink. It is reputed for Mediterranean food which includes Italian dishes. If one has the money to afford, its exquisite cuisine will beckon you for a second visit.

The best part of my return flight was the comfort of going to the old HAL airport only five km away and being saved the ordeal of going to the new airport which was 45 km away and with very poor connectivity.

---

**SHREE ANANDASHRAM, KHAH**

Wednesday, 20th August, 2008: Punyatithi of HH Parijnanashram Swamiji III - 6.00 pm to 7.30 pm. Devotional songs by Anand Bhajan Mandal.

Saturday, 23rd August, 2008: Shri Krishna Janmashtami - 6.00 pm to 7.30 pm. Bhajans and devotional songs by Parijnan Bhajan Mandal followed by cradling ceremony of Lord Krishna.

---

**Golden Opportunity**

For All the 'Amchis' to book your Enjoyable Holidays right at your doorstep!

Most exciting and reasonable Tour Packages offered by **NIRMALA TRAVELS** of Mangalore who has got 34 years of experience in this industry.

We conduct tours all over India, including Andaman/Lakshadweep & Abroad.

Give us a chance to serve you, your friends, neighbours, relatives, colleagues and you will become our LIFE MEMBERS!

For Bookings contact

HEMA - 28988146 / 9820886309 (After 6 p.m.)
nirmala_borivali@yahoo.com

---

Vinay V Gangavali
Phone: 2380 0460
Mobile: 9892407934

WE ACCEPT OUTDOOR CATERING ORDERS FOR GET-TOGETHERS, BIRTHDAY PARTIES, MARRIAGE, THREAD CEREMONY AND ANY OTHER OCCASIONS.

3-5/18, 2nd Floor, Talmakiwadi, Tardeo, Mumbai - 400 007.
No dearth for variety in Konkani savoury. Enjoy the spice in our Konkani language too.

I. Word play (शब्द संघन):

(19) वाण - (a) Yajna (b) airborne (c) correct proportion
(20) अपूर्त - (a) not broken (b) even little (c) fruit
(21) खूंटल - (a) to struggle (b) a kind of sash worn by a bride (c) play
(22) कद्दू - (a) thin grass (b) bear (c) box
(23) घोंघु - (a) tender seed inside the fruit (b) evil spirit (c) husband

II. Riddles (हँसनणि):

(16) विकिकळे फळक भायर बी - ती वाण उठाओ रस्मु पी।
(17) उरुंट टॉड, जगळणी आंग - हातीत पोठौं घाललेच वाण।
(18) रांदणा जाह, पुतना जाथ - आपण्यांना मात्र हात घडूं।
(19) तीनि बॉक्ष, घाव पाव, टॉडा मात्र गालता चोळ।
(20) एक झाडाकांना होले - ऐसेक हेगल्यावच तीस पात - पंघरा चिवि - पंघरा काळी।

III. Proverbs (आद्वाति):

(11) कांटीयरी फळ्ळेल्या दर दशुची सोडूनका - To escape carefully through a tricky situation
(12) कॉप्याक विचारू नसाळे बांतातातवे? - Need no pre-sanction
(13) भरलेल्या कट्सो हाम्सूत्तरना - Real genius does not show off
(14) शिवैतन्याल्या उजवावण्या - रडतल्याल्या दाव्याने बॅसू नयें - Try to be on the safe side
(15) वीडि वेटन्याल्यांतासो घड्याचे - पुढील ताणतल्याले दोषे पडते - Habits always have side effects

IV. Expressions (महणणि):

(8) गोकण दाकोचे - Screw the ears
(9) कुन चाच्याचे - Carry tales; tattle
(10) कॉल्या शंग - Magic wand
(11) हात नामक चंपकचे - Withdraw
(12) आपसाणि खोडून - Haughty

V. Limmerick (हास्य कविता):

‘‘इत्यादिर रडता - बेगळे पाठोल्या’’ भितरलेल्या बालकांनेमध्ये
‘‘तांडव फाळ्टिऱ्या बोसका महणि” महणालो बामुळू कोणानेने
‘‘बेगळे फाळ्टी बसैलारी जायवाचे” महणेत तिने मोगानेला।।

(Poem by V. R. Shibad)
are you INSURED?

INDIVIDUALS / CORPORATES / NRI'S

BAJAJ Allianz

Birla Sun Life Insurance

ICICI PRUDENTIAL LIFE INSURANCE

LIC

STAR

Investments
Insurance
Health Plans
Term Plans
Pension Plans
Child Education
Marriage
Retirement
Cancer Plans
Diabetes Plans
Critical illness
Mediclaim
Employer-Employee Plans

contact

Vaibhav S. Kailaje
09321285656 / 09967285656
vvkailaje@yahoo.com

for a professional, reliable advice & consultancy
वैस्वरी

दिंष्ट्या, प्रतिहतं दुर्जतिम्।

स्री. शैला मध्यपूर्

विवाहा-पूर्वस्तूर्य। अहं मुन्मिष्टगाम्यां बाननात्यु नवसम।
अधुना अहम् अन्येष्यि वसस्मित। मम दे कन्या सत।। दे अपि
विवाहिते सत। प्रत्येकाया: एका कन्या असि। अस्तु।
अहं मम संसारविषयस्य पुराणं कथितम् अत्र न उपविष्टदीं
खलु।

पश्चात्त्वतं वर्ष-पूर्वस्तूर्य: घटना एव। अहं गर्भवती
आसं, प्रठमाया: कन्याया समये। प्रतिसाहं कृतित्वे
दिने अहम् अनेष्यि सिधिता मम गृहं: बाननाया स्थितम्
अम्बाया: गुहं: गच्छन्ति आसम।। एवम् एव एकदा अहं
प्रसिद्धमुहः। तस्मिन समये मम गृहस्तमीपे एव एकस्य
भवनस्य निम्नाकार्य प्रचलत्य आसिदृ। अत: तत्रय: मार्गः
सम्बन्धक नासिदृ। मार्गम् उभयाः: यथाः: वृहत्य: अवर्द्धनः। तेन
एव मार्गेण अहं चलितवति। अक्कमात्र अहम् अनुभूतवति
यत: किमपि मम शारिकायाः प्राविखितत। तत्बं निवाजितमुः अहं
शारिकाः घृतम् किं प्रभुत्वा बलेन उत्किलतबं आभाया: गुहं
गतन्तर अहम् अतीत आतुरा आसं किलं।। अत: तत्र
अवधार न दतवति, हुतागत्या चलितवति च। तस्मिन समये
विचक्रिका: नासं, अत: लोकायनेन एव प्रवासं कर्तुम्
आपलितम्।। लोकायनानमके प्राविखितत लोकायम्
आपलितम्।। अहं तत्र प्रविधितवति। लोकायम् आसितू
इन्द्रियभिकम्ब (दबलडेक)।। अध: रिस्तथाने न आसितू।
अहम् उपरि गतवतिः। एकसिनु, रिस्तथाने उपवेष्टं सिद्धा
अभवम्, तदा एव मया पुनः अनुभूतं यत: मिशं:संयि किमपि
आपलितू मम शारिकायाः। अधुना अहं किमपि सम्बन्धताः।
जनानाः पुरं: अहं किमपि कतुः न शक्तवति। स्वभेदं धूर्णाः
आद्रा भूतवतई। यदा मम स्थानाकम् आग्नं तदा कर्तमपि
अवश्थातिम् अहम्। कार्यालयं गमनस्य समयं: आसितू
सर्वजनानाः तातं। सवेत: सम्यक्क वेशयू मार्गानं कर्तवत्
आसं।। अहं तु विविधायम् अवश्यायम् आसम्।
हुरत्या चलितवता कथितम् अहं गुहं प्राप्तस्तवि।

तदवता मम अम्बाया: सख्यं सुमित्रापार्ज्जी न तत्र
उपविष्टती आसित। सा मयं तथं शरणं वक्तुम् आशंते
सम।। परतु मम वर्तिके तु काळपि विवाहः न प्राविशित।
विषं तु कुप्फा इति उक्तं अहम् अत: धार्मिक गतवति।

शीर्षं हि मया शारिका उल्लिप्यं अपनिता। तत: किं दुःस्म?
असवरं। सर्वं: उक्तं: आह्ं अनुक्षेत्रं कुर्वित्व अहं
कोशाद्यं बाहि: धार्मिक तित।। अहं भीतम्, षुरू: अपि भीत: आसितू
चचम् अन्न अभाय, सुमित्रापार्ज्जी, मम भ्रात: सवेत: अपिन विशिष्टा:
अपवान।। मम सुप्रस्तितगम् अवलोक्य सबवेन भगवते
ध्वनिलाम् अवङ्गभाव।

gर्भाविविधायम् अनेका महिला: किमपि विशेषेण
वाच्यति वा तूकुलम् इच्छित। परतु अहं तु तस्या:
शारिकाया: एव घृणां कुतवती आसम।। एवा सत्य घटना
असि। अत: अद्यापि तानि दृष्यानि मम स्मृतिपत्रले
विचित्रता: सनि।

“मोह”

आहें शेवाक्याच्यां रंग
हितवज्जात, मनमोहक।
पाय हितिता स्वावरी
कल्य, आहें ते चतक।

मोहारी आहें तसाच
लावी मना तो वेड़।

जमाताची मनाचारा
घाटतो आपुली सांकद।

चद्य झालेल उपर
तरी न तुटेमोहबंधन।
बेक्का माझ्या मनं बूं
केलस को सुटया प्रवल?

जेव्हा तुला समजेल
हे जीवनवी आहें फोल।

चाझला तुला भोवती
हा मायेवा खेळल।

- नंदिनी बेडकंडे

बंगूर
II त्रिशति जय-घोष II

II जयतु त्रिशतमात्मोत्सवैः, जयतु जयतु जय त्रिशति जयतु II। धूव II।।
संवत सर्वबिंदु माध मासे शुक्ल समास स्वभाव दिवसे।
आदि सदृश मनुष्यानि पुरवेदीविज्ञानुसारे॥(१)
त्रिशतमात्मोत्सवं यह सहस्र सारस्वत समाप्तिः।
तत्त्वं तत्त्वणी, वुद्ध-वुद्धा वंशी-शान्ति प्रसेत॥(२)
भजन कीर्तन प्रायोगिक विविध हृद संज्वल धर्मी।
नवन नन्द आसन धर्मी वाह गृहस्पति सहित॥(३)
दशम श्रीगुरु पादकासे, स्वतः श्रीगुरु अमृत हस्ते।
भव्य सुन्दर वृषभ बाहेरे बंधु पूर्वक स्थापित॥(४)
सकल मंगल मन्त्रश्रवणु गाढ़ नादेन गगन गुजन।
पवन श्री गुरू ज्योति सहित त्रिशतिवर्षोड़ात॥(५)। धूव II।।
कविन्द्र जयपद फलस्वरूप प्रथमपत्रक्तजनाश्रयेन प्रकट॥
प्रथम नमन त्वा गुरूवाच्छ नमनश्री कोटि तीर्थाक॥(६)
नमन श्रीविलिच चतनेक श्री भवानी श्रीरामाक।
नमन श्री तुम्बीसेवकी नमन श्री महागणपति॥(७)
नमन श्री श्रीरामाचार्यवाच्छ नमन श्री गुरू सार्वज्ञपाद॥
नमन दशम गुरू पादकासे नमन श्रीगुरू परम्परे॥(८)
क्षेत्र चित्रापुर परम्परा पीठ माता पिता समान।
त्रिशत संवस्तर पुरातन काल पालन धर्म सनातन॥(९)। धूव II।।
विचार सिद्ध विवेक सम्पूर्णत, सर्वसति-सन्ति इति प्रख्यात।
अतिआल्प सहिष्यातु प्रतिभावन मानित परीतो जगदाधान॥(१०)
चित्रापुर मद बुध विशाल, पान फूल फल पाठ सस्त्र।
धनरे चित्रापुर सारस्वत, श्री भवानी श्रीरामाचार्यवाच्छ॥(११)
परिश्राव-प्रसादक, आनन्द-तायक, विद्या व्यक्ति प्रतिद्वंद्वम्।
कोतीं आपविलोकन प्राप्त मठाचि विकसित विकसित विनृत करतू॥(१२)
सततवद्या आधित्वनिर्माता संविधसाधना कर्तरी मिच्छन।
गुरू देवा दय दान करत, माहार बाप कहाणकरा॥(१३)
भव भवो हिसर, करत मठ तणाण, ताक ताक गुरू पार तू त्वज्जित।
गुरू चरणां शरण जे भक्त, श्रीगुरु बन्धनाविखित विमुख॥(१४)। धूव II।।
चशुहृ धेरी चशुहृ चशुहृविचे तनौप्रोः।
साहेंदों वि च पशेवर साहेंदों वि च पशेवर॥
जयतु साधोजात शहक शहक साधोजात जयतु॥
अभिमानोक्ति
“महोदयो सर्वबिंदु साधूने सर्वबिंदु एक स्थानाने।
आम्मि चित्रापुर सारस्वत, कायाने, वाचाने, मनाने।
श्री भवानी श्रीरामाचार्यं”॥
हरि: अ०॥
हिन्दी आधारपूल: श्रीराम गाहुली
सरस्वती रूपान्तः: श्रीनाथ उक्तिशाल
ग्रंथरोद सभाया: प्रथमा साधनाशृंखला

उषा विजय

चित्रापुर साधनावि गुरुप्रमाणया: इंद्रेंतरतमं वर्षम्। तत्रस्तु सवें भक्ता: अनेकान् कार्यक्रमान् एतत्सिन्न वर्षम् आयोजनम्। तेनु अनवतमा अंति श्री भवनीश्वर-श्री जगद्यां-श्री गुरुकुलम् सिद्धवर्धम् आयोजिता साधनाशृंखला। एतस्मात् आवें जगत् कुत्रापि श्वेते प्रतिविन्दु साधनावि: द्रष्ट्रमणा साधना मालिकार्ये ब्रह्मे इति योजनम्।

ग्रंथरोदसम्या साधनाशृंखलाम् आचार्यस्तु असंसर्यं प्राप्तम् - ज्येष्ठ मासम् कुणपका चुतुंगीत्व: अश्वमैर्वति तथा अविन शुष्कपके एकाशीत: अमावस्यपर्यन्तम्। ग्रंथरोदसम्या इवमिति सत्यम्: पक्षसतीवर्ष्णमूलति अम्बःपतः अतः भक्तानम् उत्साहः तु अर्णनीयः। साधनाशृंखलाया: एक मासपूर्वम् एव गुरुपादायकपीय्यं अभ्यस्तम्: आर्थः। प्रार्थना वर्गायु उपाध्रव्यायि सवें बालकः; युवा: तथा अश्रीवधिकवर्ध्यायि: वृद्धा: अपि भांग् गुरहितम् उदुकिः।

अविनिष्ठिभ: पूजासम्ये करण्या घूँते-, नतस्य-, विशुः- इत्यादिव: मुनि: तथा पूजाया: अनेकान् अजनि अवसात्तु कर्तुः पूजनस्वयं निवासया गुरुपूजनस्याप्रिश्च्छात्र: विवेकः: तथा विनया हालादी, सत्सदत्तुहा शामिलामविन्द्रुवे इत्यादिभि: स्वामेवकः: उपत्सूर्यत्या दत्मम्।

अवशर्पीयायायकः सह सवें गुरुपूजनाभिषेकः अवशयकः पूजासामग्रीम् अभ्यसत्सम्य प्रतिविन्दात आन्तिनत्सम्। अतः तेनाः सीक्षे ग्रंथरोदसम् साधनाशृंखलाया: प्रथमदिनम् एव गुरुपूजनकल्पनः: नूतनन् स्वतंत्रम् आयतनः।

साधनाशृंखला जून मासम् २२ दिनाः ताल्मकीवाच्याम् आनंदश्रम सांसारिक आध्यात्मिक् आप्यास्मात् आध्यात्मिक् प्रार्थनाकन्त्र सत्यार्प्यात्मिक् आप्यास्मात्।

तत्कला सर्वस्त्र निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः निर्मल-स्वतंत्रकल्पनः

श्री: श्री
श्री: श्री
श्री: श्री

भावपुष्पांजली

राजा सत्येन्द्र हरिद्वार अस्थाकर
दौलत साधनाविद्यमान सत्ता कार्यक्रिया
शास्त्रिकविनिपुराम् व्याधि-शायक उत्तमम्।

अन्य शृद्ध वृत्तां विनियोग स्वतंत्रकल्पक्
विकिरितक सत्यानियोगः
शास्त्रिकविनिपुराम् कर्मकुलम् उत्तरकुलम्।

तत्कला सम्बन्धी, हरिद्वारकम्
बन्धन चारणविनियोगः
भावपुष्पांजलिसम्पर्पणम्।

A Tribute to Dr. Satyendra who attained Moksha on 29th May 2008.

- आशा गैरस्पः
कॉकणी राण्यापाची महिमा

डॉ. निर्मला बेल्ण्यारे, माहिम, मुंबई

भाग - २

पाकचंतु आणेवाळा आम्ही
धार्मिक परं विस्तारीत
रंगु (season) व मैट्रिक सूचनानुसार
deवाक नैवेद्य करतात।
युगादि महंयारी पानक-पनवार
सूंठीचे गोड-तीक पानक पिवळू
चण्यांवती उसली, आंब्या पलडी खाल्यानु
करतात. नववर्षातील शुभ आंधू।

नारायणचंतु मुळांदे-बडे तुरुच्या करतात नैवेद्य।
tारी कृष्णापाची गोडाची पंचप्रकाश
आहे सांगती. काळपयो फोू, \n
नारायणाचंतु मुळांदे-बडे तुरुच्या करतात नैवेद्य।
उदाछाती भाजपू, तिबळो, वाटुनु
गणपती प्रतिध्वाणांतर तांतदुळे, जोताते चण्यांवतीचे
विविध पिदित्यांतर तांतु धाँठ।

सुहाग तुरुच्या रुपचर चाक्यांचे
संग कोणांक. आवडनाती?

लेखांगेला मूळ (mood) मात्र समाजालयाची
वाहत, कटकटी एकू भोज जाताती!!

लेखांगेला सामाजिक जीनांतु
कॉकणी पाक विवाची भभ जाहो
प्रत्येक वेल-प्रसंगक, त्याची
पाक कल्याचे चंद उपयोग आयलो।

गुरुपत्र- बाजारांचे बवकड सांगते
संस्कृत. अंबाचे ‘संविदिक’ बोरोनु
बांणांचे निवारण जाहे
लेला लावनु, व्यळखंड झोरोनु।

कॉकणी करार मुळीची
बोक्त्यांक पोल्टिसे (poulitice) पानांचे
पोट्टा तुक्कीने ताकांतु होळी
रामभारण उपय आयलों।

पांढर महंयाच्या गुरुपत्रीक
झाटी,भोसु, पाणचे जेवण वादताती
आंबयाची तबंकी, तेंवल्याची उपकारी
वाढती कोक्यां, आहे बीमा कोक्यां
गोस्थान तुकानांतुलिस फिसटा बहाके
एकू आवसु करता पाचवी खीरित!
जय जय रघुवीर सम्बंध

साधव साधव साधवधन वाचे बोला नाराजण ॥ें॥

हा वर्ष बालपन विसाचे साधवधन ॥ अंगिं चढे मदन मन क्रेचे यवधान ॥ें॥

तीसांची होळे मरली दरा पुझालागी प्रती ॥ त्याची बाळे मणी मन क्रेचे स्वरुपस्थिती ॥ें॥

चाळीस वर्ष झाळीत डोम्यां चाळीसी आली ॥ नेत्रांस भूल चडली काहीळा नादिस जवती ॥ें॥

पंढम वर्ष होती हलती दातांची पंकी ॥ शाम केस शुभ होती च्याळी गहारता मृणणी ॥ें॥

साहीची चुडू नाही हा हा तेरोलियां काहीळा ॥ वसवास लागे पाठी घाताती कारतीं ॥ें॥

सतांगी होळे रच्या उडवून येतें ॥ बैलेमिंया हाळवला हाळवलया चाळेविला ॥ें॥

चाझा बिसां मिठू सेण्या मग तो झाळा तापसी ॥ जीवनाचीज जैसी माझी तेसा होईं कासावीशी ॥ें॥

झाळी वर्ष नवंबर बोललें एक श्रद्धा ॥ बाईयांपये प्रश्नतीं तेंदी याच चंग ॥ें॥

शतमाण पुणर झाळा आला तेसा वाचा गेळा ॥ रामादाराचिता बोला लक्ष्याची-वांशीचा प्रोला ॥ें॥

सबध साधव साधवधन वाचे बोला नाराजण

जय जय रघुवीर सम्बंध

सहूल सम्बंध स्थिरी स्वामी रामदास महाराज

प्रसन्नत्र स्थिर्मय आनंदश्रम स्वामीजीचे तालमकीवरीत वारसवा अवतारणा पूज्य के. उमाबाईआकाळा आसर (समर्थना महालत आहे स्त्री गुलाबसेंचा चित्राच्या तलेक्षित) १९५४-५५ मध्ये हा अभ्यंग प्रत्येक भजनच्या बेके ल्यांच्या साधवास मांगत गावत होतया. तो मगा आवडवत्ता. त्या माझ्या आतीलचा काळाप गंगाच्या मैत्रीणी असरायणे आमाच्याकडे नेहमी याच्या. तेहेच म्हा त्यांना हा अभंग गावला आंगतले व ते लुटून घेतला. त्या महायाच्या सम्बंध रामदास स्वामी संगतात की चीता एखांत लक्ष्य योती क्रिश्न झाळवा हा मनुष्य जन्म प्राप्त होता, अतीदुर्भाव आहे व पुढीचा जन्म मनुष्य जन्म मिळतेच हे सांगता तेवे नाही. माणसु जाताना आप्याचाराबार काही नेघना नाही. घडारा, बाधको, मुले, ऐश्चर्य सर्व सोडून जाणा. त्यांचे दिवस माझे माझे महणून जवळे होते परंतु सर्व सोडून जाणा. त्याचाराबार फक्त नाम देववे नामजण येणा. काळ वात बसत असतो केल्या इत्यादि वाचाराचा सांगता तेवे नाही. त्यातून आता ती वर्ष वेळ न दर्शित च्याणाचांत विलंब न करता त्यानेत देवव्या नामाचा जप करा. रामनाम धनच तुम्पाचाराबार वेळे. दुसरे काही कारवोच उत्तरे तेले. शेतकच्या सा हे देववे नामाचा गेळा पहिले.

त्याची आतावण महणून संगते. एकदा त्या आतारी होती. तेहेच दोन महै "CAMA ALBLES" होळिटमलेंया होतया. तिकहें त्या सकाळी जेणेणा आगोरोर दोन तास १ ते ११ व संविधानकाली ५ ते ७ भजन गावला व त्याचाराबार त्यावा वाढमधील इतर पेशेपसही त्यांचा साथ दाख्ये. ही गोड त्यांचा तोडून मी एकती आहे. अशी ही पुणवाण माऊली पुण्यकेत्र शिष्याची घेणे महिन्याच्या १८ तारखेस एकादशी आनंदत विलीन झाली. त्या आत्मवा प्रमाण माऊली अनंता असाहण दंडवत.

आपली नमः,
विजया रत्नकर उदारार

KANARA SARASWAT Vol. LXXXIX, No. 8 - August 2008 45
B-SAFE TOURS & TRAVELS

Sameet S. Upponi 9820440443 (R) 28084363

- Car/Coach Rentals.
- Authorized Agent for Raj National Express.
- Hotels/Resort booking (Mumbai and Domestic).
- Daily Bus Services for Goa, Mahableshwar, Mangalore, Shirdi etc.
- Package Tours.

Our office address:
Shop No. 12, Yamuna CHS, Opp. Poisar Gymkhana, Mahavir Nagar, Kandivali (W), Mumbai.
Email: b.safe_sam@yahoo.co.in

With profound grief we announce the sad demise of
Shri Dinesh Vithal Sashital
on 15th July 2008

Deeply mourned by:
Uma Sashital (wife); Amay Sashital (son)
Shivanand Hattangadi Bhat (father-in-law)
Raju Bhat (brother-in-law);
Kumud Sashital (mother)
Nandan (brother); Jyotsna (sister-in-law)
Manisha (niece);
Rani, Sreesha, Sangeeta and Shilpa
(sister & family)
Dr. Uday Nadkarni, Kanchan Nadkarni & families
Gersappas, Nayampallis, Kalyanpurs
and all relatives and friends

Saifarm
A Holiday Haven on the banks of Beautiful Kundalika River

Let peace and quiet enter your soul as you experience the invigorating air, brilliant Sunrise, Sunset and Starlit Nights. Hear your voice echo across the river.

- Stay in the novel twin-dome farmhouse, adapted from the "Pabal Dome" – the Indian-designed tropical "Arctic-Igloo". Stay cool in summer & warm in winter.
- Feel rejuvenated in just a day and feel the tiredness and tension melt away as you bathe in Kundalika river or take a dip in the crystal clear rain-fed swimming pool.
- Watch the rains pour down onto the serene river and the surrounding green hills from the shelter of the unique cloverleaf sit-out. Or let the gurgle of the flowing water and the chirping of colorful birds soothe you. Enjoy the hospitality and delicious, wholesome food.
- Situated in the ghats of Mumbai-Goa highway-125 kms from Mumbai.

Contact: Gabby & Mukta Gonsalves (nee Mavinkurve) 23801796 or at 9869208251 & 9869118763 – 3-5/44 Talmaki Wadi and Gourang Kundapur 26116394 at Vile Parle.
Also visit us at www.saifarms.netfirms.com
PERSONALIA

Gollerkeri Vishwanath Rao (at left, in the photograph) was felicitated with a Lifetime Achievement Award by Mr. Koichiro Matsuura (at right in the photograph), Director-General, UNESCO, Paris, on March 19, 2008, before the Tableau of Directors-General of UNESCO, since its inception.

Shivani Ashish Kagal, daughter of Ashish and Poornima Kagal, of Std. Ill, Saraswati Vidyalaya School, Rabodi, Thane, won a trophy, ranking 10th in the National Marrs International Spelling Bee in Category I. More than 350 children in her Category I from eleven states of India participated in the Spelling Bee organized by Marrs International Services Pvt. Ltd., Cochin, in association with Cambridge University Press. Prior to this, Shivani successfully went through the school, district and state level competitions which consist of spellings from the dictionary, picture crosswords, grammar and English word pronunciation rounds.

Eight year-old Shivani, the only ranker from Thane district in Category I, will now participate in the final round at the international level.

Also good in drawing, Shivani stood 2nd in Thane district in Category I of the Chinmaya Mission Drawing competition.

Pramod Karnad, 49, son of R.G. Karnad and late Hira Karnad, has been promoted as General Manager of The Maharashtra State Co-operative Bank (Ltd.) (MSCB), Mumbai. An apex institute of the co-operative sector, MCB is the biggest co-operative bank in India with deposits of over Rs.17,000 crores and a working capital of over Rs.23,000 crores. Pramod will be handling the Treasury, Banking, International Banking and Legal portfolios of the Bank. Pramod is also a novelist and the recipient of many literary awards.

Sadanand Mankikar of Toronto, Canada, has been appointed as Consultant by the National AIDS Control Organization (NACO), Ministry of Health and Family Welfare, New Delhi, beginning August 2008, to help develop a framework for the National Blood Programme in India.

Born and brought up in Honavar, North Kanara, Sadanand obtained his graduate and postgraduate degrees from the Bombay University and Tennessee Technological University respectively. After six years at the Hospital for Sick Children in Toronto, he joined the Canadian Red Cross Society where he worked for 27 years with the Canadian Blood Services in various capacities, developing, implementing and maintaining Corporate Quality Assurance Programmes. As Quality Consultant, after early retirement in June 2006, he facilitated the development and implementation of Inception Biosciences’ Quality System for Cord Blood Programmes.

As NACO, he will be responsible for preparing a vision document and framework for establishing national and state blood transfusion authorities, institutional designs, operational details, a roadmap for transition from current to new programs and a five-year work plan. The venture is supported by GTZ, an agency owned by the German federal government.

Active in community activities too, Sadanand was Executive Vice President of the 2006 Konkani Sammelan in Hamilton, Canada, and the Founding President of the Canada Sabha of Chitrapur Saraswats.
Ahmedabad: On 14 June, Chaturtha Prahar, Devi Anusthan and chanting of Lalita Sahasranam were performed to coincide with Sapta Prahar Sadhana at Karla. Gayatri Anusthan was held the next morning; each male member performed 10 malas. A weekly program initiated by the Sabha President to encourage young children to recite Chapter 15 of the Bhagwad Gita, is being attended enthusiastically by children.

Reported by Shubhangi S. Kabad

Bangalore: Nearly 60 sadhakas from around Bangalore participated in Sadhana Shrinkhala from 27 June to 1 July, 2008. At daybreak, on 29 June, a number of grihasthas and brahmacharis gathered for samuhik Sahasra Gayatri Japa. The programme, held regularly every few months, has evoked an encouraging response.

In addition to the regular religious and cultural programmes scheduled during Chaturmaas, a youth festival has been planned for the evening of 17 August. It will showcase the creative talents of Bangalore’s Chitrapur Saraswat youth. Stalls selling stationery, jewellery, greeting cards, chocolates, caricatures, and so on are planned. Uniquely, most of the items will be designed and created by the youngsters themselves. The sale proceeds will be donated to Srivali Trust and other projects of Shri Chitrapur Math.

‘Odyssey,’ an exhibition and sale of paintings by 15 upcoming young artists, is planned at the Canara Union on 23 and 24 August, the proceeds of which will be donated to Shri Chitrapur Math and Khushboo Welfare Society.

Reported by Amit G. Kilpady

Belgaum: The following members were unanimously elected as Office Bearers of the Belgaum Sabha for the period 2008-11: Yeshwanth S. Gulwady (President), Vandana G. Udyawar (Vice President), Durgesh R. Haritay (Hon. Secretary) and K. Gopalkrishna Upadhya (Treasurer). By convention, the same committee will manage the ‘Belgaum Chitrapur Saraswat Pariwa’ for social activities. The outgoing President, Arun M. Tallur, and Secretary, Devdutt R. Koppikar, were given a warm send-off; the former, is proceeding to Gangtok on transfer as AGM (District Development), NABARD, while the latter will be joining his daughter, Capt. Nirupama D. Koppikar, in Devlali.

Reported by Durgesh R. Haritay

Hubli: At the AGM of the Local Sabha, the following were re-elected as Office Bearers for 2008-2009: Vikram R. Sirur (President), Vivek M. Marballi (Hon. Secretary) and Gurudutt R. Ballwalli (Hon. Treasurer).

Reported by V.M. Marballi

Mangalore: June was a memorable month with as PP Sadyojat Shankarashram Swamiji camped in Mangalore from June 6-12, 2008. On His arrival, He was welcomed with Poorna Kumbha, Ved Ghosh; paadaprakshalan was performed by the Vaivatdar of Shri Vamanashram Samadhi Math.

The next (7th) morning, Swamiji held a swadhyaya on the bhajan, “Khela tuzhe jeeyaghene”, which was continued on 9th morning. He also performed Shiva Poojan on the 7th and 9th evening.

On 7th evening, Dharmapracharak V. Rajgopal Bhat began his discourse on the three mantras chanted during Devi Anushtan, continuing it on “Mahamrityunjaya Mantra” on 9th evening.

On July 8, the Vanabhojan with Swamiji, at nearby Pilikula Nisarga Dhama, was an unforgettable event. The venue has a mini zoo and an artisan’s village where traditional handicrafts such as, pottery, bamboo craft etc were demonstrated. Giridhar Kamath, a chartered accountant, conducted an interesting quiz on animals. A satsang by Swamiji followed. A Sanskrit musical programme, “Geeta Geervani”, sponsored by the State Bank of India, Mangalore, and presented in the evening by K. Muralidhar and Sheela Divakar and group regaled the devotees; later, Swamiji blessed all the artistes.

On June 10, the Vardhanthi of Vamanashram Swamiji began with Gayathri Japa Anushtan by about 25 members while the ladies performed Devi Anushtan. PP Swamiji performed pooja at the Samadhi of Vamanashram Swamiji. The day was also celebrated at YCSA Day; members of YCSA enacted a musical drama “Jnaneshwari-Sanjeevini Samadhi”, directed by Ramdas Bhat Gulvady. Swamiji expressed His joy regarding the drama and later blessed the artistes.

Ashtavidhan Pooja, paduka poojan, teertha vitaran, bhiksha seva to PP Swamiji, Santarpan and bhajans by sadhakas were performed with great...
devotion, according to the planned programme for the week.

On the evening of the 11th, the Dharma Sabha commenced with *paduka poojan* by Dinesh Damble, President, Mangalore Sabha, followed by *vaidik sambhavaan*, vote of thanks and Kshamaarchana by Dinesh Damble. In His Ashirvachan, Swamiji laid stress upon performing *japa* and *sadhana*. He gave *phalamantrakshat* to all the devotees; Ashtavidhan Pooja followed. A CD presentation of the previous day’s drama was shown during dinner. On the 12th, with heavy hearts, we bid farewell to Swamiji.

*Reported by Dinesh Damble*

**Mumbai, Borivali:** On June 5, 2008, the Sabha duly observed the Punyatithi of Pandurangashram Swamiji and on June 15, the birthday of Parijnanashram Swamiji III. The discourse of Dharmapracharak V. Rajgopal Bhat on June 22 was well attended by the members.

*Reported by Anand Dhareshwar*

**Mumbai, Dadar:** In May 2008, eight children of Prathana class and their teacher (main role) enacted a superb Konkani musical drama, ‘Chanda Rani’, written by Dr. Atil Koppikar. The play, directed by Chandrama Bijur, produced by Shashidhar Karopady, and set to music by Maya Kulkarni and Sharad Shirali, was a great hit. On June 28 and 29, 19 *sadhakas* enjoyed a *shibir* for all age group at Khar Math. Dr. Chaitanya Gulvady conducted a *vimarsha* and Girish Honavar displayed a set of Yoga-cum-asana exercises.

*Reported by Sudha Bhat*

**Mumbai, Goregaon:** The Punyatithis of Parijnanashram Swamiji I and Pandurangashram Swamiji were observed fittingly, on May 4 and June 5 respectively.

Ramnavami was celebrated jointly with the Saraswat Association on April 13 while Ram Janmotsav was celebrated by cradling a miniature idol of Shri Ram accompanied by the enthusiastic rendering of “Ram janmala ga sakhi” at the *janma muhurtam*. The onset of Sarvadhari Samvatsara was marked on April 6; a DVD of the Saraswati Yatra was shown on the occasion, concluding with *panak-panvaar*.

At its 52nd AGM on June 29, and the subsequent meeting of the newly elected Committee members, the following Office Bearers were elected:

*Reported by Maithili Padukone*
Mumbai, Vile Parle: At the AGM of the Sabha on May 18, the following Office Bearers were unanimously elected for 2008-2009: Dr. Ashok Balsekar (President), Shrikar Talgeri (Vice President), Gurudutt Heblekar (Hon. Secretary), Ramdas Karnad (Hon. Treasurer) and Sujata Mudur (Hon. Internal Auditor).

On May 17, 'Upanyasa' by Dharmapracharak V. Rajgopal Bhat on 'Chitrapur Math Prarambik Prarthana' drew a large gathering that listened in rapt attention.

Fifteen sadhakas participated in Sadhana Shrinkhala from May 18-22. On June 5, a large number of devotees attended the function marking the Punyatithi of Panduranshram Swamiji.

Reported by Shrikar Talgeri

Sagar: At the Sabha's AGM on July 6, the following were elected unanimously to the Executive Committee for 2008-09: Uday Nilekani (President); Madan Das Kundapur and Byndoor Shivananda Rao (Vice Presidents), Vishvanatha Upponi (Secretary), Praveena Kumar Basrur (Joint Secretary), Ganapathi Pandit (Treasurer) and Arun Kumar Basrur (Manager). The new committee discussed the preparations for the forthcoming Nagar Chalo Yatra among other issues. Members expressed their gratitude to the donors who had contributed towards the construction and other projects of Siva Gopalakrishna Temple.

Reported by Praveen Basrur

Thane: At Dombivili, Guru Poojan, Shiv Poojan, Devi Poojan and Devi Anushthan were performed. Chitrapur Guruparampara Charitra Saramrut parayan was also done. At Mulund, the Punyatithi of Pandurang rashram Swami was duly observed on June 5; a concise life-sketch of Swamiji was read.

Reported by Nirmala Basrur


Our Institutions

The Saraswat Mahila Samaj, Gamdevi, Mumbai: On June 14, 2008, at a symposium on “Health and Wellbeing: Body and Mind”, the Samaj presented three speakers: Dr. Padmini PaiDhungat, Madhavi Nadkarni and Priya Deshpande who spoke on the contribution of Allopathy, Yoga and Counselling respectively, to our health and wellbeing. Sadhana Kamat welcomed and introduced the speakers. While Dr. PaiDhungat explained the inter-relation of intention and attention and stressed the importance of a positive attitude for one’s health and wellbeing, Ms Nadkarni touched upon the various forms of yoga and how a yogic life can bring about internal discipline and harmony in life. Narrating her experiences, Ms Deshpande elucidated how each one should pursue activities that bring happiness leading ultimately to the wellness of the body and mind. The symposium was followed by a question-answer session. Mira Savkur thanked the speakers. Snacks sponsored by Sadhana Kamat in memory of Indira Kamat. The Samaj is grateful for the donation of Rs 5,501/- from Dr. PaiDhungat for the Kalyanibai Samsi Medical Fund.

Forthcoming Programmes:

Wednesday, August 6, 2008: 3.30 pm, in the Samaj Hall: ‘Let’s Have Fun’ - A program of quiz, anecdotes and indoor games; refreshments – panvaar-pachadi.

Tuesday, August 19, 2008: 3.30 pm, in the Samaj Hall: ‘Gokulashtami Mhantio’ and ‘Haldi Kumkum’.

Reported by Sharayu Kowshik

The Saraswat Association, Goregaon/Malad: In keeping with its proposed sankalpa of planting 300 saplings in the Tercentenary Year, an inaugural tree plantation programme was organized on July 6, 2008, at three locations in Goregaon. Flagged off at the residence of the Kallianpur brothers with the Sabha Commencement prayer and Tercentenary song, 21 saplings were planted mainly by senior citizens and children. The large group of attendees then partook a sumptuous breakfast sponsored by C. G. (Krishnamam) Kallianpur.

The plantation programme was continued at the residence of Chaitanya Nadkarni in West Goregaon and concluded at the residence of Shrinivas Ullal in East Goregaon. A total of 35 different saplings of coconut, jaswanda, aloe vera etc were planted at the three locations. The next such programme is proposed to be held on August 10.

On July 6, at its 53rd AGM and at the subsequent meeting of the newly elected Committee Members, the following Office Bearers were elected: M. A. Kallianpur (President), Rajiv Kallianpur and Kavita Koppikar (Vice Presidents), Anand K. Balse (Hon. Secretary), Jnaneshwar V. Someshwar (Hon. Treasurer), and Raghunandan Koppikar and Gautam Amladi (Jt. Hon. Secretaries).

Reported by Gautam Amladi
CHF-sponsored Tercentenary Commemoration in Santa Clara

About 120 enthusiastic Chitrapur Saraswats participated in the CHF-sponsored Shri Chitrapur Math Tercentenary Commemoration Satsang on July 3, 2008, in Sunnyvale, CA, USA. The traditional sequence of sannyas was punctuated by three splendid events. First, two beautifully choreographed dances— an opening Bharatanatyam dance by Neha Hammad of Fremont, CA, choreographed to Lalit Rao’s Rag Bhavanishankar, evoking the significance of Saraswati River and Saraswats, and the closing Mangala Pada, choreographed by her Guru, Malathi Iyengar, and rendered, again in the Bharatanatyam style, by Karishma Nagarkatti of Thousand Oaks, CA. The second, a highly creative “shadow play” portrayal of our Guruparampara by the talented East Coast group—written and directed by Nina Padukone, narrated by Pia and Neil Padukone, and set to music by Maitreya Padukone. The actors comprised the entire Padukone family, Guru and Bina Trasy; Ganapathi, Suvarchala, Akshaya and Abhaya Kamath, Arun Heble and Chaitanya Bijoor. Shaila Bijoor handled the lighting.

The participation of Vedamurthy Dinkar Savkur Bhat in the sannyas shloka chanting and the Deepanamaskar provided Math-style ambience to the commemoration event.

Arun Hable gave a short presentation on the Chitrapur Heritage Foundation—its mission and objectives, the projects supported at the Math in Shirali, and the status of fundraising plans. Rupa Hattiangadi spoke about the Yuvadhara program launched by HH Swamiji to identify and nurture a cohort of youth leaders in each Sabha as well as the great strides made by the Parimochan project in transforming rural livelihoods in and around Shirali/Chitrapur through innovative microfinance programs. Video clips of the beneficiaries of the Parimochan project as well as the high-performing students of Srivali High School in Shirali demonstrated the overarching benefits of our Math’s community outreach programs. Rupa also highlighted how CHF provides a platform for Chitrapur Saraswat youth in the US to work on volunteer-designed projects of relevance to rural communities.

HH Swamiji’s message to the event participants delivered via a video clip stressed the importance of integrating sannyas in our daily lives. All the participants received this message with deep reverence and gratitude. The new Sadhana Shrinkhala book released by HH Swamiji in Hyderabad was well received by them. The fact that all the stotras for the Sadhana and instructions are in one book will make it easier for those wanting to conduct the Sadhana as part of the Shrinkhala (chain) or even otherwise. This book will be offered for a donation of $10 during the monthly satsangs.

UTSAV AT SHRI DEVI DURGA PARAMESHWARI MANDIR

Arriving from different places, jyeshth devotees and the Yuvadhara offered an intense sannyas from 12-15 June, 2008, at Shri Devi Durga Parameshwari Mandir in Karla. The auspicious occasion was the Dridha Samprokshan of the newly consecrated nagalaya. Moreover, June 15 was the birthday of PP Parijnanashram Swamiji III.

On June 12, prarthana was offered to Devi Durga Parameshwari and the sannidhi of PP Parijnanashram Swamiji III, seeking blessings for the ‘Mandal Pooja’ and other rituals scheduled for the next three days. A unique ritual for the well-being of the samaj was held that morning: the devotees looked at their reflections (roop darshan) in til oil and presented kanika samarpan as they offered prayers at the sannidhi of PP Parijnanashram Swamiji III. This was also the first day of Sadhana Shrinkhala which devotees performed as planned over the next four days. June 13 saw a Gana Homa followed by the Mrutyunjaya Homa and Rudra Homa.

On June 14, as the first rays of the sun touched the earth, devotees gathered for one of the most magnificent sannyas offerings yet to Devi Durga Parameshwari - the Sapta Prahar Pooja. While bells chimed softly, they chanted the Bhavanishankar Suprabhatam in the presence of Swamiji.

Ulman Guru Bhat explained the significance of the Sapta Prahar Pooja performed by the vaidiks in a span of 24 hours,
as devotees chanted stotras and sang bhajans, with pooja, naivedya and mangalaarti performed in each prahar. In the 4th prahar, they performed samuhik Devi Poojan with Lalita Ashtottar; 48 devotees from all over the country participated. The kalash sthapana was performed for the Panch Durga Homa and the Nag Saanidhya Havan. In the 5th prahar, Swamiji performed Devi Poojan with Lalita Trishati archana. This was followed by Devi Ashtavadhan Seva by the vaidiks. The meditation session guided by Swamiji later that night was inspiring! Silence and serenity descended swiftly and created the right atmosphere as the 6th prahar began.

It was dark outside as the final Sapta Prahar began at 3.10 am on June 15. Swamiji’s divine presence throughout this prahar made it blissful. Devotees chanted the Lalita Astottara and beautiful stotras and bhajans while the vaidiks performed the final pooja. At the end, they chanted Bhavanishankar Suprabhtam. Swamiji performed the japa kalashabhishek poorvak jalabhishek. Over 75 sadhakas chanted the Gayatri Mantra over one lakh times as the ladies chanted Lalita Sahasranam.

Panch Durga Homa and Nag Saanidhya Havan were performed with Nalkur Shripadmaam and Bhaskar Chandawarkarmaam as the yajaman respectively. Poomahuti was done in the presence of Swamiji following which He performed the Dridha Samprokshan at the Nagalaya, marking the completion of the 45-day period after the consecration of a vigrāha.

The Palkhi Utsav at noon was a lively and cheerful expression of the love of the devotees for PP Parijananshram Swamiji III as they sang bhajans with rousing jayjaykars in between. Paduka poojan was performed by a large number of devotees while the Yuvadhara sang bhajans. Aashlesha Bali was performed that evening by the vaidiks with Vivek Chandawarkarmaam as the yajaman.

The culmination of this beautiful sequence of events was the Shri Durga Namaskaar offered by Swamiji that evening - a befitting and grand finale!

---

**MEDICLAIM POLICY**

A unique Insurance product from the National Insurance Company Limited for SB Account holders of the Shamrao Vithal Cooperative Bank Ltd.

1) Provides cashless hospitalization to the primary account holder and his/her Family members consisting of spouse and 2 dependent children from Rs. 50,000/- to Rs.5 lakhs (only in India).

2) Medical Reports not necessary.

3) Age limit - 1 year to 65 years.

4) Income Tax rebate U/S 80 D up to 15,000/-

5) Cheque should be drawn on SVC Bank only and in favour of National Insurance Company Limited.

6) Two stamp-size photos required for Identity Card.

Co-ordinator: Kishore A. Surkund
Tel.: 23886461/ 22968660
or on email : uksurkund@hotmail.com
SSA pass!!
Maithili Padukone, Mumbai

SSC, HSC, graduation and the like have been major milestones in life for most of us. All of us have proudly announced that we are all ‘SSA pass’!!

Yes, I am talking about the Sadhana Shrinikhal Abhyasika! We had heard about the abhyasika and the relay of poojas that started in Karla in February this year as part of the Math Tercentenary Commemoration. But, apart from a few members, none of us knew what it was all about. Three or four members had attended the abhyasikas held by various Sabhas and were asked to rope in more participants. Vivek Haladymaam began to guide a group of 10 women. While this group practiced on a weekly basis, there was no participation by youngsters.

And then it happened! After the Yuveshvara Sammelan held in Karla this year, Sudhir Balwallmaam successfully gathered 15 young adults for an abhyasika. Soon about 10 Prarthana children aged 9-15 joined them and started performing Guru Poojan under the vigilant and compassionate guidance of Roopa Mankikarpachi. While it was a Herculean task to bring together so many young participants with varying eccentricities and prior commitments, it was something else altogether to hold Guru Poojan practice sessions with them daily! So how did they generate all the patience and manage the group? Well, we asked them and here’s what they had to say:

Vivek Haladym (teacher): I had attended the first Abhyasika during Mallapur Chaturmas in August, and wanted to train as members of our Sabha. Of course, the devotees showed keen interest in learning and I have greatly enjoyed teaching them.

Sudhir Balwall (teacher): After the one day Abhyasika in Wadi during Datta Jayanti, I expected the youngsters who participated in it to continue the practice, but nobody was focussed then. Upon returning from the Yuveshvara Sammelan, 15 of them not only asked me for an Abhyasika but practiced continuously for 15 days! Surely, it is Pooja Swamiji’s inspiration.

Roopa Mankikar (teacher): I always wanted to teach children. They used to come and watch the elders doing Guru Poojan, but needed training. So I began to call them home and made them do the poojan. It was a very satisfying experience and a lot of fun.

In view of the enthusiasm and commitment of the young group, Sabha members sponsored various pooja items, helping us complete our ‘pooja-kit’ - divis and chaursangs by the ACSYT, silver bilwapatras by Rathnakar Gokarnaam and somasutras by Deepa Mangalorepachi and Shivani Kini. It was heartening to see the little children religiously lugging bagsfuls of pooja items and a chaursang to the Sundatta High School rooms for practice each day, making sure that the items were placed correctly or to get flowers etc when they could well be playing! Seeing this, the Grant Road Sabha provided the flowers, camphor, akshata etc. as also big blue bags thoughtfully made to house the pooja kit, including the chaursang!

By this time, the practice sessions were in full swing and more people had joined the Abhyasika. A few last-minute participants actually received crash-courses from the dedicated teachers! Everybody began to look forward to the June 22 when the Shrinikhal would begin and ensure that they would be able to attend it daily up to the 26th. And soon, the Day arrived...

On Day 1, there were 96 participants of whom 53, including 11 Prarthana children and 17 from Yuveshvara performed Guru Poojan. More followed on other days and by the 5th day, there were 121 participants with 62 performing Guru Poojan. While some youngsters mainly participated in Guru Poojan, many also participated in chanting other strotras and Bhagwad Geeta Chapters 12 and 15. The best part was watching the little ones handling the pooja items ever so carefully and multitasking, especially during the aarti, and enjoying it all fully! Here’s what the youngsters had to say about their experience:

Navin Bijur (22 years); Chaitanya Mallapur (17 years): I always wanted to be involved in this historic event, and when we, friends, joined together to participate, our enthusiasm was multifold. Earlier, the seniors used to arrange the ‘pooja sahitya’ for us, slowly we learnt to do it on our own. The best part was decorating the ‘paleru’ for the murthi.

Janhavi Mallapur (16 years); Kannika Nadkarni (17 years): We attended the first Abhyasika during Datta Jayanti without realising its importance. Gradually with the patient guidance of Rupapachi and Sudhirmaam, we understood the significance of the pooja. It has increased our patience and made us more systematic and disciplined.

Mahima Baundur (9 years): Performing the pooja daily has made me more graceful and organised. I am happy to have learnt it.

Ritvik Nadkarni (13 years): As the sankalpa had been taken for the entire community, Rupapachi made sure we learnt to perform the pooja without making a single mistake. It felt great.
I have learnt to respect everyone and everything. We had a mixed group of people participating in the Shrinkhala - children, young adults, working people, people from abroad who had come on a holiday and some of the seniormost members of our Sabha.

**Prakash Mavinkurve**, President, Grant Road Sabha: This overwhelming involvement of children and adults, participants and volunteers, has been an extremely satisfying and fulfilling experience. The tremendous enthusiasm, especially of the youngsters, has generated the confidence that future programmes will be well taken care of.

Says the seniormost participant of the Shrinkhala, **Mira Mavinkurve** (85 years): It was great fun participating in the event with so many youth and children. In fact, we elders were pleasantly surprised to see small children flawlessly performing the pooja. I sincerely hope that more people will avail of this blissful experience during the next event in September.

So, we experienced five days of sheer bliss! Each evening’s session ended with mangalaarati, jaijaikars, sumptuous prasad and prasad bhojan on the last day. Everyone participated wholeheartedly either by active participation, volunteering, or donating in cash or kind. We are thankful to all of them. As we look forward to participating in the second round in September with the same commitment and greater enthusiasm, for now we can proudly say, “We are all SSA pass!”

---

**Confidence**

Twenty CEOs board an airplane and are told that the flight that they are about to take is the first-ever to feature pilot-less technology: it is an un-crewed aircraft.

Each CEO is then told, privately, that their company’s software is running the aircraft’s automatic pilot system. Nineteen of the CEOs promptly leave the aircraft, each offering a different excuse.

One CEO alone remains on board the jet, seeming very calm indeed. Asked why he is so confident in this first un-crewed flight, he replies, “If it is the same software that has been developed by my company’s IT systems department, this plane won’t even take off!”

That is confidence!
MY HERITAGE

Param Poojya Vamanashram Swamiji: Compassion and love are indeed the characteristics of the abundant grace of our beloved Lord Bhavanishankar that flows in and through our sacred Guru Parampara - with each Sadguru carrying on the tradition and sanskaras so very lovingly. Our Gurus have, time and again, indicated to us that they continue to be with us even after they have attained Mahasamadhi. So powerful and divine is their presence that it is beyond our ordinary abilities of comprehension. All we need to do is surrender completely and the grace will automatically take us along. This is what we can learn from the life of our revered sixth Guru Param Poojya Vamanashram Swamiji.

After Param Poojya Keshavashram Swamiji attained Mahasamadhi in 1823, Poojya Vamanashram Swamiji continued to bless the community with words of wisdom, love and kindness. Our revered Sadgurus who take on the mantle of the Mathadhipati (Head of the Math) assume so many administrative responsibilities much more than we as ordinary mortals have to undertake in our day-to-day lives. Seeing the load of responsibilities that Poojya Swamiji had to bear, the devotees pleaded that He accept a shishya for support. Understanding what the devotees meant, Poojya Swamiji graciously consented.

Shishya Sweekar: During Poojya Swamiji’s visit to Vithal, a picturesque hamlet near Mangalore, where Lord Ananteshwar dwells, Poojya Swamiji found a young boy named Parameshwar, to be a suitable shishya. Full of energy, this humble yet bright boy from the Nagarkar family, was indeed true to his name. Poojya Swamiji performed the Shishya Sweekar, ordaining the Shishya Swami ‘Krishnashram’, thus creating another resplendent link in the sacred chain of our Guru Parampara.

A lesson in ‘tyaga’: Poojya Swamiji was so steeped in His spiritual knowledge that He was way above the material and mundane world, even while managing all the affairs of the Shri Chitrapur Math so very deftly. However, when the time was right, Poojya Swamiji knew that the time had come for Him to hand over charge of the administration and the treasury of the Math. With a spirit of ‘tyaga’ and total detachment, Poojya Swamiji relinquished the keys thus teaching us how we too could, when the time is right, relinquish and rise above the material world to pursue our sadhana.

Mahasamadhi: During a visit to Mangalore, Poojya Vamanashram Swamiji, much to the dismay of devotees, took ill with a serious illness, and peacefully attained Mahasamadhi on the 9th day in the month of Kartik in 1839.

Following Param Poojya Vamanashram Swamiji’s samadhi, many years later, there is an interesting incident that tells us how vibrant and divine His grace is. This happened during the time of our 8th Guru, Param Poojya Pandurangashram Swamiji.

Prayers Answered, Justice Prevailed. Kalle Manjunathaya, a humble and honest soul, was a document writer. During the course of his work, a brahmin came to him to get a document written. Manjunathaya, in all honesty, did full justice to the document writing. This document was later submitted to the Sub Registrar for registration. The Sub Registrar, Labadhay Rama Rao, was known for his careful scrutiny of all documents submitted for registration. Rama Rao registered this document after due scrutiny. However, as luck would have it, the document submitted by the brahmin proved to be fraudulent. This created a furore and the two honest souls, Manjunathaya and Rama Rao were accused as guilty. All the people knew that they were innocent but the case was framed such that they were being proved to be guilty.

Manjunathaya and Rama Rao were desperate and desolate. They sought the darshan of Param Poojya
Shri Subray A Balawallli
DOB: 12.3.1918
Passed away peacefully
in Bankikodla on: 13.6.2008
Deeply mourned by:
Family members
- Lakshmi Dattanand - Deepa, Gajanand -
Shantala, Archana, Abhishek, Mavinkurve
Kshama, Ashish - Trupti, Akshata,
Mallapur Kanchan - Girish, Lakshya and
other relatives and friends

Dattatreya V. Sagar (Bedramane)
28-08-1928 to 03-08-2003
Once your presence was our greatest pleasure
Now your remembrance is our biggest treasure
Your beloved wife Shalu
Deepak - Vidy, Chetan-Chaya, Nilesh-Leena
Sweta - Raksha - Niyati
Relatives & Friends

WE PROVIDE
THE RIGHT
INGREDIENTS TO
MAKE YOUR
SPECIAL EVENT EXCEPTIONAL
Contact
SHIRISH WAGLE

Lily Caterers
D-5, Karnataka Bldgs, Moghul Lane, Mahim,
Mumbai - 400016.
Off.: 2430 8871    Cell: 9820256313
9820881556

visit us at
www.lily-caterers.com

5th Anniversary Remembrance
03-08-2003

Design your OWN trip!
Whether you travel to
Singapore, Malaysia,
Thailand, Egypt, Europe or
any part of India and the
world, EBS can make sure
your holiday is just great!
We can also assist you with...
- Domestic & International ticketing
- Hotels, Car rental
- Passport, Visa, Forex
- Air travel insurance
- Pune-Sahar-Pune transport

EBS Tours & Travels
104, Hillside, Baner Road, Pune- 411045
Tel: 27293351/55, 27291351
email: ebspune@yahoo.co.in
Pandurangashram Swamiji who was at that time in Mangalore on a visit. Poojya Swamiji listened intently to their plea, blessed them and guided them to surrender and offer their prayers with 'shiyala' (tender coconut water) abhishek and lighting of the 'nandadeep' at the Samadhi of Param Poojya Vamanashram Swamiji in the Mangalore Math (see photographs at right and left respectively). The duo did as they were told in all sincerity. What followed makes it very clear that our Sadgurus are always there to guide and help us.

The Sessions Judge who was handling the case and was of the opinion that they were guilty, suddenly received urgent transfer orders to go to another place, just before the final hearing. His request to be allowed to complete this case before he went, was not heeded by his higher authorities. He left, and the case took a complete turn. The new Judge, who took over the post, reopened the case, went through the entire case afresh and found all facts proving, beyond doubt, that both Manjunathaya and Rama Rao were innocent! Their prayers had been answered. They were overjoyed! Interestingly, a few months later, for reasons unknown, the old Sessions Judge was brought back to his original post in Mangalore...if this is not the Guru's grace, what is it?

Param Poojya Vamanashram Swamiji still reigns supreme with divinity and grace in the Shri Chitrapur Math, Mangalore. ‘Shiyala’ was Poojya Swamiji’s staple diet during His illness and hence, ‘Shiyala’ abhishek is offered at His Samadhi even today by devotees who visit the Math in Mangalore.

Glory to Lord Bhavanishankara! Glory to our Guru Parampara!

KANARA RATNA: MANGALORE

In the coastal belt of Dakshina Kannada, is situated the harbour town of Mangalaparam - which is eternally blessed by the compassionate Mother Goddess, Mangalamba. Mangalore, as it is known today, presents a panorama of palm-fringed beaches, lush green fields, narrow winding streets, quaint gable-roofed houses, beautiful beaches, temples and churches, a comfortable blend of diverse cultures, the aroma of spicy coconut curries, and the heady and exhilarating fragrance of ‘Mangalore Mallige’! (white fragrant flowers). Bountiful rivers dance down the mountains here and a lush green aanchal drapes ever so gracefully over this blessed land!

History: This region was given away to Sage Parashurama by Samudraraja; hence it is hailed as “Parashurama Srushti”. On the sacred Sahyadri Mountains, the great sages Kanva, Vyasa, Vashishta, Vishwamitra and others spent their days in meditation.

Mangalaparam: Immensely pleased with the devotion of Sage Bhargava, the Divine Mother told him that she would dwell in this place as “Mangala Devi” and thus in a temple carved to perfect design by Vishwakarma himself, the Goddess was enshrined.

Kadambas ruled this place from 200 to 600 AD. Alupa rulers dominated the scene from 567 to 1325 AD and later, it was the turn of the Vijaynagar rulers. In 1498, Vasco-da-Gama landed on the west coast of India, and then began the domination of the Portuguese followed by the Ikkeri Kings, Nawab Hyder Ali Khan, and the British. Each ruler bequeathed upon this region his own culture – which makes Mangalore today a unique blend of assorted cultures.

Must-See in Mangalore: For us Chitrapur Saraswats, the Sannidhi of Param Poojya Vamanashram Swamiji is a divine place where we head to when we reach Mangalore. The serene environs of the Math are inspiring and one must take time off to sit quietly and soak in it.

Kadri is an ancient historic spot in Mangalore. The Kadri Temple dating back to about 1068 A.D. with its nine tanks, its square temple nestling at the foot of the highest hill, draws hundreds of visitors!
Lokeshwara bronze statue of the Kadri Manjunatha Temple is one of the most magnificent bronze statues in India.

**Jogimath:** On top of the hill, King Kundavarma Bupendra built a Math - 'Jogimath'. There are stone caves on top of the hill in which the Pandavas camped.

**Sri Sharavu Sharabeshwara:** Sri Mahaganapathy Kshetra with an illustrious history of 800 years is another place that one must visit.

**Sultan Battery:** is situated in Boloor, 6 km from Mangalore. It was built by Tipu Sultan to prevent warships entering Gurpur River. Today, called Tipu's Well, it is a deserted spot but its construction, in black stone, is bafflingly exquisite.

**Light House Hill-Garden:** From here, one can see the beautiful Mahasagar - a magnificent sunset and far away in the golden twilight, sailing ships and boats on the sea.

Mangalore has a plethora of other places to visit - Kudroli Gokarnatheshwara Temple, Venkataraman Temple at Carstreet, Ganapati Temple at Hampankatta, Shreemanti Bai Memorial Museum at Bejai, Pelikula Nisargdhama, Vamanjoor, Panambur and Surathkal Beach, Tagore Park at Light-house Hill, Kadri Park and New Mangalore Port.

**Subrahmanya:** About 100 Kms from Mangalore, Kukke Subrahmanya is situated in the picturesque surroundings at the foot of the Western Ghats on the banks of River Dhara in the Sullia Taluk. Lord Kumaraswamy came to this place after killing the demon rulers Taraka, Shoorapadam and others in a war. Lord Subrahmanyaswamy temple here is famous in South India. Every year, a car festival, on 'Margashira Shuddha Shashti' draws hundreds of devotees.

**Kateel:** About 30 km from Mangalore, the temple of Goddess Durga Parmeshwari exudes history. After the Goddess Ugra Bhramari killed the rakshasa, the Devas led by Jabali performed abhisheka with tender coconut water and requested the Devi to bless the world with her 'Soumya Roopa'. Goddess Durga then appeared in her 'Soumya Roopa' in the middle of the river. The temple at Kateel since then is renowned and attracts a large number of devotees.

**FUN-TIME:** Thirty two names have been given on Page 59 for you to discover in the grid below. Have fun!

```
D U R G A P A R A M E S H W A R I T
A R A W H S E H T A N R A K O G T K
E U M A A R H I R E K K I H R H A
A G R P T V I S H V A K A R M A S N
R R T U S A E R Y Y A D R R Y U A
M A L I G E S T A N B R E S R R R
A B E A H R H A G S H M I S D F S A
R E R S A B R G A N A P A T I A R
U A T F A H F D R T G D A G F N M A
P M A G V B V H F N I A R S A F A T
A A K U K K E A I R E K K I L T R N
L R A T T H K R A P E R O G A T U A
A I N S U B R A M A N Y A R B H H V
G R V I S H W A M I T R E A Y S H
N N A M A R A T A K N E V Y J H A T
A E T M A N J U N A T H E S W A R A
M A N G A L O R E T I R D A Y H A S
D A K S H I N A K A N N A D A M P R
N G K U M A R A S W A M Y K A D R I
```
TERCENTENARY MESSAGE BOARD

Utsav at Shri Durga Parameshwari Mandir, Karla: Hundreds of devotees congregated with rousing jaijaiKars for Param Poojya Parijanashram Swamiji III and Shri Devi Durga Parameshwari at Karla, to offer an intense sadhana for four days beginning June 12 and culminated on that auspicious day – June 15. The auspicious occasion was the Driddha Samprokshan of the newly consecrated Nagalay. Moreover, the 15th has special significance being the birthday of Param Poojya Parijanashram Swamiji III.

The devotees came from different places – Bengaluru, Hyderabad, Surat, Goa, New Delhi Mumbai and Pune. The divine presence of Param Poojya Sadyojat Shankarashram Swamiji created a vibrant atmosphere.

Compiled and created with love by Kalpana Chandavarkar & Jyothi Bharat Divgi
Photo credit of Mangalore Math: Jaikisan Kandlur

"God can be realized through all paths. All religions are true. The important thing is to reach the roof. You can reach it by stone stairs or by wooden stairs or by bamboo steps or by a rope. You can also climb up by a bamboo pole."

"God is everywhere but He is most manifest in man. So serve man as God. That is as good as worshipping God."

Ramakrishna

“Doctor's Farm”
— A PICNICKER’S PARADISE

A two and a half hour drive, or around 100kms from Chembur, nestled amongst dense virgin forests, on the banks of the river "Kundalika", is a horticulturist's Utopia — "DOCTOR'S FARM". A 15 acre farm, with around 5000 fruiting trees, set against thickly forested hills, and a gently meandering river, — It's virtually Paradise on Earth.

Soak in Nature's bounty — A stunningly beautiful view of the river and 5 natural waterfalls to relax under, during the monsoons. Hiking, Trekking and a Nature Trail, could be a pleasant exercise within the 15 acre farm. Try swimming, boating, or fishing, in the unbelievably peaceful river. Let the children run amok in the Children's Play Park, with slides, swings and see-saws. Cool off in the swimming pool, kiddies pool, water-slide, and the artificial waterfall. For the energetic, there is a 6000 sq. ft. open ground, for games like Cricket, Football or Badminton. For those with a lesser propensity for calorie burning, there is Carrom, Chess, Scrabble and Darts. For the absolutely lazy, there are hammocks by the river side, to lie back and seriously contemplate the birds and the bees going about their daily chores.

Office groups or extended families, could stay in the twin Geodesic Domes, scientifically constructed, to ensure you stay warm in winter and cool in summer. For couples and small families, there are 4 separate rooms with attached bathrooms. And for the absolutely 'Bindaas' bachelor groups there is a large bamboo cottage, with dormitory style accommodation. Apart from the bathrooms attached to the above mentioned bedrooms, there are an additional 4 toilets and 3 bathrooms, with hot and cold shower facilities to cater to large crowds. Totally, 40 persons could be accommodated on beds, and upto 100 persons on beddings and mattresses.

For further details or bookings, call Dr. S. V. Mirajkar or Mrs. Sheetal Mirajkar on: 23671643, 23723986, 56002470 or mobile: 32744510. Or visit us at: www.doctorsfarm.com
MATRIMONIALS

Alliance invited for a Bhanap boy, 28/5' 7.5", B.E. (Delhi Univ.) and MS from IIT, from slim, well-educated and working Saraswat girl. Boy is very well settled in Bangalore, working in a MNC as a project lead and drawing a very handsome salary and own house. His date/time/place of birth is 14/7/80, 8:20AM, Delhi. Contact: kokradya@gmail.com (with bio data and photograph). (R-9283)

Alliance invited from SB/GSB girls for handsome Bhanap boy, 32 yrs old, 5'4", and working in the US for top IT MNC. Please reply with BHP. To Box no CL-2728, Kanara Saraswat Association, Mumbai - 400 007 (R-9257)

Alliance invited for SB Boy 31 years, 5'-6", polite, kind soft-spoken, teetotaler, (having own Agency/Franchisee of Amul Products at Ahmedabad) from SB/GSB girls, good looking, caring, ready to manage household along with in-laws. Reply with BHP to Box CL-2732, Kanara Saraswat, Mumbai-400007. (R-9255)

H. Prashant Bhat B-17, Deepanjali CHS, BAF-Hira Nagar, Marve Road, Malad (West), Mumbai - 400095.
Mobile No. 9820920671/9892614433.

CHANGE OF ADDRESS

Karnad Raghuvmeer K. / Dr. Dilip R. Karnad shifted to flat No. 10, Fourth floor, “Ramashri” Hindu colony, Lane No. 1, Dadar (East), Mumbai 400 014. Telephone: 24138095. (CL-2733)

DOMESTIC TIDINGS

BIRTHS

May 15 : A daughter, Purva to Madhura and Sachin Nagarmath.
June 9 : A daughter, Amelie Diya, to Nita (nee Kodical) and Jonathan Clarke at London.

THREAD CEREMONY

April 30 : Ankit, son of Dr. Gurudutt and Vidya Basrur of Mumbai at Shri Chitrapur Math, Shirali.
April 30 : Shubankar (Subba), son of Shankar and Sujatha Jothady of Sorab at Shri Chitrapur Math, Shirali.

MARRIAGES

May 7 : Akshata Ramesh Hattangadi with Vinay Surendra Kalyanpur at Hubli.
May 7 : A daughter, Purva to Madhura and Sachin Nagarmath.
June 9 : A daughter, Amelie Diya, to Nita (nee Kodical) and Jonathan Clarke at London.

ENGAGEMENTS

HALDIPUR–BAINDUR: Ambarish, son of Alaknanda (nee Rekha) and Sharad Atmaram Haldipur with Meghana, eldest daughter of Monal (nee Nalini) and Bhavanishankar Mangesh Baindur at Mumbai.

HINDI

Alliance invited for a Bhanap boy, 28/5' 7.5", B.E. (Delhi Univ.) and MS from IIT, from slim, well-educated and working Saraswat girl. Boy is very well settled in Bangalore, working in a MNC as a project lead and drawing a very handsome salary and own house. His date/time/place of birth is 14/7/80, 8:20AM, Delhi. Contact: kokradya@gmail.com (with bio data and photograph). (R-9283)

Alliance invited from SB/GSB girls for handsome Bhanap boy, 32 yrs old, 5'4", and working in the US for top IT MNC. Please reply with BHP. To Box no CL-2728, Kanara Saraswat Association, Mumbai - 400 007 (R-9257)

Alliance invited for SB Boy 31 years, 5'-6", polite, kind soft-spoken, teetotaler, (having own Agency/Franchisee of Amul Products at Ahmedabad) from SB/GSB girls, good looking, caring, ready to manage household along with in-laws. Reply with BHP to Box CL-2732, Kanara Saraswat, Mumbai-400007. (R-9255)

PUROHIT

H. Prashant Bhat B-17, Deepanjali CHS, BAF-Hira Nagar, Marve Road, Malad (West), Mumbai - 400095.
Mobile No. 9820920671/9892614433.

CHANGE OF ADDRESS

Karnad Raghuvmeer K. / Dr. Dilip R. Karnad shifted to flat No. 10, Fourth floor, “Ramashri” Hindu colony, Lane No. 1, Dadar (East), Mumbai 400 014. Telephone: 24138095. (CL-2733)

DOMESTIC TIDINGS

BIRTHS

May 15 : A daughter, Purva to Madhura and Sachin Nagarmath.
June 9 : A daughter, Amelie Diya, to Nita (nee Kodical) and Jonathan Clarke at London.

THREAD CEREMONY

April 30 : Ankit, son of Dr. Gurudutt and Vidya Basrur of Mumbai at Shri Chitrapur Math, Shirali.
April 30 : Shubankar (Subba), son of Shankar and Sujatha Jothady of Sorab at Shri Chitrapur Math, Shirali.

MARRIAGES

May 7 : Akshata Ramesh Hattangadi with Vinay Surendra Kalyanpur at Hubli.
May 7 : A daughter, Purva to Madhura and Sachin Nagarmath.
June 9 : A daughter, Amelie Diya, to Nita (nee Kodical) and Jonathan Clarke at London.

ENGAGEMENTS

HALDIPUR–BAINDUR: Ambarish, son of Alaknanda (nee Rekha) and Sharad Atmaram Haldipur with Meghana, eldest daughter of Monal (nee Nalini) and Bhavanishankar Mangesh Baindur at Mumbai.

PANDIT-SIRUR: Maithili, daughter of Pradeep and Pradnyaa (nee Sunanda Kapnadak) of Bangalore with Sandeep son of Vikram and Alka Sirur of Hubli on 15th June 2008 at Hubli. (R-9233)

ACKNOWLEDGEMENTS

Lalita and Rajaram Sorab, Sagar sincerely thank relatives, friends, and well wishers for their presence, blessings, presents and good wishes at the wedding ceremony of their son Prajnanand with Preeta, daughter of Sharada and Nagesh Rao on 14th July at Sagar. Kindly treat this as our personal acknowledgement. (CI-2741)

Smt. Supriya and Prasanna Stahalekar of Pune thank all relatives, friends and neighbours for their timely help, assistance, gracious blessings and presents to their son Varad on the occasion of his thread ceremony held on 25 May 2008 at Mangeshi (Goa).
PCI: One Stop Solutions for All Your Pest Problems

Range of Services

- GoldSeal
- TermiSeal
- BirdPro
- Fumiseal
- IMM
- Pied Piper

- Rat Control Services
- Insect Control Services
- Mosquito Repelling Services
- Rodent Control Services
- Industrial Cleaning Services

Range of Products

Household

- PEST FLASH
- PEST SEAL

Industrial & Professional Products

- Range of Ready-to-Use Products

PEST CONTROL (INDIA) PVT LTD

Corporate Office:
Jagdamba House, P.Box 9060, Goregaon (E), Mumbai-400 063, Maharashtra, INDIA.
Helpline: (0) 22 2666 5656 Fax:+91 (0) 22-2666 5555, 6099 0256

Email: solutions@pcl.in * SMS: pci <your city> to 57333 * Website: www.pcil.in
A legacy in banking is now at Nehru Place, New Delhi

THE SHAMRAO VITHAL CO-OP. BANK LTD.

ESTD. 1906

WE BELIEVE IN YOU

New Delhi: 011 26411127 / 28 / 29
Mumbai: 022 66999777

- Over 100 years of personalised service
- Turnover exceeding Rs. 6000 Crore
- The foremost multi-state co-operative financial institution in the country
- 73 outlets spread across Maharashtra, Karnataka, Goa and New Delhi.

www.svcbank.com