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Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

Rahul Chandawarkar received the prestigious "Ramnath Goenka Excellence in Journalism" award from the Vice President of India, Shri Hamid Ansari at a function held at the Taj Palace Hotel, New Delhi on January 16, 2012

Nayampally Abhay also known as Guitar N. Abhay in music circles for his contribution in bringing the guitar into mainstream Carnatic Classical music





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Website: <http://www.kanarasaraswat.in>

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e-mail: editor@kanarasaraswat.in

kanara_saraswat@hotmail.com

(For Publication in the Magazine)

e-mail: admin@kanarasaraswat.in

(For administrative matters)

President: **Suresh S. Hemmady**

Vice President: **Geeta V. Yennemadi**

Chairman: **Rajaram D. Pandit**

MEMBERS OF THE EDITORIAL COMMITTEE

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Editor: **Smita Mavinkurve**

Associate Editor: **Uday A. Mankikar**

Editorial Committee:

Shruti S. Gokarn

Computer Composing:

VISION DTP – Sujata V. Masurkar

KSA Telephone: (022) 2380 2263

KSA Holiday Home, Nashik:

Tel: 0253-2580575 / 0253-2315881

KSA presents

15th Saraswat Sangeet Sammelan

On 14th and 15th April 2012

Special Instrumental (Bansuri) Music Recital

By Disciples of Pandit Pannalal Ghosh to Commemorate his Centenary Year

14th April 2012 – 9.30 a.m. onwards

Vocal Classical Recital Demonstration by various artists
(Names will be announced later)

15th April 2012 : 9.30 a.m. onwards - Presentation by

Disciples of Pandit Pannalal Ghosh,

Pandit Nityanand Haldipur, Pandit V.G. Karnad,

Pandit Nayan Ghosh

and Demonstration of Instrumental Music.

Venue : Smt. Indirabai Kallianpurkar Hall, Off. Talmakiwadi,

Mumbai – 400007

Donation passes available at KSA Office

Gurunath S. Gokarn

Hon. Sec. Kala Vibhag

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*We wish our readers a very
happy Gudi Padwa!*



Kanara Saraswat Association will be celebrating
“INTERNATIONAL WOMEN'S DAY 2012”

by felicitating Ladies who have done outstanding work
for the community and the society.

Names of the women who will be felicitated will be
announced in our next issue

Date & Time : Saturday, April 28th 2012 at 5.00 p.m.

**Venue : Shrimat Anandashram Hall, Talmakiwadi,
Mumbai – 400 007**

Shivshankar D. Murdeshwar, Hon. Secretary

“Shri Anandashram (Khar Math) invites all devotees
for the 21st Vardhanti Celebrations on
Saturday 10th March and Sunday 11th March 2012”

We are publishing below the Revenue and Expenses Statement of Entire Centenary Programmes held during KSA Centenary Year from 26th November 2010 to 26th November 2011

EXPENSES AND RECEIPTS

Opening Centenary Programme held on 26th November 2010 at

Ravindra Natya Mandir,Prabhadevi, Mumbai	EXPENSES
Cost of Documentary Film on KSA	642244.00
Cost of KSA Centenary Diary	474422.00
Sangeet Sammelan	206500.00
Suman Sugandh Programme on 18th August 2011 at Nehru Centre Worli, Mumbai	228327.00
Yuvadhara Orchestra (MUSICAL THERAPY) Held on 24th Sept 2011	237584.00
at M.E.S. Auditorium, Pune	240140.00
One Act Drama Festival held on 23rd & 24th October 2011 at	
Karnataka Sangha Hall, Matunga, Mumbai	196956.00
Closing Centenary Programme held on 26th November 2011 at	
Nehru Center, Worli, Mumbai	636535.50
Total Rs.	2862708.50

SPONSORSHIPS

EVENTS

THE SHAMRAO VITHAL BANK LTD.	RECEIPTS
SHRI PRAVEEN KADLE (for Opening ceremony 26/10/10)	1000000.00
SHRI ANIL BHATKAL (for Opening ceremony 26/10/10)	150000.00
SHRI DURGESH CHANDAVARKAR (for Opening ceremony 26/10/10)	150000.00
SHRI N.S.RAO (for Opening ceremony 26/10/10)	150000.00
SHRI KISHORE MASURKAR (SUMAN SUGANDH)	100000.00
SHRI PRAVEEN KADLE (SUMAN SUGANDH)	100000.00
SHRI ANIL BHATKAL (for YUVADHARA PROG.)	100000.00
SHRI DURGESH CHANDAVARKAR (for YUVADHARA PROG)	100000.00
SHRI ANIL BHATKAL (Closing Ceremony 26/11/11)	100000.00
SHRI KISHORE MASURKAR (Closing Ceremony 26/11/11)	100000.00
SHRI DURGESH CHANDAVARKAR (Closing Ceremony 26/11/11)	100000.00
SALE OF KSA CENTENARY DIARIES	74800.00
SANGEET SAMMELAN SOUVENIR (ADVERTISEMENTS)	278000.00
SALE OF SOUVENIR, TICKETS, LUNCH COUPONS-SANGEET SAMMELAN	28250.00
K.S.A. CENTENARY SOUVENIR (ADVERTISEMENTS)	175000.00
SALE OF CENTENARY SOUVENIRS	22480.00
Total Rs.	2856050.00

There is a excess of Expenditure of Rs.6658.50 (Rupees Six Thousand Six Hundred Fiftyeight and paise Fifty only) over Receipts. These expenses will be debited to Centenary Year Celebration Provision Account which has balance of Rs.175000.00



From the President's Desk....

A crisis is a true test of character, they say. And given how several people find themselves in a crisis these days, it is useful to remember some basic lessons in surviving and succeeding in troubled times. Ups and downs are a part and parcel of business and of life, but how you tackle the downs holds the key to the highs that might occur later in life.

A business you started could run into trouble. Or, you could find yourself laid off. You may find yourself burdened with some emotional upheaval. Or a health problem that lays you low. You may face leadership crisis, parental crisis, educational problems, financial crunch, unrequited love, relationship uncertainty, so on and so forth.

In such cases, it is important to ensure that you don't get petrified into inaction, or worse, slunk into depression. The secret is to stay cool, calm and collected. Don't fret. Just keep moving, keep fighting, and keep trying. Maybe at that point of time you feel that fighting hard, in what looks like a hopeless situation, won't guarantee success. But remember, not trying at all...and simply giving up...is a guaranteed failure. When you find yourself with your back to the wall, when you feel you are cornered, when you think you are going deeper and farther into a deep black hole, that's the time when you need to stand up tall, square your shoulders, take a deep breath and surge forward with certainty and conviction. Believe in "that's not the end of the world". Trust yourself and your ability to cope with any situation. Think of the way out and way further, prepare a plan of action, chart your course, and then act.

When you are down in the dumps, remember to keep fighting. What you do in these difficult times will determine what happens to you next. Not only could this be the key to your survival, it could potentially be a life changer. That moment of strife, that hour of darkness, those crisis-ridden days could be the opportunity to craft a new beginning, a new triumph. Remember this pearl of wisdom - don't get frustrated doing continuous, unresolved efforts.....sometimes the last key of the bunch, opens the lock!

It never helps to wallow in self-pity, or curse your stars or play the blame game. Remember every adversity has the opportunity couched within. It is up to you to grab it. And what you do when the going gets tough, is what defines your outcome. After all the strength of a man's character is determined not by where he stands in times of comfort but by where he stands in times of conflict and trouble. The depth of our personality is revealed by the way we respond to situations we dislike thoroughly.

The next time you find yourself struggling, remember it might just be your preparation for take-off. When you get the chance to struggle, make the most of it. After all, in the dictionary, "success" always comes after "struggle".

And the same is oh-so-true in the book of life, no pain...no gain!!

Suresh S. Hemmady

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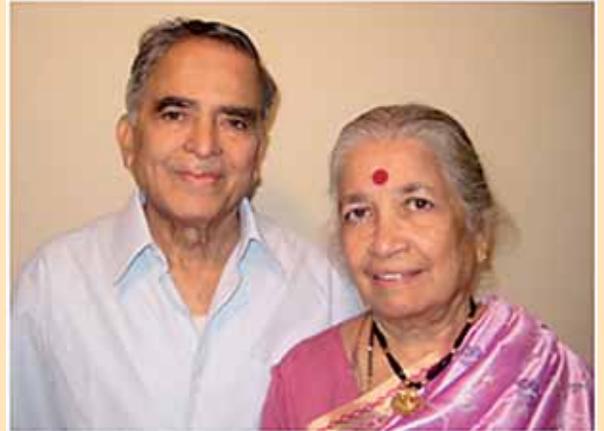
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Golden Wedding Anniversary

*It is our great pleasure to announce the Golden Wedding Anniversary of
Smt. Shaila Shantaram Kallianpur (nee Indu Bagade) and Shri Shantaram Bhavanishanker
Kallianpur,*

who were married on December 28, 1961.

*A partnership like yours is rare;
50 years you've been together!
You've always been a loving team,
In sunny and stormy weather.
Nothing can tarnish your lasting love;
At 50 years, you're gold.
Your affection shines as you go through the years,
With each other to love and to hold.*



We seek the blessings of our Kuldevata, LakshmiNarayan-Mahamaya, Shanta Durga, Lord Bhavanishanker, our holy Guru Parampara and Shri Dada Bhagwan to grant them good health, a long life of togetherness and happiness.

May Gold turn to Platinum

Love and Regards from,

Arti – Rajesh

Akshata- Yateen

Padmini – Pravin

Sharmila – Vivek

Rhea, Atharva

Arohi

Divya

Vidyesh

Kalyanpur

Dhareshwar

Kailaje

Shirali

*Bagades, Hattangadys, Ugrankars, Savurs, Gulwadys, Chandavarkars, Honnavars
and Near and Dear Ones.*

Awards and Recognition!



Prabhakar Rao Bantwal, Chartered Accountant, Chairman and Managing Director, Suprabha Group of Companies, Pune, was conferred the prestigious CA Business Achiever - SME Award 2011, by the Institute of Chartered Accountants of India, in a glittering function held at the Bangalore Palace Grounds, Bangalore on 9th December, 2011.

(Seen in the picture from left to right : Central Council Member, Vice President- ICAI Mr. Jaydeep N. Shah, President - ICAI C. A. G. Ramaswamy, C. A. Mr. Prabhakar Rao Bantwal, Hon'ble Minister for Corporate Affairs Dr. M. Veerappa Moily, Hon'ble Deputy Chairman of Rajya Sabha Mr. Rahman Khan, Jury Member Mr. B. P. Rao, Central Council Member, Mr. K. Raghu.)

The CA Business Achiever Award is instituted to honour the exemplary work of Chartered Accountants in Industries by recognizing those who have demonstrated excellence in their professional as well as personal life and are role models for others in the industry. They have also created value for their organization and stake holders on a sustainable basis. The Selection Committee was headed by Shri. N. R. Narayana Murthy, Chairman Emeritus, Infosys Limited and consisted of eminent personalities and leaders of industry.

This award comes in the course of the 40th year of the glorious existence of Suprabha Group of Companies, Pune. The Suprabha Group is the recognized leader in India in the field of packaging and corrosion prevention. The Group has blossomed from a company with a small turnover to a conglomerate of 3 Units with a group turnover of 100 crores.

Over a period of time, Mr. Prabhakar Bantwal has built a strong team of over 400 people, managing the organization in a highly professional manner. Suprabha today is the leader in its category and is a highly diversified organization with a completely integrated manufacturing set-up. Due to strong focus on its customers, Suprabha, under his able leadership has won five INDIASTAR Awards from the Indian Institute of Packaging and three WORLDSTAR Awards from the World Packaging Organisation for Excellence in Packaging in the last 10 years. This is indeed a very proud moment for all those associated with Mr. Prabhakar Rao Bantwal and the CA Business Achiever – SME Award 2011 is the 'Cherry on the Cake'!



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50th Wedding Anniversary on 18th March, 2012

Dr. Gurudutt and Mrs. Chitra (nee Pandit) Kalle

*Our family is full of joy because
You're celebrating your fiftieth;
And as your kids, we want to say
As parents, you're the "niftieth!"*

*On your Golden Anniversary,
We hope you have lots of fun.
We're happy for you, and for us, because
In the parent lottery, we won!*

May God Bless you with Good Health and Happiness,
and may the Gold turn into Platinum

Love from Shyam/Geeta/Vaibhav, Vinay/Sangeeta/Prateek/
Mohit

Best wishes and compliments from family,
relatives and friends



॥ॐ श्री गुरुभ्यो नमः॥

॥ॐ श्री दत्तात्रेयाय नमः॥

CENTENARY CELEBRATIONS SHRI DATTESHWAR TEMPLE, SHIRALI 26th to 29th March, 2012

On the auspicious occasion of the
100th Vardhanti of Shri Datteshwar Temple, Shirali, the
punar-pratishtha of the sacred vigraha of Lord Dattatreya will
be performed at the Divine Hands of the
11th Mathadhipati of Shri Chitrapur Math,
our revered and beloved

**Parama Puja Shrimat Sadyojat
Shankarashram Swamiji.**

The Bhavanirao Charities Trust joyfully invites all devotees
to **Shirali** on the above dates
to participate in this Mahotsava and to receive the divine
grace of Lord Dattatreya and Parama Puja Swamiji.

This ceremony will commemorate the centenary of this
shrine, which was consecrated in 1912 at the Divine Hands
of the venerated 8th Mathadhipati of Shri Chitrapur Math,
Parama Puja Shrimat Pandurangashram Swamiji,
and was built with His divine blessings by the benevolent
patriarch of the Udiavar family of Calicut,
the late Shri Udiavar Bhavanirao.



Letters to the Editor

Dear Editor: It was interesting to read articles on Late Pandit Pannalal Ghosh....wizard of bansuri, Pandit Pannalal Ghosh.... a shishya's tribute and Late Pandit Devendra Murdeshwar... published in KSA Feb'2012 issue. I feel the circle of friends and admirers of Pandit Devendra Murdeshwar would be incomplete, without the inclusion of Pandita Moghubai Kurdikar, Gangubai Hangal, Pt Bhimsen Joshi, Pt Jitendra Abhisheki, Pt Mallikarjun Mansur, Shri Ramesh Nadkarni, Shri R H Bengeri, to name a few, and from this generation Pandita Kishori Amonkar, Arati Ankalikar. Perhaps, a little known fact was his fetish with oil and canvas. The portrait of his Guru in oils, in a deep meditative trance while performing, adorns his house. He had an uncanny ability to sketch portraits, in pencil, within a few minutes. Pt Vinayak Vora, Kavivarya Yashwant Deo were his favourite subjects and he has captured hundreds of their moods on paper, during his stint with AIR, Mumbai, as Music Producer. He was also an accomplished 'marksman', in possession of a rifle which could fire unique 'hollow' bullets, that which would tear to shreds, while exiting from the target. His ability to locate and focus on a target in darkness, is perhaps, next only to Arjuna and Dashrath of our epics.

Santosh Nadkarni, Kandivali

News from Punyatma Prabhakar Sharma Seva Mandal



Nilesch Navale

Mr. Naval Sonar, Principal got the "Shikshak Puraskar" from All India Achievers Foundation, New Delhi. Nilesch Navale of IndiraBharati Karnabhadhir Vidyalaya got 86% in SSC and got admission in ITI, Nashik, now he stood 2nd in Mid term among normal students.

Anusuyatmaja Matimand Vidyalaya won 4 Gold, 2 Silver and 2 Bronze and IndiraBharati Karnabhadhir Vidyalaya won 6 Gold, 2 Silver and 3 Bronze medals in District Level Sports Heats. 26 schools participated in these heats.

3rd and 4th Jan Medical Camp was organized by one of our trustees and 11 Epileptic MR children were treated and given medicines for one month.

FOUR GENERATIONS



- (L to R): Seated on chair : 1. Malathi Bai Hattangadi (nee Pandit) - 1st Generation
2. Geeta Kodange (nee Hattangadi)- 2nd Generation
3. Aditi Kelkar (nee Kodange) - 3rd Generation
Seated on lap/floor: 1. Pooja Kelkar - 4th generation
2. Chetana Kelkar - 4th Generation



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Rahul Chandawarkar

Rahul Chandawarkar (48), Pune based journalist was recently awarded the prestigious 5th Ramnath Goenka excellence in journalism award for environmental reporting.

Rahul was one of 36 journalists across India who received the prestigious awards from the Honourable Vice President of India, Shri Hamid Ansari at the Taj Palace hotel in New Delhi on January 16. Rahul, till recently an assistant editor with the Daily News Analysis (DNA) newspaper in Pune won the award for reporting extensively on the ecological degradation of the twin-hill stations of Mahabaleshwar and Panchgani in Maharashtra in the DNA newspaper.

Rahul's reports helped environmental activists urge the Bombay High court to pass strictures against the municipal councils of the hill stations to get their sewage treatment and garbage disposal acts into place. The state forest department also came under the scanner for their lax supervision of the endangered forests.

Rahul's progression towards the Goenka award has been systematic. He first completed a 15-month training programme with the international environmental organization, LEAD (leadership for environment and development) in 2004 and honed his environmental reporting skills through a BBC world service trust training programme in 2006. The Goenka award has been a culmination of this groundwork. Rahul an MBA by training has worked with the multinational bank, ANZ Grindlays Bank for six years before becoming a full-time journalist in 1997.

Rahul lives in Pune with his wife Shobhana (nee Kundaji), a senior manager with Infosys Technologies Limited and daughter Tanvi, a budding photographer.

Guitar N. Abhay

Music is magical! The aura of classical music brings to our minds the enchanting notes of the Taanpura and the melodious ragas. But an oft used instrument in Western Music, the Guitar, hasn't so far been connected with pure Carnatic Classical. Abhay Nayampally of Pune, or Guitar N Abhay as he is more commonly known in the music fraternity, has pursued consistently to bring precisely this instrument into mainstream Carnatic Classical on par with other contemporary musical instruments.

A disciple of world renowned Mandolin Maestro Padmashree U Srinivas, N Abhay has successfully adapted the guitar into Carnatic classical music without making any sort of modifications to the instrument in its structure or tuning. Having performed with many eminent artistes such as Aditya Kalyanpur, Ravi Chary, Pt. Rupak Kulkarni etc, Abhay has effectively conveyed that the guitar has the potential to be a mainstream Carnatic Classical instrument, earning him the credit of being one of those very few who are pioneering to introduce the guitar on par with other western instruments already adapted into the Carnatic fold.

Abhay is one of the first few to adapt the Naadaswaram style of playing on the guitar drawing inspiration from his Guru U Srinivas. He has a distinctly unique style of playing Carnatic on the guitar which has instantly drawn the youth as well as elders and connoisseurs to appreciate his performances. With the potential to draw the youth towards Indian classical music through an instrument with which they instantly connect and is widely popular, Abhay is surely contributing towards the preservation of this centuries old artform. However, Abhay humbly attributes the growing success of his career to the blessings of his Guru Param Poojya Sadyojat Shankarashram Swamiji, his music Guru U Srinivas and his parents – Anand and Viju Nayampally.

Abhay firmly believes Carnatic classical music

being extremely spiritual in nature commands utmost devotion and reverence. Hence, the playing of Carnatic music itself becomes a spiritual Sadhana. And this certainly reflects in his playing as has been observed by his co-artistes time and again.

Having entered the music scene with his unique style, Abhay is creating waves and one can surely look out for his performances and recordings with eminent artistes in the classical, fusion and film fraternity. We wish him all success and a bright future in his musical career!

(An adaptive translation of the original Marathi article by Aakanksha Marulkar which appeared in Maharashtra Times dated 5th February 2012)

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BAL MUNDKUR

Economic Times of 18 January 2012 has aptly published an Article on Bal Mundkur, calling him as the Last Great Advertising Nawab. A week ago, Bal died at 86 years.

In Chitrapur Saraswat Community, he was an outstanding figure in the field of Advertising for the period 1951 to 1991, perhaps the topmost in Independent India.

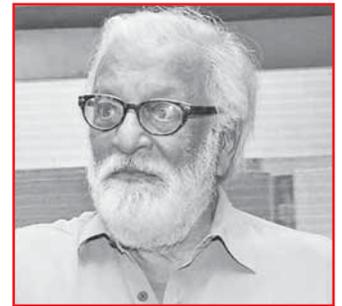
He was a flamboyant, larger than life character with his elegant trademark beard and leonine mane of hair. He played a significant role in the development of the Indian advertising industry.

For 10 years, he prepared Advertisements for Indian Newspapers and Magazines under the British Company – Bensons (Now Ogilvy). In 1961, he started his own company ULKA Advertising and with most attractive ads, he managed to get orders from India's topmost Companies: Hindustan Lever, ITC, Tata Companies, Godrej Steel, Mukund Steel, Air India, Amul Butter, Zodiac Neck Ties, Zandu

Balm etc.

He formed Advertising Luncheon Club – An Umbrella for all Indian Advertising Companies to look into their overall problems.

In 1993, at 68 years he retired and settled in Goa living in a beautiful bungalow near the Mandovi River. He raised Funds for Goa's Museum of Christian Art and also for the Hospital for Cerebral Palsy.



He is one of the unsung Heroes in India's Development, born in the tiny Chitrapur Saraswat Community – Tiny but shining with Heroes in Diverse Fields.

Contributed by R.S. Mundkur

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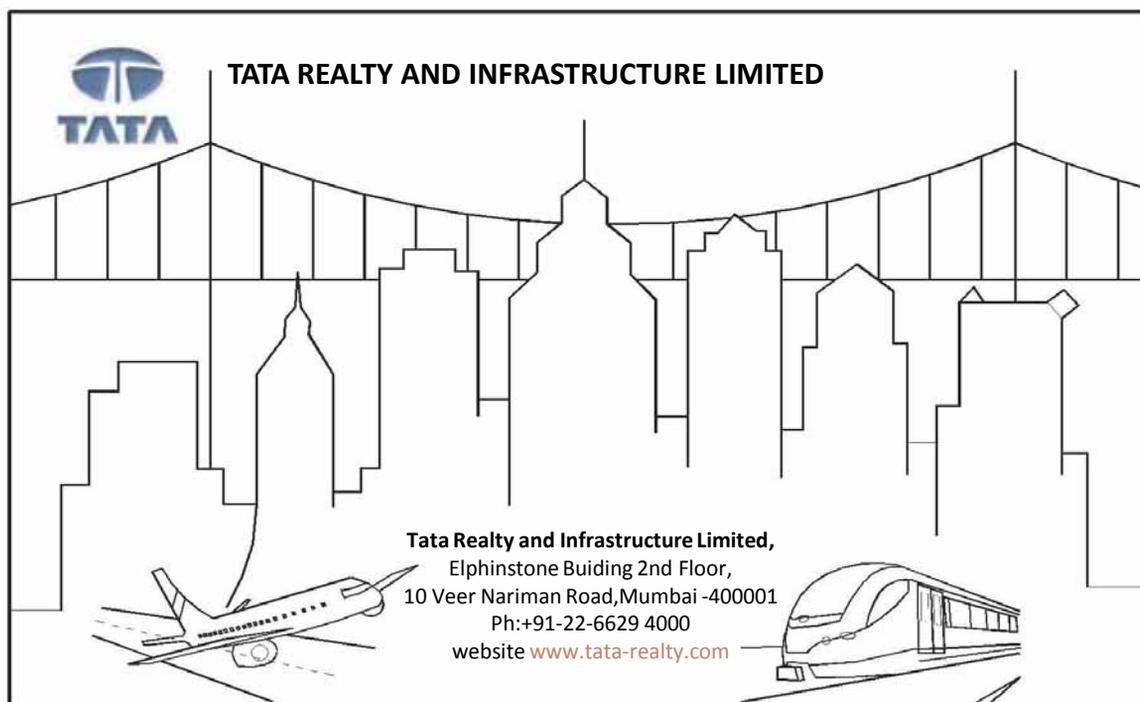
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Shri Atmaram Ganpat Haldipur

NALKUR SRIPAD RAO

On 12th December 2011, the Chitrapur Saraswat community lost a stalwart of the Math's affairs when Shri Haldipur Atmaram breathed his last, at the ripe age of 102 years.

My first contact with Atmamaam was a visit to his office in the early forties in connection with a job for my brother-in-law, and the stern look at me rather than the candidate for the job, is still green in my mind. Atmamaam was later to become my closest aide in the Math affairs from 1974 when the new Standing Committee assumed office under my Presidentship and we began work at Shirali under Param Pujya Parijnanashram Swamiji. We were four or five committee members completely immersed in the Math work but in one corner of the office with the typewriter for hours together was Atmamaam. This friendship and love persisted for about 37 years in the service of the Math and the Guruparampara till Atmamaam laid down his arms on that fateful day of 12th December 2011.

Atmamaam was a very strict disciplinarian, and his one shout was enough to stop anyone in their track and bring every activity to a halt. Atmamaam later became the President of the Standing Committee till 1992, and his tenure as President was probably the most crucial period that the Math and the community faced.

This period also brought Atmamaam and me together closer and I would not be wrong if I say that he was one of the best friends I have ever known. A lot of improvement of work of the Math took place during this period.

1997 was like a rising sun with the new Mathadhipati Param Pujya Sadyojat Shankarashram Swamiji ascending the Peetha. In this connection, I would like to narrate one incident regarding the gold ornaments belonging to our Mathadhipati. This was held in safe custody by Atmamaam during the period our community was rudderless, with every small item noted meticulously, and was duly handed over to

the New Incumbent Swamiji. Not a soul did smell of the ornaments during the tumultuous period in between.

Under the instructions from Param Pujya Parijnanashram Swamiji, the Shree Trust was incorporated by me along with Atmamaam, and he was till last an active participant of the Trust and we all miss his presence tremendously.



When I described Atmamaam's anger and 'avataar' we may misunderstand his real nature. I have personally witnessed numerous occasions wherein he has been so kind and helped hundreds of people not only those employed in Hindustan Construction Company but in all walks of life when required. His kindness could be seen by the help he rendered to the concerned persons.

His wife Revati lived equally long and theirs was a record for the longest married life of any couple.

He is survived by two sons and a daughter. May his soul rest in peace and memory linger long in the annals of the Chitrapur Saraswat Community.

Apology

We have published an article 'Why We Visit Temples?' in February 2012 issue of Kanara Saraswat (P29-30) and the Author's name has been given as Anand Kundaji. However Anand Kundaji has brought to our attention that he is not the author of this article and neither does he subscribe to the views expressed therein. The article was received as an Internet Forward and it was mistakenly ascribed to Anand Kundaji. We deeply regret the error and offer our apologies to Anand Kundaji.

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Lifestyle Disorders: A Nutrition Perspective

DR HEMANGINI HOSKOTE

Introduction

The incidence of obesity, diabetes mellitus, and other such lifestyle related disorders is increasing in India and worldwide. Of utmost concern is the prediction by World Health Organization (WHO) that India is poised to be the Diabetes Capital of the world by year 2025! India could have 35 million diabetics by year 2025. Research studies have identified that rapid urbanization and economic growth resulting in faulty diet and lifestyle patterns are the major causative factors. The focus would clearly be on identifying the triggers and preventing them. Through this and subsequent articles I will attempt to create awareness of the causes and the preventive role of diet and lifestyle management. I will also try and highlight some of the pitfalls of unsafe/unethical, quick and instant solutions offered in the popular media and which can cause more harm than good.

Metabolic Syndrome

This is a term given to the cluster of lifestyle disorders viz., overweight and obesity, hypertension (high blood pressure), dyslipidemia (altered blood lipids/fats) cardiovascular diseases, diabetes mellitus (high blood sugar). It is often observed that a person has more than one of these disorders. It is being recognized that the presence of one or more such problems in the same individual is *not a* mere coincidence but an indication of an underlying aberration. Such an aberration increases the possibility of developing the lifestyle disorders.

The core aberration/abnormality is believed to be due to Insulin (*Insulin Resistance*). Insulin a hormone secreted by the pancreas, helps in utilization of sugars, fats and proteins from our diet. Insulin resistance, in simple terms refers to the fact that insulin secreted by the human body is no longer adequate/ in a form which can be utilized by the body. This results in complete disarray in the utilization of dietary

nutrients. The resultant disarray has far reaching implications because it can trigger the onset of other disorders. Two of the most important factors which reduce insulin action are faulty diet practices (such as high caloric intake, high fat, etc) and lifestyle factors (such as one devoid of physical activity). The genesis of all the lifestyle-related disorders appears to be its link to insulin.

Research has shown some interesting observations such as:

- The concept of a Normal Body Weight is a misnomer. Having a “normal” body weight is not a fool-proof protection against any of the lifestyle disorders
- The incidence of the disease/disorders in developing countries appears to be higher in the young age group (30-45 years) and in the most productive age of life
- The intensity /severity of the diseases are much higher in developing countries than in the developed countries
- Incidence of these diseases has no urban vis-à-vis rural differentiation. High prevalence rates of hypertension and diabetes have been observed in several rural Indian communities
- In India, no differentiation is observed among affluent and the middle class. Differences perhaps may exist as far as awareness of these disorders and the causative role of diet
- From the stand point of insulin action, normal body weight is not just the optimal weight for height. More importantly it is a measure of the fat deposited in the abdominal area. The fat deposited in the abdomen/waist has shown the highest correlation with insulin sensitivity and action. This means that smaller the waist circumference, greater is the ability of insulin to function effectively and ward off disorders. A higher waist circumference/girth

translates into ineffective insulin action and hence likelihood of disorders.

■ Indians and Southeast Asians have certain unique clinical and biochemical characteristics which are collectively referred to as “Asian Phenotypes” or “South Asian phenotypes”. This translates to Indians and Southeast Asians having clinical features of disorders different from those observed in Western populations.

■ Metabolic syndrome develops *even among Indians with normal weight* and *increases exponentially with increase in body weight*. In the CURES study conducted by researchers in Chennai, the prevalence of Metabolic Syndrome was 17.9% among those with a healthy body weight; 40.2% among overweight participants and 53.2% among those who were obese

■ Prevalence of Metabolic Syndrome is 50% to 75% higher among South Asian women as compared to men.

These statistics provide an insight into the peculiarities observed among Asians, particularly Indians. Given the far-reaching implications, *the focus should be on prevention of these disorders*. From a nutritional standpoint, I believe that the traditional Indian diet and more so the Saraswat diet is nutritious and healthy. However I wish to emphasize that it is often overlooked that our traditional diets were best suited to the lifestyle prevailing then. In present times however, with rapid modernization and the subsequent change in our lifestyle, it is imperative that some of our dietary practices be altered/modified. This could help in prevention as well as treatment of existing medical problems.

Conclusion

As clichéd as it may sound, it cannot be emphasized more that “Prevention is better than Cure”! Given the current understanding of the role of insulin in contributing to the ‘near-epidemic’ proportions of obesity, hypertension, hyper/dyslipidemia, diabetes and cardiac disorders, there is urgency in translating it to safe and practical approaches to prevent these disorders. It is clear then that using dietary and lifestyle measures to improve/increase insulin action is the way forward. If by improving insulin sensitivity

one can curtail the onset of other disorders, then it has remarkable implications. Going forward, the approach most promising *is to treat the cause and not just the symptoms* of disease. Although the understanding of what causes insulin resistance is far from complete, there is enough evidence that correcting our dietary and lifestyle habits has the most beneficial impact. My subsequent articles will detail dietary and lifestyle modifications needed for various lifestyle disorders.

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Sad Demise

Taranath Sheshgiri Kalbag (98 yrs.)

of Virar,

husband of Late Sujata Kalbag, passed away peacefully at Dapodi, CME, Pune on 13 th Feb. 2012.

Deeply mourned by :

Son: Nandan Kalbag, Daughter-in-law: Shobha

Daughter: Shobhana ,

Son-in-law: Maruti Bijoor

Grand Children- Amita Baidur,

Amar Kalbag,

Amita Nagarkatti, Ashutosh Bijoor

Grand-sons-in-law: Ashwin Baidur,

Advait Nagarkatti

Grand-dauhghters-in-law: Vidya Kalbag,

Sharmila Bijoor

Great grandchildren: Aashay, Aditi, Aanchal, Aarya, Shimul, Rohan and Vinayak

The Nation First - Part 2

SUMANT G BELTANGDY, MUMBAI

In the previous issue, in Part 1 of this article, this writer had discussed some ideas about how to change the paradigm of governance in this country. Some of the ideas were – changing the nomenclature of ‘minister’ to ‘public servant’ so that the idea of public service gets imbibed in the language, and changing the way we elect ministers by making sure they are professionally qualified to govern.

Now we delve deeper into the matter of qualified public servants. The obvious question is: Is the education system equipped for such degrees, and who will be qualified to teach governance at such universities?

The answer could be that all government recognised Indian universities should be allowed to start new courses in subjects of governance, based on syllabi formed under guidance of scholars and experts from various government agencies. The degrees could be Bachelor of Governance (B.GO) and Master Of Governance (M.GO).

A new ministry called Ministry of Institutional Governance (MIG) can be created for the induction of prospective candidates (under the supervision of the Chief Election Commission) after conducting written examinations and interviews for selection of governance candidates.

With the rising number of young people getting actively involved in political affairs over the past few years, one can surely expect a huge interest in learning ‘governance’ academically. Since this is a graduation and post-graduation course, students will be mature enough to start taking part in government affairs when they graduate, at the age of 23 / 24. After a couple of years of internship in which they understand the proceedings of both houses of parliaments and state legislatures, they can be allowed to participate in the elections.

For addressing the question of teachers, we have to jump to another issue – the retirement age of public servants. A law should be enacted to decide

the retirement age of all PS, PPS and CHPS, similar to ‘60 years of age’ rule for government employees. This will achieve two things — one, the entry of new, young, dynamic men and women every year, bringing in new enthusiasm and innovative ideas. And two, the retired parliamentarians, with their rich experience of working in the various ministries, can be inducted into the various universities to teach and tutor the next generation.

Having tackled the issue of educational qualification, what about moral values? Today’s rulers forget that they are responsible to the people. They act lazy, arrogant, selfish and undignified, spoiling the image of the government within and outside the country by their bad behaviour. They use money and muscle power to indulge in anti-social, anti-national and personal profit-making activities. They are left with no time to attend to their real job - public service. Ultimately, the nation suffers.

The best way to curb this is to ensure that PS choose between the two – public service or personal business. After all, business and politics do not go well together. If they persist, they must be expelled and debarred from politics for life, and legal provisions can be made in the constitution to that effect. This will make all PS more accountable, dedicated and disciplined in their approach towards the job.

Defection is another dark side of the politics in this country. When a representative gets elected, we see that his party has published a manifesto promising certain things to the voters in that constituency.

But after elections, the same elected person defects to another party. This is a clear case of stabbing in the back of the voters. Because of this, the value of the people’s votes goes down the drain.

There should be a total ban on defections between elections. If any PS wants to cross over to another party, he or she can do so at the next elections and not in between. A person changes stations when the train is at rest, not between stations! No new

political parties or alliances should be allowed to form in between. This is a small step to make sure that administration runs smoothly without any hiccups.

Last but not the least, what about tolerance, respect, etiquette? The behaviour of MPs and MLAs has been shameful, as we have seen through CCTVs in the parliament and the assemblies.

Most of the ministers come in late, some do not participate in discussions, and others are busy sleeping during the session. When there are disagreements, the atmosphere is circus-like, or rather college canteen-like. It gets so charged up that ministers leave their seats and come to fisticuffs, throwing microphones, paper weights, chairs and what not. The Speaker has to resort to calling in the security persons. Sessions are adjourned several times due to this rowdy behaviour. This full high-voltage drama might be entertaining to watch, but it robs the nation of crores and crores of funds which could have been put for a better use.

The only way to tackle this problem is to put heavy penalties on these ministers. Wages and allowances

should be cut for unruly acts and misbehaviour. Any of the above activities should be deemed a punishable offence as it is a disrespect to the Speaker of the house.

Only such stringent measures will force public servants to realise the value of Indian democratic process.

Change is a way of life, and we all agree that it is high time that change occurs. By incorporating and implementing a systemic change like the above measures, we can possibly plug the loopholes in the working of our government. There are many, many skeletons in the government cupboards which are yet to tumble out and must be thrown out in the garbage. But if governments in the future have the power and spirit to initiate change, for the welfare of the people and in the larger interests of the country, then our democracy will definitely be strengthened. This will be a true tribute to our freedom fighters and our soldiers who laid down their lives with just one spirit in their hearts – **The Nation, First.**

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Atithidevo Bhav

VASANT HATTANGADI, VIRAR.

“Goddamn these Indians!” screamed Jim Lockner in sheer disgust. “Cool down, Jim. Just what’s the matter? “ I inquired nonchalantly. “Cool Down?” replied Jim, almost fuming. “First, my bag goes missing at the airport, then you put me in that God-forsaken hotel and now, what the hell, my wrist watch’s GONE! And you’re telling me to remain cool!!”.

Jim Lockner was an engineer working with Electrostatics International Inc., the manufacturers of 14UD Pelletron accelerator and he had come down to help us set up the most modern particle accelerator which we were buying from his firm. Our Project Manager, Mr. Swami had struck a barter deal with the Americans that they would look after our people sent for training to their factory in US and we would provide their engineers free, fully furnished accommodation here in India. The dollars which they would have otherwise spent on their five star hotel bills in India could now be spent on training in their factory double the number of our boys than what they had originally promised. While our trainees had a wonderful time in Wisconsin staying in posh apartments, free lunches and so on, Mr. Swami had failed miserably to keep his part of the bargain: instead of the fully furnished flat promised by him, he had arranged for their engineer to stay with a local Goan family in Colaba Causeway! Jim Lockner obviously had not appreciated the idea of having to walk through Mr. Coehlo’s kitchen to get into his bedroom which faced a shanty place, aptly called “Shanti Nagar”!! So, when he found that on his very first day in our lab his wrist watch had mysteriously vanished from his desk, he was naturally very upset and angry. “It was a gift from my girl friend”, he had said. It was not so much the money it had cost that mattered, but it was the sentimental value he attached to it.

Now, I had a real big problem on my hands! Knowing well our Project Director, Dr. Cooper, I knew that he would get very worried about this unfortunate

event and slowly he would work himself up into a nervous frenzy. According to him, this ‘calamity’, happening as it did at the very start of our project was going to be a bad omen and I was going to be the sacrificial goat responsible for not keeping the Americans happy. Although I had told Jim Lockner not to worry and that we would somehow get his watch back, I must confess, I was very worried myself. For, I had no inkling of an idea as to how I was going to find the stolen watch. I knew I had to do something before Dr. Cooper blew his top!

I was pretty sure the wrist watch could not have gone very far from the Lab. It was probably just misplaced somewhere in the Lab itself and so, we thoroughly scoured and ransacked the entire place, but to no avail. The only other possibility was that the watch had indeed been stolen in broad daylight and more likely than not, by one of our own helper boys. We had recently engaged some forty odd menial workers on daily wages as temporary staff and it was most likely that one of them was the culprit. These helpers were strewn all over the place and seen everywhere helping in shifting materials, unpacking parcels or doing some such odd jobs. “I always leave my watch by the side on my desk while I’m working and it’s never been lost before” Jim had said. In the milieu of confusion and disarray that prevailed in those early days of our project, it was not very difficult to pick a small wrist watch lying so unobtrusively “inviting to be picked-up” on the desk. But, how was I going to catch the thief? Call the police? No, that would give us unnecessary bad publicity and Dr. Cooper wouldn’t approve of it. There was just one thing I could do. Yes, appeal to the finer sentiments of the potential thief! I instructed my PA to call immediately a staff meeting and not to forget inviting, especially, the recently recruited helpers.

“Friends, we are meeting here, because I want to inform you all that a very serious thing that shouldn’t

have happened has taken place. Without further ado, let me come straight to the point. You see, our American friend, Mr. Jim Lockner has been robbed of his wrist watch in broad daylight right here in our own lab. He had left the watch on his desk and in just a jiffy, it was gone! We have searched for it everywhere but we have not found it. That leaves only one other possibility and that is, I am sorry to say, surely one of us has fallen prey to the temptation of stealthily slipping it into his own pocket. This is not very good at all for our reputation.

You see the Americans feel very proud of their great country as George Washington's country. We have all read his story in our schooldays – about his love for truth and honesty; so, I will not repeat it here. All Americans also have a high regard for our great country because of its heritage, history and ancient culture as also for its great men like Swami Vivekanand and Mahatma Gandhi. We ourselves proudly show off “Mera Bharat Mahan” signs on our trucks and cars.

Jim Lockner is a guest of this country and you all know how we Indians treat our guests like God. “Atithi Deo bhav”. Imagine what impressions Jim will take back home if, on his very first day in this country, his wrist watch gets stolen! That watch was for him a symbol of love and affection, because it was a gift from his beloved. What will you like him to tell her, his family and his friends when he goes back? That India is a country of rogues and petty thieves or that it is a country of honest though poor people? Think about it.

It's lunch time now. When I return from lunch, I expect to see Jim's wrist watch on my table. Everyone makes mistakes in life. Whosoever has taken the watch, here's a chance for you to redeem your mistake. There will be no police and no questions asked, I promise you. Remember now your country's reputation is in your hands. Jai Hind”

When I came back from lunch, I found a nice, little Seiko Digital Chrona watch sitting prettily on my desk. I immediately dived into my intercom and called Jim. He came running beaming a big smile and saying, “Hey! This can happen only in great India!!”

BLUE SKIES – CLOUDY SKIES

Kumud Lajmi

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of May

Rain clouds are part of our seasons
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irrigation
Cloudy skies are welcoming from the heat
strain
For June, July, August bring torrential rain

Much needed water for all life to survive
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Clouds whether Cumulus or Nimbus
aplenty
Decorate our skies from time to time,
seasonally

Fluffy white clouds like candy floss and
such
Up in the skies we long to touch
Making their way across the sky
Suddenly blue appears, as away they fly

Dark rain clouds are heavily laden
With moisture waiting to shed on land
a-barren
Monsoon rain comes down soon in
sheets
Giving relief, the parched Earth gladly
greet

Blue skies all the time with no clouds
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Price Of Neglecting Ecosystems

CHANDRAKANT HEMMADY, USA

North West of USA viz. parts of Texas and Arizona have been recently plagued by huge dust storms lasting half hour to an hour, some of them 20 to 30 feet high. The impact of dust storms is fearsome and huge and people are forced to take shelter or stay indoors. Traffic comes to a halt for long periods as you cannot see beyond 3 to 4 feet. Scientists have warned that parts of south west USA will face more mammoth storms and forest fires as extreme drought has gripped the region and shows no signs of easing.

The impact won't be limited to towns in the path of dust storms. The loose soil in the air affects mountain snow packs and river levels in a much broader region which will affect river based industries and tourism. These kinds of storms are not unknown. They used to occur in the 1930s. But in recent years they have increased in frequency and ferocity. A monitoring station in Colorado has recorded a big jump in dust storms of late. Dust settling on the ground is twenty times compared to measurements in 2005 to 2010. The main cause is that persistent drought has killed plants and vegetation that once held down loose soil. Such conditions do occur in many parts of India. Recently when I traveled from Mumbai to Dharwad by road, I found less trees and vegetation en route.

U.S. researchers found from core samples from lakes high in the Rockies (Southwest) a great increase in dust levels beginning about 1900. Reasons seem to be due to large immigration of people to west, settlers building homes, ranchers grazing cattle and farmers plowing, scientists speculate that all this activity degraded large areas of protective crust of lichen, fungi, and bacterial colonies that normally hold loose soil together. Among other possible causes are that dust moves on the jet stream north, the dust blankets snow packs absorbing sunlight that can accelerate melting of snow/ice process by weeks. That in turn had profound effect on the Colorado River basin which provides drinking water to 30 million people in 7 western states and parts of Mexico.

Water managers say they don't have enough reservoir capacity to capture all the water

they need for the rest of the year when so much comes rushing down the river in a short period of time in early spring. Lower river levels later in the season gives a trying time to farmers and also affects outputs of crops and river fishing, tourism etc. In the U.S. the government applies restrictions during droughts on grazing, bulldozing, buildings, building activity etc. Government Officials and Business interests help by spraying open lands with a polymer blend that forms a crust to prevent the winds from lifting loose dirt. Ranchers are asked to rotate cattle grazing to keep grass cover intact. In India farmers may be doing this on their own sense, but we see no reduction in building activity. It is a sad situation in this sector.

What we see now, horrific floods in big and small rivers in China, Thailand, India, Pakistan and Bangladesh and in some other parts of Asia is due to Earth Warming. Scientists and researchers have found that over a period of 70 to 80 years oceans temperatures have increased by approximately 1.6° F and proportionately ground temperatures have increased 2/3° F on an average. This in turn deposits less snow in the world's high mountains. Also these peaks are melting faster than before. Due to lesser quantum of snow, Indian and other naturalists are expecting lesser quantity of water volume flowing into the Ganga, Jamuna and other rivers while some rivers in China, Myanmar, Thailand are flooding because of earthquakes underground or under oceans and large areas coming under deforestation, in order to accommodate growing population.

The basic reasons for this awful situation seem to be increase in human population in some countries, increase in vehicle numbers and consumption of petroleum products by vehicles and industries causing greater pollution in the atmosphere. Also indiscriminate encroachment on forests specially rain forests of South America and Asia, destruction of animal habitats, insatiable requirement of water in all parts of the world and there may be consequential causes too.

Hopefully people will show concern for our future generations!



RAJIV MANGESH CHANDAVARKAR

11th February 1954 - 18th February 1997

“Our beloved Raju.... In all the years that have gone by, you have always been in our thoughts and you will ever be - you are part of us, as each one of us have grown into what we are today! Your love reflects in our hearts, your smile on our lips and your attitude in our actions....

Remembering you with love “

Amma, Kalpana, Pia, Karthik, Pavan, Priti, Rohit, Naina, Nupur,
Meetu, Ashok, Karthikeya and Krishna
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The Pursuit of Cleanliness

ASHA GANGOLI

Cleanliness is next to godliness, said the wise man. Since godliness doesn't come easy, we humans set out in pursuit of what was, well, next, if not quite it.

When my son was all of four, he asked one day, Amma, why do we *have* to bathe? To keep us clean, son, I said absently. But wild animals don't bathe, do they? he asked. Not exactly. They do things like taking a dip in the river or rolling in dry mud. Oops! Now *what* was *that*? Not giving me a moment to retract, he came back, then why do *we* have to bathe when *we* have mud on us?

I changed the topic that day, but it got me thinking. I haven't stopped. Why on earth did god or nature or whoever made us, make us the way we are? Why are we not clad like the rest of creation is? Plants wear their leaves and prickles, animals have their fur and scales, birds their feathers. The hopelessly naked salamander doesn't need fig leaves. Why are we, the most evolved species, so helpless?

We were created in god's image, is one explanation. So how, for god's sake, do we know what god wears, or doesn't, apart from what Michelangelo or Ravi Varma or Cecil B. de Mille or Balaji Films or even M.F. Hussain wraps, or doesn't, around him or her or it?

What a hassle free world ours could be without the trappings of clothing. If we didn't have to cover our beds with linen, to screen off our windows with drapes. Chimps party without designer clothes, fish don't need swim suits. Birds build nests from grass and feather, termites burrow into wood and earth and bears nestle into the nearest cave. They don't fret about what to wear or drape, neither do they shop. (What would that leave shopaholics with?) Look at the adequacy, the aptness of their attire. "Behold the lilies of the field." says the Bible, "They toil not. Neither do they spin. And yet Solomon in all his glory was not arrayed like one of these".

Shopping is fine, and fun too. But think of the space we need to put our accoutrement into. Worse,

the lengths we go to, to keep these acquisitions *and* ourselves clean. Of course we have our washing machines, our detergents, whiteners and stain removers, our soaps, shampoos, bleaches and conditioners. And if that hasn't frightened you, consider the mountains of linen that hotels launder every day, not forgetting the crockery and the cutlery that are constantly thrown into the sink. The more the stars to a hotel, the more the laundry. Hospitals are their close accomplices. Together they use detergents, antiseptics, disinfectants and deodorants enough to make mummies of their inmates.

And therein lies the scrub. All of that poison is winding down from our drains into our water sources: our lakes, streams, rivers and seas, our subterranean water tables. If that isn't poison enough, there's the torrent of effluents let loose in the course of producing all of that.

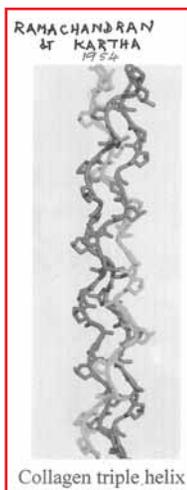
When I was a child, I remember my mother using *besan* to wash crockery, ash to scrub pots and pans, *reetha* for silk clothes, *shikakai* for our hair and charcoal powder to clean our teeth, with coconut fiber acting as disposable scrubber and toothbrush. Before I had time to grow up, all these were replaced by the vims, the surfs, the clinics, the colgates, and their countless rivals that increasingly swamp our shops and homes, each claiming more efficiency, each a more efficacious poison.

I see no solution in sight. I can only pray, and hope someone's got an ear cocked up there. If whoever made us does answer prayers, then please, please, may the next model of homo sapiens sport the macaw's multi coloured feathers, the python's designer scales, the crocodile's horny skin, or the poodle's curls. Anything. Even the cockroach's coat of arms. But *not* what we have right now. May we never have to drape or dress or shower or launder. And off we'll send the shopping, the storage, the cleanliness and the pollution in exchange for a natural, clean, green world.

The Master Who Missed The Prize: The Life and Science of Professor G. N. Ramachandran

HATTIKUDUR MANOHAR, BANGALORE*

The Nobel Prize is, perhaps, the most coveted award by persons of eminence in different fields. Sir C.V. Raman is the only Indian scientist to have won the Physics prize *working in India* for his well-known Raman Effect. A few Indians or persons of Indian origin have won the prize working in institutions abroad. This is the story of an Indian, who was a serious contender for the prize, but, sadly, could not make it.



Ramachandran was born in the year 1922 in Ernakulam, where his father was a professor of mathematics in Maharaja's College. He was attracted to Mathematics at an early age and was a brilliant student in school. He decided to study Physics for his B.Sc.(Hons) course and joined St. Joseph's College, Trichy, from where he passed out with a First rank in Madras University. Against the wishes of his father, who wanted him to enter the civil service (ICS), Ramachandran wanted to make science his career. He joined C.V. Raman as a research scholar at the Indian Institute of Science (IISc), Bangalore. This institution founded in 1908, was the brain-child of Jamshetji Tata, a wealthy industrialist and a man of vision, who believed that the prosperity of India depended on research in science and engineering. Ramachandran was awarded the D.Sc. degree of Madras University on the basis of his research papers in reputed scientific journals in the field of crystal physics. Curiously, he does not have a single publication with Raman, all were in his own name.

It was usual for outstanding students to go abroad to gain exposure at renowned centres of research. Ramachandran succeeded in getting a Fellowship to work at the prestigious Cambridge University in England. Raman was not happy, since he strongly

believed that scientists should not look to the west for ideas and problems and one can do good science in India despite lack of facilities. Ramachandran completed his research project in Cambridge in only two years and was awarded a Ph.D. degree. So at the age of 27, he had already earned two doctorates! Ramachandran returned to India in 1949 and joined the Physics Dept, IISc, as Assistant Professor in charge of X-ray Diffraction. But he was not destined to remain here for long. During this period, the University of Madras, one of the 3 premier universities of India, had as its vice-chancellor, Dr.A.L. Mudaliar, a leading surgeon, an eminent educationist and a man of vision. He wanted to start a post-graduate research department of Physics and invited Raman to head the Department. Raman declined the offer, as he was busy setting up his own research institute. He recommended Ramachandran as a well-qualified scientist, much younger than him, but of great promise. Thus Ramachandran joined Madras University as Professor and Head of the Physics Dept. at the young age of 30.



The late 40s and early 50s were a period of great excitement in the field of biology, particularly in the area of molecular biophysics, i.e. the understanding of the physical principles in biological phenomena at the basic molecular level. One of the important techniques of elucidating molecular structure is X-ray Diffraction. In a nutshell, this involves irradiating a crystal of the specimen with high energy X-rays and recording the 'diffracted' rays on film or presently, through electronic detectors. Through elaborate mathematical calculations, the spatial arrangement of atoms in the molecule are determined. The first real success in the field came to Pauling and Corey in 1951 when they showed that many of the protein

and polypeptide chains were wound up in a screw-like form called alpha-helix—a single-stranded helical structure. Next came the monumental discovery of the elucidation of the structure of DNA by Crick and Watson in 1953 as a double-helical structure. Pauling, Crick and Watson were recipients of the Nobel prize.

When Ramachandran joined Madras University, he decided to work in the emerging area of biophysics and the structure of biomolecules. He selected for his work Collagen, a mammalian protein and a major component of leather, bone, tendon etc. With meagre experimental data, but extra-ordinary insight and hard work, success came to him in two years. Ramachandran and his post-doctoral associate, Kartha identified the collagen molecule as a coiled coil of 3 helices wound over one another like a rope of 3 strands. This was a unique structure where the idea of a 'coiled coil' had been introduced. Their results, published in international journals, lead to a controversy and a major disappointment for Ramachandran. Eminent scientists strongly criticized his work as basically wrong and Ramachandran answered the criticism equally strongly. The most important fact, however, is the monumental success of two young Indian scientists working far away from the west, the hub of scientific activity. Since that time, the proposed structure for collagen has been supported by a growing volume of experimental data and is accepted as essentially correct.

Ramachandran's next major work was in finding the rules and principles behind the folding of polypeptide chains—what shapes are allowed and what conformations are not. This analysis resulted in what is known in protein science as the Ramachandran Map, which is textbook material in biophysics and biochemistry. The third original contribution of Ramachandran has to do with the following problem: How to build up a three-dimensional picture from the two-dimensional ones we record? This was made easier and faster than the earlier methods by using the mathematical technique known as 'convolutions'. This has found extensive application in chemical diagnosis such as CT scan, PET scan etc. It is ironical that the scientists in England, who were involved in the construction of a practical CAT scan model, were awarded the Nobel

prize! As a result of his scientific contributions, Ramachandran acquired a great reputation among the scientific community. In 1971 Prof.S. Dhawan, Director of IISc invited him to Bangalore to start a new Dept. of Molecular Biophysics at IISc. Ramachandran started and developed the Dept. and it has today become internationally known in the field.

Over the years, Ramachandran's mental health showed increasing strain. There is no doubt that he was aspiring for the Nobel prize and one of the many reasons for this could be his frustration at not getting the recognition and awards due to him. Sadly, his last days were spent in an old-age home in Chennai, close to the Biophysics Dept. he created. He passed away, a very lonely person, at the age of 79.

Among the many honours that Ramachandran received may be mentioned:

Fellow of the Royal Society, London. (FRS)

Fogarty International Medal of NIH, USA.

J.C. Bose Award

Sir C.V. Raman Medal

Jawaharlal Nehru Award for Sciences.

India-born Prof. Venkataraman Ramakrishnan, who shared the Nobel prize in Chemistry in 2009 with two others for his studies on the structure and function of the ribosome, in a recent address at IISc remarked:

'If there is one person who deserved the Nobel prize more than me, it is Prof. G. N. Ramachandran'.

*The writer was at IISc, Bangalore

Form IV (see Rule 8)

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I, the Publisher of 'Kanara Saraswat', hereby declare that the particulars given above are true to the best of my knowledge and belief.

29 February, 2012

Smt. Smita Mavinkurve
Signature of the Publisher,
Kanara Saraswat

Sports Flash

NAVIN BIJUR

On Sunday, 5th February, 2012 Andheri GSB Youth Wing had organised their Annual Inter - GSB Tennis Ball Cricket Tournament titled “Lakshya 2011-12” at The Thakur Cricket Stadium, Thakur Village, Kandivali (East), Mumbai – 101.

This was a Knock-out Cricket Tournament in which 10 Teams from all across Mumbai participated in the event.

Mr. Ramnath Shenai of Shenai Group of Companies was the Chief Guest for the Inaugural Ceremony.

As per the Draws / Fixtures, the following 10 Teams played against each other in the 1st Round comprising of 5 Matches: Match 1: ANDHERI GSB v/s KURLA BALAJI, Match 2: SION GSB v/s WADALA GSB, Match 3: KHAR DANDA GSB v/s MULUND GSB, Match 4: DOMBIVALI GSB v/s VASHI GSB and Match 5: KSA XI v/s MATUNGA GSB.

The KSA XI Team comprised of players from Talmakiwadi, Grantroad; Saraswat Colony, Santacruz and Kailash CHS, Mira Road – Amol Pandit (Captain), Yatin Mavinkurve, Sushant Udyawer, Santosh Basrur, Navin Bijur, Hrishikesh D., Sameer Puttur, Dinesh Bijoor, Atul Sanadi, Nakul Sanadi, Akshay S. and Omkar Yedery.

During our 1st Match with MATUNGA GSB, Amol Pandit Captain of KSA XI Team won the toss and elected to bowl first. In the allotted 7 overs MATUNGA GSB scored 58 runs in their innings. This target was successfully chased down by KSA XI within 5 Overs with 7 wickets in hand.

The 5 Winners of the 1st Round were ranked from 1 to 5 based on the Net Run Rate Margin they gained from their 1st Match. KSA XI earned a Net Run Rate of (+) 3.80 which took them to the Top of the Ranking Table. This meant that KSA XI would directly reach the Semi-Finals Stage on the basis of Highest Net Run Rate amongst the 5 Winning Teams as per the rules.

The other 4 Teams would play Quarter-Finals as – Match 6: ANDHERI GSB v/s KHAR DANDA GSB and Match 7: SION GSB v/s DOMBIVALI GSB. Amongst the 2 Winning Teams in the Quarter-Finals, the Winning Team with the Higher Net Run Rate

Margin would directly qualify to the Finals and the other Team would play Semi-Finals with KSA XI.

In Match 8: KSA XI played against SION GSB in the Semi-Finals. SION GSB won the toss and elected to bowl first. KSA XI in the allotted 6 Overs scored 65 runs for the loss of 5 wickets. SION GSB during their run-chase could manage only 34 runs in 6 Overs for the loss of 7 wickets. KSA XI had a comfortable win over their opponents by 31 runs.

This meant that in Match 9: KSA XI would play the Organisers , ANDHERI GSB Team in the Finals. Both Teams had made it to the Finals with some outstanding performances with the Bat and Ball. ANDHERI GSB Team was termed as the “Batsmen dominated Team” whereas KSA XI Team as the “Bowlers dominated Team”.

In the Finals, ANDHERI GSB Team won the toss and elected to bowl first. KSA XI in the allotted 7 Overs scored 58 Runs for the loss of 6 wickets. ANDHERI GSB during their run-chase got off to a flying start with Openers scoring 37 Runs in the first 2 Powerplay Overs leaving only 22 Runs to be scored in the last 5 Overs.

This is when KSA XI Bowlers with their accurate line & length bowling and good fielding contained the ANDHERI GSB Batsmen who managed to score only 18 Runs of the next 4 Overs for the loss of 6 wickets.

However, ANDHERI GSB managed to chase down the score in the final over and won the “Lakshya 2011-12” Finals.

Shri Pramod Rao, Promoter of Zicom Electronic Security Systems Ltd. was the Chief Guest for the Concluding Ceremony and he awarded KSA XI with the “Runners Up Trophy”. Amol Pandit, Captain was adjudged as the “Best Bowler of the Tournament”. He bowled 5 Overs conceding 47 runs and took 5 wickets in the 3 matches they played.

Akshay S. was the Top Run Scorer for KSA XI with an aggregate of 52 runs (2 Fours, 4 Sixes) in 3 matches.

(Picture on page 53)

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Manohar Halady : Prominent Sportsman of Yesteryears

RAGHUNATH GOKARN

My childhood friend Manohar Vithal Halady passed away on 31 October 2011 in Mumbai. Another prominent player in Table Tennis of yesteryears has departed. The youngsters interested in this game may not be aware of his achievements.

Manohar was born on 23 November 1932 in Calcutta. When he was nine years old his parents came to Bombay on account of ill health and also because of the War situation in the east and took residence in Talmakiwadi. Manohar grew and lived here through out his life and was proud of being Talmakiwadi resident. Although younger to me we became friends. At that time in this newly established colony for Chitrapur Saraswats, the atmosphere was bustling with sporting and cultural activities. Kanara Saraswat Association in their premises provided equipments for games such as Table Tennis, Volleyball and Carom. Seniors like K.B.Nagarkatte, R.S.Amaldi, B.S.Gunvante and prominent players even from outside the community like Kapadia brothers, Yatin Vyas, Chandarana used to regularly play in the Association. They were taking part in the open tournaments. They became role models to emulate. Thus we were initiated in sports.

Manohar started playing Table Tennis in his teens and took active part in the tournaments conducted by the Association during Diwali and became a skilful player. When he started his career in Burmah Shell he used to play in the departmental tournaments. Surprisingly he did not play much in open tournaments conducted in Bombay. By temperament he was not aggressively competitive and perhaps therefore did not venture to play in the open tournaments. But he kept up his abiding interest in this game even after he laid down his table tennis racket after marriage.

It was sheer coincidence that he noticed an advertisement in the Times of India in 1975 calling for the services of Umpires during the World Table Tennis Championships in Calcutta. Manohar knew the game but now he thoroughly studied the rules

and regulations of the game and appeared for the examination for the referees and succeeded in the selection. By nature he was cool and composed. This disposition well suited umpiring in a swift game like table tennis. He became an official umpire for major National table tennis tournaments all over India.

In 1981 for the first time he was selected as a professional umpire in the World Table Tennis Tournament held at Novi Sad in the then Yugoslavia. Perhaps he was the first Indian and certainly the first Chitrapur Saraswat to receive this privilege. Again he was called to be on the panel of Umpires in Asian Table Tennis Tournaments in 1984 at Islamabad in Pakistan. In 1988 he went to Kuala Lumpur in Malaysia for Commonwealth Tournaments where he was Chair Umpire for the Men's Finals. Manohar had the unique distinction of being the only Indian and Chitrapur Saraswat to do umpiring in three international tournaments.

Manohar imbibed love for the game of Table Tennis in early 1940s with the facilities provided by the Kanara Saraswat Association. The same premier Association honoured Manohar for his outstanding achievements in this game in 2008.

Manohar was not only a good Table Tennis player and an able referee but he had thorough knowledge of the game and its history. He wrote in lucid language a fascinating article in Kanara Saraswat, July 2001, giving the technicalities and the history of Table Tennis which was originally called Ping Pong. He writes that some believe Ping Pong had a birth in the messes of the Army in India.

Manohar had other interests also. He loved to watch international Tennis tournaments and was quite knowledgeable about the stalwarts in Tennis and their attainments. He had made a study of peculiarities of proper names and crosswords and had written articles on these subjects in Kanara Saraswat.

Manohar was not in the habit of falling on others to make friendship. He was rather an exclusive

person. He had a few friends. But he was intimate with them. Lately he was not well and had to visit hospitals for treatment. He faced illness with great fortitude. The last time I met him he did not show concern but explained to me the treatment he was taking in a casual way. Whenever I met him and enquired about his health he would reply in jest “Goli khake jinda hun”.

<<<>>>

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1926 – 2012

Dr. Seetharatna Kalyanpur Rao,

daughter of late Shri. Baidur Prabhakar Rao and late Smt. B. Sundari Bai of Puttur and wife of late Shri. Vithal Mangesh Kalyanpur Rao passed away peacefully following a prolonged illness in Mumbai on Friday, 20th January 2012.

She was a loving mother, a strong and beautiful human being, a kind, gentle and dignified soul.

We will all deeply miss her presence in our lives.

The Kalyanpur, Baidur, Banerjee, Kilpady, Mankikar, Shirali, Trasi, Mudbidri and Bantwal families

In ever loving memory of

Smt. Geeta Vasant Bijur



(4th May 1943 - 4th February 2012)

Wife of Vasant Shripad Bijur, mother of Vaishali and Deepali

We cannot bring ourselves to accept the fact that you are not with us anymore.

No words can describe the emptiness with you gone. We miss you terribly.

Cherished forever by

Vasant Shripad Bijur

Vaishali, Chaitanya, Nimay and Nishant Nadkarny

Deepali, Nitin, Nihar and Chinar Pusalkar

Lata Hoskote and family

Uday Kalyanpurkar and family

ABC (Accelerator, Brake, Clutch)

ARJUN HEMMADY

It had been just one week since I had started driving our new Ford Figo and there I was on the Mumbai Pune Expressway doing 80 kmph in fourth gear. I then released the accelerator and pressed the clutch and intended to go in fifth gear, but couldn't. It was too hard. So I had to continue in fourth gear and then tried again, luckily it worked. Then I thought why was going into fifth gear so hard? The answer was simple. You never really drive in fifth gear (especially in the city) and neither do a majority of level headed people (like myself). Another problem came when I tried going from fifth gear to fourth gear. I was getting the eerie feeling that I was going into reverse gear so I would shift the gear even more to the left from neutral after which the car would lurch and shake and become slow with an uncomfortable jerk. No wonder, because I went to second from fifth.

My mind then went on a journey recalling the many nights I would be awake till about 2 in the morning watching reviews of Overdrive and the Car and Bike Show when they would say a car was sluggish because it did 0-100 in 15 seconds or so. It all sounds okay in the beginning but later on you realize are you going to even drive at 40 in city traffic? Maybe that's why the gear box was so hard.

When I was a small boy I was fascinated with driving (even though we didn't have a car at the time). I remember sitting on our bed and using a large tub as a steering wheel and making a gear box out of Lego while I mentally recreated the course from home to school while at the same time I would make sounds of a bus from my mouth. Even these driving movies are partly to blame for rash driving these days. They give an impression that driving is so easy! (It is not) All you have to do is hop in the driver's seat and put the "pedal to the metal" combined with a minimalistic use of something called a brake. The driving games like Midtown Madness did not help also because increasing the speed in that game was a simple question of pressing the up button and if you

wanted to go to a higher gear, you had to simply press 'A' and to go to a lower gear to press 'Z'.

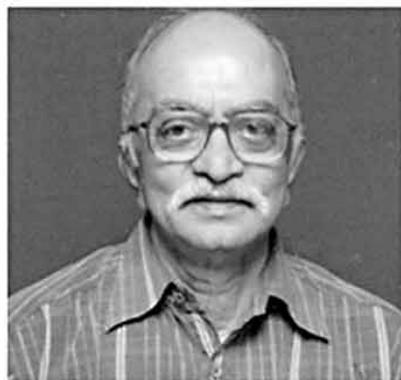
I was rightly told that you can never understand the position of a driver until and unless you drive a car (especially in our traffic). The sinking feeling that you feel in the pit of your stomach when you hear the honking of the cars behind you when your car is not starting because you don't know how much the clutch has to be released to set the car into motion (and with a green light ahead of you) has to be experienced to be understood. The nervousness that you feel when a taxi, car or bike overtakes you while keeping a margin of error of only a few inches is unexplainable.

So when my father told me that we would drive to Pune it was no wonder that I was feeling unprepared. And unprepared I was. My car must have shut a dozen times in the stretch between my father's office in Mazgaon to the starting of the highway. I was also stuck on a traffic signal which was at a small incline for about 5 minutes during which time the car would roll back after each unsuccessful attempt to go ahead during which a policeman asked me to produce my license and asked me if I could drive or not. An unenviable position surely. I finally heaved a huge sigh of relief when after what seemed like an eternity I got the position of the clutch right and moved the car ahead, because if I hadn't we would have surely rammed into the truck which was hardly a few centimeters behind us. Something as easy as starting a car can be a Herculean task when you have fifty odd angry drivers honking their heads off behind you. It was during all of those moments when I regretted having shouting matches with my sister and father when the car would shut down when they were driving.

Another thing which makes driving in the city hell is the pedestrians. Our country is going through an economic boom and every Ramesh, Mahesh and Suresh has a cell phone and they are always talking! Even while crossing the street! (Effects of the "Walk

Bhalchandra Bhavanishankar Manjeshwar

21st Jan 1937 To 22nd Jan 2012



My dearest Papa, ever lasting memory

**Papa's smile & ever encouraging attitude
will always be missed. Bapu has taken
him closer to him where he truly belongs.**

**We all pray that his soul rests in eternal
peace.**

**Your affection & togetherness will always
linger around us in the whole Manjeshwar
family.**

Deeply mourned by

Wife: Uma

Children: Gautam - Pallavi

Ahilya - Shivanand

Grandchildren: Karan, Nayan, Nidhi

Relatives & friends

and Talk” commercials) If you spend a lot of your time on the phone, it is beneficial for your health if you walk while you talk, but talking while crossing the street or at a busy intersection while not looking at the traffic can be life threatening. When you see a person coming off the footpath your heart does skip a beat and you must immediately press the clutch and remove the foot from the accelerator and place it on the brake ready to stop the car at a moment’s notice.

It is also on some of these tense occasions when you wonder why in the world the government spends so much money on making footpaths when people don’t want to use them? While coming back from Pune I had drove on the stretch after the Ghats and was feeling very confident (it was a straight road from there on) and was touching speeds of 100 (I was still having problems with the fifth gear). Beginners must actually never drive on highways because it spoils you. It makes you feel that Indian drivers have good driving manners (which sometimes is true). So when I left the Expressway and entered the city, it

was like entering a storm infested place. The calm and organized manner of driving in the Expressway gave way to a frenzy of drivers who are having the hangover of driving on the Expressway and drove at speeds of 80 in narrow streets (we Indians are always in a hurry).

I was pushed into the right most lane of the road which is usually the lane which the fast drivers use and it was there that the tension, adrenaline and inadequateness reached it’s peak. When cars and bikes honk and overtake you and turn back and look at you thinking what’s wrong with you (I was going slow at the time) you have the uncomfortable urge of just letting go of the steering wheel and giving up. Luckily, my father said he would take it from there and drove till we reached home. While driving that day, there was one phrase which was in the fore in my mind – “Baptism by fire” and I guess driving in the streets of Mumbai makes you as they say “Get a Graduation degree without going through Matriculation.” I have a lot of learning to do but I know I will make it.

Appeal to my Dear Brothers and Sisters,

I work as a bus conductor with a very meager salary and have to look after my old mother, wife, and my little baby. I find great difficulty to make both ends meet. I am ready to work hard in any post anywhere in Karnataka, preferably in Mangalore.

I have passed 2nd yr B.Com. but could not continue due to family difficulties. I make a humble appeal to the readers of our esteemed community magazine the Kanara Saraswat, to help me in getting a suitable job which gives me sufficient amount to look after my dear mother and my family.

I am sure those who read the appeal will definitely call for my bio-data and help me to come up in life. My contact no is 9964052591 and address is as under.

God bless each and every one of our community people with peace, happiness and prosperity in the New Year 2012

Arun K Rao

S.R.C. Compound, 2nd Cross, Souterpete, Kankanady Post, Mangalore - 575002

Few Limericks Gautam Nadkarni, Mumbai

There was once a fat youngster called Rama,
Who was fond of the flicks and the drama —
But wasn't invited
Out by the far-sighted...
For he just wouldn't leave without mama.

There was a young burglar — a Limey,
Quite crooked and cunning and slimy;
When a copper said: "Sid,
You have made your last bid..."
He interjected with a "Cor' blimey!"

There was a young baker said: "Blow!
How on earth do I knead all this dough!"
While getting his pay,
He heard the boss say:
"You must knead, if you need all this dough."

There was once a young lad who loved biscuit;
If he did not have one, he would whisk-it;
They dubbed him a thief,
Which filled him with grief...
But he got over it — now he'll risk-it.

There was a bald fellow named Gope,
Who went for a haircut [some hope!];
They said [with a smile]:
"Do wait for a while...
Till our man gets a large microscope."



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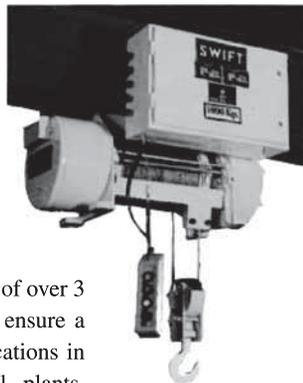
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Dear Pappa and Ayi We always remember you

Shri Mangalore Gopalkrishna Rao



1.10.1894 to 21.6.1971

Smt. Muktabai G. Mangalore



26.3.1912 to 13.1.1991

Our Humble and Sublime Salutes to You

Suresh and Shrilata Mangalore, Mohan and Kumud Nayel, Mohan and Chandrama Bijur,
Grandchildren and Great grandchildren
All relatives and friends

TRIBUTE TO MY (LATE) DEAR PARENTS

SHRI GOPALKRISHNA S. MANGALORE AND SMT. MUKTABAI G. MANGALORE
SURESH MANGALOR, INDONESIA

The impact of my parents (which continues to linger) on my mind is so deep that an attempt to put it down on paper would indeed be futile. However, I mention here a few very personal impressions that I retain about my dear late parents.

My father M. Gopalkrishna Rao.

One of our very senior relations, Shri. Hosangady Devidasmam, summed up my father in just 3 words "A Rare Species" which my father indeed was.

Shri Aurobindo was the nexus of his thought process. He spent some months as an ASHRAMITE at Pondichery and worked as a personal stenographer to Shri Aurobindo. "The

Life Divine" by Shri Aurobindo was his favorite book.

He was an exponent of the Shrimad Bhagavat Gita. His favourite chapter was Chapter 11 "Vishwa Roop Darshan". In his discussions with one of our neighbours this chapter was discussed more often.

He served as a personal steno to the late Maharaja Ganga Singh of Bikaner. He had to carry his typewriter and accompany the Maharaja along with the Maharaja of Alwar, sit on a machan, during their shikar sessions, in the forest and type letters which were mostly challenging the British Rule!

He also worked in the daily The Free Press

Journal and was a personal steno to the Chief Editor, S. Sadanand.

He worked with great personalities. My father was against British rule. He used to write letters after letters opposing the British Rule. On one occasion a Police Constable came to our house to arrest him with the proof of the letter sent to the then Governor of Bombay, but my mother convinced the Constable that the writer was of deranged mind. The Constable went away.

My mother Muktabai Mangalore

She was an exceptional individual knowing both written and spoken English. She learnt in a missionary school at a time girls were not sent to schools. When she visited a social function in the VJTI and started speaking in English with my engineering classmates, they could not believe it and openly told me that their mothers could not speak English.

When I was deputed to Indonesia by the Bombay Dyeing Management to build a new Textile Unit in Bandung, at the time of stepping out of the house, she told me, "Babba, if you want to return to India again, please step out with the left foot first, not the right foot". But I deliberately stepped out with the right foot and lo, till today, I continue to be in Indonesia!

She had a rare sense of humour. One of her favourite authors was P.G. Woodhouse.

When my father retired and we were still students, yet to complete our education, she took it up as a challenge to educate us and we three children are today what we are entirely due to her grit.

She was a multi-faceted personality. To support us, she became first a Nurse, then a certified Yoga teacher and worked in the evenings at Kaiwalya Dham in Bombay as a Yoga Instructor. Incidentally, this brought her fame and she had the rare accomplishment of teaching Yoga to the famous Film Star Nargis.

She invented the Cold Depilatory Wax which is still being extensively used for the intended application. Even famous film stars like Nargis, Waheeda Rahman, Simmi, Dilip Kumar's sisters were her clients. Well-known cosmetic consultants like Elizabeth Arden, Wordells patronized her product.

She was an accomplished dramatist in Konkani.

My wife, Shrilata always expresses that she remembers my mother more than even her own mother for all she did for her.

I end here with salutations to my parents. Today, what we, their children are, happen to be result of their toil. May their Departed Soul Rest in Eternal Peace.

TO MY MOTHER

KUMUD NAYEL

Those were the years when only men in the family appeared in the outer rooms, when parents thought of a school for their children-- boys and girls; but for girls only till they could read the strotras. In those years when education was necessary only to earn a living, when a town was very far away and the British ruled our country.

In those years, my mother, born to Ganpat

Baindoor and Girijabai Baindoor, thought she must go along with her three elder brothers to school. She also thought that she was one among those three boys, so she must learn and study in a school not only to read holy books, but to read everything from Kannada to English.

Thus Shantha, my mother, was not tomboyish but she had the guts to assert her will. She continued to study in that small school in

Honavar, St Thomas High School to go up to her Matriculation. All the other girls would quit school even before they would complete 5th Standard. So there were only three girls left in the higher classes. Two were the daughters of the Christian Principal, Mr John Philipose and the third was my mother. She could not appear for the final Matriculation exam. She got married just before the exam. My mother's ambition to learn English whipped her up so much that she once said she had to keep the whip on only because of a humbling incident in her class at St Thomas School.

Her English teacher on a morning after the English exam appeared with an answer paper in his hand. He waved the paper in front of the class and announced: "This is a classic answer paper." He then started reading out the answer paper. The translation from Kannada to English he said is perfect and he started reading out the answer paper.

Q. Table Mele Pustaka Ide. - Ans: Table on top book is.

Q Pustaka Wolage Pen Ide. - Ans: Book in pen is.

By the time, the teacher could read the third answer, my mother started sobbing silently. It was her answer paper the teacher was reading out to the class. But he did not disclose her

name. At the end he addressed the class. "The translation is perfect. The student is ardent in his translation. He has not given up although he does not know grammar.

Grammar in English translations is like a spine. So...." and the teacher looked at my mother while he completed the sentence. "So, I admire the strong strength of this student to continue to translate every sentence in spite of lacking a sense of grammar." At the end of the class, the teacher called my mother and told her, "Never give up, read books, write English, You'll learn only by trying hard." This lesson gave my mother a hard core strength to live her life. There was one thing she'd never do: "Give Up." So she learnt English. She learnt a new language Marathi when she came to Bombay as a bride of 18. Then she learnt Hindi, Urdu and Gujarati. She could speak all these languages fluently. Additionally she had the backbone of her mother tongue Konkani which was her medium to reach out to her audiences through her dramas. Kannada and English were languages she learnt in school but the best language she taught us was Konkani, unadulterated, absolutely North Kanarese and unmixed or sprinkled or garnished with English.

That was my mother's gift - the mother tongue sweet and soft to us.

A SUBLIME SALUTATION TO MY FATHER

KUMUD NAYEL

Betto Surya, Mangalore Suryanarayana Rao left Puttur, South Kanara and migrated to Bombay with his family. His two sons, Gopalkrishna, the elder, and Ramrao the younger, settled down in Bombay.

My father Gopalkrishna, worked in Bombay in an English firm, William Jacksons, as a stenotypist till he retired. He worked right on as a first rate steno without a fault ever till he retired at the age of 60. This he did on the spur of the moment when a newly arrived Englishman came to W. J. as his Boss. This young "Gora" called my

father to his cabin on a morning, that was to be my father's last working day in that office." Kindly check this typed letter of yours," mumbled the Englishman in his accent. That was the first ever mistype by my father - and the last. My father left the Gora's cabin and went to his typewriter, typed out his resignation, walked into that cabin again and handed in his resignation. But not before handing in a correctly typed copy of the mistyped document. "I have never committed a mistype ever," he said later on explaining why he wished to retire. "I want to retire before I commit mistakes and am asked to retire."

I remember my father with some of his habits, his dress and his walk. He even carried a cane at the end. Mangalore Gopalkrishna Rao as he was known had a nameplate embroidered in " Jhari," from a Gujerati Ilaaka in Bombay. That nameplate stayed on the front door of our house right from the time I was born till I removed it and brought it with me before handing over 15/16 Mohan Building, Forjet Street, Mumbai, the two roomed tenement, to the builder in 2004.

He had a statuesque personality like the Jhari board on our front door. He was tall, very fair complexioned, some freckles on his body and a straight face. My Pappa wore a well pressed shirt, pant and a coat when he went to office at 8.30 a.m. sharp. He wore a cap on his head and carried a small bag of tiffin. He'd eat a quick lunch before leaving for office. He'd travel by a tramcar from Tardeo T.T. and return too exactly sharp at 6.30 p.m. He would never ever board a BEST bus even during the Hindu-Muslim riots though the tramcars travelled through thickly populated Muslim areas. My mother would be a nervous wreck by the time he would return home at such riotous times.

My father had retired from the materialistic world even while he used to board tramcars to his office. He'd attend lectures at the Spiritual Centre, Laburnum Road on Sundays. Sometimes I would accompany him. That's how I got to hear H.Shankar Rao's Harikatha on Sant Avadi. Perhaps, it was this Spiritual Centre which got me the fragrance of Bhakti sanskar from my father. A gift, an inheritance which need not be written down in a will under the advice of a lawyer or a signature from a witness.

My father spoke very little. But what he spoke weighed like pearls. His Japa was in lakhs and his craze for the clock was like madness. His speed at shorthand was like a motorcyclist's blast and his innumerable counts of his Japas in his copies in shorthand was mind-boggling. He counted the rosary so fast that the Malas would breakdown.

My father sometimes was like a set of contradictions. He did not like to visit people but loved it when people visited us. My Pappa loved playing the game of cards 304 and Carom.

We used to have a gathering in the evenings with dear Ananddada, Dada, Pappa and me at the carom board. He was not so particular about tasty food, never complained but would love to eat some things like bananas, batatya song and mango. Once the doctors diagnosed him as a freak case of diabetes. His was not blood sugar but profuse sugar in the urine, Glycosuria. Pappa hated doctors, all doctors. So no one could ever find out if he was in pain. If he did have pain and my Ayi would rub Iodex or Amritanjan, he'd say "enough,enough" even before she had applied the balm and rubbed in once. He was very scared of injections. Thus it was very difficult for Ayi to get his cataract removed because he needed to be on Insulin before the operation could be done. Thus he had only one eye operated and refused an operation on the other eye. He insisted he was happy with one eye which allowed him to read his Dasbodh, Ramayan and Dyaneshwari every evening at 5 p.m sharp till he died.

When I was still studying in First Year Arts, my Pappa retired from service. So I got to see him sit on that cot, doing Japa and meditation, reading spiritual books, playing sometimes, napping in the noon, sleep like a baby and walk every morning and evening in our first floor corridors. He rarely left the house. When he did, it was to go to the Post Office to post letters. He did not write to any relatives or friends. But personalities like Aurobindo and saints.

My Pappa was spared of all pains of hospitalisation. God was at his beck and call. He fell down during a morning bath and died three days later very peacefully with his family around him amidst the chantings of Om Namah Shivaya.

My mother was 18 years younger than my father and was his third wife. She looked after him like he was her Guru and her father. She nursed him like he was her child. She took care of him as if he was her youngest child, the fourth. We were three children in all. But Pappa, she always said was her youngest child.

My Pappa , M. Gopalkrishna Rao of Puttur, South Kanara, I salute to you today.

A sublime Prostration from a humble daughter.

आमगेलो पप्पा आणि आई

चंद्रमा विजुर

आमगेलो पप्पा- श्रीगोपालकृष्ण सूर्यनारायण मंगळूर आमगेल्या पप्पागेलो महिमा हांव कितलो वर्णू? बरौंचाक शब्दचि नोपरोति!! प्रपंचांतु आस्सूनयि प्रपंचांतुथाव्नु अलिप्त! मितभाषी! जे उल्लौचे तें फक्त देवाविषयांतु, गुरुजनांविषयांतुचि! तागेली भोवंडी म्हळ्यारि एकयि वे स्पिरिच्युअल सेंटर जावो थिओसोफिकल सोसायटी.

तागेले वाचन म्हळ्यारि होळ्ळहोळ्ळे धार्मिक ग्रंथ! खिडकेच्या कट्यारि विराजमान जावनु आसताले! ते वाच्वुन अभ्यासु कोरनु ताज्जेरी टिप्पण्यो पांयशी पात्रा वद्दांतु. पुरा शॉर्टहॅण्डांतु. विशेषतः भगवत्गीतेरि तात्रे बरयिले वॉल्युम्स अगणित आशिले. तेवयि खिडकेरि विराजमान. दुसरें कोणयि जल्ल्यारि ताज्जे प्रकाशन कोरवनु घेताशिलो. धडपड करतशिलो. जल्यारि आमगेलो पप्पा! ताक्का या सर्वांची गरजचि नाशिली. तो कायम आपणागेल्या स्वानंदांतु निमग्न! “आनंदाचे डोही आनंद तरंग!”

आमगेलो पप्पा!! सगळो वेळ बोटूं नांचवनु नांचवनु कसलेंकी मोजतालो. कसलें? जपु, जपु आणि जपूचि!! अखंड निरन्तर जपु!! आणि एक आवर्तन जाल्लें की ताज्जी नोंद आणि एक ५०० पात्रा व्हांतु. ताज्जे आनि एकराशी गट्टे खिडकेरी! कितलेकी कोटि जपु केल्यारि मोक्षु मेळता अशीचि तो म्हणतालो.

आमगेलो पप्पा एक अवलिया आशिलो. ताक्का ना तागेल्या देहाची पर्वा आशिली ना तागेल्या देहावयल्या वस्त्रांची. जल्यारि थोड्यो आवडीनिवडी, नियम जरूर आशिले.

“तुमगेलो पप्पा मगेलें म्हालगडो चेरडू” आई म्हणताली. आणि एक चेरडावारिचि तागेली काळजी घेताली. तागेलो पिंवचो उदकाचो चेंबु केन्नायि ‘Overflow’ जांवकाजचि आशिलो. सकाळी ९ घंट्यारि हुनी “कापी” जांवकाजचि. अशशी कांहीं विषयांतु हटी आशिलो. म्हणुचि आई ताक्का व्येसनाळो म्हणताली. “आमगेले नशीब बरें वायट व्यसन नाति नाजल्यारि गोविंदा!” अशीयि म्हणताली.

आमघेरी पप्पानें आसतम्हणसरी ऑक्सफर्ड डिक्शनरी नाशिली. तोचि आमगेलो “चालती बोलती” डिक्शनरी आशिलो. बॉसागेली पत्रं टायप करतना एकसुद्धायि चुकी जायनाशिली. आणि ज्या दिवस ती जाल्ली त्या दिवस तात्रें नोकरीक राजीनामा दिल्लो. “हांव हांगा हांतुळ धरल्यां. चेरडवांगेलीं शिक्षणं अर्धारि पळ्ळ्यांति. असल्यांतु हो राजीनामो? संसाराचो थोडो तरी विचार कोरकाशिलो नयि?” आई गेल्या या उत्तराक पप्पानें फक्त वयरी बोट दाखयलें आणि आई एकदम शांत जाल्ली. आमका म्हणाली, “भिवनाकाति मा. पप्पानें वयरी बोट दाखयल्यां नवे? आतं तोचि वयलो देवु या देवागेलो भारु व्हांवतलो.” आणि तें अगदी खरें जाल्लें.

अशशी आशिलो आमगेलो पप्पा! एक अवलिया

अवधूत! हांव सानी आसतनाचें (सहावी-सातवीतुले) हांव पळयिले, जाणिले हे अनुभव! ताव्ळी पप्पा गेलो एकूण नमुनो पळौनु माक्का मस्त भय्य दिसतालें. “आमगेलो पप्पा पिस्सो नयि मं?” म्हणु चिंता दिसताली. जल्यारि जीवनाच्या या संध्याछायेरि येवनु पाविल्या माक्का आतं दिसता, “अरे, हांव कसल्याक भित्ताली वया? हीं तरी पुरायि एक्क संतमहंतागेली लक्षणं! एक ब्रह्मज्ञानीगेलीं लक्षणं!!”

आमगेली आई -

कै. श्रीमती मुक्ताबाई गोपाळकृष्ण मंगळूर
आईगेल्या जन्मशताब्दिक आईक श्रद्धांजली
जननी जन्मभूमिश्च स्वर्गादपि गरियसि।

आमगेली आई, सर्वांगलीयि आममूपाचची! तीनी भावानंतर उब्जली आणि भावांवारिचि “हांव आयलो-हांव गेल्लो” अशशी पुल्लिंगांतु उल्लौंचाक लागली. मुखावयल्या जीवनांतु एक्का दारल्यावारिचि जीवन जगचो तो पूर्वसंकेतु नाशिलो म?

खरेंचि, आईने एखाद्या दारल्यावारिचि धडाडीने जीवनाक तोंड दिल्यां. ज्या कालांतु आमगेल्यो बायलो फक्त “चूल आणि मूल” सांभाळताल्यो, जावो स्कूलांतु, जावो रेशनिंग ऑफीसांतु काम करताल्यो त्या काळांतु आईने जगावेगळे व्यवसाय कोरचे साहस केल्ले.

आमगेलो पप्पा भोळाशंकरु! देवागेलो निस्सीम भक्तु! बरें काम आसूनयि सोण्णू तात्तावळी विविध तीर्थक्षेत्रारि वत्तालो. मयनेगटले! वापस येनाफुडे दुसरे काम मेळुकयि लागताले. मयनेगटले! आमगेल्या संसाराभारु दुसऱ्यांचेरि घालचो आई-गेल्या स्वाभिमानी स्वभावाक पट्टनाशिलें. घरांतु ना-ना नमुन्या जांचु सहन कोरनुयि, तिने “काशीबाई साठे” नावांच्या म्युनिसिपल प्रसूतिगृहांतु मिडवायफरी कोर्सु करुक घेतलो. कोर्सु पूर्ण जाल्लो. जाल्यारी ती स्वतः गुर्बिणी आशिलेमिती प्रॅक्टीकल्साक बयसुक परवानगी मेळनी. सर्टीफिकेटयि मेळनी. पुरा मेहनत व्यर्थ!

जल्यारि धैर्य सोण्णी. कैवल्यधाम योगाश्रमांतु ट्रेनी म्हणु नांव नोंदयलें. योगिक फॅट रिडक्शन मसाजांतु प्राविण्य मेळयलें. योगिक मसाज आणि योगासनाची प्रायव्हेट ट्यूशनस घेंवचाक लागली. नर्गिस, मेहताब, खोजा जातीच्यो गर्भश्रीमंत बायलो तिगेल्या वेटींगलीस्टारि आसताल्यो. शेजवासारच्यागेल्या कुत्सित उत्रांची तिने पर्वा करुने. “हांव खंयिथायि मगेल्या देवाक आणि भूंयीक सम जावनु चलता थंयिथायि हांव कोणाकयि भीना, कोणालीयि निंदेची पर्वा करना” होचि तिगेलो मंत्रु आशिलो.

जराज्बाय नावाची एक अत्यंत इंटरस्टींग पाकिस्तानी बायलमनीषेगेली सेक्रेटरी कम्पनियन म्हणु सुमार काळ काम आईने केल्या. तिगेलो पूर्ण व्यक्तित्वविकासु जराजबाईमितीची जाल्लो अशीचि तिगेली धारणा आशिली. “जब आयी

तब बकरी थी। अब शेरनी बनके जा रही है।” अश्ली जराजबायसुद्धयि म्हणताली.

इतले पुरा करताना तिने आपणागेलीं कर्तव्य चुक्कयनीति. घरचीं पुरा कामं कोरनु ती भायल्या कामाक वत्ताली. घर-आणि काम दोन्नीयि धडाडीनें करताली. साक्षात् उमा-महेश्वरुचि म्हणयेद. जल्यारि सर्वाचेयि श्रेय पप्पांगेल्या जपतपाक आणि म्हालगड्यांगेल्या आशीर्वादाक आणि गुरुजनांगेल्या कृपाकटाक्षाक दिताली.

An optimist finds opportunity in every difficulty and a pessimist finds difficulty in every opportunity. आई आशावादी आशिली. म्हणुचि ती खंचेयि परिस्थितींतु धैर्य सोण्णाशिली. नव्हर्स ब्रेकडाऊनानें आठ म्हयने घरांतु हांतुळारि आशिली. त्याचि सुमाराक पप्पायि रिटायर जाल्लेले. चेरडवांगेले शिक्षण अर्धारि! तसल्यांतु अचानक एक साक्षात्कारु जाल्लो. व्हयि! आई ताक्का साक्षात्कारुचि म्हणताली. “तुमगेल्या पप्पागेले देवु आणि मगेलो मारुतीरायु धावनु आयले आणि सोपनांतु “कोल्ड वॅक्सा”चो मंत्रु दिल्लो.” ताज्जेरी मुखारि संशोधन कोरनु आईने कोल्ड वॅक्साचो शोधु केल्लो. माक्षी योगा शिकतल्यो बायलो आत आई करौवनु वॅक्सींग करौवचाक लागल्यो. आई गेल्यो ह्यो क्लायंट्स आईक चेरडवांवारी, भयणीवारीची आशिल्यो. आईगेले घारा काम करौनु घेत्ताल्यो मात्र नयि तिगेल्या हात्ताचे बरे बरे रांदप हक्कानें खावनु वत्ताल्यो. आईगेलें हें “कोल्ड वॅक्स” आमचे खात्तीर वरदानचि! हाज्जेमितीचि आम्मी घारा बयसुनु चारी पैशे कर्मावचाक शकताति आणि आमगेले संसारांतु मानाने जुगुक शकताति.

नाटक लेखन; ती सर्व जबाबदारींतु थावु मुक्त जायनाफुडे बरौंचाक लागली. कोंकणीरि प्रभुत्व आस्पूनूयि ती सर्वाक कळशी भाषेंतु बरयताली म्हणुचि तिगेली वाक्कण सर्वाकयि प्रिय आशिली. इतर भाषारियि प्रभुत्व आशिले. प्रत्येक क्लायंटालागी तांगेल्या भाषेंतु उल्लयताली. हो गुण मस्त प्रमाणांतु मगेल्या दादाक आणि थोड्यचि प्रमाणांतु आमका भयण्यांक आयला.

आई त्या कालाची जाल्लेतरी तिगेले विचार मॉडर्न आशिले. जगभरच्या खबच्यांचे तिक्का बरोबर ज्ञान आशिले. स्पोर्ट्स, हीस्ट्री, पॉलीटीक्स, शेअर मार्केट-You name it she had it.

तिने सवाष्ण-मरण केन्नायि मागगनि. पप्पागेले अंत्य-समयथायि आपणाक तागेली सेवा कोरची आस्स अशीची ती मागगूनू घेत्ताली. आणि देवानें तिगेली इच्छा पूर्ण केल्ली.

कड्डेरीथायि ती स्वतः गेल्या स्वकष्टकमाईरि जगली मात्र नयि मस्त जणांक तिने मदत केल्या. खंचेयि सोशलवर्कसंस्थेंतु नाजावनुयि तिने मस्त सोशल वर्क केल्यां.

आजिकाली मराठी सिनेमा येत्ताति आदर्श बायलांचेरी आणि एवॉर्ड मेळवनु वत्ताति. ताव्वळी दिस्ता देवा, मगेल्या आईगेले जीवन त्या बायलापाशी विंगड आशिले वया? खरेंचि, आईचेरी एक गोमटेंचि पिक्चरचि जायद. हांव त्या प्रोफेशनांतु असल्यारि कितलें बरें जात आशिलें. आईचेरी एक गोमटेंचि पिक्चर काडूत आशिली आणि शीर्षक दित आशिली “स्वयंसिद्धा”!!

हे देवा! कितलीं रे आम्मी भाग्यवान! असलो ब्रह्मज्ञानीयोगी बाप्पुसु आणि भक्तिकर्मयोगी आवसुगेल्या पोटांतु तूं आमका जन्माक घाल्लें. हींचि आणि हींचि मातापिता आमका जन्मोजन्मी मेळोति हीचि श्रींरणी प्रार्थना!

Pacchi ... My Inspiration..... Late Muktabai Gopalkrishna Mangalore

By Anand R. Mangalore

There are a few memories of my dear Pacchi which I would like to share with you all.

During my childhood, after the loss of my mother, when I was just 6 years old, it was my Pacchi to whom I was very attached in our family. Ours was a joint family. Mhant and Pacchi used to stay with us. She took care of me and my younger brother Bhaskar who was 4 years old. Those days, since I used to fall sick frequently, she would take extra care of my health. Later, though Mhant and Pacchi shifted to their own flat, my attachment to Pacchi continued.

I remember one incident when Pappa, me and my brother were sick and bedridden due to severe indigestion. It was Pacchi who came to our rescue, taking charge of our family and nursing us back to full health. She was our moral support with whom we could share our emotions and feelings.

Every year, the Ganapati pooja at Pacchi's place was an event we used to look forward to. It used to be a family reunion, with all the members of our family getting together. Pacchi was a multifaceted personality. She was a writer of many Konkani dramas which were quite popular in our Bhanap Community.

It was because of her inspiration, that my brother and I gained confidence to perform on stage, even helping me later on to act in dramas, when I was working in Hyderabad. She was a renowned beautician, and also used to teach Yoga in Kaivalyadham, Mumbai.

After Mhant's demise, it was Pacchi who singlehandedly brought up her 3 children facing all adversities without any complaint.

Her memories shall always remain etched in our hearts forever.

आनंदाचे डोही

नारायण शां. शिराली, मुंबई

जोधपूरला ज्यासाठी मी गेलो होतो तो लग्नसमारंभ १ डिसेंबर रोजी आटोपला. पंडित काव्यतीर्थ श्रीराम दवेशास्त्री हे संस्कृत भाषेचे विद्वान् जोधपूरचेच! त्यांची भेट घेण्यास मी अतिशय आतुर होतो कारण प.पू. सद्योजात शंकराश्रम स्वामीजींनी त्यांच्यापाशी संस्कृत भाषेचे अध्ययन केले होते. पण भेट होईल की नाही याबद्दल साशंक होतो. कारण माझे मुंबईला परतण्याची गाडी २ डिसेंबरला सायंकाळी ६.४५ वाजता होती. माझे सुहृद् आनंदजी यांनी गीता भवन व जोधपूर विश्वविद्यालयातून त्यांचा पत्ता शोधून काढला व तेथे गेले. त्यांच्या घरून फोन वरून डॉ. जया दवे यांच्याशी संपर्क करून दिला. डॉ. जया यांनी मला सांगितले की शास्त्रीजींच्या मेंदूमध्ये अंतस्त्राव (Brain Haemorrhage) होऊन स्मृतिभ्रंश झाला आहे. ते फारसे बोलत नाहीत व सध्या अंधरूणाला खिळून आहेत. त्यामुळे या भेटीतून काही निष्पन्न होणार नाही. मी त्यांना सांगितले की मी एक सामान्य संस्कृतभाषाप्रेमी आहे व चित्रापूर मठाचे स्वामी प.पू. सद्योजात शंकराश्रम यांनी यांच्यापाशी अध्ययन केले असल्याने त्यांचे फक्त दर्शन घेण्याची तीव्र इच्छा आहे. जयाजींनी सांगितले की त्यांच्या घरी २५ मिनिटाकरिता दुपारी ३ वाजता भेट घेता येईल.

“सद्भिः संगः कथम् अपि हि पुण्येन भवति”

संत-सज्जनाचा सहवास किंवा भेट ही एका अनाकलनीय पूर्वसुकृतामुळे होते असे कालिदासाने म्हटले आहे. या वचनाचाच प्रत्यय जणू येणार होता. ठरल्यावेळी आम्ही त्यांच्या घरी पोहोचलो. जयाजींनी आमचे मनःपूर्वक स्वागत केले. त्यांचा वेष अतिशय साधा होता पण चेहऱ्यावर विद्वत्तेचे तेज होते. त्या साध्या बैठ्या घरातील बैठकीच्या खोलीत आदिशंकराचार्यांचा एक मोठा फोटो विराजमान होता.

जयाजींनी आम्हाला शास्त्रीजींच्या विषयी माहिती सांगितली. ते संस्कृत विषय घेऊन एम.ए. पास झाले व शिक्षणक्षेत्राची विशेष आवड असल्याने कराचीला त्यांनी शिक्षकाची नोकरी पत्करली. गणिततज्ज्ञ राजवाडे व भूतपूर्व उपपंतप्रधान एल.के. अडवानी या व इतर सह-शिक्षकांनाही संस्कृत शिकवले. परंतु स्वातंत्र्य प्राप्तीनंतरच्या देश-विभाजनामुळे कराचीहून मुंबईला स्थलांतर झाले. गिरगाव व उल्हासनगर येथे ते राहिले पण मुंबईत जीव रमेना. मनासारखी शिक्षकी पेशाची नोकरी न मिळाल्यामुळे ते नंतर बँक ऑफ बिकानेर आणि जयपुर मध्ये रुजू झाले. ते नोकरी

करत असताना काव्यतीर्थ (साहित्यशास्त्र) या बंगाल संस्कृत असोसिएशनच्या मानांकित परीक्षेत उत्तीर्ण झाले. त्यांचा व्यासंग दिवसेंदिवस वृद्धिंगत होत होता. त्यासोबत देवी त्रिपुर सुंदरी व श्री चक्र उपासना ते करू लागले. ते एक कुशल शिक्षक व समन्वयक असल्याने हुषार विद्यार्थी व माऊंट अबू येथील परमार्थांच्या मार्गावरील तापस-साधकांना मार्गदर्शन करीत राहिले. त्यांचे विद्वत्तापूर्ण दर्शन वाचकाला स्तिमित करते. ते केवळ भूतकाळात रमणारे नव्हते तर एक भाषा-प्रभू, बहु-आयामी, बहु-भाषक व संवेदनशील लेखक तसेच साक्षेपी समीक्षक होते. त्यांनी लिहिलेल्या संस्कृत, आणि हिन्दी, बंगाली, उर्दू, इंग्रजी भाषांचे संस्कृत अनुवाद यांची भली-मोठी ग्रंथाची यादी पाहताना त्यांच्या भाषा व्यासंगाची कल्पना करता येते.

स्वरचित महाकाव्ये : (१) भृत्याभरणम् (२) राजलक्ष्मी स्वयंवरम् (३) साकेतसंगरम्

खण्डकाव्ये : सौंदर्यलीलामृतम्, भारती विलासम्, परिखायुद्धम्, अपांग-लीला, विनोद कौतुकम् इ. नऊ खंडकाव्ये
अनुवाद : पं मधुसूदन ओझालिखित ब्रह्मसमन्वय, ब्रह्मविनय व अत्रिख्याति यांचा हिंदी अनुवाद.

संस्कृतानुवाद : उर्दू कवी मिर्झा गालिब यांचा कवितासंग्रह
“आकिञ्चन चैत्यम्”

प्रेमचंद मुन्शी यांच्या “निर्मला”, “यमुना” कादंबऱ्या
रविन्द्रनाथ टागोर लिखित गीतांजली

टॉमस ग्रे - Elegy written in a country Graveyard.

ते “भारती” संस्कृती मासिकाचे सह-संपादक होते व त्यांनी “विश्वसंस्कृत प्रतिष्ठानम्चे संघटन मंत्री पदही भूषविले आहे सन्मान : सर्वोच्च बहुमान ज्ञानपीठ पुरस्कार (२००८).

१) राजस्थान राज्याचा विद्वत् सन्मान (१९९०) (२) संस्कृत अकादमी जयपुरचा माघ पुरस्कार. भृत्याभरणम् या महाकाव्याला (१९९२) (३) जोधपुर नागरी व विविध संस्थातर्फे विद्वत्सन्मान (१९९८). आज त्यांच्या कन्या जया या जोधपुर विश्वविद्यालयाच्या संस्कृत विभागाच्या प्रमुख व महाविद्यालयाच्या प्राचार्य म्हणून कार्यरत आहेत. सरकारी व लोकप्रतिनिधींच्या संस्कृत भाषेविषयीच्या दुज्या भावाबद्दल खंत व्यक्त करताना त्या म्हणाल्या की आज ही राजस्थानमध्ये

उर्दू शिकणाच्या महाविद्यालयीन विद्यार्थ्यांला राज्यसरकार, केंद्रसरकार व उर्दू मदरसा बोर्ड यांच्यातर्फे एकूण ७५० रुपये दरमहा शिष्यवृत्ती मिळते, तशी इतर कोणत्याही भाषेच्या विद्यार्थ्यांला मिळत नाही. परिणामी कॉलेजमध्ये संस्कृत भाषेचे विद्यार्थी कमी होऊन संस्कृत विभाग बंद करावे लागत आहेत.

प्रिया प्रियवंदा

ही दवे शास्त्रीजींची विशी-तिशीतली जन्मांध नात. सर्व प्रकारचे वैद्यकीय उपचार करून थकलेली पण दोन्ही डोळ्यांनी १०० टक्के आंधळी. ती अर्थशास्त्र विषय घेऊन बी.ए. व एम.ए. पास झाली व एम.बी.ए. पदव्युत्तर परीक्षा पास होऊन योगाभ्यास वर्गाना शिकविते. परंतु तिची खासियत म्हणजे भागवत सप्ताह करणे. रोज ४ तासाचे व्याख्यान-सत्र पाच दिवस ती स्वतः चालविते. राजस्थानभर तिला अनेक शहरातून व्याख्यानांसाठी आमंत्रणे येतात व प्रचंड संख्येच्या श्रोत्यांसमोर ती भागवताच्या कथांचे निरूपण करते. अर्थात् याचे श्रेय ती तिच्या नानाजींना देते कारण त्यांच्या अंगाखांद्यावरच ती वाढली व तिच्यावर तसे संस्कार झाले.

रोमांचक क्षण

जयाजी व प्रियंवदाने आम्हाला त्यांच्या खोलीत नेले.

शास्त्रीजी पलंगावर पहुडले होते. प्रियंवदाने त्यांना हाक मारून माझी ओळख संस्कृतप्रेमी अशी करून दिली. मग मात्र त्यांनी पापण्या उघडल्या व डोळे विस्फारले. उठून बसण्याचा प्रयत्न ही करून पाहिला पण ते त्यांना अशक्यच होते. मी त्यांच्या पायावर डोके ठेऊन नमस्कार केला. प.पू. स्वामीजींच्या अध्ययनाचा संदर्भ दिला आणि काय आश्चर्य! ते बरेच काही संस्कृतमध्ये बोलले. अर्थात् ते मला पूर्णपणे समजले नाही. पण जयाजी व प्रियवंदा यांनी ते सांगितले. त्यानंतर जयाजींनी आम्हाला त्यांची देवाची खोली (देवघर) दाखविले. त्याठिकाणी त्रिपुरसुंदरी देवीचा व श्री यंत्राचा ही फोटो आहे. त्यांची उपासना आटोपल्यावर ते प.पू. स्वामीजींचा अभ्यास घेत असत. ती जागा पाहून मला खरोखरच धन्य वाटले.

दवे शास्त्रीतर्फे प.पू. स्वामीजींच्या करिता “सौंदर्यलीलामृतम्” या पुस्तकाची प्रत भेट म्हणून जयाजींनी दिली. व टॉमस ग्रेच्या एश्रशसू काव्याच्या संस्कृत अनुवादाचे पुस्तक स्वाक्षरी करून मला भेट म्हणून दिले.

एवढ्या थोर विद्वज्जनांचा दीड तासाचा अल्प सहवास हा माझ्यासाठी एक चिरस्मरणीय अनुभव आणि म्हणूनच आनंदाच्या डोहातील आनंदाचा अमोल आणि कायमचा ठेवा झाला आहे.

सारस्वत महिला समाजाची मिनिपिकनिक

सौ. ललिता अमलाडी, अंधेरी

दिनांक ३०-१-२०१२ रोजी सकाळी ११ वाजल्यापासून कमला नेहरू पार्कच्या बालोद्यान नजिकच्या प्रवेशद्वारातून आमच्या सारस्वत समाजाच्या महिला घोळक्या घोळक्याने येऊ लागल्या. उद्यानात सहलीला आलेली बरीच छोटी मोठी मंडळी बागेत फेर फटका मारीत होती. सर्वांचे लक्ष आमच्या ग्रुपने वेधून घेतले होते व ती मंडळी कौतुकाने पहात होती. काय कारण असावे बरे? तर पस्तीस ते पंच्याऐंशी वयोगटातल्या महिला कुणी जीन्स, कुणी पंजाबी तर कुणी साडी असा पेहेराव करून आल्या होत्या. एका गोलाकार पायच्या पायच्याच्या छोट्या स्टेडियमसहस्र जागी सर्व महिला स्थानापन्न झाल्या. घनदाट वृक्षांच्या छायेत, परंतु कावळ्यांच्या विष्ठाप्रसादापासून बचाव करण्याच्या दृष्टीने विखरून बसल्या. एकूण तीस महिला जमल्या. थंडगार पेय देऊन सर्वांचे स्वागत करण्यात आलं.

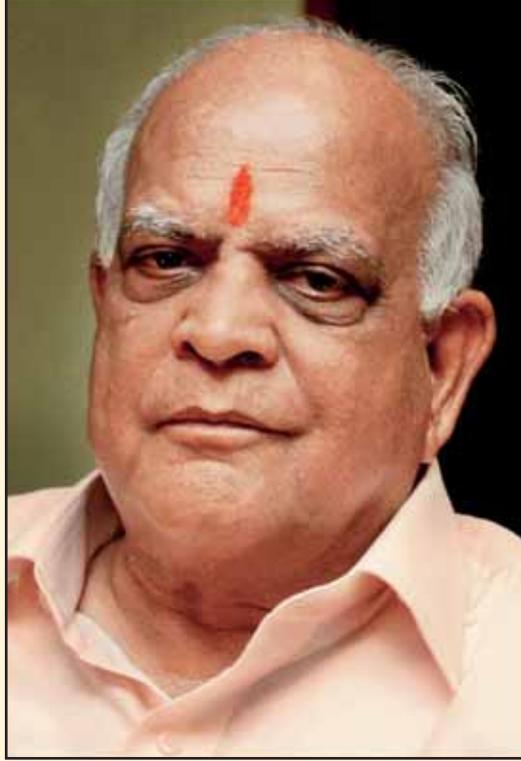
त्या दिवशी रथसप्तमी व गांधीजींची पुण्यतिथी अशी दुहेरी संधी साधून काही जर्णीनी तीळाचे लाडू वाटले आणि सुनंदा गंगोळी यांनी “बापू आम्हाला फार आवडतात” हा त्यांनीच

लिहिलेला मार्मिक लेख वाचून दाखवला. ललिता अमलाडी यांनी “पाऊले चालती सत्तरीची वाट” ही त्यांनीच लिहिलेली कविता “पाऊले चालती पंढरीची वाट”च्या चालीवर गाऊन दाखवली. शेवटी नलिनी संझगिरी यांनी लिहिलेली “विनिता समाजाची क्रिकेट टीम”ची कथा श्यामल तलगेरी यांनी वाचून दाखवली.

त्यानंतर साधना कामत यांनी बुद्धीला चालना देणारा असा, दिलेल्या धाग्यादोऱ्यांच्या आधारे मानवी शरिराचे अवयव शोधून काढण्याचा अत्यंत अनोखा व मजेशीर खेळ सादर केला.

आतापर्यंत झाडावर बसलेले कावळे आता सर्वांच्या पोटात कावकाव करू लागले होते. तेव्हा बाहेरून मागवलेल्या मिनि लंचच्या (पुलाव, सॅलेड व गाजर हलवा) प्लेट्स भरून सर्वांना वाटल्या. त्यानंतर छोटेमोठे खेळ, चुटके, housie, इत्यादि खेळेपर्यंत तीन वाजले. अशा रितीने short and sweet picnic अगदी मजेत संपन्न झाली. त्यासाठी सर्व कार्यकारी सभासदांचे मनःपूर्वक अभिनंदन.

Our Dearest PAA



Durgadas Venkatrao Sashital

15/09/1935 – 27/01/2012

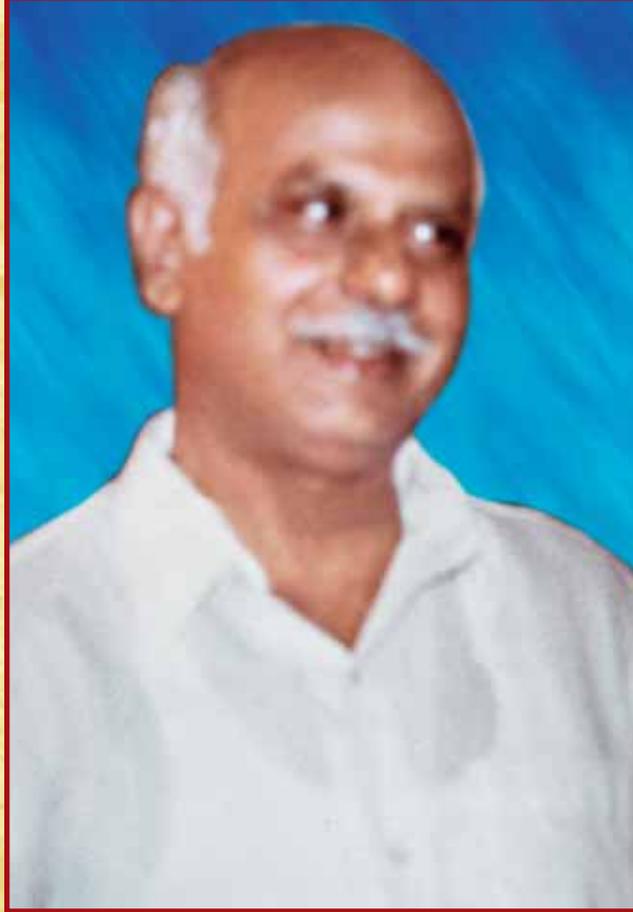
God saw you getting tired and “No More” said he,
Wrapped his arms around you and whispered, “Come to me”
You departed on a journey of peace and tranquility
Leaving behind fond memories for eternity
We find no words to say how much we miss you
We know from deep within that you miss us too
You’ve gone beyond agony you’ve gone beyond pain
But in us whom you have blessed you live your life again.

Deeply mourned by: Anila, Chetan, Sangeeta, Taejusvin, Tanushree, Simba,
Devidas, Usha, Sashitals, Family and Friends.

RAJARAM SHIVRAO IRDE

'RAJA'

25 YEARS SINCE GONE, NOT FORGOTTEN



17.07.1921 - 04.03.1987

ARUN ANURADHA ALOK JYOTHSNA

VIJAYA, SUBHASH, NIVEDITA, AJAY, ROHAN, ANNIRUDH,

ANJALI, SHYAM, SHANTANU, KEDAR

**IRDES, HONNAVARS, BADAKERES, CHIKARMANES, KALYANPURS,
MANKIKARS, MALLAPURS, BASRURS**



Dinker K. Manjeshwar
(24th Nov, 1916 – 6th Feb, 2012)

has been reunited with his beloved wife
Kausalya Manjeshwar
(1922 - 2007)

May their souls rest together,
in peace and harmony.

We miss you, Dee and Kay.

Smt. KALPANA UDAY SHERAT (nee KALAMBI)



Your affection, your benevolence, your culinary skills,
Your cheerful, friendly, gutsy, outspoken yet jolly
nature,
Your amazing dress-sense, your hearty peals of
laughter,
Your fond memories ——shall always be cherished by
us.....

Born: 18/04/1964

Passed away : 14/01/2012

Deeply mourned by :

Uday Sherat (Husband) and Rasika (Daughter) ,
Parents : Smt. Nalini and Krishnanand Kalambi
Sisters: Neena and Shweta (Suman),
Dr.(Mrs.) Rekha and Arun Sherbet * Shrikant Basrur and Chaitanya Padukone
Parikshit and Gautam * Apeksha and Malavika
Close Relatives and Large number of Friends in Mumbai and Nagpur

Shraddhanjali

नैनं छिन्दन्ति शस्त्राणि नैनं
दहति पावकः।
न चैनं क्लेदयन्त्यापो न
शोषयति मारुतः ॥



*“Weapon cannot harm the soul, Fire
cannot burn it,
Water cannot wet the soul and the
Wind cannot make it dry.”*

*(Srimad Bhagwad Geeta,
Chapter 2, Verse 23)*

Jayant Dattatraya Hemmady

(27th May 1954 – 13th January 2012)

Fondly remembered and memories cherished by family, relatives and friends.

Mother: Vijayalakshmi Hemmady

Wife: Jyoti Hemmady

Daughters: Sailee and Aparna

Brothers: Raghunandan and Shivanandan

Sister: Usha Sujir

खेड्यामधले घर कौलारु

सौ. शैलजा वैद्य (मासूरकर)

खालील कवितेमागची पार्श्वभूमी इथे सांगणे योग्य ठरेल. कांही ओळींचा त्याशिवाय उलगडा होणे, विशेषतः प्रथमपासून शहरात रहाणाऱ्यांना, कठीण आहे.

ही कविता सत्य परिसरातील आहे. कवितेतील “हरीगांव” म्हणजे जिथे १९३०-३५ सालातील सुप्रसिद्ध “द बेलापूर शुगर फॅक्टरी” होती. बरीच वर्षे ती ब्रिटीश “ब्रॅडी अँड कंपनी”ची होती आणि त्यावेळचा काळ खरोखर आम्हा सर्वांसाठी म्हणजे रहिवासी, कामगार यांच्यासाठी अत्यंत सुख-समृद्धी, यश व आनंदाचा होता. शिर्डीपासून सुमारे ५० किलोमीटरवर हा साखर कारखाना वसलेला होता. कंपनीच्या तीन बेलाच्या पानांचा शिक्का व नाव छापलेल्या पोत्यांत (गोर्णीमध्ये) ही साखर भरली जाई व त्या नेण्यासाठी एक स्पेशल आगगाडी (रेल्वे गुड्स) आठवड्यातून तीन वेळा येऊन जाई.

त्या वेळेस आमची शाळा फक्त सातवीपर्यंत (फायनल) होती आणि पुढील शिक्षणासाठी विद्यार्थ्यांना बाहेरगावी जावे लागे. बऱ्याच वर्षांनी ही शाळा मॅट्रीकपर्यंत वाढवली गेली. या सातवीपर्यंतच्या शाळेला १३ जानेवारी २०११ रोजी ७५ वर्षे पूर्ण झाली. त्यानिमित्ताने आम्हीं सर्व माजी विद्यार्थिनी-विद्यार्थी खूप मोठ्या संख्येने हजर होतो. अगदी हैद्राबाद, चेन्नई, नाशिक, गुजराथ, मुंबईहून मुद्दाम कितीतरी जण आले होते. त्यावेळेस एक स्मरणिका छापली जाणार म्हणून कित्येकांनी लेख, कविता लिहिल्या होत्या. त्याप्रसंगी लिहीलेली ही माझी अगदी पहिली-वहीली कविता : -

खेड्यामधले घर कौलारु

होती आमुची ती चिमुकली शाळा
असे अजुनी आम्हां तिचा लळा

चिमुकले गांव ते हरीगांव
अंतःपटलावरुनी न ढळे ते नांव ॥१॥

मुलें-नातवंडे करिती अचंबा
पुसती आम्हांस असे काय त्यात बाबा-आजोबा?
कसे वर्णावे समजवावे त्या अजाणांस
कां असे आम्हांस आजही तो ध्यास ॥१॥

साखर कारखाना होता तो याची आम्हां जाण
परि त्या शाळेतून निघाली हिऱ्यांची खाण
नांव कमविले किती विद्यार्थ्यांनीं अध्यापनात
वसती ते अभिमानाने देशात अन् परदेशात ॥२॥

होते ते गांव विविध तऱ्हेच्या लोकांचे
पण वागले सारे जणु एकच कुटुंबाचे
सर्व वडील मंडळी होती काकी-काका
म्हणत असू काहींना परि ताई-दादा ॥३॥

वसंतोत्सव गणेशोत्सव दसरा-दिवाळी
सण साजरे करण्या एकत्र जमती मंडळी
न होता हेवा-दावा, नसे मत्सर नाही भांडण
सर्वास करिती मदत सर्वजण ॥४॥

असा हा विविध आठवणींचा साठा
होई आयुष्याला भरपूर पुरवठा
आज सारे जमलो देण्या स्मृतींना उजळा
सैरावैरा धावती त्या तोडूनी बंध सगळा ॥५॥

अशी ही आमुची चिमुकली शाळा,
अन् चिमुकले गांव-नांव हरिगांव॥

शिवभक्तः व्याधः कृष्णः

श्रीमती नलिनी सुरेश कोप्पीकर, धारवाड

कस्मिंश्चित् वने कश्चन् व्याधः सकुटुम्बम् आसीत्। सः प्रतिदिनं वन्यपशून् हत्वा कुटुम्बं पालयति स्म। एकदा सः कमपिप्राणिं न प्राप्तवान्। तत्र एकः वृक्षः आसीत्। सः वृक्षस्य उपरि उपविष्य इतः ततः अपश्यत्। कुत्रापि एकः अपि जीवः (प्राणीः) न आसीत्। सः निराशः कुपितः च अभवत्। क्रोधेन वृक्षस्य पत्राणि

छित्वा अधः क्षिप्तवान् च। एवं अनेकानि पत्राणि क्षिप्तवान्। तदा तत्र एका घटना अघटत्। आश्चर्यम्! शिवः प्रत्यक्षः अभवत्। कथं शिवः प्रत्यक्षः अभवत् जानीथ किम्? आम् सः बिल्वपत्रस्य वृक्षः आसीत्। तस्य अधः शिवलिङ्गः आसीत्। शिवः बिल्वपत्रैः मोदते। तस्मात् कारणात् व्याधं प्रति शिवः दर्शनं दत्तवान्।

क्रमशः व्याधः शिवभक्तः अभवत्। प्रतिदिनं सः शिवलिङ्गम् अर्चयति, पूजयति स्म। तथा नैवेद्यार्थं मांसं स्थापयति स्म। शिवः तस्य भक्त्या, श्रद्धया पूजितां पूजां दृष्ट्वा संतुष्टः जातः।

एकदा भार्या पार्वती इदं दृष्ट्वा शिवं पृष्टवती हे नाथ त्वं तु शाकाहारी, परन्तु सः तुभ्यं मांसम् अर्पितवान्। अतः त्वं कथं व्याधेन सन्तुष्टः, प्रीतः? शिवः- “तेन समर्पितं मांसम् अहं न पश्यामि। तस्य भक्त्या प्रीतोऽस्मि। सः शाकाहारः मांसाहारः वा इति न जानाति।”

पार्वती- “परन्तु इयं का भक्तिः। अहं तु असन्तुष्टोऽस्मि। सा हुंकारयति।

शिवः- “तर्हि आवां तस्य भक्तिपरीक्षां कुर्वः। इति उक्तवान्।

व्याधः पूर्ववत् प्राणिहरणं कर्तुं वनम् अगच्छत् इतस्ततः दृष्टवान् किमपि न लब्धम्। दुःखितः सः लिङ्गस्य पुरतः उपविष्य विलपयति। तदा एका घटना घटिता। लिङ्गस्य नयनाभ्याम् अश्रूणि पतन्ति स्म। तान् दृष्ट्वा व्याकुलः व्याधः चिन्तितवान्। जगं द्रष्टुं तथा पालयितुं नेत्रम् आवश्यकम्। अहं शिवाय मम एकं नयनं ददानि, इति चिन्तयित्वा तेन एकं स्व नयनं बाणेन निष्कास्य लिङ्गस्य नयनस्य स्थले स्थापितम्। एकेन नयनेन देवं दृष्ट्वा सः सन्तोषम् अनुभूतवान्। तदा पुनः अपरात् नेत्रात् अपि

अश्रूणि पतितानि। इदानीं चिन्ताक्रान्तः व्याधः बहु दुःखितवान्। तेन एवं चिन्तितम्- मम् रक्षां शिवः करोति। मां तु चिन्ता नास्ति। मम अन्यं नेत्रं अपि देवाय अर्पयामि। परम् अहं अन्यनेत्रं देवस्य द्वितीय नेत्रस्य स्थले कथं स्थापयामि” इति चिन्ता अभवत्। ‘अहं द्रष्टुं न शक्नोमि’। सः देवं नत्वा प्रार्थनां च कृत्वा एवम् उक्तवान्- ‘हे पितः, हे प्रभो, मम अन्यनेत्रं तव अन्य नेत्रस्य स्थले कथं स्थापयामि? तस्मात् कारणात् अहं ममपादं तव नेत्रस्य स्थले स्थापयामि, मां क्षमस्व। तव दासः, पुत्रः मत्वा मम अपराधं क्षमस्व इति। सः तस्य पादं लिङ्गस्य अन्य नयनस्य समीपं स्थापयित्वा, तस्य अपरं नयनं बाणेन प्रहृत्य लिङ्गस्य नेत्रस्थले अस्थापयत्।

इदानीं देवी पार्वती उद्गारयति- “अहा कीहशी भक्ति! अहं तु आश्चर्यचकिता भवामि। हे नाथ, त्वया कथितं वाक्यं सत्यम्। सः महाभक्तः। हे शंकर, त्वं दयालु असि, तस्य नयने पुनरपि प्रतिददातु।” संतुष्टः शिवः हसन्मुखेण भार्यां दृष्टवान्, तस्याः वचनम् अङ्गिकृत्य, व्याधाय नेत्रे दत्तवान्। व्याधः पुनः नयने प्राप्तवान्। पुरतः पार्वतीपरमेश्वरं प्रत्यक्षं दृष्ट्वा सन्तोषम् अन्वभवत्। तस्य नेत्रे आनन्देन जलेनपूरितः आस्ताम्। शिवः तस्मै उक्तवान् “भूलोके जनाः अद्य मम प्रीत्यर्थं भक्त्या शिवरात्रीम् आचरन्ति। त्वां जनाः “शिवभक्तव्याधः कण्णप्पः” नाम्ना स्मरेयुः। इति वरं दत्त्वा शिवपार्वत्यौ अदृष्ट्यैः अभवताम्।

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समर्थ रामदासांच्या युक्तीनुसार मी हे केलं नि आतां तुम्हाला सांगते.

१९९९ साली प्रारब्धानुसार वैधव्याचा घाला पडला नि या भल्या मोठ्या वास्तूत एकटीनेच राहायची वेळ आली. प्रारंभीची १-२ वर्षे जड गेली. पण नंतर सत्संग, वाचन, संगीत, बागकाम, थोडफार लोकरीचं विणकाम, फुलं विणून हार करणे - हे व अशा उपक्रमातून “अनंते ठेविले तैसेचि रहावे, चित्ती असू द्यावे समाधान” हे बीज रुजून गेले. ४००० स्क्वेअर फीट प्लॉटवर बांधलेल्या घराची गच्ची ऐसपैस मोठी. तिथं ३०-३५ गुलाबाच्या कुंड्या. उभयतां आम्ही पती-पत्नी बागेची निगा राखायचो. पण हे गेल्यावर? सांधेदुखीमुळे गच्चीत जाणे हळूहळू बंद झालं. कमी कमी होत होत - बंदच झालं. अन् मनात आलं - गच्चीचा सदुपयोग केला तर? एक दोन हितचिंतकांचं मत घेतलं. नि एका शुभप्रहरी चिन्मय मिशनचे कार्यकर्ते आले, चिन्मय आश्रमाचा प्रस्ताव मांडला, देवानं मला सदबुद्धी दिली. होकार दिला नि यांच्या नांवेती जागाचिन्मयमिशनला आश्रमासाठी donate केली. वर्षदोन वर्षांत “चिन्मय सिद्धांजली”चा आश्रम उभा ठाकला. आश्रमाच्या निमित्ताने प.पू. स्वामी पुरुषोत्तमानंदजी, प.पू. तेजोमयानंदजी तसेच प.पू. स्वामी ब्रह्मानंदजी यांची पायधूळ माझ्या वास्तूला लाभली. आतां मिशनचे ब्रह्मचारी कायमस्वरूपी तिथेच राहतात. गीता पठन, बाल-विहार, विष्णु सहस्रनाम जप, भजन, प्रवचन इ. उपक्रम अखंड राबविले जातात. कधीतरी मनात येतं...गच्ची नुसतीच पडून राहिली असती तर...? देवा, ही संधी व अशी सदबुद्धी मला दिल्याबद्दल तुझे लाख लाख आभार.

मला दोन सुविद्य, गुणी सुपुत्र. उत्तम आर्थिक स्थिती. एक महाराष्ट्रात व एक परदेशी असतो. दोन्ही सुना, त्यांची दोन दोन अपत्य सुसंस्कारी व सुस्वभावी. दोघही आपल्याकडे वास्तव्याला येण्याचा आग्रह करतात. पण आयुष्यातील ४६ वर्षे इथं घालवल्यावर इथले मायेचे धागेदोरे तुटतील का? सध्या उत्तरार्ध.

वयाची ७९ वर्षे संपत आली. पंचाहत्तरी संपली नि एकेक अवयव कुरकूर करू लागला. माझ्या नंतर या घराचं काय? घराची घर घर बेचून करू लागली. मुलांना विचारलं. त्यांच्या busy schedule मधून वेळ काढून घराचं maintenance अशक्य म्हणाली. कुणी सुचवलं builder ला द्या. अन् तिथंच अंतर्मनानं उचल खाल्ली. आम्हां दोघांच्या घामावर निखळ घामाच्या पैशावर, contractor न लावतां - नुसत्या labour कॉन्ट्रॅक्ट नि स्वतः उभं राहून साडेतीन महिन्यात बांधलेली भक्कम वास्तू पाडायची? मन बेचून. देवा समोर बसले. सदसद्विवेक बुद्धी म्हणाली, चारही बाजून झोपडपट्टीनं घेरलेली आमची कॉलनी. त्यात आमची पावन वास्तू. त्यांत धर्मादाय दवाखाना सुरू करण्याची विनंती मी हेडगेवार हॉस्पिटलच्या founder member ना केली. त्यांना ती आवडली. पण आर्थिक ह्स्ट्या त्यांना ते अशक्य होतं. पण त्यांनी जनकल्याण समिती अंतर्गत मेघालयातील आर्थिक ह्स्ट्या दुर्बल, पण शिक्षणाची जाणीव नसलेल्या, वनवासी मुलांना इथं आणलं जातं, त्यांची शिक्षणाची सोय होते पण राहण्या-जेवणाची गैरसोय होते. त्यांच्या वसतीगृहासाठी देण्याबद्दल सुचवलं. मलाही कल्पना आवडली. माझ्या दोन्ही मुलांनी होकार दिला. नि १७ ऑगस्ट २००८ साली (यांच्या पुण्यतिथी दिनी) ही वास्तू माझ्या मरणोत्तर सिद्धांजनी मेघालय वसतीगृहासाठी register केले.

आतां मी निश्चित आहे. वरचं बोलावणं येईल तेव्हा येवो. पण माझ्यानंतर या घराचं काय? हा प्रश्न चुकूनही येत नाही. मन शांत, समाधानी आहे.

माझ्या ज्येष्ठ मित्र-मैत्रिणीनो, मला एवढेच सांगायच आहे - तुम्हां कुणाला असे प्रश्न पडले असतील तर उपाय-उत्तर आहे. सत्पात्री दानाचं पुण्य पदरी पाडून घ्या. संतानीं म्हटलं आहे. जितका व्याप वाढवाल, जितकं धन-संपत्ती जोडाल तितक्या व्याधी-चिंता-अशांती या अनाहूत पाहुण्यांना आमंत्रण द्याल. तेव्हा उत्तरायणात निरीच्छ, निरासक्त व्हा.

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- Contributed by Sadhna Kaikini, Bangalore

15 Years Of Bliss- The Sage Marches On

Ordination Day Celebrations at Mumbai - Andheri

To commemorate the 15th Ordination Day of HH Sadyojat Shankarashram Swamiji a programme was organized by Andheri Sabha on 12th Feb. 2012 at the local Shreeram School premises. The programme included a creative activity for Prarthana kids, bhajans by our bhajan group concluding with an inter-active Konkani Quiz for all.

A drawing competition was conducted for the assembled children numbering a good 20 including 3 from Goregaon. The children were divided into 3 age groups- up to 5 years, 6 to 10 and 11 to 15years. The competition was carried out under the able guidance of Satish Nagarkatti. All the participants were later given Tulsi and Marigold saplings, relevant to the competition theme for the day 'Save Nature/ Nuture Nature'. It was decided that the results would be declared on Yugadi Day, when all their drawings would be displayed.

Melodious Bhajans by Vinay Masurkar and his group took the stage next with Mangal-Aarti, Shankarnarayan Geet and Mangal- Pad following.

The day's importance was highlighted by Satyanarayan Pandit in a brief address. He stressed that on this day we perform 'Guru Vandana' and re-dedicate ourselves in the service of our Beloved Sadguru and the Math. The gathered devotees offered prayers to Lord Bhavanishankar to bless our Guru with long life and progress of our community. This was followed by a hilarious, thought provoking and mind stimulating Konkani Quiz aptly named – **"Proud to be an Amchi"** drawn up by Ranjana Hosangady, Beena Savkur, Jayanti Nadkarni, Vidya Aldangadi and Prakash Rao. There was immense participation from the gathering including the children. The emphasis of the quiz was to educate/inform the younger generation and children regarding our revered Guruparampara, culture and of course our *amchi* language.

Reported by Satyanarayan Pandit. Andheri

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Ordination Day Celebrations



Drawing competition in progress at Andheri Sabha on 12th Feb 2012



Standing from left: Nakul Sanadi, Sameer Puttur, Akshay S, Atul Sanadi, Dinesh Bijur, Santosh Basur, Hrishikesh D.

Sitting from left: Sushant Udyawer, Yatin Mavinkurve, Amol Pandit, Navin Bijur, Omkar Yeder

(Report on page 30)

Where I'm from.....

Shiv Bailur (9 years)



I'm from the half-clean city of Hong Kong, not knowing a word of the language.

I'm from reading and reading lots of books.

I'm from half-neat handwriting and being utterly brainy.

I'm from loving lots of sports a lot and from playing lots of sports.

Now I'm from India wanting to go back home, sometimes.

I'm from can't standing lots of smoke.

I'm from being almost nine and wanting to be older.

I'm from having lots of fun.

I'm from teasing my sister and loving lots of pets, but having none.

I'm from summer days in London my favorite place to be.

I'm from water slides and roller coasters I'm from living in apartment all my life so far.

I'm from missing my grandpa more than anything in the world.

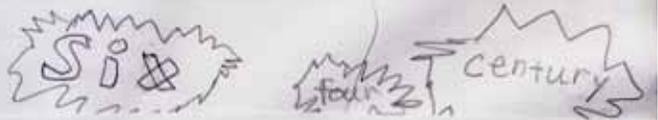
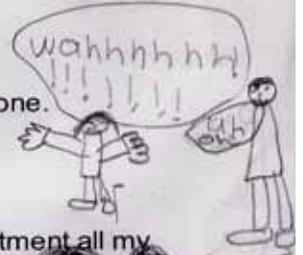
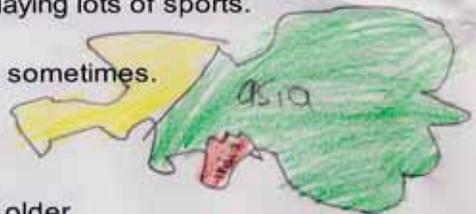
I'm from wanting to be a cricketer more than any job that comes to my mind or a being a writer.

I'm from being exceptional at math (but not loving it). I'm from talking and day-dreaming when the teacher is speaking.

I'm from here.

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Aakashwani Programme- A review

REPORTED BY SMT. GEETA YENNEMADI, VICE- PRESIDENT, KSA

Every year Aakashwani Prasarbharati conducts programmes on music and literature titled "Chirasmraniya". Various well known artists are invited to perform in this programme. School children are also invited to sing patriotic songs (group singing) in regional languages. Since Konkani songs are not taught in schools, this year K.S.A was invited through its Vice President Mrs. Geeta V Yennemadi to send



children to sing Konkani patriotic songs. She requested Shri Durgesh Chandavavkar, a well known singer and music composer to compose three patriotic songs written one each by Smt. Sadhana Kamat, Smt. Aruna Rao and Smt. Leela Lajmi. Durgeshmam not only agreed to compose music at a very short notice but also taught these songs to our Amchi Children. He took a lot of trouble to coordinate the rehearsals as these children were from different suburbs of Mumbai. The following children participated Aarya Dhareshwar, Tejashree Mudur, Sanchi Nadkarni, Lipica Bhat, Kedar Vaze, Mallhar Vaze, Pratham Kodial, Shravya Shirur and Amrita Sawant.

The following Artists accompanied them:-

Nikhil Joshi on Key-board, Vinod Phadge on Harmonium, Milind Jog on Guitar, Rajan Mhashelkar on violin, Arun Hattangadi on Tabla and Jyoti Gokarn on Khanjiri.

Smt. Savita Kalbag conducted the orchestration of the songs and singing of children.

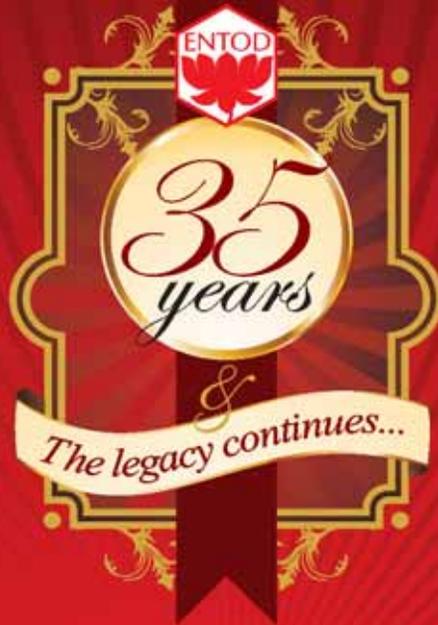
All children not only sang very well but did full justice to sargams and aalaps as well. The live programme was recorded in the Akashwani Auditorium on 20th January 2012 at 2:00 p.m, which was well attended and appreciated by the audience. It was broadcast on the eve of "Republic Day" i.e. 6:30 p.m on 25th January 2012.

I am also happy to report that after listening to these children, they were invited to sing on 18th Feb 2012 in "Aakhil Bhartiya Konkani Parishad" which was held at Veer Savarkar Auditorium at Shivaji Park over 3 days.

REQUEST TO WRITERS

We have been receiving articles for publication in our "Kanara Saraswat" via emails. We thank our distinguished writers for their contribution. We request every writer to give his name and complete address so that it is possible to identify the author.

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Personalia

Arjun Sajip, son of Vinay and Anita (Someswar) Sajip has joined Downing College, Cambridge University, UK.



Outstanding achievement in his 'A' level exams paved the way to Cambridge offering him a placement. Arjun is reading History. He is the third member in the family to go to Cambridge following his father Vinay and uncle Vivek.

Here and There

Bangalore : On Jan 25th Punyatithi of PP Shankarashram Swamiji II was observed with Ashtavadhan Seva at the Math. February 8th saw Ms. Claire Rao introducing Dr. Meenakshi Bharat who addressed the laity and enlightened us about the various measures that can be taken towards making Malleswaram a clean, green area of Bangalore. On Feb 9th HH Shrimat Sadyojat Shankarashram Swamiji arrived at the Math at 9.45 pm amidst jaijaikars by the devoted gathering.

Reported by Asha Awasthi

Chennai : The New Year 2012 began with a lot of nice and interesting things happening.

Saraswat Association Chennai welcomed the new year 2012 with a Sarvanjanik Satyanarayana puja on the 1st of Jan.2012 followed by dinner. The President of the Association Kallianpur Raghunandan Rao and his wife were the yajamana for the day. We were also blessed to have H.H. Srimad Shivananda Saraswati Swamiji of Shri Kaivalya Math, Goa on the evening of 11th Jan 2012. Paduka Pujan was performed by Shri and Smt. Kallianpur Raghunandan Rao, President of the Association and Shri and Smt. Kapnadak Ramcharan, Secretary of the Association and Local Sabha, on behalf of the laity of Chennai.

Shiv Pujan, Devi Pujan and Devi Anushtan were performed during the month. Guru Pujan was performed by the Prarthana students, Yuva Dhara and also by the elders.

25th January 2012 Punyatithi of H.H. Srimad Shankarashram Swamiji – II at Guru Math – Mallapur was observed with Bhajans, Aarthi and Prasad. From 26th Jan.2012 to 29th Jan.2012 Ved.Sri.Rajgopal Bhat gave an Upanyas on Chatuhshloki Gita (Pranava Gita) which was well attended and enjoyed by all.

Reported by Ramcharan Kapnadak

Hyderabad : In the month of November, satsang was held and bhajans were sung at the residence of Shri. Nitin Dhepe. To observe Geeta Jayanti and Datta Jayanti, satsang was held at the residence of Shri. Sanjay Kalle on the 4th of December, where sadhakas including Yuvadhara members chanted Bhagvad Geeta Chapter numbers 12 and 15 followed by bhajans on Lord Krishna and Lord Dattatreya. On 22nd January 2012, satsang was held at the residence of Shri. Uday Gangolli where many of Smt. Sudha Gangolli's students sang bhajans apart from Sabha members. Hyderabad sadhakas including yuvadhara yuvas performed Saamuhik Shivpoojn at the residence of Shri. Sanjai Hattiangdi on 5th February 2012.

Reported by Vinati Udiyavar

Mumbai- Andheri: Members of Andheri Sabha observed the 'Punyatithi' of Param Pujya Shrimat Shankarashram Swamiji II (Holy Samadhi at Mallapur) on Wednesday, 25th Jan. 2012. The event was organized at the residence of Shri Gurudasmaam Masurkar. The 'Prasad' included "Conjee (Paeja)" which was dear to Pujya Swamiji and is offered reverentially as 'Naivedya'. Apart from the bhajans excerpts relating to Param Guru's teachings from 'Sadguru Bodhamrta' were recited. It was gratifying to note that about 45 devotees attended the programme on a working day!

Reported by Satyanarayan Pandit

Mumbai - Dadar : Special General Body meeting was held on 18th Dec'11 to elect delegates for the Maha Sabha to be held in April at Shirali, which was followed by Seva Saptaha meeting to inform the laity of the benefits of seva and various benefits were discussed. Punyatithi of P.P. Keshavashram Swamiji was observed. Sannikarsha at Karla was observed on 15th Jan'12 by 30 sadhakas. On 25th Jan'12 Punyatithi of P.P. Shankarashram II Swamiji was observed at MMM

Hall. with chanting of Chapter 8 from Bhagavad Gita by the children who participated in the competition. The explanation and gist of Chapter 8 was given by Mrs. Shobha Puthli and all the participants and the prize winners were felicitated. This was followed by a small talk on P.P. Shankarashram Swamiji II by Mrs. Kanchan Honavar.

Reported by Shobha Puthli

Mumbai – Thane : Guru poojan was performed by sadhakas on 18th and 19th December 2011 on revered Krishnashram Swamiji's punyatithi and revered Vamanashram Swamiji's punyatithi respectively. On 25th January Guru poojan conducted on revered Shankarashram II Swamiji's punyatithi.

Reported by Vaishali Koppikar

New Delhi : An outdoor picnic was planned to observe Gita Jayanti, at a scenic spot, near the lake, in Lodhi Gardens where we met on Sunday, 11th Dec, 2011. Under the shady trees we were welcomed by the chirping of birds and the children were most fascinated to watch the squirrels and parrots run up and down the trees to pick their feed and rush back to their nests also the geese flocking for their lunch.

We started our morning with sabha opening prayers. This time the children presented and enacted a dialogue between friends on the questions commonly tormenting their young minds. The ideas were adopted from the website-bhagwadgitaforchildren.com. All answers and explanations were summarized beautifully with a sloka or two. Shreela Gokarn culled out the questions and 6 children from our sabha performed. This way the children found answers for many of their problems which they face in their daily life through the study of Gita. They also memorized some shlokas after understanding their meaning to apply it in their daily life. Later, everyone joined the recitation of shlokas used in their discussions. This was followed by sabha closing prayers and lunch. Eleven families participated.

Later, a Special General Body Meeting was held to nominate members from Delhi Sabha for the Mahasabha and Standing Committee for 2012.

We have finally made an auspicious beginning to "Yuvadhara" in Delhi. An Adventure outing

was planned on 26th Jan, 2012 to a place called, "Adventure camp, Sohna", which is about 45 min drive from Huda City Centre metro station, Gurgaon. Youngsters assembled at the metro station by 9.00am and transport was organised to pick and drop them to the adventure site. It was a 39 acre huge open plot, with a scenic view surrounded by mountains. Immediately after breakfast, they were divided into two groups and headed straight for the activities. By lunch time they were done with rappelling, which involved little bit of trekking to get to the top of the hill, Quad Biking and Paintball.

After lunch, I gave a presentation on Yuvadhara :- the objectives and activities, role -responsibility at sabha level, went on to talk about Pune Shibir, Karseva shibir, gave an update on our Math activities and projects and how the youngsters can contribute, Seva Saptaha and Shrama Seva and their involvement in other Sabha activities. A few yuvas shared their experiences of the NRI shibir which they had attended in Shirali in 2010.

Post lunch, we had a few rounds of Tug-of-war followed by Mechanical Bull. On popular demand, the youngsters managed another round of Quad biking. Most of them were first timers to such activities and had a great time together. We left the venue by 5:45 pm after having tea and snacks. They got a wonderful opportunity to bond together and have some adventure. 16 youngsters participated and a few adults, Vasant Tavanandi, Deepak Gunvante, Lakshmi Rao, Preeti Majumder and myself, accompanied them to supervise this event.

Reported by Mamta Savkur

OUR INSTITUTIONS

Saraswat Mahila Samaj, Gamdevi, Mumbai: 21st Jan 2012 – Makar Sankranti is time for eating and distributing Tilgul and flying kites. We celebrate this with a music program and haldi-kumkum. This year the group 'Gurubhakti bhajan mandal' from Grantroad Sabha was invited to liven up the Sankranti Sammelan with their devotional songs. They started with a lavni 'Patang Udavit hote' and then followed the flight of their kite to Pandharpur. The songs

presented were abhangs by the famous saints like Sant Tukaram, Janabai, Jnyandeo. The audience enjoyed the tuneful presentations which brought to life old melodies. Deepa Savkur ably compered the program with Pallavi Nadkarni accompanying on the harmonium and Arun Hattangadi on the Tabla. Shyamala Mavinkurve led the group. They were welcomed by Shyamala Talgeri and the vote of thanks was presented by Geeta Bijur. Refreshments were sponsored by Smt. Neeta Yaderi.

Monday, January 30th 2011 – It was “Ladies’ Day Out” – a picnic for our members. The report has been included in our Marathi section on page 44.

Forthcoming programs:

Tuesday Mar 6th 2012 at 3.30 p.m. at Samaj Hall – Women’s Day – Felicitations to renowned professionals – Smt. Kumud R. Gokarn, Smt. Shalini Chainani and Smt. Ameeta Burde. Refreshments sponsored by Smt. Vidya Kodial in memory of Smt. Premlata and Shri Shankar Rao Kodial.

Wednesday Mar 21st 2012 at 3.30 p.m. at Samaj Hall – Cooking Demonstration by Smt. Nivedita(Daksha) Bellare

Tuesday April 3rd 2012 at 3.30 p.m. at Samaj Hall – Vasanthik Sammelan by Smt. Vijaya Rao Khambadkone. Snacks sponsored by Smt. Sharayu Kowshik and Smt. Prema Kalambi

Reported by Smt. Smita Mavinkurve

Saraswat Senior Citizens’ Association, Virar :

SSCA was founded in the year 2000, with an idea to bring together Saraswats scattered all over Virar (about a hundred & fifty families), who had not had much interaction with each other, leave alone friendships, for years together. So, Mr. Mangesh Kagal, after moving to Virar, along with a few others created this platform of SSCA for people to come together regularly and bond with each other. His dream has indeed come true and we are now one big family in Virar, who are there for each other in good and rough times. Though basically a small body, devoted to social and cultural activities, not making claims about great social work or charitable ventures, SSCA still does in a small measure whatever it can

for fellow human beings. Recently, we collected Rs. 36,000 from members and donated the amount to the Handicapped children’s school in Virar. Also, some of our members — Nandan & Shobha Kalbag, Chaitanya Nadkarni, Kumud Hattangadi — visit this school and help in whatever way required.

In June 2011, a senior officer of SVC Bank, Virar branch had come to give a very informative and educative talk on the advantages of Internet Banking, as well as the hazards(risks of hacking etc) and how to avoid them. During our meeting at Gokulashtami time Suman Tavnanadi and Geeta Yedery sang some Krishna bhajans and at Navratri time, Shanta Karpe gave a recital of Devi Amba songs. Both programmes were beautiful. We had the good fortune of having Smt. Sonali Mhatre, a professional Dietician who practices in Virar, who gave a very lucid, educative talk with tips on dos & don’ts in diet and healthcare specially for Senior Citizens. Members asked many questions which she answered in a simple, easy- to- follow manner. In January 2012 meeting, our own member Anil Heble regaled everyone with his experiences while in service in ACC. The funny incidents during his postings to different places were hilarious.

During this meeting-gettogether in January, Ashok Hemmady was honoured with a bouquet of flowers since he completed 80 years on Jan. 14th. Hemmadys hosted the refreshments on the occasion to celebrate the event. Also, Kishor Nadkarni brought sweets to share with members as his birthday too falls on Jan. 4th, and Arun Deshpande’s on 5th. Chairman Mr. Kagal informed members about our member Arun Deshpande winning the Gold Medal in Carrom tournament, in its category of Senior Citizens’ Group, in the recently concluded Vasai Kala & Krida Mahotsav 2011, and that he has had the unique distinction of winning the Gold Medal consecutively for the last 6 years (2006 to 2011). Our Assn. is indeed very proud of his achievement and wish him many more Gold Medals in the years to come! There was clapping and appreciation from all members present.

Reported by Kunda Kagal

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ACKNOWLEDGEMENT

Shri Uday and Smt Sandhya Harite together with Shri Maruti and Smt. Padma Khambadkone thank all the relatives and the friends for attending and blessing the marriage of Aditya and Gayatree on 28th January 2012 at Mumbai.

PUROHIT

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DOMESTIC TIDINGS

THREAD CEREMONY

We bless the following batu:
Feb 12 : Shiv Sateen Bailur at Mumbai.

MARRIAGES

We congratulate the following and wish them a happy married life:
Nov 30 : Shipra Prakash Mundkur with Pradosh Adoni at Pune
Dec 16 : Amrita Dilip Kabad with Amartya Amitabha Sen at Mumbai.
2012
Feb 11 : Ajay Chaitanya Mavinkurve with Veena Pai at Mumbai.
Feb 15 : Snehal Sudarshan Bhat with Shrikant Kiran Yaderi at Mumbai.

OBITUARIES

We convey our deepest sympathy to the relatives of the following:
2011
Nov 19 : Chandavarkar Mangesh Krishnadas (79) at Mumbai.
Dec 23 : Mallapur Suresh Nagesh (61) of Borivali (West), Mumbai.

Dec 29 : Sharadabai G. Basrur (95) at Bangalore. 2012
Jan 4 : Kapileshwar Krishna H. (nee Chickermene) (84) at Bangalore.
Jan 14 : Kalpana Uday Sherat (47) at Nagpur.
Jan 17 : Bondal Prabhakar Rao Narayan Rao (85) at Pune.
Jan 19 : Gangolli Girish Laxman (58) at Mahim Mumbai.
Jan 20 : Dr. Seetharatna Kalyanpur Rao, Mumbai.
Jan 27 : Nirmala Bhalchandra Vinekar (nee Karnad) (89) at Hyderabad.
Jan 27 : Sashital Durgadas Venkatrao at Mumbai.
Feb 2 : Chandragiri Sharda Narasing at Mumbai.
Feb 4 : Geeta Vasant Bijur (68) at Pune.
Feb 5 : Shobha Vasanth Murdeshwar (nee Nadkarni 'Keremanekar') (67) at Borivali, Mumba.
Feb 6 : Manjeshwar Dinker K (95) at Mumbai.
Feb 8 : Pramila Mangesh Kumta (82) at Mumbai.
Feb 8 : Kowshik Ramesh Laxman (Ex-talmakiwadi) at Dadar Mumbai.
Feb 9 : Prema Ganesh Labadaya (62) at Talmakiwadi, Mumbai.
Feb 10 : Kadle Purushottam (Vasant) Venkatrao (86) at Mumbai.
Feb 13 : Kalbag Taranath Sheshgiri (98) (of Virar) at Pune.

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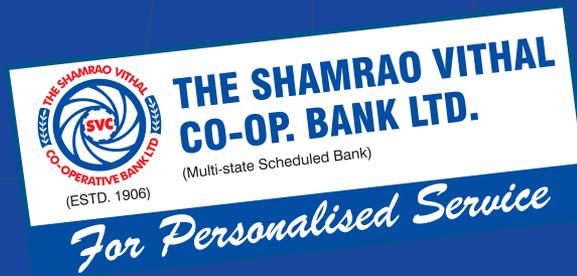
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