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Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION



Capt. J. C. Anand, Chairman - Emeritus, Indian Registry of Shipping presenting the trophy to **Capt. Srirang Manjeshwar** for his outstanding contribution towards Maritime Education and Training



HDFC Chairman **Deepak Parekh** felicitating **Chaitanya Padukone** on his being conferred the prestigious **Dadasaheb Phalke Award** for Excellence in film Journalism



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KSA Census – 2012

We, at the KSA, are greatly indebted to all the VOLUNTEERS who toiled to enumerate the Bhanap population for the Census 2011 and covered substantial areas all over India. A special mention must be made of the voluntary enumerators of Bangalore who completed over 50% of the work in record time. Many smaller centers have achieved 100% results.

However, a large number of households are yet to submit the form. For their benefit, a simplified form has been devised and the LAST DATE FOR SUBMISSION HAS AGAIN BEEN EXTENDED TO 30th JUNE 2012

We exhort every Bhanap to kindly co-operate with the enthusiastic enumerators and ensure submission of the forms by 30th June 2012.

EXAMINATION RESULTS

Students who have passed in the various examinations held in Mumbai, Pune, Bangalore and other parts of the country, are requested to send their details in the following proforma to the Editor, Kanara Saraswat, before 31 July, 2012.

Name (in full):

Address and Telephone No.:

Examination passed and Board / University:

Marks obtained (Please enclose a photocopy of the Marks Sheet duly endorsed):

Merit or Prize/s obtained:

Photographs will be accepted only of those students who obtained 80% and above in SSCE/HSCE/ICSE/CBSE, and above 75% for graduates.

DONATE BLOOD AND SAVE LIVES

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The volunteer should be less than 55 years, in good health, free from any infectious blood borne disease such as Malaria, Hepatitis, AIDs etc.

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(in memory of father Shri Vijayanand A Shirur)

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From The President's Desk.....

Most of us have an instinctive faith in talent and genius; but it isn't just that what makes people tick....it has to be tempered with an unquestionable ingredient... Maturity!!

Maturity is the ability to reap without apology and not complain when things don't go well. Ability to stick with a job until it is finished; to bear an injustice without having to get even. The ability to react, cope and reason in an appropriate way for the situation. The way people deal with a crisis or make decisions are good clues about their level of maturity.

It is rightly said that, Knowledge comes, but Wisdom lingers. It may not be difficult to store up in the mind a vast quantity of information within a comparatively short time, but the ability to form judgments requires the severe discipline of hard work and the tempering heat of experience and maturity.

Age is, after all, the acceptance of a term of years. But maturity is the glory of years. A truly evolved person wears self-deprecation better than cockiness. The smirk of youth gives way to a gentle and knowing smile. You value curiosity and ask questions even when you might already know their answers. You know there is an art to letting a conversation come to you, and there is grace in suppressing your own opinion to allow another's to be put forth.

The way you observe life situations is the most fundamental key to maturity. Observe and learn, observe and grow, observe and control your destiny...and transform observations into understanding of becoming an evolved person :-

Patience : be in the moment.

Awareness : everything takes its own time.

Acceptance : life is only what you perceive it to be.

Change the way you observe life and you create a cycle of powerful, profound and potent reality. You are on your way to becoming a dignified, mature individual.

The willingness to forgive is a sign of spiritual and emotional maturity. A matured individual is willing both to apologize and to accept an apology. Only if the world had sufficient number of matured individuals...there would not be any problem that could not be solved among people who possessed the humility and largeness of spirit and soul to do either...or both...when needed.

In the final analysis, to make mistakes is human; to stumble is commonplace; to be able to laugh at yourself is..... Maturity!!

– Suresh S. Hemmady

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Letters to the Editor

Dear Editor, This refers to the report on Konkani Parishad and a few so called poems which appeared in the April issue of KS Magazine. Having gone through the Konkani poems and a good-many other poems, my observation is that most of the poems appears to be prose-poems (gadya-padya) and not poems (padya or kavita), as they lack character of 'chhandas-shaastra' i.e. rhythm, first, mid, and last word-syllable uniformity and metrics, which we observe in old Kannad, Marathi and Sanskrit literatures. Only then those poems (kavita) can be composed to suitable music and beats. My humble request, therefore, to all concerned is to try their best to create such qualitative poems (kavita) and to boost the standard of Konkani literature.

Chaitanya Ubhayakar, Goa.



GrandMother Anita (Kamla) Kalyanpur
Great GrandMother Meera Haridas
with
Baby RADHA
and
Mother Shivani (Anushree) Kaikini



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Captain Srirang Soumitra Manjeshwar Awarded by the Indian Shipping Industry

Capt. Srirang Soumitra Manjeshwar received a National Award on 5th April 2012, National Maritime Day. It is one of the most prestigious awards conferred by the Indian Shipping Industry and was awarded to him for his outstanding contribution towards Maritime Education and Training. He received it at the hands of Capt. J. C. Anand, Chairman - Emeritus, Indian Registry of Shipping. Also present were Mr. Andreas. I. Chrysostomou Chairman MEPC, IMO London, Dr. S.B. Agnihotri I.A.S. - Director General of Shipping Govt. of India, and Mr. S. Hajra CMD Shipping Corporation of India.

After completing his education at the Dadar Parsee Youths Assembly High School and R.D. National College, Bandra Captain Srirang joined Wallem Ship Management Ltd. Hong Kong as a deck cadet in 1975 and rose to be Master, sailing with the same Company till he decided to come ashore in 1995.

At the Wallem Maritime Training Centre he started off as a Course co-coordinator/faculty and was soon promoted as a General Manager and is presently serving as a Director since 2007.

He has specialized in Quality Management System (ISO9001:2008) and International Maritime Safety Management Code as a Lead Auditor. He is also a Workshop Leader for SAS (Scandinavian Air

Services) / The Swedish Club for training Officers for Maritime Resource Management. He develops and conducts value added programs such as Bridge Team Management, Electronic Chart Display Information System, Risk Management-Incident Investigation, Behavior Based Safety, Maritime Labor Convention 2006, to name a few. He is also a domain expert for setting Bridge Watchkeeping & Technology papers for Mumbai University BNS - Bachelors in Nautical Science, degree program and corrects the same.

Besides Mumbai he also monitors training at Wallem Maritime Training India's regional centers at Delhi, Kolkata and Chennai. The training programs extend to Sri Lanka, Bangladesh, Pakistan, Indonesia, Myanmar, Ukraine, Romania and at the Head Office in Hong Kong.

He has presented papers on Accident Prevention, Loss Prevention, Safety at Sea at various forums held by the Company of Master Mariners of India, CMMI, Association of Master Mariners, Kolkata, Global Maritime Education and Training GLOBALMET and at the Lloyds Conference in Manning and Training. He represents India for Maritime Training at IMEC – International Maritime Employees Committee, London.

We wish him all the Best in the years to come.

Chaitanya D. Padukone honoured with prestigious Dadasaheb Phalke Award (2012)

Senior free-lance film journalist-columnist-correspondent Chaitanya Devidas Padukone was honoured with the prestigious Dadasaheb Phalke Academy (2012) award-trophy (considered among the country's highest honours) along with other legendary iconic awardees like Amitabh Bachchan, Dilip Kumar and Saira Banu in the presence of celeb-guests Kajol, Raveena Tandon and Subhash Ghai, and star awardees Ekta Kapur and Rohit Shetty and several other showbiz luminaries.

The mega-event which was convened at Hotel

Tulip, Juhu, Mumbai on May 3rd, 2012 marked the onset of the Centenary (100th year) celebrations of Hindi Cinema. It was on this historic day that celluloid pioneer-visionary-genius Dadasaheb Phalke ('Father of Indian Cinema') had first-screened his silent movie 'Raja Harishchandra' at a theatre in central Mumbai.

Otherwise employed full-time with HDFC Ltd as a Deputy Manager, Chaitanya had an "overwhelming surprise" in store for him from his employer company. Few days later, he was

felicitated for his coveted Phalke award, by the HDFC senior management especially by distinguished corporate luminary Mr. Deepak Parekh (Chairman, HDFC Ltd.) on May 7th 2012, in the presence of a host of eminent top-ranking company directors including Mr. Keshub Mahindra and other senior executives. The modest, affable Chaitanya declared that he has dedicated his precious Phalke honour to both his 'late' parents Kamala and Devidas V. Padukone who had initially motivated him into creative writing and also to his 'mentor-guru' film-music legend R.D. Burman (Panchamda).

Explains Chaitanya, "Way back in the mid-80's when my initial exclusive interviews with reclusive RDB appeared in a leading city newspaper, Panchamda seemed highly impressed. On an impulse he 'blessed' me, whilst predicting that someday in future I would achieve glorious honours. Since I also had this passion for experimental

fusion rhythm, we shared a warm personal rapport," stars of today including our very own Deepika smiles Chaitanya who incidentally has been a Padukone.

Significance of the Dadasaheb Phalke Academy Award

Dadasaheb Dhundiraj Govind Phalke the one-man-show institution who gave India its first big-screen motion picture 'magic' experience, is also known as the 'Father of Indian Cinema' :

Especially this year May 03, 2011 which marks the onset of the glorious centenary (100th) year celebrations of Hindi Cinema. The first Hindi silent movie (Raja Harishchandra) was screened in Mumbai by cinema pioneer Dadasaheb Phalke on 3rd May 2013. The Dadasaheb Phalke Academy Annual Senior category awards are essentially conferred on those 'singled out', for having excelled in their respective film-centric craft or creative film-centric vocation over the past minimum '25 years' (ideally) and have frequently demonstrated a sense of dedication and creative passion. In the showbiz industry, the Phalke Academy Award for the Senior Category is considered an exemplary benchmark and a hallmark of excellence, as it is on an All-India basis and they have stringent qualifying norms. Like for instance this year, iconic legends Amitabh Bachchan ('Phalke Ratna') and Dilip Kumar were among the seniormost recipients of the Phalke Awards. In previous years, legendary names like Dharmendra, Manoj Kumar and Dev Anand were the 'Phalke Ratna' Award recipients.

prolific award-winner, being listed in the Limca Book of National Records. Way back in 1999, Chaitanya, who has a large number of 'breaking-news' Bollywood stories to his credit was honoured by superstar Amitabh Bachchan, who conferred on him the prestigious 'K. A. Abbas Memorial' Award trophy and Gold Medal.

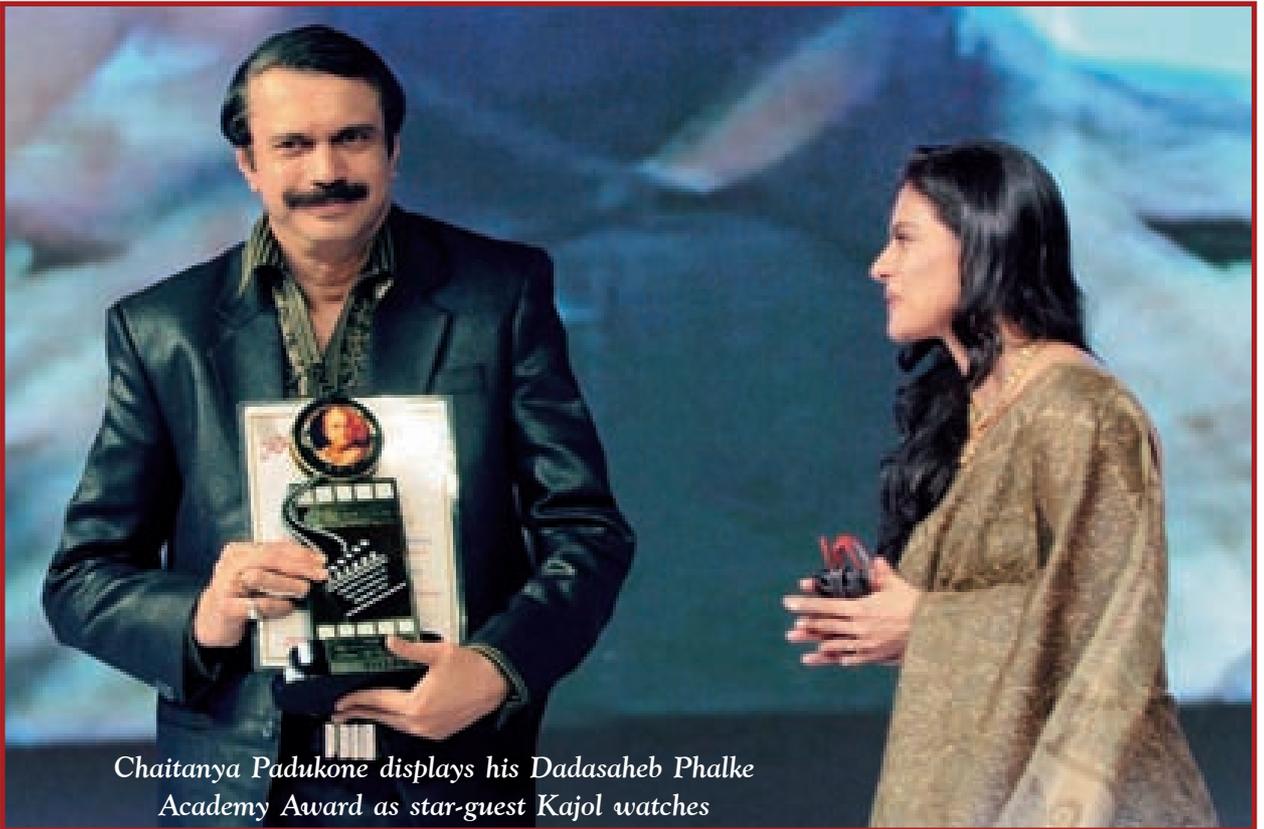
Incidentally, Chaitanya was on the Panel of Judges of the prestigious annual Indo-American Consulate supported 'Young Achiever' Awards for three consecutive years. Seasoned journo Padukone also has to his credit print-media interviews with legendary senior stars including the late Raj Kapoor, late Dev Anand, late Shammi Kapoor, late Kishore Kumar and many of the stars of yester-years. Known for his helpful, mentoring nature, Chaitanya had published the first-ever interviews of various top-stars when they were 'absolute newcomers'. And his 'star-ters hit-list' includes many of the top

Shri Chitrapur Math - Mumbai (Grant Road) Local Sabha Announces

The Annual Smt Ambabai Heble Bhagvadgeeta Recitation Competition -2012

Shlokas for memorisation and recitation for all Groups (i, ii, iii, iV and V) –

Shloka 1 to 22 of RajvidyaRajguhyayoga i.e. Chapter 9



Chaitanya Padukone displays his Dadasaheb Phalke Academy Award as star-guest Kajol watches



50th
Wedding
Anniversary
On
24th May 2012



Mr. Gajanan and Mrs. Sujata Trikannad

GOLDEN COMPANIONSHIP

*Through your love and concern for each other,
You have taught us the value of love in life.
Through the affection and care you have poured on us,
We have learnt the necessity of sharing with others.
Through your continuing companionship,
You have helped us realize the worth of company!*

May God Bless you with Good Health and Happiness, and may the Gold turn into Platinum
Love and Best Regards from Prashant/Anagha/Aarti/Pranav, Sandeep/Prerana/Palomi,
Prasan/Shibani/Kanika/Kashika
Best Wishes and compliments from family, relatives and friends

Happy Ruby Anniversary

Shri Vivekanand Halady & Smt. Vinaya Vivekanand Halady (nee Aladangady)



5th June 1972 - 5th June 2012

May you live a life full of Health and Happiness and Devotion

from

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Samiir Halady
Swati Halady**

All Relatives and Friends



After 3G....now introducing 4G!!

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(From L-R) Narayan Heblekar (great-grandfather), Sameer Heblekar (father) holding the latest addition to the family- Vedant Heblekar and Krishnanand Heblekar (grandfather).

Grandson to Smt. Rupali and Shri Krishnanand (Kutty) Heblekar and Smt. Varsha and Shri Vijayanand Kallianpur. Great grandson to Smt. Tara and Shri Narayan Heblekar, Smt. Saguna Balkrishna Baljekar and Smt. Umabai Bhavanishankar Bhat Kallianpur.

*God could not be everywhere, and therefore
He made Mothers*



॥ जीवेत् शरदः शतम् ॥

To dearest “Mira Ayee” (Mavinkurve)

You are a pillar of strength holding the family together,
Imparting values to all of us – close and extended family as well
Caring and Sharing, scolding yet loving
Leading by example.

On the occasion of your Ninetieth Birthday, 3rd June 2012

we pray to God and Guru to bless you with
many more years of health and happiness

*From children, grandchildren, great grandchildren, brother, nephews and
nieces, Mavinkurves, Gokarns, relatives and friends*

International Chitrapur Saraswat Women's Day – 2012



(L to R) Smt. Vidyagouri Kundapur, Smt. Nirmala Chikramane, Dr. Smt. Suma Chitnis (Chief Guest), Smt. Geeta Yennemadi (Vice President, KSA), Smt. Sarita Lokur, Smt. Radhika Trasi



Dr. Suma Chitnis, Vice-Chancellor (Retd.) S.N.D.T. University addressing the audience



Smt. Nirmala Chikramane being felicitated by Dr. Suma Chitnis



Smt. Vidyagouri Kundapur sharing her thoughts with the audience



Smt. Sarita Lokur receiving felicitations from Dr. Suma Chitnis



Smt. Radhika Trasi speaking about her experiences in life

जागतिक चित्रापुर सारस्वत महिला दिन

सुस्वागतम्!

आजच्या ह्या जागतिक चित्रापुर सारस्वत महिला दिनाच्या समारंभात आपल्या सर्वांचे मनःपूर्वक स्वागत!

आपले आराध्य दैवत श्रीभवानीशंकर, श्रीदेवी सरस्वती, आपली पवित्र उज्ज्वल गुरुपरंपरा आणि आपले एकादश गुरू परमपूज्य श्रीमत् सद्योजात शंकराश्रम स्वामीजींना वंदन करून तसेच व्यासपीठावर विराजमान असलेल्या प्रमुख अतिथी डॉ. सुमाताई चिटणीस, कॅनरा सारस्वत असोसिएशनच्या उपाध्यक्षा श्रीमती गीता येन्नेमाडी, आजच्या सत्कार मूर्ती श्रीमती निर्मला चिक्रमने, श्रीमती विद्यागौरी कुंदापूर, श्रीमती सरिता लोकूर आणि श्रीमती राधिका त्रासी, तसेच ह्या सत्कारमूर्तींना मानाचा मुजरा करण्यासाठी उपस्थित आपणा सर्वांना विनम्र अभिवादन करून आजच्या कार्यक्रमाला प्रारंभ करूया!

सर्व प्रथम सरस्वती वृंदगानच्या भगिनी, प्राध्यापिका श्रीमती साधना कामत यांनी लिहिलेले आणि श्रीमती गीता येन्नेमाडी यांनी स्वरबद्ध केलेले "स्त्रीशक्ती"पर गीत सादर करतील.

आता कॅनरा सारस्वत असोसिएशनच्या उपाध्यक्षा श्रीमती गीता येन्नेमाडी आपणा सर्वांना संबोधित करतील.

श्रीमती गीता येन्नेमाडी

आजच्या मुख्य पाहुण्या डॉ. सुमाताई चिटणीस व उपस्थित सर्व बंधुभगिनींनो, कॅनरा सारस्वत असोसिएशनतर्फे मी आपणा सर्वांचे पुन्हा एकदा स्वागत करते. आपापल्या क्षेत्रात यशस्वी झालेल्या तसेच समाजासाठी कार्य करणाऱ्या आमच्या चित्रापुर सारस्वत समाजातील स्त्रियांचा गौरव करण्याचा हा कार्यक्रम दोन हजार सात साली, तेव्हाच्या के.एस.ए.च्या अध्यक्षा व प्रख्यात कार्यकर्त्या श्रीमती कालिंदी मुझुमदार (त्या इथे उपस्थित आहेत) यांनी प्रथम सुरू केला. त्यामुळेच आम्हाला आमच्या समाजात किती स्त्रिया यशस्वी आहेत आणि किती स्त्रिया समाजकार्य करतात हे कळू लागले. दरवर्षी जागतिक महिला दिनाच्या दिवशी हा गौरव सत्कार करण्याचा प्रयत्न आम्ही करतो. यावर्षी काही कारणामुळे हा कार्यक्रम आज साजरा होत आहे. आतापर्यंत आम्ही एकेचाळीस महिलांचा सत्कार केला आहे. आजच्या मान्यवर प्रमुख पाहुण्यांची ओळख तसेच मान्यवर महिला ज्यांचा आम्ही सत्कार करणार आहोत त्यांची आम्ही ओळख करून देणार आहोत. तसेच त्यांच्या कार्याबद्दल माहिती श्री. उदय मंकीकर हे देतीलच. कार्यक्रमाची सूत्रे आपल्या हाती घ्यावी

अशी मी श्री. उदय मंकीकर यांना विनंती करते.

श्री. उदय मंकीकर

याप्रसंगी कॅनरा सारस्वत असोसिएशन (KSA) ह्या संस्थेविषयी आणि संस्थेच्या कार्याविषयी थोडक्यात सांगावसं वाटतं.

के.एस.ए.ची स्थापना २६ नोव्हेंबर १९११ ह्या दिवशी झाली. नुकतेच के.एस.ए.ने शतक पूर्ण केले. चित्रापुर सारस्वत समाजाचा सर्वांगीण विकास व्हावा, प्रगती व्हावी ह्या उदात्त हेतूने आपल्या समविचारी १३ दिग्गजांनी, सहकार महर्षी रावबहादूर श्रीपाद सुब्बाराव तालमकी ह्यांच्या मार्गदर्शनांतर्गत के.एस.ए.ची स्थापना केली. सांगावयास अत्यंत अभिमान वाटतो की आपला समाज सुशिक्षित आणि सुसंस्कृत आहे. आज के.एस.ए.ची स्वतःची वास्तू आहे. ह्या वास्तूमध्ये दोन अद्यावत सभागृहे आहेत. वैद्यकीय चिकित्सा केंद्र, वाचनालय, वधू-वर सूचक मंडळ, नाशिकला सर्वसोयींनी परिपूर्ण असे विश्रामगृह आणि समाजातील घडामोडींची इत्यंभूत माहिती देणारे 'कॅनरा सारस्वत' हे लोकप्रिय, वाचकप्रिय मुखपत्र, मासिकाच्या स्वरूपात आहे.

चित्रापुर सारस्वत समाज लोकसंख्येच्या ह्ष्टीने लहान असला तरीही कर्तृत्वामध्ये महान आहे. प्रत्येक क्षेत्रात आपल्या लोकांनी स्वतःचा स्वतंत्र ठसा उमटवून समाजाला लौकिक प्राप्त करून दिलेला आहे.

ह्या दिग्गजांचा प्रतिवर्षी के.एस.ए.च्या वर्धापनदिनी म्हणजे २६ नोव्हेंबरला गौरव केला जातो आणि त्यांच्याप्रती कृतज्ञता व्यक्त केली जाते. तसेच समाजातील विद्यार्थ्यांचा प्रतिवर्षी गुणगौरव केला जातो. त्यांच्यातील सुप्त गुणांना वाव मिळावा म्हणून कला, क्रीडा, सांस्कृतिक कार्यक्रमांचे नियमित आयोजन केले जाते. संगीत संमेलनांचे तसेच नाट्यमहोत्सवाचे आयोजन केले जाते की जेणेकरून तरुणवर्गाचा व्यक्तिमत्त्व विकास व्हावा. के.एस.ए.ने दिलेल्या संधीचा लाभ घेऊन आज अनेक तरुण विविध क्षेत्रात नामवंत झालेले आहेत.

२००७ साली, प्राध्यापिका श्रीमती कालिंदी मुझुमदार के.एस.ए.च्या अध्यक्षा असताना, त्यांच्या सूचनेनुसार जागतिक चित्रापुर सारस्वत महिला दिन साजरा करण्यास सुरुवात झाली. ह्या समारंभांतर्गत आतापर्यंत ४१ प्रतिभासंपन्न, कर्तबगार महिलांचा सत्कार करण्यात आलेला आहे. आज आणखी ४ प्रतिभांची भर पडणार आहे. प्रत्येक वर्षी हा सत्कार दिग्गज प्रतिभावंत महिलांच्या हस्ते करण्यात आलेला आहे. आजही हा सत्कार समारंभ सुप्रसिद्ध विदुषी डॉ. सुमाताई चिटणीस

ह्यांच्या हस्ते होणार आहे. मी त्यांचा परिचय करून देतो.

आज आमच्या विनंतीला मान देऊन डॉ. सुमाताई चिटणीस या सुप्रसिद्ध विदुषींनी प्रमुख अतिथी म्हणून उपस्थित राहण्याचे मान्य केले याबद्दल आम्ही त्यांचे आभारी आहोत. कॅनरा सारस्वत असोसिएशनच्यावतीने मी त्यांचे मनःपूर्वक स्वागत करतो. महिला दिनानिमित्त होणाऱ्या या कार्यक्रमास अत्यंत उचित असे पाहुणे आपल्याला लाभले ही फार आनंदाची गोष्ट आहे.

सुमाताईची थोडक्यात ओळख करून घ्यायची म्हणजे त्यांनी टाटा इन्स्टिट्यूट ऑफ सोशल सायन्सेस या संस्थेतून 'समाजशास्त्र' या विषयात पी.एच.डी. पदवी प्राप्त केली आणि तिथेच त्या अनेक वर्षे प्राध्यापिका म्हणून कार्यरत होत्या.

एस.एन.डी.टी. विद्यापीठाच्या त्या व्हाईस चान्सलर होत्या. Sociology of Education आणि Women's Studies हे त्यांचे specialization चे विषय आहेत. T.I.S.S. मधील या दोन विभागांच्या त्या संस्थापिका होत्या आणि त्यांचे प्रमुखपदही त्यांनी भूषविले. Ph.D. च्या अनेक विद्यार्थ्यांना त्यांनी मार्गदर्शन केले. आणि संबंधित विषयांवर दर्जेदार शैलीपरश्री मधून पुष्कळ लेखन केले. अनेक शैक्षणिक संस्थांच्या बोर्डावर त्यांनी काम केले. J. N. Tata Endowment for Higher Education of Indians या ट्रस्टच्या त्या पाच वर्षे Director होत्या.

भारतीय स्त्रीशक्तीचा शोध घेणाऱ्या 'महाराष्ट्रातील स्त्रीशक्तीच्या पाऊलखुणा' या ग्रंथमालिकेच्या त्या संपादिका होत्या.

एकूणच भारतीय स्त्रीचा गेल्या शतकातील शैक्षणिक आणि सामाजिक विकास या क्षेत्रात त्यांचे विस्तृत योगदान हे अत्यंत प्रशंसनीय असे आहे. त्यांचे मार्गदर्शन आज आपल्याला मिळणार आहे हा मोठा भाग्ययोगच आहे.

श्रीमती गीताताई येन्नेमाडी यांना विनंती की त्यांनी पुष्पागुच्छ देऊन सुमाताईचे स्वागत करावे.

आता सत्कार समारंभाला सुरुवात करू. आधी सत्कारमूर्तीचा परिचय करून देण्यात येईल. त्यानंतर मुख्य अतिथींच्या हस्ते त्यांचा गौरव होईल आणि गौरवानंतर, सत्कारमूर्ती आपले मनोगत व्यक्त करतील.

श्रीमती निर्मला गौरीश चिकमने

- निकटवर्तीयांमध्ये 'मामी' म्हणून सुपरिचित.
- मुंबई विद्यापीठातून बी.एससी. (ऑनर्स) आणि पुणे विद्यापीठातून 'तृतीया' ही संस्कृत परीक्षा उत्तीर्ण.
- १९६१ साली MSEB च्या General Admn. विभागात नोकरी सुरू केली आणि ३६ वर्षांच्या प्रदीर्घ सेवे-नंतर, जून १९९७ मध्ये Addl. Director (Admn.) म्हणून

MSEB मधून सेवानिवृत्त झाल्या.

- सेवानिवृत्तीनंतर काय करावं ह्याचा त्यांनी खास विचार केला नव्हता. त्यावेळी श्रीमती सरलाताई कालथोड, सुन्दता हायस्कूलच्या मुख्याध्यापिका होत्या. त्यांनी मामींना BVES च्या कार्यकारिणीवर मानद सचिव म्हणून कार्य करण्यास पाचारण केले. आणि १९९७ पासून 'मामी' BVES च्या कार्यकारिणीवर कार्यरत असून त्यांनी अनेक पदे भूषविली आहेत. गेली काही वर्षे त्या मानद खजिनदार आहेत.

- सेवानिवृत्तीनंतर TCHS च्या कार्यकारिणी सदस्यांनी मामींना TCHS च्या कार्यकारिणीत येण्याची विनंती केली. मामींचे श्वशुर श्री. श्रीपाद बी. चिकमने TCHS आणि KSA मध्ये अनेक वर्षे कार्यरत होते. त्यांच्या कार्याचा प्रभाव मामींवर असल्यामुळे, त्यांनी लगेच होकार दिला आणि त्या TCHSच्या कार्यकारिणीवर निवडून आल्या. TCHSच्या कार्यकारिणीतील त्या 'प्रथम महिला पदाधिकारी'. १९९७ ते २०११ म्हणजे तब्बल १४ वर्षे त्यांनी हे कार्य केले. त्यात ५-६ वर्षे त्या कार्याध्यक्षा होत्या. ह्या १४ वर्षांच्या कालावधीत त्यांनी TCHS साठी अनेक योजना कार्यान्वित केल्या.

- सर्व इमारतींची दुरुस्ती आणि रंगरंगोटी.
- पाण्याचा प्रश्न कायमचा सोडविला आणि आता ताल मकीवाडीतील सर्व इमारतींमध्ये २४ तास पाणी असते.

- १९९४-९५ मध्ये प. पू. परिज्ञानाश्रम स्वामीजींच्या संजीवनी समाधीच्या दर्शनासाठी, कार्लास्थित श्रीदुर्गापरमेश्वरी देवळात अनेक चित्रापूर सारस्वत एकत्र जमत असत. काही जणांची जवळच घर असावं अशी इच्छा होती. मामींनी पुढाकार घेऊन, समन्वय करून दहिवली खेड्यात रहिवासी वसाहत स्थापन केली. ही वसाहत कार्ला मठापासून अगदी जवळ आहे. येथे ५१ गाळे आहेत. १८ लोकांनी बंगले बांधलेले आहेत. अत्यंत रमणीय परिसर.

- तालमकी वाडीमध्ये श्रीमती मीराबाई माविनकुर्वे यांच्या नेतृत्वाखाली आणि मार्गदर्शनांतर्गत 'श्री सच्चिदानंद सप्ताह समिती' आहे. ह्या समितीचे सदस्य, प्रतिवर्षी 'श्री चित्रापूर गुरुपरंपरा', 'श्री सिद्धारूढ स्वामीचरित्र', 'श्रीदासबोध' ह्यांचे पारायण करतात. गेली ४० वर्षे हे पारायण अविरत सुरू आहे. ह्या समितीचे सदस्य वयोवृद्ध आहेत. त्यामुळे गेल्या १० वर्षांपासून मामी, त्यांच्यासाठी फुले, चहा, प्रसाद, वार्षिक वर्गणी गोळा करणे, आलेली 'काणिका' क्रमागत देवळांना/मठाला पाठविणे इत्यादी कार्ये सेवानिवृत्तीने करतात.

- मामींसह २० लोक १९९२ पासून 'मुंबई ग्राहक पंचायत'चे ग्राहक आहेत. उत्कृष्ट प्रतीचे किराणा जिन्नस वाजवी दरात मिळून सामाजिक सहकाराला प्रोत्साहन मिळावे हा त्यामागचा उदात्त हेतू. गेली १७-१८ वर्षे मामी ह्या संघाच्या 'संघ प्रमुख' म्हणून कार्यरत आहेत.

- शिक्षण क्षेत्र, सामाजिक क्षेत्र, धार्मिक क्षेत्र आणि सहकार ह्या सर्वांमध्ये मामींचे योगदान भरीव आहे. म्हणूनच वंदनीय आहे. हे सर्व करित असताना त्यांनी कुटुंबाकडे कधीही दुर्लक्ष केलेले नाही. त्या एक आदर्श गृहिणी आहेत.

श्रीमती निर्मला चिकरमने यांचे मनोगत

सौ. सुमाताई चिटणीस आपल्या प्रमुख पाहुण्या आणि इथे उपस्थित सर्व मान्यवर यांना नमस्कार. के.एस.ए.ने माझ्या छोट्या कामाचा cognizance घेऊन माझा सत्कार करायचं ठरवलं, त्यामुळे मला खूपच आनंद झाला. त्यांची मी खूप आभारी आहे. के.एस.ए. नवीन नवीन योजना करत आहेत या सारस्वत समाजासाठी, त्या सर्वांत त्यांना सुयश मिळो!

श्रीमती विद्यागौरी एस. कुंदापूर

१९५१ मध्ये एस.एस.सी. उत्तीर्ण झाल्यानंतर, दिल्लीच्या Standard Vacuum Oil Company मध्ये ४ वर्षे सचिव म्हणून नोकरी केली. नंतर घाटकोपरच्या Indian Oxygen मध्ये एप्रिल २०११ पर्यंत, ३० वर्षे क्षेत्रीय व्यवस्थापकांची सचिव म्हणून नोकरी केली.

१९९३ पासून 'श्रीशांतसुखदा' ह्या सेवाभावी संस्थेत त्या मानद खजिनदार म्हणून कार्यरत आहेत.

बागकाम, अॅक्युपेशर आणि विविध मुद्रांमध्ये त्यांना विशेष रुची आहे.

बागकामातील आवडीमुळे, त्यांनी कामशेत येथील दोन एकर जागेत, नारळ, केळी, आंबा, फणस आणि इतर अनेक वृक्षांची लागवड केलेली आहे.

विद्याताईंनी वयाची पंच्याहत्तरी ओलांडलेली असली, तरीही त्या 'श्रीशांतसुखदा'च्या अनेक कार्यक्रम/योजनांमध्ये अत्यंत हिरीरीने सहभागी होतात. ह्या कार्यक्रमांमध्ये,

- गावातील महिला आणि मुलींना लोणची तसेच इतर अन्न उत्पादने करण्यास शिकविणे, कपडे शिवण्यास शिकविणे.

- वैद्यकीय शिबिरांचे आयोजन.
- कामगारांच्या लहान मुलांसाठी बालवाडी.
- इंग्रजी आणि गणित विषयांची शिकवणी.
- तांदूळ, गहु, ज्वारी, बाजरी, मका ह्यांचे पीक काढणे इत्यादींचा समावेश आहे.

श्रीमती विद्यागौरी एस. कुंदापूर यांचे मनोगत

This is my first attempt at making a speech. I don't know Marathi very well and neither our aamchi language. I will have to resort to English. Excuse me. I thank KSA for giving me this honour. All I have done is to help my younger sister Nilambari in the work she

is doing. But I take this opportunity of letting people know that this organization "Shree Shant Sukhada' is started by His Holiness Shree Parijnansharm Swamiji with the intention of helping the rural poor women, students and handicapped. Shree Shant Sukhada follows Swamiji's guidelines. As Mankikarmam said, I am now over 75 years. This is my 76th year and my sister is also not getting younger. We would like people to come forward for Swamiji's dream to be fulfilled. I thank once again all of you for giving me this opportunity.

श्रीमती सरिता प्रकाश लोकूर

श्रीमती सरिता प्रकाश लोकूर म्हणजे पूर्वाश्रमींच्या सरिता अनंत मड्यार. १९६७ साली मुंबईच्या बालमोहन विद्यामंदिरातून एस.एस.सी. झाल्यानंतर त्यांनी Davar's Commerce College, Mumbai मधून Punch Operating चा शिक्षणक्रम पूर्ण केला आणि Central Bank of India, Mumbai मध्ये Punch Operator म्हणून नोकरीस सुरुवात केली.

१९७२ मध्ये सरिताताई, श्री. प्रकाश लोकूर यांच्याशी विवाहबद्ध झाल्या आणि हे दाम्पत्य १९७५ साली बेळगावात स्थायिक झाले. १९८४ साली सरिताताईंनी Central Bank च्या नोकरीचा राजीनामा दिला आणि त्या आपल्या पतींना त्यांच्या Precision Shell Sands च्या उद्योगात मदत करू लागल्या. काही महिन्यांनंतर, त्यांनी स्वतःच्या Laxmi Products ह्या मसाले, मिरची पावडर, हळद पावडर बनविणाऱ्या लघु उद्योगास सुरुवात केली. काही वर्षे हा उद्योग यशस्वी रित्या हाताळला.

१९९८ साली, पतीच्या अकाली निधनानंतर, त्यांनी Precision Shell Sands ह्या उद्योगाच्या व्यवस्थापनाची सूत्रे स्वतःकडे घेतली. ह्या उद्योगाचा अनुभव नसल्यामुळे त्यांना अनेक समस्यांना सामोरे जावे लागले. पण ह्या सर्वांना जिद्दीने एकाकी लढत देऊन त्यांनी त्यांच्या लघुउद्योगाचे लाभदायक, फायदेशीर कंपनीत रूपांतर केले. ह्या कंपनीमध्ये विशिष्ट प्रकारचे रेझीन वापरून, वाळूचा foundry मध्ये core बनविण्यासाठी उपयोग केला जातो.

२००५ साली, सरिताताईंनी, आपल्या उद्योगाचा विस्तार केला. आणि एका coreshop ची सुरुवात केली. आता त्यांची कंपनी कोर तसेच रेझीनाच्छादीत वाळूचे उत्पादन आणि वितरण करते. अत्यंत विश्वासू कंपनी अशी त्यांच्या उद्योगाची ख्याती आहे.

८ मार्च २००३ ला 'प्रमुख महिला उद्योजक' म्हणून

Innerwheel म्हणजे बेळगावच्या Rotary Club च्या महिला विभागातर्फे सरिताताईचा सत्कार करण्यात आला.

सरिताताईची कन्या आणि जावई वैद्यकीय क्षेत्रात कार्यरत आहेत. कन्या डॉ. समिदा Sports Medicine ची विशेषज्ञ तर जावई डॉ. आशिष देव Orthopedic Surgeon असून त्यांचे वापी, गुजरात मध्ये हॉस्पिटल आहे.

श्रीमती सरिता प्रकाश लोकूर यांचे मनोगत नमस्कार!

आजच्या कार्यक्रमाच्या प्रमुख पाहुण्या डॉ. सुमा चिटणीस, कॅनरा सारस्वत असोसिएशनच्या उपाध्यक्षा, श्रीमती गीता येन्नेमाडी आणि व्यासपीठावरील इतर उपस्थित मान्यवर आणि बंधू, भगिनींनो!

आंतरराष्ट्रीय महिला दिनाच्या निमित्ताने कॅनरा सारस्वत असोसिएशनने मला इथे बोलावले व माझ्या छोट्याशा कार्याची दखल घेऊन माझा सत्कार केला, याबद्दल प्रथम मी आयोजकांचे आभार मानते. हा माझ्या आयुष्यातील अविस्मरणीय दिवस राहिल.

आयोजकांचे आमंत्रण-पत्र जेव्हा माझ्या हातात आले तेव्हा माझा विश्वासच बसेना. आणि नकळत माझं मन भूतकाळात गेले. हा इथपर्यंतचा माझा प्रवास कसा झाला याचा मी विचार करू लागले.

माझे शालेय व महाविद्यालयीन शिक्षण मुंबईमध्ये झाले. १९७१ साली सेंट्रल बॅकेत पंच-ऑपरेटर म्हणून मी रुजू झाले. १९७२ साली बेळगावचे श्री. प्रकाश नारायण लोकूर ह्यांच्याशी माझा विवाह झाला आणि बेळगावच्या सेंट्रल बॅकेत बदली घेऊन मी बेळगावला गेले. परंतु कौटुंबिक अडचणी आणि जबाबदारी यांमुळे मला नोकरीचा राजीनामा थोडासा माझ्या मनाविरुद्ध का होईना पण द्यावा लागला.

परंतु घर एके घर हा माझा पिंड नव्हता. ज्या समाजात आपण राहतो त्या समाजाचं ऋण आपल्याला आपल्या परीनं फेडायचं असतं ही भावना मनात होती. म्हणून काही गरजू महिलांना रोजगार मिळावा व आपणही कामात गुंतून राहवं म्हणून मी फूड प्रॉडक्टच्या धंद्यात पाऊल ठेवलं. गरम मसाला, लसूण चटणी, पापड, भरलेल्या मिरच्या, तिखट इत्यादी पर्दाथ मोठ्या प्रमाणात तयार करून, त्यांची विक्री करू लागले. ह्या गोष्टीला पण उत्तम प्रतिसाद मिळाला व माझा चांगला जम बसला हा वारसा मला माझ्या आजोबांकडून मिळाला असावा. कारण ते सिल्क साड्यांचे यशस्वी व्यापारी होते.

परंतु ते दैवाला मान्य नव्हते. आणि अशा काही घटना घडल्या की माझ्या आयुष्याला वेगळीच कलाटणी मिळाली.

मिस्टरांच्या व्यापारामध्ये अशा अडचणी आल्या की,

त्यांना पार्टनरशिप ब्रेक करावी लागली. आणि त्यांना नव्यानं त्यांची फॅक्टरी उभी करावी लागली. हा धक्का सहन न होऊन त्यांची प्रकृती बिघडत गेली आणि १९९८ मध्ये त्यांचे देहावसान झाले. त्यानंतर सगळी व्यावसायिक जबाबदारी माझ्यावर आली. जागतिक मंदी, एकदम वेगळेच क्षेत्र, वेगळे आव्हान मला स्वीकारावे लागले जे आजपर्यंत मी हाताळले नव्हते. आम्ही आर.सी. सॅन्ड जी फौन्ड्रीजना लागते ते तयार करतो. आणि आता २००३ पासून आर. सी. सॅन्डपासून शेल कोर आणि शेल मोल्डचे दुसरे युनिट काढले आहे. ते पण फौन्ड्रीजमध्ये वापरले जाते. माझ्या युनिटमध्ये ५ महिला आणि ३ पुरुष काम करतात.

ह्या प्रवासात मला माझी मुलगी, जावई, माहेरचे-सासरचे ह्यांनी खूप आधार आणि पाठिंबा दिला. माझ्या मुलीने शैक्षणिक आणि क्रीडा क्षेत्रात प्राविण्य मिळवले आहे. ह्याचा मला फार आनंद आणि समाधान आहे. तिने एम.बी.बी.एस. करून स्पोर्ट्स मेडिसीनमध्ये स्पेशलायझेशन केलं आहे. सतत सात वर्षे ती कर्नाटक राज्याची बॅडमिंटन चॅम्पियन होती आणि नॅशनल मिक्स डबल्स जिंकून नॅशनल चॅम्पियन झाली.

माझी ही वाटचाल अशीच चालू रहावी म्हणून चांगली बुद्धी व शक्ती परमेश्वराने द्यावी एवढीच प्रार्थना मी देवाकडे करते.

पुन्हा एकदा मला इथे बोलवल्याबद्दल मी आयोजकांचे आणि उपस्थितांचे मनापासून आभार मानते. धन्यवाद!

श्रीमती राधिका ज्योतिंद्र त्रासी

- शिक्षण, कला, क्रीडा, समाजकार्य ह्या सर्वच क्षेत्रांमध्ये सारख्याच ताकदीने कार्य केलेलं प्रतिभासंपन्न व्यक्तिमत्त्व असंच राधिकाताईचं वर्णन करावं लागेल. ४० वर्षांपूर्वी त्या श्री. ज्योतिंद्र त्रासी यांच्याशी विवाहबद्ध झाल्या. श्री. त्रासी हे नाविक आहेत. त्यांच्याच उत्तेजनामुळे राधिकाताई विविध क्षेत्रात आपली चुणूक दाखवू शकल्या.

- मुंबई विद्यापीठाच्या B.Com Marketing Management मध्ये पदव्युत्तर शिक्षण, Yogic Philosophy मध्ये Advance Diploma, हिन्दी भाषा रत्न. शालेय शिक्षण वडाळाच्या कानडी शाळेत पूर्ण केलं.

- चित्रकला, विणकाम, भरतकाम, पाककला आणि लेखन हे त्यांचे छंद तर वाहन चालविणे ही विशेष आवड.

- कलाक्षेत्रातील त्यांची सिद्धता नमूद करण्यासारखी आहे.

- बेळगावात 'भरतनाट्यम' ह्या नृत्य प्रकाराचे शिक्षण घेतले. लोकनृत्यांमध्ये सहभाग. कर्नाटक बिल्डिंग आणि बॉम्बे स्कॉटिश स्कूल मध्ये लोकनृत्यांचे दिग्दर्शन केले.

- आंतर महाविद्यालयीन एकांकिका स्पर्धेमध्ये सर्वोत्कृष्ट अभिनेत्री पुरस्कार. ह्या एकांकिकेचे दिग्दर्शन गब्बरसिंग अमजद खान यांचे होतं.

- सर्वश्री प्रभाकर मुदुर, मंगेश उद्यावर, मुरलीधर हट्टंगडी, दादा माविनकुर्वे ह्यांच्या मार्गदर्शनात अनेक कोकणी नाटकात भूमिका.

- श्रीमती अरुणा राव कुंडाजे लिखित 'आकाश मांटव' ह्या कोकणी बालनाट्याचे दिग्दर्शन. हे पुढे आकाशवाणीवर प्रसारित झाले.

- श्री. रामकृष्ण पटवर्धन, श्रीमती सुलोचना केळकर आणि पंडित विजयकुमार संझगिरी ह्यांच्याकडे जवळजवळ २० वर्षे शास्त्रीय संगीताचे शिक्षण घेतले.

राधिकाताईचे क्रीडाक्षेत्रातील कार्य म्हणजे :

- म्हैसूर मध्ये झालेल्या एन.सी.सी. ट्रेनिंग कॅम्पमध्ये महाराष्ट्राचे प्रतिनिधित्व.

- टेबल टेनिस खेळात महाविद्यालयाचे प्रतिनिधित्व.

- बॅडमिंटन आणि टेबल टेनिस खेळात उत्तम महाविद्यालयीन खेळाडू.

- टेबल टेनिस वुमन्स लीग स्पर्धेत के.एस.ए.चे दोन वर्षे प्रतिनिधित्व.

- 'योग' विषयावर देखील त्यांचे प्रभुत्व आहे.

- Certified Yoga Teacher.

- स्वास्थ्यासाठी यौगिक उपचारांमध्ये प्रशिक्षित.

- भोपाळमध्ये झालेल्या आंतरराष्ट्रीय संमेलनात Managing Menopause through Yoga ह्या विषयावर निबंध सादर केला.

- Yoga for Universal Peace ह्या विषयावरील निबंधस्पर्धेत पुरस्कार.

- Royal Society for Prevention of Blindness च्या वतीने आकाशवाणीवर Prevention of Blindness हा कार्यक्रम सादर केला.

- प्रतिवर्षी होणाऱ्या Adoption Week मध्ये सतत दोन वर्षे कार्यक्रम सादर केले.

प्रशिक्षित आर्ट टीचर.

- फॅब्रिक पेंटिंग मध्ये जाणकार.

- एच.आर. आणि के.सी. कॉलेजमध्ये प्राध्यापिका म्हणून कार्य.

- राधिकाताईनी अनेक सामाजिक आणि सेवाभावी संस्थांसाठी कार्य केलेले आहे-

- All India Saraswat Cultural Organisation च्या कार्यकारिणी सदस्य.

- Swaninad Samiti for Handicapped च्या विश्वस्त.

- Voluntary Reader and Writer for the visually impaired and senior citizens.

- Mahim Police Station Mohalla Committee आणि महिला दक्षता समितिच्या सदस्य.

Union Co. Op. Buying Club साठी १७ वर्षे सक्रीय कार्य तसेच Shivaji Park Consumer Society Store च्या कार्यकारिणी सदस्य.

- माटुंगा मित्रमंडळच्या अनेक वर्षे मानद सचिव आणि अनेक कार्यक्रमांचे आयोजन.

- दत्तक घेण्याच्या संदर्भात मार्गदर्शन करणे.

- "कॅनरा सारस्वत" मासिकासाठी तसेच 'सनबीम' मासिकासाठी लेखन.

- बोनसाय आणि बागकाम विषयात धडे घेतलेले आहेत.

- भूतदया, प्राणिमात्रांवर प्रेम हा त्यांचा अत्यंत जिवाळ्याचा विषय.

जिद्द आणि जबरदस्त आत्मविश्वास हा राधिकाताईचा स्थायीभाव. सामाजिक बांधिलकी म्हणून त्या Lions Home for the Aged Blind ह्या संस्थेसाठी कार्य करित होत्या. ह्या कार्याचा भाग म्हणून त्या संस्थेची उत्पादने विकत असत. काही जणांनी त्यांचं मत प्रदर्शित केलं - त्यात काय? 'त्रासी' आडनांवामुळे अनेक डॉक्टर्स ही उत्पादने घेतात. राधिकाताईनी जिद्द आणि आत्मविश्वासाच्या बळावर पुण्यात ह्या उत्पादनांची विक्री केली. एकदा तर त्यांनी १०,००० चादरींची ऑर्डर आणली तेव्हा संस्थेच्या पदाधिकाऱ्यांनी त्यांना सांगितलं की आता एवढ्यात ऑर्डर स्वीकारू नका. कारण ह्या ऑर्डरींची पूर्तता करणं आमच्या क्षमते बाहेर आहे.

राधिकाताईच्या दोन्ही मुली वैद्यकीय क्षेत्रात कार्यरत आहेत. डॉ. शिल्पा गौतम भट Dentist तर डॉ. रेशमा त्रासी HIV Aids Advisor आहे.

श्रीमती राधिका ज्योतिंद्र त्रासी यांचे मनोगत

सगळ्यांनी मराठी बोलल्यावर मलाही मराठीतून बोलावसं वाटतं. परंतु कसं बोलेन हे मात्र मला माहित नाही.

आजच्या प्रमुख अतिथी डॉ. सुमाताई चिटणीस, श्रीमती गीता येन्नेमाडी आणि उपस्थित बंधूभगिनींनो, मी जीवनात जे काही करू शकले ते माझ्या घरच्या माणसांच्या मदतीमुळे, सहकार्यामुळे व encouragement मुळे. Life is like a book to read. आपण जीवनात चांगले-वाईट अनुभव घेत जातो.

मी युनियन कॉ-ऑप. बाईंग क्लबसाठी काम करत होते. तेव्हा वागळेमामांनी सांगितले, "हे बघ बाळा, आपण तिघा लोकांना अन्न देत आहोत (त्यावेळी आमच्याकडे तीन

कामगार होते) त्यामुळे आपल्याला जितके जमेल तितके दिवस चालवायचे.” परंतु एक एक करून सर्व सोडून गेले व शेवटी मी एकटीच राहिले. नंतर आम्हाला दुकान बंद करायची पाळी आली.

आपल्या पंतप्रधान एक स्त्री होत्या. परंतु अजूनही लोकांच्या मनात स्त्रियांबद्दल एक तुच्छ भावना असते. शिवाजी पार्क कन्झ्युमर क्लबच्या मिटिंगमध्ये भांडणे होणार अशी अपेक्षा होती. तेव्हा डॉ. वारेकर यांनी सांगितले, “आपण एका लेडी मेंबरला प्रेसिडेंट करूया म्हणजे मिटिंग लवकर संपेल!” मिटिंगमध्ये भांडणे सुरू झाली तेव्हा माझ्या एका आयरिश प्राध्यापिकेने सांगितलेले आठवले की "What you say is not important. But how you say it is important." मी मिटिंगमध्ये उभे राहून म्हटले, “तुम्ही जे बोलता ते कृपया शांतपणे बोल.” आणि अक्षरशः तसेच झाले. मिटिंग शांतपणे पार पडली. कित्येक जणांनी मला नंतर सांगितले की, ‘बाई तुम्ही होता म्हणून बरे झाले नाहीतर बाचाबाची झाली असती!’

मी योगा शिकवितांना आलेला एक अनुभव. एक २५ वर्षांचा तरुण मुलगा बी.पी.च्या त्रासाने माझ्याकडे आला. माझ्या मुलापेक्षा वयाने छोटाच! मी त्याला ‘बाळा’ म्हणून हाक मारली व तो माझ्याकडे ‘ओपन-अप’ झाला. बीपीच्या त्रासातून नॉर्मल झाला व त्याचे लग्न देखील झाले. तसेच एक पारसी गृहस्थ आले होते. वय सुमारे ६५ वर्षांचे. त्यांना anxiety hypertension चा त्रास होता. मी त्यांना विचारले, "Is there a change in your environment? Have you retired?" दोन्ही प्रश्नांना त्यांचे उत्तर ‘हो’ असे होते. त्यांनी घर बदलून लहान घरात आले होते. मुलीचे लग्न होऊन ती सासरी गेली होती. या सर्व गोष्टींमुळे ते डिप्रेस झाले होते. परंतु यातून ते बाहेर आले व त्यांनी मला एक सुंदर पत्र लिहिले- "You are my friend, philosopher and guide!"

छोट्या छोट्या गोष्टींकडे लक्ष देऊन आपण प्रश्नाच्या अंतरंगात गेलो तर सर्वच प्रश्न सुटतात असे मी जीवनातून शिकले आहे.

उदय मंकीकर बरोबर मी एका नाटकात काम केले. दादा माविनकुर्वेचे दिग्दर्शन होते. मी घरची सर्व कामे करून रात्री साडेआठ-नऊ पर्यंत इथे यायची. तालमीनंतर वाडीतच माझ्या मामांकडे राहायची व सकाळी सहाला निघून सातपर्यंत घरी पोचायची, परंतु काही लोकांकडून मला थोडी कुत्सित बोलणी मिळाली, “अरे बापरे! जोरू उमेदी मुगो. वाडींतु नाटकाखातीर वक्ता तूं!” वगैरे.

उदयने माझ्या सेल्सविषयी सांगितले. कित्येक वर्षांपासून मला काहीतरी सोशल वर्क करायची इच्छा होती. एकदा एका प्रदर्शनाला गेले तेव्हा आंधळ्या लोकांनी बनविलेल्या चादरी बधितल्या व मी त्यांच्या विक्रीचे काम करायला सुरुवात केली. आधी त्यांनी थोड्या संशयी नजरेने पाहिले. परंतु नंतर त्यांचा विश्वास बसला. मी यातून काही आर्थिक फायदा घेत नव्हते. सोशल वर्क करतांना आपल्याला दुसऱ्यांची बोलणी, टोमणे ऐकून घ्यायची सवय करून घ्यायला लागते.

My simple principles - Respect people for what they are and not for what they have. Secondly, if you cannot make a person happy, then you have no business to make him sad. If you have not harmed anybody, God will never harm you and if you have self-confidence you can overcome all difficulties. मागच्या वर्षी मी पडले. बरेच लागले. परंतु त्यातून बाहेर आले.

माझी एक छोटी कविता आज आणली आहे. ती वाचून दाखवते-

Woman,

Woman, thy name is daughter

Just born, gives joy to the parents

Woman, thy name is sister

Tie a rakhi on your brothers hand and get a gift at diwali time.

Woman, thy name is wife.

Treated like a human machine. If wanted kept at home, if not discarded.

Woman, thy name is mother

When it's a girl don't bother. But if it's a boy you are overjoyed.

Woman, thy name is Mother-in-law.

You have no worry, your son will fetch a big dowry and bring lots of luxury.

Woman, mother turning into mother-in-law

Woman, you turn against your own tribe

Dowry is your biggest bribe.

Have you paid attention to the eternal mother in you?

Thanks..

डॉ. सुमाताईना नम्र विनंती की त्यांनी आम्हा सर्वांना संबोधित करावे.

डॉ. सुमाताई चिटणीस

कॅनरा सारस्वत असोसिएशनने मला आज इथे बोलण्याची संधी दिली. समाजाला आपलं काही देणं आहे अशी ज्यांना जाणीव आहे अशा मेळाव्याशी बोलायची संधी दिली त्याबद्दल मी खरोखरच आभारी आहे.

प्रथम दुसरं काही बोलायच्या आधी आजच्या सर्व awardees ना माझे congratulations. तुमच्यापैकी बऱ्याच जणी 'उंच माझा झोका' बघता का? या चौघींकडे पाहताना मला रमाची आठवण येते. निर्मलाताईंच्या कामाबद्दल ऐकलं तर आहे त्याच ठिकाणी राहून सुद्धा रमा किती कार्य करीत होती त्याची आठवण येते. घरच्या सर्व लोकांना सांभाळून व जिंकून रमा कार्य करीत होती तस त्याही करताहेत. विद्यागौरींच्या कार्याबद्दल ऐकून रमाची व महादेवची पार्टनरशिप आठवली. सरीताताईंचे काम देखील तसेच. विद्यागौरींच्या बद्दल व राधिकाताईंच्या कामाबद्दल ऐकून असे वाटले की बायका असे कार्य देखील करतात आणि तेही गाजावाजा न करता! या मला फुललेल्या रमासारख्या दिसतात. असे वाटते की सव्वाशे वर्षेसुद्धा झाली नाहीत. पण इतक्या थोड्या काळात काल हरवलेली स्त्री नवीन दिशा पाहून बाहेर पडली आणि कुठल्या कुठे गेली!

आता मला थोडा राधिकाताईंसारखा प्रश्न पडला आहे. मराठी माझी मातृभाषा पण माझं मराठी थोडं कच्च आहे. तुम्ही कोकणी बोलणारी माणसं. पण इथे इतकं सुंदर मराठी बोललं गेलं की मी जरा नव्हंसच झाले. मला जे सांगायचं ते तुमच्यापर्यंत पोहोचवणं फार अगत्याच आहे. जर मी मराठीत गडबडले तर इंग्रजीचा आश्रय घेईन बरे का!

आज आपल्या सगळ्यांना एक ना दोन हजार काळज्या आहेत. सपाटून करप्शन झालं आहे आणि अकार्यक्षमता! बँकेसारख्या संस्थेतसुद्धा! पूर्वी बँकेने काही लिहून दिले तर ते बरोबरच असणार असा एक विश्वास होता. परंतु आता तिथेही चुका व्हायला लागल्या आहेत. पोस्टाचे पत्र हळूहळू येते पण कुरियर मात्र पत्र लगेच आणून देतो. पूर्वी पोलिसांवर आदरयुक्त विश्वास असायचा. आता मात्र संशय आणि भीती असते. कसा माणूस आहे कोण जाणे असा एक विचार मनात येतो.

याचे कारण असे की माझ्या मते समाजाला जी स्थिरता, चलनाव्यवस्थितपणा देणारे structural bonds असतात, जो सापळा समाजाला आधार देऊन बांधतो, तो कुठेतरी ढासळतो आहे. कुठलीही व्यवस्था घ्या. लग्न, पालकत्व, Parliamentary System पर्यंत. कुठचीही system नीट चालत नाही. लोक शपथा घेतात पण पाळत नाहीत. कशालाच एक

प्रकारची ताकत राहिली नाही. कुठेतरी काहीतरी चुकतंय. हा issue फारच गुंतागुंतीचा, कठीण आहे परंतु आपल्याला तो हाताळलाच पाहिजे.

याच्यावर विचार केला तर असे वाटते की त्याच्या मुळाशी दोन-तीन कारणे आहेत. स्वातंत्र्य मिळाल्यापासून या साठी वर्षांत आपला पाया साफ बदलला आहे. पूर्वी ब्रिटिश राज्य करीत होते तेव्हा आपण निमूटपणे ऐकायचो व comfortable होतो. आताच्या गोष्टी ऐकून तेव्हाची पिढी म्हणते, "ब्रिटिशांच्या काळात हे असे झाले नसते." आपल्याला स्वातंत्र्य मिळालं पण त्यांच्यासारखं आपण राज्य चालवू शकलो नाही. काहीसं सहजच आपल्याला स्वातंत्र्य मिळालं. पूर्वी समाज feudal होता- म्हणजे वर ब्रिटिश, त्यांच्याखाली मध्यमवर्गीय आपल्यासारखी माणसे व आपल्याखाली गरीब, सेवा करणारे. प्रत्येक स्तराच्या लोकांनी त्यांच्या वरच्या स्तरावरील लोकांचे ऐकायचे. हे सोपं होतं. पिढ्यान्पिढ्या चालत आलेलं होतं.

पण स्वातंत्र्याच्या लढ्यात सर्वांची आयुष्य खळबळून उठली. आपण दुसरी समाजरचना स्वीकारली. Democracy – equility, humanism, liberalism. हे स्वीकारणं सोपं होतं परंतु आचरणात आणणं कठीण! समता पेलणं आपल्याला जड जातंय. घरातल्या नोकरांशी, आपल्या ज्युनियर्सशी आपण कसं वागतो? ज्या values आपल्या घटनेमध्ये आहेत, त्या घेऊन आपल्याला पुढे जायला पाहिजे. हे कठीण आहे. पण आपण त्याचा विचार करायला हवा.

लोकशाहीविषयी आपण पोपटासारखं बोलतो. A Government of the people, by the people for the people. MP, MLA, कॉर्पोरेशनचे मेम्बर निवडले की आपले काम झाले असे आपण मानतो. त्यांनी काम सांभाळलं नाही तर आपण काय करतो? बोंबाबोंब! स्वातंत्र्य मिळवितांना आपण सत्याग्रह केला होता, तेच शस्त्र आपण आताही वापरतो. हे शेवटचं शस्त्र असते. पण सत्याग्रह इतका जबरदस्त करतात की कुठलीही नीति त्यापुढे टिकूच शकत नाही. तात्पुरतं सत्याग्रह करणाऱ्यालाच मानलं जातं पण पुढे सगळं मग चुकतंच जातं.

सध्या टेक्नॉलॉजीचं युग आहे. टेक्नॉलॉजी आपलं जीवन सुरळीत करते पण हे खरं का? मी बघते की यामुळे न समजून घेता आपण त्यावर इतकं विसंबतोय की जीवन कठीण होतंय. पूर्वी बँकेमध्ये साधा कारकून जे प्रश्न सोडवू शकत होता, ते आता ऑफिसरला पण जमत नाही. कॉम्प्युटर सिस्टम बंद पडली की सगळ्यांची कामं ठप्प होतात! टेक्नॉलॉजी आली आहे पण त्या जोडीने जे शिक्षण कर्मचाऱ्यांना द्यायला हवं

होतं ते दिलं गेलं नाही. Technology मुळे ज्या प्रमाणावर प्रगती होत आहे त्या प्रमाणावर आपल्या human capacities प्रगत होत नाहीत!

माझ्या पूर्वीच्या मुद्यावर मी पुन्हा येतोय! आपल्याला सर्वांना आज जे काही चाललय त्याचा कंटाळा आलाय. पण आपणही काही गोष्टी करायला हव्यात. पहिलं म्हणजे आपण जिथे काम करतो तिथली यंत्रणा का चालत नाही? पैसे देऊन काम करून घेऊ शकतो. पण करायचं नाही. एकटं माणूस भांडू शकत नाही. संघटना करून झगडायला पाहिजे. आता या स्त्रिया Social Work करताहेत. त्याचा सुद्धा संदर्भ आज बदलत चाललाय. समाजकार्य पूर्वी रमाबाई रानडेंच्या काळात स्त्रीमुक्ती होतं पण आता बदललं आहे. त्यामुळे तुमच्यासारखा प्रगत समाज आणि १०० वर्षे पूर्ण झालेली असोसिएशन यांनी या दिशेने पावले उचलली पाहिजेत.

स्त्री शक्ती ही नेहमी देवी दुर्गेच्या अवतारात दाखवली जाते. पण स्त्रीमध्ये जे माधुर्य, गोडवा आहे, सिक्स्थ सेन्स आहे व मल्टिटार्किंग करण्याची शक्ती आहे ती वापरून स्त्री बरेच काही करू शकते जे पुरुषाला साध्य होत नाही. तेव्हा हे सगळे वापरून समाजात, राजकारणात बदल आणायला हवाच असे मला वाटते.

आज तुमच्याकडे येऊन व तुम्हा सर्वांशी बोलून खूप बरे वाटले. धन्यवाद!

Vote of Thanks by Mrs. Radhika Trasi

Respected Dr. Sumatai Chitnis, Vice President Smt. Geeta Yennemadi, my fellow awardees and distinguished audience. I am here before you to propose a vote of thanks. First of all to Dr. Sumatai Chitnis for sharing her valuable experiences and views with us. Secondly to the Kanara Saraswat Association for giving us this beautiful opportunity. No program is complete without an audience and on behalf of all the awardees I thank the audience and all the distinguished people who are here today.

Thank you.

आजच्या कार्यक्रमाची येथे सांगता झाली. सर्वांना विनंती की त्यांनी अल्पोपहार घेऊनच आम्हांला उपकृत करावे. धन्यवाद!

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Applications are invited for:-

- Pursuit of higher education (post graduation) in the field of science, mathematics, medicine, earth / life sciences or any other specialized field.
- Medical assistance for major surgery.

Applications should be addressed to The Chairman, Talmaki Health & Education Society, so as to reach us by July 31, 2012.

Applications should be supported by necessary documents relevant to the claim to enable easy and accurate assessment of requirement viz:-

- Proof of admission to college
- Relevant mark sheets and certificates
- Doctor's certificate of diagnosis and recommendations for surgery
- Doctor's prescription and other relevant medical and hospital bills

Suresh Hemmady
Chairman

From Fullness to Fullness : Lalita Ubhayaker - A Homage

SUSHEELA ULLAL MEHTA

Lalita Ubhayaker was born to Shri Sundar Rao Ullal, a leading advocate of Mangalore and Smt. Parvati Bai Ullal, one of the most gentle, cultured, and enlightened personalities of her times, also an accomplished musician who was the first teacher of her daughter. My grandmother would often tell us that when Lalita was born, she resembled a pink lotus - she appeared as the embodiment of beauty and purity. She had a happy childhood in Mangalore. She was a source of joy to her parents and was adored by her elder brother Gopinath Ullal and younger brother Srinath Ullal. While still in her teens, she was married into the aristocratic Ubhayaker family, and became the wife of Shri Shivaram Devarao Ubhayaker, son of Shri Devarao Shivaram Ubhayaker, a leading industrialist and noted philanthropist of Bangalore, whose name is still remembered with respect as Dharmaprakash Rao Bahadur.

My father, Shri G. S. Ullal, used to describe his younger sister, Lalita Ubhayaker, whom he affectionately called "Ammu," as a "vision of loveliness". By this he meant, not just her exquisite beauty, but also her inner virtues. My mother, Prema Ullal, who was one of six sisters, used to say, that when she married my father, the constellation was complete. She had found her seventh sister. To my brother Vijay and me, as young children, Akka seemed like a goddess descended from the heavens, with her ethereal beauty, her luminous eyes, sparkling smile and divine voice creating the most wonderful music.

The Children's Hobby Centre, which she used to run above her house, and which enchanted so many children, found its beginnings in a small cottage with a bright orange door, nestling in one corner of their vast property, where an art master was engaged to teach us the wonders of drawing



and painting. Sometimes she would read out poems for us. Even though we could not understand everything, it was a sheer delight to listen to her perfect diction, her voice charged with emotion, savouring every thought and expression of the poet. She taught us to admire the colours of the butterfly, to enjoy the fragrance of flowers, to observe the flight of the singing birds, to protect the nests that sparrows would build inside the lamp shades that have long since been replaced by grand

chandeliers.

When we pause for a moment to ponder over the remarkable achievements of Lalita Ubhayaker, it appears almost impossible for a single person to have soared to such heights. A brief flashback drawn from what my parents have told me and what I have seen and remember. Going back to the 50's and 60's, my parents said that she was one of the youngest Corporators to be elected to the then Bangalore Municipal Corporation, along with her husband. Her service minded nature pulled her into organisations like the Social Service Volunteers (SSV), Child Welfare Council, Seva Sadan – an orphanage in Malleswaram started by Smt. Raji Bai Shivrao Surkund and the Cauvery Handicrafts Emporium.

My parents spoke highly of her theatrical talents, when she would take lead roles in Sanskrit and English plays. Her organisational skills and artistry were recognised by none other than the Grand Matriarch of our Indian Craft Heritage – Smt. Kamaladevi Chattopadhyaya, (Kamalpachi), under whose guidance, she became the Founder Chairperson of the Crafts Council of Karnataka. During her tenure, she held numerous exhibitions, workshops on textiles, basketery, metalcraft, mat weaving, and pottery, instituted awards and scholarships for deserving artisans, and was the driving force behind

the founding of the Venkatachalam Memorial Committee to commemorate the achievements of that great art historian. One of her extraordinary achievements was holding the hand crafted doll exhibition depicting scenes from Indian history, from prehistoric times till Independence. People were so fascinated that there were long serpentine queues to view the exhibition that had to be then extended.

I have also been told that she would organize mammoth events at the Kantheerva Stadium and on one such occasion, she brought before the public a child prodigy, who is today the famous Gottuvadyam player – Vidwan Ravi Kiran. In the 80's there was this unique 3 day workshop on the Gita Govinda at the Bharatiya Vidya Bhavan, Bangalore, where poets, scholars, philosophers, musicians and dancers from all over came and participated.

A musician par excellence, as a child, she became the disciple of Pandit Chidanand Nagarkar, one of the maestros of the Agra Gharana. When she came to Bangalore, she was under the tutelage of Pandit Ram Rao Naik, another doyen of this Gharana, and also had the good fortune of learning the Dhrupad Bani from the legendary Dagar Bandhu. The credit of introducing artistes like Pandit Ravi Shankar, Ustad Ali Akbar Khan, Dagar Bandhu and many more to the audience of Bangalore goes to her. She spared no effort in encouraging young talent as well. Her first concert tour was to the USSR, with the delegation sent by the then Prime Minister, Pandit Jawaharlal Nehru. My dance Guru Adyar K. Lakshman, who was a part of this troupe, has often recalled her glorious performances. Her music has been a source of inspiration not only to me but to many others. Later, she traveled to Europe and USA. Her audio CD's are a reflection of her unique style of singing, characterised by the grandeur of the Agra Gayaki pulsating with her exuberant creativity. A "Top Grade" artiste of All India Radio, she was featured in National Programmes, Sangeet Sammelans and most of the major music festivals of the country. She was the recipient of prestigious honours, like the Karnataka Rajyotsava Award, Ganakalashri from the Karnataka Ganakala

Parishath, Karnataka Kalatilaka from the Karnataka Sangeeta Nrithya Academy and a citation from the Bangalore Gayana Samaj, to mention a few.

Her Guru Bhakti was reflected on many an occasion, but the most striking was when she organized a three day music festival in the early 70's to celebrate the 60th birthday of our Guruji, Pandit Ram Rao Naik, when stalwarts of the Agra Gharana from all over the country, gathered at the Canara Bank Auditorium, Bangalore, in response to her invitation. What a marvelous, unforgettable Goud Malhar she rendered, replete with the traditional Nom Tom Alaap! A two wheeler known as the Suvega, was presented to Guruji, who hitherto would go cycling from house to house to give tuitions.

There was a deep underlying spirituality to her. She had studied the sacred texts and had imbibed their essence. She was one of the first disciples of Swami Iswarananda Giriji Maharaj, when he set foot on the soil of Bangalore. She also had deep and intense devotion to our Math and Guru Parampara. Her life is exceptional, because she dedicated her energy, her enthusiasm, and her ideas to all sections of society. She touched and transformed the lives of young ones and senior citizens alike. Time was her God, Work her Worship. Every single minute was utilised, every moment cherished. With the passing away of her son, Devnandan Ubhayaker, she started the Devnandan Ubhayaker Yuva Sangeet Utsav to provide a platform for young budding musical talent of the country. The Utsav completed 25 years in 2011 and has reached a stature of national repute. When she lost her beloved mother, she founded an organization called Ashvasan, to offer solace and strength to the old and lonely. The Smriti Nandan Cultural Centre, is housed in a heritage building that can almost be likened to a temple, where religious and cultural activities are conducted on a regular basis. Till her last breath, she was planning projects for Ashvasan, in collaboration with Bharatiya Vidya Bhavan, Bangalore.

She also wanted to renew the Sanskrit lessons that we both enjoyed and which had got interrupted for the past six months due to her illness. These six

months taught many of us lessons that we can never learn from any book or teacher – humility to accept the will of God, endurance to bear pain, fortitude to face the future. Her sense of humour remained ever vibrant. She continued to show interest in all activities, whether it be her grandson's first steps, or the flowering of fresh blooms in her garden.

Yet, there was an inner withdrawal, which she expressed so appropriately to our Parama Pujya Sadyojat Shankarashram Swamiji, who visited her home and blessed her on the 14th of February 2012, when she said that she is experiencing total fullness, to which He replied, "Let this Fullness expand into Fullness," which is what she did, when she merged into the Ultimate Fullness on Thursday, the 23rd of February, 2012.

Her service to society makes her a Karma Yogi, her music and devotion to the Lord and Guru, a Bhakti Yogi, her deep spiritual insights and contemplation of great truths, a Jnana Yogi. She would often recall with joy that as a child I would repeatedly say that just like Krishna, I too have two mothers. I have lost my second mother in two years.

Ruby Wedding

Girish Amrit Kilpady

Wed

Uma Sadashiv Rao Mundkur

On 30th May 1972



May Ruby Turn to Gold!

Best wishes from
Kilpadys, Mundkurs, Savkurs,
Balsavars, Mograls, Mudbidris,
relatives and friends

How To Worry Efficiently

ARVIND NADKARNI

Arvind Nadkarni, Director, 'The Silent Message', is involved in people development since 1990. An engineer by discipline he also conducts workshops for Schools, Colleges, 'B' Schools and any group of people focussing on communication. He has trained youths from the Chitrapur Yuvadhara group on techniques of Presentations. We present here a summary of a talk he gave at the Mahila Samaj, Gamdevi recently.

WORRY is intermittent or continuous concern for something, leading to stress.

EFFICIENCY is to achieve something with less effort.

Worries interrupt our thinking processes, create emotional disturbances, distort concentration and affect our performance, adversely. And what is more, we tend to fill up our idle time with worries.

Unfortunately, even if we try to prevent or block such "worries", we do not succeed. This is because, at the mental level, the more we resist, the more it persists. And because we are busy most of the time, we do not spend sufficient time in thinking these worries through. The process becomes a vicious spiral. To break this spiral, we can learn to WORRY EFFICIENTLY.

4 steps to follow are :

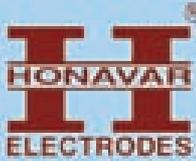
1. Devise worry breaks (like coffee break or lunch break). 30 minutes to start with, then gradually reduce the 'worrying' time
2. Create a master list. List down all worries.
3. Classify and Prioritise them, using the Worry Worksheet and
4. Devise an Action plan.

To help classify our worries, a Worry Worksheet can be devised segregating worries into four parts from most probable & most tedious to least probable, least tedious.

As a result of such a process, 4 things are likely to happen. They are :

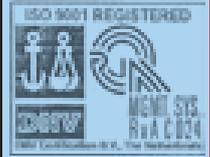
1. putting worries on paper will give relief
2. appropriate action can be taken, which also reduces the worries and negative emotions.
3. we can talk to our worry and tell it to wait for the next worry break
4. apart from reducing negative emotions, it also reduces our tendency to worry.

So, PLEASE WORRY - YET BE HAPPY.



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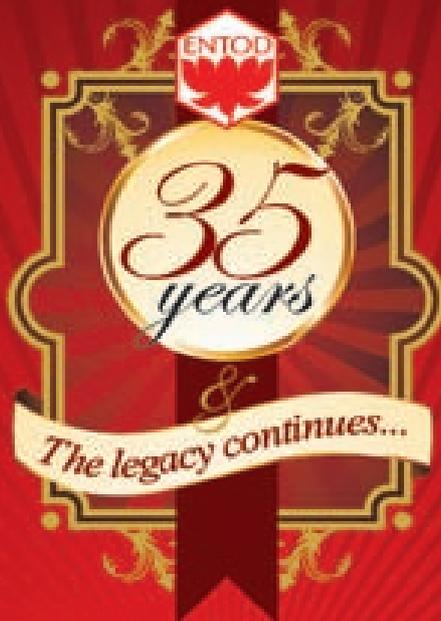
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15th June, 2011

Always in our minds

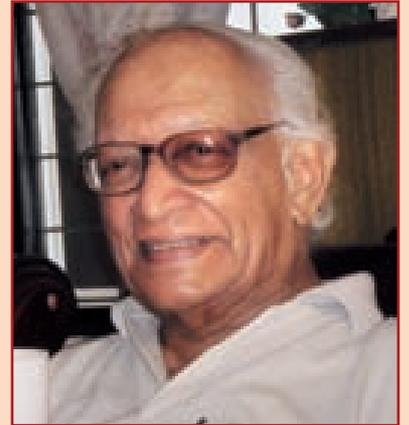
Forever in our hearts.

We miss you.

Gulvadis, Kalles, Bhatkals and all near and dear ones

Resting in God's Garden

God looked around his garden and found an empty place,
He then looked down upon the earth and saw your tired face.
He put his arms around you and lifted you to rest
God's garden must be beautiful He always takes the best.
He knew that you were suffering; He knew you were in pain.
He knew that you would never get well on earth again.
He saw the road was getting rough and
the hills were hard to climb.
So he closed your weary eyelids and whispered,
'Peace be thine'.
It broke our hearts to lose you but you didn't go alone,
For part of us went with you the day God called you home.



Rajaram Rao Ganguli

15.05.1926 – 12.05.2012

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Ashok, Nishath & Leena

Usha, Ganden, Minla & Yuhina

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Treatments for Weight Loss

DR. HEMANGINI HOSKOTE, CONSULTANT NUTRITIONIST, GURGAON

As discussed in the previous article, Diet and Exercise are the cornerstones of treatment for obesity. In this concluding article on overweight and obesity, I will discuss a few other treatment approaches and myths about dietary management of obesity.

Behavior Modification

This relates to the psychology of eating and has to be individualized to the needs of the person. The overweight/obese person's self motivation in achieving weight loss can have a favorable influence on weight loss. Some individuals may be aware of wanting to lose weight but not interested in losing weight. One who is interested is usually ready to learn the task involved and evaluates different options and gives the plan a trial. Some people on the other hand, do not progress beyond the awareness stage and may go on diets but do not get involved in changing their eating habits and lifestyle habits.

Behavior modification is based on the premise that eating is a learned/acquired behavior and the overweight person, regardless of age, may have faulty dietary habits. If these food habits are the cause of the weight gain, then it necessitates correction of the poor habits. This will have a lasting effect on the individual's health and weight status than merely restricting calories for a limited period of time. Effective weight loss and maintenance programs may mean lifelong adherence to good food and lifestyle habits. Maintaining a Food Diary is a very important tool for identifying behavioral practices that call for modification. Behavior modification practices are particularly important in preventing overweight/obesity in children and adolescents. Faulty food and lifestyle habits in adulthood can be traced to childhood and are difficult to correct.

Psychotherapy

It is used for both individual and group treatment programs. An important result from

psychotherapy is the encouragement of a change in attitude towards obesity if weight reduction is not going to be possible. It helps overweight/obese people to feel better about themselves and improve their self-esteem despite their obesity. Improving their morale can be a great achievement of psychotherapy. This in turn, may eventually motivate them to change their eating/lifestyle habits to facilitate weight loss.

Medications

A plethora of drugs and medications, including over-the-counter and homeopathic and ayurvedic medications are freely available. While most of them do reduce appetite and facilitate weight loss, their effectiveness appears to decrease with time. More importantly, one needs to be cautious of such drugs/powders as they contain chemicals which can have deleterious side-effects in the long run. These appetite suppressing drugs are by no means the solution to weight loss. They may help in the initial period of the program by suppressing weight loss. But a big word of caution: Don't fall prey to the charms of marketing and advertising agencies... please check with your medical practitioner before using any medications, even if it is touted to be alternative medicine and therefore harmless.

Surgery

Surgery is gaining wide acceptance as a treatment option for obesity. However, surgery is used as last option for the very obese (referred to as morbidly obese) individuals. Surgery in obesity can either involve removal of the excess fat (adipose tissue) or gastric bypass (surgically stapling the stomach) or intestinal bypass (bypassing most of the intestine and hence reducing the absorption of nutrients). Weight losses are substantial and the heavier the patient, greater is the weight loss. However, there are a number of complications that can arise due to surgery. A number of advertisements in leading newspapers talk of quick weight loss surgical options. Most of these are spurious and

can cause unwanted side-effects and mental agony. If an individual is considering this option, my advice would be to approach a reputed, reliable medical institution/hospital/bariatric surgeon. Such institutions/surgeons won't promise quick weight loss or celebrity endorsements.

5 Myths of Weight Loss and Diets

Myth 1: *Skipping meals is a good way to lose weight*

Fact: Skipping meals, particularly breakfast is the one of the unhealthiest way of losing weight. Research studies have consistently shown that people who skip breakfast or other meals are heavier than those who eat breakfast and/or other meals. This may be because people who skip breakfast tend to overeat at other meals or snack more often. Alternatively, it is possible that people who eat regular, small meals are better able to control their appetite.

Myth 2: *Dieting means eating insipid/tasteless/boiled food.*

Fact: Unless the person has problems of hyperacidity or other gastric problems, there is no reason why people need to eat tasteless food. Food for weight loss programs can be made as tasty and appealing as for a regular diet. It may mean using a different/alternative method of cooking if the original recipe calls for deep-frying or excessive amount of oil/fat/sugar. A good alternative is to use microwave-cooking or steaming/ steam-cooking as in making our upkari/talasanis.

Myth 3: *Fad Diets work for permanent weight loss*

Fact: Fad diets and diets which permit you to eat only certain foods are not the best way to lose weight and keep off the weight. You may initially lose some weight, often from loss of body water. But diets that limit calories strictly or delete certain foods are difficult to follow for extended periods of time. People often tire of them and regain any lost weight. Furthermore, such diets are unhealthy as such diets do not provide all the nutrients that the body needs. Fad diets which promise more than 5 kg weight loss/month can cause serious side-effects. A safe weight loss program is one which results in

2-4 kgs weight loss/month.

Myth 4: *Milk and other Dairy products are fattening and must be avoided.*

Fact: Low-Fat or Skim milk are healthier options to whole-fat milk and products made from them (such as curds, paneer, cheese). Milk and milk products are essential in our diets as they provide proteins, calcium, and other nutrients. Some products such as cheese are high in fat; paneer (particularly made from toned milk) is a healthier substitute.

Myth 5: *Low-fat or Fat-free means no calories*

Fact: A Low-Fat or Fat-free product may contain few calories lesser than the same-size portion of the full-fat product. But many processed low-fat or fat-free products may contain as many calories or even more than the full-fat versions. This is because the low-fat version may have more sugar, starch thickeners, flour, etc to improve the flavor and texture after the fat is removed. It is useful to read the Nutrition Information Labels to understand the nutrient and caloric content of the product.

Prevention of Obesity

The real hope for 'curing' obesity probably lies in prevention of this problem. Attempting to lose weight after obesity has developed is akin to walking up-hill. Efforts for prevention need to begin in childhood. A few strategies that everyone in the family/community can initiate/inculcate include:

- Early identification of obesity by careful monitoring of height, weight in children and adults.
- Early identification of faulty eating habits that can contribute to obesity and taking corrective action
- Careful monitoring of the diets of preschool and school going children to ensure that it does not contain excessive amounts of fried foods/sweets/sugar/calories
- Encouraging children to participate in regular aerobic/physical activity/games.

Medicine 2020

DR. ASHOK BALSEKAR, MUMBAI

When we were in KG & Primary school, we were very scared of doctors, because doctors in those days were synonymous with injections and bitter mixtures. Bitter mixture was much preferable and a lesser threat than the injection but was only a slightly better choice if given. But Medicine is a dynamic science and is evolving faster than Mumbai's rickshaw meter. Injections, Tablets and Bitter Medicines will soon become passé. Dermal Patches, Sublingual tablets, Inhalers will become more a norm than an exception.

Quality of life is a mantra of the day, along with longevity of life. Diabetics will be able to indulge in eating and heart patients will be able to enjoy their daily workout under supervision. All this evolution has occurred because of newer medicines and techniques of administering these newer medicines to reach the target organs, and in the minimal required dose. For example, a medicine called Salbutamol was required to be taken by asthmatics in a tablet or syrup form, in a dose of 4mg, 3 times a day, Now with the introduction of inhalers with a spacer device or Rotacaps - Capsules which contain a few grains of powder that has to be inhaled with a device called rotahaler – a patient will need only 400ug (micrograms) i.e 1/10th of a dose if taken in a tab / syrup form. The medicine will reach the target organ that is the windpipe and its branches, faster. And the relief is dramatic. As fast as, if not faster, than an injection.

We are all used to seeing old Hindi movies where in the heroine's father gets a chest pain after knowing of her affair with the hero, and gets relief after putting a tablet in the mouth. This is the “sublingual” route of giving the medicine. Here the tablet is kept under the tongue. The medicine gets absorbed in the blood very fast due to copious blood supply in this part of the mouth. And so, the effect is also instantaneous. Nowadays, many other medicines are also preferred to be

given by the “sublingual” route, especially when the patient is continuously vomiting and cannot retain anything. Previously, the only way to administer medicines to stop vomiting in such a case would have been by injection. Now with this innovation, doctors can “by-pass” the stomach which is throwing up everything and reach the target organ i. e. vomiting centre in the brain.

Dermal patches – patches of medicated, self adhesive papers, which can be stuck on the skin after removing a covering paper, just like Band-Aids – are used for convenience, speed and also when the medicine needs to be protected from stomach juices which can destroy the efficacy of the medicine. Nicotine patches used for de-addiction treatment of tobacco and Nitroglycerine or similar patches used for heart disease, are some examples.

Insulin dependent diabetics can look forward to a better QOL (quality of Life) with the invention of an “Insulin Pump”. Now patients take insulin injection once or twice a day, as advised by the physician, just before meals. It is given as a mixture of immediately acting type (which will act to keep the blood sugar under control, immediately after the meal) and slow acting type (which will act to keep blood sugar under control, later, throughout the day and night) But still it is not physiological and cannot mimic insulin levels of a non diabetic person. In a non diabetic person, insulin levels fluctuate according to the need of the body and blood sugar level and blood sugar levels fluctuate depending on what type of meal one has had. If we indulge in high calorie foods like sweets and fried items, sugar level go high. If we stick to salads and soups, levels behave themselves. The Insulin pump is sensitive to the blood sugar levels and pumps in only required amount of insulin, that too painlessly!

Nano – technology, Bio-technology and Genetic Engineering have put medical science in a

fast forward mode. Nano – medicine - smart - drugs contains nano-particles of the drugs. Nanogramme is one thousandth of microgram. These nano particles of drugs are also endowed with properties of “Targetted Drug Delivery”. So the drug reaches the targeted cells, the sick cells, which need the drugs. Healthy cells are spared the effect of the drugs. As a result, only a smallest required quantity of drug needs to be injected in patients, which will act on the sick cells only, and no side effects! Because healthy cells remain unaffected!

Subcutaneous implants are another innovative invention. A small chip is implanted under the skin. That chip will release the medicine in the blood on a continuous basis. Patients who need small doses of steroids on long term basis (e.g. In chronic lung disease or a type of arthritis of young people) will benefit from this. This is an improvement on a “Pacemaker” implant which is of a size of a matchbox, implanted under the skin of patients with low heart rate.

Genetic therapy and stem cell research will be a revolutionary evolution in Medicine. Genetic diseases or hereditary disease like diabetes, blood

pressure will be nipped in the bud (literally). They will be treated in an unborn child by changing the genetic map of a chromosome. Some diseases which are due to defective genes, like Down’s Syndrome (Non-Medical people call it – Mongolism) and some type of blood cancers, anemia, Thallessemia all of which have no treatment, will be treated in future, before genetic map of the child is still being created in the womb.

Stem cell research will help us to form different organs from the patient’s own cells. And patients who need liver or kidney transplant will receive that organ made from his own cells.

It is all very fascinating and frightening at the same time. Are we trying to play God and interfere in HIS designs? Well, the human being is God’s ultimate creation! And the brain that is required for all this research and development is also given by God Himself! So, HE certainly has some purpose behind this progress. As long as we don’t create a Frankenstein, we are on a right path. What matters is How well we live, not How long!

The Keyword is QOL – Quality Of Life!



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The joy of growing old!

(An interactive session at Andheri Sabha)

KULDEEP KALAWAR

The slogan seems contradictory! Joy and old age don't seem to vibrate with each other. Growing old is perceived traumatic because we associate it with problems. Let us analyze this perception.

In Sanskrit grammar a sentence is broken into its constituents to decipher its deeper meaning.

Joy, grow, old – are three key words of the sentence which refers to a human being.

Joy : Relates to spirit which scriptures describe as “Sat, Chit, Ananda” and is eternal.

Grow Old : Decay – Relates to matter where all things decay with time.

Light is an integral part of the sun and cannot be separated from it. Similarly Joy is an integral part of spirit and cannot be separated from it. **If I am Spirit (atman) then - Joy is ever present in me!!**

If it is within me why am I unable to experience and enjoy it?

In monsoons dark clouds cover the sun creating an impression that it is dusk. A knowledgeable person aware that the sun is shining behind the dark clouds will confidently steer himself through the darkness into brilliant sunlight. Similarly we can steer ourselves through the dark clouds of old age into the sunlight of atman. How do clouds form in our lives and why do they accumulate? How can we connect with joy within? **By recognizing and accepting that I am not body but spirit!**

What is average age of this gathering? 55/60 years. How many own a car? How old is your car– 5 years? Can I say you are 5 years old? Why? **BECAUSE I OWN THE CAR BUT I AM NOT THE CAR!** The car is a facility I acquired to assist me achieve my goal! Similarly this body is a facility I acquired to assist me achieve my goals. I own the body BUT I am not this body.

The car started depreciating (ageing) from the time it left the factory. Similarly body starts depreciating (ageing) from the day we are born. If I think I am this body I will be a victim of depreciation (ageing). All things connected with body are impermanent and subject to the vagaries of nature and time. Example: Beauty, Designation,

Wealth, relationships etc. Many people are unable to accept the effects of time and get severely depressed.

How do I ensure I can experience the joy of spirit? First by reducing focus on the body and second by shifting focus to spirit!

Reduce focus on the body : (1) Give your body as much importance as the car! (2) Maintain the body (car) and keep it fit so it serves you well.

Shift focus to spirit : All aspects connected with spirit are Real, Everlasting and never vary with time. In fact they grow when shared! Values like truth, love, gratitude, compassion, joy, forgiveness, charity are eternal. They are always replenished because they emerge from a never ending source – The LORD Himself! The more you share the more you get!!!

You may think “This is all theory – how do I actually implement this and get joy in life?”

You don't need to do any thing!! Joy is within you! You only need to understand what prevents joy from emerging, remove it and recapture the joy of spirit. Let us analyze

What was the most joyous period of life? Undoubtedly childhood! What made it so joyous?

(1) No major responsibility except to our self and parents i.e.: keep healthy and out of trouble.

(2) Not bound to schedules e.g.: catch 8.10 train/reach office at 9am etc.

(3) Always had some plan for the day which made us enthusiastic and burst with energy

(4) We trusted elders to give us 100% unqualified support.

The exuberance that emanates from our inner spirit (atman) drove us in our youth. **The goal was internal satisfaction and the body was the vehicle to achieve it.** Let us examine how this worked.

Remember your first job! We strived for internal satisfaction (characteristic of spirit). This striving manifested as curiosity and enthusiasm fired us up to an extent we lived, dreamt and thought about our task even in sleep! (Remember that slogan think cricket...). **Internal satisfaction was the prime motivation.**

Then came grahastashram and its demands added to demands of the office. We began to focus on external circumstances to satisfy these demands e.g.: Money, designation, recognition etc. **The external world dominated our life and time.**

Suddenly we find ourselves bereft. **The external world which dominated our life does not exist anymore!** The company we served has bid us farewell. Our children are married and busy with their families. We feel unwanted and depressed. !!! **Joy under these circumstances! Is it possible? Yes! Joy (integral with spirit) is within us. We experienced it in childhood. Can we not reclaim it?**

What has changed?

(1) No major responsibility except to our self.

– **Applicable now**

(2) Not bound to schedules (catch 8.10 train etc.). – **Applicable now**

(3) Always had a goal which made us enthusiastic. – need to plan

(4) We trusted elders to give us 100% unqualified support. – need to understand.

No 1 and no 2 no longer dominate our life! Is it a curse or a blessing? (Every working woman will remember her dilemma when she had to leave her sick child to go to work).

But what to do with no 3 and 4 ?

1. Set goals where inner satisfaction is prime. Remove negative thoughts and allow spirit to shine!

2. Achieve goals by reducing dependence on body and using mind more!

3. Accept elder's status and trust the Lord. (I do my part by keeping my mind clean and body fit; He does HIS by taking care of me!).

1. Set goals!

Dream! They don't cost money!!! Have a goal! It keeps you alive! In youth we burst with positivity- It still pours out constantly. How to recognize this? Observe yourself! You still love doing a lot of things. Music, Reading, Eating, Cooking, Entertaining, Gossiping, Picnicking, social gatherings, holidaying etc. No dearth of things you love to do!

2. Achieve goals by reducing dependence on body and using mind more

Notice how modern generation uses modern technology e.g.: face book to gossip!!! They have become couch potatoes! Why can't we! Use more mind than body!

3. Acknowledge body has aged. Reduce / remove physical tasks

Are we to abandon this car (body) just because it has become old? We can't – it is not in our hands.

So what to do? Accept the body has aged and change lifestyle e.g.: Accept inability to digest things you loved as a youth and reduce them. Reduce physical outings and focus more on internally satisfying activity.

4. Accept we are elders.

Earlier we leaned on our elders. Now others lean on us! Whom do we lean on? Who took care when we were in the womb – God! Why distrust him now: Remember Twameva matacha pita twameva.

Remove negative clouds:

Past memories prevent you from enjoying the present moment

Do you laugh as spontaneously the second time at a joke? The third time it would not even affect us. We accept this as normal behavior But we forget this when we recollect past experiences. Our refusal to shed past (especially hurtful) experiences leave heavy clouds in our mind. They prevent us from enjoying the present moment! Why not remember joyful ones?

False Sense of duty!

Many old people impose upon themselves a false sense of obligation. A woman out of love agreed to look after her two small grandchildren since both daughter in law and son went to work. She did this for several years (even after they went to college!) She became bitter and would complain to her friends but refused to tell her son and daughter in law due to a misplaced sense of duty.

Simplify your life -Stop insisting start living!

Some elders are fastidious and get easily upset when tasks are not done. An old lady's house is a veritable museum of art. She insists on each artifact being dusted daily and gets upset every time the hired help absents herself. She refuses to warehouse her treasures and insists on displaying them. She is never at peace and mostly in a foul mood. The ability to accept situations and modify life style is important. Simplify your life. Cut out unessential activities. Peace of mind is the prime goal in old age. Everything else is unimportant!!!

“Satyameva Jayate”

DR. CHAITANYA S GULVADY

Geervana Pratishtha will be presenting a series of articles about the Samskrit logos of organisations both governmental & others, in order to propogate the importance and glory of our Deva Bhasha “Samskrit”. We begin with the National Motto “Satyameva Jayate”

“Satyameva Jayate” (satyam-eva jayate “सत्यमेव जयते”; meaning “Truth Stands Invincible”) has been derived from the Mantra 3.1.6 of the Mundaka Upanishad. Upon Independence of India, it was adopted as the national motto of India. It is inscribed at the base of the national emblem. The emblem and motto are inscribed on one side of all Indian currency. The full mantra is as follows:

सत्यमेव जयते नानृतम् सत्येन पन्था विततो देवयानः।
येनाक्रमन्त्यृषयो ह्यात्मकामो यत्र तत् सत्यस्य परमं विधानम् ॥
satyameva jayate nánrtam satyena pánth
vitato devayanah ।

yenákramantyrsayo hyátmakámá yatra tat
satyasya paramam nidhánam ॥

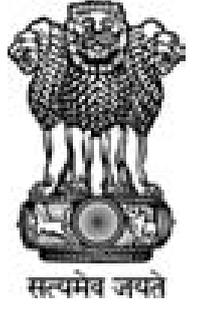
Meaning : Truth alone triumphs; not falsehood,
Through truth the divine path is spread out by
which the sages whose desires have been completely

fulfilled, reach where that supreme
treasure of Truth resides.

Practice of truth is one of the
foremost Sadhanas for the purpose
of Self-realisation. Practice of Truth,
Penance, Brahmacharya and the acquirement of
correct knowledge are the practices that bestow
strength on the aspirant—physical, mental, moral,
intellectual and spiritual strength; and an aspirant
endowed with this strength alone can reach
the Goal—not a weakling, says the Mundaka
Upanishad.

The holy Sadgurus of Shri Chitrapur Math
Guru Parampara have always ceaselessly strived
to teach and inculcate these principles and values
to all the Sadhakas. Through the medium of the
Mantra Deeksha, the Guru has always stressed on
the importance of Japa to reach the Supreme Goal.
Let us all practice this Guru Upadesha and follow
our Guru on this holy path.

Ref: 1) Wikipedia 2) Mundaka Upanishad
–by Swami Sivananda, The Divine Life Society,
Hrishikesh.



आठवणींच्या गंधकोषी...

एका लग्नाची गोष्ट

मीराबाई माविनकुर्वे, मुंबई

सध्या ‘एका लग्नाची दुसरी गोष्ट’ ही मालिका झी-
मराठीवर चालली आहे. त्याची जाहिरात ऐकून मलाही वाटले
माझ्या लग्नाची गोष्ट लिहिली तर?

चित्रापूर सारस्वत समाज तसा छोटाच. कर्नाटकांत,
गोव्यात, खेड्यापाड्यांत कुटुंबे विखुरलेली होती. नोकरीसाठी
मुंबई, बेंगळूर येथे खेड्यातले तरुण जाऊ लागले होते. तिथे
स्थायिकही होत होते. आणि हा सर्व समाज चित्रापूर मठाच्या
एका छत्राखाली प्रेमाने व भक्तीने नांदत होता. परंतु मठावर बिकट
आर्थिक परिस्थिती ओढवली व वर्षानुवर्षे चालत असलेला
रथोत्सव १९३९ पासून बंद करायचे ठरले.

१९३८च्या एप्रिलमध्ये शेवटचा रथोत्सव हे कळल्यावर
सर्वांची पाऊले शिरालीच्या वाटेला लागली. माझी परीक्षा संपून
मी व माझा छोटा भाऊ शिरालीला मावशीकडे, सीताक्काकडे
गेले. माझी आक्काही (मोठी बहीण) मोठ्या गावाला घेऊन
शिरालीला आली. सीताक्काकडे तिच्या मुलांचा, आमचा असा
मोठा गोतावळा जमला होता.

माझ्या वडिलांना फिरतीची नोकरी, तेही अगदी
खेड्यापाड्यात बदली व्हायची. त्यामुळे माझ्या शिक्षणाची पार
वाट लागली, कधी कानडी शाळेत तर कधी मराठी. तशातच
आई स्वर्गवासी झाल्यामुळे म्हाताऱ्या आजीवर आमचा भार

असायचा. त्यामुळे आवड असून देखील शिक्षण मनाप्रमाणे घेता येत नव्हते. असो.

रथोत्सव मजेत पार पडला. घोरोघरी आलेले पाहुणे आपापल्या गावी जायला निघाले. आक्काही मुंबईला जाण्याची तयारी करू लागली. मुंबईला जायच्या बोटी बंद होणार म्हणून सर्वांची घाई.

तशांतच एक दिवस संध्याकाळी एक भारदस्त, मिशीवाले गृहस्थ सीताक्काकडे आले. “यां आपमाम.” त्यांचे स्वागत झाले. सीताक्काला ते म्हणाले, शांती मुंबईला चालली ना? माझा मुलगा आणि तीन-चार ब्रह्मचारी मुंबईला एका खोलीत राहतात. त्यांचा स्वयंपाक स्वतः करून घेतात. त्यांना एक ‘तोपांचा दाळ’ (भांडी) पाठवायचा आहे. ती नेईल का?” सीताक्का हंसत म्हणाली, “तिच्या बहिणीला, या मीरेला, सून करून घेणार असलात तर अवश्य नेईल.” मी बाजूला वाचत बसले होते. माझ्याकडे एक हृष्टिक्षेप टाकत ते म्हणाले, “हो, चालेल की! तिची कुंडली दे बघू माझ्याकडे.” त्यांचे घर जवळच होते. दोन्ही कुंडल्या घेऊन ते मठात गेले. आणि त्याच दिवशी संध्याकाळी तोपांचा दाळही घेऊन आले. जणू लग्न ठरल्याची पावतीच! म्हणाले, “पत्रिका चांगली जुळते. शुभस्य शीघ्रम. १९ मेचा मुहूर्त आहे. मी कळवतो मुंबईला.” “आपमाम, तुमच्या मुलाची पसंती पाहायला नको का?” आक्काने विचारले. “माझ्या बोलण्याबाहेर नाही तो. तुम्ही लागा तयारीला.” आक्काने चाचरत विचारले, “मामा देण्याघेण्याबद्दल...” “नाही, नाही, देणंघेणं वगैरे काही नको. फक्त चार दिवस वरपक्षाची नीट सरबराई करून लग्न साग्रसंगीत पार पडले की झाले.” ते म्हणाले.

आमचा परतीचा प्रवास पुढे ढकलला गेला. सीताक्काची आणि माझ्या आक्काची धावपळ सुरू झाली. वडिल नेहमी फिरतीवर असत. त्यांना कळवले. आमच्या आधारभूत असलेल्या आत्याला, बेळगांवच्या राधाक्काला, कळविले. तिने लगेच बांगड्या व मंगळसूत्राची तयारी केली. मामा, मावश्या, बहिणी सर्वांनी साड्या व नवीन कपडे घेतले. सीताक्काच्या अंगणात साफसफाई करून मांडव घालण्याची तयारी सुरू झाली.

मी परकरी मीरा आता साडी सावरू लागले. भावाचे लग्न ठरल्याची बातमी ऐकल्यापासून जवळच राहणारी माझी नणंद कुमुद (त्यावेळी १० वर्षांची पोर) सारखी माझ्या मागेमागे फिरू लागली. कधी बाजारांत तर कधी पंचवटीवर फिरायला येऊ लागली.

ह्यांची नातलगांसह मुंबईहून आगमनाची बातमा समजली.

लग्नाचे विधी चार दिवस चालले होते. पहिल्या दिवशी “इंद्रगळसुणी” वाजंत्रीच्या आवाजात नवऱ्यामुलाचे आगमन झाले. त्यांच्या स्वागताचे सोपस्कार जाले. चार दिवस सकाळ-संध्याकाळ वाजंत्री त्यांच्याकडे जाऊन त्यांना मिरवणुकीत घेऊन यायचे. दुसऱ्या दिवशी “उडदा मुहूर्त”, हळद वगैरे. लग्न पार पडले. घरभरणी झाली. चौतंदनाची मजाही झाली. नवऱ्या मुलीसारखे कपडे व दागिने घालून एका मुलाला सजविले जायचे. नवऱ्या मुलीला व त्या तोतयाला वेगवेगळ्या खोलीत लपविले जायचे. आणि नवरदेवाने नवरी शोधून हात धरून आणायची!

घरभरणीनंतर मठांत जाऊन देवदर्शन घेऊन आसपासच्या देवळांत जोडीने जाऊन पाया पडून आशीर्वाद घ्यायचा ही प्रथा. त्याप्रमाणे आम्हाला कुटुंबियांसमवेत श्रीगुरुमठांत नेले. तिथे श्रीभवानीशंकराचे व सर्व समाधींचे दर्शन घेऊन बाहेर आलो तर काय? आमच्यासाठी पालखी फुलांनी सजवून ठेवली होती! आम्हा दोघांना पालखीत बसवून सर्व देवदर्शन करविले. त्यावेळी मामंजींचा उत्साह अगदी ओसंडून वाहत होता.

लग्नानंतर मी सासरी आले. सासूबाई, दोन दीर, तीन नणंदा यांची ओळख झाली होतीच. घरातील वातावरण छान होते. मामंजींचा धाक होता पण त्यांचे सर्व गोष्टींकडे लक्ष असायचे. लग्नासाठी आलेले चुलतदीर, आतेबहिण वगैरे सर्वांचे मेतकूट चांगले जमले होते. माविनकुर्वे गोपाळदादा (त्यावेळी १०-११ वर्षांचे असतील) हे माझे चुलतदीर. मुंबईला परतायच्या आधी आम्ही मल्लापूर गुरुमठांत गेले. तेव्हा कुमठ्याला जाऊन तेथून शेतांतून चालत जावे लागे. हे आणि माझे मामंजी तुरुतुरु पुढे चालत गेले. मागून मी, माझी आतेनणंद रत्नी (कलबाग) व गोपाळ जात होतो. त्याने केलेल्या नकला, विनोद व नाटकांतील संवाद ऐकत हसतहसत जातांना चालण्याचे श्रम जाणवलेच नाहीत.

मल्लापूरला जाऊन आल्यानंतर मात्र मुंबईला जाण्याचे वेध लागले. तेथून बेळगांवला राधाक्काकडे जाऊन हे पुढे आले. मी मागाहून माझ्या वडिलांबरोबर मुंबईला पोचले व संसार सुरू झाला. मामंजीही रिटायर झाल्यानंतर माविनकुर्वेला स्थायिक झाले. दरवर्षी मुलांना घेऊन आम्ही गावाला जात असू. तेव्हा त्यांचा उत्साह तरुणांनाही लाजवेल असा असे. गावचा मेवा - शहाळी, काकवी वगैरे तयार ठेवीत. माझ्या मोठ्या दोन्ही मुलांची मुंजही तिथे थाटात साजरी झाली. सासूबाई ही प्रेमळ, सावत्र असूनही त्यांनी कधी सख्खे-सावत्र असा भेद केला नाही. आम्ही परत मुंबईला निघालो की दोघांच्याही डोळ्यांत पाणी येई.

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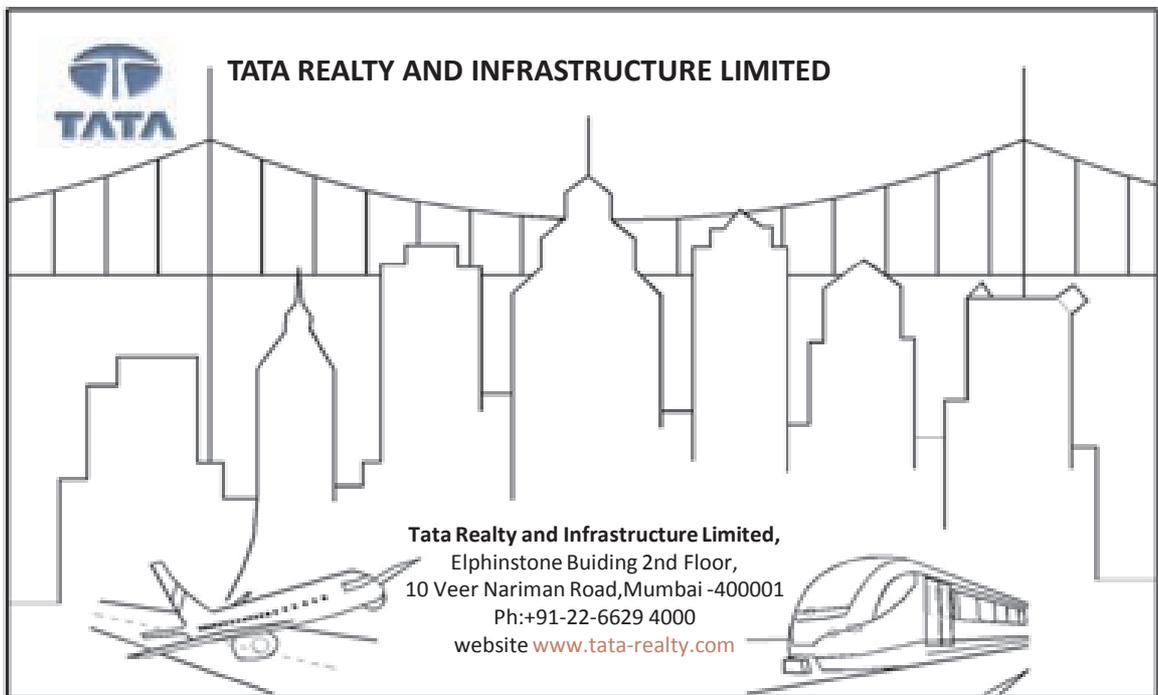
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रेखा राव (कावळ), मुंबई

आपल्या मुंबईच्या घरात स्वच्छ, ताजी मोकळी हवा, भरपूर उजेड फार कमी जणांच्या वाट्याला येतो. कारण आजूबाजूच इमारतींचं जंगल! त्यामुळे खिडकीतून दिसणाऱ्या आकाशाच्या तुकड्यावर व अधूनमधून येणाऱ्या वाऱ्याच्या झुळुकेवर समाधान मानावं लागत. त्यातून माझ्यासारखी गुडघेदुखीने त्रस्त असलेली बाई वरच्या मजल्यावर राहात असेल तर खिडकी हे एकच निसर्गाचं अवलोकन करण्याचं साधन. डॉक्टरांनी जिने चढ-उतर करण्याची परवानगी नाकारली तरी वॉक भरपूर करा अशी सूचना दिलीय. त्यामुळे सकाळी सहा व संध्याकाळी सहाचा 'वॉक' घरातच होतो. वॉक घेता घेता थोडीशी ताजी हवा व बाहेरच्या हिरव्या झाडाचं दर्शन व्हावं म्हणून मी अधूनमधून खिडकीजवळ क्षणभर थांबून एक खोलवर श्वास घेते. तेवढंच बरं वाटत. पहाटे खिडकी सताड उघडी ठेवून मी उगवणाऱ्या सूर्याचं दर्शन घेते. किलबिलणारे रंगीबेरंगी पक्षीही पाहाते. पण प्रश्न पडतो तो संध्याकाळचा! आमचे हे सहा वाजताच मच्छर आंत येतात म्हणून सर्व खिडक्या बंद करतात. मुंबईत सदैव मच्छरांनी उच्छाद मांडलेला असतो. कसला ना कसला "ताप" नेहमीच चालू असतो. त्यामुळे होत असं कि मला खिडकीतून दिसणारा छोटासा निसर्ग व ताजी 'स्वच्छ हवा' बिलकुल मिळत नाही. आतल्या आत मला घुसमटल्यासारखं होतं. शिवाय येणारे जाणारे ओळखीचे चेहरेसुद्धा दिसत नाहीत. खूप उदास उदास वाटत. मग मी ह्यांची नजर चुकवून हळूच खिडकीचं तावदान सरकविते. (अलीकडे बहुतेक ठिकाणी स्लायडिंग खिडक्या असतात.) आणि बाहेर डोकावते. कुणी ओळखीचं दिसताच उत्साहाने हात उंचावते. मधूनच येणारी वाऱ्याची झुळूक अंगभरून घेते. हळुवार डोलणारी नारळाची व अशोकाची झाडे डोळे भरून पाहते. हे सर्व करताना माझी नजर चुकवून बरेच मच्छर आंत घुसतात. एखादं दुसरा ह्यांना चावतो. तेव्हां हे वैतागून म्हणतात, "मी आठवणीने सर्व खिडक्या बंद केल्या होत्या. तू नक्कीच उघडली असणार. हे बघ, किती मच्छर आंत आलेत." टाळ्या वाजवित त्यांची मच्छरांची शिकार चालू असते. मी गप्प बसते. कारण चोरीचा आळ दुसऱ्यावर ढकलायला. घरात तिसर कुणीच नसत. कित्येकदा मलाही मच्छरांचा प्रसाद मिळतो. पण मी मुकाट्याने सहन करते.

अलीकडचीच गोष्ट. नेहमीप्रमाणे माझा संध्याकाळचा वॉक चालू असताना मी खिडकीचं दार सरकवून बाहेर डोकावले. एक मच्छर माझी नजर चुकवून माझ्या हाताच्या कोपराचा चावा घेऊन मला कोपरखळी देवून निघून गेला. खूप जळजळायला लागलं तेव्हां मी उजव्या हाताच्या बोटाने चाचपून पाहिलं. तर डाव्या दोपरावर लाल मोठा चट्टा आलेला. त्याला गोंजारत मी म्हणाले,

"काय रे चोरा, माझी नजर चुकवून मला एकदम दंश करून गेलास काय?" तसा तो हंसत म्हणाला,

"तू माझी रोज संध्याकाळी आतुरतेने वाट पाहत असतेस. कित्येकदा मी येऊन गेल्याचं तुला कळत नाही. म्हणून मी आज "मी आलोऽ, मी आलोऽ" असं गुणगुणत माझी हजेरी लावली आणि माझी उपस्थिती सिद्ध केली. तो गायब झाला. पण माझ्या हातावरचा चट्टा बराच वेळ जळजळत राहिला. मग मी 'कैलास जीवन' मलम लावले. पण त्यांना काही बोलले नाही, त्यानंतर तो प्रसंग विसरूनही गेले. काही दिवसावर गणेश चतुर्थी होती. त्याची तयारी सुरू झाली. बाजारहाट केला. मोदक करंज्या, गुळपापडीचे लाडू केले. नारळ सजविले. भाज्या साफ केल्या. हरतालिकेच्या दिवशी हळदी पानांच्या पातोळ्या, काकडीची कोचोळी, वरईचे बॅट्टे, पांच प्रकारच्या भाज्या घालून भाजी केली. ते करीत असताना खूप थकवा जाणवत होता. म्हटलं, अलीकडे इतक्या कामाची सवय नाही. शिवाय वाढतं वय. पण आपण मनाने अजिबात म्हातारे नाही. न व्हायला काय झालं? ह्या तीव्र इच्छा शक्तिवर सर्व स्वयंपाक, पूजा पार पाडली. इतकंच नाही तर संध्याकाळी देवळात जाऊन देवीला 'वायण' देवूनसुद्धा आले. येताना दमल्यासारखं वाटत होतं. जिना चढवत नव्हता. डोकंही दुखत होतं. त्यांच्या आग्रहाने रात्री एक कप दूध प्याले. एक क्रोसिनची गोळी खाल्ली आणि ल वकर झोपून गेले. दुसरे दिवशी गणेशचतुर्थी. पहाटे लवकर उठून डोक्यावर स्नान केलं. मग सुके, मडगणे, पत्रोडा, दाळी तोंय, उपकरी, सांरण (पांच प्रकारचा फोड्यांना फाय दिला.) व पंचामृत केले. सिल्कची साडी नेसून दागदागिने घालून देवाची पूजा केली. एरवी हा सर्व नट्टापट्टा कोण करत? आमच्याकडे घरी गणपती आणत नसला तरी पूर्वीपासून देवघरातल्या छोट्या गणपतीची पूजा करते. शिवाय मनांत सदैव बाप्पा असतो. त्यामुळे भाद्रपदातील हे दोन दिवस मी अगदी पारंपरिक पद्धतीने साजरा करते. पूर्वी मुलं घरी होती. त्यांनाही मजा यायची. आनंदाला उधाण यायचं. आता ती दोघं परदेशी असतात. त्यांना त्यावेळी येणं जमत नाही. मग आम्ही दोघं त्यांची आठवण काढीत आनंदाने हा सण साजरा करतो. तेवढंच मन प्रसन्न व टवटवीत होतं. चतुर्थीच्या दिवशी सकाळ पासून अंगात कणकण जाणवत होती. पण त्याकडे दुर्लक्ष करून पुन्हां एक क्रोसिनची गोळी घशाखाली ढकलून मी स्वयंपाक पूजाअर्चा केली. जेवायला बसलो तर जेवण अजिबात जाईना. प्रसादाचं जेवण म्हणून चार घांस खाल्ले. पुन्हां एक क्रोसिन घेऊन आडवी पडले. संध्याकाळ जशी उतरायला लागली. तशी गात्रगात्रात थंडी भरायला लागली. एरवी 'फूल्ल' स्पीडवर पंखा ठेवून झोपणारी मी त्यादिवशी पंखा बंद केला. अंगात स्वेटर घातला. जाड पांघरुण घेतलं तरी थंडी वाजतच राहिली. मग त्यांना म्हटलं, "अहो, कपाटातलं वरच्या कप्यातलं वूलन ब्लॅकेट काढून पांघरा." ह्यांनी बिचाऱ्यांनी कसरत करून वरच ब्लॅकेट, चादर काढून घातली. कुरकुरत

म्हणाले,

“इतका सगळा स्वयंपाक करायची गरजच काय? किती सांगितलं तरी ऐकत नाही.”

मी पुटपुटले, “होतं तोपर्यंत करायचं. मनाने सदैव तरुण राहायचे.”

“हूँ आता गप्प झोप. मी गरम पाणी आणून देतो ते घे आणि उद्या डॉक्टरकडे जा.”

ती संपूर्ण रात्र मी थंडीने कुडकुडत काढली. सकाळी ह्यांनी गरम चहा आणून दिला. तो घेतल्यावर जरा बरे वाटले. मग अकराच्या सुमारास मी डॉक्टरकडे गेले. तर फाटकावर मोठा फलक, डॉ. बाई दोन दिवस येणार नाही. डोक्यावर हात ठेवून परत घरी आले. दुसऱ्या डॉक्टरकडे जावं हा विचार सुचला नाही. काही कामानिमित्त हे पूर्ण दिवस बाहेर गेले होते. संध्याकाळी घरी आले. मला झोपलेली पाहताच डॉक्टरकडे गेली कि नाही असे विचारले मी सांगताच संतापून म्हणाले, “दुसऱ्या डॉक्टरकडे जायचे नां, इतकं असं समजत नाही?”

“अहो, मला बरं वाटतं. थंडी वाजत नाही. तापही नाही.

उगाच काळजी करूं नका.” पाठ फिरवून झोपून गेले.

रात्र चढली. तसे पहिल्या दिवशाची पुनरावृत्ती सुरू झाली. डोकं वर करता येईना. तोंडातून शब्द बाहेर फुटेना. मग कण्हणं सुरू झालं. ह्यांनी जबरदस्तीने ताप मोजला. तर १०५ डिग्री! आता मध्यरात्री कुठे जाणार? परत क्रोसिन घेतली. थंड पाण्याच्या घड्या कपाळावर घालीत हे बसून राहिले. सकाळ होताच हे डॉक्टरांकडे गेले तर नेहमीच्या डॉक्टर नव्हत्या. कुणी ‘लोकम’ डॉक्टर होत्या. त्यांना घेऊन घरी आले. त्यांनी तपासून लक्षण ऐकून ट्रीटमेंट सुरू केली. ह्या रक्ततपासण्या करा व ही औषध आणा असे सांगून निघून गेल्या. मी एक दीर्घ सुस्कारा सोडला. मनांशी म्हटलं, एक मच्छर भी बडा खतरनाक होता है। आगे सँभागलके रहना! रक्ततपासणीचे रिपोर्ट्स आले. ते पाहून डॉक्टराणीबाई म्हणाल्या, “तुम्हांला मलेरिया झालाय. मी ट्रीटमेंट सुरू केलीय. काळजी करू नका.” पुढे हसत म्हणाल्या,

“एक डांससुद्धां धोकादायक असू शकतो. लक्षांत असू द्या!” तेव्हा मंडळी मच्छरापासून सावध राहा.

दुःख माझे एकले

सुनन्दा कर्नाड, धारवाड

सुखदुःखाच्या लाटा प्रत्येकाच्या जीवनांत कधी ना कधी येतच असतात. सुखाच्या लाटेनं माणूस हरकून जातो, तर दुःखाच्या लाटेनं बेचिराख! सुख अनुभवतांना तो देवाला धन्यवाद देतो, आणि दुःखाचा डोंगर कोसळला की तो देवाला किंवा दैवाला दोष देत म्हणतो, ‘हे दुःख मलाच का?’ आपल्यासारखे समदुःखी जगांत हजारांनी आहेत याचा त्याला विसर पडतो.

सुख वाटल्याने वाढते आणि दुःख कमी होते असं म्हणतात. खरं तर हे दोन्ही अनुभव प्रकर्षाने व्यक्तिगत असतात. तरीही आपल्यावर मनापासून प्रेम करणारे काही प्रमाणांत सुखावतात, इतर तोंडदेखले आनंद दर्शवतात. दुःख मात्र वाटल्याने कमी होतं असं मला वाटत नाही. प्रिय व्यक्ती आकस्मिक मृत्यूने नाहीशी झाल्याचे दुःख माझे एकटीचे असते. दुसऱ्यांनी कितीही सांत्वन केले तरी ते वाढतच जाते, कमी होत नाही. म्हणूनच दुःखिताला लेपवेश्र्शपलश देण्याची जीवघेणी प्रथा मला आवडत नाही. अशा व्यक्तीला काही काळ एकटं सोडावं, चौकशी करावी पण उपदेश करू नये. आल्या प्रसंगाला धीरानं सामोरं जाण्याची शक्ती तिच्यात असते. ती एकवटून ‘पुनश्च हरिःॐ’ म्हणून पुढे जाण्याची संधी तिला द्यावी.

दुःखाची सुनामी आली की माणूस काही क्षण सुन्न होतो. त्या धक्क्यांतून सावरण्यासाठी अश्रूंची सुनामी यावी लागते, नाहीतर मानसिक संतुलन ढळते. अशा दुःखाशी तडजोड करण्याची, आहे त्या परिस्थितीत समाधान मानण्याची प्रत्येकाची तऱ्हा वेगळी असते. एकाच

दुःखी मन म्हणत, अगदी त्रास न करता कुणालाहि त्रास न देता, झोपेतच शांतपणे मृत्यू आला, मलाही तसाच यावा, असे म्हणून देवाचे उपकार मानते. दुसरी व्यक्ती व्यावहारिक विचार करून म्हणते, ‘माझ्या सेवेत मी कसर केली नाही, हे कधी ना कधी होणारच होते.’ इतर सांत्वनासाठी जमलेले म्हणतात, ‘गेलो ना! सुटलो!’ जणू त्याच्या जगण्याचा ह्यांनाच फार ताप होत होता.

आयुष्यभर एकमेकांना आधार देत, सुख-दुःखांची वाटणी करीत जगत असतांना, कुणीतरी एकानं आधी जाणं हे अटळ असतं. आपली प्रत्येक गरज भागवणारी पत्नी आधी गेली की पुरुषाला जड जातं, स्त्री मात्र पदर खोचून पुन्हा जीवनाशी दोन हात करायला उभी राहते. कित्येकदा एकटेपण खायला उठतं, गेलेल्याच्या असंख्य आठवणी मनांत दाटून येतात, आणि नको म्हणतांना डोळ्यांना गळती लागते. ते दुःख तिचं एकटीचं असतं. त्यावर मात करण्यासाठी काही तरी छंद जोपासावा लागतो, वाचन-मनन-चिंतन-लेखन करीत राहिल्यास मेंदूही साथ देत राहतो. खऱ्या अर्थाने मैत्री जपणारी एखाद-दुसरी व्यक्ती संपर्क साधत राहिली तर जगणं सुसह्य होतं, आनंददायी होऊ शकते. चांगलं संगीत ऐकावं, छानसं नाटक-सिनेमा पाहावा, नातवंड असल्यास दुधांत साखर! कोडकौतुक करावं, परंतु शिस्तही बिघडू देऊ नये, हा समतोल राखावा. असे केल्याने सकारात्मक आणि आध्यात्मिक प्रवृत्ती बाळगल्याने ‘दुःख माझे एकले’ हि कालबाह्य होऊ शकते.

अपरिचित

सौ. प्रिया प्रभाकर बड्डुकुळी, मुंबई

सकाळचे सव्वासात वाजले होते. केविन अंथरुणात पडून तंबूच्या छताकडे एकटक नजरेने पाहत होता. तंबूच्या वरच्या भागात एका टोकाला भोक पडले होते, त्यातून उन्हाची बारीकशी तिरपी त्याच्या तोंडावर पडत होती. आज रोजच्या प्रमाणे त्याचा दहाचा शो होता, परंतु त्याला उठावेसे वाटत नव्हते.

रोज सकाळी उठून हत्ती-घोडे तसेच अन्य पशू-पक्षांच्या दाणा-पाण्याची सोय करणे, त्यांस आंगोळ घालणे आणि नंतर रिंगमास्टरचा पेहेराव घालून त्यांना सर्कशीच्या शोसाठी तयार करून त्यानंतर त्यांच्याकडून रिंगणात प्रेक्षकांसमोर करमणूक करवून घेणे व प्रयोगांती त्या निष्पाप प्राण्यांना प्रेमाने प्रोत्साहनार्थ थोपटणे-असा चालला होता केविनचा नित्यक्रम.

आज त्याला सारखे वाटत होते रोज-रोज एकच- 'लोकांसाठी करमणूक.' आपल्या मनाचा कोणी विचार केला आहे का कधी? दया-माया फक्त प्राण्यांतच का असावी? कारण चारा-पाणी देण्यास जवळ गेलो की तो आपल्या सोंडेने मला गोंजारतो. त्याच्या डोळ्यात एक प्रकारची करुणा-प्रेम व्यक्त होते. आपले दोन्ही कान फडकवत तो आपला आनंद व्यक्त करतो. खरेच किती सुंदर हे प्राणी!!! कधीकधी केविनला वाटे या सर्वांस सोडून लांब निघून जावे, सर्वसामान्यांप्रमाणे समाजात वावरावे, परंतु प्राण्यांचा तो खरेपणा - तो विश्वास - ते प्रेम!!! नाही! नको! ह्यांच्याच सहवासांत राहणे बरे! असा विचार करता करता दहा वर्षे निघून गेली होती.

केविन हळूच उठला. प्रातर्विधी आटोपून तो सरळ मॅनेजरच्या तंबूकडे चालू लागला. आत प्रवेश करताच त्याला मॅनेजरचा दुःखी चेहेरा दिसला. केविनने त्यास कारण विचारले, परंतु बराच वेळ निरुत्तर झाला होता. पैशांचे पाकीट ड्राव्हरमधून बाहेर काढून त्याने ते केविनच्या पुढ्यात धरले. केविनला काहीच समजले नाही. क्षणभर तो सुन्न झाला. "काय झाले?" असे विचारण्याआधीच मॅनेजर बोलला- "यापुढे सर्कस बंद." केविन जागच्या जागी ताडकन् उभा राहिला... का? असा प्रश्न त्याच्या तोंडून नकळत आपोआप बाहेर पडला. त्यावर मॅनेजर म्हणाला, "सरकारकडून नोटीस आली सर्कस बंद करण्याबाबत! चोवीस तासांत मैदान रिकामे करण्याबाबत!"

केविन तिथून उठला. पैशाचे पाकिट घेऊन मॅनेजरच्या तंबूतून तो सरळ बाहेर आला. त्याची नजर हत्तीच्या तंबूकडे वळली परंतु त्याचा जम्बो त्याला दिसेना. हळूच त्याने त्या तंबूत प्रवेश केला.

त्याने त्याच्या इतर सहकाऱ्यांकडे त्याविषयी विचारपूस केली, तेव्हा त्यास सत्य परिस्थिती कळली. त्याच्या सहकाऱ्यांनी पाणावलेल्या डोळ्यांनी एकमेकांचा निरोप घेता-घेता त्यास घडलेला प्रसंग सांगितला- "पहाटे पाचच्या सुमारास जम्बोला एका मोठ्या ट्रक मधून कोठेतरी अरण्यात सोडण्यासाठी नेले होते... वगैरे वगैरे." त्यावर सर्कस-मॅनेजरचा नाईलाज होता.

आजपासून सर्व काही बदलले होते- प्राण्यांना मुक्ती आणि कर्मचाऱ्यांना निवृत्ती. केविन क्षणभर गोंधळला काय करावे? तो सरळ आपल्या तंबूकडे पळत सुटला आपले सामान-सुमान पेटीत भरले व सर्कसच्या तंबूच्या आत त्याने प्रवेश केला. त्याने पाणावलेल्या डोळ्यांनी त्या तंबूचे शेवटचे दर्शन घेतले. आत सर्व काही सामसूम. रोज वाजणारे मंद संगीतपण नव्हते, फक्त अंधारच अंधार. त्या अंधारात त्याला एक रिंगणात बसलेली माणसाची आकृती दिसली. भरभर पावले टाकत तो त्याच्या नजीक गेला. त्याने त्यास विचारले- कोण? बराच वेळ उत्तर आले नाही म्हणून केविन पुढे सरसावला. तेव्हा तो दुसरा कोणीही नसून सर्कसचा मॅनेजर जॉन होता. त्या उतारवयात त्याचे असे कोणीही नव्हते- ना गाव ना घर! त्याने केविनला कडाडून मिठी मारली. दोघेही खूप रडले. थोड्या वेळाने शांत झाले.

वातावरण निवळले. केविनने जॉनला आपल्याबरोबर गावात आपल्या घरी येण्याचा आग्रह केला. दोघेही केरळात केविनच्या गावी जाण्यासाठी निघाले. गावी पोहोचले. एका बैलगाडीत बसून घरी पोहोचले. अंगणातील नळाखाली त्यांनी स्वतःला स्वच्छ केले आणि मागच्या दरवाजातून केविनने स्वयंपाकघरात प्रवेश केला. केविनच्या बहिणीने केविन व त्याच्या सहकाऱ्याला नाशत्यासाठी केळीचे पान मांडले व त्यावर इडली-चटणी व सांबार वाढले. ती आग्रह करून त्यांना वाढत होती. इतक्यात स्नानविधी आटोपून सफेद साडी परिधान केलेली साधारणपणे सत्तर वर्षांची एक वयस्कर बाई कॉफीचे दोन पेले हातात घेऊन त्यांच्या पुढ्यात येऊन उभी राहिली. केविनने त्या सर्कस-मॅनेजरशी आपल्या आईची ओळख करून दिली. इतक्यांत त्यांची नजर तिच्या चेहऱ्यावर गेली - ते उभे राहिले व म्हणाले- "तू एलिसा ना?" मला ओळखलेस का मी... मी तुझा जॉन! तिने त्यास न्याहाळले व 'जॉन' अशी हाक मारून ती त्यास बिलगली. केविनला आश्चर्याचा धक्का बसला. प्रश्नार्थक नजरेने त्याने आपल्या आईस व सर्कस-मॅनेजर यांस पाहिले, परंतु तिच्या

चेहऱ्यावर आपल्या पतीची कित्येक वर्षांनंतर का असेना भेट झाल्याचे समाधान व्यक्त होत होते. केविन समजून गेला की सर्कस-मॅनेजर दुसरे कोणीही नसून आपले वडील आहेत.

कित्येक वर्षांमागे जेव्हा त्यांची मुले फक्त पाच-सात वर्षांची होती तेव्हा अरब राष्ट्रांत एखादी चांगली नोकरी मिळवण्यासाठी घर सोडलेले जॉन फसले गेले होते. केरळला आपल्या पत्नीस आपले तोंड दाखवण्याची त्यास लाज वाटत होती, आणि त्यातही घरची गरीबी. उदरनिर्वाहाचा मार्ग म्हणून शेवटी त्याने सर्कस-कंपनीत काम घेतले होते. त्या सर्कशीच्या वृद्ध मालकाने आपल्या आयुष्याच्या उत्तरार्धात आपल्या सर्कशीचे अधिकार जॉनकडे सोपवून जगाचा निरोप घेतला होता. वर्षांमागून वर्षे गेली, परंतु आपल्या कुटुंबाशी परत जाण्याचे त्यास धाडस होत नसे.

आज वेळ आली होती. सर्कस बंद होण्याने जरी एक वॉईट घडले होते खरे, कदाचित ते काहीतरी चांगले होण्यासाठी असावे कारण दुरावलेले सर्व कुटुंब आज एकमेकांना कडकडून भेटत होते... सर्वात महत्त्वाचे म्हणजे केविन हा जॉनचा मुलगा असूनही सर्कशीत एकमेकांच्या सान्निध्यात राहूनही एकमेकांपासून नात्यांबाबत अपरिचित होते.



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Smt. Mullerpatan Shanthabai

06/05/1923 - 10/04/2012

Left for her heavenly abode on April 10th

Deeply mourned by:

Sons: Vidyanand; Gurunandan; Durganand

Daughter-in-law : Vandana

Grand-son - Vinay

Grand-daughter-in-law - Divya

Relatives and Friends

Supercharging the Soul for Examination Syndrome

DR. DILIP V. KAUNDINYA, MD

The five thousand years old **Bhagavad Gita**, today has become the most powerful book on psycho-therapy. **Arjuna** was probably the first case of sordid depression- with hands and legs shaking, dryness of mouth, and a dejected, dispirited and depressed feeling. Psycho-therapy or **the mind-empowerment** by Lord Krishna revived him to such a great extent that he not only fought the great battle but also won it. Even after giving **Virat-Darshan** i.e. showing Arjuna that all the people in front of him are already dead, **Lord Krishna** gave Arjuna two choices- **fight** or **flight**. Thankfully for all of us Arjuna made the right choice making himself as well as Lord Krishna immortal in name and fame.

The First chapter shows Arjuna strutting, just like all of us when we get admission to a medical college. Bulging with pride and ego as the greatest warrior, he tells Lord Krishna, the charioteer, “O Krishna, take me to the centre of the battlefield so that I can see my enemies clearly.” Lord Krishna merely smiled because **He** knew what shall happen next. The mere sight of Bhishmacharya having the boon of deathlessness (**Fear**), Dronacharya, the teacher who taught him archery, (may be he is having some tricks up his sleeve that are not disclosed to me (**Suspicion**)), and the memory about Eklavya (**self-doubt**) pummeled Arjuna into depression. Negative memories always strike exactly when one wishes to forget them.

The story of students getting admission, even to a rural medical college, is not different from this Arjuna. They start behaving in a pompous fashion. The **EGO** or “**Erasing God Out**” is at its worst. Even the guys in private medical colleges get swollen heads, totally forgetting that their getting a seat in a medical college is because of their very rich parents. After passing Final M.B.B.S. and MD examinations, patients start telling these young doctor “Doctor, you are God.” When hundreds of patients tell him the same thing, the doctor starts

believing it. He thinks “Well, these guys have some truth in what they are saying.” The **balance and Buddhi** (wisdom) are lost. Intellect and Buddhi are different. Buddhi is an ability to differentiate between right and wrong. Today people are more intelligent (Chatur) than before. But Buddhi, the inner voice that says “**NO**” to a wrong thing, is absent. This right and wrong is in accordance to the eternal and universal virtues and values. The soul then falls in the trap of the Devil.

Let us now see what happens to this god like doctor just before the University Examination for First M.B.B.S. He or she becomes a classical case of *Arjuna Syndrome*. Chronic failures and chronic stress can get him *an Abhimanyu Syndrome*, in which he is trapped in a vicious cycle (Chakravyuha) of failures. The Professor of Anatomy appears like the unassailable **Bhishmacharya** and the Professor of Biochemistry like **Dronacharya**, especially at the time of Viva-Voce. Mahabharata is recreated in frightening proportions. A supercharging surge of stress- hormones of **Eustress** - healthy, short-lived and performance-enhancing, takes care of “**The Fight**” instead of a “**Flight Response**” This used to happen in older and comfortable times. The Maharashtra University of Health Sciences and its draconian practice of a spate of several small examinations before the final cripples the students and the teaching. More time spent on examinations than on teaching reduces the scope for meaningful teaching. There is a severe distress for both the teacher and the taught. The entire outlook becomes **Examination Oriented**.

These fear-evoking serial examinations with serial failures soon become killer-examinations, by the time of the Final Examination, for many students, especially for those from backward states. Chronic stress creates a tsunami in mid-brain. The coping and adaptation to stress becomes less and less. This distress becomes the greatest risk factor for health and performance in examination for the

generation Y. Obesity, early Diabetes, Hypertension, Heart attacks or early cataracts, i.e. Premature Ageing, Progeria, become a common occurrence. Chronic stress destroys the Explicit memory. This memory is involved in the recollection of the facts, faces, events and figures. This reduces the focus, concentration, attentiveness and registration, a part in the process of developing memory. A gross disinterest develops. Even the girl friends appear to have lost their 'Feel Good Effect'. The victim becomes a nervous wreck. Life is really very simple. But our mind makes it complicated.

What can turn around this situation? The two thousand five hundred years old Patanjali Kriya Yog, is a technique for becoming **Ekagra-Chitta**, a focus characterized by a laser-beam single point focus of positive thoughts. The Vedas in ancient India i.e. Bharat, were taught by word of Mouth and not by written texts. The people called Ek-Pathy, Dwipathy and Tripathy existed who, today could have memorized bulky Anatomy or Physiology texts by reading just once, twice or thrice. **Rajayoga is easy, quick, most effective and tailor-made for the modern Extremely Busy persons, (E.B.P.) who soon fall prey to B.P., heart-attacks etc.** An ongoing Coronary Artery Disease regression programme, has shown complete disappearance of the heat vessel blocks by just three months of regular meditation along with drugs. **Ekagra-Chitta State** is obtained within 5-10 minutes. **The performance of medical and dental students** increased by 30 to 40% by regular meditation of just half an hour for three months. This is a known as powerful and rejuvenating **Satvik State of Consciousness** by ancient Indian scriptures.

Let your meditation be regular. All of your doubts, tensions, fears, frustrations and diseases of chronic stress shall disappear miraculously. A wonderful journey of life shall begin with your single step. Take it towards **The Meditation Hut In Sir J. J. Hospital Campus.**

(Dr. Dilip Kaundinya is an Ex-Professor & Head. Dept. of Microbiology, Sir JJ Hospital, Mumbai and can be contacted at 9820724707 or 022-23752083.)

Announcement

Shri Krishna Jayanti Programme at Shri Avadi Math, Mallapur

All devotees please note the following dates:

Dolara Utsav starts from 23rd July on Nagar Panchami. Diviti Seva starts from 3rd of August on Shravan Krishna Pratipada, Gokulashtami Celebration on 10th of August (Cradle Ceremony), Ramavallabhadas Punyatithi on 11th of August (Navami), Avadi Samaradhana on 12th of August (Dashami), Pushpalankar and Jagaran on 14th of August (Dwadashi), Mangal Kala, Palki Utsav and Ede Puja on 15th of August.

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Mumbai Diaries Part 2 : The Pursuit of Happiness

MADHAVI KATRE

Settling down in Mumbai was not that difficult after having lived on my own in Delhi and the city (famous for lending a helping hand to those who ask for it) took me as its own. Now, that was the first part of my experience which I had shared with all of you a few months back. I belong to that kind of species who look for new things to do every day, otherwise restlessness sets in and so, soon, I became dissatisfied with the usual home-office-home routine.

Looking forward to a Friday evening on a Monday morning is not a very good sign, although we all have our own ways of dealing with 'the mid-week crisis'. My carefree college days were past and the demon of home sickness was gaining in strength. Somehow all I wanted to do sometimes was run...run back to the days I had no worries, no emotions, no troubles...or run to the future, that beautiful time when everything would be alright, when cynicism would've been rendered useless, and optimism finally rewarded, and uncertainty banished.

And that's why nearing your quarter life can be scary. It's a roadblock you can't get out of. One that forces you to stop, and think, and think again and learn. Learn from the world around you, from your mistakes, from your experiences.

A few pointers of what I've learnt over the months. Some of them are what my close friends have told me and some is what I've comprehended through my own experiences:

1. I've learnt that it gets tougher to dream as you grow up as your brain constantly challenges as to how you will achieve that dream. It isn't as easy to say that one day you want to become the CEO of a big multinational company. Not unless you are delivering and it is not as easy to deliver as it used to be (Am I sounding like a grandma now?)

2. I've learnt that stereotypes exist for a reason.

3. I've learnt that if you are the type who gets guilty easily then, people will always try and make it a point to pass on the guilt. So, beware!

4. I've learnt that dreaming about a budding career with a huge salary cheque and living happily thereafter was as silly as the notion of perfection.

5. I've learnt that I'm weaker than I thought I was. And I also know for a fact that I will soon be stronger than even I could possibly imagine!

6. I've learnt that what people think does matter, although you would like to think it doesn't.

7. I've learnt that it's never too late to start over.

8. I've learnt that giving in and taking the blame is sometimes essential just to keep alive relationships (which matter most to you). 'Cause happiness is all that really matters at the end of the day.

9. I've learnt that life isn't perfect and never will be. There are always compromises to make.

So, coming straight away to the point I was growing unhappier day by day.

But there are always these tiny little instances which perhaps provide more joy than all those big goals in life ever will.

So, here's a list of what I think happiness is, in my life:

1. Happiness is hugging an old friend and realizing nothing has changed.

2. Happiness is cooking a meal all by yourself and realizing it is edible.

3. Happiness is when you succeed at making someone who is in distress, laugh with tears of joy.

4. Happiness is being on time and realizing you're not alone.

5. Happiness is missing someone close to you and that person calling up at that very moment.

6. Happiness is figuring out an Excel formula and hitting on the result at the end of the day.

7. Happiness is waking up to an sms from someone you care.

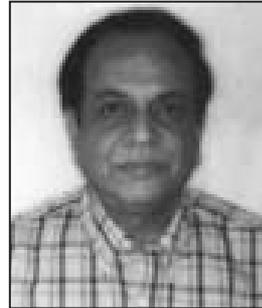
8. Happiness is having choices in life.
9. Happiness is finally making a tough choice.
10. Happiness is delicious food cooked by your mother.
11. Happiness is knowing you don't have to get up early in the morning tomorrow as it's an off at work.
12. Happiness is hot choco walnut fudge, pasta in white sauce and fresh orange juice.
13. Happiness is being able to share your dreams with someone.
14. Happiness is when someone lends you a helping hand without you mentioning it.
15. Happiness is genuinely laughing at work.
16. Happiness is having a nice dream and realising that life is somehow even better than the dream.
- P.S.: This isn't my best piece of writing and I know it. Often, with too many things in one's mind, writing becomes tough. It is then that one should let the thoughts flow out. I hope this article has succeeded in doing that to some extent!

SPLENDOUR of SWANS

Beautiful white gracious Swans
 Gliding on waters, gentle elegance drawn
 Rivers and lakes are their haunts
 Making their way, nothing more to surmount
 In ponds they abound for childrens' delight
 Feeding Ducks, Moorhens, and Swans so bright
 Some call them mute, but surely they are not
 Communicating between themselves, without a doubt
 Artists, painters, composers are totally enthralled
 Tchaichovsky's ballet SWAN LAKE exceeds all
 Ballerina's movements so rapturous on stage
 Liltng Music accompanying leaves us in a daze
 Feathers waxy white, fluffy, and full
 Shapely necks and wings, a form so beautiful
 Protected under Royal Decree, freely they swim
 Each year a count taken to keep them trim
 Black Swans are rare and full of brilliance
 Gloriously displaying feathers in excellence
 White Swans are more commonly in UK seen
 A sight which all enjoy and truly beam
 May their beauty always live in our hearts
 They seem to be made like a work of art
 May the Swans never become extinct
 Let humanity revel, as they are joyfully distinct

– Kumud Lajmi

In fond Memory of Kishan Shankar Kodikal



08/03/1943 – 31/05/2001

*Keeping myself away from you,
 Is something that I am forced to do.
 So when I want to come to you,
 Have a pyre built for me,
 And gladly shall I enter it,
 Never repenting this life to quit.*

*In profound grief:
 Shrikala*

*Lovingly Remembered by:
 Nitin, Rohini, Roshni & Anannya
 Namita & Tika.*



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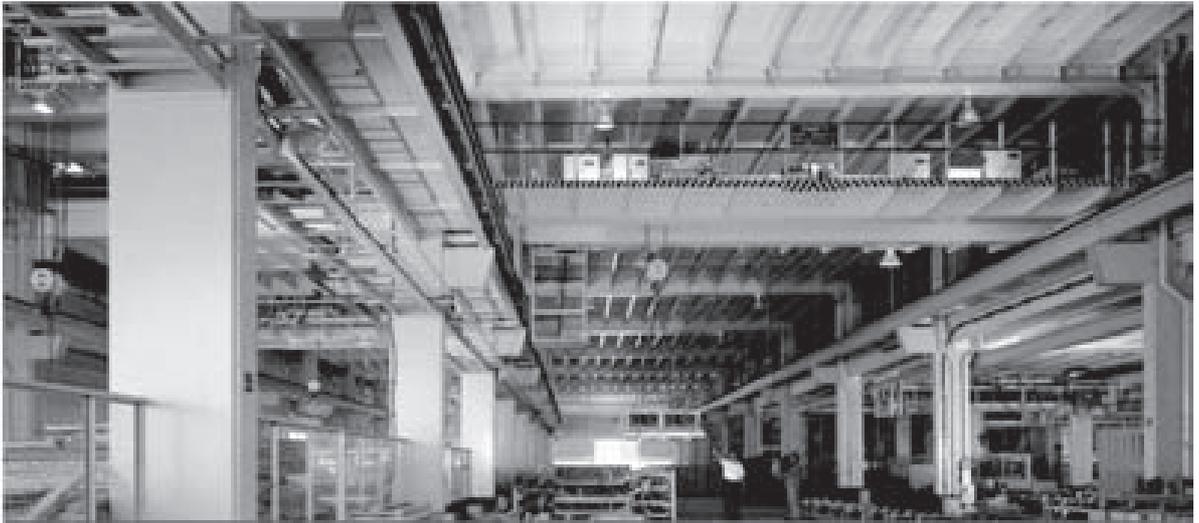
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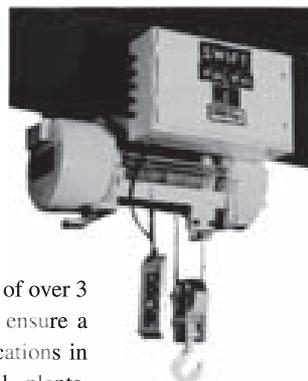
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Srikar Dattatreya Gulvady

A simple, unassuming, ever smiling person, our Pappa left this world for his heavenly abode on Friday, the 27th of April'2012 (Nandana Samvatsara Vaishakha Shuddha Shashti). A fervent sevak and devotee of the Math and Guru Parampara, he strived to serve them till his very last breath. He had the privilege to serve under the three successive Gurus of the Shri Chitrapur Math. Since his youthful days, as a Sabha Committee member, he went from house to house, every Sunday collecting monthly Vantiga from the Samaj. Every Saturday evening would be spent singing Bhajans at the weekly Bhajans of the Sadguru Bhajan Mandal, Dadar Sabha. He and my mother Revati would be the first to make arrangements for all the programmes of the Sabha at the Punyatithis of our Gurus and other festivals. In the early hours of the morning our house would reverberate to the bell chimes and Pappa's sonorous rendering of the Suprabhatam. At the stroke of Seven in the evening, his melodious chanting of the Deepa Namaskar would resonate within the house. Year after year, he would participate in the Bhagwad Geeta competition in Talmakiwadi, having memorized the entire Bhagwad Geeta by his daily recitation.

On the socio cultural front also, he did not lag behind. Ceaselessly he served the Karnatak Co-op Housing Society and the Matunga Mitra Mandal. For years together, he would be up in the wee hours of the morning to serve selflessly, at the Milk Centre of the Mitra Mandal. And he would also be called upon so very frequently to assist in the funeral arrangements of many of our community brethren. Not once did he complain nor did he aspire to occupy the high positions in the various organisations he served in. His dedicated service & the pearl like beautiful handwriting brought him winsome praise from one and all especially his office, Castrol Lubricants, where he retired after a long successful career of 42 years.

He leaves behind his devoted wife, Revati after a successful and happy married life of Fifty six years, loving brothers Bhalchandra & Shashidhar and children Dattanand, Chaitanya, Shobha & Geeta. He inspired all of us in the service of the Guru and shall continue to, for the entire family of relatives and well wishers.

May the Sadguru grant Sadgati to this noble Karma Yogi.

IN EVERLASTING MEMORY OF

Dr. Ashok Shripad Kaikini

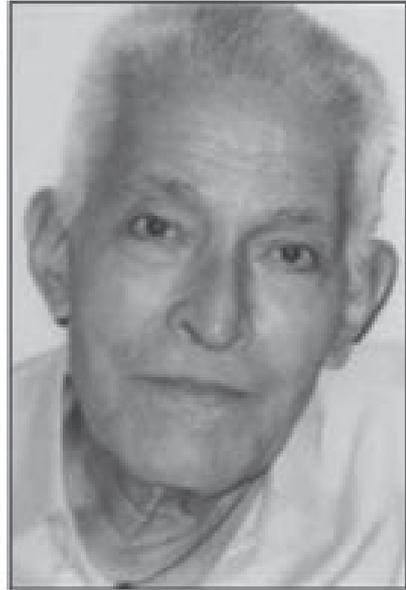
*Fondly remembered on his
Third Death Anniversary*

by

one and all near and dear ones

from:

KAIKINI, GOKARN, MALLAPUR, PATHAK,
YEDERI, KOWSHIK, AMLADI,
SOMESHWAR, TALGERI, BAKRE,
SASHITTAL AND KULKARNI families



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Smt. Sushma Bharath Kapnadak, wife of Shri. Bharath Kapnadak and daughter in law of Shri. Baburo Kapnadak, Bangalore has been awarded as “Best Retail & Corporate Services Manager” at the “Vestian FM Zone India Leadership Awards” during the first Facility Management Zone India Leadership Summit 2012 on April 13th and 14th, at Park Plaza, Bangalore. Hosted by the “Facility Management Zone”, an organization of facility management professionals representing multinationals across India, and supported by NAASCOM, the summit was a unique event that brought together an organized sharing of knowledge and strategies between the technology service providers and the infrastructure community. The event was inaugurated by Shri. T. V. Mohandas Pai, Chairman - Manipal Global Education Services Pvt. Ltd. amongst CEO’s and other industry leaders.

CONGRATULATIONS...



**RUBY
WEDDING
ANNIVERSARY
ON
24TH MAY 2012**



SURESH AND SUVARNA GULWADI

We pray to Kuldevata Mangesh and Mahalakshmi and Guruparampara to grant them good health, long life full of happiness.

From

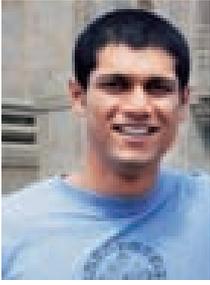
Shilpa Mudur (Daughter)

Tanmay Mudur (Son-in-Law)

Tejaswi Mudur (Grand Daughter)

Gulwadi Family, all relatives and near and dear ones.

Personalia



Anjaneya Chaitanya Shiroor graduated in Economics Honours from the Singapore Management University in June 2007. Thereafter he was selected by the Standard Chartered Bank for their International Graduate Trainee Programme. He is presently the Relationship Manager at Standard

Chartered Mumbai. Anjaneya has secured admission to the IESE, University of Navarra, Barcelona for pursuing Business Management. Anjaneya loves sports. He ran the 2011 Mumbai full Marathon. He has also climbed to the base camp of the Everest and is a qualified Diver. He will be leaving for Barcelona during end August 2012.

Rajeev Bellare, son of Shantala and Ramanand Bellare of Bangalore has been promoted as Director, Technology at Yale Medical Center, New Haven, Connecticut, USA. He is in charge of the Networking of the entire Yale Medical Center comprising of five

hospitals, over 300 clinics and the main computer centre. He did his BS and MS in Computer Engineering, with distinction from Bridgeport University and later did his MBA from Quinnipiac College. Yale Medical Center was voted as the highest wired and wireless networked hospital in USA.



Anushree Chaitanya Shiroor has been selected by Oxford University to do a second masters in Global Health with a scholarship from Exxon Mobil. She has completed her masters in Public health nutrition from Lady Irwin College, New Delhi and is presently working for the UNICEF as a Micronutrient Consultant. She is a Bharatanatyam Dancer and has given several public performances including Chitrapur Rangaranjani. She will be leaving for Oxford during end September this year.



OBITUARY



MANJUNATH SADASHIV STHALEKAR

B: 15-05-1917 D: 11-05-2012

Husband of Late Shalini Manjunath Sthalekar
Departed peacefully for his heavenly abode on 11th May 2012

Deeply mourned by:

Son: Sadanand Sthalekar

Daughter-in-law: Gayatri Sadanand Sthalekar

Daughters: Rekha Satish Upponi and Kanchangauri Vijay Savur

Sons-in-law: Satish Upponi and Vijay Savur

Grandchildren and Spouses: Abhijeet & Gauri Upponi, Atil & Pooja Upponi, Kedar & Ankita Savur and Vishal Savur, Nikhil Sthalekar and Medha Sthalekar

Great-Grandchildren: Janhavi Abhijeet Upponi, Arjun Atil Upponi

And all Relatives and Friends

BHUMI-PUJAN of Goshala at Karla

Parama Puja Parijnanashram Swamiji III, filled with boundless compassion, always had a very special place for cows. In a befitting tribute to this fact and with the Blessings of Parama Puja Sadyojat Shankarashram Swamiji, a Goshala will soon be built in the sacred precincts of Karla.

On, Sunday, 6th May, the BHUMI-PUJAN for the Goshala was performed by the Founder Trustee of Shree Trust, Shri Nalkur Shripadmam. The President of the Standing Committee, Shri Vinod Yennemadi, the Trustees of Shri Trust and Karla Durga Parameshwari Temple and Religious Trust, Shri Vivek Chandavarkar and Shri Praveen Kadle were also present. The Chief Operating Officer- Shri Vivek Bijur, the Manager – Shri Ajay Shirali along with many devotees witnessed this historic pujan.

Very soon, along with melodious ringing of the temple bells, the pleasant sound of cows and calves will also be heard at our sacred Guru-Kshetra.



Shri Praveen Kadle preparing the earth at the designated spot as Shri Nalkur Shripadmam looks on



Shri Nalkur Shripadmam performing the aarati during the bhumi puja

Punarpratishthapana Vardhanti at Shri Mahalaxmi Temple - Goa On 3rd, 4th And 5th May, 2012



HH Swamiji inaugurating the Mahalaxmi Temple AC Hall with Deep-prajwalan

HH Swamiji performing Abhisheka of the Devi at the Mahalaxmi Temple



Even before the euphoria of Teru at our Shri Chitrapur Math, Shirali, had settled down, we, a few devotees from Mumbai, were fortunate enough to visit the Punarpratishthapana Vardhanti at Shri Mahalaxmi Temple in Goa.

After making some quick travel and stay arrangements we left with great excitement and enthusiasm, arriving on 3rd morning to a warm welcome from the Goa Local Sabha President, Shri Ajit Masurkar, the President of Shri Mahalaxmi Temple, Dr. Avinash Kamat Dhakankar and other devotees and Sabha members. A vibrant coloured Shaminana had been erected at the venue, decorated with flowers and torans and lit with colourful lights. The place was bustling with

devotees making last minute preparations and putting finishing touches for a grand welcome to our Swamiji.

H.H. Sadyojat Shankarashram Swamiji arrived at the Temple in the evening to a Poorna Kumbha Swagat with Vedagosha by Vaidiks. Padaprakshalan was done later by the President of the Shri Mahalaxmi Temple, Dr. Avinash Dhakankar and Ovalnis by Suvasinis and other devotees. After the Deva Darshan of Shri Mahalaxmi Devi, Shri Narayan Dev, Shri Ravalnath and Shri Baleshwar, Paduka Poojan was performed by the President of the temple.

H.H. Swamiji in His Updesha then mentioned that just like Lord Shiva is Abhishek priya the

Devi is Stuti priya. So one must do more stuti of the Devi, individually as a personal sadhana and collectively too. Later on, Swamiji inaugurated the Mahalaxmi A/C hall (in the temple premises itself) amidst loud cheers and JaiJaikars. He performed the Shri Devi Pujan at around 8:30 pm in a room in the presence of a number of devotees.

4th May was the auspicious Vardanti day of Punarpratishthapana. At 9:15 am, Swamiji performed the Abhishek Seva of Shri Mahalaxmi Devi while the devotees (from Goa and a few from Bangalore and us from Mumbai) chanted the Shri Lalita Sahasara naam and some stotras from the Navratri Nityapath and offered bhajan seva. Paduka Poojan was performed by the committee members of Shri Mangesh Devasthan, Shri ShantaDurga Devasthan and Shri Nageshi Devasthan to the chanting of the Shri Guru Paduka Stotra and Shri Parijnanashram Trayodashi followed by bhajans later. We couldn't hide our joy when half an hour later Swamiji had an impromptu interaction in the newly inaugurated hall with all the devotees present from different Sabhas! Two little boys (from Goa) sang a bhajan and later Swamiji Himself sang a bhajan, much to our delight. Poornahuti was followed by Maha Aarti in the temple.

At around 5pm, a cultural programme by Gurudatt Shirali was arranged in the Mahalaxmi Hall. Later, during the Dharma Sabha, the President of the Shri Mahalaxmi temple, Goa, Dr. Avinash Dhakankar, briefed the large gathering, about the temple, the various projects they were working on and his experiences while serving the temple in his tenure as the President. The Mahalaxmi Temple Committee members presented H.H. Swamiji with a beautiful brass divli as a token of their love and respect.

Then, the Standing Committee President of our Shri Chitrapur Math, Shri Vinod Yennemadi, gave a wonderful introduction of our Math. Thanking the Lord for blessing us with 300 years of glorious Guruparampara. He spoke about how Swamiji while guiding us on the path of spirituality, also leads us to lend a helping hand to the needy and the underprivileged amongst the locals of Shirali

and as well as Chitrapur Saraswats. He elaborated all the main projects taken up by the Math, the Srivali School, Samvit Sudha for the employment of the rural local women there, Parimochan and the new Hand-made Paper project.

H.H. Swamiji's Ashirvachan was much awaited by all the devotees. All present were indeed spell bound and listened with rapt attention as Swamiji spoke about the grandeur of Sri Mahalaxmi Devi and Her different aspects as in Mahalaxmi, Mahakali and MahaSaraswati. He stressed on how we should increase our personal sadhana, our anushthans and our Japas with sincerity and consistency which in turn will enable us to develop our own strength, rise above pettiness, self pity, and even reach a stage where we can accept our own prarabhdha intelligently as prasada. Swamiji then highlighted the importance and the strength on evoking the Mahalaxmi Devi with a story of the "Madhu, Kaithabh asuras". He explained the Jagriti, Swapna and Sushupti avasthas and the importance, relevance and the strength in the Devi Durga Sapta Shati with yet another story. The Ashirvachan ended with a bhajan and two minutes of Dhyanam.

H.H. Swamiji graced the Suvarna Shibika Procession (Palki utsav) which took place at around 9:30 pm with devotees participating in large numbers. H.H. Swamiji's Nirop took place on the 5th May at 2:30 pm from the temple with a warm farewell and JaiJaikars.

How quickly those two days passed! We will always cherish them in our hearts for years to come as a most memorable experience! Our journey back to Mumbai the same evening was full of the memories of our wonderful stay in Goa, and a feeling of contentment that we could connect to all the devotees there. We shared with them the feeling of reverence and love to Swamiji and obtained His Grace and Blessings. We parted with a promise to meet more often in future.

Jai Gurudev!

*Reported by Kavita Karnad,
Santacruz Sabha,
Mumbai*

Yugadi celebrations in New Jersey 2012

ADITYA KOPPIKAR

Our Yugadi celebration was held on March 24th, 2012 in the Sri Venkateswara Temple auditorium in Bridgewater, New Jersey. The Yugadi celebrations were instituted by Mrs. Shanta Bijoor in 1999 to help inculcate and foster the feeling of community and tradition among the Konkani children who are growing up far away from India.

Yugadi is derived from the Sanskrit words yuga (age) and adi (beginning) – the beginning of a new age. It is the first day of the Hindu calendar and is celebrated with great fanfare. The day begins with ritual showers (oil bath) followed by prayers. The eating of a specific ‘prasad’ of six tastes symbolizes the fact that life is a mixture of different experiences (sadness, happiness, anger, fear, disgust, surprise) which should be accepted together and with equanimity and good grace throughout the New Year.

I had the pleasure of being one of the four Masters Of Ceremonies for the event, having one of the best seats to see the many great performances. What intrigued me the most was the dedication of these participants at such an early age. I almost questioned if my eyes were deceiving me or if there was a typo when I read out the number “3” or “4” as the participant’s age.

The Yugadi program line-up this year was very impressive. Altogether there were sixteen performances, including musical programs, a tabla jugalbandi, dances, skits and musical plays, several of which depicted a moral theme that each one of us should learn and follow. The event went off very well. The program started with ‘Hum ko Man ki Shakti Dena’, a devotional song which appeals to God to give our mind strength and victory, to let our hearts be free from any kind of discrimination and above all, to let truth prevail. This was followed by the U.S National Anthem and the Indian National Anthem.

Then came a charming dance - ‘Aggobai Daggobai’ which is a Marathi poem about a child’s perception of rain and the enjoyment and merriment

it brings. This was followed by a wonderful and educational musical play – ‘Freedom Fighters and leaders of India’- that educated and reminded us about the vital contributions and sacrifices made by the valiant Indian freedom fighters. Next was ‘Festivals of India’ – a delightful program that had very young children, some as young as two and a half years old, participating. Through their song, they were able to convey that despite being from different states of India, speaking different languages and following different customs, in the end, people are all the same.

An energetic and wonderful lezim dance, ‘Amgale Parab – Ganpati’ and ‘Amgale parab-Gokulashtami’ conveyed the liveliness of the Indian communities and the strength of our popular artistic traditions. The participants portrayed Dahi Handi, which celebrates Lord Krishna’s playful and mischievous side, wherein teams of young men form human pyramids to reach a high-hanging pot of butter in order to break it.

A mellifluous rendition of ‘Choti Choti Gaiya’ – a classical song devoted to Lord Krishna. was followed by a resounding dance ‘Kavadiyattam’ – a folk dance from India. This ritualistic dance is performed by the devotees in obeisance to Lord Murugan. This was then followed by a magnificent portrayal of the ‘Ashtalakshmi Dance’ signifying the eight divine aspects and representations of Goddess Lakshmi. A superb musical, the ‘Temples of India.’ Followed highlighting India’s great heritage and temples, from the majestic Himalayan ranges in the North to Kanyakumari in the South.

After this musical was a brilliant tabla recital - Tabla Jugalbandi in Teen-taal. ‘Moksha’, the next performance, explained the ability to attain Moksha through meditation, japa and satsang. This program was followed by an energetic fusion dance – ‘Haldi Kumkum’. We concluded the program with the Deep Namaskar which was led by the students of Prarthana Varg, NJ.

The Yugadi celebration gives a platform to the

children to showcase their talents meaningfully. It is really creditable that parents make the rehearsals possible despite long driving distances through different towns and even different states and hectic schedules. The children look forward every winter to the Yugadi rehearsals and to spending time bonding with other children and making meaningful friendships that last for a lifetime. Our family-like community is special and the sense of belonging one feels is very real. This tradition of our Yugadi celebrations will continue to thrive because of the commitment of the parents, the volunteers, the committee members and the constant support of the Chitrapur Heritage Foundation.

A really commendable feature about our Konkani community is our ability to volunteer. For example, although the program started at 4 pm, the stage and sound set-up crew (made up of parent-volunteers) had come an hour earlier to make sure that the performances would be heard by everyone in the auditorium. There were snacks and tea-coffee brought by parents who served them in

the adjoining dining room for everyone. The dinner was catered by an Indian restaurant and the food was really mouth-wateringly delicious. There were pizzas and brownies for children. Again, after all the programs were over, when everyone was looking to settle down to a nice dinner, there were volunteers who smilingly served dinner and took care of other arrangements so that everyone could be served their food. There is so much team-work and co-ordination and everyone does their bit willingly.

It feels just like yesterday that I used to come all the way from Poughkeepsie, New York to New Jersey to participate in one of these Yugadi celebrations, but that in fact was nine years ago. I have participated in many Yugadi celebrations since then, and I am proud to have contributed and been part of such a vital aspect of our heritage. I am thankful for my Konkani roots and will continue to learn more about them. I am a sophomore in high school, so I am looking forward to participating in the Yugadi celebrations these next two years before I head out to college.

APPEAL FOR FINANCIAL ASSISTANCE

My four year old son **HRISHI** has been diagnosed **CGD (CHRONIC GRANULOMATOUS DISEASE)** a very rare immunity disorder and has been advised **BONE MARROW Transplant** treatment by **DR. REVATHI RAJ, APOLLO SPECIALITY HOSPITAL**. The total cost of treatment is **Rs. 25,00,000/-**

My family consists of 6 members and it is difficult for me to bear the entire cost of treatment from my meager annual income of Rs 3,60,000/- I request you therefore to consider my appeal for financial assistance.

The cheque may be issued directly to the hospital favouring

“HRISHI INGAWALE – 196274”

The mailing address is **Dr. REVATHI RAJ, APOLLO SPECIALITY HOSPITAL, 320 PADMA COMPLEX, ANNA SALAI, CHENNAI-600035. (TAMILNADU), INDIA. Tel No – 044-42291294.**

Thanking you

ANIL PANDURANG INGAWALE (Father), Flat no 2, Bldg D/9, Mangal Darshan Society, Sector-10, Airoli, Navi Mumbai – 400 708

CL No. 4350

Laugh a while...

Limericks by Gautam Nadkarni

At a New Year's Eve party [quite frisky],
As a Sikh waved his sword [very risky!],
In a voice that was heard:
"No one will booze!" swore the Surd...
And he toasted the resolve with whisky.

There was an old MP called Clyde,
Who claimed, "I have nothing to hide!"
For all done and said,
When tapped on the head
You could hear ringing echoes inside

There was an old physicist, Bishen,
Who bragged he was one with a mission;
He drank heavy water,
Poured some for his daughter...
And went with a bang in the fission.

Second Anniversary 22nd June, 2012
Anuradha (Shalan) Divgi



Au revoir
Till we meet again
Dilip

Remembered by:

Ashwin, Aparna, Sachin, Purnima, Nandan, Arundhathi, Chitra, Anjali
Divgis, Shibads, Kumtas, Kodiyals, Kabads, Raos, Kundajis, Ragades
and relatives and friends

HERE AND THERE

Bangalore : The first free embroidery class of the month was held by the Mahila Samaj, Bangalore on the Saturday 14th. The response was satisfactory with the hope of better response in the following months.

The Konkani Language and Cultural Foundation, World Konkani Center, Mangalore, held a workshop on April 15th at the Kashi Math from 10 a.m to 4 p.m., on how to write and speak Konkani. The event was hosted by the Gowd Saraswat Mahila Samaj who invited the Saraswati Mahila Samaj and the Saraswat community to participate in this event. The committee members along with a couple of their family members attended this event. It turned out to be an interesting workshop and at the end of it the Foundation presented the President with a memento and each participant with a Konkani dictionary, a Shabd Lekhan book and a certificate for participation.

*Compiled by Kalpana Kumble
(Jt. Secretary. Saraswati Mahila Samaj)*

Bangalore Local Sabha Report for the Months of March and April 2012: On March 23rd the laity heralded Nandana Samvatsara with Panchang Shravana. The Math calendar was also distributed. On April 19th Punyatithi of HH Swami Parijnanashram 1 was observed.

On April 25th HH Shrimad Sadyojat Shankarashram Swamiji was heartily welcomed with Jaijaikars and Purna Kumbha Swagat on His arrival at Bangalore Math. Shri Shankar Jayanti Utsav was celebrated on April 26th. Pujya Swamiji performed Shri Shankaracharya Poojan in the morning. Evening saw the three yuvas Raghvendra Sorab, Smita Baljekar and Saikrupa Nalkur trained diligently by Malini Madiman pachi, flawlessly doing Bhashya Pathan of selected passages from the Upanishad, Shrimad Bhagwad Gita and Brahmasutras in Swamiji's August Presence. After this, 55 winners, participants and judges of the ShankarJayanthi competitions held earlier in the month, chanted Shri ShankaraBhagawadpadastuti

and then received prizes/blessings from Swamiji. HH Swamiji then enlightened the laity with an illuminating Ashirvachan. After Deepnamaskar, Swamiji performed Sri Devi Poojan. April 27th at 6 pm, Shri D K Hari and Smt Hema Hari made an informative and very interesting presentation on their research titled "2012 – The Real Story". At 7 pm students of Geervanpratishtha put up a programme with a beautiful and novel skit as well as a few Sanskrit songs. Malini Madiman pachi received Blessings from Pujya Swamiji in recognition of unstinted seva selflessly offered to the Math and the Guruparampara for more than two decades. On April 28 Prarthana Varg sanchalikas organized a Vana Bhojan for our Prarthana students with Pujya Swamiji at the lovely Organic farm Navadarshanam. All the participants enjoyed a wonderful nature trail and a lunch made entirely with organically grown ingredients followed by an interaction with Pujya Swamiji. Later in the evening the Yuvadhara members were blessed with a Paramarsh session with Pujya Swamiji. On April 29th the various programs were Samoohika Gayatri Anushthan, Swadhyay on Soundarya Lahari by Pujya Swamiji, in the morning. The evening's program began with a very interesting and enjoyable quiz by Yuvadhara for their six participant teams. The next program was a wonderful Shadowgraphy on the Life sketch of Adi Shankaracharya by Smt Deepa Murdeshwar and Smt Chetana Kadle along with Divya Rao. This was greatly enjoyed and applauded by the audience. Dharmasabha commenced from 7:30pm. onwards. The Quiz participants received prizes/ blessings from Swamiji and the Shadowgraphy team was felicitated. The President – Local Sabha then addressed the gathering which was followed by Kshamayachana by our young Joint Secretary Chaitanya Mudurmam in flawless Konkani. The laity was then blessed by a very inspiring Ashirvachan by Pujya Swamiji. On April 30th Pujya Swamiji concluded the wonderful Swadhyay on Soundaryalahari from 10 to 11 am. From 2 to 4 pm, Deepa Murdeshwar and Chetana Kadle conducted a Puppetry workshop for the enthusiastic Prarthana Varg students which all of them enjoyed. On May 1st, Pujya Swamiji blessed

us with a short but poignant sandesh and then departed for Shirali leaving all of us with a host of pointers for chintan after this memorable visit.

Reported by Asha Awasthi

Canada : Over 30 people attended the satsanga held on Sunday April 15, 2012 at Aruna and Gautam Ullal's residence in Hamilton, Ontario, Canada. The program included Deep Namaskar, Sankarnarayan Geeta, bhajans by children and adults, Parijnan Gajari, Mahaarati, Mantra Pusphanjali and Mangal Pada. At the Annual General meeting held following Prasad Bhojan, annual reports were presented and approved and the following were elected to the new Executive Committee for the two year term (2012-2014): President: Vivek Kulkarni, Vice President: Kishore Kulkarni, Secretary: Pramod Udiaver. Treasurer and Webmaster: Vinayak Shanbhag, Members: Maya Kulkarni, Aparna Kumata and Chetan Kumata.

Reported by Sadanand Mankikar

Mumbai – Grant Road : The Sabha was allotted a midnight slot on 7th / 8th April at the Chitrapur Math as part of the Rathotsava celebrations. The Gurubhakti Bhajan Mandal did full justice to this slot by giving a whole hearted Bhajan / Smaran performance which kept the audience glued to their seats! Punyatithi of HH Shrimat Parijnanashram Swamiji I was observed on Thursday, 19th April, 2012 with Gurupoojan by Navin Bijur on the Audumbar Katta. A good number of devotees attended the poojan.

Shankar Jayanti was celebrated in the Talmakiwadi Garden on the evening of 26th April 2012. Almost 80 to 100 devotees attended the programme.

The stage was full of enthusiastic participants including many children from the Grant Road Prarthana varga. An excellent script by Shri Sudhir Balwally on the life and teachings of Shri Adi Shankaracharya was fluently narrated by the Anchor – Smt. Deepa Savkur. Interspersed with the narration were Bhajans, Stutis and Sthotras mostly composed by the Master, Adi Shankara, and some

composed in His praise. The narration was an excellent attempt to understand the thematic gist of each of the recitation. Shri Arun Hattangadi on the Tabla, Shri Krishnakumar Chandavarkar on the Manjira and Smt Pallavi Nadkarni on the Harmonium gave a good accompaniment to the programme.

Reported by Dr. Prakash Mavinkurve

Mumbai – Santacruz : We observed the Punyatithi of HH Shrimat Parijnanashram Swamiji I on Thursday, 19th April, 2012, from 9.30 pm onwards, in the Shrimat Anandashram Hall, Saraswat colony. The evening went off well with a hall full with young and old devotees offering their Bhajan Seva with bhajans and stotras, followed by Ashtak, Mangalarati and Prasad thereafter!

To celebrate Shankar Jayanti a programme was arranged on the evening of 26th April 2012. The Swara Sadhana group (from Santacruz) presented the “Revival of Sanatana Dharma” by Shri Adi Shankaracharya. It was beautifully written by Smt. Pragyna Bellare, where in amidst her narration, stotras, shlokas and bhajans, relevant to the topic were aptly and appropriately sung by the Bhajan group as their Seva for the evening..!

The programme began at 6:30 pm, in the Shrimat Anandashram Hall, Saraswat Colony, Santacruz. Many devotees from near and far attended the programme.

Reported by Kavita Karnad

Mumbai – Bandra-Khar : Rama Navami was celebrated on 1st of April at Shri Anandashram, Khar with many devotees attending the program that included the presentation of Geet Ramayana in Sanskrit by Prof. Sitaram Datar and Smt. Sudha S. Datar. Sadhana Panchakam chanting was conducted on 10th of April. Samaradhana of P.P. Parijnanashram I Swamiji, Gokarna was observed on 19th of April with Guru Pujan and bhajans by devotees of Bandra-Khar sabha and Shri. Guru Pujan was conducted on 26th April to celebrate Shri Shankara Jayanti.

Reported by Satish Hattangadi

OUR INSTITUTIONS

Saraswat Mahila Samaj, Gamdevi, Mumbai

3rd Apr 2012 : Vasantik Sammelan – The arrival of the Vasant Ritu was celebrated with a program of Sugam Sangeet by Smt. Vinaya Rao Khambadkone. Vijayalaxmi Kapnadak welcomed the singer, her accompanists and the guests. Vinaya took her early lessons in singing from her mother Sitabai Gurkar. It was only after 40 that she could continue her passion for singing under the tutelage of Shri Bhalchandra Patre. She also learnt under Smt. Maya Nadkarni, Satyajit Borwankar and Swarada Sathe. Smt. Gita Yennemadi gave a brief commentary, Shri Ravi Ram accompanied on the Harmonium and Shri Arun Hattangadi on the Tabla. Starting with Guruvandana, Ganpati Sthavan, Vinaya sang songs set in different ragas depicting the feelings of a woman from youth to old age. She also gave a 'jhalak' of her repertoire with a lavni, a bhavgeet and natyasangeet. The vote of thanks was delivered by Vidya Kodial. Snacks were sponsored by Sharayu Kowshik and Smt. Prema Kalambi.

11th Apr 2012 : The Lekhan and Sangeet Puraskar Samarambh was held in the Indirabai Kallianpurkar Hall at 12 noon. Neeta Yadery welcomed the guests and compered the program. Vinaya Rao Khambadkone started the proceedings with a beautiful invocation to Lord Ganesh. Suman Kodial, President, gave a few details about this program which was started 12 years ago with Bhatkal Sadanandmam's encouragement. Kanchan Sujir introduced the awardee - Chitra Shirali of

Dharwar - who was awarded the Lekhan Puraskar for her writings in Konkani. Suman Kodial presented her with a Saraswati idol and a cash award. Chitra Shirali then spoke about how she started writing in Konkani and also read some of her work. Geeta Balse introduced Smt. Vinaya Rao Khambadkone. She was awarded the Sangeet Puraskar - Sarswati idol and cash award by Suman Kodial. She spoke about her love of singing and presented 3 songs. Neeta Yadery delivered the vote of thanks. All the guests then partook of the sumptuous lunch.

Forthcoming programs

Saturday 23rd June 2012 at 5.00 p.m. at the Samaj Hall - "Advocate Narendra Kamat Memorial Lectures" - सुप्रसिद्ध नाटककार सुरेश खरे यांचे भाषण "सांगण्यासारखे बरेच काही" – Prasad in memory of Shrimati Indira Kamat.

Saturday 30th June 2012 at 3.30 p.m. at the Samaj Hall : "आषाढी एकादशी - स्त्री संत मालिका" संगीत दिग्दर्शिका आणि प्रमुख गायिका गीता येन्नेमाडी, निरूपण - साधना कामत Snacks sponsored by Geeta and Shyamala Yennemadi, prasad by Geeta Yennemadi.

Reported by Smt. Smita Mavinkurve

Interested in hearing Konkani stories on the Internet?

All you have to do is to log in 'surkund konkani' on 'You Tube' and you will find Shivshankar Surkund narrating in **Konkani** over 50 chapters from his books – 'Ad-ventures from a PR Man' and 'MORE Ad-ventures of a PR Man'. The original book is in English. So far the most logged in chapter is 'saga of sumoli'.

CLASSIFIEDS

ENGAGEMENTS

Rao - Mavinkurve: Siddharth, son of Trikanad Dilip And Meera (Nee Shirur), grandson of late Trikanad Prabhakar Rao and Uma of Mumbai and late Gurudas S. Shirur and late Suniti with Mihika, daughter of Arati Mavinkurve, granddaughter of Deepa Ganesh Mavinkurve of Goa on 15th March 2012 at Mumbai. (CI-4459/R-4330)

Hattangadi - Nadkarni : Aseem, elder son of Seema and Arun B. Hattangadi of Powai, with Renuka, elder daughter of Rekha and

(late) Arun Nadkarni of Chennai on 14th April 2012 at Mumbai.

Manjeshwar - Prabhu: Abhay, son of Smt Shubhada and Subhash Ramchandra Manjeshwar of Vileparle, Mumbai with Lakshmi, daughter of Smt. Vatsala and H. Ramesh Prabhu of B.C. Road Bantwal on 24th April 2012 at Bantwal.

Balwalli - Hattangadi : Ashwin Balwalli S/o Nandan & Lata Balwalli, resident of Hubli & Priyanka Hattangadi D/o Dinesh & Alka Hattangadi, Resident of Thane, Mumbai have got engaged on May 7th 2012.

ACKNOWLEDGEMENTS

Sameet (son of Mrs. Shubhada (Amita) and Satish G. Burde) and **Varsha** (daughter of Mrs. Pratibha (Suvarna) and Deepak Ugran) thank all our relatives and friends for your gracious presence and blessings on the eve of our engagement ceremony on Saturday, 28th January 2012, at Mumbai and marriage on Thursday, 12th April 2012, at Bangalore. We request all to treat this as our personal and individual acknowledgement.

Ameet (son of Late Smt. Sulekha & Late Shri Sharad Nadkarni) and **Aseema** (daughter of Smt. Maya & Shri Umesh Balwally) thank all their relatives, friends and well-wishers for their gracious presence and blessings on the occasion of their wedding on 12th Feb. 2012 at Bengaluru.

PUROHIT

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

PHOTOGRAPHY

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DOMESTIC TIDINGS

BIRTH

We welcome the following new arrival:

Feb 18 : A daughter Aadya to Shruti (nee Kumble) and Ashish Vivekanand Balsawer at Bangalore.

THREAD CEREMONY

We bless the following batus:

Apr 25 : Srikar Umanath Molahalli (of Surat) at Shree Durgaparameshwari Temple, Karla

Apr 29 : Pratham Prabhav Kodial at Mumbai

Apr 29 : Tanish Santosh Bijur at Mumbai

MARRIAGES

We congratulate the following and wish them a happy married life:

Feb 12 : Ameet Sharad Nadkarni with Aseema Umesh Balwally at Bengaluru

Feb 26 : Pavithra Janardhan Savnal with

Poornanand Baburao Trikannad at Mangalore.

Apr 25 : Jaya Narayan Nair with Siddharth Anant Masurkar at Mumbai.

Apr 26 : Namrata Sharad Kilpady with Sushanth Sudhakar Rao at Mangalore.

Apr 12 : Sameet Satish Burde with Varsha Deepak Ugran at Bangalore

OBITUARIES

We convey our deepest sympathy to the relatives of the following:

Mar 30 : Roopa Ravikiran Nadkarni (keremane) (58) at Bhadravati.

Mar 30 : Meerabai Ganesh Rao (Honnavar) (84) at Bangalore.

Apr 10 : Shantabai Somashekhar Rao Mullerpattan (89) at Bengaluru.

Apr 12 : Sashittal Krishna Mangesh at Mumbai.

Apr 13 : Hosangady Raghuvveer Rao Venkat Rao (86) at Bangalore.

Apr 19 : Pangal Umesh Rao (80) at Sampe (Puttur).

Apr 25 : Kallianpur Subbarao Shivrao (92) of Goregaon (East) at Mumbai

Apr 27 : Gulvady Srikar Dattatreya (81) at Matunga, Mumbai.

May 1 : Gangoli Sharadchandra D (73) at Vileparle (East), Mumbai.

May 9 : Sulabha N Kulkarni at Khar, Mumbai.

May 11 : Sthalekar Manjunath Sadashiv.

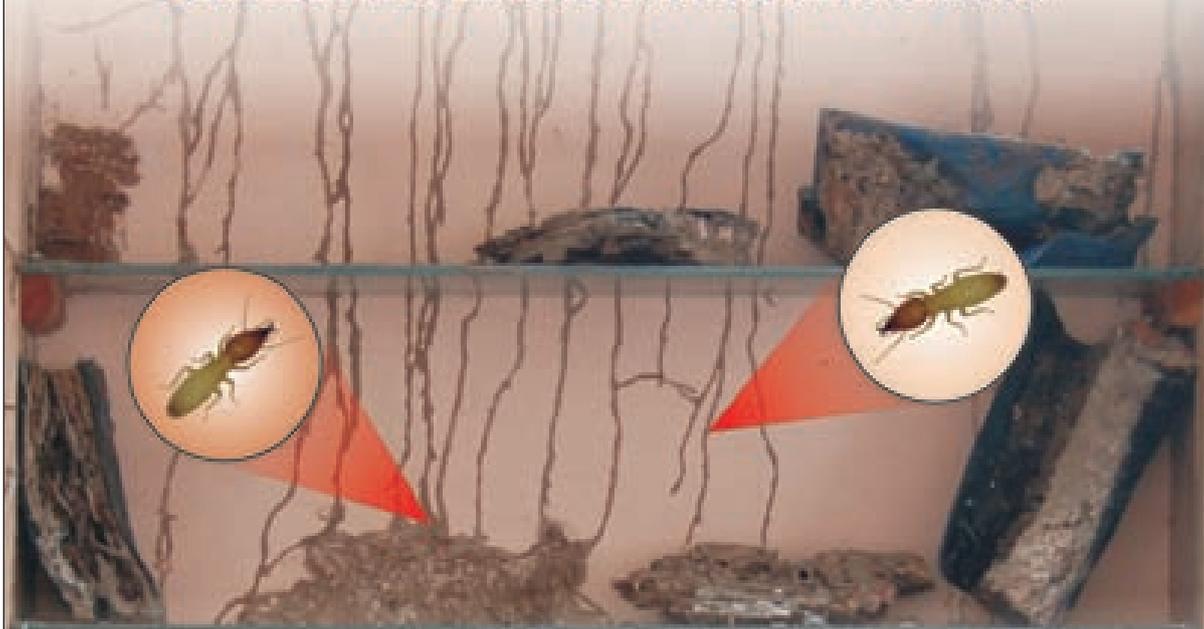
ERRATA

- In our May 2012 issue on page 57 in the Remembrance of Vidya R Kallianpur the year of expiry has been wrongly printed as 2012 instead of 2011
- On page 68, under ENGAGEMENTS Jothady – Nagarkar the name Sunila Nagarkar has been wrongly printed as Sunil.
- In our Apr 2012 issue page 38 the text should read as “specially on your Centenary” instead of “specially on you Centenary”.

We regret the above mentioned errors.

– Editor

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