



Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

102ND FOUNDATION DAY

26th November 2012



Saikrishna Hatangadi receiving the prize for 'Excellence in Sports' from Managing Editor Gurunath Gokarn.



Vrushali Hatangadi another recipient of the 'Excellence in Sports' prize being given the prize by President Suresh Hemmady.



Sairi Hatangadi youngest member of the Hatangadi family also receives the prize for 'Excellence in Sports' from Vice President Geeta Yennemadi.

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New Initiative being launched by KSA from the New Year 2013

For over 300 years, our forefathers have drawn inner strength and inspiration from the sacred sanctorum of Lord Bhavanishankar and the wise and compassionate Mathadipatis of our beloved Chitrapur Math. We, too, continue to bask in that abundant Love and Grace being showered upon us.

As Swamiji says repeatedly, it is only the Sankalpa of His Guru, Shrimat Parijananashram Swamiji, that is showing us the way forward. It is in fulfillment of that Sankalpa that His Holiness Swamiji is guiding us ahead so that the activities of our Math have spread beyond religious and spiritual to social upliftment of our community. There are projects to

assure hundreds of underprivileged locals in and around Shirali, that they too have a right to live with dignity and in comfort on their own land.

From this month, we are starting a new series 'Parisevanam'. As 'Sunbeam', the magazine of Shri Chitrapur Math already covers its religious and spiritual aspects, 'Parisevanam' will acquaint our readers with the many facets of our Math and the various schemes, projects and activities functioning under its protective umbrella with His Holiness Swamiji's Guidance.

Suresh S. Hemmady
President

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KALA VIBHAG

EXHIBITION OF PAINTINGS – 2013

An Exhibition of Paintings will be held on 26th and 27th January 2013 in Shrimat Anandashram Hall, Shrimat Parijnanashram Sabhagriha and Smt. Indirabai Kallianpurkar Hall as announced in December 2012 issue of KS.

Artists who have indicated their willingness to participate are requested to bring their exhibits to the Office of KSA on 24th January 2013 between 11.00 hrs to 13.30 hrs or 16.30 hrs to 19.30 hrs

They are also requested to go through the announcement made in earlier issues of KS.

The exhibition of Paintings is open to public from 10.00 am to 8.00 p.m. on both days. Admission is free.

ALL ARE CORDIALLY INVITED

Gurunath S. Gokarn

Hon. Secretary, Kala Vibhag

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From the President's Desk....

A new year is unfolding....like a blossom with petals curled tightly, concealing the beauty within.

One of the most astute analysts of the human race was the guy who invented the eraser. You can erase mistakes and start all over again. Life may not be that simple....where erasing mistakes may not be that easy. But, one can always erase memories that were painful or simply not worth remembering. For last year's words belong to last year's language and next year's words await another voice.

As another year has slipped by slowly but surely...it's time to learn from the events of the past and look forward to a glorious new year of hope, promises, dreams and 365 opportunities to make life more meaningful and happy.

The year gone by must have been filled with countless memories for all of you as it has been for me. Promises made and kept, while some broken.... either by design or by mistake, decisions which turned out right and some which didn't, plans which worked out and those which went for a toss, hunches which were a hit or a miss.....the list is endless.

In the end, however, when you come to think of it, all that really matters isn't the things you did, but what its effects are today; not the knowledge you have gained, but how you applied it; not the words that were said, but how they made you feel; and most of all, not the moment of occurrence, but how it's now just a part of our memory. Every day we make memories, so why not paint lives with happy ones.

Let us all, therefore, look forward to a glorious new year and work with renewed vigour towards fulfilling our dreams. If there were certain situations in the last year in which you were not successful, do not be disheartened. Put in some more efforts this year, and you will surely find happiness in all that you do. Try not to measure success in terms of accomplishments only. I say this with complete conviction due to my personal experience because I sincerely believe that success is not measured by what you accomplish; but by successfully handling the opposition you have encountered and the courage with which you have maintained the struggle against overwhelming odds. Life is precious and time, even more so. So, make the most of whatever time you have and add value to your years.

Cheers to a new year and another chance for us to get it right!!!!

Suresh S. Hemmady

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Letters to the Editor

Dear Editor: My heartiest thanks to the Kanara Saraswat Association and Saraswat Cultural Forum for hosting the wonderful musical programme “Suman Sugandh” in Pune in honour of Smt Suman Kalyanpur. This musical bonanza was a unique treat of its kind.

It was a great pleasure seeing and listening to Sumantai live. Her sweet smiling, graceful humble personality and honey sweet melodious singing won the hearts of the audience immensely. The young upcoming artistes who sang some of Sumantai’s evergreen super hit songs set the audience clapping and tapping and even won a few once mores.

The informal chat between the eloquent compere Smt. Mangala Khadilkar and Smt. Suman Kalyanpur was the highlight of the evening. Interspersed with wit and humour and a nostalgic trip down memory lane of Sumantai’s popular superhit songs of yesteryears was a memorable event worth cherishing. I wished the evening would never end.

Smt Mangala Khadilkar’s book Suman Sugandh is a mighty tribute to a divinely gifted artiste of Sumantai’ calibre. Obviously written with immense effort, touching upon every little detail of her personal life and professional career, this book is indeed a sincere labour of love .

My heartiest congratulations to both Sumantai and Mangalatai and all the other participants who combined their talent and effort to make this event a grand success.

Kusum Gokarn, Pune

Dear Editor: The Diwali issue has come out very attractive and worth reading. The Editorial Board deserves Kudos for the following reasons,

1-The interview of the Music Legend Asha Bhonsle by Chaitanya Padukone, Dadasaheb Phalke Awardee has for the first times given us a good news that a Hindi film ‘Mayi’ is being directed by a Bhanap, Mahesh Kodial with AshaTayi in the lead role for the first time.

2-The article ‘My first Diwali after marriage’ written by Smt. Nalini Nadkarni is quite interesting as it throws light on the life of young wives in olden days. The Lady Author who stays alone in Bandra has a potential to express her real life experiences in an effective way.

3-The article ‘Sanskrit Sahitya Sagarantulo Thembu’ by Sanskrit Vidwan, Shri Anand Kadle in chaste

Konkani is a treat to read. It makes us all strive to learn Sanskrit and enrich our linguistic capacity. There is a touch of comedy and hence we expect more articles from him in konkani.

4-The article ‘Diwali Ank’ by Veena Bantwal has provided a model that the young authors can write Konkani in Roman script nicely thereby showing that a script need not be a hurdle in development of our literary pursuit.

Arun Ubhayakar, Mallapur

Dear Editor: Reference the article “For Readers to Digest” (KS, October 2012), Smt. Savithri Babulkar’s idea of readers writing in about books that they have read seems excellent in today’s context of the young (and not so young!) preferring the TV to books.

You might consider a regular column (appropriately called “For Readers to Digest”) in which your readers could contribute with brief reviews of the books that they have recently read and liked. This would be preferable to merely listing “my favourite books”. It would also expose KS readers to new subjects, issues and authors.

Asha S. Vombatkere

RUBY WEDDING ANNIVERSARY



15th December 2012

HEARTY CONGRATULATIONS
SHRI. NIHAR K. AMEMBAL and
SMT. SHAILA NIHAR AMEMBAL
(nee HOSANGADI).

We pray to the Almighty and our
Guruparampara to bless you with a long,
healthy and peaceful life.
May the Ruby turn to Gold.

With love from: NEERAJ NIHAR AMEMBAL,
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Kanara Saraswat Association's 102nd Foundation Day Celebration

26th November 2012 was the 102nd Foundation Day of the Kanara Saraswat Association. A programme was held in the Shrimat Anandashram Hall to celebrate the occasion.

Mrs. Deepa Savkur compering the program, requested President Shri Suresh Hemmady, Vice President Smt Geeta Yennemadi, Chairman Shri Raja Pandit, Hon. Secretary Shri Shivshankar Murdeshwar and Kala Vibhag Secretary and Managing Editor Shri Gurunath Gokarn to grace the dias.



Shri Suresh Hemmady welcomed the audience and expressed his happiness and pride that the KSA was entering into its 102nd year. He said that there were four great institutions in our community – Shri Chitrapur Math- which looks after our religious and spiritual needs, the Kanara Saraswat Association – which looks after our social and cultural aspects, the Saraswat Mahila Samaj offers avenues for women to grow and the Shamrao Vithal Co-op. Bank Ltd. which takes care of our financial needs. Out of these three were started by the great visionary Rao Bahadur Shri S. S. Talmaki whom we can never forget. He welcomed everybody once again and wished them a happy and enjoyable evening.

Smt. Kalindi Muzumdar spoke next. She elaborated on the growth of the KSA. She remembered various bhanaps who have contributed in different fields at the national and international levels such as Smt. Kamaladevi Chattopadhyay and Benegal Brothers in the freedom movement, Shri Gajanan Hemmady and Shri Prakash Padukone in Badminton, Shri K Jayant in Table Tennis. She said that similarly many people have made a name in the fields of films, music, dance, many Saraswats have laid down their lives for the country and so we must be proud of our community

but not look down on others at the same time.

She then mentioned how Shri Shamrao Kaikini and his wife had taken care of many young Bhanap boys who came to Mumbai for education and employment in the latter part of the 19th Century. Not only Shri Kaikini, but many others eg. her own grandfather Shri Kowshik Narsingmam too helped the youngsters by providing them boarding and lodging.

Kalindipachhi said, “a Chitrapur Club was started in 1892 in Gamdevi. However this was later closed and restarted as Friends’ Club. This was the precursor to the KSA and it enabled the youngsters to interact, solve their problems and provided them a security – a home away from home. It was Talmakimam with his foresight who converted this Friend’s

Club into an association and that was the beginning of KSA. It was registered in 1934 and had branches in Karwar and Bangalore. At that time the goal was to spread the spirit of brotherhood, to give security to each other and to have social gatherings- in short to have physical, mental, economic and spiritual progress.

Slowly the KS magazine was born, then came housing societies, the Saraswat Mahila Samaj and the Nursery school too was started. We all know the good work the Mahila Samaj is doing – promoting art and music, encouraging women who have excelled in their chosen vocation. The Mahila Samaj and the KSA work in absolute harmony.

Another priceless thing we have is our Guruparampara and the Shri Chitrapur Math. KSA and the Math have been working together since 1922. In 1927 when Shrimat Anandashram Swamji went to Hrishikesh, the KSA had helped by doing all the preparations. Before the sunbeam magazine was started, KSA used to publish the Math news.

KSA has started and executed many projects, business conferences, Health Centre, Inter-community get-togethers, a mountaineering expedition etc. We

also now have Prize Fund, Scholarship Fund, Distress Relief Fund, Medical Relief Fund, Emergency Medical Relief Fund. A new Fund has been started called Community Chest Fund. This is to help entrepreneurs start new business. Since the last 5 years the KSA has also been honouring women who have done a lot of work in their fields.

The KSA has been encouraging youngsters be it in the fields of music, dramatics, sports, academics or business. So let us all say loudly , “ गर्व से कहो हम सारस्वत हैं | Thank you..”

After this Prof Mrs Sadhana Kamat, our Past Vice-President shared her thoughts.

Prof Sadhana Kamat in her address thanked the KSA for giving her the opportunity to speak on this Foundation Day. She spoke about Shri Shamrao Vithal Kaikini who worked hard for the members of our community who came to Mumbai, 100 years ago for education and jobs. She recited a quote:

“The Crest and Crowning of all Good, Life’s Final star is brotherhood.”

She remembered Surkund Annajimam, who used to say that the edifice of Bhanap Community rests on four pillars. The Chitrapur Math, which looks after our religious quests, the SVC Bank – our financial needs, our cooperative housing societies which have provided self owned houses for community living and the KSA which has satisfied our cultural yearnings.

She spoke about her childhood memories by reciting a poem: “Across the fields of yesterday, He sometimes comes to me, the little lad that I used to be.”

She then narrated some of her interesting experiences during the KSA programs organized over the years – the plays, the music concerts, the innovative fancy dress items, and how many of them had enriched her personality, in childhood.

She quoted Shri G.G. Agarkar, the great social reformer, who, when asked for some messages for the younger generation, had just said, “Start an institution”. He implied that working for an institution will help you to contribute towards social reform.

Mrs Kamat concluded her speech by elucidating how the KSA had contributed towards the brotherhood of the community and wished that it would continue doing so.

Smt. Deepa Savkur then announced this year’s winners of ‘Excellence in Sports’ prize. She informed the audience that this prize has been instituted by the family of Shri Suresh (Bab) Nadkarni in his memory. The winners were Shri Saikrishna Hatangadi and his two daughters Ms. Vrushali Hatangadi, Ms Saili Hatangadi.

Shri Bharat Nadkarni –well known sports person and management expert shared his memories about his uncle Shri Suresh Nadkarni.

He said, “Shri Suresh Nadkarni was a wonderful cricketer and a very stylish table tennis player. He was my mentor and role model. He created a University record in 1950 when Mumbai University played against Punjab University. In the finals he captured all 10 wickets ! His bowling style was unique, because he was a left handed player and he used to bowl a Chinaman. By the time I could understand and appreciate cricket, I could not see his best, but I heard about him from greats like Polly Umrigar, Babu Nadkarni and Ramakant Desai. In TT also he, together with Vithalmam Nadkarni, won many prizes for KSA. At one time he even defeated Gautam Diwan who was India’s no 2 player! His style was technically very correct but at the same time very stylish! So we thought we must institute a prize in his memory and today I am very proud to see this family of sportspersons receiving the prize! Thank you.”

Deepa then introduced the winners- Vrushali Hatangadi, 16 years, studying in F.Y.J.C. at R.A. Poddar College. She has represented her school J.B. Vachha in Handball, Volleyball, Throwball and athletics. She has won Gold and silver medals for her school and has represented India for Handball in Sweden. She has played against many states in India representing Maharashtra and has won gold, silver and bronze medals multiple times. Shri Suresh Hemmady felicitated Vrushali.

Saili Hatangadi 13 years, studying in 8th std. in J.B. Vachha School. She has represented her school in Handball and has played in a National level match at



Indore. She has attended a coaching camp in Germany and has gone to Sweden to play Handball and Football. Smt. Geeta Yennemadi felicitated Saili.

Shri Saikrishna Hatangadi- aged 48 years is a superintendent in Indian Customs DRI. He has represented Mumbai University in 3 sports, Handball, Basketball and athletics for 3 consecutive years. For the past 10 years he has been taking various teams to Sweden and Denmark for Handball and Football. He is also an international referee and has won an award for excellence in Sports in 2008. He gives free coaching to schools and colleges. He has started an organization 'Phoenix Sports' for special, underprivileged and normal children. He conducts summer camps for special children and also arranges matches of volleyball, handball and cricket for all age groups.

Shri Saikrishna Hatangadi was felicitated by Shri Gurunath Gokarn, Kala Vibhag Secretary and Managing Editor of KS.

Mr. Saikrishna Hatangadi then spoke a few words. He expressed pride about being a 'Bhanap'. He said "Children need to be trained from childhood in sports. It encourages their all round growth. Normal children can go to any gymnasium to play but specially challenged children and tribal children have very few places. So I have started this organization "Phoenix Sports" where all can come at one level and play. We do not discriminate among them. Thank you!"

Smt Deepa Savkur then announced the winners of the prize instituted by Shri Mangesh Nadkarni (Ex Vice Chancellor of Gulbarga University) in memory of his wife Smt Ganga M. Nadkarni for excellent writing in Konkani. This time the winners of the prize are Shri Chaitanya Nadkarni of Goregaon for his article "हांव" published in the KS, Shri Sudhir Kodkani for his poem "जीवन" and Smt Nalini Suresh Koppikar for the article of "Sant Kanakdas".

Shri Chaitanya Nadkarni recited a small poem composed by him for this occasion

हांगा आशिल्या उपस्थितांक चैतन्य नाडकर्णीलॉ नमस्कारू
शतपूर्ती अभिनंदन KSA कार्यकर्त्यांक
KSA क ज्यांनी जन्म दिल्लो पौषण केल्लो. रक्षण केल्लो
नमस्कारू तांका मगेलो
भार्या मगली स्मिता राधिका सुकन्या, प्रशांत कन्यावर्

कॅनरा सारस्वत फक्त एक संस्था न्हयी
या सारस्वत समाजाचे तें एक अभिन्न अंग व्हयी
१०१ वर्स गांटले आमगेल्या KSA नें
KSA जात्ता मगल्या मनाक हया विचारानें
आस्स आमगले सौभाग्य ही संस्था आमकां मेळ्या
समाजाखातीर बरें कार्य हया संस्थेने केल्ल्यां
आचारविचारांचें हांगा आदानप्रदान जात्ता
समाजसुधारणेचो हांगा मस्त कार्यक्रम जात्ता
सर्व क्षेत्रांतु KSA ने पुढाकार घेल्ला
समाजाच्या सर्वोन्नतीखातीर मस्त प्रयास केल्ला
शिक्षणाक आरोग्याक KSA चो आधारू
विविध कला क्षेत्रांतु KSA चो हातभारू
आमगले समाजाचें आस्स KSA हें भुषण
सर्वांनी आम्मी कोरका KSA चे रक्षण
हो मानु कवीगलॉ हांव आजोबांक समर्पित करतां
स्तंभकवी अण्णप्पय्यागेल्या स्मृतीक हांव प्रणाम करतां
सप्रेम मनाने KSA क मगले वंदन
तुमगेल्या सर्वांगेल्या वतीने KSA क अभिनंदन

Next Shri Sudhir Kodkani expressed how having spent his childhood days in Belgaum where Marathi was spoken, he used to speak Marathi at home too. Hence he had inhibitions about speaking in Konkani. But after coming in Talmakiwadi and moving around with friends like Sadu Nadkarni, Dinesh Kalyanpur etc he started conversing fluently in Konkani. Then when in college he became the secretary of the Konkani Association he fell in love with the language and saw many Konkani plays. He remembered the Konkani Sahitya Samiti, which today has merged with the KSA. He remembered all the workers of the Konkani Sahitya Samiti and paid homage to them. He also expressed gratefulness to Shri M.V. Nadkarni for encouraging Konkani writing by instituting the Prize.

The third winner of the Konkani writing prize Smt Nalini Suresh Koppikar had come specially from Dharwad to receive the prize and expressed her happiness that KSA had published her article in 3 parts. She termed this day as unforgettable in her life. After this was the entertaining magic and mentalism show by Dr. Prakash Mavinkurve, Shri K. Ravindranath, Shri Mohit Rao and a surprise guest Shri. Rakesh Seth. The evening ended with a delicious dinner hosted by KSA's caterer "Central Excellency".

<<<>>>

An Appeal

Dear Music Lovers,

This New Year 2013, a wonderful opportunity awaits Mumbai's Bhanaps (Chitrapur Saraswats) to showcase their musical talent. A novel idea to celebrate music and to bring out the hidden talent of children, youngsters and senior citizens alike, within our loving community, is taking shape.

“Lalitaangan” will be presenting a Musical Show titled
“Navrang Geeton Ke Sang”

on Saturday, 26th January 2013 in Karnataka Sangh, T.H. Kataria Marg at 9-30 am.

“Lalitaangan” is a school of music privately run by Smt. Kanchan Honavar, B.A. in Music and Sangeet Vishaarad, with a pure intention of promoting music. She, along with her Bhanap Support Group, cordially invites you to attend this Celebration of Music with your family and friends in large numbers * She has also an objective to adopt a female music student who is visually impaired.*

This is an appeal to all music aficionados to donate generously and help us make this event noteworthy. Donations in memory of one's kith and kin and for anniversary, birthday etc. are praiseworthy.

Please contact :

Kanchan Honavar (Event Manager)

On 022-24225331, 9769924314, between: 9 pm - 10 pm
or any of the following Bhanap support group members -

Andheri -Vidya Aaldangadi – 9819048757

Borivli - Anjali Dhareshwar- 9870044003, Shantala Bankeshwar - 9769683356

Dadar - Nandini Basrur - 9930364587, Sheela Ubhayakar-24446073

Goregaon -Nandita Amlady-9320191727, Geeta Koppikar - 9820953173

Grant Road - Deepali Vaze- 9833099898, Revati Shirur - 9322880737

Santacruz- Sujata Nadkarni- 9820563307, Nirmala Mudbidry -26606496

Vileparle- Mangala Nadkarni -9967093665, Vidya Kalbag - 26136682

Virar - Purnima Nagarkatti- 9767165305, Sumangala Hattangadi-9324804038

Sincere warm regards,

Kanchan Honavar

Event Manager-Lalitaangan

Dr. Jayshree Dilip Panjikar A Gemmologist par excellence

Dr. Jayshree Panjikar is an internationally recognized authority on gemmology. She is the Chief Mentor and Strategic Adviser to PANGEMTECH – Panjikar Gem Research & Tech Institute, Pune. She has also played a very active role as the Chief Adviser at the Seamedu's Institute of Gem & Jewellery. For almost 30 years she was the Head of the Research & Development Department of the National Research Center for Diamonds and Gemstones. She was the Course Coordinator as well as the Chief Gemmologist of the Gemmological Institute of India, a project of the Gem & Jewellery Export Promotion Council.

In 1975, Jayshree graduated from Fergusson College Pune, University of Pune and stood first class first with distinction for the degree of B.Sc. (Hons.) in Geology. She successfully completed her Gemmology Diploma and became Fellow of the Gemmological Association of Great Britain (FGA) in 1977. Also did her Diploma (DGemG) from the Deutsche Gemmologische Gesellschaft, Idar Oberstein in Germany in the year 1984.

Jayshree Panjikar is the first Indian lady to study for her doctoral thesis on gemstones at the Heidelberg University in Germany and is a DAAD scholar. From Antwerp Dr. Jayshree Panjikar did the diploma Certified Diamond Grader of the Diamond High Council (HRD) Belgium, in the year 2000. In 2006 she did an Advanced Gemmology Research Program on Raman Spectroscopy & FTIR from GIT, Thailand. From the Gemmological Institute of America she successfully completed her Graduate Pearl Diploma in 2009.

Dr. Panjikar is the member of the Gemstone Panel of the International Mineralogical Association (IMA). She is also on the Precious Metal and Gemstone Panel of the Bureau of Indian Standards (BIS) and has taken very active role in the formation of the BIS standards for Diamonds. Recently she has been nominated as Executive Council Member of the International Gemmological Conference (IGC). She has authored and presented papers on gemmology at National and International Gemmological conferences and seminars.

Dr. Jayshree Panjikar is a member of the Advisory Board of Asian Institute of Gemmological Sciences Thailand (AIGS) and as well as on the expert committee of the Gem & Jewellery Institute



of Thailand (GIT). From 2011 to 2015 Dr. Jayshree Panjikar will work as an Expert Member on the Board of Studies for Geology for the University of Mumbai. She is associated with various institutions of gemmological studies worldwide. In March 2012 Panjikar was felicitated by Government of Maharashtra, as a prominent lady with outstanding achievements.

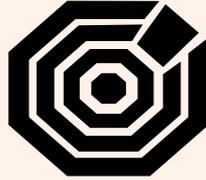
She is a Life Member of various prestigious organization like the Indian Science Congress, Indian Geological Congress, Geological Society of India, Mineralogical Society of India, as well a member of the International Alumni Association of the Heidelberg University Germany.

Dr. Jayshree Panjikar is also one of the founders and ex-president of the Forum of Indian Gemmologists for Scientific Studies and the President of the Jewellery Designers Association and works for the propagation and development of gemmology in India. Dr. Jayshree Panjikar co-authored the book "Gemstones – Properties and Identification". Dr. Jayshree Panjikar is the proprietor of Pangem Enterprises Pangem Testing Laboratory, an ISO 9001:2008 certified organization in Pune. She shared a few of her experiences with us -

"You really mean it is not a ruby?" was the question Mrs. Vinita Rao asked again and again. She just could not believe her ears! I was trying to tell her that all the red stones were just synthetic stones of little value. Vinita Rao had inherited a beautiful

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red stone necklace which she always thought to be of natural Burma rubies. In fact many years ago her parents had built a bungalow for forty lakhs and also for bought the said necklace for some forty lakhs. Like good parents they thought they had divided their wealth fairly, one daughter got the bungalow and the other the necklace! Good quality synthetic rubies sometimes look exactly like the most valuable Burma rubies. Many have been fooled. Everyday there is some exciting case in our laboratory. Sometimes the gemstones and diamonds that come for testing are really rare, exquisite and so beautiful that value apart they make our day!

Last week there was a big emerald for testing, beautiful, lush-green, one could just keep on gazing at its exceptional quality. The best emeralds come from Colombia in South America. When one sees such emerald under the microscope a Colombian emerald would actually have some fluids trapped in small microscopic cavities. These fluids are in reality the droplets of the solutions from deep inside the Earth from where the emerald had crystallized. Emeralds for that matter all gemstones are some millions of years old and the fluids were volatiles (concentrated steam) which condensed as the gem started crystallizing! Under the microscope every gem has a different story to tell: each gem has a definite characteristic inclusion, its telltale signs of its authenticity.

Recently one couple had come to test the diamond tops, what we call in amchligelli "*vajrakuddka*". The husband had presented the wife on her 50th birthday diamond-studs. But somehow he felt they did not shine so much. What a shock it was to him when we checked and found that the solitaires were just synthetic cubic zirconia, commonly known as American diamonds. Fortunately with our Pangem Gem Testing Report the couple could get their money back. It is my serious advice to all those who are buying diamonds and other gemstone studded jewellery to get a proper test report from a neutral third party.

Many jewelers give certificates with the diamonds and gems that they sell. Our Pangem Testing Laboratory, an ISO 9001:2008 certified laboratory

in Pune regularly gets material for verification of the certificate issued by the jewelers. Second Opinion is needed today as the science of gemstones viz. gemmology has developed tremendously in leaps and bounds. There are synthetic gemstones, treated gemstones, stimulants (gems of inferior quality that look like the precious gems), doublets, imitations etc. that the jeweler hardly has the time to up-grade his knowledge.

Once I remember an elderly Parsi lady had come with a fabulous closed ring setting having a big greenstone with sparkling diamonds all around. She had bought it in Paris with a proper certificate indicating the big green to be a Soudé emerald for a bargain price and was very happy. Someone suggested that she should get it tested and she landed in our laboratory. And the big green stone was indeed a Soudé emerald, little did she know that a Soudé emerald is actually a Doublet, meaning the stone is made by sticking two pieces together. So the emerald was actually a big glass piece with a small piece of green emerald/ green beryl, made to look like a big emerald. This type of problem of buying something abroad without understanding is very common among husbands bringing something for their darling wives back home.

I know of a case where the poor hubby let's call him Prakash on his visit to Amsterdam got caught in a tourist trap and bought a very nice ring with small diamonds paying a bomb for a price. Prakash had a certificate, that had in clear words reported the diamonds to be SI2 Grade, Colour K and Cut Excellent ...Prakash saw only the "Cut: Excellent" part. He would have got the ring at half the price in India because the colour of the diamonds was light yellow and they had many black spots!!

Many a time astrologers recommend yellow sapphire or Pushkaraj to be worn in the forefinger and sometimes these astrologers also give the stone for skyrocketing prices. Of course natural yellow sapphires are costly no doubt. But today one has to be very careful..I know of a situation where the astrologer charged the client some 80,000 rupees and actually gave the client a yellow colored synthetic



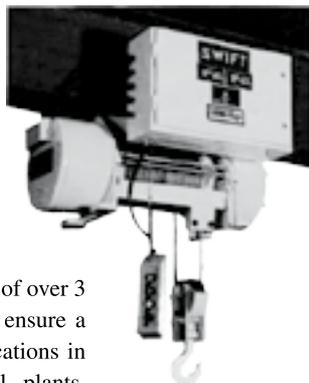
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cubic zirconia which is not even worth thousand bucks.

Today poor quality rubies are extensively treated. Heat treatment, Beryllium treatment, Bismuth treatment, Lead Glass treatment etc are regularly carried out. So when buying rubies do enquire whether the stones have undergone any treatment. Check whether the certificate indicates treatments that may have been done to the stones.

Sometimes my clients bring what their ancestors had kept for a long time in the locker or in the jewellery box. There was one such gentleman who brought a very big carving of Ganesha in a silver box for testing. The lid of the box was studded with navgraha gemstones. The Ganesha Murti itself was very artistically carved natural ruby (*kempu*), under a beautiful canopy with intricate features all fashioned from one piece. It was simply a great pleasure to just hold it in the hand.

There are some lovely purplish-blue gemstones called Tanzanites which are slowly becoming very rare. As the mines are found only in Tanzania and they too are getting exhausted the prices are shooting up! Often I come across people who think that garnets are only brownish red cheap stones. Then I tell them about Tsavorite garnets and Demantoid garnets that are green and are heavily priced. Once there was a beautiful orange garnet some lady had brought from Madagascar. It was a real Spessartite garnet worth some 15000 dollars! The stone called "Gomed" used for Rahu is also a garnet. It is said to be very powerful.

One amchigelli-lady had come once with her big diamond studs with big red stones in the center. She felt they were becoming very heavy to wear. So I suggested to her that we could make two pairs of ear-tops and a ring from those stones in her studs. When I saw the central red stones under the microscope, both of them were real Burma rubies, absolute pigeon blood red with perfect characteristics of their origin. I told her to take absolute care of these rare rubies. The two pieces of ruby were more valuable than the 12 diamonds that were surrounding them!

Another fascinating gem that often comes for identification is the Alexandrite. It has a very interesting feature it changes its body color. If you see it in day light (white light) it appears green but if you see the same in Torch light (yellow light) it appears red! The phenomenon is called metamerism. A strong color changing natural alexandrite commands a huge price! Actually alexandrite hails from a mineral family called Chrysoberyl. Chrysoberyl has another gem variety that is very popular in India and goes under the name "Lasunia" or Chrysoberyl cat's eye used as stone for Ketu. Chrysoberyl cat's eye stone has a thin streak of light which moves from one side to another giving an effect of a cat opening and shutting its eye. Thinner and brighter the streak of light higher is value. I remember this case where one party took special appointment to test a large 726carats Lasunia worth some crores of rupees. There was a very interesting story of how the big stone actually belonged to some Maharaja who gave it away to some poor father of a girl to avoid the scandal getting public. And how the stone was centuries old and had never left the treasury. The day it left the treasury the poor Maharaja lost his kingdom.etc etc. When I tested it the 726 carat stone it was a Mona Lisa glass imitation made from fibers used in optics!

Besides garnets there are other attractive stones like Peridot, different colored Tourmalines, Topaz, Spinel, Fluorite, Quartz, Feldspar that make the science of gemstones even more fascinating and the job of a gemmologist very thrilling!

In the last 35 years I have just enjoyed testing gemstones, diamonds, gemstone studded jewellery for that matter even synthetic stones are sometimes very exciting. But at the end of the day I feel with the knowledge of gemstones at least I can help people, who have spent large part of their life's savings, to actually buy real genuine gems.

(Please note: all names of clients have been changed for guarding their privacy) Dr. Jayshree Panjikar can be contacted at jayshreepanjikar@gmail.com

<<<>>>

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Parisevanam



Shri Chitrapur Math, Shirali

Blessings from HH Shrimat Sadyojat Shankarashram Swamiji

॥ श्री भवानीशङ्करो विजयते ॥
श्री चित्रापुर मठ संस्थानम्
शिराली (उत्तर कन्नडम्)

The source of all knowledge, both Divine and mundane - the Gurushakti, the Parijnana begins to make its presence felt in the sadhaka's heart during moments of attentive japa. The love and reverence the sadhaka feels for these intimations of the Divine demand concrete expression - an expression that not only demonstrates that love and joy, but also results in further purification leading to greater clarity in perception of the loving Ajna of the Gurushakti.

Then it becomes sevana' in the truest sense - worship of the Divine and a taste of that bliss which is the Divine.

As members of the samaja collectively attempt sevana' , in the peaceful and charged environs of the Maths and in bustling metros, various activities are evolving in a manner that children, the youth and adults alike can participate enthusiastically and purposefully.

May the Gurubhakti of all Saraswats be intensified by their reciprocative Parijnana, their Parisevana of all the sevana' - the activities inspired by the Gurushakti.



An aerial view of the Math bedecked with lights for the Deepotsava on Kartik Purnima. While there are no records of when this celebration actually began at the Math, it has taken place annually after HH Shrimat Krishnashram Swamiji became the 7th Mathadhipati of our holy Guruparampara. The Shishya-sweekar ceremony of our 8th Mathadhipati- HShrimat Pandurangashram Swamiji also took place on this auspicious day.

Pic of Shri Chitrapur Math : Kishan Kallianpur

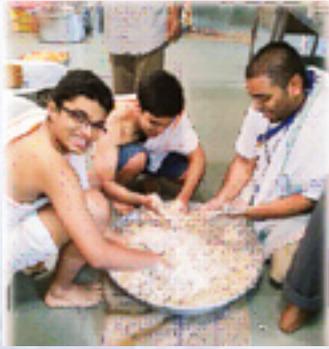
Pic of Deepotsav: Shirali Math Office

At Shri Chitrapur Math Gramabhojan- or hosting a sumptuous meal for over 2000 villagers in and around Shirali is a joyous part of the annual Rathotsav celebrations and also of June 15th which commemorates the birth-date of HH Shrimat Parijanashram Swamiji III. At Karla this heartwarming tradition has become a part of the Sharadiya Navratotsav and the celebrations following March 1st - the Shishya Sweekar day.

“We were expecting around 600 people, but at the final count the number of guests went up to 1350,” says Abhishek Gokarn - an enthusiastic member of Yuvadhara, in this report on the

GRAMABHOJAN AT KARLA

My joyful consent to Sharayupachi’s, Haldipur’s query, “Would you like to be the Activity Manager for the Gramabhojan?” found me reaching Karla along with 25 other yuva participants around midnight on the 25th of October, 2012. Pre-publicity of the occasion had been made through announcements from



a speaker-mounted vehicle which went to four villages around Karla – Vehergaon, Dahivali, Malavli and Shilatne. Our salute to the vibrant nine-year-old – Prachi Hulavale, who is from one of the villages, because she actually stood inside the vehicle throughout making loud and clear announcements.

On the 26th, our day’s work started at 7 am. Kneading dough for *puris*, rolling it out, cleaning chillies, peeling cucumbers and carrots and then some “my kind of work” - meaning, hammering



into place all the screws protruding from the tables laid out for the villagers. Kiran Gokarn and Varun Chandavarkar had to also pluck out stapler pins stuck in the tables from an earlier occasion.

By 11.30 am the villagers began to show up in small groups. Management ‘pro’s Aditya Chandavarkar and Chinmay Kallianpur created 8 rows for seating the guests and split the volunteers into 4 teams – Alpha, Beta, Charlie and Delta, each serving two rows from the four counters set up for the purpose. Three volunteers kept refilling the pickle, salad, *puris*, *papads*, *batatyasa-songdali-toy* (*‘varan’*), rice, *jalebis* and *chhaas*. We even had our own ‘DJ’ – Shivani Haldipur Kallianpur. Kudos to her for singing without a break for five whole hours!

While we were expecting around 600 people the final count of guests went up to 1350 and the Gramabhojan went on till 5 in the evening. After that we had our lunch and retired to our room a bit tired, but totally satisfied and happy!

(Report: Abhishek Gokarn Photo Credit: Amrita Burde, Kiran Gokarn, Aditya Chandavarkar, Maithili Padukone)

Yuvadhara is a global platform initiated by HH Shrimat Sadyojat Shankarashram Swamiji to promote excellence in body, mind and spirit of young adults through a host of activities and shibirs, thereby empowering them to spread their wings far and wide without losing their invaluable link with their root identity and priceless cultural and value-base. We will tell you all about Yuvadhara in a forthcoming segment of Parisevanam.

Madhav Chavan Wins 'WISE' Top Prize For Education

This year's WISE (World Innovation Summit for Education) has been awarded to Dr Madhav Chavan on 13th November 2012 at Doha, Qatar before more than 1200 delegates from over 100 countries including figures from the worlds of education, social enterprise, business, governments, media etc.

Dr. Madhav Chavan is the son of late Mrs. Vimal (nee Hemmady) Chavan and Yeshwant Chavan. The award was decided by an international jury, including the U.S. Librarian of Congress Dr James Billington, the president of Peking University Prof. Zhou Qifeng; former UN High Commissioner Mary Robinson and the chairman of WISE H.E. Dr Abdulla bin Ali Al-Thani. This prize of US \$ 500,000 with a gold medal is likened to a "Nobel prize" for education as the Nobel Committee does not award a prize in the field of education.

Congratulating the Laureate, the WISE Chairman said: " Madhav Chavan serves as an inspiration to all of us. His story combines the passion of a social entrepreneur with the patience and method of a scientist. His approach shows that the most important resources for successful innovation are a clear vision, determination and the ability to apply unrecognized capacities to a shared cause. Madhav Chavan has brought light into the lives of many millions of children and I congratulate him on his remarkable achievement.

Madhav was brought up in a politically active family at a critical time of change in India. After completing a Ph.D. in the USA, he returned to India in 1986 to teach chemistry at the UDCT in Mumbai. At the same time, he proffered his voluntary services to the Collector of Mumbai as also UNICEF to spread literacy among the underprivileged children of the city. After two years he resigned his job and founded the PRATHAM trust as an independent charity. Initially PRATHAM started by holding "Balwadis" (pre-education) classes for children in the slums of Mumbai. Volunteers were recruited to teach in spaces within communities including homes, temples, dharamshalas etc. The Pratham pre-school classes spread, and were replicated in many towns



and districts.

Pratham's mission is "Every Child In School And Learning Well". By increasing the literacy levels of India's poor sections, Pratham aims to improve India's social and economic equality. This is carried out through the introduction of low cost education models that are sustainable and reproducible. Chavan's scientific method includes monitoring and evaluation. Pratham's Annual Status of Education Report (ASER) provides a scorecard on pre-school education and this model has been replicated in many other countries in Asia and Africa. Pratham also launched READ INDIA in 2007 and PRATHAM BOOKS which publishes affordable, quality books for children.

Pratham has also set up other programs for disadvantaged children and youth including Pratham Council for Vulnerable children (PCVS), Early Childhood care and Education Centre (ECCF), Vocational Skills program and computer aided literacy.

Accepting the WISE Prize for Education, Madhav Chavan thanked his family for their support. He said "Some 25 years ago I saw that new thinking was needed to improve the lives of the millions of underprivileged in my country. Many individuals and organizations have contributed to what has been achieved, and I share this tribute with them. This Prize is a major landmark that reminds me how much more remains to be done. It is an enormous honor for me to be recognized and I hope to perform my duties as a global ambassador for education to the best of my ability."

Pai Family - Four Generations



Sunita Pai (center) - Great Grandmother
Anasuya Pai (right) - Grandmother
Neha Pai (nee Vinekar) (behind left) - Mother
Sandeep Pai - Father
“Bundle of joy” Dhairya Pai (on his father’s lap)
And, Grandson to Vasant and Nayan and nephew to Divya Vinekar.



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With best wishes and love from:

Smt. Malati Samsi
Rahul (Son) and Chaitali (Daughter-in-law)
Ananya and Antara Samsi (Grandchildren)

On Having a National Language

ASHA GANGOLI, PUNE

A year or so back I read a telling article, 'Why India is not just Delhi', wherein the author mourned that Hindi had been promoted by the government at the cost of other languages. All of which made for some thoughtful reading. But blaming everything on Delhi is a bit of over simplification. True that Hindi has been pushed to become a sort of national language, but it still isn't one. One look at the road signs and posters in Bangalore or Chennai, and you'll agree. While inviting tourists to their states, they ensure none of them can ever find their way around without help. Maharashtra has had its share of Marathi over zealotry. Recent times have seen a resurgence of linguistic/religious assertion, sometimes in the extreme.

Anomalously though, we all share the preference for sending our children to English medium or "convent" schools. In the process, Hindi, or for that matter all regional languages, have more or less been given short shrift. Look at the awkwardness and inadequacy with which youngsters from UP or Punjab, Bengal or Maharashtra speak their own dialects. Hindi announcements on airlines make my hair stand on end. The with-it crowd flaunts or feigns ignorance of their mother tongues, preferring to spout English, no matter how pidgin, in keeping with their jeans-and-tea-shirt and hamburger-and-rock "scene".

One would have thought inter communal marriages would enrich their progeny with the languages of both parents. Instead, their children are spoken to and speak in English. I have heard non Hindi parents speak pidgin Hindi and English to their children because it embarrasses them to speak in their mother tongue in front of others! A major reason for the scramble for English is of course the fact that it is the medium of instruction in desirable schools. They even hold interviews for both children as well as parents to test their English! Higher education as yet is not available in local languages. Information technology is mostly in English. And the sights of most young people, and their parents, are set on

western pastures.

Bollywood, with its increasingly "forren" content and ambience, has chronically been accused of aping the west. But if Bollywood apes Hollywood, Molly and Tolly are as quick to follow Bolly! What's more, they now find it lucrative to dub their films in Hindi for the rest of the country. Interestingly, a Pakistani poet in a documentary I had the fortune to see recently, expressed great happiness that Hindi films and television had kept Urdu alive. Otherwise, he said, the language would have been extinct long ago!

Koro, a near extinct language, was discovered recently (ironically by westerners,) in the north eastern state of Arunachal Pradesh, and has now become a touted symbol for dying languages in the country. Ironically again, most of the north eastern people, particularly Nagas, Mizos and Manipuris, a large chunk of whom are Christian, are rapidly losing sight of their culture, which is now preserved more for showcasing the state to tourists than a way of life. They cling to Christianity and western mores more fiercely than to their own culture.

I belong to the forties generation and, too, studied at an Anglo Indian school run by American Methodists in Kolkata. What I learned of Bengali or Hindi was, I hate to admit, less than adequate. In my ignorance, I learnt to say Shikadapore for Chakradharpur,

Shandernagore for Chandan Nagar and Cauvery for Kaveri, discovering much later the idiocy of it. That was put down to the hangover of the British Raj. But even today the Brit effect hasn't died down. The only shift is probably from the Queen's English to Obama's. And there's no denying that it's the most convenient thing we have, because today's version of progress stems from the west. This is the price of progress, whatever the word means. To progress we are losing our forests, to progress our variegated cultures, to progress our courtesies and moral values. I shudder to think of the cultural desert we are ushering in. Weighed against all of that, you will agree, Hindi

as a national language sounds like the safest bet. And thanks to television and Bollywood, it's probably the easiest option.

* *

Some trivia:

The newly formed US of A was, we are told, so keen on making a clean break with England that they wanted to adopt French as a state language. Better sense prevailed when they realized that it would be easier staying with English than teaching French to the entire country. And so they did, but not before turning tomatoes into tumaytoes, records into rekrreds and butter into burrrrr! What's more, we happily follow suit!

* *

Soon after India gained independence, Gandhiji is believed to have suggested to Rabindranath Tagore that the country should have a national language. "Yes, of course," Gurudev beamed, "What about Bengali?"

* * *

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Mumbai Marathon - 20 January 2013

ROHIT STHALEKAR

Mike Fonelli, a running coach in America says that you need to divide a marathon run into three segments. The first part you have to run with your mind; the second part is run with your personality and the last part is run with your heart. I believe that to be an apt description of how it feels to run a marathon. It is agony. It is painful and exhilarating all at the same time.

The thirst you feel in your throat and the burning in your lungs is gone within minutes of the finish. The pain in your legs goes within days, and the feeling of glory and exhilaration as you cross the finish line is never forgotten.

Running has physiological and psychological advantages. It reduces stress; lifts your mood; burns calories; gives you energy; fights anxiety; it's a journey of self-discovery and you enjoy nature and the elements. It is also a sport that needs no subscriptions, expensive training regimes or a minimum level of fitness. In truth it is available to everyone.

The first time I applied for a place was in the first London Marathon in 1982. Unfortunately I did not get picked. But it was inspirational to watch. Subsequent applications were also rejected. I somehow lost the urge to run until only recently. In 2010 I ran the London Marathon for a charity. It was fabulous. I was surprised, as much as everyone who knew me, to finish. The only people who had faith in me were my children. It took me a week to recover afterwards but I will never forget the experience. After that I did a few half marathons and in 2012, the Olympic year for London, I ran my second marathon for the Neuro Foundation. This time, it was easier. I knew what to expect and managed the run well. I had not done very much training apart a couple of half marathons a few months earlier and I improved on my time. Recovery time, unbelievably, was one day!

I have been fascinated by the Mumbai Marathon since I heard about it from my niece, Radhika Ubhayakar, who lives in Mumbai. I have applied on two previous occasions, got places but did not go

because I was unsure of myself and my fitness as well as certain work place issues. This time, I have decided to show up and hopefully complete it regardless of time. I would be happy to run the marathon for my own pleasure and challenge but I have come to believe that if I am going to do something challenging in life then it is worth doing it for a good cause. One of my friends said, when they sponsored me in the London Marathon that I was doing it so that she wouldn't need to and still enjoy the moment.

When you see sportsmen and women perform and succeed, as part of the wider audience, you do tend to share the victory and I would like to think that everyone who sponsors me in my challenge will get the chance to share in the event and perhaps be inspired to try something for themselves. As I looked for a worthwhile charity to raise funds for I came across the charity started by Rohini and Gurdeep Rathour. They started the UK arm of the charity, Raindrop Campaign (<http://raindropcampaign.org/>) after visiting the charity in India and seeing all the good work that the charity has been doing for many years, devoted to bring education to the tribal and poor children with their own challenges. I know that people with physical difficulties have a much harder time living in poverty than anyone else. The charity in India is called the Punyatma Prabhakar Sharma Seva Mandal (<http://punyatma.org/>).

I believe that charity should be an important part in everyone's lives and without the act of giving, our lives are poorer for it.

I am grateful for everyone who supports the cause and I hope that in my running the Mumbai Marathon, it will raise the spirits for everyone and perhaps inspire others to have a go.

Anyone wishing to sponsor me and raise funds for the Raindrop Campaign can do so through the following link <http://www.unitedwaymumbai.org/1708-rohitsthalekar.htm> or from the UK site at <http://charitygiving.co.uk/rohitsthalekar>

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Raindrop Campaign – Changing Lives through Education

By Rohini Rathour

In May 2011, I celebrated my twentieth year of life in England. Living in a country that is relatively affluent with a welfare state to take care of its citizens' basic needs, it is easy to forget just how hard life is for so many back in India. Fate decides whom we are born to and in what circumstances, but is it fair for that one event to determine the rest of our life? The uneasy truce between the wealthy and the desperately poor is there for us to see every time we step off the plane in India. Even donations to charity are tinged with cynicism – can we be sure the money is reaching the cause it was intended for? And with the problems so overwhelming, what difference will it make – won't it be like a raindrop in a parched desert? I came across a charity called Punyatma Prabhakar Sharma Seva Mandal a few years ago. I cannot even remember how I came to be acquainted with them but over the years I followed their work and had email contact with Shitala Pandit, the Managing Trustee of Punyatma. Starting from grass roots the charity has for over twenty five years been helping bring education to children of underprivileged families in remote parts of India. Their latest project in Igatpuri is a school for a 100 children with special needs and is their most ambitious so far, not least because it is a boarding school. Igatpuri is a leafy green suburb in Maharashtra about 2.5 hrs drive from Mumbai. After several invitations to visit the school, I finally took the plunge in August 2011 whilst in India with my family. I admit I did so with trepidation - I worried that I would probably burst into tears the whole time and I was not sure how my children (aged 7 and 11 at the time) would react. As it happened, it was emotional, but it was also life affirming and inspiring. Most of all, I was impressed by the courage and dedication of the staff at the school. These young men and women were working tirelessly for a paltry Rs 1,400 per month (c. £20 a month). When I asked why they were paid so little I was told that because the school was entirely charity funded, they could not afford to pay much more even though they very much wanted to. The downside of this was that the turnover of staff was high, but can we blame them? After that day I could not get the images of those children out of my head. I saw my own children in their eyes and imagined how they were coping away from their families, becoming attached to teachers only to lose them a year or more later - all because there is not enough funding. This was the beginning of Raindrop Campaign. What started as a fund raising campaign morphed into a small charity whose purpose was to help change lives through education by tapping into donors here in the UK. Our current focus is on the school in Igatpuri – to improve the welfare of both the teachers and the children. It is our intention that the charity remains focused and low cost so virtually every penny donated reaches the cause it was intended for. To find out more about Raindrop Campaign and Punyatma you can visit www.raindropcampaign.org and www.punyatma.org.

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P. P. Swamiji's Visit to Goa - 28th October to 3rd November 2012

REPORTED BY SABITA HARITE.

The festive season of Navaratri and Dassera ushered in renewed enthusiasm in Goa Local Sabha as the volunteers geared up to organize Shrimat Sadyojat Shankarashram Swamiji's visit to Shree Manguesh Saumsthan after a gap of three and a half years. Shree Manguesh Saumsthan trustees had invited His Holiness Swamiji to grace the auspicious occasion of Kojagiri on 29th October 2012, and His camp was jointly organized by the Saumsthan and



Goa Local Sabha from October 28 to November 3.

Swamiji and Retinue arrived on 28th October at 12.30 p.m. and were received enthusiastically at Mahadwar of Mangeshi Temple. After dev-darshan at the Mangeshi Temple and Moolkeshwar Temple, Swamiji briefly interacted with devotees.

The Sabha programme commenced at 5 p.m. with Shadowgraphy on Life of Adi Shankaracharya conducted by Smt. Deepa Murdeshwar and Smt Chetana Kadle with assistance of Smt. Nandini Hattangadi and Smt. Divya Rao. This was followed by Cultural programme in which three short skits were presented in the presence of HH Swamiji. The first skit was presented in Konkani by parents of Goa Prarthana Varga and was based on an episode of Ramayana. The second skit was a humorous one in Sanskrit by Goa Yuvadhara and their parents. Goa Prarthana Varga presented the third skit based on dub-double words used by Amchis. The skits were well appreciated by Swamiji and the audience.

Dharma Sabha commenced at 6.30 p.m. with a welcome speech by the Sabha President. Devotees were then blessed with Upadesha by Swamiji in which

He urged the Sadhakas to follow the teachings of Adi Shankaracharya as explained in the Shlokas 71, 64 and 80 of Shivanandalahari. Swamiji gave a brief pravachan on Shlokas of Shivanandalahari.

On 29th October Shodashopachara Pooja of Lord Mangesh was performed by Swamiji. The temple was vibrant with Stotras and Bhajans of Lord Shiva chanted and sung by Sadhakas. Maha Puja of Lord Bhavanishankar took place at Moolkeshwar Hall of Swamiji's camp followed by Kanakabhisheka Seva by Shri Ajit Masurkar, Paaduka Puja by Shree Manguesh Saumsthan and other devotees, Evening programme began at 5 p.m. with Workshop on Shadowgraphy conducted by Smt. Chetana Kadle and her team. This was followed by a light classical programme organized by Manguesh Saumsthan in which their youth presented melodious Bhakti Geet from 7.30 p.m. to 9 p.m. At 10 p.m. Lord Mangesh was placed in a Suvarna Palkhi in the presence of P.P. Swamiji and taken around the temple in the Rajangan to the accompaniment of fireworks and bhajans.

Devi Puja with Laxmi Ashtottarashata Namavali was performed by P.P. Swamiji to mark the auspicious occasion of Kojagiri. Devotees performed a garba danced in rhythm to Bhajans. Kojagiri celebrations concluded with distribution of Naivedya of Kheer and Dudhpaak which was a special Prasad received from Mangeshi Temple.

On 30th October the evening programme began with session by Dr. Gajanan Mankikar on Guru Puja. Deepanamaskar at 7.30 p.m. was followed by Paramarsha by P.P. Swamiji wherein He cleared numerous doubts relating to Sadhana which were put forth by the Sadhakas.

On 31st October was the much awaited Swadhyaya by P.P. Swamiji on 'Ardhanaarishwara Stotram' explaining the shlokas and answering queries of Sadhakas. A Vimarsha session was held and later Swamiji interacted with the Sadhakas for feedback of Vimarsha. On 1st November Swamiji continued with Swadhyaya on the remaining shlokas of 'Ardhanaarishwara Stotram'. A highlight was the

Kirtan at 5.30 p.m. by 10 years old, Master Rishikesh Sane. Sadhakas were impressed with the Kirtan rendering skill of Master Rishikesh.

Concluding Dharma Sabha was held at 7.30 p.m. on 1st November. The highlight of 2nd November's programme was visit by Swamiji to Dempo House, Panaji, on an invitation by Dempo Charities Trust to address the students of their four educational institutions. Prominent personalities from the educational field of Goa were also present for the occasion. Compere of the event paid obeisance to Lord Bhavanishankar and related Swamiji's visit to the visit of Swami Vivekanand to Goa exactly 120

years ago from 27th October 1893 to 4th November 1893. Mr. Shrinivas Dempo, Chairman of Dempo Group of Companies, requested Swamiji to address the young minds. Audience heard with rapt attention enjoying the intermittent humourous anecdotes quoted by Swamiji as He dealt with the importance of regular exercises, meditation, letting go of stress etc. He further mentioned that for students to overcome stress and depression, Suryanamaskar, Pranayama, Japa and enough time to play is recommended. Swamiji then took leave after Dev Darshan in Mangeshi Temple.

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Our Trip to East Europe - An Incredible Experience (Part III)

JAIRAM K. KHAMBADKONE (jk.khambadkone@yahoo.com)

DAY 7 – Salzburg :

We set out for Salzburg immediately after breakfast, taking the same route more or less. We touched the outskirts of Bratislava and passed close to the Vienna airport. A little before lunch we reached a town called Linz - a small, well-laid out industrial town in Austria. We stopped there for lunch. If I had described Bratislava as a small unknown place, Linz was even smaller in comparison. We had a lovely lunch before we resumed for Salzburg: once again at a restaurant where Indian Cuisine was served, including Jain food!

Before we reached Salzburg, we touched a place called Mondsee around 4.00 pm, where there is a lovely lake called the Leopoldskram Lake,



Mondsee Cathedral - interior;

popularly known as the Mondsee Lake. This place is also famous for the Mondsee Cathedral in which Maria of The-Sound-of-Music fame married Baron von Trapp. Mondsee Lake is a lovely spot with the majestic Alps in the background. The strong cool evening breeze brought in a chill.

After completing sight-seeing at Mondsee, we came back to the Hotel at Salzburg where the décor and ambience had a colonial touch. Rarely do we get to stay in such charming places that Europe is best known for.

Typical Austrian Girls



DAY 8 - at Salzburg

The overnight stay in Salzburg Hotel was relaxing after the walking we did at Mondsee the earlier evening. After breakfast, the plan was to go sight-seeing in Salzburg, have lunch and leave for Vienna thereafter.



Schloss Hellbrunn Park – This Park is famous for the shooting of the popular movie, “Sound of Music”. The entire area seems like a green carpet rolled out for tourists. Driving towards the Park, we went past quaint

Austrian houses in the countryside that remind you of Swiss Chalets.

Recognize this Glass House? This was the locale for the famous “I am 16, going on 17”



Mirabelle Garden – This is the Garden where the song “Do Re Mi” was shot. It has fascinating fountains and landscaping.

A horse cart is a common sight on

the roads in Salzburg town.

Salzburg is also famous as the birthplace of the world-famous Musician, Mozart. The house where he was born has now been converted into a Museum. It is easy to fall in love with Salzburg and its surroundings. Every one of us wished to spend 3 or 4 days more at the place. But all good things have to come to an end and we had to leave for Vienna after lunch.

DAY 9 and 10 – Vienna:

Reaching Vienna around 5.00 pm that evening, we were accommodated in one of the best hotels where Corporate and International Level Conferences are held.

Vienna is big city and can be compared to Mumbai and Delhi when you see the infrastructure.

Schonbrunn Palace & Garden – This is a huge palace set in the midst of a lovely garden with beautiful landscaping. It is the Presidential Home and



Office in Austria. This can be compared to our Rashtrapati Bhavan surrounded by the Moghul Gardens.

The entire tour of the Vienna City Centre was done on foot. Fortunately it was within a small area. St. Stephen's Cathedral there is a very old Cathedral with intricate carvings.

St. Stephen's Cathedral with its beautiful carvings

The walking tour of Vienna City Centre was like a tour of any other big city like Mumbai. It was like walking from the BMC Headquarters Office Building at CST Station, to Flora Fountain, Rajabai Tower, Kala Ghoda, Gate of Way of India, Colaba Causeway

etc, We got to see similar old, heritage buildings there.

The end of the sight seeing in Vienna was a ride on what is called the Pratter Wheel, which is a slow-moving Giant Wheel that gives an excellent bird's eye view of the city. The children enjoyed it thoroughly. But they were disappointed, at having to miss the other rides for want of time. After completing this, we were given 3 hours for strolling around or shopping in a very big Mall facing our Hotel.

Guess what made the entire tour so delightful?

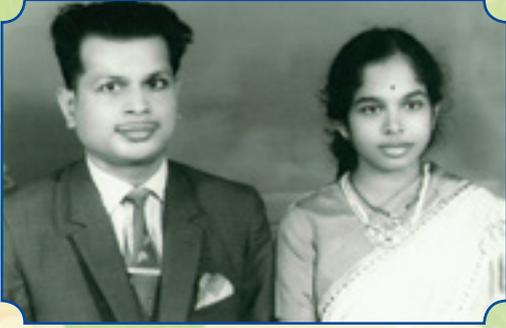
It was the mixed crowd of all age-groups from all parts of India – couples of 65+, couples of middle-age. Most importantly, it was the presence of children from 8 to 21 years of age, some studying Medicine, Law, CA and Commercial Art. The rest of the girls were school-going. Their bubbly presence enlivened the entire group, entertaining us from their seats in the last row, laughing, singing, chattering, and cracking jokes. Had there been ONE single boy in the group, the girls would have made his life miserable, for sure!

Our Tour Manager, deserves special mention. He ensured the success of the tour by working quietly behind the scenes. Totally involved in his job, he coordinated imperceptibly with Hotels, Restaurants, the coach Captain and with us. He treated all Senior Citizens with great respect - keeping a close watch on us to ensure that no one was left behind. Our heartfelt thanks are due to him and both Coach Captains.

Acknowledgements - This is my first attempt in writing this Travelogue on the basis of my experience during this trip. My sincere thanks are due to my most loving and affectionate aunt Savitri Pachi – Mrs. Savitri Babulkar who is an experienced writer/journalist and also a teacher. She was my guide in advising me about the care to be taken in the language, avoiding repetition and what is most important in any writing, which she calls as “Tightening”. All these points were a new learning for me on the subject of writing. I am really indebted to her for the time spent by her and making sure I understand what “writing” is about.

Shri Anilkumar Shripadrao Kaikini, resident of Goregaon(E) has donated Rs. 5,15,000/- to Srivali Trust, Shri Chitrapur Math, Shirali, in memory of his late cousin sister Miss Mira Ramdas Harite (vide Receipt No. 2054 dated 4th November 2012). The amount is donated for the cause of education in deference to the wishes of his cousin sister.

Golden Wedding Anniversary



1963



2013

You thought we didn't notice-
We saw- you prayed to god for us and we felt loved.
You thought we didn't notice-
We saw- you made our favourite food for us,
And we knew that *little things* are *special things*.
You thought we didn't notice-
We saw you stitching our clothes for us,
And we learned that it gave happiness to do some things ourselves.
You thought we didn't notice-
We saw how you looked after- first Ajja then Pappamma with care,
And we knew that parents are always a priority.
You thought we didn't notice -
We saw you bought things for us- not because we asked but because we needed them,
We learnt the value of money and thrift.
You thought we didn't notice-
We saw you cared and we *wanted to be everything we could be*.
When you thought we didn't notice- we did notice.
And we wanted to thank you for all the things you did
When you thought we didn't notice.

30 JANUARY

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Our parents **MURALIDHAR JAGANNIVAS HIREBET and ASHRAYA (NEE SUMAN BAINDUR)** completed 50 years of wedded life- on **30th January 2013**. We, their children, ask for blessings from Lord Bhavanishankar , Kuladevi Shantadurga ,our Holy Guruparampara , Paramapuja Sadyojat Shankarashram Swamiji , Papa Mataji and ALL you well wishers for continued good health and happiness for them.

With Blessings : Umabai Honnavar, Sumati and Premal Hosangadi
Praying for them: Children : Aparna and Amar Bhatkal, Archana and Vivek Hemmady,
Aarti and Atul Sashittal
Grandchildren : Aniruddh and Aishwarya Bhatkal, Varun and Anandita Hemmady and
Chinmay Sashittal

With best wishes from : Hirebets,Baindurs, Wagles, Kadles, Hebles, Savurs, Katres, Karnads, Bhatkals,
Hemmadys, Sashittals, Kilpadys, Hosangadis and all other dear and near ones.

My Brush With Art and Anna

KANCHAN RATHNA

A thing of beauty is a joy forever, they say. I have always harboured the dream of creating a thing of beauty on the canvas - a painting, a story penned by a paint brush and scripted by bold, bright colours and vivid composition.

Soon after school, I joined an art institution that trained me to become a Commercial Artist. I thoroughly enjoyed my course and what it taught me in terms of design, layout, colour and composition and twelve years after several projects on illustration and design, I realized that digital art didn't give the joy and satisfaction that painting did.

The Monets, Manets and Rembrants started to intrigue me.

I started exploring the medium of painting as a medium of expression and evolved a style of my own but I still longed to train under an art guru who could teach me the intricacies of painting.

While in Kerala, I started painting with Mr Kaladharan as my guru. A very renowned artist, he guided me, encouraged me to participate in painting exhibitions and familiarized me with the prolific Kerala art movement.

And then, before I knew it we were in Severodvinsk, Russia, thanks to the Indian Navy and the prestigious Vikramaditya project.

Having heard so much about Russian art and artists like Nicholai Roerich, I decided to make most of this opportunity to hone my painting skills further and set out on a hunt for a professional tutor.

After several phone calls and visits to some art centres, I found the perfect combination of a professional and well equipped studio and an enthusiastic tutor. I got lucky to find Anna, who having studied art in Saint Petersburg, spoke some English and I wasted no time in starting art classes with her and became her first ever Indian pupil!

Even though I didn't consider myself a novice, Anna insisted I go by her laid down curriculum, which meant starting from scratch!

What followed were long engrossing art sessions and valuable insight into classical concepts explained in a way completely different from any other I had ever learnt.

I started dabbling in oils or like the Russians call it 'masla', a medium I had never worked with before and I was enjoying it immensely! The art classes soon became a place where I could unwind and transport myself to another world, a world where no worries and problems existed.

I made new friends, some young students, some not so young corporate professionals, people from all walks of life, bound by a common passion for art. I became 'Kanchaan, devushka iz Indiyu' or 'the girl from India' for the entire group.

Anna is a brilliant tutor, dedicated and committed. I instantly grew fond of her affable nature and how she bonds with her students. One minute she would be explaining some technique very seriously and the next she would



burst out into peals of laughter at a joke!

Her teaching methods involve simple, casual discussions and dialogue on various subjects like how a dull, drab 'object study' can actually be portrayed like an interesting story with the artists' creative imagination and play of colours.

As I complete a year with Anna I am starting to reflect on how she has influenced me. Her sincerity, dedication and earnestness make her the kind of teacher every student hopes to learn from. At the same, her endearing nature allows one to interact more like a friend with her.

Recently, as Anna was going through a rough patch, I gifted her a painting of Ganesha, the harbinger of prosperity and health that I had painted. "He will remove all the obstacles in your life", I assured her. She said she was moved immensely to receive a painting which came as a blessing from one of her students!

With the project nearing completion, my art classes will also come to an end but my association with Anna will continue for a long time to come,

just like her view on paintings. She says “A painting lives a long life; it lives years even after the artist is gone”.

It was been such a pleasure knowing and learning from Anna and I will cherish these wonderful memories forever!

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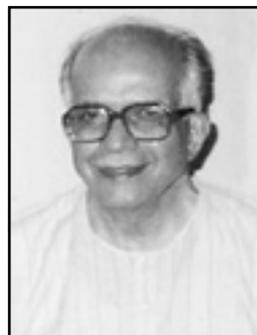
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Passed away peacefully at the age of 96 on
14 November, 2012

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Sandhyavandanam

COMPILED BY DR CHAITANYA.S.GULVADY

For many today, the Upanayanam ceremony or Moonji (thread ceremony) has become more of a formality – a compulsory ritual, with many questioning its relevance. The ceremonies are done in a routine manner and the wards take this sacred religious ritual with least seriousness. No attempt is made by the parents to educate youngsters on the importance of this ceremony and its spiritual values. No wonder, the practice of Sandhyavandanam has declined in recent times, the majority dismissing it as a ritual of no significance. Another excuse - lack of time in this busy world - no one has the time to perform Sandhyavandanam, although we do not hesitate to sit before the Idiot box, watch serials and inane movies for hours on end. The net result is complete ignorance and degeneration of values.

Why Upanayanamanam ?

Upanayana or Brahmopadesha marks the beginning of Brahmacharya Ashrama which is set apart for the study of Vedas; this stage is said to be like a second birth for him.

Everyone is born a “Prakrita Purushah”, not a “Sanskrita Purushah”. The former lives according to his ‘Prakriti’, nature or instinct. Therefore, for all practical purposes, he is an “animal man”. His life is not governed by any discipline. It is an unrefined life. The Vedas allow a person to be so. But only for 8 or 10 years. Afterwards, one has to enter the second stage.

This second stage called ‘Dwija’ stage. What makes a person a Dwija? The Dwija’s life is governed by ‘dharma-adharma’, right and wrong. He should avoid what is wrong. The question arises: “How do you determine what is right or wrong?” It is highly relative. What I may consider right, some one else may consider it wrong. Therefore, whenever there is a controversy, we go to the “Shastras”, the Vedas. In the scriptures, whatever is prescribed is ‘karyam’; whatever is prohibited is ‘Akaryam’. Sandhyavandanam marks the transition of a Prakruti purusha into a Sanskruta purusha, ready for spiritual maturity.

Why Sandhyavandanam ?

Mere wearing of a sacred thread initiated on the Upanayana day does not make the batu or Shishya a real Brahmachari. It is rather the study of Vedas, learning and chanting Vedic mantras including Gayathri and performing Sandhyavandhana which will qualify him to be a true Brahmachari. . Unfortunately, in modern education, adequate importance has not been given to Hindu Scriptures resulting in very few studying the Vedas after Upanayana.

Therefore, the least that is expected to be done after this ceremony is to recite the Gayathri mantra and do Sandhyavandhana.

The Sandhyavandanam book, published by Shri Chitrapur Math, was originally compiled by H H Shrimat Pandurangashram Swami. It encapsulates Shlokas from all the four Vedas, thus ensuring compliance of Shri Adi Shankaracharya’s directions in his last benediction – the Sadhana Panchakam - “Vedo Nityama Adheeyataam.....”

Sandhyavandanam is an amalgamation of meditation and rituals. The principles of Yoga are the basis on which the rituals of Sandhyavandanam are designed. Being an integral ritual connected with Indian Culture in a very prominent manner, Sandhyavandanam reveals the cultural identity of the person performing it.

The benefits of Sandhyavandana:

1. It brings down the stress levels - especially important in the present chaotic times. The Pranayama & Gayathri Manthra to be performed in 6 hour intervals can indeed calm tempers.
2. Early morning and early evening times are most conducive for learning and children do their meditation before their studies to improve their concentration.
3. It stresses a lot on hygiene. The rituals have to be performed after bathing and has a lot of cleaning exercises. In a crowded, dirty nation, you cannot stress enough the importance of hygiene.

4. The hymns address various gods of nature and brings a certain appreciation for nature's beauty. Ardent practitioners face the early morning sun standing in a river and enjoy the divine joy of nature's bounty.

5. Discipline is 'certain habits' to be developed at the earliest age possible, right from getting up early in the morning. Discipline is enforced at a very young age. This discipline should be based on conviction. Sandhyavandanam brings that discipline in us. Having to do it 3 times day on specific periods builds a sort of rhythm.

6. It builds a bond between the elders and young ones in the home. In traditional households, the grandfathers, fathers, sons, uncles, cousins and brothers all perform the ritual at the same time and given the meanings of many manthras praying for family peace, it brings a sort of calm and happiness to the home.

7. It connects us to our ancient culture. It teaches about our great men of the past and how our ancestors performed the rituals.

Nadis and the Sandhya time

Sandhya or 'Sandhi' means the time of union of the day with the night i.e. the evening and early morning. However, Sandhya prayer is observed at three unions, viz, 'Prathaha (Morning) Sandhya', 'Sayam (Evening) Sandhya'.and in the union of Forenoon and Afternoon, 'Madhyanhika (Mid-day) Sandhya'.

But, why do Sandhya at these times only ? It is at these times that one has an empty stomach which is a condition for any spiritual exercise. Also recent psychological experiments have confirmed the existence of the nadis of the spine viz " Ida , Pingala and Sushumna". These nadis are not physical entities but are part of our astral body and can be 'seen' by those endowed with special vision – like the advanced yogis. The nadis ida and pingala are the paths of flow of Prana or life force. They are in a continued state of agitation during the daytime but tend to follow a uniform path during the sandhya periods. Hence such periods were chosen for Sandhyavandanam to derive maximum concentration.

Purification

There are two methods of purification. Purification is the primary requirement of every individual irrespective of the caste, creed, gender or location. Whether it is from the point of view of hygiene for the sake of others, or as a social necessity or from the point of working condition or may be from the point of self respect, an individual needs cleanliness. This is external purification which is ensured by bathing using water etc. Although this type of cleanliness is enough to carry on the daily routine matters of worldly type, this does not suffice from the point of religious observance. The latter needs both external and internal purification. Internal purification is gained by repeating the name of God through the process of Sandhyavandanam.

The Gayatri Japa or prayer has to be preceded and followed by certain prescribed details of religious ritual of great spiritual significance. The methodology and the sequence of the rituals will be discussed in the next issue.

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*We pray to LORD BHAVANISHANKAR
and our GURUPARAMPARA to bless you
both with a long healthy & peaceful life.*

Hearty Congratulations!!!

*For Completing Forty Years of
Blissfully Wedded Life*

25 Dec. 1972 to 25th Dec. 2012

May Ruby turn to Gold & much more...



**Shri. Ashok U. Moodbidri and
Smt. Geetha Ashok Moodbidri
(Nee Gulvady)**

: With Love & Affection :

Dr. Akshata Garg, Dr. Anurag Garg,
Anirudh and Amulya
Mr. Ananthanand Moodbidri,
Mrs. Avni A. Moodbidri & Ashlesha
Moodbidris, Kamaths, Rao, Gulvadys,
Mangalores, Gunavantes, Honnavars, Gargs
Relatives and Friends.

**SWARNA MAHOTSAVA – 50th
Wedding Anniversary of
SRI THONSE PREMANANDA
AND SMT. THONSE NALINI
PREMANANDA
Who were married on 06-12-
1962**

**On the occasion of their 50th
WEDDING ANNIVERSARY ON
6-12-2012**

**we humbly pray Lord
Bhavanishankar, Kuladevatha
Shree Shantadurga and Holy
Guruparampara, to grant them
good health, peace, happiness
and long married life.**



**THONSE PREMANANDA AND
THONSE NALINI PREMANANDA**

**By THONSES: GANESH, ANNAPURNA,
SUKRITI, PRADYUTH
RAGHUVVEER, MEERA, BHALCHANDRA
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Diet and Coronary Heart Disease

DR HEMANGINI HOSKOTE - CONSULTING NUTRITIONIST, GURGAON (hphoskote@hotmail.com)

Coronary Heart Disease (CHD) is the leading cause of disability and death worldwide. Brief background information on Coronary Heart Disease could help understand how this disease can be prevented/delayed. Coronary Heart Disease (CHD) is essentially an obstruction of the coronary arteries which nourish the heart muscle. It can manifest as angina and heart attacks. CHD results from a combination of two major processes, atherosclerosis and thrombosis.

Atherosclerosis is a relatively long-term event compared to thrombosis which is an acute event. Atherosclerosis is a process whereby arteries are narrowed by the deposition of gruel-like material (athero= gruel-like; made of blood cells and lipids) on the side of the blood vessel. This results in reduced blood flow to the heart and formation of thrombus. Atherosclerosis does not occur overnight; in fact the process of atheroma formation can begin as early as 10-15 years, remain dormant and manifest as the individual ages. This reinforces our current emphasis on inculcating healthy food habits in childhood itself. This is particularly true with the present generation of kids with their decreased physical play-time, eating out often, eating all kinds of junk food, etc.

The thrombus or clot is an aggregate of several factors from the blood such as fibrin, red blood cells and platelets. The thrombus is formed on the surface of the heart or blood vessel, can obstruct the flow of the vessel, particularly if it has already been narrowed down by atherosclerosis. Some of the factors associated with being predictive of heart disease include smoking, high blood pressure, elevated blood cholesterol levels, obesity, diabetes, stress (modifiable factors) as also age, male gender (non-modifiable factors). This list indicates that most of the risk factors for coronary heart disease are preventable with some dietary and lifestyle modification.

Diet and Risk Factors for CHD

Worldwide, CHD and hypertension have emerged as the leading cause of premature CHD disability and death. It is important therefore to focus on reducing the risk of developing this disorder (the modifiable risk factors). Through the series of articles that I've shared with you earlier, I have explained the role of obesity and hypertension on the CHD incidence. Diet also has an important effect on blood lipid levels. Listed are some prominent dietary factors which influence the lipid levels.

Blood Lipids - Elevated levels of cholesterol and triglycerides are the major risk factors for heart disease. The major cholesterol fraction, Low-Density-Lipoprotein (LDL-Cholesterol) is the most important indicator of CHD and increased levels are seen in people with obesity, hypertension and diabetes. The most important modulator of blood lipids is dietary fats. A recap from a previous article: a favorable lipid profile is as follows: **High** Levels of High Density Lipoprotein Cholesterol (HDL-Cholesterol), and **Low** levels of Total Cholesterol, LDL-Cholesterol, Very Low Density Lipoprotein Cholesterol (VLDL-C) and Triglyceride levels. Dietary factors influence blood lipids and some important aspects are as follows:

1. *Dietary Fats and oils.* As discussed in the earlier article on dietary fats and oils, the three most important influences on blood lipids are the total oil content in the diet, the saturated fat intake and hydrogenated (vanaspati) fat intake. Considered together, they all greatly influence blood Cholesterol levels. The higher their intakes, greater the risk of an altered lipid profile. For a healthy/normal lipid profile reading, it is important to ensure that the total fat content in the diet is between 20-30% of the total energy content of the diet (depending on presence/absence of other risk factors and other dietary factors).

The amount of total oil/fat in the diet can

be decided after a thorough consultation with a Dietitian/Nutritionist/Physician. Furthermore, there has to be a proper balance between the Polyunsaturated Fatty Acids (PUFA) (predominantly present in vegetable oils such as Sunflower, Safflower oils, etc) and Monounsaturated Fatty Acids (MUFA) (predominantly present in Olive oil, Groundnut oil). Both PUFA's and MUFA's have different effects. PUFA's lower total and LDL-Cholesterol levels and decrease the formation of blood clots. MUFA's lower triglyceride levels and increase HDL-Cholesterol levels. Given these differing effects, it is prudent to have both these oils in the diet.

A high intake of animal foods such as meat, organ meats, ghee, butter, cheese, coconut, etc can increase the intake of saturated fat. This in turn can

- ♦ increases total and LDL-Cholesterol levels,
- ♦ increases risk of atherosclerosis and thrombosis and
- ♦ Increases risk of cardiac arrhythmias and blood pressure.

Observations from research studies indicate that removing foods with high saturated fat from the diet is far more effective than adding vegetable oils to the diet.

2. *Dietary Cholesterol.* Dietary cholesterol present in animal foods can also elevate blood lipid levels. The body's responses to dietary cholesterol appears to be influenced by genetic patterns and type of oil in the diet. Foods high in dietary cholesterol which need to be restricted include Organ meats (brain/liver/kidney, etc), egg-yolk, Butter, Ghee, Cheese, Beef, Mutton, Pork and Chicken with skin. Does this mean these foods have to be totally avoided? Well, as said earlier, there is no one size that can fit all. Similarly, the answer would depend on the person's body weight, abdominal adiposity, biochemical profile, blood glucose levels and most importantly his/her risk profile towards CHD. Your dietitian may/may not permit any or all of these food items based on your food intake pattern.

Based on the levels of the lipoproteins, diets with different levels of fat intake, dietary cholesterol and total fat content may be prescribed. This in turn will decide whether some of the foods high-in-saturated

fats will be permitted or not.

2. *Carbohydrate.* A high carbohydrate diet can lead to temporary increase in serum triglyceride levels. Carbohydrate-induced hypertriglyceridemia appears to be related to obesity, diabetes mellitus and appears to be more common in Indians than was believed. Given our propensity to hypertriglyceridemia, it appears prudent to curtail our intake of carbohydrates, particularly those from sugar, jaggery, honey, etc and restricting the intake of complex-carbohydrates such as whole-wheat-based chapattis and millets (ragi, jowar, bajra). This translates to- we cannot have unlimited servings of chapattis/rice/pooris/bhakris, etc. While Whole-grain cereals and millets are nutritious and healthy, having too many servings can elevate blood triglyceride levels.

3. *Dietary Fiber - Pectin,* a form of vegetable fiber present in fruits has shown to lower blood cholesterol level. Another fiber of importance is guar gum, present in synthetic diets as also the fiber present in oats and soyabeans has a cholesterol-lowering effect. Current research findings also indicate that a high vegetable intake of leafy and root vegetables and whole-grain cereals has a favorable effect on Cholesterol levels. It is possible that in addition to the fiber component these vegetables and grains may contain other nutrients which could have a beneficial effect on blood lipids and CHD risk. One such vegetable/herb is Garlic. It has a potent effect on blood cholesterol levels; garlic oil has been shown to total cholesterol and triglycerides and raise HDL-Cholesterol levels in both healthy and hyperlipidemic individuals. Garlic oil given in gelatin capsules do lower total serum cholesterol but their effect is not as potent as that of the actual oil.

(Parts of this article may have seemed very technical. This has been deliberate attempt to retain some of the medical terms used. This is to acquaint you as the reader with this vocabulary so that terms that a Cardiologist / Physician possibly uses should not leave you perplexed. Having said that, if there are any concerns/doubts, please feel free to write to me on my email id.)

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राजयोग, रेडिऑनिक्स आणि सायको-न्युरोबिक्स

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आज वैद्यकशास्त्र खूपच प्रगत झालेले आहे. माणसाला डोळ्यांचे लेन्स, गुदघा, कमरेचे हाड इतकेच काय हृदय देखील बदलून नवीन मिळू शकेल. पण या अद्ययावत वैद्यकीय सोयी कुणाकरिता उपलब्ध आहेत? ज्यांच्याकडे या ना त्या मार्गाने पुढील आठ पिढ्यांकरिता सुद्धा जमा केलेली अमाप संपत्ती आहे. एक गुदघा म्हणजे अडीच लाख रुपये. एक हृदय म्हणजे पाच ते दहा लाख रुपये आणि हिपेटायसीस-सी सारखा वेळकाढू क्रॉनिक आजार म्हणजे त्वरीत देण्यात येणाऱ्या औषधाची किंमत साडे चार लाख रुपये आणि नंतर मरेपर्यंत दरमहा लागणाऱ्या गॅमा इन्टरफेरॉनची किंमत अठरा हजार रुपये, असा रोख-टोक पैशांचा व्यवहार आहे. यात विशेषज्ञांना देण्यात येणाऱ्या फीचा समावेश नाही. याहून जास्त नरकवास म्हणजे अशी दुखणी जी धड जगूही देत नाहीत आणि धड मरू देखील देत नाहीत.

अशा बिकट परिस्थितीत, एके काळी देवस्वरूप वाटणारा डॉक्टर, खिसेकापू, गळेकापू, कसायासारखा झालेला आहे. याचे कारण म्हणजे बी.एड.चे कुरण यथेच्छ चरून झाल्यानंतर राजकीय नेत्यांची वक्रदृष्टी वैद्यक शिक्षण क्षेत्राकडे वळली. अशा महनीय पद्द्री इत्यादी विभूषणे धारण करणाऱ्या शिक्षण महर्षि लोकांच्या वैद्यकीय महाविद्यालयांतून पास झालेल्या डॉक्टर मंडळींचे काय गुण गावेत? पस्तीस टक्के मार्क म्हणजे असा विद्यार्थी डॉक्टर तर सोडाच कारकून देखील होण्याच्या लायकीचा नसतो; पण माय-बापांकडे करोडोनी पैसा कुजत असतो. मग काय, कोणत्या तरी एका डीम्ड युनिव्हर्सिटी झालेल्या वैद्यकीय महाविद्यालयात त्यांचा प्रवेश आणि समुचित कालांतराने मिळणारे प्रमाणपत्र निश्चितच असते. लाडक्या लेकराकरिता वातानुकूलित पॉश कन्सल्टिंग रुम आणि दहा-बारा खाटांचे रुग्णालय आधीच घेऊन ठेवलेले असते. राजकीय मित्रांच्या वैद्यकीय महाविद्यालय आणि रुग्णालयांत कन्सल्टिंगचा दर्जा देणारे पत्र देखील सहज उपलब्ध होते. मुख्य म्हणजे अशा डॉक्टरांना नीट ओळखून घेण्याकरिता कोणतेच वेगळे लेबल उपलब्ध नसते. अशा परिस्थितीत सुयोग्य डॉक्टर आपल्या नशीबाने मिळण्याकरिता फार मोठे भाग्य लागते. त्यामुळे होमियोपॅथी, क्रोमोपॅथी, एरोमा किंवा मॅग्नेट थेरेपी इत्यादींकडे रुग्णांचा फार मोठा ओघ निर्माण झाला आहे. आजार बरा झाला तर फारच उत्तम आणि नाही झाला तर मरण कुणालाच चुकलेले नाही, पण पैसा तर फार लागणार नाही असा सुविचार आमच्यासारख्या वरिष्ठ मध्यमवर्गीय डॉक्टरांना देखील येतो. नाहीतर आजार फक्त एकच पण परिवार आर्थिक दृष्ट्या उद्ध्वस्त होतात.

आज द्रौपदी म्हणजे सामान्य जनतेचे वस्त्रहरण सुरु आहे; भीष्माचार्य म्हणजे आजकालचे सरकार गप्प आहेत, स्वीस बँकेतील खाती तुडुंब भरली आहेत आणि फुगत आहेत. महाभारत आज देखील सुरु आहे. पण भगवद्गीता वाचायला, समजून घ्यायला आणि आचरणांत आणण्याकरिता वेळ नाही आणि इच्छा देखील नाही. मग वैद्यकीय चक्रव्यूहांत लढून-लढून अभिमन्युसारखे

प्राण गमविणे याला काही पर्यायच नाही अशी मनस्थिती सामान्य माणसात निर्माण होते.

मला राजयोगाबद्दल माहिती मिळाली आणि सर्व प्रश्न सुटले असा माझा वैयक्तिक अनुभव आहे. माझे सात असाध्य रोग विधिपूर्वक राजयोग केल्याने निव्वळ तीन महिन्यांतच संपले. नाहीसे झाले. योगाग्नीद्वारे माझा वाईट कर्माचा बोजा जळून भस्म झाला आणि माझे कर्मभोग संपले. तेव्हाच माझे सर्व आजार दूर झाले याबद्दल मी डॉक्टर असून देखील ठाम खात्री झालेली आहे. पण राजयोगाची कॅपसुल (अमृतवेला, ट्रॅफिक कंट्रोल, पवित्रा व मुरली) फारच नियमितपणे आणि विधीपूर्वक (सर्व पथ्ये सांभाळून खास करून संकल्पात देखील पवित्रतेचे पथ्य पाळणे) हे सर्वानाच जमेल असे नाही. दोन आगळ्या-वेगळ्या उपचार पद्धती उपलब्ध आहेत.

१) रेडिऑनिक्स

शरीराचे आजार ऊर्जा कमी झाल्यामुळे होतात असा सिद्धांत आहे. त्याकरिता एक विशिष्ट उपकरण वापरून पाणी चार्ज केले जाते. सदर पाणी किंवा त्याचे दोन-चार थेंब होमियोपॅथी सारख्या गोळ्यांत टाकून दिले जाते. तीन ते चार महिन्यांत आजार दूर होतो. ब्रह्मकुमारी डॉ. दीपा होस्कोटे सदर उपचार अगदी फुकट देण्याची सेवा करित आहेत.

२) सायको-न्युरोबिक्स

सदर उपचार पद्धती ब्रह्मकुमार डॉ. चंद्रशेखर यांनी उदयास आणली.

याशिवाय इतर दोन सेवा उपलब्ध आहेत.

१) ब्रह्मकुमार डॉ. राहुल लखोटिया (अस्थिरोग विशेषज्ञ). माऊंट आबू येथे कार्यरत.

गुडघेदुखी, सांधेदुखी, पाठदुखी इत्यादी व्याधींकरिता 'नॉन-इन्व्हेसिव्ह' म्हणजे शस्त्रक्रिया विरहित उपचार पद्धती वापरतात. दोन महिन्यांतच व्याधी दूर होतात.

२) ब्रह्मकुमारी डॉ. शुभदा नील (स्त्री रोग विशेषज्ञ) यांनी गर्भ संस्कार नावाची प्रणाली पुन्हा उदयास आणली आहे. यामुळे गर्भातच अभिमन्यु सारखे राजयोगाचे ज्ञान प्राप्त झालेली भावी पिढी भारतात निर्माण होईल. अशी पिढी नष्ट प्राय झालेल्या नैतिक आणि सामाजिक मूल्यांना पुनःस्थापित करेल. मग नवीन युग किंवा सतयुग येण्यास विलंब लागणार नाही.

शीघ्र संदर्भाकरिता दूरध्वनी क्रमांक देत आहे.

डॉ. चंद्रशेखर ०९९९०० ०८४६२

डॉ. दीपा होस्कोटे ०९८३३० ५२२९६

डॉ. राहुल लखोटिया ०८१०७८ ०३९३०

डॉ. शुभदा नील ०२२-२७४६७८५०

२७४६५३२४

आता तुम्हीच ठरवा "पील पावर की विल पावर" म्हणजेच "गोळ्यांपासून ताकद पाहिजे की इच्छा शक्तीपासून ताकद हवी."

'Little Angel', The Inspirer

DR. (MRS) AMRITA ROHAN NADKARNI, CHENNAI

I still remember his smiling and mischievous face when I first saw him. I can never forget his enthusiasm, his zest for life and that 'will' to overcome obstacles.

Somesh, a 7 year old boy suffering from cerebral palsy (A disorder which affects the growing brain in the first two years of life) was a regular patient at the Physiotherapy Clinic, where I had newly joined as an assistant physiotherapist, immediately after graduating in 2008. Though he was physically incapacitated, his IQ was normal as per his age. In fact, he was the one who made me feel at home in that new environment on the first day and gave me the confidence that I needed the most that I could handle patients with ease.

He was diagnosed with the condition (cerebral palsy) a little late, following which his treatment naturally got delayed. So, when he made it for physiotherapy eventually, he was already suffering from stiffness in his joints, muscle tightness and was unable to sit on his own, stand without support or walk without assistance.

He used to come every day without missing even a single day of his therapy, accompanied by his parents. His ever smiling face and his warm and friendly banter was the most striking character in this little boy. His extremely positive attitude towards life helped him recover a lot. His innumerable unflinching attempts to sit on his own, made my heart go all out to him. Every word of appreciation from me would further strengthen his resolve to be independent. He was my favourite among all the patients. He used to stand apart for one more extraordinary quality of his, of never cribbing about his disabilities. He had another amazing quality of warming up to strangers, just like that.

I still vividly remember how he had warmed up to one Mr. Deshpande, a 60 year old patient who had suffered a paralytic stroke and was also a regular at the clinic. Although, Mr. Deshpande was physically recuperating very fast and had become

quite independent he was unable to come out of the depression associated with stroke. We had tried all possible ways to make him come out of it. However even with the help of all the antidepressant medications there seemed to be no hope coming our way. It was Somesh, who with just an innocent smile of his own and a nonstop banter made this herculean task just a cakewalk for us. 'नमस्कार काका काय म्हणताय कसं काय बरं आहे काय?', was his usual way of speaking to all other patients that made the entire environment turn friendly.

Everyone used to feel his absence the day he didn't turn up. 'काय मॅडम आज सोमेश कसा काय नाही आला हो?' Even we missed him, this 'kool fellow'...'KKKKyyyaaa Kya Kooolll hai hum' being his favourite song, befitting his nature.

And——, it now seems that I will miss him forever as he is no more in this mortal world. He left for the heavenly abode on the 24th of April, after a brief illness and hospitalization at the tender age of 12 years. I received a call from his father on the 30th of April breaking this sad news bringing back all those fond memories of him. 'Somu', as he was lovingly called, 'I will miss you. The exemplary qualities you had and actually practised in your short span of life, are certainly worth emulating by one and all.

This little angel taught me to accept things in life and move on, face everything with determination and happiness come what may and the most important thing - To Never Give Up!

PHOTOGRAPHS IN KS

We have been trying to improve the quality of the photographs printed in our magazine and would appreciate your help.

We request all our contributors, advertisers and well-wishers who send us photographs for printing to please -

✦ mail professional quality prints of the photographs to: The Editor, at the KSA Office address

OR

✦ if using email, to scan the photographs at a minimum resolution of 300 dpi, and send them in .jpeg or .tif format.



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OBITUARY



Dhiren Maruthi Naimpally

Born on 20-02-1965 Died on 08-11-2012

Missed and fondly remembered by:

Maruthi, Shamala, Trupti, Ishani Naimpally

Deepa, Rahul, Ridhi, Ruana Talgeri

Umesh, Usha, Milind Sangeeta, Ishika Bajekal

Naimpallys, Padbidris, Bajekals, Talgeris

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In Ever Loving Memory
Shri.Hemmady Radhakrishna Rao

Departed:9th January 2012



*A year has gone by but we still cannot
bring ourselves to accept the fact that
you are not here with us anymore.*

*No words can describe the emptiness
with you gone.*

*May your soul be happy,contented and
at peace.*

We still miss you.

Deeply loved and fondly remembered by:

Daughter: Archana Son-in law: Sanjay

Grand daughters: Sanjana and Lochana

Hemmadys, Koppikars, Bijurs

Shinaris, Talwars



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The Empty Benches

SUMANT G. BELTANGDY (sumantbt@gmail.com)

A newly built public park was inaugurated by a local MLA with a great pomp and show. The park was quite close to and surrounded by high rise residential tower buildings. There were varieties of beautiful coloured fresh, fragrant flower beds lined up in a perfect coordination along with clean walkways. The walkways were laid with coloured tiles and ran in a zigzag manner. There were freshly painted benches of different attractive colours in twos', threes' and fours' lining the walkways. There in the middle of the park, was a huge banyan tree around which a stone platform had been built to rest, relax and enjoy the cool breeze blowing continuously. No traffic, no playground, no hawkers. No love birds. Just a quiet, serene and peaceful park.

This was a nana-nani park, exclusively for senior citizens, the people who had crossed their sixties and were inching towards their century. The people who had retired from government service and others who now had time on their side – they would come at six in the morning and evening doing exercises, yoga, jog, run, walk, laugh, crack jokes, chat, making new friends, read newspapers and magazines and so many things to do in their spare time.

At exactly six in the evening Mr. Moorty, a retired manager from the Railways and his wife Laxmi, home maker would walk in and occupy a bench for two in a remote corner of the park. For about two minutes they would look impatiently, at the entrance of the park as if waiting for somebody. Mr. Moorty looked at his old wrist watch, adjusted his spectacle and waited for somebody to enter the park. Instantly, his face would light up with a broad smile as he saw another couple entering the park. That couple, Bhausahab and his wife, Parvati, both retired from Mantralaya, hurriedly walked towards the same bench where the Moortys were sitting. All of them greeted each other, exchanged some pleasantries. Then they would start jogging, the men ahead followed by their ladies.

For almost fifteen years, this routine of both these couples is a regular feature come rain or shine. So

punctual were they, other people used to adjust their watches accordingly. Though both couples had friendly relations with all nobody joined them. They only exchanged a few Hi's and Bye's .

After an hour's walk, both Moortys and Bhausahabs would return to their benches, rest and help themselves with some drinking water, brought in the plastic water bottles. Then they would all discuss and chat. Both the families had so much in common.

Moorty's only daughter, Nirmala, lovingly called as Nimmu, a dentist by profession, is in USA. So also Bhausahabs' only son, Niranjan with a pet name Niru, an eminent practising lawyer is in the neighbouring Canada. Both the families are followers of Mata Vaishnodevi. Both have three bedroom flats near the park. Both have blue coloured cars of same make. Both of them visit their children abroad, once in three years.

So this year it was the time to visit their respective children. The Moortys' to USA and Bhausahabs' to Canada. Accordingly, the dates were fixed for their departure and tickets were booked on the same day but by different flights. On the morning prior to their flight, both couples met in the park as usual but this was to be a different meeting. Both couples arrived at six in the morning with some snacks and ice cream cones. They had decided to celebrate the occasion and share the happy moments with some select others in the park. It was a memorable party with singing and dancing, merry making shared by one and all.

After having landed at their respective destinations, the Moortys' and Bhausahabs' kept in touch with each other through internet and mobiles and kept remembering the old days in the park, back in Mumbai. After some months spent abroad, when it was time to return, both couples were requested by their children to permanently stay back due to their old age and better medical facilities available there. In fact, both couples were reluctant to stay back but the "love" factor came in their way which is the ultimate word in the human relations.

Back in Mumbai, the people in the park felt uneasy due to absence of both couples for some time while walking past those two empty benches. When the news reached them that the couples stayed back abroad for good, all felt sad and disappointed.

But then came a good news of their decision to tie knot of their son and daughter and to stay as a single family! Now the empty benches are waiting for next two couples to occupy them!

<<<>>>

Science & Technology - Some Snippets

Biomimicry - Now, a food package that you can eat
- **Biomimicry** or **biomimetics** is the examination of Nature, its models, systems, processes, and elements to emulate or take inspiration from in order to solve human problems. The term *biomimicry* and *biomimetics* means to imitate Life. Through the history of life on earth, nature has gone through a process of trial and error to refine the living organisms, processes, and materials on planet Earth. The emerging field of biomimetics has given rise to new technologies created from engineering inspired by Nature. Nature has solved many of today's engineering problems already. One such problem is that of packaging food. We all know the problems unleashed on nature by our indiscriminate use of plastic packaging.

Now Scientists have developed a new food packaging that can be eaten along with the items inside, an invention they say could transform how we eat and slash the plastic use. Developed by researchers in France, the edible packaging called WikiCells is designed to mimic how fruit and vegetables are 'packaged' in nature with a protective outer layer or skin you can eat. "The idea was to use the model of how nature wraps the foods." Said Dr. David Edwards, a Harvard professor who led the research. The team has developed a range of yoghurt pots, juice cartons, water bottles that mimic natural packaging by enclosing food and liquid in an edible membrane. The containers are designed to be a similar shape to the fruits they copy and are created using an edible plastic, a combination of algae and calcium. This is mixed with food particles, so that the packaging tastes like what is inside. The packages can be used to keep both solids and liquids. The membranes can be washed under a tap and eaten, just like the skin of an apple, they said.

Courtesy- Times of India – 19-06-2012

Vertical Gardens

From Paris to Bangkok, Sydney to Seoul, green is growing up. Over the past decade, lush living walls have been planted wherever the space is scant, beauty is absent, or air quality is poor.

French Botanists Patrick Blanc's soil free, auto irrigated model has been a blue print for many public and private projects. But variety is in bloom. U.K. firm Bioteecture builds modular systems with water saving mineral wool, not felt. Walls by U.S. based Green Living Technologies yield leafy greens and crops like carrot. And compost is at the root of many DIY setups. Thousands of plants can grow vertically-making green walls a natural city solution in crowded 21st Century.

Courtesy- National Geographic – August 2012

Paying With Plastic

No longer is it cash or plastic in Canada. By late next year all freshly printed bills will be slick polymer notes packed with anti-counterfeiting features. New \$ 100 and \$ 50 bills have already entered the currency stream, following a five-year design process and a bevy of wear-and-tear tests. Though more costly to produce, the plastic notes last at least 2.5 times as long as paper ones.

Security innovations include a wide see-through stripe with colour shifting holograms (right) and a maple leaf with numbers visible only under certain lighting. Security was the redesign's main driver, says Bank of Canada's currency chief, Gerry Gaetz. Counterfeiting cost Canadians nearly \$ 13 million at its peak, in 2004. The country joins a handful of others in converting a fully to polymer banknotes, pioneered by Australia in 1988.

Courtesy- National Geographic – August 2012

A Recollection of experiences

DR. ASHOK N GOKARN, PUNE

Every individual on this globe gets different kinds of experiences in his life, sometimes pleasant, otherwise strange and often funny. These experiences come as a valuable tool to prosper and progress in life and help the individual to face new and strange situations with confidence and skill.

Three decades ago, I had an opportunity to visit a technical University in the Mid-West part of U.S.A. on a sabbatical programme. As my host Professor could not arrange a flat immediately after my arrival, I was lodged at a big apartment of another student of the same department. My host Mr. John Weston was a graduate student. His father had been an Ambassador of Kabul in Afghanistan. At that time he had visited India to see the Taj Mahal and some historical places in Western India. He had developed special respect for India and Indians. John treated me well for three days. His conversation was liberally sprinkled with the Hindi word "Achha". He also helped me get a furnished apartment with a telephone connection within three days. Later, I came to know that John had got married just two weeks before my arrival!

Before starting my research project, there was need of some chemicals which were not available at the University stores. My Professor advised me to make a list of these chemicals with specifications. Before going on a long week end (including Friday), I gave the list to the Secretary and went to a friend's town some five hundred miles away. After coming back to school on next Monday, I was quite surprised to see all the chemicals on my table stacked neatly.

When I started my experimental work, I felt the need of an instrument called Cathetometer useful in measuring the level of liquid in a glass vessel. The department had one such old instrument with gauge and optical parts in good condition but the stand was broken. I was advised to buy a new one. But as per our tradition, I went to the departmental workshop to see if the stand could be repaired and instrument

be made workable. In the workshop, I could see five mechanics working on different machines. I enquired to one of the mechanics for the manager. He told that he himself was the manager and asked me if he could be of any help. I told my problem and my requirements. He picked up all the parts of the instrument including the broken stand. Within two days he brought the Cathetometer fully mounted on the repaired stand and in good working condition. He even thanked me for giving him this non traditional responsibility!

In a social gathering hosted by a host family of my office colleague, I had a first glimpse of the social life of U.S.A. Initially, all of us introduced ourselves to the gathering. On my part, I stated that I am a Government servant deputed to the University on a short-time project. The American host interrupted questioning what I meant by 'a servant'. My colleague pacified him that A N Gokarn is working for Government of India. Later on, we had a hard time convincing the American host about the tradition prevailing in India with regard to Government jobs. We explained how a Government job is much sought after and how people having a Government job had a better chance of getting a good life partner. The host laughed and laughed to his heart's content.

After completing the project assignments, I returned to India via Chicago and New York. At New York airport, I noticed that my luggage bag had torn during transit on the conveyer belt. I lodged a complaint at the office of Delta Airlines. The airline official advised me to get the bag repaired in India and send the bill to them. On returning to India I was busy with my work and forgot to send the bill. After three weeks of my arrival to India, I received a letter from Delta Airlines requesting me to send the bill. I immediately got the bag repaired and sent the bill of fifteen rupees to them. Within a few days, I received a cheque of \$ 15 from the airlines with a letter which said "We are sorry for the inconvenience

caused but we assure a better service when you visit us again the next time”.

All the above incidents have left an unforgettable impression on my mind. These incidents involving citizens of a progressive country clearly show the

reasons why United States of America is a super power where all virtues and good traditions like national pride, sense of responsibility and accountability are deeply rooted in the blood of the common man.

<<<>>>

I am not God...but neither am I the Devil

By Dr Pranav H. Kodial, Dahanu



Welcome my dear patient, confide in me your suffering,
My decades of long study, and my hard, exhaustive training,
Is always at your service, but understand this, my friend,
I am not God...but neither am I the Devil.

My sleep at night, I give up, and my time with my family too,
I sacrifice my own health sometimes, in order to heal you,
These sacrifices I don't regret, but understand this, my friend,
That I am not God...but neither am I the Devil.

I shall treat your illness, every night and day,
But will you get well by it? I confess, I cannot say,
What do you mean? You ask, and my answer is, my friend,
That I am not God...but neither am I the Devil.

You may get better, your health, vigour renewed,
Your eyes will then be filled... with tears of gratitude.
I do not deserve those tears; please offer them to God,
For I am not God...but neither am I the Devil.

I merely give you medicine, as my Teaching would tell me to,
But God is really the One who restores health back to you.
He deserves the credit, please understand this, my friend,
That I am not God...but neither am I the Devil.

The same medicine that healed you, may also sadly however,
Unexpectedly, without warning, cause the death of another,
It's all Destiny and God's will, and that's the truth, my friend,
That I am not God...but neither am I the Devil.

Illness, health, life and death, are decided by Fate, you see,
They cannot be guaranteed, neither by you, nor me.
As your well-wishing doctor, I can only try my best,
I am not God...but neither am I the Devil.

So shower me, my dear patient, neither with praise nor hatred
Try to understand and remember, this cardinal truth instead,
I am a human being like you, imperfect and mortal,
I am not God...but neither am I the Devil...

I am not God...but neither am I the Devil...



काळाच्या उदरात गेलेले एक माणिक - श्रीमती कृष्णाबाई पंजीकर

नलिनी संझगिरी, मुंबई

श्रीमती कृष्णाबाई पंजीकर ह्या भारताच्या कर्नाटकांतील स्वातंत्र्य महिला सैनिकांच्या एक प्रमुख नेत्या होत्या.

त्यांचा जन्म १२/०८/१९०६ मध्ये होत्रावरला कोप्पीकर कुटुंबात झाला. अशी वंदता आहे की, ज्या क्षणी जन्मल्या त्याच क्षणी लंडनमध्ये राणी व्हिक्टोरियाचा मुकूट उन्मळून खाली पडला. कदाचित त्यांच्या मेंदूतही ब्रिटिशांविरुद्ध एक लहानशी चुणी असेल वा योगायोगही असेल.

प्रथम त्यांचं शिक्षण मराठीतच झालं. त्या काळानुसार कृष्णाबायकांचं लग्न श्री. गुलवाडींशी झालं. पण लग्नानंतर केवळ सहा महिन्यांतच गुलवाडींचं निधन झालं.

१९२१ मध्ये त्यांचे बंधू श्री. एन.आर.कोप्पीकर ह्यांनी त्यांना धारवाडला आपल्याकडेच बोलवून घेतलं. स्वाभिमानाची कृष्णाबायका स्वस्थ बसल्या नाहीत. त्यांनी आपलं मराठी शिक्षण पूर्ण केलं. नंतर त्यांनी 'टिचर ट्रेनिंग इन्स्टिट्यूट'मध्येही शिक्षण सुरू केलं. तिथंच त्यांना श्री. बाळकृष्ण पंजीकर (बाळमामा) भेटले. एकमेकांशी बोलून ओळख करून घेतली. बाळमामा विधूर असून त्यांना दोन मुलं व एक मुलगी होती. कृष्णाबायका व बाळ मामा ह्यांनी एकमेकांशी लग्न करून घेतलं. कृष्णाबायका आपल्या सावत्र मुलांना स्वतःच्या मुलांप्रमाणेच वागवीत. दुर्दैवाने ती मुलगी पाच वर्षांची असतानाच वारली. उरले दोन मुलगे राजा, विठ्ठल.

आपल्या यजमानांच्या मदतीने सारस्वतपुरात एक प्रायमरी शाळा उघडली. नाव 'मॉडर्न स्कूल.' तिथं विद्वान व रिटायर्ड मास्तर ठेवले. त्यामुळे सारस्वतपूरमधली सारी मुलंमुली शिवाय शेडीगुड्यावरील मुलं असं एकूण शाळा भरत असे. मुलंही लक्ष देऊन अभ्यास करित व रिटायर्ड मास्तरांनाही पैसे मिळत.

त्यांनी बाजाराजवळ एक लहानसं घर घेऊन महिला समाज काढला. शेजारच्या खेड्यापाड्यांतील बायकांना आपल्या गोड वाणीने समजावून त्या महिला समाजात बोलावलं. धारवाडची प्रसिद्ध कसोती कुणाला येतं का म्हणून विचारलं. बहुतेकांनी हो म्हटलं. कृष्णाबायकांचीना खूपच आनंद झाला. त्यांनी त्या सर्व बायकांना एक एक इलकल साडी दिली व त्यावर सुंदर कसोती काढण्यास सांगितलं. त्या सर्वांनी सातआठ दिवसांतच त्या कसोतीच्या साड्या आणून कृष्णाबायकांना दाखवल्या. साडीतले ते सौंदर्य पाहून त्यांना आनंद झाला. त्यांनी लगेच त्यांची खूप प्रसिद्धी केली. मला वाटतं धारवारडला प्रत्येक महिलेकडे एक दोन कसोतीच्या साड्या असतीलच. एक

संस्था तर सारस्वतपूरच्या समोर तलावाजवळ आहे.

मॉडर्न स्कूलही पुढे इतर सामाजिक कार्यासाठी वापरण्यात येत होतं. दर रविवारी माझ्या वयाच्या मुलांमुलींना (त्यावेळी माझे वय ११) सकाळी ७वा. सूर्यनमस्कार शिकण्यास बोलवीत. आम्हांला परिचित असलेली एक शिक्षिका आम्हाला सूर्यनमस्कार घालण्यास शिकवीत असे. सहा महिन्यांतच आम्ही त्यात पारंगत झालो. कधीकधी बायका, पुरुष ह्यांची सुगम संगीताची गाणी ठेवत. कधी मुलींचा नाच असे. एकूण त्या मॉडर्न स्कूलला फक्त रात्रीच काय ती विश्रांती असायची.

राष्ट्रीय चळवळीचं बीज हळूहळू वाढत होतं आणि त्याची फळंही संधगतीने वाढत होती. कृष्णाबायका कुठल्याही दुकानातला माल बाहेर काढून (आपल्या मदतीसाठी घेऊन) त्याची होळी करत होत्या. त्यांना विरोध करण्यासाठी कुणीही धजत नव्हते. सासऱ्यांनी वा बाळमामांनीही त्यांना अडवून धरलं नाही. मुंबईला अशा picketing, अश्रुधूर, लाठीमार वगैरेना तोंड द्यावे लागे. कृष्णाबाईंच्या कानावर हे आलं होतं. पण त्या डगमगल्या नाहीत.

त्यांची धीरगंभीर वृत्ती व मनोबल पाहून धारवाड काँग्रेस कमिटीने (D.P.C.C.) त्यांना इथंतिथं जाऊन मिठाच्या सत्याग्रहाला विरोध करण्यासाठी माणसं एकत्र करण्याची विनंती केली. त्यांनी (कृष्णाबायका) ती मान्य केली. खेडोपाडी जाऊन खूप माणसांना समजावलं व तेही खेडूत (महिला) मिठाच्या सत्याग्रहाला विरोध करण्यास कबूल झाले.

आतापर्यंत सरकार कृष्णाबायकांकडे दुर्लक्ष करत होते. पण १९३२ मध्ये येरवड्याला एका वर्षाची सक्त कैद व ३०० रू. दंड ठोठावला. १९४० मध्ये त्या (K.P.C.C.)च्या अध्यक्षा झाल्या. १९४१ मध्ये त्यांना युद्धाविरुद्ध बोलल्या म्हणून तुरुंगात पाठवलं. १९४२ मध्येही त्यांना 'चले जाव' आंदोलनात सक्रिय भाग घेतला म्हणून पुन्हा तुरुंगवासात पाठवलं. त्यावेळीही त्या (K.P.C.C.)च्या अध्यक्षा होत्या.

कृष्णाबायकांची कामं विविध प्रकारची होती आणि त्यांनी कधीही हार मानली नाही. जेव्हा त्या कर्नाटक राष्ट्रीय Commomartion Fundच्या सेक्रेटरी होत्या तेव्हा त्यांनी प्रत्येक जिल्ह्यातील सेक्रेटरीला घेऊन त्यांच्या मदतीने २.५ लाख रुपये जमवून महात्मा गांधींना दिले.

पुढे बाळमामांची प्रकृती खालावत चालली. तेव्हा कृष्णाबायकांना आपला हात आवरता घ्यावा लागला.

संस्कृत साहित्य सागरान्तुलो एक थेंबु

आनंद कडले

शब्दांच्या भूलभुलैयेथावुनु चिके भायर येवुनु अन्य काहीं साहित्यरचने प्रकारांबद्दल विचार कोर्या। संस्कृत साहित्यान्तु “अन्योक्ति” एक विशिष्ट रचना प्रकार जावुनु आस्स। हो प्रकारू अन्य खंचे भारतीयभाषासाहित्यान्तु ह्या प्रमाणाचेरि व्यापक जावुनु आशशीलो दिस्सून येना! स्थिर, चर, स्थलचर, जलचर, व्योमचर अशशी प्रति एकाबद्दल संस्कृत साहित्यान्तु अन्योक्त्यो वाचूक मेळताति। ह्या रचने वैशिष्ट्य ह्याळ्यारि “मारचे उन्दराक दूकि लागचि गणपतिक” ह्यणताति न्हयि तशशी! जाल्यारि अन्योक्ति मारू बुद्धि गम्य आनि भावगम्य।

“रे रे रासभ वस्त्रभार वहनात्कुग्रासमशनासि किं राजाश्रावसथं प्रयाहि चणकाभ्यूषान्मुखं भक्षय। सर्वाण्युच्छवतो ह्या इतिवदन्यत्राधिकारे स्थिता राजातै रूपदिष्टमेव मनुते सत्यं तटस्थापरे।।”

“अरे, रे गाढवा! कोळकु वस्त्रांभार होंवत, सुक्कीलें कुशशीलें खातचि इत्या आस्स? रायागेल्या घोड्यालयान्तु वच। शिज्जैलेले चणें पोटभोर्नु खा! थंयी “बाल अशशीले सर्वयी घोडे” ह्युणु ह्यणतलेचि अधिकारान्तु आस्सति। आनि तान्नि सांगिल्लेंचि खरें ह्युणु रायु लेकता। खरें गोतु आशशीले तटस्थ जावुनु गपचुप् आस्सति।”

आतं तुम्मीचि सांगा कि नांव पाविल्यो, प्रसिद्ध संघ संस्था हगहगूर कवळतचि येवंचाक कारण “बाल आशशील सर्वयी घोडे” ह्युणु लेकतले अधिकारी आनि तस्ल्यांनि सांगिल्लेंचि खरे ह्युणु लेकतले यजमान! ह्ययी कि नहीं! आजकालि बरे बरे प्रसिद्ध फेक्टरी, संघ, संस्थेंथावुनु रातफाल्लें जांवचे भित्तरी दक्ष, योग्य, सज्जन तें काम सोणुणु वताति! कारण? अन्योक्ति अशशी सांगता -

पन्थाधारइति द्विजाश्रयइति श्लाघ्यस्तरूणामिति
स्निग्धच्छायइति प्रियोहशइति स्थानं गुणानामिति।
पर्यालोच्यमहातरो तवघनच्छायां वयं संश्रिताः
त्वत्कोटर वासिनो द्विरसना दूरीकरिष्यन्ति नः।।

“हे महावृक्षा पथिकांक, पक्ष्यांक आश्रय दित्तलो ह्युणु, सर्व रूक्कान्तु श्रेष्ठु ह्युणु, थंड सावळी दित्तलो ह्युणु, दिश्चाक गोमटो ह्युणु अशशी सर्व सदगुण पूर्ण ह्युणु विचारू कोर्नु आम्मी तुगेल्या आश्रयान्तु आयिल्ले! जाल्यारि तूवें दोनि जिब्बेचाकयी (सर्पु, फटिंगु) आश्रयु दिल्लेले पोळोवुनु आम्मी तुगेल्या आश्रयांथावुनु भायर वत आस्सति।”

आयचें युग दिखाव्या युग! जाल्यारि दिखावो कोर्नु कोणेयी पंडितु जायना! प्रसंगाचेरी तागेलो बणुणु भायर पडता ह्युणु

अन्योक्ति सोदाहरण सांगता -

कृष्णंवपुर्वहतु चुम्बतु सत्फलानि
रम्येषु संचरतु चूतवनान्तरेषु।
पुंस्कोकिलस्य चरितानि करोतु नाम
काकः किल ध्वनिविधौ ननु काक एव।।

“आंगाबणुणु काळो खरें! गोडु गोडु फळं खात्ता! तेवेंयी खरें! आंब्यारूक्कांमध्येचि धावुनु खेळुनु उर्ता। तें पण ह्ययी! अशशी कोकिला ह्यणकेचि तुगेले सर्व व्यवहार आस्सति फाल्स नहीं! जाल्यारि तोंड सोळ्यारि मात्र कायळो तूं कायळोचि न्हयि वे!!”

आजकाली महत्वाच्या जाग्यारि आमगेलैचि जनांक-योग्यता ऊरो उर्ना जावो-वैध या अवैधरितीने कामं दीवोंचे सर्व सामान्य। तस्ल्यांक सुभाषितकार कशशी कान पिळत आस्स पळेया-

किं केकीव शिखंड मंडित तनुः किं कीरवत्पाठकः
किं वाहं स इवांगना गति गुरुः सारीव किं सुस्वरः।
किं वा हन्त शकुन्त बाल पिकवत्कर्णामृतं स्यन्दते
काकः केन गुणेन कांचनमये व्यापारितः पंजरे।।

“मोरा ह्यणके गोमटाई की, कीराह्यणके उत्रं की, अथवा हंसाह्यणके गोमटें चमकणें आस्स? तें भोंगो! सारिका (एक पक्षी) ह्यणके स्वरान्तु गोडसाणिपुणि आस्स की? शकुन्त आनि कोकिला पिल्लांगेल्या स्वराचि मोहकता पुणि आस्सवे!! हे! देवा! कस्ले गुण आस्सति ह्युणु ह्या कायळ्याक ह्या भांगरा पांजिर्यातु पोस्सुनु दवर्ला!!”

जीवनान्तु मनुष्यु मस्त निरीक्षा करत आस्ता। जाल्यारि तागेल्या पदरान्तु अनिरीक्षितचि धुत् ह्युणु येवुनु पडता। हाज्जे एक शब्दचित्र सुभाषित अन्योक्ति मुखान्तर अशशी दित्त आस्स।

“रात्रिर्गमिष्यति भविष्यति सुप्रभातम्
भास्वानुदेप्यति हसिष्यति पंकजश्रीः।
इत्थं विचिन्तयति कोशगते द्विरेफे
हा! हन्त! हन्त!! नलिनीं गज उज्जहार।।

“कमला फुल्ला स्वादु आनि परिमळाच्या गुंगेंतु भोंवरो फुल्लान्तु अडकला! निरीक्षा करत आस्स “राति संपतली। फाल्लें जातलें। सूर्योदयु जातलो। फूल फुल्लेतलें!” अशशी विचारू करत आस्तनाचि अय्यो! अय्यो!! हस्तेने कमलानाळचि धोर्नु पिस्सोळुनु उडुलें।”

सांसारिक झंझाटान्तु पोणुणु मस्त वांट भोग्गत आशशील्यांक सहाय कोर्चे सोणुणु तांका आनि इतले वांट दितल्यांक एक भर्त्सनापूर्वक उपदेशु

“एतेषु तरुणमारुत दूयमान

दावानलैः कवलितेषु महीरूहेषु।

अम्भो न चेज्जलद नमुंचसि मा विमुंच

वज्रं पुनः क्षिपसि निर्दय कस्य हेतोः॥

“हे मोडा! वार्याजोराक धगधगतचि वाडुत वच्चा रान्ति उज्जाने भाज्जुनु गेल्लेल्या रुक्कांक तुवें उद्दाक दिंवकाशिलें! दीना! सोडी दीवनाक्का! जाल्यारि तांचेरि वीजु पाडोंव्चें कारण कस्लें महाराया? कितलो निर्दयी तूं! साध्य जाल्लेल ताव्वळी जनांक सहाय कोर्नु म्हांतार्पणांतु असहायकु जावनु बेजातल्यांक एक सांत्वना अशशी

आष्वास्य पर्वत कुलं तपनोष्मतत्वं

दुर्दाववह्विधुराणि च काननानि।

नाना नदीनद शतानिचपूरयित्वा

रिक्तोऽसियज्जलद सैव तवोत्तमा श्रीः॥

“धग्गा दिवसांच्या वत्ताच्या धगधगाने ताप्पूनु गेल्लेल्या सर्व पर्वतांक आनि भयंकर रात्रा उज्जाने लास्सूनु गेल्लेल्या, बोळु जाल्लेल्या रात्रीक पावसा उद्दाक दीव्नु, सगळे नदी-नदान्तु उद्दाक भोरोव्नु आतं तूं खाली जाल्ला ह्युणु बेजार कोर्नाक्का! हे मोडा! आशशील ताव्वळी दान केल्लें खाली जाल्लो! हीचि तुगेली महानता! हीचि तुगेली श्रीमन्तिका!!” सज्जनांक उंचलेउंच त्रासु दित्त आस्तल्यांक व्यंग्यभरित हास्याने एक बुद्धिवादु-

हे हेमकार पर दुःख विचारमूढ

किं मां मुहुः क्षिपसि वारशतानि वह्नौ।

सन्दीप्यते मयि सुवर्ण गुणातिरेकः

लाभः परं तव मुखे खलु भस्मपातः॥

“दुस्यंगिले वांट समजुनु घेंवचि बुद्धि नात्तिल्या सोत्रारा! पदे पदे, शंबरपेटी माक्का उज्जान्तु इत्याक घालता महाराया! उज्जांतु घाल्लेल तशशी मगेलो आंगा बणुणु लकलकत वत्ता शिवायी तुक्का फायदो काहीं ना! तुगेल्या तोंडान्तु गोबोरू मात्र!! “नामबडे दरुशन छोटे” हान्तु सांगिल्लो आशयु सुभाषितकारू अन्योक्तिमूलक अशशी सांगता-

आस्तांतावद हो समुद्रमहिमा दूरेऽपि कर्णप्रिया

तीरेयस्य पिपासयैवमरणं प्रान्योति शीघ्रं जनः।

तस्मादम्बुनिधेर्वरं लघुसरः कूपोऽथवा वापिका

यत्र स्वीय करद्वयेन सलिलं पेपीयते स्वेच्छया॥

“नाम बडे दरुशन खोटे” ह्या वाक्यांतु जो आशय आस्स तेंचि सुभाषितकारू अन्योक्ति मूलक चिके मार्मिक जाव्नु सांगता “हे समुद्रा! तूगेल्या नांवा होडपण एक बाजूक उरो! तें धूरथांवु कानांक मात्र आकर्षक। तुगेल्या तीरारि वास्तव्य केल्यारि तान जाव्नु मोर्चेचिं! तू नांवांक मात्र अम्बुनिधि-उदकाराशि। तुज्जापेक्षा

सान तळें जावो बांयीं जावो अथवा एक सानु फोंडारो मस्त बरो! इत्या म्हळ्यारि तांचे लागगी वच्चूगेल्यारि आमगेल्याचि दोत्री हात्तानी मनसो इच्छे पोट भोर्नु उद्दाक पिव्येद। जनसामान्यांक बरें जांवची कामं समाज सेवे गौरवाक पात्र जाताति। जाल्यारि केवल एकक वर्गाचा जनांकमात्र सहाय जाता ह्युणु जाल्यारि तस्त्या कामाक आनि त्या व्यक्तिक महत्त्व दिंवचें सम न्हयी ह्युणु कोप्पाने चाटी मारू कशशी मारला ह्यळ्यारि-

गर्वमा कुरु शर्करे तव गुणान्जानन्ति राजांगृहे

ये दीना धन वर्जिताश्वकृपणाः स्वप्नेऽपि पश्यन्ति नो।

आम्रोऽहं मधुकूपकैर्मम फलैस्तुप्ता हि सर्वे जनाः

हे रण्डे तव किं गुणा मम फलैस्तुल्यं न किं चित्फलम्॥

“हे साक्रे! तुगेली किम्मत वाडली ह्युणु सोक्कू दाकोनाका! श्रीमन्ता घरचांक मात्र तुगेली रूचि मेळूक साध्य आस्स! गोरगरिबांक स्वप्नां थायी तुगेली रूचि मेळशी ना! हांव आंबो! ह्योवा झोल्ले शे मगेलि फळं खावनु सर्वयी खुश आस्ताति। हे रां....! तुज्जान्तु कस्ले गुण आस्सति ह्युणु? मगेलिं फळं सर्वजनांक तृप्ती दिताति।

दीपावळि

दीपावळि दीपावळि सन्मंगल प्रभावळि

अंबरांतु निशा लाय्ता झगम्गु तारावळि

नव जीवना कऽरी पावन हे शुभ दीपावळि ॥प.॥

हृदयाच्या पण्तींतु प्रीतीची वाती

त्यागाच तेल्लानु जोऽळो भावैक्या ज्योती ॥१॥

दिव्को दिव्को उज्वाड न्हवो

काळकांथावु उज्वाडांतु खारे आमका व्हर्तलो

असत्यांथावु दीव्या व्हऽर तूं सत्यांतु

व्हऽर सन्मार्गांतु ॥२॥

विषांतु थावु व्हर् अमृतांतु

शत बुद्धि नाश कोर्नु प्रेम भऽरी हे जगांतु ॥३॥

उज्वाडाचि पऽरऽब आयली दिवाली

दिस्ता नेलारि देव्विल्वारि तारकावळि ॥४॥

सदाय उरो जीवनांतु अस्तो उज्वाडु

बेजार विस्सोर्नु खेळ्यां मेळ्यां सभ्रमु हो होडु ॥५॥

-कृष्णाशर्मा, होत्रावर

आली, आली 'सॅन्डी' आली!!

रेखा राव (कावळ), न्यूजसी

आतापर्यंत अमेरिकेच्या पाच-सहा वाऱ्या झाल्या. प्रत्येकवेळी वेगवेगळ्या प्रांताच्या भेटी, स्थळ दर्शन, वेगवेगळे ऋतू पाहिले. तिथल्या वैज्ञानिक, तांत्रिक प्रगतीने डोळे दिपून गेले. वाटलं माणसानं किती प्रगती केलीय. आपल्या बुद्धिमत्तेनं जणू निसर्गावर विजय मिळविलाय. या खेपेस ऐन उन्हाळ्यात म्हणजे इथल्या 'समर' ऋतूत पोचलो. बहरलेला निसर्ग लोकांचा जल्लोष, उत्साह पाहिला. आंतरराष्ट्रीय कोंकणी संमेलनला हजेरी लावली. इतक्या दूर परदेशातही आपली संस्कृती, परंपरा आपली कोंकणी भाषा जपली जाते हे पाहून मन अभिमानाने भरून आले. आपल्या कोंकणी मुलांना आपली संस्कृती, सणवार, गुरूपरंपरा, मठाचा परिचय व्हावा म्हणून प्रत्येक महिन्याच्या तिसऱ्या शनिवारी प्रार्थना वर्ग घेतले जातात. शिवाय युगादी, गोकुळाष्टमी, चतुर्थी, दुर्गापूजा, दिवाळी व सत्संग हे मोठ्या उत्साहाने कुणाच्या ना कुणाच्या घरी साजरे होताना पाहून खूप आनंद झाला.

सप्टेंबर महिना संपत आला तशी हळूहळू हिवाळ्याची चाहूल लागू लागली. पहाटे साडेपाचला सूर्योदय व्हायचा. रात्री आठ-नऊपर्यंत उजेड असायचा. मग सूर्योदय साडे-सहा सातला व्हायला लागला. सूर्यास्त लवकर होऊन साडेचार-पाचलाच अंधार पडायला लागला. स्वेटर, कोट घालून बाहेर पडावे लागायचे. इतके दिवस हिरवीकच पूर्ण बहरलेली झाडे आता वेगवेगळे रंग धारण करून नव्या नवरीसारखी नटलेली दिसू लागली. पानांनी जांभळा, पिवळा, नारिंगी, गुलाबी, पोपटी रंग केलेला. रस्त्यालगतचे, घराच्या आवारातले आणि दूरवरच्या डोंगरावरील अरण्यातील वृक्षाचे ते विविध मनोहारी रंग पाहताना वाटायचे जणू कुशल चित्रकाराने चित्रात वेगवेगळे रंग भरलेत. गंमत म्हणजे हा सगळा चमत्कार ही किमया काही तासात झालेली असायची. सकाळी पाहताना ते झाड हिरव्यारंगाचे असायचे तर संध्याकाळी जणू कुणाला भेटायला जात असल्यासारखे सुंदर आकर्षक रंगाने नटलेले दिसायचे. हा रंग 'फॉल' (ऋतू)चा काही दिवस, काही तासच! एक जोराचा वारा आला किंवा एक पावसाची जोराची सर आली की सगळा पिसारा खाली गळून पडायचा. झाडाखाली रंगीबेरंगी पानांचा सडा पडायचा. म्हणून माझी कन्या रजिता ऑफिसमधून कितीही थकून आली तरी वेगवेगळ्या ठिकाणाचा हा पानांचा उत्सव दाखवायला घेऊन जायची. मग कॅमेराने ती चित्र टिपायची. याच सुमारास दोन चार दिवसात 'इरिकॅन सॅन्डी' (वादळ) येते म्हणून

सगळीकडे धोक्याचा इशारा द्यायला सुरुवात झाली. स्थानिक सरकार हे वादळ वाऱ्याचे भूत रोखून धरण्यासाठी प्रयत्नशील राहिले. समुद्रकिनारी राहणाऱ्या लोकांना घराबाहेर पडू नये म्हणून ताकीद दिली. सतत वाऱ्याचा वेग, हवामानाची स्थिती, वादळाचा वेग याची माहिती देत राहिले. सरकारने वादळाची गंभीरता पाहून आणीबाणीची परिस्थिती (State of Emergency) जाहीर केली. लोकांची गरजेच्या वस्तू घेण्यासाठी झुंबड लागली. आतापर्यंत वस्तू घेण्यासाठी मी क्वचितच रांग पाहिलेली. कारण अमेरिका देश इतका सधन, श्रीमंत, वस्तूंची मुबलकताही भरपूर, पण सॅन्डीचा इशारा मिळताच लोकांच्या रांगा, वस्तू गायब. एरवी रकाने भरून भरून वस्तू दिसायच्या. पण सॅन्डीमुळे ब्रेड, दूध, अंडी, मेणबत्या, पाण्याच्या बाटल्या, भाजी दिसेनाशा झाल्या. जनरेटरची एकदम मागणी वाढली. गाडीत पेट्रोल भरण्यासाठी रांगेत उभे राहावे लागले. लोकांची धडपड, धावपळ प्रथमच पाहिली. अखेर कोजागिरी पौर्णिमेचा दिवस उगवला. सकाळपासून ढगाळ, सूर्यदर्शन नाही. अधून-मधून रिमझिम पाऊस, चिवचिवणारे पक्षी, आजूबाजूला धावणारी हरणे, झाडावरच्या खारी गायब, अनेक वृक्षांनी आपली पाने रात्रीच झडलेली. त्यामुळे निर्घर्षण सांगाड्यासारखी दिसणारी झाडं! वादळापूर्वीची ही शांतता हृदयाला स्पर्शून गेली. रेडिओवर, टि.व्ही.वर वादळ कुठपर्यंत आलंय त्याचा परिणाम काय होतोय याचा आढावा घेतला जात होता. अजूनपर्यंत आपण सुखरूप आहोत हा मोठा दिलासा मनाला समाधान देत होता. संध्याकाळ झाली तसा वाऱ्याचा वेग वाढू लागला. आम्ही दारे, खिडक्या नीट बंद आहेत ना याची खात्री केली. मेणबत्या, काडेपेटी, टॉर्च जवळ ठेवले. लवकर जेवणे आटपली आणि टी.व्ही.समोर बसलो. बाहेर तोपर्यंत वादळ वीजेचे तांडव सुरू होते. अचानक दिवे गेले. वाटलं, काही वेळाने येतील. तर कुठले काय? एव्हाना वाऱ्याचा वेग ताशी ९० ते १०० कि.मी. झालेला. दारे, खिडक्या जोरजोराने हालत होती. काचेच्या तावदानातून पाहिले तर वीजेच्या प्रकाशात सगळी झाडं जोरजोराने थरथरताना दिसत होती. वीजा इतक्या चमकत होत्या की, कोणत्याही क्षणी खाली कोसळतील की काय असे वाटत होते. येथील घरं लाकडाची. वाऱ्याच्या वेगाने संपूर्ण घर, फर्निचर जागीच हालत होते. वरच्या धूर जाणाऱ्या चिमणीच्या फटीतून घुंघुं करीत वारा घुसला की अंगावर काटा येत होता. वेगवेगळ्या आवाजानी

पोटात गोळा येऊन घर अंगावर तर पडणार नाही ना अशी भिती वाटत होती. बाहेरचा आढावा घेण्यासाठी रोहितने पॅटियोचे (व्हॅरंड्याचे) दार थोडेसे किलकिले करून पाहिले तर घुं करीत 'सॅन्डी' अशी घुसली की तो आतल्या बाजूला पडला. मग शक्ति लावून दार लावावे लागले. मग काही न बोलता आम्ही वरती झोपायला गेलो. बाहेरच्या निसर्गाची चाहूल घेत पडून राहिलो. झोपही नीट लागली नाही. सकाळी सातच्या सुमारास थोडेसे सामसुम झाले म्हणून खिडकीतून बाहेर पाहिले. तर अनेक झाडे, झाडाच्या फांद्या, रस्त्यावरचे दिव्याचे खांब, तारा, मेल बॉक्स, घराची छप्पर विखरून पडलेली. एरव्ही स्वच्छ, लखलखणारे रस्ते, आवार झाडांची पाने, फांद्या, पत्रे, लाकडे, रस्त्याचे सिग्नल आणि इतर कचऱ्यांनी भरून गेलेली. आमच्या आवारातले झाड मोडून तुटून पडलेले. नशीब घरावर पडले नाही. खाली आलो तर संपूर्ण घर बर्फासारखे थंडगार. वीजपुरवठा नसल्याने हिटींग सिस्टीम, फ्रीज, वॉशिंग मशीन, फोन, कॉम्प्युटर, डीश वॉशर सर्व पूर्णपणे बंद. मग वायुयानातील माणसाप्रमाणे नखशिखान्त गरम कपडे घातले. नशिबाने गॅस व शेगडी पेटत होती. त्यावर चहा-नाश्ता करून घेतला. पाणी तापवून आंघोळ केली. फायर प्लेसमध्ये लाकूड टाकून शेकोटी पेटविली. त्यासमोर बसून राहिलो. सेलफोनची बॅटरी डाऊन झालेली. रजिताने कारमध्ये बसून चार्ज केली. त्यातील बातमीवरून कळले की पूर्वकिनाऱ्यावरील बारा राज्यांना सॅन्डीचा जबरदस्त फटका बसलाय. करोडो लोकांची वीजवाहिनी बंद झालीय. अनेक ठिकाणी समुद्राने पातळी ओलांडून गावात प्रवेश केलाय. नद्यांनी धोक्याची पाण्याची पातळी ओलांडलीय. अनेक घरे, पूल, ब्रीज पाण्याखाली गेलेत. अनेक ठिकाणी माणसे अडकून पडलीत. खूप मनुष्यहानी, वित्तहानी झालीय. सर्व जीवन ठप्प झालंय. वीज कधी येणार म्हणून चौकशी करताच दहा दिवसांनी येणार हे उत्तर ऐकताच भोवळ येते की काय असे वाटले. घरात हिटर नसल्याने मरणाची थंडी! त्यात पेट्रोल, लाकूड, जनरेटर मिळत नाही. कसे दिवस काढायचे ही चिंता सतत मनात घोळत होती. दोन दिवसांनी रजिताच्या मैत्रीणीकडे वीज आली. तिने सेलवर फोन करून आमच्याकडे या म्हणून आमंत्रण दिले. जणू देवानेच संदेश पाठविला. आम्ही बाडबिस्तार घेऊन तिच्याकडे गेलो. तिच्याकडे इतरही तीन कुटुंब आली होती. मग वीज येईपर्यंत चार दिवस तिकडेच राहिलो. एकत्र स्वयंपाक केला. गप्पा मारल्या. तिच्या मुलीचा वाढदिवसही साजरा केला. चौथ्या दिवशी आमच्याकडे वीज आली. आम्ही रात्री घरी आलो. अजून बऱ्याच विभागात वीज आली नाही. त्यामुळे दोन कुटुंब अजून तिच्याकडे आहेत. अजून शाळा, ऑफिस, गाड्या बंद आहेत. परंतु एअरपोर्ट,

स्टॉक मार्केट, काही महत्त्वाची कार्यालय, हॉस्पिटल चालू झालीत. हळूहळू परिस्थिती सुधारत आहे. पण आतापर्यंत कधीही वस्तूंचा तुटवडा, लांबलचक रांगा, समुद्राचे रौद्रस्वरूप, वादळाचे भयानक तांडव न पाहिलेल्या अमेरिकेला दोन शतकानंतर निसर्गाचे असे भयानक अक्राळ-विक्राळ रौद्ररूप पाहून हादरून गेले. वीजेवर धावणारी, अत्याधुनिक साधनांनी संपन्न असलेली अमेरिका आठ-दहा दिवस अंधारात चाचपडत राहिली. तेव्हा मनात आले माणसाने कितीही प्रगती केली तरी त्याला निसर्गावर विजय मिळविता येत नाही हेच खरे!!

छंदशास्त्राचे बंधन

छंदशास्त्र बाजूक सरोवनु।
बांदले काव्य गोंड।

छंदशास्त्रा बन्धन इत्याक।
येत्ता काव्या आड।

नदी नांचूनु, झुळु झुळु गायन
करतची येत्ता धावू॥१॥

तिज्ज्या मार्गारि
निष्पूर फात्तर
राबताति आड येवू॥२॥

स्वार्था खातिर धरण बांदताती।
नदीक दुसरे वळण दिताति
समुद्राक मेळ्ची तिगली आशा।
नाश करताति पाड।।

अरसिक फात्तर छंदाचे इत्या
येत्ताती काव्या आड।।

हृदय झऱ्यांक आपोआप
उद्धव पांवचे काव्य।
उक्कून येत्ता बन्धन नात्तिले।
जायश्नावे सुश्राव्य?

छंदशास्त्र बाजूक सरोवनु
बांदले काव्य गोंड।

छंदशास्त्रा बन्धन इत्याक येत्ता काव्याआड।।

- कै. उमानाथ डोंगरकेरी

ह्या जीवन सरितेची धाव... ब्रह्म सागराकडे!

सौ. नीला बलसेकर

डॉ. सौ. मीरा सौकुर ह्यांनी लिहिलेला हा काव्यसंग्रह वाचल्यावर एक गोष्ट प्रकर्षाने जाणवते ती म्हणजे हे जीवन जगत असताना सतत त्यांची परब्रह्माशी तादात्म्य साधण्याची चाललेली धडपड. छोट्या बाळाने प्रथमच शाळेत गेल्यावर आई कधी घरी घेवून जाण्यास येईल ह्याची वाट पहावी किंवा नववधूने पति घरी कधी येईल ह्याचा कानोसा घेत राहावे, तसे साऱ्या जीवनप्रवासात तो जिवलग परमेश्वर कधी एकदा भेटेल ह्याची तळमळ त्यांच्या हृदयात दिसते.

खरं म्हणजे मीराचे संपूर्ण शिक्षण इंग्रजी माध्यमातून झाले तरीसुद्धा इतक्या सुंदर मराठीत मनाचे अंतरंग लिहिलेले वाचून कौतुक वाटते.

एखाद्या सुगृहिणीने जाताजाता स्पेशल पदार्थाची पाकक्रिया सांगावी, तितक्याच सहजतेने मीराने परमार्थातील “गूढ” तिच्या काव्य संग्रहात सांगितले आहे. पूर्वं सुकृताचे व घरातील सुसंस्काराचे हे देणे असेल.

मला भावलेल्या काही ओळी

“कळत नकळत तुझ्याच कृपेने सारे घडतची गेले हीच संधी जीवास भूलोकीचे ओझे भूलोकी उतरविण्यास अन् बंधमुक्त होऊनी आभाळी भरारी घेण्याची.”

ईश्वरी संकेत ह्या कवितेत “मी असूनही नसे... तू नसताही असे”

मनाच्या खिडकीतून ह्यातील ओळी “खूप काही घडून गेलं, पण उरलं काहीच नाही, बोलून शब्द संपले, साक्षीलाही कुणी राहिले नाही!”

सागरी तरंग - “यशाने बेधुंद न व्हावे म्हणुनी खेळात तू शिड्यासोबत सापही बसविले.

संकटी तप्त होऊनी पोळून निघता मी,

फुंकर घालाया आप्तेष्ट धाडिले!”

मीराने आयुष्यांत यशाची अनेक शिखरे सर केली तसेच जवळच्या आप्तेष्टांच्या वियोगांना कष्टाने सामोरे जावे लागले ह्यामुळेच की काय,

“मला जे हवे होते ते घडलेच नाही

जे घडले ते मी योजलेच नाही

हे सारे वाचले की जिने “हाफकीन इन्स्टिट्यूट” सारख्या

नामांकित ठिकाणी लस उत्पादन विभागाच्या प्रमुख म्हणून पद भुषविले, परदेशांत अनेक वेळा जावून डॉक्टरेट मिळविली अशा विदुषीला इतकी जाण असणे आणि ती अशी शब्दांतून व्यक्त करता येणे म्हणजे खरंच कौतुकास्पद आहे.

अशाच अनेक कवितांनी तिच्या लेखणीतून जन्म घ्यावा व “असे हे चित्तथरारक रोमांचक” जीवा शिवाचे मीलन घडावे आणि ते अनुभवण्याचा योग लेखिकेला यावा व त्याचा प्रत्यय तिच्या कवितांतून आम्हा साऱ्यांना अनुभवास यावा हिच सदिच्छा!

हा काव्यसंग्रह फक्त वाचनीयच नाही तर संग्रहणीय आहे. कारण प्रत्येक कविता वाचताना मानवी मनाचे पैलतीरावर जाण्याच्या जीवनयात्रेचे अनेक पैलू आढळून येतात.

सारस्वत महिला समाज (गावदेवी)

कोजागिरी २०१२

झाली कोजागिरी पुनवेची रात
साजरी करण्याचा मानस मनात
महिलांचा उत्साह असे अतोनात
जमल्या साऱ्या सभागारात

प्रारंभ झाला लक्ष्मीदेवीच्या स्तवनाने
रंग भरला नवयुवतींच्या गरब्याने
महिलाही उठल्या मोठ्या उत्साहाने
नाचू लागल्या रिंगणात जोमाने

सुरू जाहला मग मजेशीर खेळ
मुकाभिनय, शब्दकोडी, विनोदाचा मेळ
काव्यवाचन, धमाल मजेत गेला वेळ
अंतिम कार्यक्रम आवडीचा शेवपुरी भेळ

गीता बलसे यांचा प्रयत्न होता छान
खेळ, बक्षिसांचे त्यांचेच आयोजन
कल्पकता आणि सूत्र संचालन
यांनी वाढविली कार्यक्रमाची शान

- सौ. ललिता अमलाडी, अंधेरी

Vakola Dattamandir Marching Towards Shatabdi (1984-2012) (Part2)

DURGADAS BALLOOR

After the Golden and Diamond Jubilee, the Mandir started marching towards its platinum in 1999.

In the year 1995, we were blessed by two adhyatmic Dignitaries. One was Poojya Mayi Sahasrabuddhe of Mahim and Shree Vidyanarayan Tirth Swamiji from Bangalore. Mayi Sahasrabuddhe was very attached to the temple and we will always be grateful to her for her invaluable advice. It was on her advice that Bhiksha Prasad was introduced from 1996 on the concluding day of Datta Jayanti. This is being continued to date. Further, the 2 murtis, that of Lord Ganesh and Lord Hanuman were installed on one platform along with Lord Dattatraya at her advice.



Both these were installed on the Ganesh Jayanti and Hanuman Jayanti respectively in 1997. Thus, now all the three murtis are on the same platform.

The year 1999 was celebrated as platinum Jubilee year. The whole year was celebrated on a grand scale. A beautiful souvenir was published after this was over. The inauguration of Platinum Jubilee (Amrutotsava) was done by Deep Prajwalan by Pujya Bhau Karandikar on Gudi Padva day. On 3rd July, 1999 which was Pratishtha day of Lord Dattatraya, Pandit Ajit Kadkade gave a performance. The souvenir was released by H. H. Shrimat Sadyojat Shankarashram swamiji at Khar, Anandashram.

H. H. Shrimat Sadyojat Shankarashram camped for 4 days at Vakola in 2002. We were thus blessed by Him and His presence in the Mandir was instrument to increase the pavitrya of the Mandir and many amchis came to know about the Mandir.

The year 2006 was the golden year for the Mandir as the Jirnodhar of the mandir got completed. New padukas in marble were installed with all religious ceremonies on Ashad Pratipada day in 2006 so as to coincide the tithi of Pratishtha of Lord Dattatraya in 1924.

The basement was closed as water was seeping

in it. Instead of that a mezzanine floor was erected. Provision for sitting on both sides of the hall was made and provision for Pradakshina was provided. A Kalash of Panchadhatu was installed. A bathroom and storeroom were constructed behind the temple. The ground of the compound were provided with pavers, roof was provided on three sides, steel railings were provided near the steps, along the Pradakshina and on mezzanine floor. Provision was also made for drinking water. Nine portraits, a big one of Lord Dattatraya in front and eight portraits of Avatari Purush have been displayed, including that of Shrimat H.H Pandurangashram Swamiji. Thus the entire temple got a new look which is worth visiting.

Last but not the least, the visit of Poojya H. H. Sadyojat Shankarashram Swamiji on 3rd January, 2008 after the Jirnodhar was a very unique one. We, devotees were very lucky to hear His Ashirvachan highlighting the significance of Pradakshina. Prior to this, He, released Nityapath Pustika and felicitated few persons who had done lot of work during

Jirnodhar. This short but sweet visit, the memories of which we all, especially myself, cherish for our entire lifetime.

I was named as Durgadas by my parents because our Kuldevata was Shri Shantadurga, but Lord Dattatraya made me His Das. Hence, I became Gurudas!

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For the first 30 words: Rs. 600/- for KSA Members and Rs. 650/- for Non-members.

For every additional word, thereafter: Rs. 20/-

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All remittances are to be made by D.D. or cheque, in favour of 'Kanara Saraswat Association'.

Personalia

Dr. Yatin Raghunath Gokarn has returned from U.S.A. to join his alma mater Institute of Chemical Technology formerly known as University Department of Chemical Technology, Mumbai, as the first Narottam Sakseria Endowment Distinguished Professor from 1 December 2012. He has had a brilliant academic career. He was nominated one among three Best Student Awardees in the UDCT.



He is also a good sportsman having represented his school, Ruia College and UDCT as captain in Badminton. After obtaining Bachelor's degree in Chemical Engineering in first class in 1992 he proceeded to University of New Hampshire U.S.A. for further studies on a full scholarship. He obtained a double M.S. one in Chemical Engineering and the second in Bio-chemistry. In 1995 he was selected as Senior Research Engineer by Searle Pharmaceutical Division of Monsanto, a multi-national company. He also obtained a Doctorate while working. Later in 2003 he joined the well known bio-pharmaceutical company Amgen Pharmaceuticals. In 2009 he joined Jenetic, now a division of Roche Pharmaceutical and reached the position of Associate Director when he resigned. He has represented his company in many international conferences. He now looks forward to a fulfilling career in the education field.

Shirish Vasant Divgi has been appointed as Managing Director of Ferromatik Milacron India Private Limited (FMIPL) effective October 2012.



Incorporated in 1995, FMIPL is the Indian manufacturing base of Milacron LLC (formerly known as Cincinnati Milacron, USA-The Plastics Technologists since 1884). Shirish Divgi is one of the management members of 'Founding Fathers Group' of FMIPL and held several leadership positions previously during his career growth at Milacron

India viz., General Manager, Vice President, Chief Operating Officer etc.

A bachelor of Electrical Engineering [1985] from BEC- Karnataka University, Shirish has been serving the Plastics Processing Machinery Manufacturing Industry for the past 25 years. Multifaceted business acumen and leadership credentials demonstrated in the areas of Manufacturing Systems, Technology Transfer, Design, Quality Assurance and Executive Functions of Sales, Marketing, After Sales, Human Resources Management as well as Organizational Development Culture are the contributing factors of his career growth.

Shirish lead the Kaizen and Lean efforts at FMIPL and was Executive Champion for the new ERP system implemented in 2008.

Learnings from Senior Level Management Development Program at IIM-Ahmedabad focusing Business Strategies, Finance, Communication and Organization Culture in the year 2002 and In-House Leadership Development Programmes conducted by eminent faculties and professionals were refreshers of his knowledge. A Life Member of Indian Plastics Institute, Shirish finds time to spread the knowledge on plastics amongst members in plastics industry as well as upcoming students while taking care of his career goals.

Shobhan Bantwal is an award-winning, USA based author of six published novels and co-author



of two anthologies. More than a hundred thousand copies of her books have sold worldwide. Fingerprint Publishing of New Delhi has now released her first book in India, titled *THE SARI SHOPWIDOW*, a romantic social drama set in America. Copies of the novel will be available at all

major Indian bookstores and online booksellers.

Five more books are under contract with Fingerprint Publishing. Social and women's issues in contemporary India and amongst Indian immigrants to the US are the main themes in Shobhan's novels, deftly woven into highly entertaining, romantic stories that capture the reader's imagination.

Shobhan's articles and short stories have appeared in several American and Indian publications, including *Kanara Saraswat*. Her short stories have won honors and awards in fiction contests. Her story, *Lingering Doubts*, won the top award in India's *NEW WOMAN* magazine's 2005 fiction competition. Visit her web site at www.shobhanbantwal.com and her Facebook page. See her book trailers on YouTube.

Here and There

Chennai : We had our monthly Sadhana Panchakam. On 24th November we had puja and bhajans on the occasion of Kartik Ekadashi.

Reported by Kavita Savor, Chennai

New Delhi: 7th Oct, we had 2 Sabha events planned. Firstly, an informative and interesting talk with presentation by Dr. Hemangini Hoskote on Obesity and lipids. Infact, the question answer session had to be cut short for lack of time. Next, we screened a Marathi movie "BalGandharva" with English subtitles, which took us through the life and times of Bal Gandharva, the doyen of Marathi NatyaSangeet, and the most elegant of female impersonators in Marathi theatre in late 19th/early 20th century. Jaishankar Bondal organised the DVD and proposed the idea of screening "BalGandharva". Before the movie, he gave us a brief introduction to the movie. This was followed by tea and snacks.

Members of Delhi Sabha assembled at Kavle Math along with other Samajbandhavas from GSB Samaj and Kavle Math to participate in the NavachandikaHoma during Navaratri on Sunday 21st Oct. Shri V N Kabadi and Shri C S Shiroor performed the Homa on behalf of their respective Sabhas. Many members rendered a bhajanseva on this occasion. Kumkumarchan was offered to the deity by the ladies. Members dispersed after Prasad bhojana.

A Diwali gathering was organised on 24th November 2012 at Kota House in Delhi, an evening filled with fun and frolic. Lots of games were organised by Chaitanya and AmeetaShiroor for all age groups, with the help of other Office Bearers. This was followed by dinner, 41 members, 20 families attended the get together. All the arrangements were made by Chaitanya Shiroor.

Reported by Mamta Savkoor

Hyderabad : During Navaratri, Hyderabad sadhakas met at the residence of nine sadhakas and performed Shri Devi Anushtaan and chanted Navaratra Nityapaath. On Dussera day Shri Devi Poojan was performed by Smt Seema Hattiangdi, Smt Praveena Sashittal and Janak Udiyavar while other sadhakas chanted the mantras along with them.

In the month of November, sadhakas had the fortune of listening to Dharmaparacharak Shri. Vittal Rajgopal-mam's upanyas malika at the residence of Shri. Rajesh Sashittal. Rajgopal-mam explained the "Saptashlokidurga stotram" and said that just as "Chatushloki Geeta" gives us the essence of Bhagavadgeeta, these seven shlokas give us the essence of Shri Durgasaptashati and exhorted the laity to diligently recite such shlokas for spiritual upliftment. The lectures were well attended on all the four days.

Reported by Vinati Udiyavar, Huderabad

Mumbai-Dadar : Dadar Prarthana Varga Children along with Yuvadhara Yuva-s performed 'Gurupujan' on 14th November 2012 at 10.30 am at MMM Hall.

An event 'Craft Workshop' was organized by Prarthana and sponsored by Dr. Chaitanya Gulvady. Ms. Nishita Thakur from Vileparle conducted the same on 16th and 17th November 2012, from 10am to 12.30pm, and taught various items to the children like paper rangolli, door stickers, earthen diyas and beautiful 'Kandil- paper lanterns'.

13 participants took part in the Bhagavadgita competition on Chapter 9, held on 25th Nov'12 at Talmakiwadi, Grantroad. Ms. Mitali Puthli age group (15-40) and Ms. Sanika Balwally (12-15) age group won the 1st prize in their respective groups.

Around 15 sadhakas attended the Sannikarsh at Karla on 2nd December.

Reported by Mrs. Shobha Puthli

Pune : Guru Janma Diwas, birthday of Parama Pujya Sadyojat Shankarashram Swamiji, was celebrated in the Pune Math precincts on 11 November 2012 in lieu of 13 November. This event was attended 9 yuvas and the co-ordinators. Guru Pujan, Devi Anushthan and bhajans formed the main programme.

Reported by Chinmay Kallianpur

Our Institutions

Balak Vrinda Education Society:

A spate of activities started from June 2012 beginning with the Foundation Day celebrated on 30th June in the School Hall. As part of the Kamlabai Dongerkery Memorial Talks Mr. Anand Nagre, a teacher from Sane Guruji High School was invited to speak on this occasion. Mr. Bharat Nadkarni, Ex-Cricketer and Professor of Jamnalal Bajaj Institute of Management Study was invited as Guest of Honour. The lectures were inspiring and informative, followed by a lovely entertainment programme by our students.

Different festivals during the last 3 months were celebrated with much gaiety by students of the English and Marathi Schools. Elocution, Drawing, Craft, Painting. English and Hindi handwriting competitions were held in the School. Rakhi making competition on Raksha Bandhan day was a great hit with the students. Raksha Bandhan day was celebrated in the traditional way with the girls tying rakhis on the boys' (brothers) wrists and reciprocally by the brothers as a symbol of gender equality.

It gives us pleasure to announce that in the Inter School Drawing Competition held at City Academy School at Haji Ali our English Medium High School students participated and won the 1st and 2nd prizes in each age group viz. 7-9, 10-12 and 13 yrs and above on topics like Save Water, Nature Park, Olympics etc.

Not lagging behind were students of our English Primary School who brought us further accolades in the following Inter School Competitions, Handwriting competition – Our students got the 1st & 3rd Prize; Singing Competition - Our Cubs & Bulbuls had participated and both got the 1st prize in this competition; Carrom Competition - (Under 12 yrs) Held by the Mumbai Schools Sports Association Master Sujal Vegda got the 1st prize, certificate with a Gold Medal.

We wish hearty congratulations to our victorious students, as well as the teachers, who have taken great efforts to train them and bring them to that level.

Teachers of the English Primary School attended a Teachers Training Programme at the Savitribai Phule

Municipal School wherein they got an exposure to different projects and talks.

The AGM was held on 22nd September 2012 and following are elected on the Committee for the year 2012-2013 as follows :- Mr. Anand Nadkarni – Chairman, Dr. Suresh Mathure - Vice – Chairman, Mr. Shivshankar Murdeshwar - Hon. Secretary, Mr. Kishor Basrur - Jt. Hon. Secretary, Mrs. Nirmala Chikramane Hon. Treasurer, Mr. Dilip Shashital - Jt. Hon. Treasurer, Mrs. Geeta Balse - Hon. Secretary, PR and Publicity, Mrs. Vijayalaxmi Kapnadak, Dr. Suneela Mavinkurve, Mr. Deepak Mistry, Mr. Suryakant Nagwekar, Mrs. Usha Kagal, Mrs. Subhada Burde.

Reported by Geeta Balse

Saraswat Mahila Samaj, Gamdevi

On Wednesday November 18th, a cooking competition was conducted in the Samaj Hall. Participants were required to present recipes with bread as the main ingredient. 28 entries were received with various sweet and salty varieties.

Mrs. Kanchan Sujir welcomed the judges Mrs. Vidya Kodial and Mrs. Kalindi Kodial who are both past Presidents of the Samaj and are culinary experts in their own way. While items prepared by the 28 participants were being judged, Mrs. Nirmala Nadkarni kept the audience busy with discussions on current topics. Dr. (Mrs). Snehal Yederi, a new member of our Samaj and a qualified Dentist answered all the queries on dental problems posed by various members.

Mrs. Padminee Bhatkal showed the dishes to the audience while the recipes were read by Mrs. Suman Kodial.

First Prize was awarded to the best judged recipe of Lasgna to Mrs. Nivedita Bellare. The second prize was awarded for Chinese Lollypop to Mrs. Shobha Marballi and the third prize was awarded for Bread Choco to Mrs. Shyamala Talgeri. Two motivational special prizes were given away by well wishers from the audience to Dr. (Mrs.) Snehal Yederi since she prepared five different items in the competition. Mrs. Neeta Yederi proposed a Vote of Thanks.

(Contd on page 60)

CLASSIFIEDS

MATRIMONIAL

Career-conscious 27 years old girl is looking for a soul-mate. She is LLB, specialized in patent laws. Currently employed in Mumbai with a pharma MNC. The groom can be from any fish-loving Saraswat subsect / CKP / Maharashtrian but essentially from Mumbai. Please contact Vivek Hattangadi (Ahmedabad) at vivekhattangadi@yahoo.co.in

Alliance invited from well settled CSB boy for good looking fair CSB girl (BE, 5'8" tall, 30 years) working in a large software company, based in Bangalore." Contact - Sunita 080 26555026.

Alliance invited for Bhanap boy, 28 years, 6ft, interior designer employed in architectural firm, from girls between 23-27 years. Please email personal and family details, with color photograph to deepavk.koppikar@gmail.com

Alliance invited from Saraswat / G.S.B. girls for unmarried boy age 49 years 5 ft. 9" tall. wheatish complexion, I.I.T. graduate Delhi, currently working in Canada, but intends to settle in India. No bar to DIVORCEE or widow without issue. Please contact with Bio-data and photo (returnable) to his mother Tara Bai Kutty (nee Gangolly) at ALAPAT CROSS ROAD, ERNAKULUM - 682016

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DOMESTIC TIDINGS

BIRTHS

We welcome the following new arrivals:

Nov 10 : A daughter Ruhi, to Arjun and Vandana Bijoor at Boston, USA.

MARRIAGES

We congratulate the following couples

- Apr 04 : Amitha Ananthayya Kamath with Shivanand (Sameer) Maruti Puttur at Mumbai.
Aug 12 : Dr. Priyam Subhash Kembre with Dr. Kamlesh Vanraj Bhagat at Mumbai.
Aug 15 : Raksha Guruprasad Naimpally with Akshay Chaitanya Basrur at Bangalore.
Nov 8 : Lakshmi Ramesh Prabhu with Abhay Subhash Manjeshwar at Bantwal.
Nov 22 : Nisha Nitin Arur with Mangesh Arvind Naik at Mumbai.
Dec 2 : Jaya Anilkumar Das with Shekhar Kisan Gangoli at Mumbai.

OBITUARIES

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

- Sept 20 : Nadkarni Murli Sanjiv of Hubli (92) at Honavar.
Nov 19 : Harite Vasant H. at Mumbai.
Nov 27 : Heble Vivekanand S (58) at Thane.
Dec 3 : Indumati Sumitrarao Gokarn (80) at Vasai.
Dec 4 : Kalambi Sadanand Narayan (84) at Grant Road Mumbai.
Dec 5 : Muktabai Devidas Amladi (100) in Mumbai.
Dec 5 : Burde Raghuvveer Vishweshwar (98) at Borivali
Dec 7 : Surkund Ananth N. (78) at Goregaon (East), Mumbai.

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| Coloured Full page | Rs. 6500/- |
| Coloured Half page | Rs. 3500/- |

The rates are inclusive of a photograph.

(Contd from page 59)

Forthcoming Programmes –

Sankranti Sammelan - Tuesday, January 15th 2013 at 3:30 pm. at Samaj Hall. Music Programme by "Swaranjali" group of Borivali and Haladi Kumkum

Ladies Day Out - Tuesday, January 29th, 2013 from 11:30 A.M. to 3:30 P.M.

Ladies to assemble at Senior Citizen's corner (entry from Gate No.2 of Hanging Garden, opposite Boot House Gate of Kamala Nehru Park at 11:30 a.m. Contribution of Rs. 100/- per head (which includes lunch and tea) - **Please register by January 15th, 2013. Non Members are also welcome.**

Reported by Shrikala Vinekar



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