Three generations of Suprabha Group (l to r) Pragati Bantwal, Shri Prabhakar Bantwal and Shri J.S. Betrabet, winners of Indiastar 2008 Award for "Suprabha Seaworthy Packaging System for Open Deck Transportation", presented by Shri G.K. Pillai (IAS), Commerce Secretary, GOI, and Shri Rajiv Dhar, Director & CEO, Indian Institute of Packaging
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Sadanan G. Bhatkal Honoured

Sadanan G. Bhatkal, former President of Kanara Saraswat Association, was honoured for his outstanding contribution to publishing and bookselling in India, by Chaturvedi Swami of Ramanuja Foundation of Chennai. Ten others who have achieved similar eminence in other fields like Medicine, Literature, Sanskrit, Journalism, Music, Archaeology, Philosophy etc. were also honoured at the function held on 4 September 2008, in Pune. They were called “sages” in their respective spheres of work.

The function was arranged by a Pune-based organisation, Sharada Dnyanpeeth, with which prominent individuals like Dr. Vijay Bhatkar, famous inventor of the supercomputer, and the well-known academician Dr. Pramod Talgeri are actively connected.
On the 75th Birthday of Dr. Mohan S. Mankekar  
(on 16th October, 2008)

We pray to Lord Bhavanishankar and Guruparampara to grant you good health, long life and happiness.

Wish you a Happy Birthday.

From:
Smt. Anuradha Mankekar  
Smt. Vandita Kallianpur - Shri Vinay Kallianpur - Vaishnavi and Vaibhav  
Smt. Pradnya Pandit - Shri Pandurang Pandit - Abhay and Anuj  
Shri Prasad Mankekar - Smt. Deepa Mankekar - Sharada and Bhakti  
and all well-wishers

Congratulations to Pallavi Shridhar Mavinkurve (daughter of late Shridhar Shantaram Mavinkurve and Rekha Shridhar Mavinkurve) and Vishal Ashok Narkar on their marriage at Seattle, Washington (USA) on 4th October, 2008.
First of all, let me give my belated best wishes for a very happy Diwali and a prosperous New Year to all of you.

I am very happy to have been chosen as the President of KSA for the year 2008-09.

Our Immediate Past President, Smt Kalindi Muzumdar, had suggested to us, the need for providing services to senior citizens.

In this endeavour, preferably, our younger generation should play an important role with affection and enthusiasm. However, present-day youth are involved in various activities of their own. Perhaps due to this, they do not have sufficient time for this activity.

May, I therefore, request all of you who have time available, to spend some time each day in helping senior citizens, especially those who are living alone.

May I also remind you that now we have a fully-equipped, automated Pathology Laboratory and Multispeciality Medical Health Centre. Our current year’s project is to avoid ‘Preventable Blindness in Diabetics’ by doing thorough retinal and other eye examinations at the Centre. I have already taken the blessings of PP Swamiji for this project.

I fervently hope that all of you will make good use of these facilities.

I look forward to your co-operation and help during my tenure as President.

Shubham bhavatu.

Harish Kodial
BACK TO NATURE

Courage India Cancer Foundation was established on 23rd November 1998, on the auspicious birthday of our guru, Sri Sathya Sai Baba. We are a registered non-profitable, non-political and non-religious organisation registered under the Societies’ Act, 1860 (vide GBBSD 1086/98, Bombay Public Trust Act f/20653), solely for the purpose of Cancer Aid, Education and Rehabilitation.

Our Foundation provides an altogether new dimension to the fight against cancer. We believe in a very old saying, “From Nature comes the disease, and from Nature alone shall come the cure”. Our dream project - PRASHANTHI - planned after thorough investigation, considers the immediate needs of the patients. Prashanthi seeks not only to house the terminally ill, but also to grant the terminally ill as well as the recovering, an opportunity to live holistically, amidst nature and on a diet free of chemicals. The highlights of Prashanthi’s work will include Meditation, Music Therapy, Ayurveda, Homeopathy, Naturopathy, Biofeedback, Ostomate Counselling, Smoking Cessation Programmes and Bereavement Counselling.

We are engaged in organising classical music charity shows to raise funds for our project and for needy cancer patients. Volunteers of our Foundation regularly visit cancer homes like Gadge Maharaj Dharamshala, Shanthi Avedna and Ernest Borges Home to help patients in the form of travelling expenses, medicines, nutritious food supplements, a refrigerator for storing medicines and a water filter-cum-cooler.

In memory of our founder, Shri Venkatesh Iyer’s first death anniversary, a group of cancer patients were taken on an outing to Sai Farm, 125 kms from Mumbai on 16th-17th August 2008. The children had a great time and thoroughly enjoyed the magic show, animated films, the refreshing air of the outdoors and, above all, a visit to Pali to seek the blessings of Lord Ganesha, one of the Ashtavinayakas.

We are in constant touch with two senior Naturopaths, Dr.Leo Rebello and Dr.Vijay Pradhan, who have been treating cancer patients for the past 30 years.

We request all our kind readers to support our work with their valuable contributions which will help us bring genuine smiles to the troubled faces and joy into the lives of the patients.

Donations can be sent by cheque or draft drawn in favour of ‘Courage India’.

For Courage India
Vinay Jayant Benegal (9920341822)
Ms.Priyadarshini Iyer (9833752625)
(www.courageindia.in)
Dear Editor: Dr. Manohar's "Never say never- Physics of the impossible" in the September, 2008 issue of KS, was enlightening. I hope not only time-killing senior citizens like me but even IT-savvy internet 'travelers' will give some serious thought to such matters.

One is inclined to see what one believes and considers anything that is beyond one's capacity to understand as fiction. The radio was a ghost-box for the Adivasi; but today, TV is not a wonder. Numerous scientists probing ESP have reported young, uneducated children suddenly displaying detailed memories of a previous birth. I would suggest that my friends read "The Autobiography of a Yogi" by Paramahansa Yogananda (Jaico Publishing House, Mumbai) a doubting Thomas and a Science graduate, who, less than a hundred years ago, found the truth and himself became a Yogi. Travelling extensively in the Himalayas and elsewhere, he recounts first-hand confirmation of telepathy, teleportation, etc. Ultimately, he himself defied the existing laws of Biology/Physics/Chemistry - even 15 days after his voluntary Samadhi, his dead body kept in a glass box under observation at room temperature (not frozen) by the chief curator of Museums, USA, did not decompose; the shine on the skin and the peaceful expression on the face remained unaltered. Another book, "A Moment In Time" by Appasaheb Pant, former prince of Oundh, which has been translated into Marathi, "Ek Pravas, Ek Shodh" (Orient Longmans, Mumbai), also reveals the mystical powers of the Lamas of Tibet. Both these books recount personalities/incidents (from real life) which even today are considered impossible.

Never say 'Never' - try to learn to understand by going deeper into the matter. Thanks, Dr. Manohar, for the article because I do not have access to 'New Scientist' magazine. [How many would know this magazine anyway, when the TV and (inter) net have trapped them?]

S. D. Burde, Anand, Gujarat

Dear Editor: There was an unbearable void soon after I took voluntary retirement. Used to a hectic pace of life, I tried doing voluntary work but not deriving any satisfaction, preferred to settle with the bliss within. Then, as a member of the Saraswat Senior Citizen's Group at Virar, I happened to attend a talk by Vinayanand Kallianpur, the Principal of the Swami Parijnanashram Educational & Vocational Centre for the Handicapped in Virar in which, after elaborating its various activities, he appealed to those of us who could devote some time to assist the Centre. I decided to visit the Centre to see if I could help.

The name of the Centre itself indicates the nature of the work it handles - not just education but vocational too! All the 350+ children come from poor families and are variously disabled; some needing individual attention. But, a little affection shown to them brings radiant smiles to their innocent faces!

On my first day, I was guided to the blind section with children between 6 to 11 years of age - very smart and alert. I was asked to read out to them and teach them. Teaching, not being my cup of tea, I was a bit nervous. But as I continued, I found the going easy and the students too picking up without much difficulty. On the vocational side, the children are trained in various handicrafts to make them self-reliant; here, they need supervisory assistance.

I am happy to have taken the right decision because helping out at the Centre has proved to be satisfying as well as enjoyable.

Chaitanya Nadkarni, Goregaon, Mumbai.

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KANARA SARASWAT
Vol. LXXXIX, No.11, November 2008
THE ANNUAL SASHTHI FESTIVAL

will be celebrated from 29th Nov to 5th Dec 2008.

You are cordially invited to attend and participate in the celebrations with your family and friends and partake of the munificent grace and blessings of the benign Lord Anantheshwar.

H.H. Sadyojat Shankarashram Swamiji has kindly consented to grace the occasion.

PROGRAMME

29.11.2008 Saturday
Mritika Harana from Adisthala (Early Morning)
Koshagara Pooja, Mahapooja
Evening – 5:30 p.m. onwards Bhajans, Deepanamaskar, Pooja
and Mangalarati

30.11.2008 Sunday
Morning – 9:00 a.m. onwards Samuhika Prathana,
Dhwajarohanana, Mahapooja
Evening – 5:30 p.m. onwards Bhajans, Deepanamaskar,
Rangapooja and Utsav

1.12.2008 Monday
Mahapooja, Nitya Bali, Mangalarati
Evening – Arrival of Param Poojya Swamiji
Night – Utsav

2.12.2008 Tuesday
Mahapooja, Nitya Bali, Mangalarati
Night – Utsav

3.12.2008 Wednesday
Mahapooja, Nitya Bali, Mangalarati
Evening – Bhajans, Dharma Sabha
Night – 9:00 p.m onwards Mrigabete Utsav

4.12.2008 Thursday
Maha Rathotsav at 12.00 noon
Departure of Param Poojya Swamiji at 4:00 p.m.
Night – Utsav

5.12.2008 Friday
Morning – 8:00 a.m onwards Avabhrathotsava,
Dhwajarohanana, Mahapooja, Mangalarati,
Samuhika Prarthana, Ankur Prasad Vitarana
Evening – Naga Tambila at Nagakatte at 5:30 p.m.

Note:
1) At noon – Mahabhisheka, Pooja, Nitya Bali and Santarpana on all days
2) In the evening – 5:30 p.m to 7:30 p.m. – Bhajans, Deepanamaskar
   8:00 p.m. onwards – Rangapooja and Utsav on all Days.
3) Devotees’ Meeting will be held on 3.12.2008 at 4.30 p.m.

DONATIONS AND CONTRIBUTIONS for the Sashti Mahotsav celebrations may kindly be remitted to the Manager of the Temple by M.O. / Cheque / D.D., drawn in favour of ‘Shrimath Anantheshwar Temple, Vittal’ giving full address and telephone number for speedy dispatch of receipt and Prasadam.

Board of Trustees
We congratulate and welcome Dr. Harish Ramakrishna Kodial as President and Shri Uday Anand Mankikar as Vice-President of KSA.

Dr. Prakash S. Mavinkurve while proposing Dr. Kodial's name during KSA's AGM held on September 28, 2008, paid a tribute to Dr. Kodial; he said:

"Dr. Harish Kodial, born on 9th November 1945, has been in private practice, as an Eye Surgeon for the last 35 years. He worked as Hon. Consultant in Haji Bachiwalla Eye Hospital, Late Smt. Motiben Dalvi Hospital, Breach Candy Hospital and Jaslok Hospital.

Dr. Harish passed his MBBS from Grant Medical College, Mumbai; his MS (Ophth.) from CJ Ophthalmic Hospital, Sir JJ Group of Hospitals, Mumbai, and his DOMS and FCPS from CPS, Mumbai. He stood 2nd in the MS examination and won a Gold Medal for standing 1st in DOMS.

"Dr. Harish has attended and participated in many ophthalmic conferences and presented papers on the latest techniques in cataract surgery at both national and international levels. He is one of the pioneer surgeons of Mumbai in intraocular lens implant and phacoemulsification.

"He has conducted workshops and demonstrations of live surgery on phacoemulsification in different parts of the country, and has been participating in free eye camps in Maharashtra and Gujarat.

"He is a member of The American Society of Cataract and Refractive Surgery.

"Dr. Harish has a great liking for Indian classical and light music. He has been a trustee of 'Samvad Foundation of Music', a Trust, trying to restore and preserve rare works like cheez and bandish in Indian music, created by eminent musicians as well as lesser known but talented artistes.

"Since the last two years, he has also been working as Hon. Secretary of Goragandhi Co-op. Housing Society, Laburnum Road, where he resides."

The retiring President, Prof (Smt.) Kalindi S. Muzumdar, offered a floral tribute.

Dr. Harish Kodial thanked KSA for electing him as its President. In his reply, he said:

Outgoing President Kalindi Muzumdar offering bouquets to incoming President Dr. Harish Kodial

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("Conditions apply")
Smt. Geeta Yennemadi proposed and Smt. Smita Mavinkurve seconded Shri Uday Mankikar's name for Vice Presidentship.

Dr. Prakash Mahimkar, Lt. Col. M. S. Karpe offering floral tributes to Incoming Vice President Uday Mankikar.

Outgoing Vice President Lt. Col. M. S. Karpe offering floral tributes to Incoming Vice President Uday Mankikar.

Cultural Activities were organized by Bank of India, G.A.I.B.

Outgoing Vice President Lt. Col. M. S. Karpe offering floral tributes to Incoming Vice President Uday Mankikar.

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UDAY MANKIKAR GALLERY UPAAYVYAKSHA PADAABHAATI NAMAMKAN

Outgoing Vice President Lt. Col. M. S. Karpe offering floral tributes to Incoming Vice President Uday Mankikar.

KANARA SARASWAT Vol. LXXXIX, No. 11 - November 2008
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Vol. LXXXIX, No.11, November 2008

KANARA SARASWAT
तो केन्द्र राजस्वत मासिकांची सहसंपादक मृणू काम करत आस.

ताताक्षे कॉंकणी माहित्य समितींची मस्त काम केल्यांना आध्यात्मिक आणि चित्रण पुनरुस्मार्कात १९६७ धोळुने १९८६ ताज्याने प्रताप केलेल्या कॉंकणी भाषेच्या प्रचार करून ताताक्षे केन्द्रा सारस्वत मासिका खेडावर मस्त लेखन केल्यां. ताताक्षे कोटूक केरी सारखी खबरी म्हणजेच आंध्रमणिकांच्या गेल्या संस्थेने विविध क्षेत्रातून उच्चमुख प्रमाण केलेल्या आमचित्रित व्यक्तिगत गोष्टी केल्या. त्या वेळीत मार्क्स, अनेक कॉंकणी भाषेतील त्या व्यक्तिगत आपरच बंदून विस्तृत आस. लोक त्या व्यक्तिविवरणी माहिती आपल्यास पेडव्यावहारी किंक्रे उपरुपास आसातीले तत्तातील आपणांच्या कॉंकणी भाषा आपल्यास प्रशस्तकाच सुविधा मस्त कार्यक्रम केल्यां.

बंक ऑफ़ इंडिया पूर्णे आध्यात्मिक कोल्हापूर जास्तलया एक अनेक मस्त सप्ताहून सतत ३ वर्षातील सार्वजनिक कलाकार मृणू बिंदिस बेडीसे आस. तशीली वेळ बंक ऑफ़ इंडिया पूर्णे व्यावसाय समावेश म्हणजेच आयोजित केलेल्या सप्ताहांतून सार्वजनिक कलाकार मृणू बिंदिस बेडीसे हा सप्ताहांतून बंकाचा विशेष पंचवाची शाखाने आध्यात्मिक भाग पेठल्या. तुमची गाथा आस फाल्गुं तीन मराठी की आमद वापरले, विजय कदम, विनोद हाप, प्रदीप पांडवांच्या अस्त विदण कलाकार बंक ऑफ़ इंडियांतून कामकाज आशीले आध्यात्मिक कोल्हापूर नवंबर भाग राहालां. मासिका खेडावर आध्यात्मिक की बंकच्या नोकरी संगणे, उद्योग जीवन व्यवसायिक रंगबुल्लोपानांच्या पदर्थांचे कार्य आशीले तीत ती हा सार्वजनिक कलाकाराच्या महंकेची विधेयक इंडिया हाहाक कलाकारांतूकम नाय शीर्ष काम करत आशीले.

उद्योग डिजिटल जीवनाच्या आध्यात्मिक सविंत माण्यतेच आध्यात्मिक आपत्तीक विविध मनमाने, गैरकार्यकारी तथा संस्थेचे उपाध्येयक व्यवसायी एक धारणांने सादो काम केल्यां. एक नायेंतून कॉलेक्शन युवा समाजांत सर्वात विश्वासग्रस्त असे की सुरू केलेले (साधारण १९७८-७९) मार्गपेक्षा युवा समजीत असी मुख्य सुरू जाणून. मुख्य कार्यकारिणींना अनेक पारंपरिक कार्य कौशल शपथ शेखरी म्हणजेच आध्यात्मिक कार्यक्रम (अधिकारी) थाय. आध्यात्मिक उपाध्यक्ष. नोकरीच्या अंत्यांना किंवा किंवा म्हणून सर्वात विश्वासने महंके आपल्या कार्यक्रम कार्यकारिणी उपाध्यक्ष (कामाचार) थाय. आध्यात्मिक उपाध्यक्ष. नोकरीच्या अंत्यांना किंवा म्हणून सर्वात विश्वासने महंके आपल्या कार्यक्रम कार्यकारिणी उपाध्यक्ष (कामाचार) थाय. आध्यात्मिक उपाध्यक्ष. नोकरीच्या अंत्यांना किंवा म्हणून सर्वात विश्वासने महंके आपल्या कार्यक्रम कार्यकारिणी उपाध्यक्ष (कामाचार) थाय.

KANARA SARASWAT
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11
उपाध्यक्ष पदाचे श्री मोहन स. मांकेकरांनी नियुक्त कळून, तुम्ही सव्वांनी जो विश्वास मजेजेरी दाखवला, तो सर्वांगीण पूर्ण कोरक, आपणांना आराध्य दैवत श्री भवानीशंकर, श्रीदेवी सरस्वती, आपणांनी पवित्र, उज्ज्वल गुरुपत्रांना, तशीची आपणांनी एकादश गुरु परमपूज्य श्रीमत सदाभाष मानवात्मक स्वामीजी माळक श्राची विवोटी, हिची तागेळ्या चरणांतून सविनय प्राप्तिने!

धन्यवाद!

सुमनांजली

१६ ऑक्टोबर १९३३ सन, विमलानाथाच्या कुशीत विलगले गाड्स निरामाय जीवन।

शांतानाथ पण्यांनी ओळखूने ज्ञान, नव देववस मोहन मोह-न नाही मोह कशाचा ज्ञान, असा हा मोहन।

इंदु रा जगन्या सीत, कांत्याचे गोरे धडे मोठावापोळ ओळखून पूर्ण, लक्ष ठोळे विज्ञ दर्शे।

अनौपचारिक पार्टीर चालून, सत्यासौरी दीप्याचारी बाचून धालबरे महादिश्य्यने जीवन

जिव्ह मर्यादा माग पूर्ण करे वैद्यकिकशिवायण।

जीवनाच्या प्रत्येक वक्तीत लगातार तुम्हास खडक नजर ठेवून लक्ष्यार्दू अविवाही पत्नी चालात तडळ।

जीवनाच्या वा खडक पत्नी साकारी अनुभवी आली काळ्य कह आंदु खुशात बाटकरी अधिगंगी जाळित मोहनाची राधा झाळी।

सेवेलाई आतेंच्या सेवेल राहिली ती कार्यवाणी आतील विवा प्रस्तुत रूपे मुखार तीन जीवनाचूकवून।

अपार श्रम आत्मविश्वास व रुग्णालंबी कास धरणी आंदु बनू गोरीगंगा आणणनी "संजीवनी"।

'जनेन्द्र ही इंग्लिश' हेच स्वदेशी हधारी रक्तचे पाणी करण उघडी केली. 'विज्ञानी'।

गुरुपरेशाळ, वदन करून पण्यांची केली कमान 'पन्हानाश्रम' शाळा उभारली गुरू आजेला मानुन ग्रामाम।

अंधमुख मन्त्रिवंदनांती लक्षा ही अपूर्ण वाहन स्वारत्मनांचा धडा शिकवला अंगांची काळी बनून।

माणणी करतो देवाकरे ही सुमनांजली करून अर्पण हा हीतपरंपचे अमृतवर्धन होय पद्माविनेते।

- डॉ. स. विद्वताकल्याणपूर (On the occasion of 75th Birthday of Dr. Mohan S. Manekar)
On August 15, 2008, after the flag hoisting ceremony, the gathering assembled for the inauguration of KSA’s renovated office premises. The Chief Guest, Shri Gurudas Masurkar, a leading entrepreneur, lit the traditional lamp to open the Association’s refurbished air-conditioned Office and Computer Room, and Library-cum-Reading Room. Prof. (Smt) Kalindi Muzumdar, President, KSA, presided over the function.

Prof. (Smt) Kalindi Muzumdar: "With a sense of pride, we see the culmination of a long journey. The hard work, dedication, and perseverance of the members have finally been rewarded. The renovated premises will not only cater to the needs of the Association but also provide a conducive environment for its members to work and grow."

Welcoming Chief Guest G.V. Masurkar: "The inauguration of the renovated office premises is a significant milestone for the Association. It is a testament to the commitment and hard work of the members. The premises will not only serve as a center of excellence but also foster a sense of belonging among the members."
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Shri Gurudas V Masurkar: Shri Masurkar said that the current year had been most memorable for him — he had been honoured by the TMA Foundation of Manipal with its ‘Distinguished Achievement Award for Outstanding Konkanis’. Earlier, he had been invited to preside over the centenary function of the Saraswat Vidhyarthi Sangh and, subsequently, to be Chief Guest at the centenary celebrations of the Saraswat Deen Vatsal Sangh. “And now,” he added, “I am here to inaugurate KSA’s renovated office during the Association’s 96th year. It is truly creditable that Saraswat institutions including the SVC Bank have celebrated their Centenary on a very grand scale — these events will remain in our memory for a long time. In fact, as many as eight Saraswat institutions will complete 100 years during this decade. I am sure this is because of the devoted institution-building work of the successive managing committees of these institutions.

Shri Masurkar paid rich tributes to KSA’s Managing Committee for its dedicated work. I am very glad that in three years’ time KSA will turn 100, he said, and hoped that the Association would be able to complete its centenary plans/schemes by then. He was highly appreciative of the selfless work done by some members and besides appreciation and a warm handshake, he gave a token gift to the following persons: Prof. (Smt) Kalindi Muzumdar; Shri Gurunath Gokarn; Smt Jyoti Moodbidri, Editor of Kanara Saraswat magazine; Smt Sujata Masurkar, also for KS magazine; Shri Avinash Trasi; Shri Dilip Sashital, Shri Uday Mankikar, Lt.Col. (Retd.) Manohar Karpe, Dr. Prakash Mavlinkurve and Smt Shobhana Rao.

Further, Shri Masurkar announced an amount of Rs.1 lakh toward the Centenary celebrations, a set of books for the KSA Library, and his intention to contribute towards the improvement of the pathological laboratory.

“We highly praise Smt. Kalindi Mazumdar for her outstanding work in various fields and for humanitarian social organizations. We remember her advice that every month we should set aside some amount for social causes and build up a personal charitable fund for worthy causes,” he continued, and concluded his speech by saying that a Committee is the cornerstone of a good organization.

KSA Presidents, Vice Presidents Meet

The inauguration of KSA’s premises was followed by a Conference of Presidents and Vice Presidents to discuss fundraising plans for the Centenary Celebrations of KSA.

Smt. Muzumdar explained the purpose of the conference — manpower and money power are essential for every project, she said. She informed the meeting that a Core Committee in the form of a Centenary Fundraising Committee had been formed as suggested at last year’s meeting, and Shri Suresh Hemmady had agreed to be its Chairman.

She further informed the meeting about KSA’s plan to expand its social and cultural activities beyond the borders of Greater Bombay. Dr. Mohan Mankekar, who is here, she added, had suggested that a plot belonging to the Saraswat Welfare Association at Virar could be made available. Hence, the Committee had decided to expand KSA’s activities to the suburbs and Virar, jointly with the Saraswat Welfare Association. It had also been decided that each member should contribute towards this by way of donation or through advertisements. “We need a commitment from each one of you,” she said.

“Dr. Prakash Mavlinkurve has the responsibility of improving the Health Centre; so also Avinash Trasi will improve the Buildings,” she continued. “Some lakhs of rupees will be required for the expansion of the Health Centre. In our community, there are some big families who may be approached for donations,” she added. Smt. Kalindi Muzumdar then requested Shri Suresh Hemmady, Chairman of the Fundraising Committee to speak.

Shri Suresh Hemmady: “About a month back, when Gurunath Gokarn invited me to a KSA meeting about
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Please get in touch with:

- Shri Avinash Trasi, Chairman 9869073654
- Shri Anand Nadkarni, Vice-Chairman 9820482854
- Smt Smita Mavinkurve, Secretary 9323113105/smita.kurve@rediffmail.com
- Smt Nirmala Chickermane, Treasurer 23805585
- Smt Geeta Balse, Publicity 23813107
- Smt Vijayalaxmi Kapnadak, Jt Secretary 23813987
- Smt Sakshi Bane, Clerk 23884707

(10.00 am - 5.00 pm)
taking up the chairmanship of KSA's Centenary Fundraising Committee, I was reluctant as I felt then that KSA was attempting an enormous task — to collect three crores by 2011. But, I also felt that if I don’t contribute my mite it would be unfair to those who have put so much faith in me and I would not be doing justice to my community either. So, I said, “Fine. I’ll be very happy to help you. I will fulfill that confidence shown in me.” Three crores by 2011 is a huge amount, but whether big or small, every contribution matters. I think it is not impossible to collect three crores. The Committee members have chalked out very good programmes for the next 36 months, and it should be possible to meet this target.

Shri M. R. Hosangady: Exactly a year ago I had written to Kalindi about my ideas on fund collection. I had a radically different approach which I would like to repeat here. I think there are two ways of collecting funds. One is to pass the hat round as we seem to be wanting to do and requesting, almost begging people, to give whatever they can, however small it is. That is one way and it has its own merits; there is no question about it. But the way I had suggested was to give a guideline, a specific guideline, so that there is no ambiguity about it.

Shri Ashok Balsekar (Vile Parle): The ball has already been set rolling by Dr. Mohan Mankekarmasm. Avinashmaamane cultural programme komu, in that way we can earn a lot of funds. We can invite cultural committees from other Sabhas and ask them to perform Konkani dramas and or hold Konkani Drama competitions.

Shri N.S. Rao: First we have to analyze the needs, conditions and opportunities. Needs: आपासी कसले जाय मुकुटनी खार नसले जाय. आपीरे condition यंबं नुसार ती मुकुटानी वाच्यात. आपीरे opportunity आला करता आला. हे decide कोणे कुडी केरेकोणे आपीरे मुकुटानी वाच्यात्तम करता जाता आपीरे. एक suggestion हांवं करत मुकुटानी करता actually a land आला आला मुकुटानी डिफ़ाले. आला आपीरे एक तसांगान्याचा वाळका लेल्यांना मुकुटानी परीक्षणाना व्यावसायिक सामाजिक विषयात तेंतो काम पुरूष जाती. आपीरे विधी एक आनुवांशिक काळ्यांच्या ताज्जोत्तरता कला कोल्हापुरी जाती. आपीरे आला विधी वैशिष्ट्यानी आसानीत त्याने कोणे विधी व्यक्ती तेंतो कोणे जाती. हे एक urgent need आला. नौंदी आला आनी opportunity आला. विधी land आला आम्ही आपल्या जातीमध्ये हांव्या महत्त्वाच्यांच्यासाठी, गरज आला.

Shri Arun (Gajanan) Chandavarkar (Dadar): I just wish to say that first, the Committee should intensify the membership drive and see that every Chitrapur Saraswat becomes a member of KSA. I think that will go a long way in giving them a feeling of oneness with KSA. Second, since there are so many Societies in Bombay, the Committee should arrange a meeting in each Society to spread the message of KSA's Centenary Year.

Dr. Mohan Mankekar: The plot at Virar is a Common Community Centre plot. It is compulsory to reserve 5% of any developmental plot for a community facility. So, it cannot be commercial; it will only be for community betterment. हाँव आपीरे बांटूक अधिकार असा वैद्यकाधी वेळवेळा अशा कल्पना आला. आपीरे दोन साखांच्या संध्या. You see, we have to pay the developmental charges, we have paid for stilts + 2 floors which amounted to Rs 2½ lakhs.

Shri Avinash Trasi, Sunil Ullal, Kishore Surkund, Santosh Sirur, Ratnakar Gokarn have informed that they will help KSA to raise funds through contributions.

In her concluding speech, Smt. Kalindi Muzumdar suggested the following for consideration during the Centenary Year: (1) Non-institutionalised services viz. Home Alone Project - volunteers could visit the old and spend time with them, reading newspapers and helping in other ways, and (2) Get advertisements from corporates and commitments to give funds for various Health Centre facilities, Pathology Laboratory, renovation of KSA Building and modernizing Shrimat Anandashram Hall with AC; the building requires a lot of improvement and hence, financial support.

(Transcribed by Shrikala Kodikal)

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<th>Revised Rates for Classified Advertisements in Kanara Saraswat Magazine</th>
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<td>Half page (1 issue): Rs. 1200/-</td>
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(Deepak Rao is probably the only Single Individual in the world to have such vast corporate patronage - globally)
Defence services: How and when to apply

Lt. Col. Manohar S. Karpe (Retd.), Mumbai

Having served in the Indian Army for over thirty years, I retired in 1994 and settled down in Virar. When in service, I had the good fortune of taking active part in the 1965 Indo-Pak war in Punjab and in the 1971 Indo-Pak war when I saw action once again in Kashmir (Uri Sector). I have been actively involved in counter-insurgency operations in the North-East and in Kashmir.

Mr. Francis D'Mello, Ellis D'Mello and Sylvestor Lopez of L.D. Shikshan Pratishthan were looking for a person with a defence background to teach children air rifle shooting in Personality Development Camps being conducted by them at Arnala. Since the camps were of 10-11 days' duration, I had ample time to interact with the children. During such interactions, I realized that the children were inquisitive about the Army - they wanted to know about life on the borders, they also wanted to know about my experiences of the wars I had participated in and even expressed a desire to join the Defence Services, but did not know how to go about it. A similar situation prevailed when I interacted with their parents. Keeping this in view, I will now make an effort to explain step by step as to how youth can join the Defence Services. I will also elaborate on the steps being taken by the Government of Maharashtra to facilitate Maharashtrians wanting to join the Defence Services.

The term Defence Services encompasses the Army, the Navy and the Air Force. These three services work under the Defence Ministry with the President of India being the supreme Commander. When one is commissioned in the Defence Services, he receives an appointment letter personally signed by the President of India.

The Defence Services do not believe in caste or creed as every one who joins this profession is a soldier (a kshatriya) - he is a barber or a soldier, in the Services, he is a kshatriya, that is all. There are no reservations in the Services, the only thing that counts is merit. Anyone wanting to join the Defence Services has to undergo a written test, an interview and a medical test. Failure in the written examination means no call for the interview. Similarly, if one does not clear the interview, there will be no medical examination. Once a person clears all the three stages, he has to appear in the merit list only then will he be asked to join either the National Defence Academy / Indian Military Academy Officers' Training Academy.

Now I will explain step by step as to how one can join the Defence Services.

Step 1: When one is in Std. 10

(a) The parent should write a letter to "The Commandant, Services Preparatory Institute, MIDC Aurangabad, Maharashtra 431001", requesting a Prospectus along with a cheque payable to the 'Commandant Services Preparatory Institute' (SPI) for a sum of Rs. 300/- to cover the cost of the Prospectus and a set of question papers of the last 5 years. These question papers will help the student to prepare for the competitive examination.

(b) The Government of Maharashtra established the SPI over 26 years ago in Aurangabad. The objective of the Institute is to provide a congenial atmosphere to encourage Maharashtra students to join the Defence Services. The Institute grooms, guides and assists students to prepare for the All India Competitive Examination conducted by the Union Public Service Commission (UPSC), New Delhi, the first step to gain entry into the National Defence Academy (NDA), Khadakvasla, Pune. The SPI is managed by retired officers and jawans. The present Commandant is Gp. Capt. Suresh Kulkarni (Retd.) an Air Force officer.

(c) After receiving the Prospectus there is a need to read it thoroughly and then fill in the application form, completely in all respects and forward it to the Commandant SPI latest by 31st December.

(d) A written examination is conducted by the SPI at three centres: (i) Pune (ii) Kolhapur and (iii) Aurangabad.

The written examination is conducted on the first Sunday in, say Pune, the next Sunday in Kolhapur, and on the third Sunday in Aurangabad. The passing percentage required to clear the written examination is 60%. The written examination is conducted in the morning and the results are declared by noon. Those who clear the written examination are interviewed in the afternoon and by evening the results are declared.

(e) Successful candidates have to inform the SPI of their results when declared so that the SPI can help them to get admission in the Government College, Aurangabad, for Std. XI in the Arts/Science stream.

(f) The SPI Examination is conducted in April / May much after the Std. 10th Examination. The examination is conducted in English only.

(g) It would be prudent to mention here that of
more than 400 students who apply for the SPI Examination only, 40 are selected. And, of the 40 successful candidates, only 10 make it to the NDA.

**Advantages of joining SPI**

(a) The Institute is run by the Government of Maharashtra which subsidizes the stay of the student at the Institute.

(b) The student joins a normal junior college.

(c) For 2 years, the student will be under military discipline. He will have to get up at a particular time, participate in Physical Training, attend college, play games eg. football, hockey, boxing, basketball etc, and study during the study period.

(d) He will have a proper hair cut and his turnout will be checked.

(e) The student being 15-16 years old, is of the right age to be moulded. Discipline will be ingrained in him. The parents will notice a remarkable change in their child when he visits them during the vacation, a change which will be an advantage to him for years to come.

(f) When the student is in the 12th, special effort is taken to guide him for the NDA Entrance Examination as well as for the interview.

(g) The Interview for SPI is conducted by the retired Maj. Gen. of the Army, the Commodore of the Navy and the Air Marshall of the Air Force.

**Step 2: When one is in Std. 12**

For whatever reason, if the student could not join the SPI, the next step to be taken is when the child is in the 12th.

(a) Purchase an Application Form for the combined Defence Services Examinations (CDS) from the General Post Office (GPO). It costs Rs. 20/-. The examination is held under the auspices of the UPSC, New Delhi.

(b) By August / September, an advertisement is published in the Employment Newspaper giving details of how the form is to be completed with various code numbers. The advertisement clearly mentions the last date by which the application must reach the UPSC, New Delhi.

(c) Applications of students who are yet to appear for the Std. 12 Examination are accepted on "Provisional" basis. In case one submits the application after the results of the 12th are declared, it will result in a loss of 1 year's seniority which means a lot in Government service.

Once the Std. 12 Examination results are declared, one must forward a copy of the marklist to the UPSC as the application one had submitted earlier was a provisional one. Only those who have cleared the 12th and the CDS Examinations will be called for the interview.

**Step 3 : When results of Std. 12 Examination are declared**

(a) In case one has scored over 75% marks in Physics, Chemistry and Maths (PCM) then one can apply to the Integrated Services Headquarters for Technical Entry in the Army, Navy of Air Force. This advertisement appears in major newspapers. Specimen applications are published in the advertisement.

(b) Depending on the percentage in PCM, candidates are called for an interview. The priority for calling candidates is those who have secured the highest percentage first.

(c) After the interview, if selected, a medical examination follows. The total duration of the interview and the medical is 8 to 10 days

(d) Those whose names figure in the merit list will be issued Joining Instructions to join the Indian Military Academy (IMA), Dehradun, for a one year military training after which they will be transferred to the College of Military Engineering (CME), Pune, for the B.E. degree. In the last year of the degree course, they are commissioned as Officers.

Those who have applied for the CDS Examination, will have to appear for an Entrance Examination which is conducted in May i.e. after six months of having submitted the application to the UPSC, New Delhi. Those who clear this examination will be called for an interview at Allahabad, Bangalore or Meerut. The interview can last for 1 to 5 days. Those who do not clear the Basic Test are returned the same day. Those who clear the Basic Test are retained. Their interview will last up to 5 days. Those who clear the interview are retained for medical tests which could last for another 3 to 4 days.

A merit list is prepared of all those who have been selected. It is, therefore, Important to score very high marks in the written examination. Those whose names appear in the merit list are issued Joining Instructions for the NDA. Training in the NDA is for a 3-year period with batches starting in January and July every year. The NDA training is followed by a one-year training in the IMA, Dehradun.

**Step 4: When in College**

(a) In case one finds the written examination difficult to clear then it is best to join the NCC. In the NCC, join the wing of one’s choice. Clear the "C" Certificate Examination by scoring the maximum marks - over 70% is ideal.

(b) When in the final year, apply for the CDS Ex-
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amination to the UPSC, New Delhi. One can appear for a maximum three attempts, age permitting. Therefore, apply in August / September and the second time in March / April.

(c) When one clears the written examination, the next stage will be an interview, followed by the medical examination.

(d) In case of "C" Certificate holders, one appears for the interview and, if selected, for the medical examination.

(e) Those candidates whose names figure in the merit list will receive Joining Instructions to join the IMA for a 2-year course after which they join the Army as Officers.

(f) Those students undergoing B.E. (Civil / Elect / Mech) LLB or MBBS can also join the Defence Services in the last year of their degree course. For this, they should apply when they are in the third year so that his / her interview and medical examination is conducted before he / she enters the final year. One can join after getting his / her degree, age permitting, but remember the later one joins it affects seniority.

For those appearing for the CDS Examination as well as "C" Certificate holders, the Government of Maharashtra has established an Institute at Nashik in which students are coached for 10 days. This facility is open to students of Maharashtra. The State Government provides free boarding, lodging as well as training. The institute is named "Chatrapurva Prashikshan Kendra" and the telephone number is 95253 – 2451032. Those seeking admission must possess:

(a) Std. 10 Marksheet
(b) Acknowledgement letter of UPSC
(c) "C" Certificate of NCC (if in possession)

Step 3 is applicable to both boys and girls. Girls as on date can get only Short Service Commission, that is they can serve in the Defence Services as officers for 14 years. This could change in the near future and girls may get a Permanent Commission. Boys and girls who opt for Short Service Commission, undergo training at the Officers Training Academy, Chennai.

I have tried to explain in detail the steps one should take if one wants to join the Defence Services.

In conclusion, I would like to say that the Government of Maharashtra has provided two institutes to help those who want to join the Defence Services. Why not make the best use of these institutes?

For further information or clarification, readers are welcome to contact the author at 9860630999. — Editor
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Prabhas Teerth Somnath Saraswati Yatra: A pilot survey

D.D. Bailoor, Ahmedabad

In August 2008, the Ahmedabad Sabha undertook a four-day, pilot survey of the forthcoming Prabhas Teerth Somnath Saraswati Yatra (PTSSY). The team comprised Gen. Prakash Gokarn and Mahesh Kalyanpur from the Tercentenary Committee Secretariat; Dr. Jagdish Gandhi, an expert on River Saraswati, from Mumbai; Vivek Kalyanpur from Bangalore, and members of the core team of the Ahmedabad Sabha.

The team set out at 6:15 am on August 15, 2008, with prayers and jaijalaks to our Guru Parampara.

The first halt came after about an hour and a half at Nal Sarovar, a repository of Saraswati River about 65 km from Ahmedabad. We got a beautiful view of the natural lake spread over 116 sq km, approximately the area of Greater Mumbai. The place is dotted with many islands. We have decided to take the Yatris to Island Dharalba, at a boating distance of 15 to 20 minutes. This repository offers shelter to migratory birds which come all the way to avoid the torturous winters of Siberia. They include flocks of flamingoes, a variety of ducks and geese, pelicans and many other birds. Dr. Gandhi briefed us on Nal Sarovar; he will be with us during PTSSY.

We left the place at about 8:30 am and after a short break at Bagodra for a customary Gujarati breakfast of gathia, papdi/sev and masala ni chai, we reached Chotila.

Chotila is at the foot of Chamunda Hill with a temple of Mataji Chamunda Devi at the top. We were here for about an hour or so to explore and identify a suitable place for the Yatris to have lunch. Dr. Gandhi told us that 8 km north-west there is a Swayambhu Shivalinga where water trickles continuously from the hills and flows on the linga throughout the year.

We left at 1:30 and had traditional Kathiawadi lunch of bajra-no-rotla, subji, rice-dal and chaas, at a beautiful restaurant called Balaji, a place near Jetpur. We were now about halfway to Somnath.

As we were nearing Sorath, we spotted a beautiful ashram, Sitaramji Ashram. To our surprise we found that the ashram had rooms and a big dining hall enough to accommodate 2000 persons. This place was identified for lunch for the Yatris during the return journey from Somnath.

We had a tea break at Junagadh around 6.30 pm and proceeded further to Somnath, reaching there at 8:45 pm.

On the morning of the 16th, we went around the temple town of Somnath. First, we went to the Triveni Mahasangam where the three rivers - Saraswati, Kapila and Hiranya - converge at the Sindhu Sagar (Arabian Sea). It was a lovely sight! We then visited two temples, Lakshmi Narayan Temple, and Geeta Mandir. All the Adhyayas of the Geeta are inscribed on the pillars of this temple. Then we proceeded towards Somnath Temple, which faces the Sindhu Sagar.

There are actually two Somnath Mandirs, the old one was built by the great Maratha queen Ahilyabai Holkar and the new Somnath Mandir, the construction of which was initiated by the 'Iron Man of India', Sardar Vallabhai Patel. The old temple was built underground, a little away from the original site, to conceal it from attacks by barbarians. At the south end of the new Mandir there is a pillar on which the inscription says, 'between the Somnath Mandir and the South Pole there is no land'.

After darshan at both Somnath Temples, we left for Bhalka Teerth (Veraval), the spot where Lord Krishna was mistaken for a deer and struck by an arrow while sleeping on a deerskin. After a brunch of thepla with chatni, math-ni puri, wafers and churma ladoos followed by tea, we left for Sasan Gir. We halted there for some time and made enquiries. We identified a place called Devalia which has a park with lions and other animals. Here the Yatris would halt to see the Asiatic lion.

Then, we proceeded towards Junagadh near the foothill of Mount Gimar. There are a lot of Jain Mandirs all around and big dharmashalas. On our way, we passed by Saint Narsi Mehta’s Ashram and Damodar Kund.

At about 6.30 pm, two tyres of our bus burst and we were stranded on the highway. We thought we were lucky that a petrol pump was only 3 km away but were told that the tyres needed replacement and it would take 6-8 hours to get them from Rajkot.

We squatted on jhamkans, waiting for the tyres to be replaced. In the meantime, Gen. Prakashmaam regaled us with breath-holding anecdotes from the wars he had fought. Finally, we took a chhakada (an open rickshaw fitted with a motorcycle engine, unique to this part of the country) and went to Godila, where we had dinner - Gujarati khichdi, kadhi and chaas. Since we were getting late, we arranged a 12-seater (Force; Toofan) which took us safely to Ahmedabad by 4.30 am.
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A little away from Rajkot, we halted for a while and witnessed the *chandra grahana* with sleepy eyes and tired bodies. A memorable trip indeed!

The following day, the 18th, we left for Anahilwad-Patan to survey Rani-ki-vav. It is actually ‘Rani-ki-wow-wow’! It is a step-well, six storeys deep, over a thousand years old and was once fed by River Saraswati. It was built by Rani Udaymati somewhere in 1050. The carvings and statues are delicate and reflect our rich cultural heritage. A little away from Rani-ki-vav is Sahasta Linga Talav with over a thousand *lingas* (hence the name Sahasta Linga Talav) on the bed of River Saraswati.

A 25 km tunnel links Rani-ki-vav to Rudra Mahalaya at Sidhpur. Rudra Mahalaya is over 1100 years old and during its peak of glory rested on 1600 pillars and was three storeys high. This was razed to the ground by the barbarians. As we entered Rudra Mahalaya, Mahesh was blessed with a *darshan* of Nagdevata in one of the smaller temples of Mahadev. When he called all of us to take *darshan*, Nagdevata disappeared.

What we saw next stunned us; we held our breath as we watched it – a beautiful, but slightly mutilated *moorti* of what appeared to be Lord Bhavanishankar, about 2.5 feet tall. Gen. Gokarn describes it as the highpoint in our Tercentenary heritage events! It later occurred to us that probably, it could be of Uma Maheshwar, another form of Shiva with Parvati - because of the mutilation, at this point of time we are not absolutely sure.

The tiny Ahmedabad Sabha, thanks to Gen. Gokarn, Mahesh Kalyanpur and Vivek Katyanpur, is now very highly motivated and charged to receive the PTSSY Yatris in January 2009.

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I got an unexpected opportunity to attend the "Konkani Sammelan 2008 of Northern California". I had sent one of my Konkani songs for the Sammelan and it had been chosen for a Lavani. At first, I was reluctant to go alone, but when my family and the performers of the dance insisted that I be there to watch the programme live, I began to relent. I decided to go when by God's grace, I got someone to accompany me. Almost like a fairy godmother, she arranged everything right from booking my return ticket to San Francisco to assisting me at every step during the travel and two months' stay in the US.

We took the inaugural flight of Jet Airways. Since it was the first flight, there was a pooja; the airport was decorated with garlands and flowers, and chocolates were distributed as prasad. The flight was late by an hour but the five-hour flight to Shanghai was pleasant. Shanghai to San Francisco was a non-stop 14-hour flight without any hassles of luggage transfer etc. We reached on time, full of enthusiasm to attend Sammelan 2008.

I had heard about event management but this was truly a wonderful experience - to see how devotion and dedication combined with careful planning can make an event memorable and inspiring as the Sammelan turned out to be!

The Sammelan was held at the Santa Clara Convention Centre and the Hyatt Hotel Clara, in the Bay area of California near San Francisco, facing the great Pacific Ocean. The delegates were accommodated at Hyatt Hotel; a passage connected it to the Convention Centre for free movement back and forth. Even the smallest detail was taken care of - with clear guidelines and directions. About 1500 delegates from all over the world, including those from various US states, thronged the place for four full days. Families with grandparents, parents, in-laws, cousins, friends and well-wishers had all converged on the Centre. It was a big conglomeration of people dressed in their best as if for a festival or wedding - women in traditional Indian Kanjeevaram jari silk or Zardozi sarees, men in suits or shalwar-kameez, and of course, the younger generation in modern Western apparel.

The preparation for the Sammelan had been going on for almost two years with the formation of various sub-committees, headed overall by Ramesh and Pratibha Kamat. Meetings were held every weekend to discuss the smallest detail to make the delegates' stay as comfortable as possible.

Blessings from the Mathadhipatis of Kashi Math; Partagali Gokam Math; Chitrapur Math, Shirali, and Kawale Math had been sought and received; they had advised the community to raise the younger generation to be aware and proud of Konkani culture, their roots and ancestors.

The theme of the Sammelan was "Awaken the Konkani in You".

On July 3, 2008, the Sammelan opened in the morning with Rang Pooja. At the entrance of the Convention Centre, decorated tastefully with flowers, a deepastambh with pantyo/divlyo shone brightly, welcoming the guests.

The programmes were arranged in different Halls named 'Dhingdo Lounge', 'Jeevan Hall', Auditorium, Youth Area, 'Panchaidik Lounge', Atrium Lobby, Convention Centre, Mini-Theatre, Seminar Rooms etc. with clear directions to reach each venue. All the programmes went on punctually between 9.00 am and 11.30 pm everyday with breaks at fixed times for breakfast, tea, lunch and dinner.

The registration of delegates in the Atrium Lobby on the first afternoon was followed by 'Happy Hour' featuring singers and stand-up comedy in the evening. Later in the evening, Mahesh Kale presented light classical music, natya sangeet, Konkani songs and old songs (on request from the floor). At the same time, an ice-breaking session was on in the Santa Clara Room for youngsters to get to know each other.

The opening session on July 4, started exactly at 9.00 am in the large Auditorium with Wagavesu entering the hall, dancing to the beat of jaghant and conches. This was followed by various items presented by Bay Area residents. The packed 90-minute programme included traditional Indian dances, songs, dramas etc. A "Dhadak Dhadak" train and animal dance performed by kids created an ambience of fun while a skit on the theme of the Sammelan was superb.

The Sammelan President then welcomed the guests. The Chief Guest was India's ace badminton player, Prakash Padukone, who delivered an inspiring speech, urging both parents and youngsters to
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Vol. LXXXIX, No.11, November 2008
KANARA SARASWAT
give free scope to the development of their natural talents.

The first keynote speaker of the post-lunch session, was the banking leader of India, K.V. Kamath, Chief of ICICI Bank. He spoke about the future economic scenario and his bank's role in it, and urged immigrant Konkanis to play an active part in India's growth. This was followed by a talk on our spiritual heritage by Smt. Jaya Row and a talk on “Healthy living” by Dr. Sobel David.

In the evening, there was Open Mike Karaoke and the last session was devoted to fusion music – Karnataka classical music with western rock music presented under the title “Jagruti” (awakening), a phrase chosen to represent the vast and dynamic ways in which world music is being explored by professional musicians as well as today's budding youth thereby helping the two generations to understand each other's taste and love for music.

On July 5, the morning session was for groups from other US cities/states. "Konkani Idol" competitions went on in the afternoon allowing individuals of different age groups to present their talent in vocal and instrumental music, percussion drums, dance and so on, as the audience applauded their talent and appreciated the support given by their parents.

Then came the award ceremony when awards were given to individuals who had excelled in different fields - science, technology, social welfare, music etc. In the evening, prizes were distributed to the winners of the 'Konkani Idol' competitions. The grand finale was a ball dance led by the members of the various Committees.

A banquet at night with DJ music and dancing was the highlight of the evening. The "Sammelan Kalash" for the next Sammelan in 2010 was handed over to the Chicago group.

On July 6, after breakfast, came the sad parting of ways - getting ready to leave, bidding adieu, clicking photos, exchanging phone numbers and addresses... leaving behind new friends and taking away sweet memories of four days spent in joyful camaraderie.

The Bay Area community which had hosted the Sammelan truly lived up to the saying "Atithi devo bhava". Now, it was time for the guests to say farewell, blessing their hosts: “Annadata sukhi bhava” and "Dev baren koro saglangalen".

---

**Manna’s Institute of Performing Arts Invites Participation in 1st Anniversary Celebration**

On 24th October, 2008, Manna's Institute of Performing Arts located at Mira Road, Mumbai, will celebrate its First Anniversary. Started by my daughter, Maithili, a graduate in Choreography, Dance and Music from Bangalore University, the Institute trains children, teenagers and adults in various forms of dance, vocal and instrumental music, drawing, painting and handicrafts.

A year ago, Maithili started with just one student. Today, she has over 75 regular students whom she caters to through individual home lessons as well as in batches. The Institute represents the materialization of Maithili's dream since childhood. While her friends and colleagues chose different fields like IT, MBA and so on, Maithili focused on starting an institute and training both normal and physically and mentally challenged children, especially the blind, in music and dance. Maithili also specialised in the techniques of teaching developmentally challenged children.

Maithili wishes to arrange a small programme to bring all her students together on stage to celebrate the Institute's First Anniversary.

This programme is scheduled for the first week of December 2008. Those who wish to participate in it or know persons who wish to train their children for this programme, may please contact Miss Maithili Sirur, Manna's Institute of Performing Arts, at: 99208 71735 or e-mail: maithilisirur83@rediffmail.com

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Email: mail@nuesthm.com Website: www.nuesthm.com
Year after year, September 29 is observed as World Heart Day. But, the paradox of modern medical science is that with each celebration, the incidence of heart attacks shows an alarming rise. The latest molecular discoveries and newer and newer techniques do not seem to make any impact on the pandemic. Somewhere, the so-called cardio-centric strategies seem to be erring and not targeting the real cause of the disease.

Dr. Herbert Benson, an American cardiologist, and founder of the Institute of Mind-Body Medicine, carried out a novel experiment with his so-called "incurable cases". The patients were connected to a polygraph machine which records several physiological parameters. Dr. Benson, then asked the patients to count up to a figure of 1000. As the figure count rose so did all the parameters. Then, a resting period allowed the parameters to return to their normal or basal levels. The experiment was repeated after providing rosary beads to all the participants. Now, the counting was done as "One, One ... One" the phonetics being similar to the yogic technique called "Laghu Omkar". A miracle occurred. All the parameters came down to a surprisingly low level. Dr. Benson termed this phenomenon as the Biological Relaxation Response (BRR) for a physical state of relaxation similar to "Shavasana".

In 2003, Dr. Richard Davidson showed that BRR can be achieved at will by "dhyana" which was technically called "Mindful Meditation". The meditation ensued in a completely relaxed but focussed state of mind termed as "The Zone" (Sat-Chit-Anand). When athletes perform miraculously they are said to be in "The Zone". The mind achieves a "single-point focus" of thoughts, which Patanjali, 2500 years ago, prescribed for conquering diseases and ageing. Similar results of single-point focus are achieved in SWOT analysis, out-of-the-box thinking, and effective neuro-linguistic programming prescribed for performance-enhancement and success in life. Today, happiness of the mind comes from achieving goals and higher and higher targets. Failure cause heartburn and heart attack.

The reason for all such happenings is that the "internal noise" of the ever-questioning scientist-mind stops; this then allows the immeasurable power, potential and wisdom of the normally subdued spiritualist-mind or the subconscious to come to the fore.

Indian sages called this phenomenon as "antar mauna". Neurophysiology shows that antar mauna initiates the secretion of the recently-discovered "feel-good hormones" which have miraculous powers of curing. Encephalins restore the "internal balance" of sugars, ions or lipids and bring about the "reverse transport of cholesterol" deposited in the heart vessels. The miracle of "Bypass without Bypass" then happens. Endorphins are natural painkillers and mood-elevators, and liberate man from depression, the forerunner of heart attacks. Melatonin controls the sleep-wake cycle and liberates us from insomnia and "sleep backlog", another forerunner of heart attacks. The Brain Derived Neurotrophic Factor (BDNF) follows - a hitherto unknown phenomenon of neuro-genesis or nerve cell regeneration. This is probably the only hope that ensures liberation from senile Alzheimer-Related Dementias (ARD).

Allopathy acts outwardly and by suppression. Hence, there is resurgence with a vehemence. The ancient Indian "mind-centric strategy" acts by health-promotion, and so provides a permanent cure. Incurable disease means disease whose cure lies within. More than 4000 patients have participated in the Abu Healthy Heart Trial (ABHT) launched by the then President Abdul Kalam at the Global Hospital and Research Centre of Brahma Kumaris in 1998. A miracle of 100% disappearance of heart vessel blocks has happened in a very large number of patients. The miracle of "Bypass without Bypass" in three patients brought a "Meditation Hut" to the campus of Sir JJ Hospital as if by a divine plan. This "Hut" gives a wonderful opportunity to the medical fraternity to carry out multi-disciplinary research in the latest branches of medicine namely, Psycho-Neuro-Endocrino-Immunology and Psycho-Oncology. But, even today, the medical fraternity refuses to believe in the potential of the spiritual dimension of health.

Nevertheless, the exodus to alternative therapies has made the writing on the wall very clear. The day may not be far off when the physician will prescribe, "Meditation three times a day" along with the latest molecule.

Dr. Kaundinya is former Professor and Head, Department of Microbiology, Sir JJ Hospital, Mumbai.
More and more people are suffering from partial or total insomnia (sleeplessness).

What is insomnia all about? It is a nocturnal sleep disorder caused by the inability to sleep or an interruption in the usual sleep cycle which hampers one's normal rest period of 7 to 8 hours of sound sleep in order to feel refreshed. However, this measure cannot be standardized as the quality of sleep is more important than the quantity. When you hit the bed at night, normally you should not go to sleep within 10 to 15 minutes. If that does not happen on a regular basis - then it may be an indication of insomnia.

Insomnia does not spare even children and babies. They too should get more than 8 hours of sleep as they are growing and their energy output is higher than that of adults. In fact, their active growth takes place when they are asleep. Overactive children who suffer from sleeplessness eventually adjust to a regular sleeping pattern, once they start going to school. Some newborn babies stay up at night and sleep during the day compelling mothers to adjust to their babies' routine. But this is not insomnia since they soon adjust to their parents' sleep patterns. Perhaps, they are 'jet lagged' when they enter this world!

What causes insomnia?

There are many factors right from nagging worries to frequent travelling. Airline crew who travel from continent to continent crossing time zones and night shift workers or students who develop the habit of staying up late to study, invariably fall victim to insomnia. It could also be anything from heredity to modern lifestyles or developing wrong habits like taking long naps in the afternoon which turn people into heavy 'napsters' who then find it hard to sleep at night. (An afternoon siesta should not exceed 30 minutes if one wishes to sleep well at night). Sometimes, it could be the after-effects of certain medications or business or family pressures. Further, the sleep cycles of certain women tend to be disrupted due to factors like pregnancy or the phase after childbirth, the menstrual cycle, or even before and after menopause.

In addition to this, another factor is that our five senses need to unwind and relax in order to get a good night's sleep. If the temperature of the room is either too warm or too cold for instance if the air-conditioner draft is directly on the skin/body, you would not get sleep. Noise or the odour of mosquito repellents which interfere with your normal breathing can disturb your sleep. Light from any street lamp or bed lamp may hurt the eyes and certainly cause disturbance. If you eat a heavy meal at night, you may get up to drink water as the mouth may feel parched or, at times, getting up to urinate may also cause interruption in your normal sleep pattern. Even the direction of the bed is important. It is believed that when you are out of alignment with the surrounding energies, you suffer from sleep disorders. A bed placed in the wrong direction, can cause subtle imbalances in the surrounding energy field that can cause bad dreams or restless nights. If possible, it should be placed 'East-West' according to the ancient Indian 'Science of Place' (vaastu).

People opt for the quickest and easiest way out by taking medicines to induce sleep. But how safe are such tranquilizers when taken continuously to solve chronic insomnia? Yoga offers alternatives which are helpful and healthy on a long-term basis.

So, instead of allowing insomnia to interrupt your sleep, let us adopt yogic measures to interrupt insomnia. Several studies have shown that certain yogic postures and relaxation techniques have been proved to be an effective treatment for eliciting the 'relaxation response' that reinforces the body's physical and emotional reaction against any kind of stress. Out of several postures, 7 easy postures are recommended that have helped insomniacs a great deal to acquire a measurable drop in accelerated heart rate, blood pressure, breathing rate, stress hormone levels, muscle tension etc. which eventually prevents insomnia.

This set of 7 postures is done on your bed and will relax the muscles, reduce fatigue and induce sleep. Insomniacs, in particular, will feel refreshed when they wake up the next morning if they are committed to doing this routine every night before going to bed. Refer to the individual pictures shown in the diagram at the end of this article.

1. The Diamond Pose (Vajrasan) – sit in Vajrasan and keep your hands on the knees and breathe gently. This is very healing.

2. The Sideways Stretch (Salthalyasan) – from
Vajrasan, reach out gently to the knee and rest the forehead on the knee. Repeat it on the other side as well. This posture balances the nervous system and massages the internal organs releasing ‘feel-good’ hormones which dissolve certain troubling, earthy issues.

3. The Prayer Posture (Prarthanasan) - from Saithalyasan, once again go into Vajrasan and start bending forward, resting your forehead on the bed and stretching your arms forward. Prarthanasan allows your mind to ease its tensions by surrendering all your worries and fears to the Almighty. It is therapeutic as one feels reassured.

4. The Crocodile Posture (Makarasan) - from Prarthanasan, stretch your legs out and lie in the ‘face-down’ position. This allows all the internal organs to come into contact with the cosmic energy and promotes a soothing effect on all the soft tissue organs.

5. The Sideways Spine Stretch (Jaathar Parivartanasan) lie on the back, fold your arms and with the elbows outstretched, place the hands on the nape of the neck. Bend both the knees and drop them to one side. Breathe four times gently. Repeat it on the other side.

6. The Knee Hug - lying on the back, bend both the knees and hug them. This helps in relieving flatulence or a bloated feeling.

7. The Corpse Posture (Shavasan) - This posture balances the body and trains the mind to relax you at levels of consciousness deeper than you expect. People should not get fooled by the simplicity of this posture. Breathe gently which elicits a relaxation response that helps overcome insomnia.

---

**Life is an enigma, a jigsaw puzzle**

*Kumud Lajmi, Bangalore*

Born into this beautiful enchanting world Amidst a devoted, loving family-fold Filled with adoration, care and nurture, Seeking a life of bright new future. From childhood to adulthood life proceeds Parental guidance, family values succeed Motivation to progress further inspires Profession, career and more, to aspire. Trials and tribulations along the way Like a jigsaw puzzle’s pieces in play Life is an enigma, full of design Twists and turns, too many to assign. Then to the autumn days of dedication With family, friends, and also meditation This cycle of life creates a picture so full To chuckle over and to smile, and to mull. Has the jigsaw puzzle become complete, Every piece in its place now, replete? Enigma of life has been solved nearly Peace and some contentment follow undoubtedly. Thus ends the life which had immense hope Possibly achieving all within its scope. To be born again is not one’s choosing Pray for a good life and God’s blessings.
INVITATION & APPEAL

DATTYA JAYANTI UTSAV 2008


It is our parambhagy that our beloved Guru, His Holiness Shrimat Sadyojat Shankarashram Swamiji, will be camping in Talmakiwadi, Javji Dadaji Marg, Mumbai, from 8th December, 2008 to 14th December, 2008 for the Annual Datta Jayanti Celebrations.

This is our 23rd year of celebrating Shree Datta Jayanti Utsav. This Utsav commenced in the year 1986 with the prerana and blessings of our most revered Guru, His Holiness Shrimat Parijnanashram Swamiji III, of hallowed memory. The basic idea of Swami Parijnanashram to start this Utsav was to encourage youth to develop devotion to God in general and reverence in particular.

Like last year, this year also, certain specific Mahapoojas will be performed during Shree Datta Jayanti Utsav. One of the specific Mahapoojas will be Shree Dattayag (Havan), Geeta Havan and Shree Ganesh Havan. This Mahapooja is in addition to the daily poojas. There will be religious programmes too. This year also we are anxious to see that HH’s stay at Talmakiwadi will be memorable, with a serene atmosphere. Plans are being drawn towards this end.

Any programme of such a huge magnitude can be successfully carried out only with the co-operation of all and the necessary financial support. We are proud to state that you have always supported us in this endeavour. We, therefore, earnestly appeal to everyone to contribute liberally to this noble, divine cause.

The funds so raised are utilized for the said Utsav and the surplus, if any, is used for a noble cause like educating poor children, medical assistance to needy people, helping people who are below the poverty line etc. Hence, your helping hand will definitely help us in our endeavour.

We conclude this appeal with sashtang pranam to Lord Bhavanishankar and our most revered Guruparampara.

For and on behalf of
THE ALL CHITRAPUR SARASWAT YOUTH TRUST,
THE MUMBAI (GRANTROAD) LOCAL SABHA OF CHITRAPUR SARASWATS,
THE KANARA SARASWAT ASSOCIATION
& THE TALMAKIWADI CO-OP. HOUSING SOCIETY

Avinash Trasi
President
A.C.S.Y.T.
DATTA JAYANTI UTSAV 2008
PROGRAMME
8th December, 2008 to 14th December, 2008

* 8th December 2008, Monday: 6.30 pm - Arrival of HH Shrimat Sadyojat Shankarashram Swami Ji at Talmakiwadi gate. Padprakshalan by President A.C.S.Y.T. Purnakumbh & 7.00 pm: Arrival of Dattatraya Idol from Datta Mandir to Parijanashram Mantap in presence of HH Swagatgeet Paduka Poojan by A.C.S.Y.T., Grant Road Local Sabha, KSA and Talmakiwadi Co-op. Hsg. Soc, Welcome speech by President, Offering Manpatra & Recitation by Secretary; Upadesha

* 12th December 2008, Friday: 7:00 pm - Deepanamaskar followed by PALKI UTSAV

* DAILY PROGRAMMES: 9th December, 2008 to 13th December, 2008
  - 6.00 am: Suprabhatam
  - 7.00 am: Japa
  - 11.00 am onwards: Morning Pooja, Mangalaarti, Paduka Poojan, Tirtha Vitaran

* MORNING POOJAS: MUKHYA POOJAS
  - 9th Dec. 2008, Monday: 9.00 am - Geeta Havan (Geeta Jayanti Day)
  - 11th Dec. 2008, Thursday: 9.00 am - SAMUDAIK SHRI GANESHA HAVAN
    4.00 pm - Satyanarayan Pooja at Shrimat Anandashram Hall
  - 12th Dec. 2008, Friday: Satya Datta Vrata. Aavdumber Abhishek by ladies at Aavdumber Katta
    9.00 am - Dattayag (Havan)

* DAILY PATHAS
  - 9th Dec. 08, Tuesday: Sampuma Geeta Pathan at 10.00 am
  - 10th Dec. 08, Wednesday: Shiva Mahimna Stotra at 10.00 am
  - 11th Dec. 08, Thursday: Shri Ganapati Atharvasishsha Pathan at 10.00 am
  - 12th Dec. 08, Friday: Guru Geeta Pathan at 10.00 am
  - 13th Dec. 07, Saturday: Samuhik Guru Poojan at 10.00 am

* MORNING POOJAS: DEEP NAMASKAR FOLLOWED BY POOJA BY HH
  - 9th Dec. 2008, Tuesday: Devi Poojan
  - 11th Dec. 2008, Thursday: Guru Poojan

* EVENING PROGRAMMES: 5:00 to 7:00 pm
  - 9th Dec. 2008, Tuesday: Cultural programme at 5.00 pm to 7.00 pm
  - 10th Dec. 2008, Wednesday: OUTING with H.H. (age group 15 to 50)
  - 11th Dec. 2008, Thursday: Program by Talmakiwadi Children 5.00 pm to 7.00 pm
  - 12th Dec. 2008, Friday: Palki Utsav at 7.00 pm
  - 13th Dec. 2008, Saturday: Dharma Sabha at 6.00 pm onwards.

* UPADESA / AASHIRVACHANS BY HH:
  - 8th Dec. 2008, Monday: on arrival
  - 12th Dec. 2008, Friday: Datta Jayanti day
  - 9th Dec. 2008, Tuesday: Upadesha on Geeta Jayanti
  - 13th Dec. 2008, Saturday: Dharma Sabha
  - 14th Dec. 2008, Sunday: (UPADESH) before departure.

* SEVA LIST
  - Dattayag: Rs. 250/- Yajman Seva
  - Ganesh Havan: Rs. 250/- Seva Karta
  - Geeta Havan: Rs. 250/- Annadan Seva
  - Shri Bhiksha: Rs. 350/- Alpopahara Seva
  - Shri Pada Pooja: Rs. 50/- Flower Seva
  - Panchamrita Rudrabhisheka: Rs. 50/- Kumkumarchana
  - Panchakadaya: Rs. 50/- Pushpanjali

KANARA SARASWAT Vol. LXXXIX, No.11, November 2008
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Lunch-box Snacks

This month, our culinary expert, Shaila Panday, brings us some easy-to-make and nutritious snacks for lunch-boxes which both children and grown-ups will surely enjoy.

- Editor

**STUFFED TOMATOES**

**Ingredients:**
- 6 tomatoes
- 1 tsp chillie sauce
- 1 cup of coarsely grated paneer
- 1 onion
- 3 green chillies
- 4 tbsp mayonnaise
- Salt to taste

**Method:** Slice off the top of the tomatoes, scoop out the pulp, turn them upside down and leave to drain.

Mince onion and chillies. Saute in ghee, till transparent. Mix paneer, spices, salt, add to onion, remove from fire. Add mayonnaise. Stuff the mixture in the tomato shells, apply a little ghee on the tomatoes, cover with the tomato lids or bread rounds. Bake or shallow fry till tomatoes are tender (about 2-3 minutes in a microwave oven is just right).

Arrange 2 tomatoes in a lunch-box with potato chips and carrot slices.

**Variation:** Use cooked, flaked fish or shrimps instead of paneer.

**DAL KABABS**

**Ingredients:**
- 1/4 kg masoor, whole
- 1/2 tsp. haldi
- 1 tbsp. chopped coriander leaves
- 8 cloves garlic
- 1 tbsp. chopped onion
- 1/2 tsp. chilli powder
- 1 large onion
- 1/2 tsp. salt
- 3 green chillies
- A small piece of ginger
- Soft chappaties to wrap the kababs
- Bread crumbs or fine rawa

**Method:** Wash and soak the masoor overnight. Drain, add 1 cup fresh water and boil along with the onion cut in large pieces, ground green chillies, ginger, garlic, powdered spices and salt, till dry and cooked. Cool and grind the mix to a fine paste. Add coriander and mint, shape into cutlets/kababs, dip in beaten egg, roll in breadcrumbs or fine rawa and fry till brown.

Place a kabab in the centre of the chappati, squeeze a dash of lemon, top with onion rings, wrap chappati round the cutlet and hold together with a toothpick. Pack with some fresh salad and dry curried vegetables.

**Variation:** Use minced meat instead of masoor.

**STUFFED POTATO PANCAKES**

**Ingredients:**
- 6 large potatoes
- 2 eggs
- 1 tsp. chapati
- 2 ripe tomatoes
- 1 onion
- 1 tsp. salt
- 1 cup maida
- Ghee or butter

**Method:** Wash and peel the potatoes, immerse them in cold water for about 4 hours. Mince tomatoes and green chillies. Drain excess liquid from the tomatoes. Grate potatoes and onion, add chopped tomatoes and chillies. Beat eggs well, add to the potato mix and mix well. Sift maida and baking powder, stir into the potato mix, add pepper and salt and enough milk to make a batter. Fry like dosas, sprinkle grated coconut or leftover meat or vegetables and roll. Can be served plain too.

**EGG CUTLETS**

**Ingredients:**
- 1 hard boiled egg
- 2 potatoes boiled and mashed
- Salt and pepper to taste
- 1 slice of bread

**Method:** Soak bread in water and mash. Add to potatoes along with salt and pepper. Cover eggs with chutney and potato mix. Deep fry till gold. Place cutlets cut in half in a bed of grated carrot.

**CHEESE SANDWICHES**

**Ingredients:**
- 100 gms cheese
- 2 finely chopped, hard boiled eggs
- 100 gms salted butter
- 1 finely minced onion
- 2 finely chopped green chillies (remove seeds)
- Salt and a pinch of pepper

**Method:** Grate or mash cheese fine. Add all the ingredients and use it as sandwich filling.
In Loving Memory

MANJUNATH ANANTRAO VINEKAR
(30th June, 1928 - 21st October, 2007)

It was exactly one year ago that you left us grieving when the Lord beckoned you. Every passing day, we fondly remember your loving and gracious ways, your care and concern for every one in the family and for those around you, your meticulous attention to detail, your adherence to punctuality and, above all, your modesty and humility.

We pray with all our hearts and minds, today and everyday, that the Ever Merciful God grant you eternal peace and bliss in your final resting place at His Lotus Feet.

With love and gratitude
Suman, Padmini, Kiran, Gouri, Madan, Gopika, Aditya, Yashoda and Devyani

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Vol. LXXXIX, No.11, November 2008 KANARA SARASWAT
The sacred ‘mangalsutra’

Meera S. Sashital, Deonar, Mumbai

When my beloved husband Mr. S.B. Sashital passed away three months ago, I was buried in deep and inexpressible grief. Like sprinkling salt on a wound, the most painful moment was when I had to part with my sacred mangalsutra which was on me for years together. I would have retained it but for my conscience which did not permit me to do so. I was obliged to remove it as I did not want to misuse the auspicious string. Again, had I not to abide by the age-old custom too?

The mangalsutra plays a key part in the Hindu marriage ceremony. It is learnt that in the Vedic period, the mangalsutra did not exist. It was supposed to have been introduced later by the Dravidians’ Sanskrit culture of the South; from Karnataka and Maharashtra. It is presumed that this Tamil ritual of tying the ‘tali’, the ornamental symbol of auspiciousness and ‘suhag’ of the bride, must have been picked up as mangalsutra.

The mangalsutra, the necklace worn by a married woman until her husband passes away, is made of black beads strung on two thin, golden cords with a pendant called ‘tali’ or ‘bottu’ (chipput, as we call it in Konkani). Small gold beads are put between the black beads to enhance the beauty of the ornament which is designed in various lengths, using different combinations of black and gold beads, and different shapes and sizes of the pendant depending upon the cultural background of the wearer.

During the marriage ceremony, it is customary for the bride’s parents to bring the mangalsutra. ‘Mangal’ means ‘auspicious’ and ‘sutra’ means ‘cord’ or ‘string’ on which the black beads are strung. Black beads are used in preference to any other colour, as black colour is said to ward off the evil eye. The mangalsutra represents the Hindu symbol of marriage which corresponds to the wedding ring of the Christians.

During the marriage ceremony, there is a ritual called ‘kankana bandhan’ when the bride and groom tie a thread with a piece of turmeric tied to it, on each other’s wrist and make tilak marks on each other’s forehead. This is followed by the bridegroom tying the mangalsutra around the bride’s neck with the chanting of a mantra which means: “This string is the string of my life. I am tying this around thy neck. May I live long, O blessed one, may thou too live a hundred autumns.” But, before tying the mangalsutra, it is passed around to be blessed by the wedding guests, especially the elderly suhagan women. In some communities, a string stained with turmeric is substituted for the mangalsutra and tali.

In Northern India, the custom of mangalsutra is not prevalent. Here, bangles are given more importance and considered as symbols of marriage besides the sindoor, and upon becoming a widow, the woman breaks her bangles. In Maharashtra, a newly-married girl wears green bangles along with the mangalsutra, and although young girls adorn themselves with multi-coloured bangles and apply haldi-kumkum, a mangalsutra is worn only by a married woman whose husband is living (‘suhagans’).

After the mangalsutra bandhan ceremony, the bride is supposed to wear this symbol of her marriage till her husband’s death. Upon becoming a widow, she loses the right to wear it just as she cannot apply kumkum or halad on her forehead. Just as men without the sacred thread have no right to perform any religious ceremony, a widow has no right to participate in any religious function or perform one.

In some communities, the newly married bride has to wear the mangalsutra with the tali or chipput facing inward during the first year of marriage. After one year, it is worn with the right side of the tali facing outward, as it should be worn.

Again, there is a necklace called adit-dora worn by Brahman women which consists of a tube of gold about an inch long with gold beads at either end. The rest of the necklace is made up of minute gold or glass beads. This necklace again, is worn only by suhagans and is worshipped on Sundays in the month of Shravan.

Thus, the mangalsutra is the most auspicious ornament for a suhagan who never removes it, even if she adorns herself with other precious necklaces, because of its sacred and symbolic value. But, I hope the day is not too far off when our social customs will undergo a change and like the kumkum, the so-called ‘non-suhagan’ women, will be able to wear the mangalsutra permanently.
"No celebration is complete without a feast", so

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Smt Sunithi Prabhakar Gulwadi
(nee Bellare Sharada)
31 March 1928 - 8 September 2008

Every day in some small way
We miss you more than words can say.
In our hearts you will always stay
Loved and remembered every day.

Fondly remembered by:
Gulwadis, Sirurs & Bellares
No dearth for variety in Konkani savory. Enjoy the spice in our Konkani language too.

I. Word play (शब्द मंथन):
(28) आपूर्त – (a) fruit (b) cleaner (c) nothing
(29) पीरिये – (a) bosom (b) childish (c) old
(30) पशि – (a) than (b) touch (c) pile
(31) खोजो – (a) rice (b) hizra (c) stick
(32) इड़िये – (a) pudding (b) engine (c) furnace

II. Riddles (हम्मणी):
(26) हातू तुम्हें खेच्या – सुतू आशिले हाळया
ताजव्याने आंग घड्ड्या – तो कोण म्हणू कठया
(27) खाड्ड्याने कुड्ड्यो वचना – कुरास्त आंगा लागणा
स्थवर धारिते केल्या आसता – उजवांतुभाव दोठ्ठें दिसता
(28) स बोटां अन्तराचेर आंतःतात – तती एकमेकी घारा वचनात
(29) आवदान भरत्याचा तोड ना, पोट पिनावसाना भायर हेना

III. Proverbs (आद्वागत):
(20) वाळ्ये कडें जेव्हे – देव्या पवांरी निदोंवंचे – Irreparable; easy-going life
(21) रंगू कठया जाल्यारी रांगणी वार्डिंड – Lame excuse
(22) निशिल्यांतूं तिथे पत्ते गांव्या करव्ये – Act out of fear
(23) दिवसा वेद्यारे दिवो नाका – चांदण्या रात सूळ देव्रा नाका – Both are of no use
(24) आपण धिकारी जीवं चोकारी – Quite contradictory disposition

IV. Expressions (स्थाणी):
(17) कोन्वाचविगु आल्या कुड्डो सोदिवे – Fault-finding
(18) कीर्ने उड्डले वारी – Talkative
(19) गद्यम गायन – Bad singing
(20) हनुळ्याचा बाल – Never-ending

V. Limerick (हस्त माहिता):
एकती स्मृती – मगले आम्माक वूंवूं सूळ घालताना पणणा दोठेंच चस्म
दुसरी सांगता – हे कसले होड, काळ्कांत सुहा दिसता मगले आम्माक पपाळे बाढिले खाड
“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, 66002470 or mobile :- 32744510. Or visit us at :- www.doctorsfarm.com
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
Best Wishes for a Healthy and Happy life.
From Relatives and friends
(Birthday 6th of October)

By Lalita Amladi
‘अवधा रंग एकती झाला’ – एक अविस्मरणीय संगीत नाटक

मिराबाई माधवनाथ

सारस्वत महिला समाजांचे हे १०वे वर्ष, या निमितने वर्षभर बरेच कार्यक्रम झाले. या कार्यक्रमाची संगता २९ सप्टेंबर २००८ रोजी यशवंत नाथा शिरदर, मांजगा येथे एका दर्जेदार संगीत-नाटकाचे झाले. कार्यक्रमाच्या सुप्रसिद्ध महिला समाजांच्या उपाध्यक्ष विषय कोडवाळी यांनी प्रमुख पाहुणे विपणन नाटकांची व नाट्यमिति अंतर पणेशीकरण व महाने प्रसाद सावकर, जान्हवी पणेशीकर, अमोल बावडेकर व स्वरांगी माराठे (राम माराठ यांची नाथ).

अंबा वेलनार (प्रसाद सावकर) हे एक प्रख्यात लोकगीत कीतिनारक-विहूल अध्ययांचे त्यांची खूप भक्ति, भारतीय संस्कृतीचा जातुळ अभिमान. जुन्ना विवेचनांचे व विचारांचे. नवीन सुग्रामाणे बदलप्राणी तयारी नाही. आणि आता काळ बदलत आहे यांची जागीविंद नाही.

“झांगी या थोरल्या मुलगी त्यांनी बंधन वपूर्वीच संपर्क तोलला कारण ते एका विवाहातील मुलगींचा इच्छितो. दुसरा मुलगा सोपन (अमोल बावडेकर), हा संगीतप्रेमी, विहूलतरंगात त्यांलाच भजन कीतिनारक आवळ. ही संघन, भरलालांची पूर्ण व पाठशाळाकाळी संगीत पद्यांचे मिश्रण करून रोकलांसारे आणण्या हा त्याचा ध्यान. पण आबांचा त्यास कडून विरोध. अशाच एका प्रसंगी आबांचा प्रकृती अस्वाभाविक त्यांच्यातील कीतिनारक केलेल्या आधुनिक medley चा उपयोग केलेल्या कीतिनारकाची रागांतून यासही आबा घर सूळून जाण्यासाठी.

आबांची मुलगी त्यांची, नोकरी करणारी, शिकणे. तिवे प्रेमही एका सुबधावी, सुशिक्षित, चांगल्या कुटुंबातील मुलगाच. पण आबांचा त्या लागू विरोध करणारा किती मुलगा विजावीत! असे हे आबा. तर शांत, सुप्रीम आहे त्या परिस्थितीत नीतेनुका संसार करणारी, विहूलप्रेमी आबांची अतिशिवी (जान्हवी पणेशीकर), आबांचा चौक विचारणपटे व्यक्तीत व हताशा!

नाना, आबांचा मित्र (चंद्रकांत काळे) नाटकप्रेमी व नाट्यसंगीताचवर यांची अभिशाप आवड. नाटक कंपनीचे चार वागें फिरल्यामुळे त्याने विचार उदारसांगीती. आबांचा व त्यांचा परिवार सदस्यांमध्ये एक हुवाच.

अशाच एक मुलगी ‘जनी’ (स्वरांगी माराठे) आमरकेत आबांकडे भारतीय संस्कृती, गायन, कीतिन शिकणाविलेले त्यांची घरी येते मनमिळावा गोड ‘जनी’ संगीतांच्या मध्ये विक्रियात घेतें. ज्या गोडी आपल्यांच्या पद्धत नाहीत त्या पर्यंतपणे आबांकडे मांडते. आबांनाची ‘जनी’ प्रेम व तितक्रिया घें तुमच्या चेहर्यात लागली. जनीच्या जाण्याच्या विचारणपटे हडयांचे होतीत होते. हदूहदू.
The Kanara Saraswat Association will celebrate its 97th Foundation Day on 26th November, 2008. On this occasion, in keeping with tradition, the Association will felicitate prominent Chitrapur Saraswats in recognition of their contribution to society and the nation, in different fields of work.

- Address by Dr. Harish Kodial, President, KSA
- Felicitation of eminent Chitrapur Saraswats in different fields
- Vote of Thanks by Shri Uday Mankikar, Vice President, KSA.

The following persons will be felicitated:

- Shri Savnal Bhavanishankar (Baby) - Finance & Corporate Affairs
- Maj. Gen. Nagesh Baindoor (Retd.) - Defence
- Pandit Sadanand Naimpalli - Music
- Shri Sanjay Baljekar - Entrepreneur
- Prof. Arun Mudbidri - Education
- Dr. Ravindra N Biju & Dr. (Smt.) Sujal Biju - Medicine
- Shri Shrikant Talageri - Konkani Literature
- Smt. Kunda Rege - Drama/Entertainment
- Shri Aparna Sirur - Social Work
- Shri Manohar Halady - Sports
- Shri Gajanan Baindur - Prolonged and Distinguished Service to KSA
- Shri Ratnakar Gokarn - Service to KSA and other Saraswat Institutions

Contributory dinner followed by.

For details, contact KSA Office at 23802263 / 23805655.
BOOK REVIEW

Suragya Sar Spreads its Fragrance

Title: SURAGYA SAR: AN ANTHOLOGY OF KONKANI MARRIAGE OVIS
Compiled by: Dr. Ms. Jyotsna K. Kamat
Published by: Basti Vaman Shenai, Basti Prakashana, Basti Gardens, Thumbay-574170, Bantwal, Karnataka. Tel: 08255-232655
Price: Rs. 200/-

‘Suranga’ or ‘Suragi’ is an exotic, tiny, white and yellow flower. It has a divine fragrance when fresh which it does not lose when dried. The title of the book refers to Konkani culture. The fragrance of this book too is spreading all over, across the seven seas, wherever Konkanis have migrated, thanks to the blessings of the three Saraswat Mathadhipatis and the foreword by M.V. Kamath, the illustrious journalist.

HH Swami Sadyojat Shankarashram blessed the effort thus: “The ‘ovis’, a free-style-expression with rhyme and rhythm on various aspects of life and popular in the Konkan region, caught the fancy of Saraswats in the 12th century. In today’s society, where the pace of living leaves little time for elaborate social and religious customs, its usage is fast fading. May Lord Bhavanishankar bless and guide her in her efforts to bring to surface the literary wealth ...in the ovis”

HH Shrimad Sudhindra Teerth Swami of Shree Kashi Math Sansthan wrote: “... Shri Vyasa Raghupathi is prayed to for the complete success of the book and the object of the book to be achieved.”

HH Shree Samsthan Gokarn Partagali Jeevottam Mutt sent His blessings “..... It will be a convenient book for readers since it will be printed in both Kannada and Devnagari scripts.”

It will not be out of place to quote a few passages from Shri M.V. Kamath’s foreword, recalling the 9-day wedding ceremonies which he had attended during his childhood. “I particularly remember an occasion, late at night, after a sumptuous dinner when the bride and the groom were supposed to throw a flower ball (phulla chendu) at each other. The ball would be caught and thrown back by the groom and bride. The shy bride would not dare to look at the groom’s face - that would have been considered too daring! And, the ball would miss its mark and there would be much teasing. It was then that some of the hovis (ovis) were invented, if one could say, ad hoc. It was a time of innocent enjoyment.”

Nine-day ceremonies came to be shortened and, in due course, became a one-day affair. Much of the joy of communication began to fade away like the ceremony of finding a ring. And so, M.V. Kamath concludes: “... which is why Jyotsna Kamat’s ‘Suragya Sar’ is so welcome, if only to remind us, nostalgically, of a time when life was more leisurely and marriage, like birth, was a time to remember.”

“Thank you Jyotsna. And thank you for trying to keep alive a beautiful and noble tradition.”

Ovis or Hovis, as pronounced by the GSBs, lasted on people’s tongues - like religion and religious practices, like folk tales and folk songs, travelling with Konkanis wherever they went and settled, though they were separated for long by sea and land.

The state of Goa has been formed since and Konkani has become the state language. Globalisation has set in with American English becoming a global language. This, naturally, has stunted regional languages like Kannada and Marathi and the newly-developed Konkani! To preserve the identity of Konkani, serious attempts have to be made, and ‘Suragya Sar’ is one such attempt. As we know, in the Saraswat community, wedding ovis have become totally extinct and among the GSBs, hovis are already on their way out!

The entire book is written in story-form recreating a wedding scene of 1970, when hovis were still alive in a GSB wedding! Hovis sung during different rituals have been given; for example, making fun of different members of the bride’s and groom’s party. Various disciplines, samskaras mentioned by our ancient law-makers are indicated. According to Manu, the most important responsibility in a society is that of a householder. A house presupposes the housewife and marriage. Hence, in this book, with the help of ovis, the marriage samskar is dealt with at length.

The book brings various dialects of Konkani like CSB Konkani, GSB Konkan, Mangalore and Goa Konkani and Konkani spoken in Kerala into common acceptable usage.

This book has been recently awarded the Dr. TMA Pai Award for the year 2007. It is no wonder then that the book is awaiting a third edition in as many years, blessed by the three Mathadhipatis of the Konkanis.

Dr. Jyotsna Kamat is a retired station director of All India Radio. A historian by choice, she has a website, Kamat Potpourri with a blog of her own "Amma’s column", viewed by 4 million browsers the world over. Needless to add that it is a mouthpiece of Konkani culture. And yes, the book was released by one of the foremost, modern yet tradition-bound Swamijis - Pejawar Swamiji in 2005. Need I say more?

Prakash Burde, Mumbai
The Kanara Saraswat Association (Regd.)
Founded on 26th November, 1911
96TH ANNUAL REPORT FOR THE YEAR 2007-2008

Founder Members

Founder Members

Office Bearers, 2007 - 2008
President: Smt. Kalindi S. Muzumdar
Vice President: Lt. Col. Manohar Karpe (Retd)
Ex-officio: Shri Ratnakar N. Gokarn, Immediate Past President
Ex-officio: (Late) Dr. T. Satyendra, Immediate Past Vice President

Managing Committee

Members of the Editorial Committee
Managing Editor: Shri Gurunath S. Gokarn
Editor: Smt. Jyoti S. Moodbidri
Associate Editor: Shri Uday A. Mankikar

Statutory Auditors: Saraf Gurkar and Associates - Chartered Accountants
Hon. Auditor: Shri Hattangadi Premanand Bhat

Dear Members,
The Managing Committee has pleasure in placing before the General Body its 96th Annual Report for the year 2007-08 on the working of the Association along with the audited Statement of Accounts for the year ended March 31, 2008.

Membership
The number of persons admitted to different classes of membership during the year under report are as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Life</th>
<th>Patron</th>
<th>Benefactor</th>
<th>Ordinary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership as on 31/03/2008</td>
<td>5045</td>
<td>144</td>
<td>46</td>
<td>–</td>
</tr>
<tr>
<td>New Members added during the year 2007-08</td>
<td>94</td>
<td>2</td>
<td>–</td>
<td>4</td>
</tr>
<tr>
<td>Total Membership* as on 31/03/2008</td>
<td>5139</td>
<td>146</td>
<td>46</td>
<td>4</td>
</tr>
</tbody>
</table>

* These figures include deceased persons.
The Life Membership fee was revised w.e.f. from October 30th 2006, and at present it is Rs. 3000.
Reserve Fund

The Reserve Fund for the last three years was as follows:

<table>
<thead>
<tr>
<th>Year</th>
<th>Amount (Rs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007-08</td>
<td>27,286,17.65</td>
</tr>
<tr>
<td>2006-07</td>
<td>25,87,617.65</td>
</tr>
<tr>
<td>2005-06</td>
<td>24,01,666.65</td>
</tr>
</tbody>
</table>

Income and Expenditure

During the current year, the deficit was Rs. 47,609.20 and has come down compared to Rs. 1,66,286.31 last year as reflected in the Income & Expenditure Statement.

Investments

The investments as on March 31, 2008 amounted to Rs. 1,12,36,993.14 as against Rs. 76,98,484.74 last year. The funds of the Association are invested in the FDR with The Shamrao Vithal Co-operative Bank Ltd., Mumbai.

Donations

During the current year, donations were received for various objects of the Association from well-wishers which are shown below.

<table>
<thead>
<tr>
<th>Category</th>
<th>Current year Amount (Rs.)</th>
<th>Last year Amount (Rs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Distress Relief Fund</td>
<td>40,500</td>
<td>1,73,501</td>
</tr>
<tr>
<td>2. Medical Relief Fund</td>
<td>1,54,614</td>
<td>1,01,102</td>
</tr>
<tr>
<td>3. Scholarship fund</td>
<td>7,31,202</td>
<td>2,42,261</td>
</tr>
<tr>
<td>4. Emergency Medical Fund</td>
<td>1,32,112</td>
<td>55,500</td>
</tr>
<tr>
<td>5. Prize Fund</td>
<td>31,362</td>
<td>2,004</td>
</tr>
</tbody>
</table>

The interest earned on the investments was distributed for charitable causes - for educational, distress and medical aid to deserving persons.

President and Vice-President

Prof. Smt. Kalindi S. Muzumdar and Lt. Col. (Retd.) Manohar S. Karpe were elected for the second term, as President and Vice President respectively, for the year 2007-2008.

Managing Committee

At the close of the year, there were six vacancies. Under Rule 13 (1) Shri Manoj A. Kulkarni (2) Shri Uday A. Mankikar (3) Shri Ravindra Sharanadhar Nadkarni and under Rule 16 (1) Anand Ramchandra Nadkarni (2) Dr. Subodh P. Sirur (3) Shri Sunil G. Ullal, and nominations were invited for the election to the Managing Committee, which was announced in the May 2007 issue of Kanara Saraswat. Thirteen nominations were filed by the members, namely. (1) Dr. Prakash S. Mavinkurve; (2) Shri Uday A. Mankikar; (3) Shri Avinash G. Trasi; (4) Shri Umesh G. Murdeshwar; (5) Shri Santosh K. Sirur; (6) Shri Sunil G. Ullal; (7) Shri Shyam Upponi; (8) Shri Sudhir R. Balvadi; (9) Shri Mahesh D. Kalyanpur; (10) Shri Manoj A. Kulkarni; (11) Shri Bipin V. Nadkarni; (12) Shri Ravindra S. Nadkarni; (13) Shri Ganpati D. Padukone. The following members were declared as elected: 1) Dr. Prakash S. Mavinkurve; 2) Uday A. Mankikar; 3) Avinash G. Trasi; 4) Santosh K. Sirur; 5) Umesh Murdeshwar; 6) Sunil G. Ullal.

Lt. Col.(Retd.) Manohar S. Karpe was appointed as Returning Officer.

During the year under reference, viz. from 1st April 2007 to 31st March 2008, the members of the Managing Committee worked in an honorary capacity. They met 16 times and the average attendance was 8. The attendance of the members was as follows.

<table>
<thead>
<tr>
<th>Member</th>
<th>No. of meetings</th>
<th>Attended</th>
<th>Member</th>
<th>No. of meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prof. Kalindi Muzumdar</td>
<td>16</td>
<td>16</td>
<td>Ravindra Nadkarni</td>
<td>6</td>
</tr>
<tr>
<td>Lt. Col. M.S. Karpe</td>
<td>16</td>
<td>12</td>
<td>Manoj Kulkarni</td>
<td>6</td>
</tr>
<tr>
<td>Shivshankar D. Murdeshwar</td>
<td>16</td>
<td>11</td>
<td>Shyam Balsekar</td>
<td>6</td>
</tr>
<tr>
<td>Santosh K. Sirur</td>
<td>9</td>
<td>8</td>
<td>(14-4-07 to 28-9-07)</td>
<td></td>
</tr>
<tr>
<td>Gurunath S. Gokarn</td>
<td>16</td>
<td>14</td>
<td>(14-4-07 to 28-9-08)</td>
<td></td>
</tr>
<tr>
<td>Dilip P. Sashital</td>
<td>16</td>
<td>10</td>
<td>(14-4-07 to 30-3-08)</td>
<td></td>
</tr>
<tr>
<td>Uday A. Mankikar</td>
<td>16</td>
<td>12</td>
<td>Ratnakar N. Gokarn - Ex-Officio</td>
<td>16</td>
</tr>
</tbody>
</table>

KANARA SARASWAT Vol. LXXXIX, No.11, November 2008
Social and Other Cultural Activities

15th August 2007: The 60th Independence Day was observed by flag hoisting by Lt. Col (Retd.) Manohar S. Karpe, Vice President, KSA. Krishna Jayanti observed from 29th August to 6th September 2007 by Canara Bhajan Mandal in Shrimat Anandashram Hall.

On 15th August 2007, a conference of the Advisory Council to plan KSA's Centenary Celebrations was held. A Convocation for students who had passed in various examinations was held on Sunday 23rd September 2007 when Dr. M.S. Mankekar of Virar, was the Chief Guest, and addressed the students. Lt. Col. M.S. Karpe, Vice President, was 'At Home'.

The annual Diwali programmes were held from 4th-11th November, 2007. The programmes included a Healthy Baby Contest, devotional songs, and story-telling, drama and fancy dress competitions.

On 9th September, a camp for early detection of Kidney Failure was organised at Saraswat Colony, Gamdevi. H.H. Sadyojat Shankarashram Swamiji camped in KSA premises, Talmakiwadi, during Shri Datta Jayanti festival from 22nd December 2007 to 2nd January 2008.


A special blood test camp for Diabetes was arranged on 10th February 2008 at Talmakiwadi.

It was decided to send some students to attend workshops on behalf of KSA to make a mark in social space. It was also suggested that there should be a time capsule on KSA's history for the upcoming Centenary Celebrations. A suggestion was received from the President for formation of KSA's Student Forum for active involvement of youngsters and to guide them in their career, social life etc.

KSA's Centenary Year

On 15th August 2007, KSA organised an Advisory Council meet of former Presidents and Vice-Presidents and the Managing Committee Members to discuss, deliberate and plan the programmes for KSA Centenary starting from November 26, 2010 and to be concluded on November 26, 2011. A wide range of subjects emerged and views were offered. A Fundraising Core Committee was recommended to be formed.

KSA's Foundation Day

Our Association celebrated its 96th Foundation Day on November 26, 2007 in the Indirabai Kallianpur Hall of Balak Vrinda Education Society, Talmakiwadi, by honouring the following eminent persons for their achievements in their respective fields as also for their outstanding contribution to the society and nation:

Holiday Home

The occupancy was 40.29 percent during the period under reference and has shown improvement. It is observed that more persons outside the community are taking advantage than our own members. The booking is higher during the summer season.

'Kanara Saraswat' Monthly

The monthly Kanara Saraswat was published regularly and due care is taken to mail it on the scheduled date. There was a fall in contractual advertisements and hence there is a financial strain on the magazine. Members have complimented the Editorial Committee for popularising the magazine by covering many important and diverse topics.

Vol. LXXXIX, No.11, November 2008 KANARA SARASWAT
including events that have taken place in the community. Some years back, the number of pages was restricted to 36-
40. As more and more writers are contributing informative and interesting articles, the pages had to be increased to
64 to 68 pages. The Special Diwali issue was well received. Members based in foreign countries are eagerly waiting for
the magazine. The airmail charges to foreign countries had to be increased from Rs. 300 to Rs. 1000.

The printing of Kanara Saraswat is done by M/s. Chintanakshar Graphics, Wadala, Mumbai 400031.
The computer composing and graphics are efficiently carried out by Smt. Sujata V. Masurkar, taking enough care
to deliver the printouts within scheduled dates. We also thank Smt. Srikala Kodikal for transcribing the recorded
events of KSA's functions which are published in the magazine.
The details of the number of pages and expenditure involved on account of the magazine are as follows:

<table>
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<th>Month</th>
<th>2005-06</th>
<th>2006-07</th>
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Website

The scheme for our own website is in progress. Negotiations are in progress with professionals and we expect to
launch it by December 2008.

Accounts and Audits

The Accounts of the Association for the year 2007-2008 were finalised and audited by Saraf and Gurkar Associates,
Chartered Accountants, our Statutory Auditors. The internal audit was efficiently carried out by our Internal Auditor
Shri Hattangadi Premanand Bhat. We immensely thank them.

Shri Raja Pandit, the Hon. Treasurer, took immense efforts to finalise the accounts. Special mention should be
made of Shri Ajay Mehra and Smt. Shobhana Rao who gave efficient support for collating and completing the ac-
counts on the computer.

Shrimat Anandashram Hall and KSA Building

Shrimat Anandashram Hall was booked for marriages, thread ceremonies, social gatherings, religious functions,
conferences and other purposes. The Hall is hired for full/half and quarter day by individuals and institutions. There
was a fall in bookings and the utilization was only 16% during this year.

Since the KSA building is nearly 68 years old and is ageing, the Managing Committee has given priority to under-
take repairs. A Sub-committee has been formed and a detailed survey of structural repairs is under active consider-
ation.

The Shrimat Anandashram Hall is being modernised with airconditioning and other facilities to attract more per-
sons and institutions to take advantage of the Hall for marriages and other functions. There will be sliding windows
with new main doors, painted. The area of the present kitchen will be widened. The work of the Pump House which
requires immediate repairs and a new Electrical Cabin with BUS BAR are in progress. The estimated cost is Rs. 16
lakhs and the structural repairs will be carried out after the monsoons. All this will be done having meetings with
residents, involving them in the effort.

We expect to complete the renovation of Shrimat Anandashram Hall by 2009. We are grateful to Shri Uday
Nadkami, Hon. Architect, for his sound and useful suggestions and innovative ideas for the structural repairs and
renovation.

Health Centre

A change in the set-up of the Health Centre and Pathology Lab is under consideration.
There was a regular flow of patients visiting the Health Centre. The panel of doctors who are regularly attending to patients are: Dr. Vasanti Balvalli (General Physician), Dr. Gourang S. Muzumdar (Consulting Dermatologist), Dr. Sunil Vinekar (Physician), Dr. Sujata Muranjan (ENT-Surgeon), Dr. Tejaswini Kulkarni-Bhat (Homeopath), Palak Parikh (Speech and Language Pathologist), Smt. Swati Puthli (Physiotherapist). The Swami Parijnanashram Pathological Laboratory is looked after by Smt. Vaidehi Joshi. Many patients regularly visited the laboratory for various tests.

Library and Reading Room

The Narayanrao Kulkarni Memorial Reading Room and Library serves the members by subscribing for periodicals and leading newspapers in Marathi and English. Popular magazines are also subscribed for the benefit of reading members.

Bhandardara Plot

The Managing Committee is making efforts to sell the Bhandardara plot; there is no response as yet. As per the rules and conditions for selling or transfer of the plot, the permission of the competent authority is required. Efforts are being made to dispose off the plot as early as possible.

Acknowledgements

The Kanara Saraswat Association has gone through several developmental phases in the past few decades and has now emerged as a major institution of Chitrapur Saraswats. Innumerable individuals and institutions have contributed towards the successful working of this institution.

We express our gratitude to HH Shrimat Sadyojat Shankarashram Swamiji for His blessings and guidance from time to time.

We thank the Editorial Committee, members of the Family Tree Project, Smt. Smita Mavinkurve, Dr. Sunila Mavinkurve, Smt. Sujata Masurkar, Shri Atul Joshi for graphic work, M/s Chintanakshar Graphics for printing the magazine, maintaining time schedule, and M/s Golden Publicity for the artwork. Among the institutions we thank the Talmakiwadi CHS Ltd. Balak Vrinda Education Society, the Popular Buying Club, the Saraswat Mahila Samaj, Gamdevi, The Shamrao Vithal Co-operative Bank Ltd., the Advertisers and Hon. Correspondents.

We also thank Smt. Shrikala Kodikal for transcribing the speeches for publishing in the magazine. Shri Satish Kelkar for Sound System; Smt. Ravikala Koppikar, Caretaker, Nashik Holiday Home; M/s. Chandu Decorators and Devraya Shanbhag of Lily Caterers.

Our thanks are also due to the doctors and others attending the Health Centre. We appreciate the hard work put in by the staff members, particularly by Smt. Shobhana D. Rao, Manager, for her devotion to duty.

Santosh K. Sirur
Hon. Secretary
Mumbai 6, November 2007

Shivshankar D. Murdeshwar
Chairman

The following Resolutions will be moved in the AGM

Administrative cost

Resolution 1 : Resolved that interest at an average rate of 8% be calculated on the operating balance as on 1st April of every year on Corpus funds for disbursing to various beneficiaries after deducting the administrative cost of one percent on the interest amount. Also resolved that the consent of the donor should be obtained.

Rule 4 (f) New Class of Membership - "Couple Life Members"

Resolution 2: Resolved that a new class of membership viz Couple Life Membership of Rs.2,000/- be introduced. The eligibility of this class of membership is to the Life Members, Benefactors and Patrons to add to their spouses as "Couple Life Members".

Repairs of the KSA Building

Resolution 3: Resolved that Rs. 16 lakhs approximately be approved and sanctioned for the structural repairs to the KSA building, including painting, airconditioning of Shrimat Anandashram Hall, and POP work.

Upgrading of KSA Health Centre

Resolution 4: Resolved that an estimated amount of Rs. 5 lakhs be approved and sanctioned for upgrading the Health Centre, Pathology Laboratory and Physiotherapy facilities.

Plot at Virar

The Kanara Saraswat Association (KSA) will expand and extend its activities beyond the boundaries of Greater Bombay.
for the benefit of our members staying in the suburbs or far away places like Virar.

The Saraswat Welfare Association (SWA), which is a registered institution, has a plot under "Common Facility Centre" (CFC) with an approved plan of CIDCO, which is the developmental authority.

The SWA plans to construct a Community Centre Hall which will be called 'Swami Parijnanashram Community Centre'. The KSA would have its social and cultural activities jointly with SWA which will construct the Community Centre. Since SWA are the absolute owners, leasing or sub-letting it to KSA is not allowed as per the rules. KSA can sponsor the Swami Parijnanashram Community Centre by way of a donations for its activities jointly with SWA. Kanara Saraswat Association’s name can be displayed.

**Resolution 5:** Resolved that a sum to the extent of Rs. 40 lakhs over a period of two years be approved and sanctioned as contribution towards an Auditorium-cum-Swami Parijnanashram community centre at Virar in association with Saraswat Welfare Association (Regd.) Virar, with a view to extending the socio-cultural activities of the Kanara Saraswat Association.

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**SECOND SHRI CHITRAPUR MATH US POSTAL STAMP RELEASED**

On September 15, 2008, at the closing ceremony of the Bangalore Chaturmas, PP Sadyojat Shankarashram Swamiji provided blessings at 11pm (IST) and released the second US postal stamp of the Shri Chitrapur Math. The release was viewed by about 500 people at the Bangalore Math and drew jaijaikars.

The stamp bears a beautiful view of the Shri Chitrapur Math from Poojya Swamiji’s kutir (residence), with the sarovar (pond) in the foreground. Coordinated via live webcast, members of the Chitrapur Heritage Foundation (CHF) worked with the US Postmaster of the Almaden San Jose Post Office in California, USA, to release the stamp and first day covers. The first stamp with a front view of the Shri Chitrapur Math was released on February 15, 2008.
BHALACHANDRA BHAVANISHANKAR BURDE
13-12-1928 to 28-09-2008

Born in 1928, Bhalachandra grew up in Kumta. He was trained to be a Rice Mill operator at an early age by his father Bhavanishankar, the eldest son of Vishweshwar Venkatesh Burde. He was the first Bhanap entrepreneur to start a mobile rice mill and tour villages of the North and South Kanaras in the early years when the majority of village heads used to be Bhanaps. Much later, Bhalachandra carried on the tradition of running the rice plant under the name and style of Prabhat Mills at Nellekeri, Kumta. Very affectionate and family-loving, Bhalachandra was truly the last of the vanishing Joint Family of Chitrapur Saraswats in the Kanaras.

Mourned by:
Wife Nirmala, sons, daughters-in-law, daughter, son-in-law, brothers, sisters-in-law, grandchildren, nieces, nephews, cousins and cousin sisters, and surviving uncle Raghuveer Burde
PERSONALIA

Shekhar Venugopal Hattangadi has secured First Rank with the highest aggregate of marks in Mumbai University’s Final Year LLB Examination of 2007-2008. He is the recipient of seven prestigious University Honours: the N.M.Wadia Gold Medal, the B.J.Patel Diamond Jubilee Memorial Trust Gold Medal, the Shri Vishwanath Narayan Budhisagar Gold Medal, the Late Advocate S.A.Keluskar Prize, the Late Shri Noshirwan H.Jhabvala Memorial Cash Prize, the J.I. Mehta Endowment Prize and the Sir Lawrence Jenkins Scholarship.

This is Shekhar’s second consecutive year as the University topper in the Faculty of Law. Last year, he stood first in Mumbai University’s Second Year LLB Examination, also known as the Bachelor of General Laws (BGL) degree.

In his law degree programme, Shekhar specialized in Criminology, Intellectual Property Law and Medical Jurisprudence. He intends to practise Public Interest Litigation in a pro bono capacity, while continuing his career as a freelance journalist and teacher. He has lectured in Indian and foreign universities and most recently, as an adjunct professor in The Times of India’s Centre for Media Studies in Mumbai.

Shekhar, who earlier worked with The Times of India and McGraw-Hill groups, and edited Mirror magazine, has studied International Politics and Communication at the Center for International Studies in Ohio University, USA. His performance in the dual-master’s degree programme at Ohio had then earned him a year-long Kennedy Fellowship in Harvard University’s John F. Kennedy School of Government where he worked as Teaching Assistant in Public Policy with former White House official and international security expert Prof. Joseph Nye.

Sudha Manohar Hattikudur, former Principal, KCP College of Fine Arts, Bangalore, and presently, Joint Secretary of the Karnataka Chitrakala Parishath, was one of the participants in an Artists Camp organised by Dr. Pushpa Dravid, mother of Test cricketer Rahul Dravid, on behalf of the Karnataka State Cricket Association (KSCA). Held at the Chinnaswami Stadium, Bangalore, from October 9-13, during the First Cricket Test match between India and Australia, it was a unique event, perhaps for the first time in the country, where a Cricket Association had invited ten leading artists of the State to witness and capture the action, excitement and atmosphere of a match on canvas.

A separate enclosure was provided to the artists to work and relax and the required art materials were made available. Dr. Pushpa Dravid, an eminent painter herself, was one of the participating artists. The varied impressions made by the game on the artists resulted in a variety of interesting paintings ranging from the bowling action of Ishant Sharma to the jubilation of the crowd on seeing Tendulkar coming out to bat to the great Indian huddle. KSCA plans to retain some paintings, perhaps to be displayed in the Clubhouse, and put up the rest for sale after the match.

Kumudini Gunavante Rao has been conferred the Sangeet Nritya Academy Award for the year 2007-2008. Earlier, the Karnataka Sangeeta Nritya Academy had honoured her with the ‘Sangeeta Nritya Academy Prashasti’ (2007) and the ‘Nritya Kala Sindhu’ award in the field of dance.

Hailing from an artistic family, Kumudini developed a taste for dance right from her primary school days. She obtained the ‘Nritya Alankara’ degree from the Akhil Bharatiya Gandharva Mahavidyalaya (ABGM), Miraj, and has trained under renowned gurus of Bharat Natyam and Kathak.

“Ujwala Nrityalaya”, the school of dance established by her in Dharwad, is one of the biggest schools in Northern Karnataka, and sends scores of students for music and dance examinations conducted by the Karnataka Government Education Department. Ten of her disciples run their own dance schools and her students are invited to perform at prestigious events. Kumudini has choreographed several prominent dance-dramas and played a major role in fundraising programmes for noble causes.

Kumudini is the wife of Bailangady Prabhakar Rao, popularly known as Raobail, a reputed cartoonist and illustrator.

Uday B Shirur has won the First Prize in the individual ‘aspiring’ category event of the All India Whistling Competition held in Chennai on August 19-20, 2008. He whistled the song, Surmayi ankhiron mein, from the movie ‘Sadma’. The highlight of the event was that the 48 participants of the competition whistled the song, Saare jahan se acha, and got their names registered in the ‘Limca Book of Records’; the names will be printed in the 2009 edition of the book.

Results

ICSE: Antara Telang - 90.85% (got 100% in Technical drawing applications)
HERE AND THERE

Bangalore: On September 7, 'Prarthana' children crafted puppets at a workshop run by Deepa Murdeshwar and Ruzbeh Irani of Solapur. Later, they presented them beautifully in stories adapted from Little Ravi Kiran. The popular Prarthana classes now have 85 students.

Sanskrit Day (September 12) included songs, a children’s skit, a story etc – all in Sanskrit. PP Swamiji distributed pramaanapatras to the students.

The last week of Chaturmas saw bhajans, havans for ‘samaja abhyudaya’, and the local Dharma Sabha. Semolanganhan on September 16, was marked by Poojya Swamiji crossing River Arkavati to the Seemolanghan on September 16, was marked by Poojya Swamiji crossing River Arkavati to the

Navratri Utsav Swamiji crossing River Arkavati to the Seemolanghan on September 16 was marked by Poojya Swamiji crossing River Arkavati to the

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Swamiji crossing River Arkavati to the Seemolanghan on September 16 was marked by Poojya Swamiji crossing River Arkavati to the

Swamiji II and HH Shrimat Parijnanashram Swamiji II was observed. Navratri Utsav was also celebrated.

Reported by Uma Trasi and Amit G. Kilpady

Houston, Tx, USA: A satsang is conducted every month and hosted by different families. It begins with a prarthana, followed by 30 minutes of bhajans, an hour of vimarsh and concludes with Deepanamaskar, Shankarnarayan Geet, mangalpad, aarti and jai jai kara. The host family decides the topic for vimarsh and serves prasad. Twenty sadhakas participated enthusiastically in the September satsang on the topic, “Your idea of God”.

Reported by Prateek Karkal

Hubli: The Sabha conducted Sadhana Shrinkhala from September 10-14, 2008, at Shri Shivakrishna Mandir. All the 20 sadhakas who had participated in a dry run of the exercise during the previous week accomplished the Shrinkhala with great ease. Each day’s programme ended with prasad vitaran.

Reported by V.M. Malbali

Mumbai, Andheri: The Punyatithi of HH Parijnanashram Swamiji II on September 25 and HH Shrimat Parijnanashram Swamiji III on August 20, were observed with due reverence. On September 2, the Punyatithi of HH Shrimat Parijnanashram Swamiji II on September 25 and HH Shrimat Parijnanashram Swamiji III on August 20, were observed with due reverence.

Sadhana Shrinkhala, from August 1-5, averaged 85 enthusiastic participants aged 8-80 years. Ashadhi Ekadashi was marked by abhangs and devotional songs on Lord Vithoba by the Parijnanand Bhajan Mandal.

Reported by Manohar Balse

Mumbai, Dadar: A large number of sadhakas met on September 25, to observe the Punyatithi of HH Parijnanashram Swamiji II with much devotion and jaijai kars to the Guruparampara.

From September 30 to October 8, standing reverently before a picture of Durga Parameshwari adorned with beautiful flowers, 20 colour-code-clad devotees chanted Navaratri Nityapath. The oldest was 93 years of age and the youngest was 18.

The Matunga Mitra Mandal (MMM) celebrated Ganeshotsav with great gusto - a one-day cultural fest, thoroughly enjoyed by all, featured a hilarious one-act drama “Weekend Special” in which the Colony youth displayed their histrionic talents, dances ranging from Kathak to Lavani to modern Jazz and film songs, a fancy dress programme by children, Devdas Bellare’s magic show and an entertaining variety of flute recitals. Children and youth prepared for the daily poojas with great enthusiasm and sang bhajans during Ranga Pooja performed amidst glittering lamps on stands. In keeping with an eco-friendly spirit, Ganapatibappa was given a tearful goodbye with Swamiji’s bhajans sung full-throatedly to the clanging of lezims, cymbals and daflis, instead of the traditional banjo.

Reported by Sudha Bhat & a young MMM reporter

Mumbai, Goregaon: Prarthana classes commenced from September 13. Yuvadhara youngsters supported by seniors, performed Devi Anushthan on Dassera day, a fitting finale to the Navratri Nityapath pathan by the Sabha’s ladies’ wing.

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Reported by Manohar Balse

Standing Committee and a scholar of Vedanta was felicitated by Y.C. Rao, President of the Sabha. The sadhakas were felicitated by Kuldeep Kalavar for conducting the Sadhana Shrinkhala capably.

ERRATUM

The name ‘Manohar Talgeri’ published under Mumbai, Andheri in the “Here and There” section of the September 2008 issue of KS should be read as ‘Shri Mohan Talgeri’. The Andheri Sabha regrets the inadvertent error in reporting.

Reported by Prateek Karkal

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Reported by Manohar Balse
Kallianpur Vijay/Deepak Karnad (tabla) provided commendable support. The abhangs were interspersed with an excellent Marathi commentary, penned and presented by Shyamala Yennemadi. A palki with Lord Vithoba’s idol was also carried to the joyous accompaniment of smarans and bhajans.

Rag Upakarma, the annual changing of the sacred thread, was held on August 6.

Reported by Gautam Amladi

Mumbai, Santacruz (W): The Sabha observed the Punyatithis of HH Shrimat Parijnanashram Swamiji II on September 25 and HH Shrimat Parijnanashram Swamiji III on August 20 as in earlier years, with much reverence.

Reported by Kavita M. Karnad

Mumbai, Vile Parle: On October 5, the Punyatithi of HH Shankarashram Swamiji I was observed with due reverence by a large number of local sadhakas.

From October 18-23, an upanyas by Dharmapracharak V Rajgopal Bhat was arranged during Sadhana Shrinkhala with a view to enrich the recitation of Chapters XII and XV of the Geeta by understanding the true meaning of the teachings therein.

Reported by Shrikar Talgeri

Mysore: At the AGM of the local Sabha, held on September 20, the following were unanimously elected as Office Bearers for the year 2008-09: Ravindra Mankikar (President), Ajit Vombatkere (Vice President), Shobha Gangolli (Secretary) and Prashant Balsavar (Treasurer).

Reported by Prashant Balsavar

Balak Vrinda Education Society, Mumbai: September 4 saw the traditional fond farewell given to Shri Ganesh after His installation in the School Hall in a decorated makhar and 1½ days of pooja.

September also saw our students bagging prizes in various inter-school competitions organized by the Rotary Club of Mumbai South, with a 1st prize and a trophy in the drama competition.

The Interact Club, a sub-division of the Rotary Club for children, started in the English-medium school, completed five years. It has undertaken environment-related awareness programmes and fundraising drives for social causes. Students also contributed to ‘News in Education’ of The Times of India, and observed Hindi Day and Ozone Day on September 18 with skits, speeches and stories.

The following Managing Committee members were unanimously elected on August 17, for the year 2008-09: Avinash Trasi (Chairman), Anand Nadkarni (Vice Chairman), Smita Mavinkurve (Hon. Secretary), Vijayalaxmi Kapnadak (Jt. Hon Secretary), Nirmala Chikarmane (Hon. Treasurer); Geeta Balse, Usha Kagal, Dr. Suneela Mavinkurve, Uday Nadkarni, Deepak Mistry, Dilip Shashital and Kishor Basrur (Members).

Reported by Geeta Balse

The Saraswat Mahila Samaj, Mumbai: The AGM of the Samaj was held on September 17.

The grand finale of its 90th Anniversary was celebrated on September 21 with a Marathi drama, ‘Awagha Rang Ekachi Zala’. The full audience gave a standing ovation to the cast at the end of the play.

In the absence of the Samaj President, Vice President Vidya Kodial welcomed the Chief Guest, Bipin Nadkarni; the producer of the play Anant Panshikar, and the audience. Suman Kodial, Chairperson, briefly narrated the year’s special programmes while Kanchan Sujir, Hon. Treasurer, read out the donations received during the 90th year. After Hon. Secretary Neeta Yadery introduced the two guests, Geeta Bijoor, Jt. Treasurer, offered floral tributes.

In his speech, Shri Nadkarni extolled his parents, the Mahila Samaj and the residents of Talmakiwadi for the rich samskars he has received. Shri Panshikar spoke about his long association with Chitrapur Saraswats. Geeta Balse proposed a vote of thanks.


Reported by Suman Kodial

DONATIONS RECEIVED

Kanara Saraswat Association is grateful to the following donor:

EMERGENCY MEDICAL FUND
Chaitanya Ratnakar Nadkarni Rs. 2000/- (in memory of brother Ramdas R. Nadkarni)

DISTRESS RELIEF FUND
Chaitanya Ratnakar Nadkarni Rs. 2000/- (in memory of brother Ramdas R. Nadkarni)

SCHOLARSHIP FUND
Chaitanya Ratnakar Nadkarni Rs. 2000/- (in memory of brother Ramdas R. Nadkarni)

Rates for Classified Advertisements in Kanara Saraswat w.e.f. 1st August, 2008
For the first 25 words: Rs. 400/- for KSA Members and Rs. 450/- for Non-members.
For every additional word, thereafter: Rs. 10/-
SHRI CHITRAPUR MATH TERCENTENARY EVENTS

CONCLUDING SARASWATI YATRA (CSY)
Ahmedabad, Siddhpur, Anhilawad-Patan, Nal Sarovar, Prabhas-Patan and Somnath
(Monday, 26th January, 2009 to Saturday, 31st January, 2009)

Ahmedabad Sabha is sending/has sent individual confirmation letters to all registered Yatris detailing the instructions for the Yatra.
If you have not received the letters. Please contact:

1. Shri Hemant Kaikini, Secretary, Ahmedabad Sabha: hkaikini@hotmail.com. Tel 079-2682 6596, Cell 09825000163
2. Shri Vivek Hattangadi - vivekhattangadi@yahoo.co.in / v_hattangadi@hotmail.com. Tel. 079-26601479, 2666163; Cell 09376100041

‘NAGAR CHALO’ YATRA

A Yatra has been planned in the divine presence of H. H. Shrimat Sadyojat Shankarashram Swamiji to Nagar, Keladi and Ikkeri by Sagar & Shirali Sabha on 20th and 21st December, 2008.

(a) Registration charges ex Shirali - Rs.1,000/- per head. Payment by Local Cheque / DD favouring “Shri Chitrapur Math”, payable at Shirali

(b) For Ex Sagar Yatris arrangements and charges will be organised by Sagar Sabha.

(c) Additional charges for double occupancy rooms will be intimated separately by Sagar Sabha

(d) Limited rooms with WC are also available in Hotel Varadashree, Sagar. Persons requiring such accommodation will be required to pay the advance as early as possible to the hotel through Sagar Sabha

(e) Registration should be done by advance payment of the minimum registration charges to Manager, Shri Chitrapur Math by 30 October 2008. Registration/ Cheques will not be accepted after 30 October, 2008

Convenor of the Yatra: Shri Uday Nilekani, President, Sagar-Shimoga Sabha (Tel. 08384-227414 Email - jayunilekani@yahoo.com) will be responsible for all aspects of the Yatra. Any queries regarding accommodation at Sagar should be raised with: shivainternetcafe53@rediff.com or praveen.basur@gmail.com.

Contact person at Shirali: Shri Bhavanishankar Kallaje, Manager, Shri Chitrapur Math. Tel. 08385-258368, 08385-258756. Email - scmath@nicmail.com.

CHITRAPUR RANG-RANJANI

A Festival of Music, Dance, Drama, Discourses and Keertans showcasing the talents of Chitrapur Saraswat Youth in India and Abroad, against the backdrop of senior artistes

Venue: Shri Chitrapur Math Shirali
Dates: Wednesday, 17th December, 2008 to Wednesday, 31st December, 2008

A MUST VISIT for all of us to our Spiritual Home to enjoy a fortnight of interesting and absorbing festivities. A golden opportunity to visit Maths and temples in Murdeshwar, Gokarn, Mallapur, Kollur, Idgunji, Kaikini, Dhareshwar, etc.
Those desirous of attending this unique event should register their time and date of arrival in Shirali and require­
ment of accommodation with the Manager, Shri Chitrapur Math, Shirali, by 15th November, 2008. The telephone
number of the Math is (08385) 258 368 and the e-mail address is <scmath@sancharnet.in>. or
<scmath@ricmail.com>.

ALL SABHA BHAGVADGITA RECITATION COMPETITION

Contestants, divided into two main groups, will learn and recite the following:
(a) those below 15 years (Born after 1/12/1993): Shloka 1 to 20 of the 15th Chapter
(b) those above 15 yrs (Born before 30/11/1993): Shloka 1 to 23 of the 6th Chapter

The groups will be further subdivided into less than 8, 8-12, 13-15, 16-45 and over 45 years as of
1st December, 2008.

Screening will be held locally by the Sabhas as follows:
1. Sabhas outside Mumbai will conduct the preliminary recitation contests at a local Centre by the end of
   November, 2008.
2. Mumbai participants will be screened at Talmakiwadi, as in the past, on 7th December, 2008.
3. Members not attached to any Sabha / outside the area should contact the nearest Sabha and choose the
   Centre most convenient to them. Or, they should, with prior registration, be present in Shirali for the prelimi­
   nary contest on 25th December, 2008.

All Centres will send entries for the Finals @ 2 entries / 10 participants of each group, on or before 10th Decem­
ber, 2008 (1 entry, if less than 10 participants).

Finals will be held at Shri Chitrapur Math, Shirali, on 26th December, 2008.

Prize Distribution will be held at the august hands of H.H. Shrimat Sadyojat Shankarashram Swamiji on 27th
December 2008.

Participation Certificate: Every participant who has presented himself / herself for the competition and ac­
quired the minimum allotted marks / points, will receive a Participation Certificate and a token gift, at the hands
of Poojya Swamiji, on a convenient date and time decided by the respective Sabha.

Centres & Contact Persons:
1. Talmakiwadi, Mumbai: (Competition on Sunday, 7th December, 2008)
   Mahesh Kalyanpur: 9322515884, mkalyanpur@hotmail.com or mail to: 1/22 J D Marg, Mumbai 400007.
2. Chennai: Shri Arun Hoskote Ph.No.044 26412036 or Archana on 04426412643 or 09841423961
3. Pune: Jyothi Divgi: Cell: 09373319669, bhajo@yahoo.com
4. Bengaluru: Udaya Mavinkurve, Cell: 09845833579 udayamavin@yahoo.com OR Uma Trasi, Cell: 09945427140 umatrasl@yahoo.co.in
5. Shirali: Sumedha Shukla, Cell No. 09980184580 OR Keshav Sorab (09449238821) scmath@ricmail.com
6. Hyderbad: Vinati Udhaer, 09848017310, vinatiku@gmail.com,
7. Hubli: (For Hubli & Dharwad): Sneha G Nadkarni, Contact no: 9739698217,0836-2280419 E mail id :
   sneha_gn@rediffmail.com, snehagn@gmail.com
   Sabhas desirous of having their own Centres in addition to the above, may please contact Mahesh Kalyanpur
   or write to grantroad_sabha@rediffmail.com urgently.

For more details and schedules of all the above events, please see Kanara Saraswat (July 2008,
Guru Jyoti Yatra Special Issue) or Chitrapur Sunbeam (September 2008), or visit the Math website:
www.chitrapurmath.net.
My Heritage

Param Poojya Anandashram Swamiji: Shantamoorty was anointed the Shishya Swami as ‘Anandashram’, the 9th Guru of our sacred Guru Parampara, by Param Poojya Pandurangashram Swamiji, who attained Mahasamadhi only eight days later. Poojya Anandashram Swamiji therefore barely had eight days with His Guru for orientation in His role as a Mathadhipati. Unique however are the ways in which the Guru communicates with His Shishya and gives Him the strength and shows the way.

Param Poojya Anandashram Swamiji was an epitome of peace and tranquility. He took everything that came His way with utmost forbearance and fortitude, thus teaching us a very valuable lesson on how to live our lives. Poojya Swamiji had a deep thirst for knowledge and the study of our scriptures. The life and role of a Mathadhipati is not easy. Poojya Swamiji, at such a young age, had to look into the Administration and Finance of the Math, added to the various problems that the devotees came to Him with. All this, left Poojya Swamiji with very little time for His study. In sheer frustration, Poojya Swamiji quietly left the Math one night, without informing anyone. Poojya Swamiji’s absence was discovered the next morning and devotees rushed in search of their beloved Guru. Our compassionate Gurudev, of course, yielded to their fervent pleas and returned to the Math. A point for us to remember is that our Gurus do so much for us. Whatever they do is all for our benefit and growth. Giving them as little trouble as possible, helps them give us so much more.

Sojourn at Rishikesh: Intensely yearning to know and study the scriptures, Poojya Swamiji spent some days in Rishikesh, at the foot of the great Himalayas, to do extensive study of the scriptures under the guidance of Swami Krishnacharya who later came to Shirali and the study continued.

Commencement of the Sadhana Saptaha: Our country was going through a bad time—drought everywhere and a financial crunch. This affected the Shri Chitrapur Math too. Festivities had to be cut down and stringent measures had to be taken. Poojya Anandashram Swamiji was quick to take decisions and adapt to the new situation without letting our people lose out on any form of Sadhana. Rathotsava was discontinued because this meant festivities, celebrations and expenses, and in its place, the ‘Sadhana Saptaha’ was started. One week of intense Sadhana, filled with satsang, bhajans and enlightening discourses, held in the month of December, when the climate in Shirali was conducive. The devotees participated with enthusiasm in the Sadhana Saptaha.

Silent Communion with Shri Ramana Maharishi: In 1941, Poojya Anandashram Swamiji met Shri Ramana Maharishi, the renowned, self-realized Saint of Tiruvannamalai in Tamil Nadu. Not an ordinary meeting at all, the conversation between the two great Saints was indeed unique. Conversation flowed for about thirty minutes, in total silence! In a language beyond the comprehension of us, mortals.

Surrender and Acceptance: Our Gurus have always been so full of compassion and love for us that devotees are accepted completely when they surrender to the Guru, irrespective of their past actions. This was the case with two brothers, in Bangalore, who were filled with sarcasm and condemnation for others. One day, a friend managed to persuade them to attend Poojya Swamiji’s Ashirvachan at least once. With the Guru’s Grace they did so. Just one darshan and unbelievable indeed was the transformation! They offered their sashtang namaskars at the Lotus Feet of our Gurudev with total devotion and surrender in their hearts. They even publicly declared their repentance. This was all our Gurudev needed. The past was forgotten and forgiven. Poojya Swamiji accepted them with love.

A Tiger makes Way: Divinity has a language of its own, universal and clear and yet missed by most of us. Night had descended; the Ghat was steep with the roads winding and narrow. Poojya Anandashram Swamiji, accompanied by His retinue, was crossing the Agumbe Ghat by car. Poojya Swamiji Himself was at the wheel when the car had to be halted suddenly - a full-grown tiger was sprawled across the road! The horn and the headlights would not make him budge. While the others froze with fright, Poojya Swamiji alighted from the car; walked up to the tiger and gently said, “We have to reach our destination. Will you please make way?” The tiger got up and walked away! Such is Gurushakti and the gentle powers of communication that our beloved Gurudev possessed.
**Gurushakti:** There was a visitor from Madras who wanted an interview with Poojya Swamiji during His stay in Bangalore. However, due to Poojya Swamiji’s health not being too good during that time, all interviews were cancelled. The visitor decided to go to Puttaparti to meet Satya Sai Baba instead. All along the way to Puttaparti he thought about the two Saints in his life…which of them was greater? He reached Puttaparti and when Shri Satya Sai Baba came to him, instead of vibhuti which Baba normally produced for His devotees, Baba gave him akshata which are given to us by our Gurus during phalmantrakshat. The man instantly saw a message in it and realized his mistake. Back in Bangalore, he sat in a corner, silent and repentant feeling unworthy to receive phalmantrakshat from Poojya Swamiji. Poojya Swamiji called for him and while giving phalmantrakshat, along with the customary coconut, also gave him vibhuti! An incident clearly highlighting that though the names and forms may be different, Gurushakti is one.

**The protective Grace of the Guru:** There lived an ardent devotee in Kolhapur who had a dream of Poojya Anandashram Swamiji. In her dream, hearing the khadavas of her Gurudev clear and loud, on the stairs of her home, she rushed to look around for a chair to welcome Poojya Swamiji. The dream ended just then but it had great significance. At that time, her brother was at Shri Chitrapur Math, Shirali, for the Navaratra Utsav. The Utsav over, when he was on his way out after receiving phalmantrakshat, a Vedic came running to say that Poojya Swamiji wanted to meet him. Poojya Swamiji gave the man His Padukas to be given to his sister in Kolhapur, gently saying, “Give them to your sister”. The brother’s eyes welled up at the care and concern shown by Poojya Swamiji. His sister had recently lost her young husband, leaving her with a toddler son and a baby to look after and bring up. The Padukas were given to her to give her fortitude to bear the pain and the strength to live and bring up her children. Such is the benevolence Grace of our Guru to help us go through the trials and tribulations in our lives.

**In tune with the changing times:** Our country was once again going through a change in the spiritual and religious realm…this time for the better. Saints appeared on the Indian horizon to spread spiritual knowledge, Swami Vivekananda dynamically led the Convention of Religions in USA and Saints like Ramakrishna Paramahamsa and Ramana Maharishi came. Spiritual awareness spread all around and amongst our people too. It was now safe for us to travel abroad without fear of losing our faith or getting disconnected from our roots. So, while Poojya Pandurangashram Swamiji had disapproved foreign visits because the situation then called for such an action, Poojya Anandashram Swamiji, looking at the changed scenario, accepted all the people who went abroad into His fold. Members of our community, intelligent as ever, made remarkable progress in every field and brought fame to the community. Our Gurus thus, have always kept abreast with the times and guided and encouraged us accordingly.

**Poojya Swamiji’s Ashirvachans:** Devotees thronged from far and near to listen to Parama Poojya Anandashram Swamiji’s Upadesha. Poojya Swamiji’s Ashirvachans were simple and yet so deep, appealing and soothing. Poojya Swamiji was known to have a quick and subtle sense of humour and His very peaceful demeanour and manner of speaking was enough to put the devotees at ease and reassure them that their Guru was always with them to care for them and protect them.

**Shishya Sweekar:** Years rolled by, filled with glory and treasured moments. Devotees prayed with humility for the continuance of the Guru Parampara and were overjoyed when Poojya Swamiji graciously agreed to accept a Shishya. Ravindra, an extremely brilliant boy, son of Shantabai and Shankaramarayan Laxman Bhat was chosen by Poojya Swamiji as His Shishya. Poojya Swamiji sent a gentle request to little Ravindra’s parents and sought their permission before accepting him as a Shishya. On the 1st of March 1959, in Shivaji Park, Mumbai, young Ravindra, all of 11 years old, was anointed Shishya Swami and Parama Poojya Anandashram Swamiji initiated the Shishya ‘Parijnanashram’ The Shishya Sweekar was a memorable occasion for the entire community. Thousands thronged the place with deep emotion stirring in their hearts. Our community had, once again been blessed with an uninterrupted flow of love and compassion.

**Mahasamadhi:** Time does not stand still. Little did the devotees know that the end was looming near. On Param Poojya Anandashram Swamiji’s visit to Bangalore, on 16th September 1966, even as Gauri Poojan was celebrated everywhere, there was a kind of stillness in the Bangalore Math a little after sunset on that fateful day. The sound of AUM reverberated, the AUM with which the Universe began, today ended with a silence to merge into the all pervading Silence. The impact of what happened left the devotees devastated, shocked and forlorn. Came the time when the devotees needed to imbibe all of Poojya Swamiji’s profound teachings and continue to feel His presence always…..a presence which indeed is still with us, always.

Glory to Lord Bhavanishankar! Glory to our Guru Parampara!
Surrounded by heavenly green forests, Sirsi is a picturesque little town – having the best of both worlds – cars of the latest models zoom through its narrow streets while acres and acres of arecanut plantations and ancient temples dot the landscape. Sirsi is a popular destination for trekkers and nature lovers alike, owing to its idyllic location in the middle of the Western Ghats. Walk a few metres away from the town and we have dense forests on either side – filled with hare and rabbits, hornbills and brilliant-coloured woodpeckers and plenty of towering anthills. Cobras, the deadlier vipers and other creepy-crawlies live harmoniously with fireflies that make the forests look like decorated Christmas trees at night. As you drive towards Kumta and the western coast through the Devimane Ghat, the spectacular view of the Sahyadri mountain ranges provides a veritable treat! The region is also popular for numerous medicinal plants used in Ayurveda, and there are protected reserves nearby to conserve the biodiversity of the region.

Sirsi has many places that you must see...

Nilekani: Shri Subramanyeshwar Temple is an ancient temple belonging to the Nilekani family. In the serene environs with forests on one side, a placid sarovar in front and acres of arecanut plantations ahead. The annual Rathotsava held on the Champa-sashti day is a spectacular event with a long line of devotees queuing up from dawn to well past midnight! The Nilekani family has been giving Ayurvedic medicine for the treatment of herpes, a tradition handed down from generation to generation.

Poojya Anandashram Swamiji would often come and stay in this serene place that offers solitude, and has once observed Chaturmas here. It is a matter of pride that the Nilekani family has built and dedicated a kuteer for our Param Poojya Sadyojat Shankarashram Swamiji.

Shri Marikamba Devasthanam: The Gram Devi of Sirsi is Shri Marikamba. She is said to have been installed by the then King of Sonda Immadi Sadashiva Rao. The Idol of the Goddess, seated on a lion, is about eleven feet high, with different weapons in her eight hands.

Banavasi: is 24 km from Sirsi. Its prime attraction is the renowned Madhukeshwara Temple built in the 9th century. The temple, dedicated to Lord Shiva, is an amalgamation of several schools of architecture. The presiding deity is a honey-coloured lingam dedicated during the reign of Mayura Varma, the first king of the Kadambas, the first royal dynasty of Karnataka, established in 345 A.D...

Banavasi was the capital city of the Kadamba kings who ruled for 200 years. The annual December cultural festival, Kadambotsav, is a huge gathering, organized by the state government brings together performers, artists and writers from all over South India. Banavasi has long been a cultural centre, especially for the Yakshagana art form, and local artisans craft and sell Yakshagana masks here.

Sahasralinga: The river gushes down through hundreds of lingas sculpted in stone creating divine music. Surrounded by green forests, Sahasralinga is about 18 km from Sirsi. The legend behind this stone sculpture is that the local king, who had no heir, once had a dream that he would be blessed if he offered a thousand lingas and hence the lingas in the middle of the river! Another legend has it that this was a School dedicated to Sculpture. This is MUST SEE place when you travel to Sirsi! If you are lucky, you will be able to see the Great Hombills too!

Sonda: Fifteen kilometres away from Sirsi is Sonda, famous for its Sri Vadiraja Matha and the Suvarnavalli Math.

Unchall Falls: also known as Lushington Falls or Keppa Joga, is about 30 km from Sirsi. The waterfall is a 116 meter drop and offers a spectacular view!

Yan: For the adventurous at heart, a short, lovely trek through thick forests on either side, down a steep valley and at end .. a sight that takes your breath away! A magnificent ROCK formation towering high and unexpectedly amidst the green forests, with a Shiva Temple at the base. You can climb through the rock, leaving behind your footwear. Light pours in from large natural skylights! And the simply awe-inspiring environs of this place are better experienced than explained. Legend has it that the rock is Bhasmasura who was transformed into a rock by Vishnu in the form of Mohini.

Sirsi is truly a Ratna, a precious gem of our beloved Kanaras!
FUN-TIME: Crossword Puzzle: The solution will be printed in the next issue (December 2008).

Clues Across:
1. The place where Parama Poojya Anandashram Swamiji once observed Chaturmas (8)
2. The forests of Sirsi are filled with this kind of rabbits! (4)
3. This along with devotion brings devotees to the Devi temple in millions! (4)
4. The Gram Devi of Sirsi (9)
5. A thousand lingas adorn the river at this spot (12)
6. Suvanahalli Math is situated here (5)
7. Sirsi is truly a ‘gem’ of the Kanaras. (11)

Clues Down
8. Sirsi belongs to this district (13)
9. Famous waterfalls in Sirsi (13)
10. Sirsi gets plenty of this in the monsoons! (4)
11. Secluded and peaceful—another name for Sirsi! (6)
12. The dynasty that ruled Banavasi (8)
13. Towering hills are made by tiny .... (4)
14. Even deadlier than Cobras (6)
15. Madhukeshwara Temple is located here. (6)

TERCENTENARY MESSAGE BOARD:
Prarthana: With over 350 happy and enthusiastic children aged 3-13 in 26 Centres across the country and beyond, and around 60 dedicated teachers, the “Prarthana” project has really taken off in this Tercentenary Year! Join the project, if you have not already, at the Prarthana Centre, nearest your residence, and enjoy the interesting stories and fun activities, shlokas and bhajans with other “amchi” children.

Yuvadhara: Yuvadhara is another project comprising yuva-s and yuvati-s in the age group 18-35 years. It seeks to nurture youth to realise their full potential and to inculcate in them the willingness and capacity to carry forward the torch of our rich spiritual and cultural heritage.

Compiled and created with love by
Kalpana Chandavarkar & Jyothi Bharat Divgi

A HOME AWAY FROM HOME
Belgaum (Karnataka) is a fast developing city, with verdant surroundings, situated midway between Mumbai and Bangalore, 90 kms from Hubli on NH-4, 2 hours from Goa. An educational centre and a hub for small and large industries and IT about to make an entry, it is an ideal opportunity for investment in real estate for the Saraswat community, with land prices going northwards.

“Saraswatpur” for our community is under planning with 1/2/3 BHK flats, row houses, individual bungalows, a temple, home for the aged with recreational/medical facilities. Also available open plots 30’x40’/60’x40’, farm houses 1 acre/above. Those interested may send their letter of interest to: gharrkul@gmail.com or contact on Mobile: 9322269901
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Alliance invited from graduate, working CSB/GSB girls for well-settled CSB boy, 32/5'9", B.E. (Mechanical; Bombay University). Please reply with BHP (returnable) to Box No.CL 2862, Kanara Saraswat Association, Mumbai 400007. (R-9703)

ENGAGEMENTS

Trikannad-Mudbidri: Pramathesh, son of Vijaya and Girish Trikannad of Arlem (Goa) with Akhila, daughter of Nandita and Dr. Anil Mudbidri of Dharwad on 4th October, 2008 at Goa. (R-9720)

Pandit-Hattikudur: Girish, younger son of Shamala and Kishore Pandit, Borivali West, with Aparna, daughter of Geeta and Ravindra Hattikudur, Santacruz West, on Tuesday, the 14th October, 2008 at Mumbai.

ACKNOWLEDGEMENTS

Avanti and Sachin Ubhayakar join their parents Nayana and Vijay Tendulkar and Sharada and Maruti Ubhayakar in thanking all relatives and friends for their presence and blessings on the auspicious occasion of their marriage on 9th October, 2008 at Mumbai. Kindly treat this as personal acknowledgement. (R-9713)

PUROHITS

Yogesh G. Honnavar, Janam Apartments, 2nd Floor, Room No. 14, Near W.E. Highway and Rajaram Udyam, Jogeshwari (E), Mumbai 400060. Tel: 09270234716 / 09967874816. Email: yogesh.honnavar@yahoo.co.in

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

OBITUARY


OBITUARY ACKNOWLEDGEMENT

Smt Sadhana Narendra Kamat and family sincerely thank relatives, friends and colleagues for their moral support, condolence-visits, letters and phone-calls. They also express their deepest gratitude to the doctors. Thank you all for being with us in our recent bereavement.

DOMESTIC TIDINGS

BIRTHS

Feb 19 : Twins (Akash and Pranav) to Aruna and Ganesh Mangesh Murdeshwar at Calgary, Alberta, Canada.

Sept 11 : A son (Ankit) to Kalavati (nee Murdeshwar) and Kiran Prabhakar in San Jose, California, USA.

THREAD CEREMONY

Apr 18 : Samvit, son of Vinay and Vibha Taggarshe of Matunga at Bangalore.

MARRIAGES

Aug 20 : Shantanu Eknath Bangalore with Supriya Shantaram Nadkarni at Mumbai.

OBITUARIES


Aug 26 : Kamad Raghuvneer Rao (90) at Bangalore.

Sept 9 : Sushila Pandurang Koppikar (77) at Vradhhashram, Vasai, Mumbai.

Sept 21 : Mangesh (Vasant) Ramchandra Amladi (73), at Malleshwaram, Bangalore.

Sept 22 : Gulvadi Satish Narsing (74) at Goregaon, Mumbai.

Sept 25 : Varadabai Ramanath Chandragiri (86) at Bangalore.

Sept 28 : Burde Bhalachandra Bhavanishankar (80) at Kumta.

Oct 03 : Adur Mohan Ramkrishna (76) at Goregaon (West) Mumbai.

Oct 08 : Basrur Manohar Ramrao (72) at Mumbai.

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