



# Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

## *Anand Amrut*

Anandashram Co-op. Housing Society, Mumbai  
Celebrates Platinum Jubilee

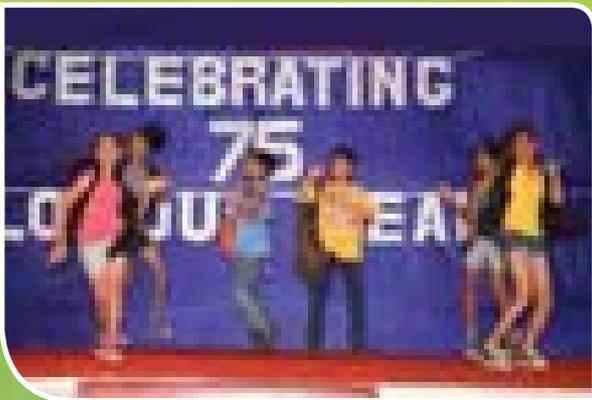


The Society Buildings and compound decorated for the Platinum Jubilee Celebrations



Kel Khel Mein - Children's Sports

Bollywood Beats - Children's Group Dance



Ganeshvandana - Bharatnatyam Group Dance by Girls





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# Kanara Saraswat

A Monthly Magazine of the

Kanara Saraswat Association

Office: 13/1-2, Association Building,

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## INTERNATIONAL WOMEN'S DAY 2013

Every year the Kanara Saraswat Association celebrates International Women's Day by felicitating women who have done outstanding social work for the community and the nation. This year the programme will be held on Sunday 10<sup>th</sup> March 2013 at 5 p.m. at Shrimat Anandashram Hall, Talmakiwadi, near Talmaki Chowk, Javji Dadaji Marg, Mumbai – 400007.

In all 4 women will be felicitated. Of these 2 will be honoured posthumously.

Details will be announced in the next issue.

**Shivshankar D. Murdeshwar, Hon. Secretary**

## SPECIAL ISSUE ON WOMEN

We propose to bring out a special issue dedicated to the cause of Women in April 2013 featuring women in the fields of Sports, Music, Medicine, Para medicine, Occupational Therapy, Physiotherapy, Arts and Culture and others too.

We invite articles on Women's issues. Articles by women are particularly welcome. The articles should be received by us via email / courier/ mail before 5th March 2013 along with relevant photographs. The articles may be in English, Marathi or Konkani. Number of words should be restricted to 700-750 words only.

**Writers should address the following points:**

- 1) Parental attitude towards sons:** Female feticide. Adoption of only the male child, Differential treatment meted out to sons and daughters in terms of a) Nutrition b) Education c) Recreation d) Toys e) Dress f) Housework g) discipline
- 2) Marriage and Preparation for Marriage:** Arranged and 'love' marriages, Dowry and conflicts arising out of dowry, Streedhan, factors to be considered prior to choosing one's life partner.
- 3) Laws Related to Marriage and Divorce in Different Religions (Briefly)**
- 4) Domestic Violence :** Causes and Effects, Remedial measures, Role of neighbours and relatives, Role of the Police
- 5) Separation and Divorce :** Causes and effects, especially on children. Need for amicable solutions, Role of the Marriage Counsellor
- 6) Societal Attitude Towards Girls and Boys :** Tradition and Modernity, Assaults on girls and women – eve teasing , molestation, abduction, trafficking and rape.
- 7) Steps to be taken in cases of assaults on women and girls :** Use of Helpline, confide in parents / relatives / friends, Take help from Police
- 8) Women in Government – Central , State and Local**

## The Kanara Saraswat Association Health centre - Doctors on the panel of health centre

### GENERAL PHYSICIAN

Dr. Vasanti Balvalli ( M.B.B.S.)  
Dr. Sunil Vinekar (M.B.B.S.)

MON TO FRI 4.30 P.M. TO 6.00 P.M.  
TUE & THURS. 6.00 P.M. TO 8.00 P.M.

### DERMATOLOGIST

Dr. Gaurang S. Muzumdar (M.D.,D.V.D.,DNB)  
DR. SUBODH SIRUR (M.D.D.V.D.)

WED 5.30 P.M. TO 6.30 P.M.  
SAT. 4.30 P.M. ( BY PRIOR APPTS)

### OPHTHALMOLOGIST

DR. HARISH KODIAL (MS,FCPS,DOMS)

THURS. 3.30 P.M. TO 4.30 P.M.

### HOMOEOPATHIC CONSULTANT

DR. TEJASWINI KULKARNI-BHAT (B,H.M.S.)

FRI. 5.30 P.M. TO 7.00 P.M.

### PAEDIATRICIAN & ADOLESCENT HEALTH CONSULTANT

DR. PRANAV R. CHICKERMANE (M.D.DNB,DHM.)

MON 6.30 P.M. TO 7.30 P.M.

### PHYSIOTHERAPIST

DR. SWATI PUTHLI

MON TO FRI ( BY PRIOR APPOINTMENTS)

### ECG FACILITY

MON TO FRI (EVENING)

### PATHOLOGICAL LABORATORY

8.00 A.M. TO 10.00 A.M. &  
12.00 NOON TO 3.00 P.M.

FOR FURTHER DETAILS CONTACT KSA OFFICE – 23802263 / 23805655

PATHOLOGICAL LABORATORY - 23871859



## *From the President's Desk....*

Sometimes when nothing goes just right  
And worry reigns supreme,  
When heartache fills the eyes with mist  
And all things useless seem,  
There's just one thing that can drive away  
The tears that scald and blind—  
Someone to slip a strong arm 'round  
And whisper, "Never mind."

But love must prompt that soft caress—  
That love must, aye, be true  
And if the arm be moved by love,  
Sweet comfort you will find  
When someone slips an arm around,  
And whispers, "Never mind."

These words penned by Evangelical Visitor speak volumes about the power of love. Love is awesome, love is enduring, love is kind, it does not envy, it does not brag, it is not arrogant, it is not uncouth, it is not easily angered, it always protects, always trusts, always hopes, always perseveres.... in short...love never fails. Love means that you accept a person with all their stupidities, drawbacks, idiosyncrasies and moreover... you see flawlessness in defects....which is enough to make you slip an arm around them and whisper, 'never mind'.

If you ask me, it is an uphill task to describe love. We think about it, dream about it, lose sleep worrying about it, when we don't have it... we hunt for it and when we find it... we don't know what to do with it. It is a source of delight and ache but we can't predict which it will be from one moment to next. It is a short word, simple to spell, complex to define and impossible to live without. Love means...someone who makes you feel good about living; who brings out the true You; something that gives you the chance to be strong; somewhere that you feel like being forever. The soul always knows what to do to understand love; the challenge is to convince the mind. So, let your heart guide you in matters of emotions and let not your head overanalyze and kill love.

I hope all of you find true love in life and those who have...preserve the same with all their being. My wish for you, this love-dipped, pink-hued month of February is...always be with the one who makes you smile, who slips an arm around you and whispers 'never mind'. Wishing you 'ishq wala love' as long as you live. Happy Valentine's Day!!!

*Suresh Hemmady*

# PROJECT - C. S. N. (CHITRAPUR SARASWAT NETWORK)

BY UDAY GURKAR, GAUTAM AMLADI AND RAJIV KALLIANPUR

*"It isn't just what you know, and it isn't just who you know. It's actually who you know, who knows you, and what you do for a living."* - Bob Burg, Best-selling Author of Endless Referrals and The Go Giver

*"The richest people in the world build networks; everyone else is trained to look for work"*. Robert Kiyosaki, American investor, businessman, self-help author, motivational speaker, financial literacy activist

## What is CSN

- ✓ It is a project to propagate professional networking amongst members of Chitrapur Saraswat community
- ✓ A tool for the members of the community to interact with members from similar OR any other business / profession
- ✓ A platform for entrepreneurs / professionals to inform potential customers / clients about the services on offer THROUGH REFERRAL
- ✓ A data base of Chitrapur Saraswats in Industry along with their area of expertise.
- ✓ A base for knowledge sharing within the members of the community
- ✓ Facilitate mentoring of industry and entrepreneurial hopefuls

## Tentative Modalities

### PHASE 1: (28<sup>th</sup> February 2013)

- ❖ Collect basic data about Bhanap Business Entrepreneurs / Employed and Self Employed Professionals in the form printed elsewhere in this issue.
- ❖ This data would be uploaded on the CSN page which is presently on the KSA website.

### PHASE 2: (30<sup>th</sup> April 2013)

- ❖ Entrepreneurs / Professionals / Other individuals would be listed under the relevant category of their business / profession / expertise.
- ❖ Members would be able to put up brief information about their specialisations and other services / products they offer
- ❖ Visitors would be able to access the information about the service and the service provider and contact the same.
- ❖ KSA / CSN promoters would not be liable for any incorrect data provided by the listee.
- ❖ A member may choose to provide certain data only on specific request received.

### PHASE 3 (To be announced)

- ❖ There is also proposal to create a BLOG to enable interested persons to post questions / interact.
- ❖ Arrange seminars on topics based on members feedback and requests

Please send a mail to any one of us and we will mail the soft copy of the form

## Contacts

▪ Uday Gurkar –  
uday.gurkar@gmail.com

▪ Gautam Amladi – gautam.  
amladi@gmail.com

▪ Rajiv Kallianpur – rajivr@indiatimes.com

## CHITRAPUR SARASWAT NETWORK

(under the aegis of **The Kanara Saraswat Association**)

13 / 1-2, Association Building, J. D. Marg, Talmakiwadi, Mumbai - 400 007.

### Member Registration Form

#### Phase 1

1	Surname
2	Name
3	Qualification
4	Location
5	E-mail id
6	Name of Enterprise
7	Category of Business / Profession
8	Name of Employer
9	Designation Contact Nos. (Optional)
10	Telephone (Landline)
11	Mobile

### NOTICE

The Annual General Body meeting of the  
**MUNDKUR FAMILY TRUST**  
Will be held at 5.30 pm on Friday February 22,  
2013 in the **MITRA MANDAL Hall**,  
Karnataka CHSL, MATUNGA [W], Mumbai 400016.

#### AGENDA

1. To ratify the appointment of Ms NITA PRAMOD as Hon. Treasurer
2. To receive and approve the Balance Sheet and the I-E Statement for 2011-12.
3. To receive and approve the Budget for 2012 13.
4. Any other matter with the permission of the Chair.

**The Meeting will be followed by High Tea**

All MUNDKURS, nee MUNDKURS (& their spouses)  
and their descendants are invited.

**Please confirm attendance to**  
Sadanand **9819063432** or Gurudutt **9820135151**

by **15 February**

**Dr KALPANA SHAILESH** (Managing Trustee)

### Four Generations



**From left: Meera Mallapur  
(nee Betrabet) (Panji), Arundhathi  
Savkoor (nee Mallapur),  
(Ammamma), Aparna Ashok (nee  
Savkoor) (Amma)  
and Baby Deeksha.**

*With best compliments from:*



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## Letters to the Editor

**Dear Editor : Kudos to KS's December 12 issue** - I must put on the record that the December issue of 'Kanara Saraswat' is really a collection of excellent variety of articles- Right from President's advice "You don't get an opportunity – create one" to very humorous articles – mostly down memory lane.

I particularly liked the "Markets of Mangalore" and the pun of "Jinsa Angadi". Once while in Mangalore, I specially went out looking for "Komal Vilas" for "Dahi Wada". It was excellent. Later during "World Konkani Meet" I tasted most of the items at Hotel Ayodhya, equally good. It is there that for the first time I enjoyed Idli with Dali Toi!!!

Most of the situation so nicely narrated by Gopalkrishna Bhat, reminded me of my Udipi days of 40s, as they were similar. Only Udipi had "Paryayam" and the 8 temples, where the 3 chariots could be pulled around during "Makar Sakranti" and "Paryayam"

Today "Hampankatte" landmark has changed so much, even Taj Mahal Hotel is side lined.

*Shivshankar Surkund, Mumbai*

**Dear Editor: Sub: 'Parisevanam'**

Page 17 'KS' Jan 2013 - I was really thrilled and excited to read the 1<sup>st</sup> article of the new feature 'Parisevanam'. The photographs of our Math surroundings which have been printed are very good and the inaugural introduction is apt. The very name is really unique and suitable for a grand concept of the new year 2013, to introduce our laity, particularly the younger generation, to the various activities of Shri Chitrapur Math Shirali.

It is a fact that our Param Poojya Swamiji, while strengthening our religious and spiritual roots, also is guiding the Math activities beyond religious and spiritual to social upliftment of our community.

Kanara Saraswat has wide circulation in our community. I profusely thank the Editorial Committee for the initiative taken to spruce the magazine.

*Shrikar Talgeri, Vileparle (E)*

**Dear Editor:** I just got a copy of KS Jan 2013. My hearty congratulations to the Editorial Committee for bringing out this excellent informative issue.

I appreciate the decision taken by Shri Suresh Hemmady, President and the Managing Committee to introduce this item of new series "Parisevanam". This will enable our readers in India and abroad to know about various schemes, projects and activities taking place under the guidance of H. H. Swamiji as someone has said, "What Shri Chitrapur Math is to the community in the realms of religion, the Kanara Saraswat Association is to us in the social spheres."

We members of Chitrapur Saraswat Community adore both these institutions.

*U.K. Bhat, Navi Mumbai*

ERRATA - Due to an oversight it has been mentioned in the article on Smt. Krishnabai Panjikar in our January 2013 issue that Smt Krishnabai Panjikar married Shri Balkrishna Panjikar. The name should have been Shri Sakharam Panjikar whereas Bakrishna Panjikar (Raja) was his son.

...Editor

### *Silver Anniversary 12th December*



*Hearty Congratulations!*

**Ved Shri Hemant Soukur Bhat and  
Smt. Meenakshi Hemant Soukur**

(nee Shanbag).

We pray to Almighty and our Guruparampara to bless you both with a long, healthy and peaceful life.

**May Silver turn to Ruby, Gold and Diamond.**

With love and Regards:

Soukur-s, Kalyanpur-s, Shanbag-s  
Relatives and Friends



Lift up your expectations

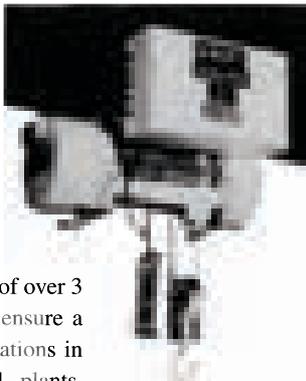
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# GOLDEN WEDDING ANNIVERSARY

Smt. Deepa (nee Radha Narekul) and  
Shri Vasant Divgi

Celebrate completion of their 50 years of Happy married life  
on 3-Feb-2013



3-Feb-1963



3-Feb-2013

Like a friendship that  
Like a game they could  
Like a sibling they support,  
They are my great parents,  
Bound to me.

A bond on my heart,  
A pain on my back,  
No government they give, and  
Nothing restrict they ask.

With knowing them  
They welcome me home  
And see that my right  
Tells me they want to roam.

There's love in this story, golden  
Hobbies or needs,  
Yet so clearly evident!  
The love and trust, the trust and hope  
And how can I forget  
The finger holding forevermore delicious!

They make me feel special  
Whether in person or  
On the phone  
It's always a pleasure  
To have such grandparents!

By Vinita Divgi

Heartly Congratulations & Best Wishes from:  
Divgis, Narekulis, Benegals, Mallapurs, Anurs, Kulkarnis, Mudurs,  
Relatives and Friends

We pray that Gold may turn into Platinum

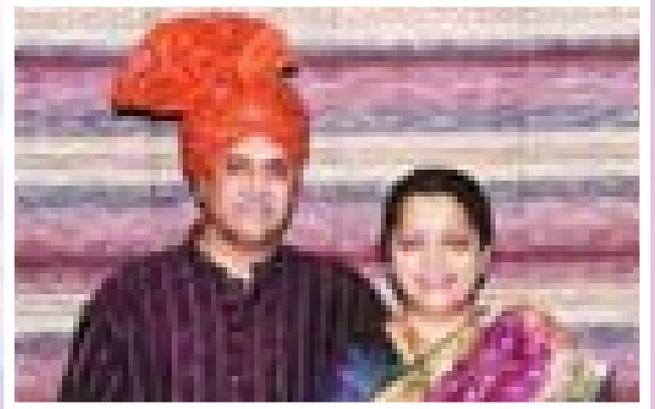
Aditi & Shrish, Sneha & Girish, Manasa & Shashank,  
Aniket, Priyam and Vinita

# ***Ruby Wedding Anniversary*** ***Niranjan and Neeta Dhareshwar***

One by one each year flew by,  
since you both said "I do"  
Forty years of memories,  
shared by the two of you.  
From big events and holidays  
to simple daily pleasures,  
Some tearful times along life's way,  
some joys that can't be measured  
One by one each year now gone,  
but still they're yours forever  
Each and every memory,  
of Forty years together!



24<sup>th</sup> February 1973



24<sup>th</sup> February 2013

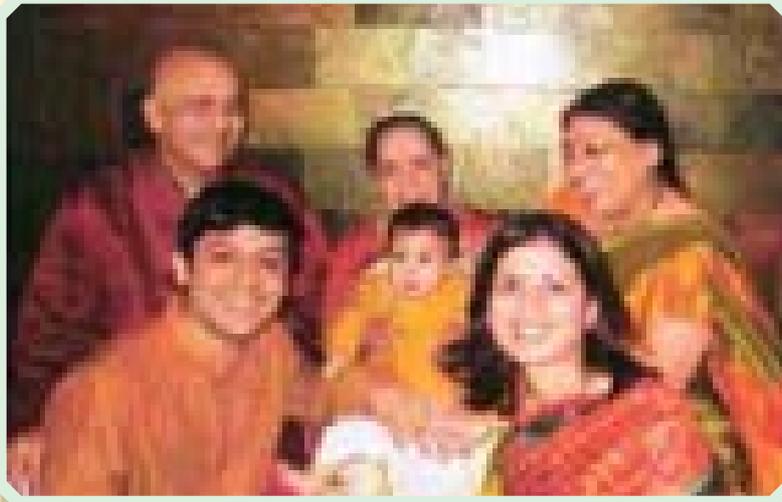
**WITH THE BLESSINGS OF KULDEVATA (SRI MANGESH AND  
SRI MAHALAKSHMI) AND OF THE CHITRAPUR GURUPARAMPARA.**

**WITH BEST WISHES AND PRAYER THAT RUBY MAY TURN TO GOLD AND  
GOLD TO PLATINUM**

**from:**

*Amit-Meghana-Ira,  
Mayank-Manasee-Aryan-Arjun,  
And all loved ones And Well-wishers.*

## FOUR GENERATIONS



Back Row: Great grandmother - Mrs. Veena Murlidhar Nadkarni holding baby boy Arjun A. Manjeshwar.

On her left grandmother Mrs. Poornima S. Balsekar and on her right grandfather Mr. Shyam M. Balsekar

Front Row: Father - Mr. Ameya V. Manjeshwar and mother Mrs. Sapna A. Manjeshwar

## AMIT BURDE DANCE STUDIO

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# Platinum Jubilee Celebrations of Anandashram Coop. Hsg. Society



**Swagatam - Welcome to HH Swamiji by Anandashram residents**



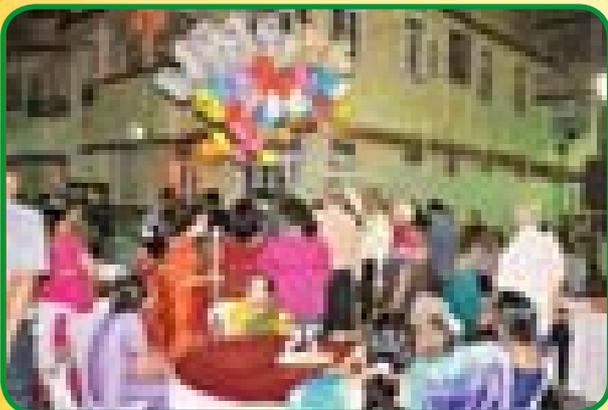
**'Maanvandana' - Vice Cairman Shri Anand Kowshik felicitating Shri Dattatray Balse a nonagenarian and seniormost resident**



**Chairman Shri Kishore Kowshik felicitating Dr. Ramdas Bhatkal of Popular Prakashan**



**'Jodi' Konkani humorous Skit presented by ladies**



**Snehamilan - Dinner and Get-together**



**Anadashram Garden - 'Aanandi Baag'**

## Platinum Jubilee Celebrations of Anandashram Coop. Hsg. Society

BY OUR CORRESPONDENT

The Platinum Jubilee of the Anandashram Co-op. Hsg. Society at Grant Road, Mumbai -7 was celebrated with great joy and enthusiasm in December 2012.

The Society buildings and the garden were decorated with colourful lights and every balcony donned a beautiful lantern. The inauguration ceremony was held in the morning on Saturday 22/12/2012. A chocolate cake in the shape of "75" was cut by the Vice-Chairman Shri Anand Kowshik and the traditional "Divo" (lamp) was lit by Shri Suresh Hemmady, Director, SVC Bank Ltd (The Bank also is a member of Anandashram CHS). There was a bursting of "Party Poppers" and as it was our 'Sports Day' a 'Mashaal' (torch) was carried forth in the Olympic style.

Unique Tele Match team games and other competitions such as 'off to school' and 'getting ready for the party' were thoroughly enjoyed by the kids along with the adults as spectators. Adults also participated in 'lemon and spoon race' etc. Noise and bustle filled the air until lunch time.

"Sneha Milan" a dinner cum get-together was organized on Sunday evening (23/12/2012). It started with a release of 75 balloons in the air, with '75' written on them. All the present residents, their relatives and other past residents attended this function. Decorated tables and chairs were laid out for senior citizens who could relax and enjoy the food, while there was arrangement for a buffet too. Chinese menu with fish starters and unusual dishes like honey noodles and cheese walnut rolls were appreciated by all the gourmets. Chocolate ice cream was the crowning glory. But more than the food, it was meeting old friends that warmed our hearts.

Tuesday morning (25/12/2012) was reserved for group photos. A special photo of only the tenant members followed by building wise group photos of members with families were taken.

The entertainment programme in the evening started with a welcome song specially written for this event followed by a unique item "know your neighbours". In this, Shri Dattatreya Balse, our

nonagenarian member was honoured. Then followed the felicitation programme 'Maana Vandana' wherein five distinguished members of our society were honoured. Smt Kalindi S. Muzumdar, Dr. Ramesh Gangolli, Dr. Ramdas Bhatkal, Shri Suresh Hemmady and Smt Sadhana Kamat. Shri Anand Kowshik read the citations and Chairman Shri Kishore Kowshik presented them with a shawl, a shreephal, and a memento. The recipients, then expressed their 'Manogat'.

The next item was 'Know your Managing Committee Members' – a slide show in which the childhood photos of past and present Committee Members living in the Society at present were shown on the screen and the audience was asked to guess "Who's who". After this a colourful, zestful dance recital 'Bollywood beats' based on film songs, was presented by the young girls and little kids which was greatly applauded. Then followed a Konkani humorous skit 'Jodi' which was well appreciated by all. An interesting surprise item was presented after this.

During the interval, snacks were served and to the great excitement of the kids, Santa Claus appeared to distribute the sweets.

The much awaited Orchestra – 'Anandashram Geet Mala' was then presented by the past and present Ashramites. It started with a bhajan by the renowned classical singer Smt Seeta Moolky Heble and was followed by popular film songs sung by adults and teenagers. The atmosphere was charged with excitement due to the group singing and dancing. The session concluded with a Vote of Thanks.

Wednesday (26/12/2012), the auspicious Foundation Day was celebrated in the august presence of H.H. Shrimat Sadyojat Shankarashram Swamiji. After Swamiji's arrival and 'Padaprakshalan', He was escorted to the stage. The welcome song was presented and 'Padukapoojan' on behalf of 'Anandashram' was performed by Shri and Smt Umesh Hemmady. This was followed by Chairman Shri Kishore Kowshik's welcome address and the "Anandashram Amrut Mahotsav Geet". Both the

songs were presented by the Anandashram ladies and the Saraswati Vrindagaan ladies.

A 'Maanpatra' and a mememto were then offered at the lotus feet of H.H. Swamiji and the citation was read out to the audience. The important item after this was the release of the Souvenir, brought out for the first time in the history of Anandashram. H.H. Swamiji was requested to release 'Anand-Amrut'- the Platinum Jubilee Commemorative Souvenir, and a resume of the contents was read out.

Along with 'Anandashram', Shri S.S. Talmaki had initiated the foundation of three other co-operative housing societies. The representatives of these Societies were blessed by H.H. Swamiji and were offered mementos:

- 1) Saraswat Society (Gamdevi) – Shri Ashok Kulkarni
- 2) The Saraswat Suburban Society (Santacruz) – Shri Rajendra Kalyanpur
- 3) The Talmakiwadi CHS (Grant Road) – Smt Nirmala Chikramane

After 'Vaidik Sambhavana', Shri Hemant Kombrabail proposed 'Abhar Pradarshana' and 'Kshama Yachana' . H.H. Swamiji was then requested to deliver 'Ashirvachana' and bless the Society. Swamiji spoke about the 'Purushartha', social service and importance of learning different languages for communication. He expressed his satisfaction towards the work that is being carried out in the community and blessed Anandashram Society on this auspicious occasion. After the Deepnamaskara and Phalamantrakshata, a cultural programme was organized. Tiny tots recited the 'shloka' 'Gurur Brahma' and young girls gave a Bharata Natyam-group performance : ' Ganesh Vandana'. This was followed by a slide show – "Smriti Sugandh" (History of Anandashram). H.H. Swamiji appreciated all the items and blessed the participants. After partaking of "Phalahaar" Swamiji departed for Talmakiwadi at 8 p.m.

'Amrit Bhojan' dinner packets were then served to the devotees. This was a grand finale to the Four Day Platinum Jubilee Celebrations.

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## आनंदाश्रम अमृत महोत्सव गीत

आनंदाश्रम वास्तु आज ही करिते स्वागतगान ।  
 उत्साहास उधाण झाले पाउणशे वयमान ॥१॥  
 कळले ना कशि गेली वर्षे  
 एकमेक सहवासिं सहर्षे  
 सहकारी गृहनिर्मितीतला मिळवियला बहुमान ॥१॥  
 इमारत पहा सुंदर सजली  
 दीपपुष्पमाळांनी नटली  
 नृत्यनाट्य संगीत कलांचे करूया नवरसपान ॥२॥  
 कुटुंबीय हे सर्वहि जमले  
 आप्तइष्टही दुरूनी आले  
 शांतिसुखाचे सदा मिळू दे सर्वांना वरदान ॥३॥  
 पूज्य पूर्वजां आज नमूया  
 रम्य स्मृतींना पुन्हा उजळुया  
 बाल तरूण अन् ज्येष्ठ जनांचा करू खरा सन्मान ॥४॥

गीत - साधना कामत

संगीत - गीता येन्नेमडी  
सौजन्य - आनंद अमृत

## बँका मेट्टू

साधना कामत



बँका मेट्टू, मेळ्यां वट्टू, सांग्यां गुट्टू मनांतुल्लो ।  
 बसतात हॉरं, हॉड्डं, पॉरं, सुकडीं, थॉरं, सर्वजणं ।  
 रणरणी वत्तांत चिरचिरी पावसांत ।  
 रूमरूमि वाच्यांत, कुडकुड शियांत ।  
 काँणयी येय्यात, कॅन्नाइ बैसात, खब्यो सांगात ।  
 बँका मेट्टू आपयता, बँका मेट्टू लाल्लयता ।  
 बँका मेट्टू, बँका मेट्टू, बँका मेट्टू ।

## आनंदी बाग

- निर्मला कलंबी

छोटी अन् 'आनंदी' बाग आमची छान आहे  
 ही खरी आनंदाश्रम सोसायटीची शान आहे ।  
 येथील रहिवाश्यांचा हा परमानंद आहे  
 मार्गावरून जाणाऱ्यांचा नयनानंद आहे ।  
 प्रवेशद्वारावरील मधुमालती लाल गुलाबी हसते  
 आनंदाने डोलत येणाऱ्यांचे स्वागत करते ।  
 लाल पिवळी जास्वंदी सर्वांचे मन मोहविते  
 शुभ्रपांढरी तगर पानापानातून उमलते ।  
 जर्द लाल गुलमोहर छोट्या पक्षांना आसरा देतो  
 रातराणीच्या सुवासाने सारा भोवताल दरवळतो ।  
 चिमण्या गोड चिवचिवतात पोपट उंच धिरधिरतात  
 फुलपाखरे. मधमाशा फुलाफुलांची विचारपूस करतात ।  
 पूर्वीचा सर्वांचा 'बँका मेट्टू' अजुन तसाच आहे  
 ज्येष्ठांसाठी खुर्च्या ठेवण्याची पद्धत मात्र नवीन आहे ।  
 सुखदुःखाच्या गप्पा करता करता मैफल रंगत असते  
 त्यामुळे काळवेळेचे भान कधि राहातच नसते ।  
 अलिकडे त्या बागेत होतात सुंदर कार्यक्रम  
 आता कुठे मूळ धरतोय एक नवा उपक्रम ।  
 खत बनते गोळा करून इकडील कचरा ओला  
 त्याचाच उपयोग बागेला हातभार पर्यावरणाला ।  
 बागवानाच्या कष्टाने बाग पहा फुलत आहे  
 मार्गदर्शक आनंदराव अर्थ सहाय्य सर्वांचे आहे ।  
 जुनी बाग म्हणता म्हणता दिसेनाशी झाली  
 तिची जागा हिरव्यागार 'आनंदी' बागेने घेतली ।

## Marriage Bureau at KSA

Ms. Gita Kulkarni will be available at the Marriage Bureau from Monday to Saturday between 5.00 p.m. and 8.00 p.m.

Mrs. Usha Surkund and Mr. Dilip Sashital will be available only on Mondays and Wednesdays.

## Anandashram - A Brief History

(EXTRACTS FROM ANAND G. KOWSHIK'S ARTICLE IN ANANDASHRAM SOUVENIR - "ANAND AMRUT")

On 21st December 1915, at the young age of 47, Shri S.S. Talmaki presented our community with the first-ever co-operative housing society in India - the Saraswat Co-operative Housing Society Ltd at Gamdevi, Mumbai - 7. Shri Talmaki had formed a committee of 8 founder members who were able to accomplish this onerous task - Rao Bahadur S. S. Talmaki, Adv. G.P. Murdeshwar, Shri N.S. Kowshik., Shri. H. Shankar Rau, Shri. S.S. Balsekar, Shri. S.N. Kalbag, Shri. Mr. M.A. Mundkur and Shri. M. Vithal Rao. With an exemplary lead given by Adv. G. P. Murdeshwar, a legal luminary of that era, other members joined this committee and in quick succession, Shri Talmaki went on to help establish the Santacruz colony in 1918, The Anandashram Society in 1937, followed by "Dubashwadi" in April 1938 which was later renamed Talmakiwadi in honour of Shri

a few months later in 1938 to accommodate the Shamrao Vithal Coop Bank and the Society office on the ground floor and three upper floors for residents. In the first Society's meeting, the Chairman Shri G. P. Murdeshwar called for nominations of six Tenant Members of Anandashram to form the first Managing



Talmaki who had laid the foundation stone of that society. The Saraswat Co-operative Housing Society Ltd, eventually became the "Mother Society" of Anandashram Society as all the guidance and funds required for land acquisition, construction etc. were loaned from that Society with active help from The Shamrao Vithal Co-operative Bank Ltd.

The Foundation Stone of Anandashram was laid on 18th Feb 1937 by Sir Vithal Narayan Chandavarkar. The Committee of Founder Members then appointed a very young and brilliant Architect and Engineer Shri Shripad Krishnarao Nadkarni, only 30 years of age, to construct our society. The trust and confidence of the Founder Members in this young man were fully vindicated. Shri S.K. Nadkarni proceeded to appoint an efficient contractor Shri Devji Dharsi and together they performed a veritable miracle. They completed the construction of these aesthetically imposing and strong R.C.C. buildings within 10 months and 8 days, and offered them ready for occupation for the inaugural day. Our society was inaugurated with a glittering ceremony on 26th December 1937 by H.H. Shrimat Anandashram Swamiji. The last building (G/H) was constructed

Committee. The following were declared elected with Shri Narsing S Kowshik as Chairman. Shri Shripad L Hemmady, Shri Manjunath G. Koppikar, Shri Mangesh V Nadgar, Shri Ramchandra V Kowshik, Shri V. Ratnakar Row and Shri Ambadas S. Gangolli.

H.H. Shrimat Anandashram Swamiji visited our Society for the second time after a gap of almost 7 years on 13th Feb 1944. World was II was in full swing at that time and communal riots were on the rampage in Mumbai. Black out was enforced at night and young Anandashramites performed night vigilance, Our Society dug a borewell and full fire fighting equipment was made available. All window panes were covered with brown paper to prevent glass splinters from injuring residents in the event of bombing.

In pre-independence days our present garden was known as the "Triangular Plot, an area given on lease for only 30 years by the Church Mission Society (as against 999 years lease for the building plot). This plot was developed as a garden and used as a playground. Rashtriya Swayam Sevak Sangh used it for training our young boys in Lezim and Lathi. The

first Independence Day on 15th August 1947 was celebrated by raising the National flag and singing the National Anthem.

During the Independence struggle, our Society had the privilege of a private visit by Pandit Jawaharlal Nehru who came for a sitting for his portrait by Shri Vaketur Ratnakar Row, a renowned artist. All the children were lined up to greet him and he obliged them with his autograph. Our Wadi was in an excitement never seen before.

The first lady member to be elected to the Managing Committee was Smt Indu S. Shirali. The first accountant of our Society Shri Ramdas V Jejri served this society faithfully from 1st June 1941, continuously for 28 years till his demise. Another person to serve as Hon. Secretary for a record 26 years (intermittently) was Shri Gurunandan L Bhat . Shri Shripad L Hemmady became the first Chairman of the Society to have also been elected as President of Kanara Saraswat Association in the same year (1955/1956). Our's was the first co-op society to be allotted a Milk Centre in Mumbai by the State Government Milk Scheme.

As for recreational activities our young men organized the Anandashram Badminton Club and set up the first court between of D and E buildings. International players were invited for exhibition Matches and Chitrapur Saraswat players played in the Annual Tournaments. Huge trophies were offered for the winners. The game became so popular that three more practice courts were set up for the gents, ladies and children. Most Anandashram residents would be found playing on these courts in the mornings. Anandashram recreation Club also flourished for some years. Then in December 1987 the annual dinner was inaugurated and this event continuous till date.

H. H. Shrimad Anandashram Swamiji visited our Society for the third time on 19th December 1956 to celebrate the 29th Anniversary of our Society. Shri Dattatraya V Nadkarni , a founder member of our Society and Chairman of Shamrao Vithal Co-op Bank was to deliver a welcome speech. He paid his obeisance by prostrating full length at the lotus feet of Swamiji never to rise again ! None in the large gathering realized till Swamiji extended his hand in

gesture of blessing his soul, silently reciting mantras and then gestured to the priest to come forward. This tragic but fortuitous demise of Shri D.V. Nadkarni at the feet of our Guru was a unique event in our history. All programmes to follow were abruptly ended as a mark of respect to the departed soul. H. H. Shrimad Anandashram Swamiji visited our society for the fourth time with his Shishya H.H. Parijnanashram Swamiji on 1st Feb 1965 and gave Ashirvachan to all devotees gathered.

On 1st Jan 1966, the thirty years lease of the triangular plot ended and the Church Mission Society gave us a notice of termination. The garden was in neglected state and was used as a parking lot. Shri S.K. Nadkarni our Hon. Architect then offered to negotiate and Shri M. V. Nadgar joined him. They managed to acquire a fresh lease from the Bombay Diocesan Trust, the parent body of the Church Mission Society, on an increased lease rent, with assurance of laying a new garden.

A sub-committee was then constituted in December 1970 to re-establish a garden and to achieve complete and lasting cleanliness in the compound. Shri R.P. Talgeri and Shri A. G. Kowshik were appointed by the Managing Committee to make house to house visits to plead for cleanliness. They also collected donations (Rs 5203/-) for the garden. The Managing Committee agreed to match the collected amount. "Shram Daan" was then organized and children as well as adults joined in, thoroughly cleaning the plot. In an unprecedented co-operative spirit our Members had set an example in physical and financial support to achieve cleanliness and to set up the garden. This culture of maintaining cleanliness in the compound has prevailed till today with unflinching co-operation of all our Members and won admiration of all visitors to Anandashram. Our Society won shields in three successive years from Bombay Municipal Corporation as the cleanest society in the city. We celebrated the Golden Jubilee of our Society in 1987 with sports, fun fair and entertainment. The Diamond Jubilee was celebrated in December 1997. One year later, H.H. Shrimat Sadyojat Shankarashram Swamiji visited our Society on 14th December 1998 and blessed us with an Ashirvachan. On 26th December 2007 our society

completed seventy years and H. H. Shrimat Sadyojat Shankarashram Swamiji graced that occasion too. We honoured Swamiji with a Maan Patra and a Memento. Our three sister societies, The Saraswat Cooperative Society of Gamdevi, The Suburban Co-operative Housing Society of Santacruz and The Talmakiwadi at Tardeo were also presented with mementos. Anandashram is now poised to celebrate its Platinum Jubilee (75yrs) with the buildings externally and internally repaired and freshly painted in the original

colours of its inaugural year 1937. HH Swamiji has graciously agreed to bless us on 26th December 2012. A three day programme of celebration is planned to galvanise our Members into enthusiastic participation in this unique event. From Platinum year to the Centenary is a huge jump. Let us put our faith in our young Anandashramites to carry on the tradition of friendship and co-operation to achieve our Centenary in grand style.

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## Down Memory Lane at B-5 Anandashram

VINOD KAGAL

*OUR COVER (Contd)*

World war I ended and my grandfather, who had served the British in the Middle-East, settled down in Gadag as a medical practitioner. Dr. Dattatreya Mangesh Moolky and his wife Varadabai were great devotees of Shri Siddharudh Swamiji of Hubli and with His blessings, he had a roaring medical practice and was well known in and around Gadag.

In the mid 1940's the Ugrankars (late district civil judge Dinkar Ugrankar who owned both B-5 and B-6 flats) placed the B-5 flat for sale. Dr. D.M. Moolky grabbed this opportunity and soon owned the B-5 flat. Till then my parents Dinkar and Krishna were residing at D-4 on a rental basis with my elder brother Ashok while I spent my early six years at Gadag. We then moved into B-5. My two aunts Seeta and Vrinda pursued their higher education in Bombay staying at B-5 around 1945. Another aunt Lalita Devrao Yennemadi with her family also moved into this flat as they had to surrender their rented place at Gamdevi Saraswat Society.

My mother had five sisters, Lalita Yennemadi the eldest, My mother followed by Meera Kodial, Mukta Kallianpurkar, Seeta Heble (a famous classical singer) and Vrinda Amladi.

Robert Money School is just a stone's throw away. Many of my contemporaries finished their middle school years here. Uday Vinekar, Chaitanya Hemmady, Chaitanya Haldipur, Kishore and Kisan Hemmadi and I could make a dash to this school as soon as we heard the school bell. Some others patronized DGT, St. Columba, St. Xaviers and

Queen Mary Schools. By the grace of God the number of cars in the colony compound being few, my generation took full advantage and spent most of our valuable time playing outdoor games. To name a few.... Cricket (only with tennis ball and that too only underhand bowling), badminton, cycling, scooters, kabbadi, kho-kho, kitti-kitti, chor police (with miniature cardboard guns).

One incident when we were playing with water pistols remains embedded in my mind. It was a Sunday afternoon. Vivek, Ashok and I were on our balcony, overlooking Proctor Road, 'armed' with our Water pistols, The house was peaceful with my mom enjoying her afternoon siesta and the domestic servant Sakharam snoring. As one bald-headed middle aged person was passing our B block, Vivek shot his water pistol, followed by Ashok and then me! The first shot wet his shirt so he looked down. When the 2nd shot wet his head he looked up. He was furious when the 3rd shot wet his face. Then he spotted all three of us. We scrambled into a bathroom and locked it from inside. Sakharam was cautioned to emphatically deny any kids being at home. We heard the commotion at our door-step but we maintained pin-drop silence in the bathroom. Once that intruder left, we knew what we were in for a sound spanking from my mom!

The open space between D and E building has lots of pleasant memories. Cricket was played in the hot, sunny afternoons. With seven to eight players in each side, it was well nigh impossible to achieve even

a modest score. The fielding was better than most of the test matches played at Brabourne Stadium and moreover if by any chance the (tennis) ball hit any ground floor glass panes, everyone did the vanishing trick.

Badminton matches were a major and most popular event under the leadership of stalwarts like Vasant Kalambi, guest player Gajanan Hemmady ( of National Level) Narayan Karekatte, Ramesh Nirodi, Prabhakar Sashital, Shekhar Puthli, Raghunandan Betrabet, Suresh Kalyanpurkar, Suresh Hemmady and his sister Sudha Hemmady. A huge gunny cloth hanging from the 2nd floor provided the fourth side of an open-air tournament. In addition the major attraction was a pretty faced charming young lass who was admired equally by young and old.

Our summer Holidays were interspersed with bonus delights like felling the raw mangoes from the mango tree opposite the B building, helping to carry the (sun dried) rolled out papads to the terraces and get mouth watering 'papada-gooli' as a reward!

The B-5 flat was also used as a venue for the elders to play a card game known to Bhanaps as "Daad-feed". It is also known as 140, a variant of Bridge. Gangolli Anandmam, Mankikar Gampatmam, Kagal Laxmanbappa, Sorab Shripadmam, my father and other invitees used to have a lively post mortem of any deal. Sorab Sripadmam with his witty humour often stepped in to calm down the occasional stormy sessions and used to refer the pack of 52 cards as "Bawan Pannachi Gita".

My profession kept me and my family away from this ever-clean and well maintained colony from 1967 till 1996, but we always missed the warmth and help from our colony inmates. During our absence we missed the picnics and games organized by Nandan Balwally and his team with active guidance and support from Bhatkal Sadanandmam.

In 1997 my daughter's young friend George Kuruvilla visited us and his words still ring in my mind. "Uncle, I feel some warm vibrations in the flat and am glad that you've shifted back to Anandashram Colony". Yes we are very happy here. My sincere thanks to the elders and forefathers of this society who used their foresight and collective wisdom to bless us with such a wonderful experience of community living.

(Courtesy: Anand Amrut)

## आत्मकविता

यंदा ह्यांच्या देहांतवासाला दहा वर्षे पूर्ण होतात त्यांच्या स्मरणार्थ माझी आत्मकविता समर्पित करते

विसाव्या वर्षी झाले मी संसारी,  
आई भावंडापासुन झाले पराई  
कायकिणीची झाले सागर ब्रेदमण  
बहर आला संसाराला,  
आम्ही झालो तीन गोंडस पुत्रांचे माता पिता  
उत्तम संस्काराने झाली मुलें मोठी  
स्वतःच्या हिंमतीने लागली उत्तम मार्गी  
बघता बघता लेकीसमान आल्या तीन सुना  
त्यांनी दिला आईबाबांचा दर्जा  
नातवंडांनी फुलला आमचा संसार आणि  
आणि आम्ही घेतला आज्जी-आजोबाचा वसा  
लग्नाला झाली पन्नास वर्ष.  
थाटामाटाने खार मठात झाला वाढदिवस  
अचानक सुखी संसाराला लागली नजर, झाले मी लाचार  
नशिबी आले वैधव्य, हरवून गेले सर्वस्व  
तळमळत्या मनाला घातली सांत्वनाने फुंकर  
पुत्रशोकाच्या आघाताने झाले मन विषण्ण  
संसाररूपी सागरातल्या सुख-दुःखाच्या लाटा  
झेलत जेलत आले एक किनाऱ्याशी  
तोपर्यंत नकळत झाले मी वयाने ऐंशी  
सप्टेंबरात सर्वांनी एकत्र,  
येऊन केला कार्ला मठात वाढदिवस  
जीवनातल्या कित्येक दुःखद  
आठवणीने मी होते उदास  
परमपूज्य स्वामीजींनी दिलेल्या शिवनामाच्या  
जपाने आणि आशिर्वादाने झाले मनाचे समाधान  
देवापाशी नम्र प्रार्थना, तुझ्या चरणी दे मला अढळ स्थान  
अंतःकरणातुन उमटले शब्द, मन झाले स्तब्ध, निशब्द

- शालीनी दत्तात्रय सागर  
ठाणे (मूळ हुबळी)

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## My Anna

(I read this out on his 75<sup>th</sup> Birthday Party and thought this would make an interesting read to all fathers and daughters equally)

I stand here today to thank all of you for coming here and sharing our happiness with us on this very special and important occasion.

It's not so easy talking about your first hero, I said HERO because my earliest memory is of ballroom dancing with him. He was standing, and swaying with me whistling some tune and I was careening on the bed. I vividly remember feeling like a princess on top of the world.

Even when I was a mere two years old, he treated me like a real lady. My father is a fantastic gentleman at heart. A man who was always a splendid father and also effortlessly became my Mother in his own distinctive style when I sought to gain his advice

I recall him singing to me hilarious lullabies with great seriousness. The humour in those songs actually hit me when I became a mother and sang them to Rewa equally seriously leading her to believe the same.

The best meal I have had to date was the one my Anna fed me when I was all of five years old. I remember he was comforting me, telling me that Amma would be back from the hospital very soon. I remember sticking my nose in his neck; I guess the comfort that I got only from him, made this meal the very best in life and I still remember it even after all these years.

From outings every Sunday to regular long vacations, he made sure I not only saw all of India but at the same time learnt to appreciate its rich and varied culture and traditions.

It was my father who introduced me to eating beef, to reading of all authors, Barbara Cartland and gave me my first drink. It all seemed just a part of life to me then.... it was only much later that I realised why I never needed a counselor, neither a drinking partner nor silly girlfriends for naughty briefings. Coz I had my Anna. He is the only person in this world to whom I miserably loose verbal battles.

Though the only child, I never felt lonely and it was all because Anna inculcated within me the love of reading very early in life. For him, no printed matter is inconsequential. He encouraged me to even open a peanut paper cone and read the information in that torn piece of magazine or newspaper.

He would say, you never know from where one may get knowledge. It seemed so very down market then, but today, because of that very down-market habit, I do manage to catch something odd or good but nevertheless knowledgeable in any bit of paper that I find.

Anna, you taught me that one should make friends for what they are and not who they are. You had and continue to have friends from all sections of society. Thus if today I have friends from various walks of life, it is you I thank for the same. I was awakened to the joy of realization that it was just as much fun licking food off a banana leaf as it was eating at a well appointed table with the best cutlery and crockery. Many such teachings imparted by you helped me become a total people's person and I can adjust with anybody aged 0- 100 from any walk of life.

Thank you most for never having said that you are proud of me. This has kept my fighter's spirit alive and I have woken up each day wanting to do better than my yesterday. Thank you above all for not being judgmental. You allowed me to make mistakes, encouraged me to learn from them, to fight my own battles and yet I knew that if I ever faltered you were there to tell me to stand up, brush off the 'dirt' of failure and move on with renewed vigour and vitality.

Anna, thank you very much for doing full justice to each and every relationship that you were connected with - whether as a husband, a father, a son, a brother, a friend, or now even as a grandfather, you always gave your all with sincerity and selflessness to everyone.

It was you who showed me by being the most wonderful son-in-law that a family is made by heart not by blood.

Thank you also for being the only man in this world to have shed pure tears for me. The day I left Patna,

*(contd. on page 21)*

# Congratulations on Completing 75 Glorious Years



**Vivek Devrav Yennemadi**

**1st January 1938**

**May 75 Turn to 100**

**With Love**

**Geeta Yennemadi- Wife**

**Roopa Yennemadi Lobo- Daughter**

**Winfred Lobo - Son in Law**

**Rewa Lobo- Grand Daughter**

**Relatives, Cousins, Friends and Well wishers**

*(contd. from page 20)*

I remember you standing at the station wiping your eyes as my train left the station. All the other men in my life have so far shed tears either because they lost me or won me. What say Winfred dearest???

With utmost modesty, thanks for the genetic gift of wit and colour. Armed with this very 'inherited' wit, I was able to tackle head-on, even the most daunting situations life threw at me.

Before all of us sing the Happy Birthday song for you, I would like to end by saying: If god really wants me to be re-born, then let it be again as Amma's and your 'Cub' so that however tough life is or whatever challenges it will offer, I know with you and Amma guiding me, I will be able to once again live life with the same gusto, determination and verve. Love you Anna. May 75 turn to 100.

**- Rupa Lobo (nee Yennemadi)**

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**HEARTY FELICITATIONS TO OUR BELOVED AMMA ANJANI DOURAGANNA ANNA  
KUMSAL ON HER 80<sup>TH</sup> BIRTHDAY ON 17<sup>TH</sup> FEBRUARY 2013.**

We Pray our revered Guru & our Lord Bhagwan/Hankar for Long, Healthy and Happy life for our dearest Amma on her 80<sup>TH</sup> Birthday.

Amma you always have been an anchor of our family and with your lovely and jovial nature you keep cheerful surroundings. Your hard work and sacrifices coupled with your caring nature have been the biggest treasure to your sons, daughters-in-laws, grand children and great grandchildren. Happy 80<sup>TH</sup> Birthday Amma!



From:  
Nephew: Mrs. Jayant-Priyanka, Niece: Chaitali, Prachi-Mohan, Shrushti, Arjun & Akhans,  
In-laws: Family: Suresh, Neelkamal, Kumbhakar, Sonalgi, Deepakendra & Binodini.

## Wedding Anniversary

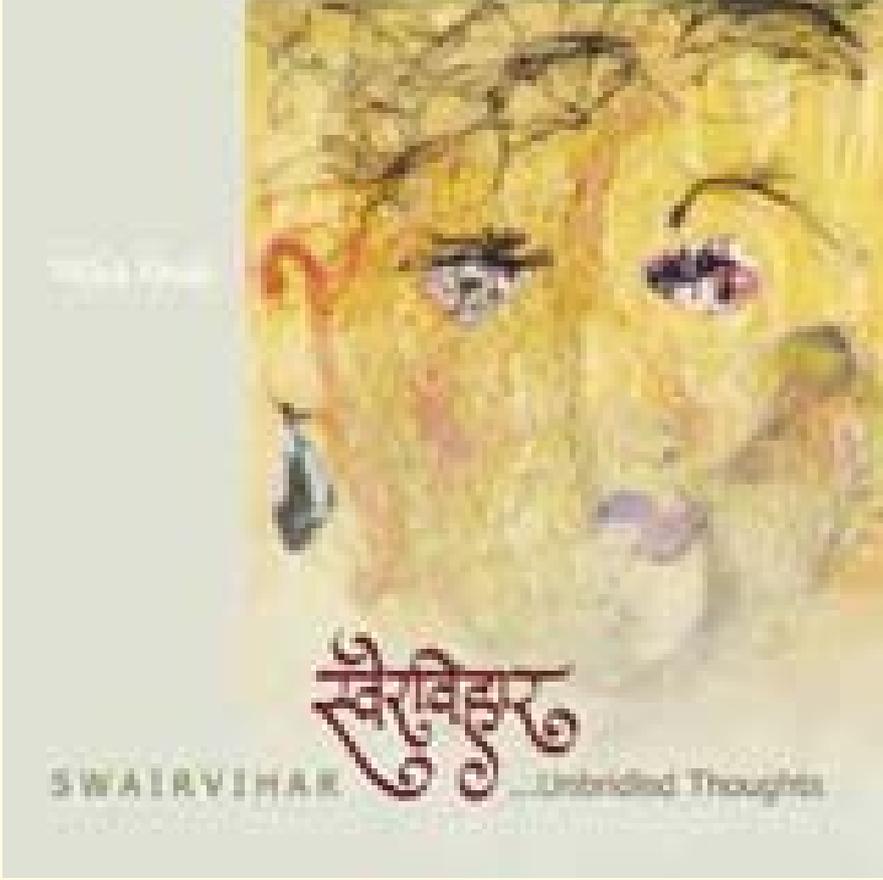


**Smt Shubhada  
(nee Arundhati Gourishanker  
Padukone)  
and Shri Subhash Ramchandra  
Manjeshwar  
entered into the  
30th Year  
of Married Life on 24-12-2012**

***Heartiest Congratulations from:***

Abhay, Lakshmi And Akshay  
Padukones Hattiangadis Baidurs Gangollis  
Relatives And Friends





## स्वैरविहार विद्या कागल

पाने १५६ । बहुरंगी छपाई  
किंमत ७५० रुपये । २५ डॉलर

चित्रकला, शिवणकाम, काव्य, लेखन,  
नाटक, संगित इत्यादी अनेक कला  
सर्व व्याप संभाळून विद्या कागल यांनी जपल्या आहेत.  
या जपलेल्या सर्व कलांचा संग्रह  
आपल्या नातवंडांपर्यंत पोहचवावा,  
आपली आजी कशी होती,  
तिच्या भावना आचार विचार कसे होते.  
आपल्या भारतीय संस्कृतीची कोणती मुल्ये  
त्यांनी जपली व जगली पाहिजेत हे सांगण्याचा  
व संपूर्ण कुटुंबाशी जवळीक साधण्याचा हा छोटासा प्रयत्न.

### स्वानंदी प्रकाशन

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# Social Anaesthesia

KALINDI S MUZUMDAR, MUMBAI

If Shakespeare were alive today he would have said "Woman thy name is rape, molestation, eve teasing and .....! India has been shaken out of its slumber by the most inhuman torture and rape of Nirbhaya and the brutal attack on her male friend in Delhi on 17<sup>th</sup> December 2012. They lay wounded and bare on the road and yet no one helped them for 2 hours. This is social anaesthesia.

According to the print media 207 women in Mumbai were raped and 552 were molested in 2011-2012. There may be many more unreported cases. Currently almost each page of the newspaper contains an article on rape. Age does not matter to the rapist. A sixty year old woman was raped while a two year old girl was tied to tree and raped! Shame on us! And yet we are not affected! This is social anaesthesia! We, the third greatest economic nation in the world are attracting the attention of other countries for such heinous crimes! In fact, European Countries have stated that India is not a safe place for women.!

There have been morchas, candlelight processions and an attempt to manhandle Smt. Sheila Dikshit, the Chief Minister of Delhi. Some pertinent questions arise out of this episode. Will death sentence of the accused eradicate rapes and murders of women in India? A few European Countries have scrapped the death sentence as they found out that it does not prevent rapes and murders.

Should the minor who took the lead in this case be given the death sentence? The ossification tests are being conducted to find out his approximate age. Texas, in USA accords death sentence to minors if the crime committed by them is akin to that committed by adults. Do we accept this?

What can we, the citizens, do to eradicate such crimes in India? There are three major categories of tasks before us:

- 1) Remedial
- 2) Preventive
- 3) Promotive

In the remedial measures do we advocate death sentence for rapes and murders? The judicial process has been so slow that the accused languish in jail for years. At times they are cleared for lack of evidence, faulty charge sheets filed by the police or for good behaviour. There is no guarantee that their attitude and behaviour have changed. Dr. Kiran Bedi had

done a remarkable job of Tihar Jail. Unfortunately, the efforts were not replicated in other states. If the prisoners are kept busy in productive and satisfying work, yoga and extensive counseling there may be some hope of positive change in their behaviour.

Home is the first and the best institute to play the preventive role. Children learn a great deal by observing adult behaviour. Therefore, degrading remarks against women should always be avoided. Parents should buy common toys for both son and daughter e.g. cooking utensils for both sons and daughters. Aren't there male chefs all over the world? Similarly, girls should be encouraged to play cricket, football and other such games. Both boys and girls need sex education which should be imparted informally by parents and formally by the school. There should be a counselor in each school and the PTAs should insist on this. Parents together with children and teens need to decide as to which TV shows and movies their children and teens should watch. Instead of acting like authoritarian parents they could aim to be friends of their children. In short, parents need to establish loving and friendly relations with their children and adolescents.

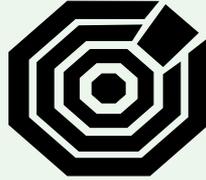
This applies to teachers as well. Schools should offer co-curricular activities for both boys and girls e.g. games, elocution classes and competitions, art classes e.g. music, painting and acting.

Parents, teachers as well as society in general, can play promotive roles. What do we promote? Positive attitude towards each other (men and women), towards the poor, senior citizens and the differently abled. Teenagers and young adults should be encouraged to read the newspaper and reputed magazines so that they become knowledgeable when it comes to casting votes for our politicians. Citizens need to advocate gender sensitization of the police judiciary, the medical persons, teachers and politicians. The print media and the TV also could play an effective role in promoting positive values.

Above all, let us introspect and find out how we, the Chitrapur Saraswat Community should strive to create a healthy and happy atmosphere in our families, villages, districts, states, India and finally in the world.

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# Science of Conscience

GEETA MOHAN RAO (NALKUR), MUSCAT

The recent carnage at Connecticut depressed me so terribly that I was inconsolable. I watched President Obama addressing the nation saying "no law can eliminate evil from the world or prevent senseless acts of violence". Soon after, came the gruesome news about the Delhi gang rape victim and I wondered whether we are really evolving for the better or for worse, that we have to depend only on the law to prevent crime or evil. What has happened to our native understanding, empathy and conscience? Are these virtues disappearing from the face of the earth? It seems like only a minority are holding on to these 'outdated' sentiments and who too will soon perish along with their noble emotions. Finally, what will be left in this world will be senseless aggression, arrogance, ego and violence which are unfortunately considered as tools for successful living.

These days everyone is so passionate about their own 'passion' that they conveniently overlook and overrule 'compassion'. If anyone shows genuine compassion especially where it is needed, the others become uncomfortable to see that and even the receiver feels uneasy in accepting that. After all compassion is a natural emotion which once expressed, evokes spontaneous reciprocation and awakens our collective conscience leading to a harmonious society.

Being compassionate is instinctively innate to every human but when the head/ rationale is routinely used more than the heart/emotion, compassion gets eventually wiped out from our system. Compassion is an instinct which is in-built in our hardware but we tend to overuse our reasoning/strategies in the form of software so much that without realizing it, we get disconnected from our original self and what is left of us is a mere shell steeped in illusion and perversion.

My first lesson on compassion was indeed unforgettable. After marriage I was volunteering at an orphanage in Vile Parle, Mumbai through the Rotary Club of Bombay (West). My first day was a sheer disaster. When I saw 30 – 40 children eating

dry gruel (*khichdi*), I burst out sobbing and could not stop. I told the Inner Wheel, President that it was impossible for me to help out as I could not bear to see the condition of the little ones there. However, the President then, Smt. Meera Ramdas Chandavarkar, my noble mentor, encouraged me gently and convincingly that I was in fact the right person for this project as I have tremendous compassion for the kids. She said to me "when you feel so much for them, you will feel gratified by doing something for them, instead of going away and that is the reason we have taken up this project to improve their condition." I felt strong with her words of wisdom and guidance and continued visiting the orphanage.

In the same orphanage, one day, a couple from Sweden visited for the adoption of a child. They were contemplating between two kids. One was physically challenged and the other quite healthy. Somehow the couple could not zero in on one and after a while, asked my opinion and I spontaneously suggested the healthy one, thinking that the couple should get a fair deal for all their efforts. However, the wife gently said to me, "but the healthy one will always have a better chance of getting adopted whereas the one with disabilities is in greater need of love, care and compassion". When I heard this, I felt as though a lightning bolt had struck me and jolted me to my senses. I realized that it was not a piece of furniture that they were buying. It was adoption where they wanted to take care of the little one. I thanked the couple - rather silently, for enlightening me and awakening my conscience.

I feel, to this day and age, where everyone strives to be 'fair and lovely/handsome', why can't they also want to become 'fair and just'? If they follow their natural instincts, they will soon become aware of the science of conscience where our morals are awakened. Compassion then gets unlocked and is allowed to flow naturally. Compassion produces endorphins (feel-good-hormones) which give a 'high' that can be eternally addictive.

## Shri Saumitra Mullerpattan

Shri Saumitra Mullerpattan, a householder saint, passed away on November 14, 2012, in Mumbai at age 96. He was a rare individual who reached the highest both in his profession and in the spiritual field. He was my friend and mentor and I miss him.

Saumitramam was born on April 1, 1916, in Karwar, Karnataka. He was educated in Mumbai and Karachi (then in Bombay Presidency). He earned bachelor's degree in civil engineering of Bombay University in Karachi. After a few years working for the State Public Works Department, he joined and worked until his retirement with the Associated Cement Companies (ACC). As a senior engineer and manager, he planned and constructed new cement factories in various parts of India, and one project abroad in Kuwait. He retired from ACC in 1976, and devoted full time to his spiritual pursuits.



He married Susheela, (nee Panemanglore), on December 30, 1942. Susheela passed away in 1978. They had four children Jyotsna, Bharat (deceased), Mangala (deceased), and Sopan. Saumitramam married again in 1986 with the then-widowed Sita Sapre (a devotee of Sri Nisargadatta Maharaj), who also passed away in 1990. Saumitramam was highly religious and spiritual in his outlook and in his life. He visited religious sages whenever and wherever he could, and attended lectures and spiritual camps. This search ended when he found Sri Nisargadatta Maharaj (who surprisingly lived only a short walking distance from his Mumbai Grant Road home).

Sri Nisargadatta Maharaj (1897-1981) [Maruti Kamblji] came from a family of farmers in Ratnagiri. With very little education, Maruti became a successful bidi merchant and raised a family in Mumbai. In 1933 he was introduced by a friend to his Guru Sri **Siddharameshwar Maharaj** belonging to Nathpanth-a lineage of householder saints. Maruti said, "My Guru ordered me to attend to the sense 'I am' and to give attention to nothing else. I just obeyed. I did not follow any particular course of breathing, or meditation, or study of scriptures. Whatever happened, I would turn away my attention from it and remain with the sense 'I am'. It may look too simple, even crude. My only reason for doing it was that my Guru told me so. Yet it worked!" In three years Maruti attained his goal and came to be known as Sri Nisargadatta Maharaj. Seekers began to meet him and question-answer sessions began in his small apartment. Slowly he became famous all over the world and many seekers came from Europe, USA, Canada, South America etc. Since Maharaj spoke only Marathi, there was a need for translators.

After meeting with Maharaj in 1974, Saumitramam regularly translated Maharaj's conversations (in real time, Marathi-to-English-to-Marathi) with foreign visitors, including questions and answers. He was one of about three translators (preferred by many westerners) who divided their daily time to be with Maharaj and provided this service. Most of these conversations were invaluable (like scriptures) and have been transcribed or summarized in a number of books written and published by a vast number of western authors (such as Maurice Frydman, Jean Dunn, Robert Powell). Saumitramam was at Maharaj's side when the latter took his mahasamadhi in September 1981. His eloquent eulogy on Maharaj at that time was later published as a booklet.

Saumitramam was deeply involved in helping seekers after Nisargadatta Maharaj's mahasamadhi. He was involved in active correspondence and meeting with many Indians and younger foreigners from far away who had not had the privilege of meeting Maharaj but had read about him. They contacted Saumitramam because of his closeness to Maharaj. They asked for personal guidance or clarification on Maharaj's teachings. Saumitramam wrote detailed extensive replies to all correspondence, and kept a diary of his meetings and photocopies of his correspondence.

In the summer of 1990, Saumitramam visited USA for four months. His base was his daughter Jyotsna's home in Austin, Texas. He informally visited a large number of American friends in California who had often been to Sri Nisargadatta Maharaj before and knew him well. His visits included Los Angeles, Santa Barbara (Sri Ramakrishna Math), and several locations in the Bay Area, where he met and talked about Maharaj, his teachings and his legacy. In Austin, he attended the monthly philosophy meetings initiated by Padma Bhushan Shri Raja Rao, a famous novelist (whose novels and writings revolved around eastern philosophy) and philosophy professor at the University of Texas at Austin. Saumitramam also gave a talk on the essence of Advaita vedanta at one of the meetings.

Saumitramam first took me to the abode of Maharaj in 1976; later I attended a few divine sessions. With Saumitramam, I felt free to ask him about my problems without any reservation and he always encouraged me. This invaluable help which is just invaluable, and naturally I am most grateful to him. He treated me as a friend, and never allowed me to touch his feet, which I was anxious to do.

Many thanks are due to Jyotsna and Dinkar Chandragiri and their daughter Ashwini for their help. The couple is highly respected in Austin for helping people in need.

Somashekhar (Som) Naimpally [somnaimpally@yahoo.ca](mailto:somnaimpally@yahoo.ca)  
Toronto, Canada

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## Diet and Coronary Heart Disease- Part 2

Dr Hemangini Hoskote, Consulting Nutritionist, Gurgaon  
hphoskote@hotmail.com

In continuation with the previous article on Diet and Coronary Heart Disease (CHD), a brief discussion on some of the other important dietary and lifestyle factors that can alter/delay the onset of heart disease:

### Dietary Factors

1. **Obesity.** The link between obesity and CHD is both consistent and substantial. Obesity or the increased fat deposition carry traits which promote atherosclerosis (see explanation in Part 1). Abdominal obesity is associated with a greater risk factor than when the fat is deposited on the hips or other parts of the body.

2. **Fish.** While the beneficial effects of fish eating have always been known to mankind, scientific evidence has been relatively recent. Research studies have conclusively proven that fish has a heart-protective and CHD-preventive role. Fish is an excellent source of the n-3 long-chain Polyunsaturated Fatty Acids (PUFA). These fatty acids reduce the blood levels of triglycerides, decrease fibrinogen levels (excess fibrinogen is associated with strokes and heart attacks) and inhibit the activity of platelets and clotting process. They also decrease blood pressure. Eating about 100-200 gms of fish, 2-3 times/week has a cardio-protective effect. Just remember to skip fried fish and coconut-based gravies.

3. **Antioxidants.** A growing body of evidence indicates that aging, cancer, heart diseases, etc. are a result of inadequate intake of fresh fruits and vegetables. These foods in addition to providing the essential fibre and minerals, also provide Vitamins such as Vitamin A (Beta-Carotene), Vitamin C and limited amounts of Vitamin E. These vitamins are called *Antioxidants* because they have the unique ability to quench the extra 'free' (unpaired) oxygen molecules in the body. This unpaired oxygen molecule can impair tissues and organ functioning and cause several disorders such as Coronary Heart Disease

(CHD). Just as lack of oxygen can spell death for humans and living tissues, excess of oxygen can also harm the body and cause diseases. Fresh fruits and vegetables are the best antioxidants in our diets. Consuming vitamin pills does not provide the desired antioxidants as has been demonstrated in numerous research studies conducted in the past 2 decades. Further, they have the added benefit of providing fibre and bulk to the diet. Fiber has a cholesterol-lowering effect and has a very important role in a 'heart-friendly' diet. Remember to include 2 or more servings (each serving is a medium-sized vati / bowl) of vegetables at each meal and a minimum of 2 fruits/day.

### Lifestyle Factors

**Exercise.** Exercise overall has a beneficial effect on health. In relation to cardiac functioning, exercise increases the electrical stability of the heart, increases the levels of HDL-Cholesterol, reduces the tendency of the body to form clots and decreases blood pressure. The added benefits which also contribute to overall functioning of the heart include, reduction of blood glucose levels, helps control body weight. Before beginning any exercise, it is advisable to consult a physician.

**Smoking.** Cigarette smoking is a very strong risk factor for CHD. Carbon monoxide in the cigarette smoke leads to increase in blood lipid levels and a decrease in HDL levels. In animal experiments, smoking was associated with increased lipid deposition in the arterial walls. Damage and dysfunction to the arterial walls, oxidant stress and other adverse effects have been noted and are caused by the several hundred of toxic substances present in cigarette smoke.

**Alcohol and Wine Consumption.** The ethyl alcohol content varies from 3-5 % in Beer to 30-40% in Whisky, Rum, etc. Alcohol consumption increases blood pressure, blood triglyceride levels and regular, heavy drinking weakens the heart muscle.

Further, alcohol is a source of empty calories and can contribute to weight gain. Alcohol also affects the brain, liver and nervous system.

Some years ago, a lot of controversy and interest was generated over the beneficial effects of wine. This was termed the French Paradox since low incidence of CHD was observed among the French despite their high consumption of wines. Interestingly, some of these studies were sponsored by wine companies!!! There was definitely a conflict of interest in the reported observations! This led to the hypothesis that wine has a cardio-protective effect. On a comparative basis, wine has lower ethyl alcohol content (around 8-10%). Some studies have highlighted the antioxidant properties of wine and their cardio-protective benefits. However, none of the observations have shown appreciable benefits to warrant recommendations to drink wine/alcohol for a cardio-protective effect. The antioxidant effects observed from eating grapes are not very different from those of wine. ***From the viewpoint of cardio-preventive and therapeutic diet, alcohol intake may best be decided by the Dietitian /Physician / Cardiologist as 'one size cannot fit all'.***

**Stress.** It is being increasingly recognized as a modifiable risk factor for CVD. Ambitious and aggressive people are more prone to CHD. Leading a stressful life can lead people to develop unhealthy habits such as smoking, alcohol abuse and poor dietary practices. These can indirectly contribute to the CHD risk. Furthermore, being stressed itself can alter the way the body behaves by bringing about changes in the blood and nervous system. For example, acute stress decreases blood flow to the heart, cause the heart to beat irregularly and increase the likelihood of blood clots. This can directly impair cardiac health and increase risk of CHD.

In summary, a preventive approach for CHD includes a heart-friendly diet comprising of low amount of total and saturated fats and cholesterol, an optimal mix of PUFA and MUFA, maintenance of ideal body weight, a good mix of complex carbohydrates and vegetables and fruits. All these

coupled with good lifestyle practices such as being a non-smoker, active lifestyle and leading a stress-free life as much as possible could make all the difference.

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## To be Simple in Our Thinking and Live Happily

CONTRIBUTED BY ANITA KALYANPUR

One of the most memorable case studies on Japanese management was the case of the empty soap box, which happened in one of Japan's biggest cosmetics companies. The company received a complaint that a consumer had bought a soap box that was empty. Immediately the authorities isolated the problem to the assembly line, which transported all the packaged boxes of soap to the delivery department. For some reason, one soap box went through the assembly line empty. Management asked its engineers to solve the problem.

Post-haste, the engineers worked hard to devise an X-ray machine with high-resolution monitors manned by two people to watch all the soap boxes that passed through the line to make sure they were not empty. No doubt, they worked hard and they worked fast but they spent whoopee amount to do so. But when a rank-and-file employee in a small company was posed with the same problem, he did not get into complications of X-rays, etc. but instead came out with another solution. He bought a strong industrial electric fan and pointed it at the assembly line. He switched the fan on, and as each soap box passed the fan, it simply blew the empty boxes out of the line.

Moral of the story:

- a. Think Simple - Devise the simplest possible solution that solves the problem
- b. Learn to focus on solutions not on problem
- c. "If you look at what you do not have in life, you don't have anything"

"If you look at what you have in life, you have everything"

# The Last Ride Together

NIRMALA BELLARE, SIDHPUR, HIMACHAL PRADESH

This dramatic 'lyric' published in the collection of 'Men and Women' in 1855 is one of the noblest of Robert Browning's 'Love' poems. The steadfast love of a man has been rejected by the lady who does not return his feelings. The lover does not blame her but merely claims of having hopefully loved her and requests her to have one 'Last Ride' with him. He is overjoyed when she consents. According to Browning, God creates the love to reward the love. Love will however be ultimately rewarded if not here and now surely in the next world. 'Now Heaven and She are beyond this ride' concludes the lover and the hope of achieving the goal will make him strive for it.

This reminds me of a true story of one of my best friends Brindha Janardhan (Brindha is another name for Radha and Janardhan is Krishna, an inseparable couple) whose life has impressed me so much that I would like to dedicate these lines in the story to her.

Born in a family of 4 children, she was the 2<sup>nd</sup> child having one elder brother at least 15 years older to her and two younger sisters after a long gap of 10 years. When she was in school her father retired from Railways and with his gratuity, provident fund etc built a house and led a simple life. The elder son though a Reader in the University with good income was concerned with his own wife and 4 children. The father was sick person yet remained a light in the family giving warmth and love to his children and wife. This girl knew the problems in the house and was determined to get a good education and share the responsibilities of her ailing father. Soon she completed her Master's degree in Botany and could get a good job in a Research Institute.

Her father died leaving his entire responsibilities on her shoulders. The elder brother came into the picture, sold the house promising his mother to get the daughters married and provide her a life long income. The mother accepted the proposal but soon Brindha realized that though she was 30 years of age her brother never bothered to settle her in life and was concerned with his daughter's education. Finally

she married a friend of hers – a middle aged person of her own community.

They were blessed with a son and soon a dream house was also constructed. But such happiness did not last long as she realized that her husband was sick due to chronic cough. The reports and tests gave a doubt of tuberculosis and the doctors advised removal of one lung to save the other one. Having worked in the Cancer Research Institute for over 10 years made her suspect cancer of the lung. The doctors ignored her doubt and realized their blunder only on the operation table.

Soon the cancer started spreading and it was a terrible shock to her to imagine that her husband would not survive very long. She was determined to save his life and started working day and night. She shifted her residence near her husband's office and requested her mother and sisters to take complete care of him and her son. Her only aim was to make him as happy as possible with her love and tender care.

She got her house work completed and fixed 1<sup>st</sup> June for the house warming ceremony. Pasted invitation cards to friends and relatives. Her research work was successful and her report was approved. She was honoured with a doctorate degree and she went to Bombay alone to receive her award while her ailing husband was feeling happy and proud of her achievement.

Prior to the ceremony i.e. on 31<sup>st</sup> May she was to go out for some final purchases. When she got ready her husband requested for a drive out with her. She never suspected that it was their 'last ride' together and took him along leaving her son with her mother. He bought a pretty silk saree for her along with glass bangles, flowers etc. They saw a movie, visited the temple and remembered their beautiful life together. When they reached home seeing his pale and exhausted face she called the doctor who told her to inform the close relatives as he was sinking. She informed her brother and in-laws and

sat beside him with his head resting on her lap. He felt very relaxed. May be he felt and hoped to achieve in the next world what he had failed to achieve in the world of reality.

Thus he died peacefully and on June 1<sup>st</sup> when the relatives and friends came for the house warming ceremony they were stunned to see his body lying there covered with a white cloth with garlands and flowers brought for the ceremony.

Within two years she really did a remarkable job of

getting her sisters married and settled well. She took good care of her mother till her death. Her son was sent to U.K. for further studies and is settled down in London. She is still working and serving for the cause of cancer. She is really a monument of love.

John T. Nettleship would have looked at the 'love' of this lover as 'an inspiration' which was not to be realized here at all, but must have its completion in the other life.

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## The Ancestral Visit

GUNNU TALGERY gunnujyoti@gmail.com

August 2012 was a month of important events. Some of them were historic, some traumatic and the last one, hilariously comic. The London Olympics saw our team trying out its wings with modest but significant achievements. We ushered a new President into Rashtrapati Bhavan and witnessed the Prime Minister being hauled over the coals in parliament. We helplessly watched the exodus to the North East and lastly, we were regaled by an ancestral visit to Chitrapur Housing Society in Bangalore.

It was a "May day" call from my *bachpan ka dost* Satchit, as I was just starting on my sundowner with Jyoti's brother Anup. A group of monkeys on their way home had decided to make a courtesy call at Chitrapur Apartments. Satchit's attempt to politely remind them that protocol required that they call on the chairman first, did not seem to work and they parked themselves on various monkey tops, establishing their birthright. Gulping down a quicky like John Wayne in Dodge city, Anup tightened his gun belt and headed home, to find Satchit skillfully tying a fire cracker to the end of a long thread and gently lowering it with a longer stick to the balcony where a group of the long tailed were engaged in a serious, animated discussion over some topic like inflation or black money in foreign banks Etc.. While the younger ones huddled closer to their mommys the others looked at the disturbance caused by the fire

cracker with disdain and continued with whatever they were discussing. Anup got a bright idea. He brought out his camera and snapped a picture. Alerted by the flash, one of the monkeys sauntered up and said, "**Now you stand back and I will take your picture.**" Leaving the visitors to their own devices, the two gentlemen shut all doors and windows, bolted them securely, before adjourning to the dining table, while Shiv Aroor gave updates on the day's news on TV. The Simians moved away with a scornful look at the inhospitable residents.

A monkey was heard telling her little one, "**if you drink your milk, do your homework and behave, I will again bring you to watch the chitrapur fireworks tomorrow evening.**"

When reports last came in, the society had intimidated the official monkey catcher in BBMP. They are now busy filling a three page questionnaire which, among other details, wants the sex and parentage of each of the creatures that should be taken away. This has started a mad scramble and everyone is looking for their respective family trees.

ERRATA - In the poem recited by Shri Chaitanya Nadkarni the 6th line is missing. It should have been 'हांव मानता तांगेलो आभारू'. In the 10th line it is not 'KSA जात्ता' but should be 'खुशी जात्ता'. We regret the error  
Editor

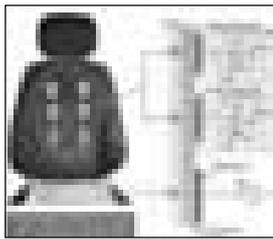
## Emergence of Mobile Medical-Monitoring

CHANDRAKANT HEMMADY, ATLANTA, GA, USA

Based on an article by Joseph B. White

In western and a few other countries many senior drivers are compelled to drive due to non-affordability of drivers. Long distance driving too is common as it is cheaper compared to air travel. In India aged truck drivers work to make a living.

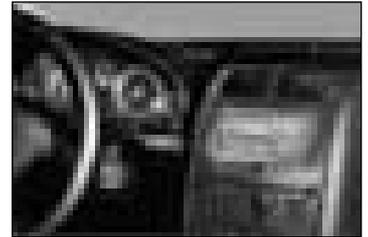
For such people, the big auto makers like Mercedes, BMW, Ford, Toyota, to name some, are pushing research to equip vehicles with so called BIOMETRIC sensors that would keep track of a driver's vital health signs like pulse, breathing, tiredness, alertness etc. They plan to feed such information into computers to enable them to direct drivers to better react to challenges of road and traffic hazards, erratic drivers etc.



Considering the keen competition in this field and the great resources pumped into it, we can expect wonders, just as in smartphones, in the field of mobile medical monitoring in 3 to 5 years.

Already some models of Mercedes S-class and Lexus GS have introduced devices to warn drivers when they feel sleepy. Cadillac has the technology to apply brakes automatically if it encounters obstruction while reversing when the driver cannot see. BMW is collaborating with a university team about connecting bluetooth equipped blood-sugar monitor for future models. They are also investigating how to automatically stop a car if the driver suffers a heart attack. At Ford Motors, they are working on connecting information from monitors like seatbelt based respiration sensors and heart rate trackers on steering wheels to dash board system to flash warning signals. Some research is being done to combine biometric sensor signals with data from car like speed, steering wheel movement, radar sensors or strategically placed cameras to overcome dangerous situations. MIT (Mass) have set up an Agelab which among other things focuses on innovations for an aging population. They cooperate with leading auto-makers to test how biometric sensors could fit into

the design of vehicles to help older generation drive more safely. The idea is to use computer software to gauge driver's overall stress level in order to disable speed, phone calls etc. In other words, try to keep drivers focused and alert on highway driving which can often be boring. The technology is getting a boost because devices that collect data are getting smaller and cheaper. These are also being designed to connect devices with wireless technology.



The summary of new research is given below:

Wireless sensors embedded in the headrest could measure brain waves and brain's electrical activity.

Electrodes embedded in the seat will measure your heart beat.

- Research is going on to connect smart phone application to a Bluetooth-enabled glucose monitor to the car's multimedia screen to warn if the driver is at risk of losing consciousness due to unsafe blood sugar levels.
- A device to be embedded in the lap belt to monitor changes in the driver's breathing rate for signs of stress.
- Conductive pads will measure heart rate changes and palm temperature; infrared sensors will monitor facial temperature.
- A camera mounted on the steering column tracks the driver's face for drowsiness or inattentiveness.
- They might install a device to arrange to spray water on driver's face.
- Some research on software in a "black box" under the hood can link the car's steering, suspension and cruise control system to biometric data about the driver's stress level to issue a warning.

Pic 1. Ford Car Heat Monitor

Pic 2. Ford medtronic glucose monitor

## Sad Demise



### **Mrs. Eakta Nandan Trasikar**

left for her heavenly abode on 8th January 2013

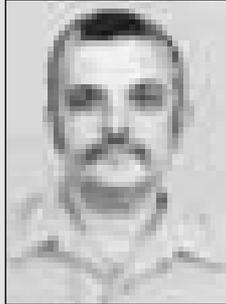
Remembering you every moment:

Nachiket - Son

Manasi - Daughter Ajit - Son-in-law Shaurya - Grandson  
Trasikars, Benegals  
Friends and Relatives

---

### **9th Death Anniversary 6th February 2013**



### **Nandan S. Trasikar**

**(27 August 1951 - 6 February 2004)**

Each day of the nine years that have passed,  
has made us realize all the more that you are always with us  
to support and guide us throughout our life.

***Fondly remembered by***

Wife-Eakta, Son-Nachiket,  
Daughter - Manasi, Son-in-law - Ajit, Grandson - Shaurya

## The Scenic Beauty of Apsarakonda

CONTRIBUTED BY GURUDUTT R. BALWALLI , HUBLI

Kasarkod, a village in Honavar Taluk of Uttar Kannada District in Karnataka, finds a place on the tourist circuit simply because of Apsarakonda. Some visit this place for its charming cascade, some love to stroll on the serene and tranquil beach, while others trek up the hill to explore the caves. It has a temple for the devout and a sprawling garden.

Situated right on the Karwar-Mangalore NH-17, Kasarkod is just 6 kms from Honavar across Sharavati river. A narrow road to the west leads to the large plateau of Apsarakonda. As you get there, a temple dedicated to Ganesha and Ugra Narasimha, draws your attention and the vast blue of Arabian Sea comes into view.

A narrow path from the left of the temple leads down the stairs to a charming Waterfall. The green transparent pool is simply captivating. Mythology has it that in ancient times, "Apsaras" the celestial nymphs, used to bathe here. A lovely pergola with benches

around affords a stunning view of the sea while the Hill on the south side runs along the sea beach.

The Hill is moderately high and you can trek up to explore a large natural Pandav Cave where legend has it that the Pandavas lived here for some time during their exile. The hill top gives a breathtaking view of the sea. In the evening the glorious sunset view with cliff edge and greenery will add to your experience.

Being a lovely picnic spot and just 8 kms away , teachers of my school at Honavar, used to take us around Kasarkod. Once we also enjoyed a trip in a large barge used for shipment of Manganese Ore to a foreign ship anchored nearly 20 kms away from Kasarkod.

Apsarakonda area is being spruced up in a big way. A nice park, with green lawns , walkways, statues of wild animals, artistic benches studded with sea shells, colourful pebbles and flowering plants, has been created. All those travelling by car to Shirali, Udipi or Mangalore must spend 2-3 hours here, particularly after 5 p.m.

Getting there: Kasargod is just 6 kms drive on NH 17 from Honavar. Just cross Toll Naka after Sharavati bridge, a road to the right points to Apsarakonda.

Source : Deccan Herald Spectrum, Hubli-Dharwad edition

### 1st Death Anniversary

In fond memory of dear  
**Hemlata (Hemi) Umesh Masurkar**  
on her  
**1st Death Anniversary.**



**28.09.1916 to 6-1-2012.**

Masurkars, Vatsala Patil, Upponis, Basrurs, Naiks, Vaidyas and a host of dear ones.

### SAD DEMI SE



### VIMALABAI GURUDATT HEMMADY

(nee BIJOOR)

**24-01-1930 to 29-10-2012**

Left for Heavenly Abode on 29-10-2012

*Deeply mourned by:*

Savkur Ashok, Gulwadi Suvarna  
(nee Hemmady) and Suresh  
Mudur Shilpa, Tanmay and Tejaswi

*Fondly remembered by:*

Bijoors, Hemmadys, Nadkarnis,  
Shanbhags, Karwars  
Byndoors and Karnads

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## My Amma, A Woman for All Seasons

*Sudha Nileshwar*

My mother, Indumati Sakharam Rau was born a hundred years ago, on February 19, 1913. The only child of Lilavati and Dewan Bahadur S.K.Nayampalli, brought up with love and every comfort she grew up to become a charming, cheerful and open-minded girl. She was a brilliant student at school, stood first in every class throughout her school years and had the distinction of scoring the highest marks among all the girl candidates in her school finals (Matriculation). She was awarded a prize, a set of The Book of Knowledge, in ten volumes which has been one of the most cherished possessions of the family. All of us and our children have read these books over and over again.

Amma joined Wilson College in Mumbai and completed the Intermediate Arts course of the Bombay University. Her ambition was to go for higher studies, but in keeping with the custom of the times she was married - to Gangoli Sakharam Rau, a promising young I.A. & A.S. officer. It was a perfect match, two like-minded people, fun-loving and family oriented, and also deeply committed to the ideals of India's Freedom Movement: Swaraj, Swadeshi and National Independence.

The first few years of their marriage were busy. A young, growing family and frequent transfers to different parts of the country took up all of Amma's time and energy. There were four of us children, three sons and one daughter (myself), quite a handful for any mother! When my youngest brother started school, Amma decided that the time was right for her to go ahead and continue with her education. She enrolled as a private student at the Banaras Hindu University and started working towards her Bachelor's Degree. She plunged into this project enthusiastically, combining her studies with the efficient management of the home and family and yet passing with excellent marks!

The early 1940's were war time years. The World War II was at its darkest phase. Petrol was in short supply, and cars were hard to maintain. The most common mode of transport became the horse-driven "tonga". Amma could never feel very comfortable with this. So she pondered over the problem, and came out with a solution: we should all learn to ride the bicycle! My father and eldest brother who were both experts became instructors to Amma and me. My parents would each attach a baby-carrier basket to their bicycle to carry one of the younger kids, while. Dada and I rode our own small bikes. We came to be known as the "Cycle Brigade" among our friends and neighbours.

In 1947 our country became independent. Independence came with the tragedy of partition. The state of Punjab was sliced through the middle. Refugees came pouring in from across the border. Having lost all their possessions, most of them came across the border with only Hope. Many local women came forward as volunteers, to help them adjust to their new life. Amma was at the forefront of this group.

Time moved on. The trauma of partition slowly healed. Now the country focussed on the reforms in many areas, education was one of the foremost. During the British rule, India's traditional education systems had fallen into decay due to neglect. Literacy levels had fallen very low. Amma decided to work in the area of women's education. She started a basic literacy class with two or three women, who were willing to become her students. She taught them Hindi (reading and writing), practical money management, and also some English. Topics of common interest like nutrition, and childcare were discussed. Slowly, their numbers increased.

There were other problems facing our country. There was a severe food shortage which made rationing necessary. The quality of rice available in the ration shops was poor. There was no end to the grumblings and dissatisfaction over this matter. Various ideas came forward from creative minds. One women's group announced a contest to plan and present a balanced rice-free meal. Amma sent in her entry: the family's favourite dish, a dosa made out of chana, urad and moong dals. She planned a complete meal around this main course, which included a sambar, chutney and 'koshimbir' (salad). This was very well appreciated, and she walked away with the prize!

My father's next posting took our family to Mumbai. After the family settled in the new home and the children in their schools, Amma joined a course on Social Service at the St. Xavier's College. She volunteered at "Ananda Kendra" a Home for orphan or abandoned children, which was run by All India Women's Council. At this Centre, children given a sense of belonging and security, and taught some craft like weaving and pottery along with basic academic skills.

Amma had always been deeply moved by the plight of leprosy patients. By the mid-20<sup>th</sup> century, medical advances eradicated Leprosy completely. But the cured persons still carried marks of disfigurement. This made it hard for them to find jobs or attend colleges. In order to spread awareness among the people, Amma translated into Marathi the autobiography of Stephen Stein a patient who had been completely cured and resettled. This was her service towards removing the stigma which was attached to this disease.

Years went by. My father retired. My parents set up a lovely home in Pune in the mid- 1960's, and this became our family home. Children and grandchildren thronged here during the summer vacations to spend two months in the warmth of grandparents' love and affection. But not for her, a contented, retired life! At the age of sixty two she joined the Pune University for the Master's course in Sociology. She drove herself to the campus, attended lectures and studied with as much commitment and diligence as any of her younger classmates. She completed the course with fine marks. This achievement of hers was a source of inspiration to the girls of the next generation in the family.

Amma is with us no more. But she lives on in our hearts and guides us along the ups and downs of life with wisdom and cheer.

(Sponsored)

## The Amazing Transition

MAITHILI BASRUR, MAHIM

God. What is this God? Who is this God? He is the one who is remembered of in times of happiness, sorrow, surprise and shock with different expressions. "Oh God!", "Oh My God!" and nowadays they say "OMG!" But who has seen Him?

Yes, of course in religious sermons they say that God watches over us from above and keeps a record of our Karma... and sure enough Karma strikes back if we do wrong deeds. Many believe that there is an "Atmaa" which is the divine power and that "Atmaa" is viewed in various forms by different people in the form of Rama, Krishna, Ganesh, Lakshmi, Saraswati etc.

As a child, I believed in God. I believed that there is someone who maintains a record of our lies, mischief and keeps a strict watch on us. Then, I grew up... as they say, "*mala shinga futle*" and I felt all this god, god, god chanting is bogus. There is no god and it is just to scare people to prevent them from doing bad. But still deep within I felt, that there is someone constantly keeping a watch on me. I was frustrated! I was this little Sagittarian kid who loves freedom, doesn't like being kept a watch on and the thing that god watches us constantly bothered me!

One day, I stood in front of the idol in my house, and told him, "everyone prays to you. And it seems you listen to them. I believe in what I see and I haven't seen you ever! If you are really true, show me your true form and tell me who you are!!" Saying this I walked off.

The same day, my mother came home from office and switched on some sermon on some religious channel. There they were giving sermons on the topic "Who Is God". I was least interested to know as I knew they would again repeat the same "Aatma" philosophy and I was busy painting. The religious sermon started and as usual came the topic of "Aatma" and "Karma". The sermon went on for half an hour and there were around 10 minutes for it to get over when my mother got a call and she went in the other room. I wanted to change the channel desperately and switch on to Cartoon Network when suddenly in the sermon the lady said, "*God could not be everywhere, and therefore*

He made parents". I stopped and listened.

The lady continued, "God cannot keep his constant watch on so many millions of life forms on the earth and so he made Parents for all of them. God is so omnipotent that he knew, when innocent children would grow up, they would turn a deaf ear to their mothers advices and so made a Guru. Mother gives birth to a child, nurtures it, and gives the child good education, values and principles just like how we water plants for them to grow well while they are still budding. As they grow up, along with their parents, Guru guides them towards the path of knowledge, spirituality and peace so that the child is able to take matured and right decisions at the right time."

The show ended with a huge applause but her words were hovering in my mind. All this while, I was searching for God and complained that I couldn't see him. I also made up my mind thinking that there was no God but still felt that someone was constantly keeping a watch on me. Different thoughts came in my mind and I recollected my past. Whenever I am hungry, there is someone who knows it and gives me good food to eat. When I ask for junk food there is someone who knows it is unhealthy but still promises me to give me my favourite pastry on the weekend only if I finish everything in my plate. If there is a lot of homework and I have to sit till late to study, there is someone who wakes up every now and then to ask me if I need some coffee, hot chocolate and sometimes that someone accompanies me, by sitting beside me reading some book with the reason that she is not sleepy at all, just so that I don't get bored. When I do some mischief there is someone who watches over me and shouts at me. When I am hurt or bruised, there is someone who puts band aid on my bruise. When I am sad or my mood is down there is someone who cheers me up. There is someone who comes home tired from office, but still sits and asks what we did the entire day and is ready to take us for a long drive just to see a smile on our face. Someone ferociously looks at the person staring at us in any public place just to keep us safe. Someone who is ready to loosen the purse strings to give good education to us by

working hard in office. Someone who tells us stories so that we sleep, and themselves doze off, someone who is ever ready to play badminton, football, help us in our homework, project and essays with a smile even after a hard day in office

And as we are growing up, this someone also tells us about God and Guru who guide us in our life to walk on the right path. A small plant needs water, fertilizers, care and attention and the warm sunrays to grow into a big tree. In the same way, a child is given love, care, attention, understanding, warmth, nourishment, values, education by the parents under the warmth of rays of guidance of the Guru who guides the child to walk on the right path and helps the child take right decisions once it grows up and when listening to parents advice becomes just a piece of a boring harangue. Thus under the influence of parents and Guru, the child grows into a person of virtues, good values, good education and good nature, someone who is respected by the society and someone who makes his own identity amongst people. Just like how the small plant grows into a big tree and gives shade and fruits and is a mark of respect in

everyone's minds.

I was awestruck and my heart was filled with immense happiness. I got my answers. My life and thinking changed since then. I felt safe and calm. I was happy to know that we all live with our Gods, we see them, we play with them, we share our sorrows and happiness with them and god cares for even our smallest needs. Yes, definitely he keeps a constant watch over us. He watches over our mischief, watches over our good deeds and tries to inculcate good virtues in us, so that when we grow up, we are able to choose a right path to live our lives successfully. They are no other than our parents!! They are the ones who have given up on many things in life so that we remain happy. And they are the ones who have encouraged us after our every fall to get up and run.

And to think of all these things about humans, animals and even smallest of the living creatures of the world, there must have definitely been a master mind behind all of it... Who we haven't seen, known or felt but takes care of all his children on mother earth... who we call "God".....

<<<>>



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## Warmth Unknown

VRINDA UDYAVAR, PUNE

Sixty years have gone by since my mother left us. For others, her memories might have faded. Although I have no memories to store, she will always remain in my heart because mothers are special. I don't celebrate my birthday because that is the day Fate took her away from me.

Even today I am not aware of precisely what happened, why it happened or how it happened. I have heard different versions from different people. It is not possible to write about a person I have not seen or known. Nor is this meant to hurt anyone's feelings. This is just the outpouring of a daughter in memory of a mother she wished she had known.

Often, I wonder if my life would have been different if my mother had been alive. Perhaps I would have been a different kind of person altogether?

I know there is not a single person in this world without some problem or the other. But losing a mother on Day One, and leading a life without her warm shoulder to lean on, has not been easy. You need a mother or an elder sister to share your joys and sorrows. I have been fortunate to have friends with whom I can share my secrets. I shall always appreciate what they have done for me; and treasure them for their understanding and loyalty.

Hats off to my grandparents who brought me up in my childhood. It is only when I became a mother that I realized the ups and downs of rearing a child. I salute them for their role as foster parents in my life.

There are two ways of leading your life: you can either remain where you are and spend your life brooding. Or you can put the past behind you and enjoy each day as it comes. I chose the latter, bottling up all emotions.

I will not say "May her soul rest in peace!" How can I, when I know she won't, having left her child alone to fend for itself? However, I know that her blessings are with me at all times. How else could I have found the strength to face the storms in the journey of my life?

I constantly recall the beautiful lines I read in a magazine:

“आई म्हणजे जिच्यावर तुम्ही प्रेम केल्या शिवाय राहूच शकत नाही आणि तीही तुमच्यावर तुम्ही जन्माला येण्या आधीपासूनच प्रेम करत असते. कुठल्याही अटी विना केलेले प्रेम असते ते.”

So, for me, maternal love is always there even if she's not physically present.... I don't know whether there is rebirth or not. But I do want to tell her:

घे जन्मा तू फिरूनी  
येईन मी ही पोटी  
ओठी धरून देवा  
ही एक आस मोठी

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# Samvit Sāadhanā Shibir at Shri Chitrāpur Math

Report by *Shailajā Gānguly*

"I declare this year to be the year of the Guru," said Parama Pūjya Īswarānanda Giriji Mahārāja of the Samvit Sāadhanāyana, Mt.Abu in His absorbing *Āshīrvachana* on New Year's Day at Shri Chitrāpur Math, Shirālī. Extolling the holy location as 'the sacred *kshetra* of Parashurāma and the land that Bhāshyakāra (Ādi Shaṅkarāchārya) walked,' He told the attentive audience that Time is a rectifier not an annihilator. All movement is for learning and behind all movement is Time. The Lord is to be loved, not measured; if you accept this with an attitude of surrender, with *Guru-bhakti*, every year will be justified, propitiated. Catch the essence called love and make that the 'music of life' was the main thrust of His powerful message webcast worldwide from our site [www.chitrapurmath.net](http://www.chitrapurmath.net).

What was spread out over the following four days was an incredible spiritual feast for the *shibirārthī-s* from our *samāja* and the Samvit Sāadhanāyana invited to attend the wisdom-packed Samvit Sāadhanā Shibir conducted at Shirālī by Baḍe Swāmiji with our revered Mathādhipati - Parama Pūjya Sadyojāt Shaṅkarāshram Swāmiji's impeccable planning and invaluable participation. While the first sunrise of 2013 was witnessed by overwhelmed *sādhaka-s* in the Presence of two *Yatishwara-s* - with Baḍe Swāmiji chanting a sonorous welcome to *Dinakara* and our Swāmiji doing *Sūrya-pūjana*, the first day of the *shibir* (Jan. 2<sup>nd</sup>) opened with Baḍe Swāmiji's discourse on the first of the four stanzas from epic poet Tyāgarāja's timeless poetry, which was chosen by Baḍe Swāmiji for 'Sā Samvit' - four meditations on Samvit as the Divine Mother.

Slowly the *sādhaka-s* present understood how the merit from good deeds earns the *adhikāra* to acquire that one-pointed vision to grasp the rise of consciousness, something which the intellect alone simply cannot achieve. Devotion is a must and *dharma* is the brush that purifies the heart, they were told. They heard about the three kinds of *dr̥sh̥ti* (vision or perspective) defined by Sage Vyāsa - the *Mālākāra dr̥sh̥ti* - which helps you to recognize the inter-connectedness of all the worlds (everything) with the divine consciousness running through it all like the string in a bead necklace; the *Kalākāra dr̥sh̥ti* - which

sees the infinite creative possibilities of the divine to play in both the inert and the sentient and finally, the *Kalpanākāra dr̥sh̥ti*, which is self-deluding often mistaking a rope for a snake or the stump of a tree for a crouching burglar!

On Day 2 an attempt was made to unravel the second stanza which dealt with who the One actually seeing this *jagat* is. Lord Shiva has painted this picture in Himself, with His *ichāshakti* as the brush and this world as the canvas. What we see is, therefore, a reflection of the Lord Himself acting as if it is a separate identity. Baḍe Swāmiji smiled, while *shibirārthī-s* grappled with this mammoth concept. Day 3 dwelt on the mysterious *Kuṇḍalinī-shakti*, which is the form of spiritual consciousness and power within you and also expanding in the Universe. As She rises with the intensity of your *sāadhanā*, in response to total *bhakti*, She protects and enhances all the qualities needed for *moksha*, *shibirārthī-s* were told.

On Day 4 Baḍe Swāmiji reminded *sādhaka-s* that the *Kuṇḍalinī* rises only in the human body and works through *vāk* - the entire *aksharamālā* or alphabet and leads to the supreme, deathless fruit - the *amṛtaphalaprāpti*. She is the spiritual force that reinforces all forms of *sāadhanā* included in the *Shruti-s*, but invoking Her without *sāadhanā* is both irrelevant and dangerous. It is when you truly hanker, pray with utmost intensity, become receptive to 'course corrections' and are then showered with Grace from the Guru that you will experience *parā-bhakti* and get a taste of that nectar - *parāmṛta*. "She is everywhere all the time. Pray and She will do the *paripālanam*. We will end on this great promise," was the grand conclusion given by Parama Pūjya Īswarānanda Giriji Mahārāja to this memorable *shibir*.

In the highly interactive *Vimarsha* sessions conducted by our Swāmiji on all four afternoons of the *shibir*, there was animated participation by all *shibirārthī-s*. On the first day (Jan. 2) Lord Kṛṣṇa's *Ādesha* to Arjuna 'Mayyeva mana ādhatsva...' (*Bhagavad Gītā*, Chapter 12) led to a spiralling debate about the roles of mind, intelligence and ego and how all of these have to be dealt with by a mature *sādhaka* in solitude or his inner

space, so as to develop that detachment which will help his individual consciousness to merge in the 'only Me' emphasized by the Lord. On Jan.3 the discussion was on pain management, on how disturbed even deep-rooted faith gets in the face of what appear to be totally unjustified disasters affecting those who seem both helpless and blameless. In the preceding session Baḍe Swāmijī had declared that it is only when you truly love God that you can get the answer for dealing with the negativity all around. Our Swāmijī carried this statement forward with a pertinent point by saying - "The question 'How can I get rid of this suffering?' is more valid than 'Why this suffering?'" At the end of that stimulating hour *shibirārthī-s* were left with a very dynamic option - learning to use whatever is present, positive or negative, most intelligently, going inward to make all outward incongruence irrelevant and finally, letting pain itself make the connection with the Divine stronger! The third day (Jan.4) brought out the tremendous spiritual benefits of *mantra-japa*- how it is a mystic form of your chosen deity (*Ishṭadevatā*), how it protects the *sādhaka*, strengthens the bond between the deity, the devotee and the Guru and also increases *ātmabala*, thereby enhancing the *sādhaka's* skills and transforming ugly problems into mere situations to be tackled and brushed aside. The final *Vimarsha* session held at Murdeshwara, in the spacious seaside home of the Savṇāl's, was like a quick recap of the abundance gifted by the two erudite Masters over the four days to find out which delectable morsel had to be chewed upon some more before it could be assimilated thoroughly.

After the *Vimarsha*, while the two Swāmijīs set off on a long walk and the *shibirārthī-s* spilled on to the sands of Murdeshwar beach, the memorable *shibir* which had begun with the blessings of a rising New Year sun, was rounded off with a crimson sunset that created an ethereal silhouette of the mighty Lord Shiva watching over the joyous *shibirārthī-s*. After a lively *satsaṅga* and an endless dinner hosted by Amar and Archanā Savṇāl, the incredible evening came to a unwilling end.

At the valedictory ceremony held on the morning of Jan.6, *shibirārthī-s* from Samvit Sādhanaḡyana received certificates of participation and a memento at the Holy Hands of Baḍe Swāmijī and our Swāmijī. Both on the mike and otherwise all of them reiterated how enriching

and aesthetically planned the entire event had been, while our *Saṅchāḡalaka-s* told them how much they had enjoyed bonding with their new-found family members. That was also because meticulous planning had ensured that in between the sessions, the Samvit *sādhaka-s* had a detailed tour of our Math, the *goshālā*, Kembre, Beṅgre Beach, the Shrimat Parijñānāshram Handmade Paper Unit and Vastu Saṅgrahāḡaya and of course, our woman-empowering shopper's paradise - Samvit Sudhā! A visit to the sacred shrine of Kollūr's Devi Mūkāmbikā was also organized on Jan.4, after which the day's sessions conducted by both Swāmijī -s were held in the green nest of the Ānejare Forest Reserve close by. Apart from the food for thought, much appreciation came for the *Āmchī* delicacies conjured at every meal by our exemplary kitchen managers and served with love and a bright smile by volunteers assigned to the *Bhojanashālā*.

At two volunteer-meetings held on 6<sup>th</sup> afternoon, both Pūjya Swāmijī and Pūjya Baḍe Swāmijī showered praise and Blessings on the 80-strong 'Saṅchāḡalaka Sena' that had spared no pains and left no stone unturned to ensure that Baḍe Swāmijī and the *sādhaka-s* from Samvit Sādhanaḡyana felt totally at home in Shri Chitrāpur Math. On their part, our guests too were very warm and accommodating and everyone was particularly impressed with the gracious Ūshā Rāñijī and Madhu Rāñijī the two *shibirārthī-s* from a royal home, who bravely took on the unexpected sultriness and refused to be shifted to a more comfortable lodging away from the Math.

Right from sending advance instructions to *shibirārthī-s*, arranging pick-ups and drop-offs, registration upon arrival, ensuring daily programmes went off without a glitch, in spite of last-minute changes, planning mouthwatering menus, eagle-eyed housekeeping, dry runs before group outings, everything went off smoothly like a velvet-toed ballet thanks to the faultless monitoring of *Pramukha Saṅchāḡalaka Krishṇānand Heblēkar* (Kuttymām) his 'here, there, everywhere' co-pilot pāchīs Priti Pāñemaṅglor and Vinatī Udiyāvar and each one of their trusted ambassadors of goodwill from Shirālī and everywhere else, in charge of the various sections that had to run on oiled wheels during the *shibir*. Every tireless *Saṅchāḡalaka* did the task allotted to him or her with

tremendous joy and total efficiency. Arun Nādkarṇimām organized the Kollūr temple visit. Take a bow Team Sevā!!!

On the final day Parama Pūjya Īswarānanda Giriji Mahārāja , who had exhorted everyone to make life music in His New Year message, referred to Pujya Swāmiji's planning as that of a Master Conductor because the entire *shibir* had been orchestrated perfectly, to flow without a single wrong note. Earlier, Baḍe Swāmiji had spoken of the three kinds of *mauna* or divine silence - the *Aranyamauna*, *Girimauna* and *Sāgaramauna*- that a *sādhaka* can relate to, in the holy *kshetra* where our Math is situated. In conclusion, our Mathā dhipati - Parama Pūjya Sadyojāt Shaṅkarāshram Swāmiji added an awesome dimension to Baḍe Swāmiji's elaboration. In a tone that breathed both quietude and absolute certitude Pūjya Swāmiji stated that besides the three kinds of *mauna* already mentioned, He was reveling in the *Āshrama-mauna* emanating here from the protective and all-encompassing *Anugraha* of the *Pitha-shakti* that was showering Grace on all the *shrama* going on in its *parisara*. There could not have been a more reassuring or overwhelming end-note to such an unforgettable experience!

<<<>>>

## मन घाल्ता गोन्दळु

मन इत्याक गोन्दळु घाल्ता  
 बैसुक इत्याक दीना  
 कस्लेयी कोरुक गेल्यारि  
 कोरुक इत्याक दीना .....  
 पुरो जाल्लो धाव्पळु  
 गप पोड्या म्हणता  
 आड पळ्यारि खोडि काड्ता  
 जीवाक हुरहुर लाय्ता .....  
 सानपणाचे दिवस  
 कशि गेल्ले कळनि  
 होडु जात्ता लागिलो धाव्पळु  
 अजुनिके सोण्णि....  
 पळैलो देकिलो माका विचारता  
 इत्याक रे तुं धांवता  
 आरे बाबा आदतसे मजबुर  
 म्होणु हांव सांगता .....

- चैतन्य नाडकर्णी, गोरेगाव

## फुलावारी जगचें

जगचें जाल्यारी फुलावारी जगचें  
 सैमसुवाळो मनयत  
 झाडाखांदारी सहज चंवरचें  
 दंवाम्होंवा थेंबे पिवन  
 सूर्यासाज आंगार चडोवन  
 हासत परमळत फुलचें  
 पांकळी पांकळी फुलारनू  
 केसरगंध वांटचो  
 वता रखरख नोळेत सोसूनू  
 अटंग पावसा मार झेलनू  
 वादळ वाच्याक मान बागोवनू  
 झिलमिल उदेंती सूर्याक  
 दंवा अर्च्य ओंपचें  
 फुला जीण संतुश्ट  
 आदिक उण्या खंत ना  
 निसर्गदान खुशीने घेवन  
 कोरचें निसर्गाक समर्पण  
 आनी गमन सुलूस लागली...  
 तशी सहज शरण वोचचे  
 फुलनू पिकून सुकून काया  
 पांकळी पांकळी झडोवनू  
 देंठावयल्यान सुटून  
 हगूर भूंयेर पोडचें  
 मात्येमायेंत मुंगरुनू  
 एकरुप जांवचें  
 संसारु सोडनू वतना  
 फुलाक दुःख ना खंत ना  
 मनाक एक विश्वास  
 तनाक एक जाण  
 हें पूर्णविराम न्हें  
 हें परिभ्रमण  
 त्याची सुपीक भूयेंतू  
 काळजाचें आशेबीज  
 परत आंकुरतलें  
 चंवरतलें  
 फुलतलें  
 मरचें जाल्यारी फुलावारी मरचें  
 जगचें जाल्यारी फुलावारी जगचें  
 - इंदू अशोक गेरसण्पे, बेंगळूर

# गृहिणी होते पंचिंग बॅग?

डॉ. सुनंदा कर्नाड, धारवाड

माझा नातू सोळा-सतरा वर्षांचा झाला, म्हणजे 'टीन-एजर' झाला, तेव्हां त्याने 'पंचिंग बॅग'ची मागणी केली. ती कशासाठी मला कळेना. थोडी काळजीही वाटली. तेव्हा कविताने दिलेले स्पष्टीकरण ते असे- "अगं, टीन एजर्सच्या अंगांत दाटलेली शक्ति, मनात साठलेले विचार (किंवा अविचार) दुसऱ्याविषयी एकवटलेला राग, बोलून दाखवता न येणारे हिंसात्मक विचार-सारं काही पंचिंग बॅगेवर ठोसे मारून व्यक्त करण्यासाठी आवश्यक असते. म्हणून द्यावी लागते." मुलांच्या सुदृढ वाढीसाठी चांगली खेळणी देतो आपण, वाचनाची गोडी लागावी म्हणून चांगली पुस्तके देतो, तसेच त्यांना कॉम्प्युटर व मोबाईलही पालक पुरवतात. त्याचबरोबर पंचिंग बॅगही लागते अलिकडच्या टीन एजर्सना? बाई गं, काळ बदललाय आणि आम्ही म्हातारी माणसं अगदी एन्टिक पीसीस् झालो की गं!

सकाळच्या वेळी घरच्या गृहिणीची किती तारांबळ उडते ते मी स्वतः अनुभवले आहे. पहाटे उठून स्वैपाक करा, ब्रेकफास्ट टेबलावर तयार ठेवा, मुलांचे तसेच, स्वतःचा व नवरोजींचा डबा भरा, आंघोळ करून तयार व्हा आणि नऊची सुपर फास्ट गाठा, तेव्हा कुठे वेळेवर कामाला हजर होता येई. हे सर्व करीत असताना घरात कुणाची तरी मदत असेल तर ठीक, नाही तर नुसती तारेवरची कसरत! त्यातून नवरोजी 'पॅपर्ड' निघाले तर बघायलाच नको. "अगं टॉवेल देतेस का? माझा शर्ट इस्त्री केला आहेस ना? शूज जरा पॉलिश कर आणि सॉक्स ठेवायला विसरू नकोस-" एक ना दोन! हे हलकेच मारलेले ठोसे गृहिणीची 'पंचिंग बॅग' झेलित असते. मनात राग साठत जातो, वाटतं 'एक ठोसा' तिथंही द्यावा. पण ते कसं शक्य आहे? भोगा आपल्या कर्माची फळं! सासूबाईंनी केले लाड, त्रास सोसतेय सूनबाई! तोंड दाबून बुक्क्यांचा मार!

लहानपणापासून मुलांना 'सेल्फ रिलायन्स' शिकवला नाही तर ती सुद्धा टीन एजर्स झाल्यावर त्रासदायक होतात. हे अनेक पालकांनी अनुभवले असेल. ताटात अन्न सोडायचे नाही, स्वतःचे ताट-वाटी धुवून स्वच्छ करायची, स्वतःचे कपडे, पुस्तकं व्हा नीट आवरून ठेवायची, स्वैपाकघरात आईला थोडी मदत करायची. हे सर्व त्यांना पटवून बिंबवावे लागते. म्हणजे मग गृहिणीचे रुपांतर 'पंचिंग बॅगेत' होत

नाही. तिचे काम हलके होते. समाधानाने ती आपलं काम करते. सगळ्यांच्या माफक गरजा पुरवित संसाराचा गाडा रेटू शकते.

सर्व्हिस करणारच्या बऱ्याच गृहिणी त्रासलेल्या, थकलेल्या दिसतात. ते घरात 'मदतीचा हात' नसतो म्हणून, त्यातून अलिकडे टीव्ही सिरीयल्समध्ये दाखवतात तसा 'सासूरवास' असेल आणि 'नवरोजी'ची साथ नसेल तर बघायलाच नको. तिची 'पंचिंग बॅग' होण्यात केवळ परिस्थिती नाही, तर घरातल्या इतरांचाही सहभाग असतो.

स्त्रीची अशी अवस्था होऊ नये यासाठी तिनेच खंबीरपणे पावलं उचलायला हवीत. सर्वप्रथम, स्वाभिमान, स्वतःची अस्मिता आणि स्वतःमधील स्त्री-शक्ती यांची पुरेपूर जाणीव हवी आणि ती दुसऱ्यांना न दुखवता, कौशल्याने जाणवून देणे आवश्यक असते. 'मऊ लागले की कोपरानेही खणतात' हे लक्षात ठेवावे. आपली चूक नसतांना केलेले आरोप शांतपणे न स्वीकारता, ते कसे चूक आहेत ते पटवून देणे गरजेचे असते. दुसऱ्यांच्या आवडीनिवडी लक्षात घेऊन, थोडे कष्ट केल्यास त्यांचा विरोध विरघळतो आणि ती माणसं जवळ येतात. आपुलकी बळावते. मुलांना शिस्त लावतांना इतरांनी त्यात हस्तक्षेप करू नये याची काळजी स्त्रीने घ्यायला हवी. आपलं वागणं प्रेमळ, समंजस आणि इतरांना म्हणजे थोरामोठ्यांना, तसेच लहानग्यांना व अगदी आपल्यासाठी खपणाऱ्या नोकरांनाही आदर देणारं असेल तर आपल्याला आदर प्राप्त होतो. तो मागून मिळत नाही, कमवावा लागतो.

स्त्री ही पुरुषांपेक्षा जास्त सोशिक असते हे खरेच! लहानपणापासून तिच्यावर होणारे संस्कार कित्येकदा 'पुरुषप्रधान' संस्कृतीला पूरक असे असल्यास, ती कमकुवत होत जाते. स्वतःचे निर्णय स्वतः घेण्याचे स्वातंत्र्य तिला मिळत नाही, तिच्यातील स्त्री-शक्तीचे वेळोवेळी खच्चीकरण केले जाते. हे चित्र बदलत आहे, ते बदलायलाच हवे. स्त्री आज सुशिक्षित होतेय, सर्व क्षेत्रांत पुरुषांच्या बरोबरीने, क्वचित पुढेही जातेय, ती शिकली की सारे कुटुंब सुशिक्षित होऊ शकते. त्यातून ती स्वतः स्वावलंबी, कामसू, खंबीर आणि सुसंस्कृत असेल तर सर्वांच्या आदरास पात्र ठरेल, मग तिची 'पंचिंग बॅग' होणं केवळ अशक्य!



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**Smt. Geeta Vasant Bijur**



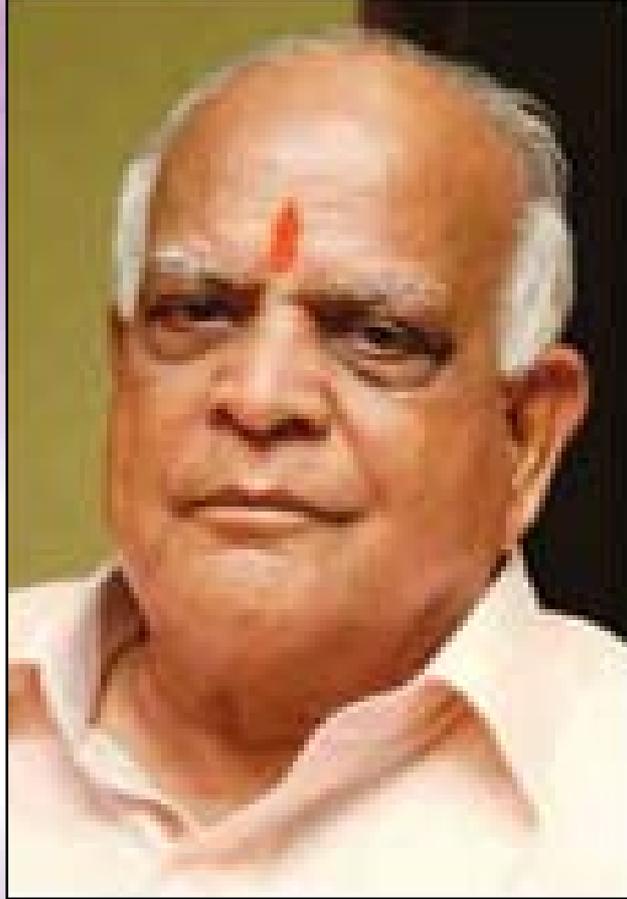
**(4th May 1943 - 4th February 2012)**

Wife of Vasant Shripad Bijur, mother of Vaishali and Deepali

It has been a year since you left for your heavenly abode but the fragrance of your  
memories still linger in our minds. You will always remain in our hearts.

Fondly remembered and cherished forever by  
Husband Vasant, daughters Vaishali and Deepali, sons-in-law Chaitanya and Nitin, grandsons  
Nimay, Nihar, Nishant and Chinar, sister Lata, brother Uday, families of Bijurs, Nadkarnys, Pusalkars,  
Kalyanpurkars, Hoskotes and Hattangadis, all relatives and friends.

## IN FOND REMEMBRANCE



### **Durgadas Venkatrao Sashital**

15/09/1935 – 27/01/2012

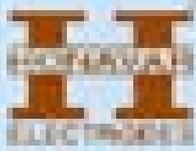
You departed on a journey of peace and tranquility

Leaving behind fond memories for eternity

We find no words to say how much we miss you

We know from deep within that you miss us too

Anila, Chetan, Sangeeta, Taejusvin, Tanushree, Simba,  
Sashital Family and Friends.



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# जेव्हा आठवणी दाटून येतात...

सौ. ललिता येडेरी, अंधेरी

'कॅनरा सारस्वत असोसिएशन'चे डिसेंबर महिन्यातील मासिक माझ्या हातात मिळाल्याबरोबर मी भराभर पाने चाळायला लागली. कुठला लेख प्रथम वाचायचा हे ठरविण्यापूर्वीच श्री. उदय मंकीकरचा 'मंतरलेले तीन तास' ह्या पानावरील श्री. यशवंत देव त्यांना सन्मानित करतानाचा फोटो पाहून माझं मन नकळत भूतकाळात गेलं. चलत चित्रपटाप्रमाणे मला एकेक दृश्य दिसू लागले.

जवळ जवळ साठ वर्षापूर्वी श्री. यशवंत देवांनी ग्रॅटरोडच्या 'आनंदाश्रम'मध्ये प्रा. श्रीमती साधनाताई कामतांच्या बिल्डींगमध्ये गाण्याचा क्लास काढला होता. आम्ही तालमकीवाडीतील १०-११ वर्षांच्या काही लहान मुली क्लास लांब असून सुद्धा गाण्याची आवड म्हणून जायला लागलो. ते आमचे संगीतातील पहिले गुरू होते. त्यांची शिकविण्याची पद्धत इतकी छान होती की, पुढील जीवनांत मला त्याचा खूप उपयोग झाला.

हा क्लास फार काळ टिकला नाही. परंतु आमच्या स्मरणात कायम राहतील अशा गोष्टी घडल्या. त्यावेळी दादर शिवाजी पार्कमध्ये आपले पंतप्रधान पंडित जवाहरलाल नेहरू येणार होते. त्यांच्याबरोबर व्यासपीठावर उभे राहून लहान मुलगे व लहान मुली राष्ट्रगीत गाणार होत्या. देव मास्तरांमुळे त्यात आमचाही समावेश झाला. नेहरूचाचं-बरोबर राष्ट्रगीत गायचं केवढे मोठे भाग्य आम्हांला मिळाले. सर्वांना इतका आनंद झाला की, गगनांत मावेनासा झाला. त्या क्षणाची आठवण सदैव आमच्या स्मरणात राहील.

ऑल इंडिया रेडिओ स्टेशनवर लहान मुलांसाठी 'गंमत जंमत' हा कार्यक्रम असतो. त्यात भाग घेण्यासाठी देवमास्तर स्वतः आम्हाला घेऊन गेले. त्यानंतर आम्ही खूप वेळा कार्यक्रमांत भाग घेतला. त्यांच्या उत्तेजनाने माझ्यात आत्मविश्वास निर्माण झाला. त्यामुळे मोठेपणी कोंकणी कार्यक्रमात खूप वर्षे भाग घेतला.

विविध क्षेत्रांतील उल्लेखनीय योगदान दिलेल्या व्यक्तींना 'ग्लोबल अॅवार्ड' देण्याची प्रथा एका संस्थेची आहे. त्यात दरवर्षी ३-४ व्यक्तींना हा पुरस्कार मिळतो. तीनचार वर्षापूर्वी जेव्हा हा पुरस्कार देवमास्तरांना मिळाला तेव्हा माझे हृदय उचंबळून आले. देवमास्तरांना दुसरे खूप पुरस्कार मिळाले आहेत. परंतु ह्या कार्यक्रमाला मी हजर असल्यामुळे हा सोहळा पाहण्याचे भाग्य मला मिळाले. हा पुरस्कार मिळाल्यापासून देवमास्तर दरवर्षी ह्या कार्यक्रमाला उपस्थित राहतात.

'यशवंत देवांचा सांगितीक प्रवास' ह्या कार्यक्रमाचे उत्कृष्ट सूत्रसंचालन, निवेदन प्रा. श्रीमती साधनाताई कामत ह्यांनी केल्यामुळे तसेच प्रसिद्ध गायक, गायिकांद्वारे गीत गायल्यामुळे उपस्थित असलेल्या रसिकांना संगीताची मेजवानी मिळाली आहेच. परंतु आम्ही कार्यक्रमाला हजर नसतांना सुद्धा श्री. उदय मंकीकरचे 'मंतरलेले तीन तास' हा लेख तसेच ह्या कार्यक्रमाच्या आयोजिका श्रीमती गीताताई येन्नेमिडी ह्यांनी लिहिलेले मनोगत वाचून आमचे डोळे तृप्त झाले.

## व्हर्डिक

एकु आशिलो चेडू, जान लॅकताती हेडू।  
रंगु तागेलो वॅगळो, रुक्माक मात्र ताँ दिस्ता भॉळो।  
तागेली रुक्मालि प्रिती खरी।  
जानांक करता चकित परोपरी।  
दांत तागेलं माडावैलं नळं,  
भौंयां म्हळ्यारी अतिवृष्टिचं बॅलं।  
दाँळे म्हळ्यारी ईर्ला घाँघ,  
जानं म्हणताती आस एक वॅग।  
तागेली रुक्मालि प्रिती खरी,  
जानांक करता चकित परोपरी।

मिश्र्यां तागेल्यां रुबाबदार,  
चार्लि-चाप्लीनाक लाजैता बेसुमार।  
खांद्यारि एकु भैरासु, कुटारी एक धोतर,  
साबणाविना जाल्या ताज्जी स्थिती अपरंपार।  
तागेली रुक्मालि प्रिती खरी,  
जानांक करता चकित परोपरी।  
व्हर्डिकेचो दिसु यॅता, चेडू मामु खुष जाता।  
अक्षतांचो मारा जाता, रुक्मासांगाती हासो जाता  
मना-सांगाति मन जुळता!! जाल्यारि,  
गांधी टोर्पींतुलो चेडू मात्र  
मांटवु सोण्णू धावनु वत्ता।

भट्टू निमगिता- 'इतं जालं?  
व्होरेतु म्हणता - सगळं संपलं  
भट्टू म्हणता - "सुरुची आतं!!  
व्होरेतु म्हणता - माक्का ना पसंत  
भट्टू म्हणता - "बाईल तुझी बरी!! !!  
व्होरेतु म्हणता- "आवडल्या जाल्यारि तुँची व्हरी।"

सौ. प्रिया प्रभाकर बडुकुळी, ग्रॅट रोड

# टर्निंग पॉइंट!

- श्रीमती चन्द्रमा मोहन बिजूर, मुंबई

प्रत्येकाच्या आयुष्यात एक 'टर्निंग पॉइंट' येतो. माझ्याही जीवनांत तो आला. केव्हा आणि कसा आला तो येथे सांगते.

बऱ्याच वर्षापूर्वीपासून मी नाट्यलेखन, कथा, कादंबरी, लघु कादंबरी अशा बऱ्याच प्रकारांचं लेखन करित असे. माझी एक लघुकादंबरी "शोधू कुठे किनारा?" या नावाने धारावाहिक स्वरूपात दूरदर्शनवरही खूप लोकप्रिय झाली. त्या यशाने मनात अशाच धारावाहिका दूरदर्शनकरीता लिहिण्याची इच्छा जागृत झाली. परंतु प्रोड्यूसर्सच्या मागे धावायची प्रवृत्ती नव्हती. त्यांच्यापुढे लाळ घोटायची इच्छा तर मुळीच नव्हती. पण मनातील उदासीनता वाढत मात्र गेली. "हे देवा! कसल्या रद्द कथा टीव्हीवर मोठ्या दिमाखाने मिरवतात आणि माझ्यासारखींच्या कथा धूळ खातात? काय हा दुर्दैवविलास!"

शेवटी मी माझी जन्मकुंडली आमच्या ज्योतिषीबुवांना दाखविली. कै. श्री. हट्टंगडी सोमशेखर मामा! आमचे आप्तमित्र! आम्हास वडिलांच्या जागी! "सोमशेखरमामा! या मेल्या दूरदर्शनपायी आमची नाटकही बंद पडली आहेत आणि दूरदर्शनवर कधी येण्याची संधीही मिळत नाही. मग काय उपयोग या लेखनकलेचा? देवाने दिली तरी का ही कला? लोणचं घालायला?"

सोमशेखर मामांनी गंभीरपणे अभ्यास केला. काही आकडेमोड केली आणि म्हणाले, "चंद्रमा, मला एक सांग, तुला चांगल नाव हवंय की पैसा?" "अर्थात चांगलं नाव", "उत्तम! अतिउत्तम! आता तू दूरदर्शनचे वेड मनातून काढून टाक. आजपासून नऊ वर्षांनी म्हणजे तुझ्या चोपन्नाव्या वर्षापासून तुझ्या कलेचा भाग्योदय होईल. कलेत एक वेगळीच ओजस्विता येईल. त्यावेळी मात्र या सोमशेखरमामांना विसरू नकोस बरं?"

"बापरे? नऊ वर्षे? आणि ९ वर्षे मी कशी घालवू? एक क्षणही मी माझ्या पेपर-पेनशिवाय जगूच शकत नाही."

"सगळं नीट होईल. मन शांत ठेव. अग कलादेवी सरस्वती अशी सर्वांना मिळत नसते. It is a special gift from God! It is very precious. तिच्यावर प्रेम कर. देव तुझ बरे करो." आणि खरंच! मामांचे भाकीत १००% खरे ठरले.

"९ वर्षे कशी काढू?" हा विचार करावाच लागला नाही. टीव्हीवरील रद्द कथा पाहता पाहता मनांतून आपोआप उद्गार आले, "देवा! लाखलाख धन्यवाद! या एवढ्या मोठ्या 'रॅटरेस'मधून मला सोडवलेस!" हळूहळू संगीत, अध्यात्म, सत्संग-संकिर्तन यांत मन रमू लागलं आणि ९ वर्षे कशी भुरकन उडून गेली पत्ताच लागला नाही.

१९९७ उजाडला आणि परमपूज्य सद्योजात शंकराश्रम गुरुवर्य आमच्या जीवनांत ज्ञानदीप घेऊन आले आणि मनीच्या दशदिशा जणू उजळून निघाल्या. माझ्या जीवनाला जणू नवी दिशा मिळाली.

परमपूज्य श्रीमद् सद्योजात शंकराश्रम स्वामीमहाराज! माझ्या जीवनातील "टर्निंग पॉइंट"!! माझ्या जीवनाचे भरभक्कम आधारस्तंभ!! अंधारात वाट दाखविणारे दीपस्तंभ!! १९९८ साली डिसेंबरमध्ये आमच्या कॉलनीत त्यांच्या पवित्र वास्तव्याचा लाभ मिळाला. मला त्यांच्याकडून पवित्र मंत्रजपही मिळाला आणि जणू माझ्या भाग्योदयाची गुरूकिल्लीच त्यांनी दिव्यहस्ते बहाल केली. १९९९ जानेवारी उजाडला. माझ्या ५४व्या वर्षाची सुरुवात झाली. आणि माझ्या कलाजीवनाला एक सुंदर अध्यात्मिक वळण मिळालं. सोमशेखरमामांचा शब्द न शब्द खरा ठरू लागला. शतकोटी धन्यवाद सोमशेखरमामा! मी तुम्हाला कधीच विसरू शकत नाही. आता श्री सद्गुरुचरणी एकच प्रार्थना "हे गुरुराया! 'शोधू कुठे किनारा' लिहिणाऱ्या मला तू खरोखरच योग्य किनारा दाखविला. आता माझ्या कलाजीवनाचे आणि माझ्या अस्तित्वाचे सुकाणू तुला सोपवलंय. आता अंतिम श्वासापर्यंत माझ्या लेखणीतून फक्त तुझे - हो; फक्त तुझेच गुणगान उतरू दे देवा. तुझी कृपादृष्टि सतत उरो हिच प्रार्थना!"

मम स्नेहं त्वयि अस्ति। (माझा स्नेह तुझ्यांत आहे!)  
तव स्नेहं मयि अस्तु। (तुझा स्नेह माझ्यात आहे!)  
अम्ब त्वमेव मम सहाय्यम। (माँ, तूच माझा आधार!)  
अम्ब दर्शय त्वमेव तीरम्। (तूच दर्शव किनारा)  
करोतु अम्ब मम भवाब्धिपारम्॥ (तूच माझा भवाब्धि पार कर)

॥ जय माता दी॥

सौजन्य, माटुंगा मित्र मंडळ

# गीर्वाणप्रतिष्ठा - रसास्वाद - मेघदूत-9

- कृष्णानंद मंकीकर, वाकोला

With a break of a few issues, we are again embarking on the journey to try to understand the beauty that is Sanskrit. In earlier instalments of रसास्वाद Rasaswad, we saw a few stanzas from शाकुन्तल Shakuntala of कालिदास Kalidasa who is aptly called कवि-कुल-गुरु "Kavi-Kula-Guru"

Let us now embark on a journey to imbibe the beauty of मेघदूत Meghaduta, one of the most beautiful works by Kalidasa. This work is replete with beautiful observations of Nature, of the human mind-its frailties, and passion. One is amazed at Kalidasa's deep knowledge of the geography, of history, of mythology and most importantly his felicity with words that present before us a unique experience! To savour it, one has to read it in original, read it aloud and read it repeatedly! It is composed in the mellifluous मंदक्रांता Mandakranta Metre

We have the following format for this series:

1. The stanza
2. The anvaya. अन्वय, is rearrangement of the stanza in prose form for easier understanding of the stanza, duly breaking the sandhis where necessary and with words implied but not stated by the poet in parentheses,
3. Simple translation, and
4. Detailing the special words and ideas in the stanza

## Introduction:

Meghaduta is the story of the exiled demigod, a servant of Kubera, who has been banished for one year by his Master. The reason for his banishment is that he exceeded his authority. He is banished to faraway रामगिरी "Ramagiri" purportedly near नाशिक Nashik! (While his abode is in the हिमालय Himalayas)

When the poem begins, our Hero has already spent a few months in exile, and during one of his (aimless) wanderings, at the beginning of the rainy season, he notices a huge cloud covering one of the peaks of Ramagiri. And, Kalidasa's poetical

talent is virtually unleashed, as he takes us through the journey of the cloud messenger who has been now beseeched by the hapless यक्ष Yaksha to take the tidings of his state of affairs to his pining wife in the faraway कुबेर-नगरी KuberaNagari.

## Stanza 1

In the first stanza, which goes as follows, Kalidasa introduces the subject matter of the poem thus:

कश्चित्कान्ताविरहगुरुणा स्वाधिकारात्प्रमत्तः।  
शापेनास्तंगमितमहिमा वर्षभोग्येण भर्तुः॥  
यक्षश्चक्रे जनकतनया स्नानपुण्योदकेषु।  
स्निग्धच्छाया तरुषु वसतिं रामगिर्याश्रमेषु॥१॥

अन्वय-

कश्चित् स्वाधिकारात् प्रमत्तः यक्षः, कान्ता-विरहगुरुणा वर्षभोग्येण भर्तुः शापेन अस्तंगमितमहिमा (सन्) जनकतनया स्नानपुण्योदकेषु रामगिर्याश्रमेषु स्निग्धच्छाया तरुषु वसतिं चक्रे॥१॥

## Translation

One, whose authority had gone to his head (and hence he committed a blunder) Yaksha a demigod, was cursed to live in exile in great separation away from his beloved for one year, (such a one) made his abode in the thick forests of Ramagiri Ashramas, which were sanctified by the waters which turned holy on account of the bathing in them by Sita, the daughter of King Janaka.

## Details of the stanza:

Please note, how in a few words Kalidasa has introduced the subject of his poem:

कश्चित् one-someone non-descript person, a lowly demigod. स्वाधिकारात् प्रमत्तः one whose authority had gone to his head! (so he exceeded it) यक्ष demigod (in the retinue of Kubera the all powerful God of Wealth, residing up in the North. यक्ष had lost his prowess अस्तंगमितमहिमा(सन्). यक्ष are mythological demigods who were reputed to have magical powers of appearing anywhere, becoming invisible and so on) so he became a mere mortal for one year, because of शापेन curse, that was to run for an year वर्षभोग्येण and what was the nature of the curse? कान्ताविरहगुरुणा the curse ordained upon the Yaksha that he be separated from his Beloved. Here is an

indication of the lovelorn यक्ष. गुरुणा stands for a heavy curse which is unbearable for the यक्ष He (यक्ष) made his abode वसतिं चक्रे So you have the यक्ष wandering about, in a forlorn manner and in lovelorn state of mind, amidst trees. The trees had cool shade स्निग्धच्छाया तरुषु in the place रामगिर्याश्रमेषु ramagiri (note the usage of Ashrama that signify the absence of any mundane pleasures, and these आश्रम places were sanctified by Sita, having bathed therein जनकतनयास्नानपुण्योदकेषु Here, Kalidasa brings in an auspicious reference as is the wont of the then poets, to holy and auspicious by bringing in words like पुण्य and जनकतनया. Note how skillfully kalidasa has introduced the subject and set the tone of his poetic work.

We will take up more stanzas as we progress, however it will be a selection of stanzas and not all the 115 stanzas that this poetic work of Kalidasa comprises of.

Comments and feedback to ...

chitrapur.girvanapartishtha@gmail.com or  
kdmankikar@gmail.com

ठाणे - सभा आयोजितायाः धर्मप्रचारकाणां  
श्री विठ्ठल राजगोपालशर्मणां प्रवचनमालायाः  
समाप्तिदिने समर्पितं कृतज्ञताकाव्यपुष्पम्

**राजगोपाल प्रशस्तिः**

“रुद्र” विवरणं जातं, धन्याः धर्मप्रचारकाः।  
सरला कौकणी येषां; तत्त्वबोधः कथितः नः॥१॥

तैः प्रोक्तं रुद्रमाहात्म्यं, तेषां वाणी रसात्मका।  
भक्तिज्ञानेन संयुक्ता वाचा संतत वाहिनी॥२॥

काशीक्षेत्रे न गन्तव्यं ज्ञानगङ्गा इहाराता।  
प्रोक्षणार्थं साधकेषु ज्ञानं तूर्णं विसिञ्चितम्॥३॥

काव्यं कृतज्ञतापुष्पम अर्पितं साधकैः सह।  
वयम् आभारिणः सर्वे राजगोपालशर्मणाम्॥४॥

इदं तु प्रोक्षणं किञ्चित् न अभवत् पूर्णस्नानकम्।  
ज्ञानयज्ञं पुनः कर्तुम् आगच्छन्तु पुनः पुनः॥५॥

- नारायण शां. शिराली  
मुलुंड (पूर्व), मुंबई

## पास कि फेल?

अण्णा, हॉस्टेल सोण, घार् आय्लॉ, फाय्नल यर एन्जिन्यरिंग परिक्षा दीव्नु.  
दीस-रात शिक्कुन, सुक्कुन गेल्ला, चांग मार्क्स मेळतलिनं वें? म्होण बस्ला, भीव्नु.  
पप्पालो मित्रु म्हणालॉ, माक्क् एग्जॅम नम्बर दी. मगल भावु रिजल्ट सोडुन् काडतलॉ,  
ताँ न्यूज्पेरान्तुं काम कर्ता, ताँ एक दीस फुडे रिजल्ट हाडतलॉ.

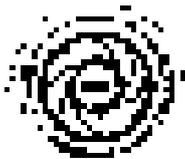
तुगेल एग्जॅम नम्बर कस्तलें, चेल्डा? पप्पाने निम्मीलें. ५१६, अण्णाने उत्तर दिल्लें.  
पप्पाले मित्राने नम्बर बोरोन घेल्लें, आनि तागेल भावा लाग्गि घेव्न व्हेल्लें.  
रिजल्ट सांग्चे वॅळारि, मित्रु घार् आय्लॉ, तागेल तॉन्डार् ना एक सुदां हासां.  
पप्पान येव्न आम्क सांग्लें, नंबर लिस्टारि ना. फेल ज़ाल्लॉ दिस्ता. चिन्ता, आस्सां.

अण्णा धाव्न आय्लॉ. हांव पास ज़ाल्ला वें? पप्पाल दाँळे पोळोनुचि ताक्क कळळें.  
हूम देंव्वाक सूर ज़ाल्लें. थॉडे क्षणानेचि शर्ट ज़ाल्लें पूरायि वल्लें.  
हांग थाव्न थयिं, थयिं थाव्न हांगा, भो त्रासान हात मळुन चम्कता.  
५१६ लिस्टारि ना? ... कश्शि तें? ... हांव कस्तलेंकि विस्सर्ता...

फक्कने कपाल मार्न घेल्लें, ५१६ नयिं, ४१६ मगेल एग्जॅम नम्बर.  
४१६ मगेल हॉस्टेल रूमा नम्बर! बाळा, ताज्जेर् घाल्लें वें तूवें आनेक शंबर?  
पप्पाने वगि वौचुन फोन कोर्न मित्राक, ५१६ नयिं, ४१६, म्होण कळय्लें.  
मित्राने शीदा भावाक सांग्लें. भावाने पास-लिस्ट काणु पळय्लें.

नम्बर ४१६ पेजारि पय्ले नम्बर, अण्णा पास ज़ाल्ला फर्स्ट-क्लास-फर्स्ट.  
पप्पालि, आम्मालि कस्लि खूशि आय्कुन कि अण्णा तें वर्साच गोल्ड-मेडलिस्ट.

- सरस राव आनि गायत्री मदन दत्त



1972-73

# The Shamrao Vithal Co-operative Bank Limited

(Incorporated in Maharashtra)

## STATEMENT OF ACCOUNTS:

For the year ending 31st March 1973

As per the Audited Statement of Accounts

Particulars

1972-73

Rs. and Paise

### Balance

As per the Audited Statement of Accounts for the year ending 31st March 1972

As per the Audited Statement of Accounts for the year ending 31st March 1973

### Particulars

Balance	Rs. 1,00,00,000
Income	Rs. 10,00,000
Expenses	Rs. 5,00,000
Profit	Rs. 5,00,000
Total	Rs. 15,00,000

### Particulars

Balance	Rs. 1,00,00,000
Income	Rs. 10,00,000
Expenses	Rs. 5,00,000
Profit	Rs. 5,00,000
Total	Rs. 15,00,000

As per the Audited Statement of Accounts for the year ending 31st March 1973

For the year ending 31st March 1973

# “संस्कृत साहित्य सागरान्थाब्जु एक थेंबु”

- आनंद कडले, शिराली

“हुम्मणे” ह्युणु कोंकणींतू (हान्तु रचनाभेदु दिस्सूनु येना) “प्रहेलिका” ह्युणु संस्कृतान्तु (रचना भेदानुसार नांव विंगविंगड आस्सति.) साहित्य वाचल्यारि एकाग्रता, विचारशक्ती, भाषाप्रौढीमा आनि खेळाखुशी चारी एकडेचि (फोर इन वन) मेळता ह्यळ्यारि अतिशयोक्ति जायशी ना! “झाडारि फळ फळारि झाड” ह्युणु कोंकणींतू ह्यळ्यारि संस्कृतान्तु-

वृक्षस्याग्रे फलं दृष्टं फलस्याग्रे वृक्ष त्व च

अकरादि सकारान्तं यो जानाति स पंडितः॥

ह्युणु श्लोकारूपारि अनानसा बदल सांगिल्लें आस्स। हान्तु विशेष कस्लें ह्युणु पाठकांक दिशचें सहज! जाल्यारि प्रहेलिकेंतु आशिशल तितली सरलता जाओ, सुलभता जाओ, प्रहेलिकेचे प्रभेद जावनु आशिशिल्ले अपन्हुति, कूटानि, अन्तरालापाः, बहिरालापाः, कर्तृगुप्तं, कर्मगुप्तं, क्रियागुप्तं, समासगुप्तं, अक्षरच्युतकं, समस्या आदि प्रभेदान्तु ना, मात्र नहीं तान्तु आशिशल्या शब्दचमत्कार, अर्थव्याही शब्द परिच्छेदा क्रमु कळनापडे पाठकु खंडित जावनु एक क्षण थक्क जाता. “हुम्मणे” ह्या शब्दाचि समग्र व्याख्या संक्षिप्त जावनु अशशी दिव्येद ह्युणु दिस्ता - समस्यापूर्वक जावनु एक विषयु प्रस्तुत कोर्नु ताज्जो परिहारू सोदचें! रचनाकारागेली बुद्वन्तिका आशिच समस्याप्रस्तुती करणान्तु। प्रहेलिकेंतुल्या ह्या प्रश्नांक तुमच्लाग्नी जवाब आस्स की पळेया-

उच्छिष्टं शिव निर्माल्यं वमनं शकपर्तम्

काकविष्टा समुत्पन्नापंचैतेऽति पवित्रकाः।

उष्टें, ईश्वरागेलें निर्माल्य, वक्कीलें, मड्या आंगावेलेंवस्तर, कायळ्या गुवांतु उत्पन्न जाल्लेलें हे पांच वस्तू जगान्तु अतिपवित्र ह्योणोनु घेताति! तांगेली नांव? (गायचे दूध-वास्त्रा उष्टें, गंगाजल-ईश्वराने न्हालेलें उदाक, मोवू-मोवामूसा वकी, सिल्क-मेल्लेल्या कीड्या आंगावेलें सूत, अश्वत्थारूकु-कायळ्यागुवान्तुल्या बी पोण्णु चिग्रता)! एक एक पेटी जबाब दोळ्यामुखारि आशशील तरी समस्या प्रस्तुत करताना धुंवडानु, तिर्पूनु माक्षिमुखारि कोर्नु सांगल्यारि गोन्दोळु जांवचो सहज। गोदळ नास्तना दोळे सोण्णु वाच्चा-

न तस्यादिर्नतस्यान्तः मध्येयस्तस्य तिष्ठति

तवाप्यस्ति ममाप्यस्ति योजानाति स पंडितः॥

आदि ना अन्तय ना! मगेल्या तुगेल्यामध्ये राबता! तुगेल्लाग्नी आस्स मगेल्लाग्नी आस्स! बुद्वन्तु जाल्यारि नाव सांग! (दोळो)

“अपन्हुति” ह्यळळलो प्रभेदू पाठकांगेल्या मनान्तु कुतूहल उत्पन्न करत करत वता आणि जवाब अगदी सुलभशी दिस्सूनु

मनान्तु येत्ता जाल्यारि खरी जवाब विंगडचि आस्ता।

या पाणिग्रहलालिता सुसरला तन्वी सुवंशोद्भव

गौरी स्पर्श सुखावहा गुणवती नित्यं मनोहारिणी

स केनपिहता तयाविरहितो गंतुं न शक्तोऽस्म्यहं

रे भिक्षो तव कामिनी? नहीं नहीं प्राणप्रिया यष्टिका॥

सदाकाल हातुधोर्नु राक्कूनु घेतिली, सरळ, सपुडीं आशशीली, बरे वंशान्तु जन्माक आयिल्ली, गोरी स्पर्शमात्रानेचि सुख दितली, गुणाढ्य, प्रतिनित्यमनाक खुशी दितली, तस्ली तिक्का कोण्की “किडनेप” केल्ली! तिज्जे शिवाय भायर पोडूक साध्य ना माक्का कस्लें कोचें? (हे आयूकूनु एकळो विचार्ता) “हे भिक्षु! कोण तुगेली बायल वे? (पाठकांगेल्या मनान्तुयी ही चि जवाब आयिल्ली नहीं वें? खरें सांगा!) नहीं नहीं! मगेल्या जीवापेक्षा मोगाची हातांतुली वाशाबड्डी! (वंश शब्दाक दोनिअर्थ १) वासो २) कुल!)

बुद्धिक तीव्र चालना दिंवची, मातें खर्पूनु घेतचि विचारू कोर्चि ह्या प्रहेलिकेचि जवाब तितली सुलभ साध्य ह्युणु दिस्सना-

जाता शुद्धकुले जधान पितरं हत्वाऽपिशुद्धा पुनः

स्त्रीचैषावनिता पितैव सततं विश्वस्य या जीवनम्।

संगंप्राप्यपितामहेन जनकं प्रासूत या कन्यका

सासवैरपिवन्दिता क्षितितले सानाम का नायिका॥

शुद्ध कुलान्तु जन्मा येवनु बाप्सूकचि मारुं काडता। तरी ती शुद्ध जावनुचि आस्ता। बाप्सु ह्यणके सगळे जगाक अत्यावश्यक जावनु आशिशिल ती आपणागेलु आज्जागेलो संगु कोर्नु बाप्सूकचि जन्मा घालता। तस्ली ती सगळे जगान्तु सर्वांगेल्या गौरवाक पात्र जावनु आस्स! ती कोणी? जलवृष्टी! कशशी की ह्यळ्यारि शुद्ध जळकणांसंग्रहु मोड-मोडांथावनु पावसु- पावसु पण्णापडे मोडा अस्तित्व ऊर्ना-पावसा उदाक बाष्प जावनु मोड जात्ता - समुद्र उदका गेलो आज्जो जाल्लो- पावसा उदाक समुद्रांतु मेळनु-बाष्प-मोड पुनः पावसु-चल्ली चि बाप्सूक जन्मु दिता! आतं बुद्धिचो अस्लो व्यायाम सोण्णु चिके सरळ विचार कोर्या। सरळाति सरळ जाल्लेल्या ह्या प्रहेलिका चि जवाब तुमगेल्या शर्टा खिशान्तु मेळता कि सोदा-

अस्तिनास्ति शिरोनास्ति बाहुरस्ति निरंगुलिः

नास्तिपादद्वयं गाढमालिंगति स्वयम्॥

हाडुंनानाति मातें ना! भूजं आस्सति बोट्टनाति। दोन्नी पायनाति जाल्लेलतरी तो दुस्यो गेलें आंग पोट्टोळनु घेता! कोणु तो? (चोगो, शर्ट)!

(to be continued)

# याचिसाठी केला अट्टाहास

- उदय मंकिकर, मुंबई

आपल्या भावनांचे, मतांचे, विचारांचे, कल्पनांचे आदान-प्रदान करण्याचे प्रभावी माध्यम म्हणजे भाषा. मग ती मातृभाषा असो अथवा राष्ट्रभाषा किंवा राज्यभाषा असो. आपल्या देशात राष्ट्रभाषा हिंदी व्यतिरिक्त इतर अनेक समृद्ध भाषा आहेत. संस्कृत तर सर्व भाषांची जननी. तरीसुद्धा आपली सर्व कामे इंग्रजीतच करण्याकडे आपला कल आहे. ह्याची मुख्य कारणे म्हणजे शहरीकरण, आधुनिकीकरण, तकनीकीकरण आणि अनुकरण. आपण आपल्या भाषेत सर्व कामे विनासायास करू शकतो हेच आपल्या पचनी पडत नाही. समाजातील प्रत्येक घटकाला जर आपल्या भाषेविषयी प्रेम, आस्था आणि सार्थ अभिमान असेल तर भाषेच्या विषयात क्रांती घडू शकते. अर्थात आपण आपल्या भाषांचे संवर्धन केले पाहिजे.

वरील पार्श्वभूमीवर श्रीमती वसुधा बिजूर अनुवादित "याचिसाठी केला अट्टाहास" हे मराठी पुस्तक वाचनात आले. डॉ. विश्वास ह्यांच्या मूळ संस्कृत "भुवमानिता भगवद्भाषा" ह्या पुस्तकाचा हा मराठी अनुवाद. इस्त्रायलमधील बेनयहूदची, हिब्रूभाषा व्यवहारोपयोगी करण्यासाठी, जीवन पणाला लावून अविरतपणे केलेल्या कार्याची त्यागाची साहसगाथा म्हणजेच "याचिसाठी केला अट्टाहास" एक अलौकिक सत्यकथा.

यहुदी संस्कृती जेव्हा पूर्ण विकसित झाली होती, तेव्हा इस्त्रायलमध्ये हिब्रू हिच व्यवहारभाषा होती, पण विविध कारणांमुळे यहुद्यांनी परदेशी स्थलांतर केल्यामुळे हीच हिब्रू भाषा लोप पावण्याच्या मार्गावर होती. त्याचवेळी एलिसर ह्या यहुदी धर्मगुरूच्या (एकोणीसाव्या शतकातील) हिब्रू भाषेच्या प्रेमापोटी, आपल्या भाषेला पुन्हा पूर्वीचा दर्जा मिळावा ह्या उत्कट इच्छेपोटी त्याचे खडतर प्रयत्न सुरू झाले, त्यासाठी त्याने बेनयहूद म्हणजे 'यहुद्याचा मुलगा' हे नाव धारण केले. त्याचा प्रेमविवाह झालेला. पत्नीने त्याला पूर्ण साथ दिली. सर्व कष्ट सोसले. ह्या प्रवासात बेनयहूदला क्षयाची लागण झाली, तरीही पैशाची अडचण असतानाही, तो लेख लिहिणे, साप्ताहिक काढणे, पुस्तके लिहिणे, शब्दकोषाची निर्मिती करणे ही कार्ये अथकपणे करित होता. त्याच्या मुलांना फ्रेंच, यिड्डीश ह्या भाषा येत नाहीत म्हणून मित्र चिडवीत. हिब्रू भाषेला देवभाषा मानत असल्यामुळे, ती भाषा व्यवहारात आणण्याचा प्रयत्न म्हणजे देवभाषेचा अपमान असे समजून समाजाने बेनयहूदच्या कुटुंबावर बहिष्कार टाकला होता. बेनयहूद आणि त्याच्या पत्नीला क्षयरोगाची लागण झालेली, अशा परिस्थितीमध्येही त्याने रशियाहून आलेल्या त्याच्या आईला सांगितले की त्याच्याशी बोलायचे असेल तर फक्त

हिब्रू भाषेतच बोल. केवढे हे भाषाप्रेम? हळूहळू लोकांच्या विचारसरणीत बदल होऊ लागला आणि बेनयहूदच्या अविरत परिश्रमाला यश मिळाले. आज इस्त्रायलमध्ये हिब्रू भाषा ही राष्ट्रभाषा म्हणून अभिमानाने बोलली जाते आणि म्हणूनच लेखिका शेवटी बेनयहूदला उद्देशून विचारते की तुज व्यास म्हणून की भगीरथ?

हे पुस्तक वाचताना वारंवार वाटते की आपली संस्कृत भाषा, सर्वदृष्टीने समृद्ध आणि प्रगल्भ आहे. मग संस्कृत भाषेला राष्ट्रभाषेचा दर्जा का मिळू नये आणि लेखिकेच्या मताशी आपण सहमत होतो, की आज खरी गरज आहे ती संस्कृत भाषेला व्यवहारात आणण्याची, तिला राष्ट्रभाषेचा दर्जा मिळवून देण्याची.

हे पुस्तक वाचल्यानंतर लेखिकेचे संस्कृत आणि मराठी ह्या दोन्ही भाषांवरील प्रभुत्व जाणवते. हा अनुवाद आहे असे जाणवतच नाही. अत्यंत साध्या सोप्या ओघवत्या मराठी भाषेतील हे पुस्तक वाचनीय आहेच आणि प्रत्येक भाषाप्रेमींसाठी संग्राह्य आहे. अत्यंत सूचक, सयुक्तिक आणि समर्पक मुखपृष्ठ असलेले हे पुस्तक, भारतीय विचारसाधना पुणे यांनी प्रकाशित केले आहे.

याचिसाठी केला अट्टाहास

अनुवाद : श्रीमती वसुधा बिजूर

मूळ संस्कृत पुस्तक : भुवमानिता भगवद्भाषा

लेखक : डॉ. विश्वास



# Parisevanam

## What is Prarthana ?



Photo credit: Kishan Kalyanpur

Several years ago a group of young parents shared their apprehensions with Pujya Swamiji about the effects of a modern world on their children. They felt that the burden of long hours at school plus homework, busy parents, nuclear homes and the media blitz in the drawing room was giving children little time and hardly any access to their rich traditions and culture. They were sure that if there was some way to enable these children to become strong-rooted in *dharma*, they would feel more stable and secure and thereby grow up to lead successful and fulfilling lives. This is how and why *Prarthana*, a *samskara*-class for children, with a comprehensive syllabus which included stories, prayers, *stotras*, activities and field trips began and grew, under Pujya Swamiji's loving and watchful eye.

Today, *Prarthana* has over 400 children aged between 3 and 15 years and 73 caring and patient teachers across 31 centres in India and 7 abroad.

During the Guru Pujan done by the children last Saturday at our centre, an explanation about the rituals done was being given to them wherever needed. When it was time for *naivedya*, they were asked to pour water over their right hand and told to imagine that they were feeding Swamiji Himself with the dry fruits. Why did this instruction lead to a peal of laughter ? Well, because it made six-year-old Nithya Amembal quickly pour water once more on her hand and wash it all over again. Her reason: "*Haanwa sama haath dhuini shile taavelli!*" After all, she could not give dry fruits to her "*Swami Dayya*" with smudgy hands, could she ? Although we knew that that her sweet concern itself would prompt our Beloved Guru to accept the *naivedya* from her! During the narration of the *Shivaratri* story, the children were asked what they would ask for if Lord Shiva appeared before them. There were wonderful answers but the best and most laudable one was from six-year-old Ankur Balse! "*Maaka kalle naaka. Mallyagi sagla aasa. Toysayi masta aasatti!!*" ..... says a teacher from the *Prarthana* Centre, Jaynagar, Bengaluru

# Parisevanam

## Shri Krishnam Vande Jagadgurum

### A Presentation by Prarthana Students

during the Dattajayanti Utsav at Talmaki Wadi on 25<sup>th</sup> December 2012

Report by Ketaki Mavinkurve

As Indians, we are very fortunate to have unlimited access to a vast treasury of tradition and culture. Our mythology is a strong part of our identity. However, with the secularization of our formal education system, teaching of Hindu mythology in schools has been stripped to the bare minimum. To make up for that, Prarthana Varga consistently fills in this gap by making children perform stories deeply rooted in our culture. When these stories are performed, they automatically settle deeper into the child's mind as compared to a simple 'story telling' session in the class. In addition to that, the teachers very skilfully breathe meaningful *shlokas* into the plays. The repetition of these *shlokas* during rehearsals allows for the sponge-like minds of the children to absorb them almost instantly. Soon, we can see all 100 of them start chanting 'Evam Satata Yuktaye' with the same ease as 'Jack and Jill went up the Hill'!



This year, the multi-talented Sudhir Balwally, along with the Prarthana teachers, chose the theme of 'Balakrishna', calling it 'Shri Krishnam Vande Jagadgurum'. These stories were exciting for the children to perform, as they saw the naughty and child-like facet of their beloved God. What was more enjoyable was the fact that Sudhir Maam had very artistically woven music and dance into the performance. There were several pieces of music from our 'Mhantyo' to Bhimsen Joshi's *bhajans*, to small *smarans*.

It is noteworthy that all the dances this year were choreographed by the senior Prarthana members, (and some Prarthana Alumni!). This shows the immense talent bubbling in our new generation of Chitrapur Saraswats.

This year, there was the addition of an artificial stage on the stage, which was elevated. All heavenly figures entered from that risen space, giving the play an almost 3D effect, and making them larger than life! This left the audience gaping with awe!

Every year, Prarthana has continued to surprise the audience with improved and innovative performances. We humbly pray to Lord Bhavanishankar, our revered Guruparampara and our beloved Swamiji to continue showering blessings and allow us to come out with flying colours every year.



Makhanchor



Kamsavadha

Photo credit:  
Maithily Padukone  
and Tanmay Shiroom.

"The most heartwarming feature of this presentation was the involvement of all the Prarthana kids who not only chant and learn about our scriptures, they involve us elders too in that innocent '*bhakti-rasa*'. Kudos to the kids for speaking their lines with such emotion without awkward pauses or waiting for prompting. Superb!"- Appreciation from Kumud Nayelpacchi of Bengaluru who saw the programme

**\*\* Parents who wish to enrol their children for PRARTHANA classes can refer to the website [www.chitrapurmath.net](http://www.chitrapurmath.net) for more details \*\***



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20 January 1928 – 29 January 1963  
50<sup>th</sup> Death Anniversary**



**Wife of Late Gurudas Sadashiv Shirur  
Mother of Late Niranjan Gurudas Shirur**

**Deeply Remembered Every Day**

**Daughters/Sons in Law  
Geeta and Mohan Rao  
Meera and Dilip Rao  
Krishna and Shreyas Rao  
Son and Daughters in Law  
Anand and Veena Shirur  
Likhit Shirur  
Grand children: Ritika, Rishab,  
Siddharth, Ridhima,  
Suneet and Nikhil  
Relatives and Friends**

## Suman Sugandh at Pune on 27th November 2012



Aparna Padbidri (Hon. Treasurer) Lalita Amladi and  
Chairman Emeritus Nadkarni Rameshmam



Mangala Khadilkar, Chairman Sharad Upponi displays the  
Maanpatra, Suman Kalyanpur, Sudha Upponi



Bhalchandra Karpe, (Vice-Chairman) , Mangala  
Khadilkar, Sharad Upponi (Chairman)



Suman Kalyanpur

## IN LOVING MEMORY OF SMT. SITA PRABHAKAR GURKAR



Left for her heavenly abode on  
19<sup>th</sup> December, 2012

Remembered by

GURKARs

SIRURs

KHAMBADKONEs

## Suman Sugandh at Pune

The **Kanara Saraswat Association** jointly with the Pune based **Saraswat Cultural Forum**, presented **SUMAN SUGANDH**, a spectacular musical show, on Tuesday, 27<sup>th</sup> November, 2012.

The renowned Tilak Smarak Mandir was filled with patrons who were carried away into the melodious world of music for over three hours that evening. Superbly conceived, authored and compered by Khadilkar Mangalatai – in her inimitable style, *the highlight of the programme was honouring the queen of melody - Smt. Suman Kalyanpur, for her glorious contribution to Indian Music.*

The programme started with the traditional lighting of the lamp by the Chairman Emeritus of the Cultural Forum, Nadkarni Rameshram. On behalf of the organisers, KSA President, Shri Pandit Rajamam welcomed the Chief Guest of the evening and the audience. Little children dressed in traditional costumes, welcomed Sumanpachchi as she entered the venue that evening.

Suman Sugandh – the programme with a repertoire of choicest music numbers – from the large collection of Sumantai's Marathi Bhavageeta and other memorable songs from films – was presented in a great style by young talented musicians. As each song brought the amazing talents of the singers as well as the instrumentalists, the audience showed their appreciation with loud applause and as many cheerful 'encores' – and well, they were happily obliged! Crisp and witty as ever, Mangalatai eloquently weaved the entire programme interspersing the songs with amazing and inspiring tidbits from the life of the great artist. As she unfolded the incidents from the childhood of Suman Kalyanpur and her meteoric rise into the world of music, the audience was left spellbound.

Before the intermission, the star of the evening – Smt. Suman Kalyanpur was honoured by the Saraswat Cultural Programme by the Chairman, Shri Sharad Upponi. A 'Maana Patra' was offered to her along with a Shreephal, shawl and a bouquet of 75 roses (To commemorate 75 glorious years!) Smt. Aparna Padbidri, treasurer of the Forum, read the 'Maana-Patra'. Shri Upponi Sharadram expressed

his gratitude to Suman Kalyanpur for honouring the Pune-kars by her gracious presence. He also thanked Mangalatai and her brilliant troupe and the patrons who had generously contributed to make this programme so successful.

The golden moments of the programme had arrived as Mangalatai gently led Kalyanpur Sumanpachchi down memory lane. In her soft voice, Sumanpachchi shared precious and inspiring incidents in her life. Her poignant words moved the listeners and they yearned to know more about the legend. The reminiscences of the glorious yester years were interspersed with divine music. As Mangalatai tenderly coaxed her to sing, Suman pacchi obliged – much to the delight of the audience. Her voice mesmerized every person gathered there. With no accompaniment, the lone melodious voice transported the listeners to a different realm altogether– supremely blissful.

As the evening came to an end, each person who left the hall carried back with them the melodious fragrance of Suman Sugandh.

*Report by Jyothi Bharat Divgi*

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Passed away peacefully at Mumbai



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Shweta - Sunil - Akshaya - Nileshwar  
Nandita (Vimal) - Nitin - Pranav -  
Mangalore  
Nileshwars, Savanals, Kombrabails,  
Mangalores

**Yasmin Deepinder Bisht  
(Nee Nagarkatti)**



10-02-1957 08-12-2012

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Late Gp Capt Ramesh Nagarkatti  
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Karan and Baljit - Siddharth and Neha  
Jennifer and Sumant Ullal  
Dewal and Rana Nagarkatti  
All Relatives & Friends



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## Personalia

**Navin A. Bijur**, 26, son of Rekha and Arun K. Bijur, grandson of Late Malini and Krishna L. Bijur received the "**Vice Chairman's Award For The Best Officer**" at the 106<sup>th</sup> Foundation Day Celebration of SVC Bank on December 27, 2012. Joining the Bank as a Junior Officer in the International Banking Division in September 2008 he successfully completed both JAIIB and CAIIB Examinations with First Class in May 2009 and May 2010 respectively. He was promoted to the post of Assistant Manager in MM III Grade in the Bank in October 2010. In June 2012, he achieved 76.25 percent Marks and secured Merit Class by Examination for the ACI Dealing Certificate Examination a foundation programme conducted by ACI – The Financial Markets Association (Association Cambiste Internationale, Paris) – the largest international professional body for Dealers and Back Office personnel in the wholesale financial markets. He has also tactfully handled Forex Back Office Operations and even Front Office Desk work in case of emergencies. His dedication to work, systematic approach, coordination skills and seeing

any work entrusted to him to completion has been appreciated. It is to his credit that due to excellent coordination with the Service Providers and the SVC – IT Team, the Department had a very smooth migration to SWIFT Alliance Services without hampering the day to day activities.



**Navin A. Bijur, receiving the "Vice Chairman's Award For The Best Officer" from Vice Chairman Shri Suresh S. Hemmady**

He has made a mark in Sports too winning the Mens' Table-Tennis Singles Tournament Title organized by the Bank at Air India Sports Club, Santacruz, Mumbai in October 2012.

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## HERE AND THERE

**Australia :** ANZ Local Sabha has been conducting its monthly Satsang on the last Sunday of each month since February 2006. The format of the Satsang programme includes Sabha Opening Prayers, Shri Parijnanashram Trayodashi, Param Pujya Swamiji's Ashirvachan DVD, Bhajans by devotees, Sadhana Panchakam session or Vimarsh with participation by all, Deep namaskaar, Shankar Narayan Geet , Mangal Pad and then the two hour long satsang is concludes with Sabha closing prayers.

During these monthly Satsangs, depending on the festivity of the month, relevant Sadhana Pachakam session is conducted such as Guru Paduka Pujan, Devi Anushthan, Navratra Nitya Path, Lalita Sahastranaam and Geeta Paath. The satsangs are hosted by various members of the Sabha at their residences in Sydney and Canberra. Devotees from

New Zealand hook up to the Satsang programme using conference call facility and also, participate enthusiastically in samuhik programmes like Vimarsh.

2012-13 Math year (Apr-March) started with the annual general meeting as per our sabha calendar. AGM programme included address by the President and the Treasurer. New officials were then elected. AGM also included Yuva presentations on their activities – skills, an item by senior citizen and Kirtan followed by the usual Satsang. After the Satsang, the new item was the presentation on various community activities of our Math and Srivalli- school -student sponsorship details, which has been receiving good response during this year.

During monthly Satsangs programmes from May to October this year, there were new additions of Satsang items such as: "Ashtavidhan seva" and

Bhajan seva" which involved participation by various artists within our community here to experience moments of our Shirali Math atmosphere. These Sevas brought the memories of our beloved Math to the minds of all attendees. Also Fond Memories of our Param Puja Parijnanashram Swamiji were read by various attendees in June. In July, the month of Gurupurnima, Samuhik Gurupujan was performed by number of attendees including enthusiastic Yuvas. These monthly activities certainly keep us connected to our Math, our Rich Heritage, our Glorious Guruparampara and our Beloved Guru.

*Reported by Jayant Gulwadi*

**Chennai :** Yuvadhara & Prarthana varga performed Guru Pujan on Nov.13.

Punyatithi of HH Shrimad Vamanshram Swamiji was observed on 7<sup>th</sup> Dec. with bhajans.

Sadhana Panchakam was performed with usual fervour during the course of the month.

Our annual Datta Jayanti celebrations, which has been traditionally followed for more than 8 decades now, commenced on 27<sup>th</sup> Dec evening with Sarvajanic Prarthana officiated by Ved Manikere Prakash Bhatmam. This was followed by Nitya Niyam bhajans, Shri Dattatreya Janma Katha, cradling ceremony.

The celebrations continued with bhajans by Chitra Kumta the next day. Those of us, who missed out listening to the Mahila Samaj Bhajan seva at Vittal during Shasthi, got the opportunity when the group presented it to Chennai laity on 29<sup>th</sup> Dec. Datta Jayanti celebrations concluded on 30<sup>th</sup> Dec with Nagar Bhajan.

The AGM of Mahila Samaj was also conducted on that day and Vijaya Karnad was elected President, Archana Gulwady - Vice President, Latha Ullal - Secretary, Purnima Rao & Jyoti Betterbet - Joint Secretaries.

*Reported by Kavita Savor*

**Kolkata :** Members of our Saraswat Samaj, Kolkata, celebrated Diwali this year at the premises of Veda Vyasa Hall on Saturday 15<sup>th</sup> November. Active participation by many members in the musical programme made the evening very memorable. {The

participants and details of the programme are given in the enclosed attachment}. The next programme Tulsi Puja with Prasad dinner was announced for the 25<sup>th</sup> November at Veda Vyasa Hall.

*Reported by Pradeep S. Nagarkatti*

**Kumta :** Nadashri Celebrates Silver Jubilee - "Nadashri Kala Kendra" was established under the auspices of Rotary Service Society, Kumta in 1988 with the sole objective of propagation of Indian Art and Culture. The Managing Committee feels proud to celebrate its Silver Jubilee in a befitting manner.

History - It was with the initiative of Shri Arun S.Ubhayakar and Prof.S.Shanbhu Bhat that this Institute was started and housed in Pandit Hostel [near Gibb High School]. At its inception there were 25 students who joined to learn Hindustani Classical Music under Pandit Sheshdri Gavai of Hanagal.

Now there are over 200 students and classes are being run in the independent building of Rotary Club,Kumta. Hindustani Classical Music is being taught by Vidushi Smt.Jayalaxmi Bhat, Tabla classes by Vidwan Sheshgiri Ayyangar and Bharatnatya by Vidushi Smt.Nayana Prabhu. Our students have appeared for the Grade Exams conducted by S.S.L.C. Board, Bangalore and Gandharva Mahavidyalaya and brought laurels to the Institute.

The Silver Jubilee will be celebrated through out the year with various programmes at convenient intervals. The Inauguration of this Jubilee will be held on 20<sup>th</sup> of January. Tabla Solo by Pandit Sadanandji will lay a Silver Line to our Jubilee Celebrations during this programme. We appeal to all the philanthropic institutions and donors to strengthen our hands for this noble cause.

*Reported by Arun S.Ubhayakar,Mallapur*

**Mangalore :Annual Deepavali Get-Together** was organised By Young Chitrapur Saraswat Association on 18<sup>th</sup> November 2012 at 5.00 PM at "Sharada Sadan" Ganapathi Pre-University College. Sri Brahmanand Kandlur, President of the Association presided over the function. Sri Jayanth Byndur, Retired Manager, Zilla Panchayath Engineering Division, Belthangady was the Chief Guest.

The programme commenced with lighting of

lamp by the Chief Guest and other dignitaries. Sri Brahmanand Kandlur, President welcomed the gathering. Several Games like Badminton, Ring Tennis, Cricket and indoor games like Chess and Carom were held earlier. Konkani Story Telling, Bhagavad-Gita Recitation, Drawing for Children and Rangoli competitions were also held earlier.

Smt. Jayalaxmi Byndur, wife of Shri Jayanth Byndur gave away prizes to the winners of various Games and competitions. Sri Jayanth Byndur, Chief Guest, in his address, expressed his joy over the activities of Young Chitrapur Saraswat Association and complemented the Association. Various cultural activities like music, dance and skits were held to mark the occasion. Sri Ashwin Cherkal, Secretary of the Association proposed vote of thanks. The programme was compered by Kum. Anusha Manjeshwar. The event came to an end with delicious, sumptuous dinner.

*Reported by Dinesh Damble Rao*

*Some of the contributions to 'Here and There' have been withheld due to lack of space. We will publish them in the next issue ..... Editor*

## OUR INSTITUTIONS

### **Saraswat Mahila Samaj, Gamdevi, Mumbai**

**4<sup>th</sup> December** - Dr. Deepa Hoskote, who has acquired degrees in both Ayurveda and Allopathy, was invited to give a talk on Vibrionic medicine. After Padmini Bhatkal welcomed the members and introduced the speaker Dr Hoskote gave an absorbing and informative talk on Ayurvedic medicine – its benefits and powers and then on Vibrionic medicine. She enlightened the audience on how Ayurveda has remedies for many of the illnesses we come across today and marveled at how the doctors and surgeons of those days had researched on these cures. She paid a tribute to His Holiness Shrimat Parijnanashram Swamiji who had advised her to study and become 'a doctor with a difference'. This encouragd her to study Ayurveda first and then Allopathy. Now she works in the mobile medical unit attached to the Sathya Sai Seva Samithi. She stressed that when one takes the

vibrionic medicines it is necessary to have faith in them. Geeta Balse proposed a vote of thanks.

Delicious refreshments were sponsored by Poonam Nagarkatti in memory of Late Smt. Hira Uddhav Nagarkatti.

**15<sup>th</sup> December** was Children's Day at the Samaj. Neeta Yadery welcomed the audience and compered the packed programme replete with a skit, bhajans, dance, tabla and then distribution of scholarships.

Deepa Savkur and Purnima Balsekar presented a skit 'Maharshi Valmiki' enacted by Arjun Puthli, Anusha Nagarkar. Samiksha Kumble, Samarth Chavan and Gaurav Puthli.

Dhruv Kodange sang a song, Anish Bijurkar and Shivam Manjeshwar recited poems. The audience was also treated to a Tabla Solo by Atmaj Koppikar. The programme was concluded with a bhajan by Arjun Puthli. After the scholarships were distributed the high scorers and their mothers were invited to share their thoughts on what contributed to their success.

Then it was time for Bhel and juice sponsored by Sadhana Kamat in memory of Late Smt. Sundaribai and Shri Mangeshrao Ullal.

Forthcoming programmes –

**Tuesday Feb 5<sup>th</sup>** – Puraskar Samarambha – Lekhan Puraskar to Smt. Shyamala Bhat and Smt. Indu Gersappe. Sugam Sangeet Puraskar to Kum. Chitra Kalawar followed by Contributory Lunch Rs. 180/- per person. At 11.30 a.m. at Shrimat Anandashram Hall, Talmaki Wadi.

**Wednesday Feb 13<sup>th</sup>** - Bone Density Test (for Osteoporosis) and Thyroid Test

Spot Registration Rs. 50/- only. All above 30 are welcome. 3.00 p.m. at Samaj Hall.

**Friday Feb 22<sup>nd</sup>** – Matru Diwas – Smt. Vinaya Halady (Teacher); Smt. Sunila Mallapur (Makeup artist); Smt. Maya Gangavalli (Caterer) and Smt. Madhavi Kadle (Textile Designer) will be felicitated for achieving success in their respective fields.

*Reported by Smt. Smita Mavinkurve*

## **SANGEET, NRITYA and NATYA SEVA DURING RATHOTSAVA-2013**

### **AT SHRI CHITRAPUR MATH, SHIRALI**

Chitrapur Saraswats have excelled in the performing arts and made a name for themselves all over the country and abroad. Many artistes have expressed their desire to perform and showcase their talents as Seva to the Math. They would get an opportunity to perform in Shri Chitrapur Math, Shirali during Rathotsava 2013 from 20th April to 27th April 2013.

There will be slots available for groups to stage Drama performances, Classical Music, Light Classical Music, Dances, Bhajans, Hari Katha, etc.

Those artistes and drama groups, who wish to participate, are requested to send their names along with contact details, nature of the show they wish to put on and the approximate duration of the show, to Shri Mahesh D Kalyanpur. Drama groups are requested to send copy of the script as well. His contact details are:-

**E-mail ID : [mkalyanpur@hotmail.com](mailto:mkalyanpur@hotmail.com) Phone number : +91 80970 48963**

Postal Address : 1/22 Talmakiwadi, Jawji Dadaji Marg, Tardeo, Mumbai – 400 007

Each request will be scrutinised by a panel of experts and selected applications will be allotted a time slot as per the availability. The time allotted to each artiste may have to be curtailed.

Please register your interest before 28 February, 2013.

**Cultural Committee  
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### ENGAGEMENTS

**Tallur - Shinde:** Rushabh son of Sandhya and Gajanan Tallur of Andheri Mumbai with Lavkika, daughter of Jayprakash and Kiran Shinde of Andheri Mumbai on 28<sup>th</sup> October, 2012.

**Nalkoor - Sthalekar :** Srikala, daughter of Smita and Anant Nalkoor of Borivili with Shashank, son of Suvarna and Sharad Sthalekar of Vile Parle at Mumbai on 15<sup>th</sup> December 2012.

**Mudbhatkal - Joshi: Nivedita** Mudbhatkal, daughter of Gautam and Sangeeta Mudbhatkal is engaged to Vaibhav Joshi, son of Mahesh and Gayathry Joshi in Mumbai on 16<sup>th</sup> December 2012.

**Shirali - Shirali:** Radhika, daughter of Siddharth and Shanta Shirali of Goregaon, Mumbai with Samir son of Sunil and Swati Shirali of Pune on 28<sup>th</sup> December, 2012 at Mumbai.

**Mallapur - Raut:** Nishant, son of Vijayalakshmi and Dr. Ramdas V Mallapur of Belgaum with Dr. Binita, daughter of Bhakti and Bharat Raut of Mumbai on 6<sup>th</sup> January 2013 at Belgaum.

### BIRTHS

**Kavita** (nee Shanbhag) and Sachin Koppikar joyously announce the birth of a baby boy Samvit on 31st October 2012 at Bangalore. Grandson to Seema and Dr. Uday H Koppikar and Pushpa and Kashinath M Shanbhag and greatgrandson to Ramdas Kumtakar

### ACKNOWLEDGEMENTS

**Dattaprasad** (son of Sanjivan, i nee Vasanti) and Jayant Hervathe and Dhvani (daughter of Pragna and Hemant Mehta) thank all our relatives and friends for your gracious presence and blessings on the occasion of our marriage on 16<sup>th</sup> December 2012 at Mumbai. We request all to treat this as our personal and individual acknowledgement.

**Smt Shantala** and Shri Gurunath Tallur and Smt

Swapna Saha thank all relatives and friends for attending and blessing the wedding of Siddharth Tallur with Kasturi Saha on 9th December 2012 at Kolkata and reception on 15th December 2012 at Borivli.

**Kartik** and Pragna Ullal along with their parents Kishore and Sudha Ullal and Dattaprasad and Poornima Kalyanpur, thank all relatives and friends for their Blessings, Good Wishes and Gifts on the occasion their Wedding on 5 December 2012. Kindly treat this as a Personal Acknowledgement.

### HOROSCOPE CONSULTATION

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## DOMESTIC TIDINGS

### BIRTHS

*We welcome the following new arrivals:*

- Oct 31 : A son (Samvit) to Kavita (nee Shanbhag) and Sachin Koppikar at Bangalore.  
Nov 30 : A son (Ritwik) to Sarita and Nikhil Sadashiv Kulkarni at Mumbai.  
Dec 26 : A daughter (Ira) to Anuya (nee Murdeshwar) and Manoj Durgadas Baidur at Dubai.

### THREAD CEREMONY

*We bless the following batus:*

- Dec 30 : Amogh Neelesh (Anand) Kalyanpur at Karla.  
Dec 30 : Atharva Rajesh Kalyanpur at Karla.  
Dec 30 : Rohan Gaurang Katre at Mumbai.

### MARRIAGES

*We congratulate the following couples:*

- Nov 11 : Sheetal Prabhudev Pattanshetty with Prमित Prabhakar Bhat at Mumbai.  
Nov 18 : Viiraj Narendra Patil with Suroshree Lalitkumar Kanungo at Kolkatta.  
Dec 16 : Dattaprasad Jayant Hervathe with Dhvani Hemant Mehta at Mumbai.  
Dec 23 : Anushree Arunkumar Trikannad with Krishna Gaurang Hattangadi at Mumbai.  
Dec 26 : Sakshi Ashok Kumar with Gaurav Biraj Tracy at Mumbai.  
Dec 26 : Divya Dilip Murdeshwar with Ashish Bijay

- kumar Jha at Pune.
- Dec 27 : Shrisaikameshwari V. Sarma (Danthurthi) with Sanat Arun Talmaki at Shantadurga, Kavle, Goa.
- Dec 28 : Chatura Bhat with Sunil Ramesh Kamath at Mumbai.
- Jan 5 : Sheetal Ashok Sonurlekar with Ashmeet Uday Balse at Mumbai.
- Jan 6 : Anita Haridas Shenoy with Chinmay Ramesh Bajekal at Mumbai.
- Jan 8 : Satya Mohan Kalyanpur with Sarvesh Bakhale at Mangueshim, Goa.

### OBITUARIES

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

- Oct 17 : Meera Prabhakar Sthalekar (nee Nadkarni) (83) at Pune
- Oct 29 : Vimalabai Gurudatt Hemmady (82) at Hubli.
- Nov 18 : Kalyanpur Manohar Mukundrao (82) at Mumbai.
- Dec 8 : Yasmin Deepinder Bisht (nee Nagarkatti) (55) at Dehradun.
- Dec 15 : Shantha Mohan Katre of Jamshedpur (93) at Bangalaoe.
- Dec 19 : Sita Prabhakar Gurkar at Mumbai.
- Dec 22 : Kalawar Balkrishna Nagesh (96) at Dahisar-Mumbai.
- Dec 22 : Shiroor Krishnanand Bhat (72) (of Mangalore) at Bangalore.

- Dec 24 : Bellare Venugopal Sadashivrao (85) at Boston, USA.
- Dec 28 : Dr. Jayant Annajirao Sirur (74) at Nottingham.
- Dec 31 : Durgabai Gurudatt Sanadi at Santacruz, Mumbai.
- Dec 31 : Sulochana Devidas Haldipur, (85) at Dahisar.
- Jan 5 : Masurkar Ganesh Sadashiv (82) (Santacruz Colony) at Mumbai.
- Jan 8 : Eakta Nandan Trasikar (61) at Shri Anandashram, Khar, Mumbai.
- Jan 8 : Tallur Chaitanya Mangesh (51) at Bangalore.
- Jan 11 : Vimala Shantaram Kaikini at Mumbai.
- Jan 12 : Udyavar Ravindra Sadashiv at Mumbai.
- Jan 12 : Kilpady Bhaskar Gurudutt (93) at Bangalore.
- Jan 15 : Sumitra Shivramrao Hemmad (78) at Mumbai

### SAD DEMISE

We regret to announce the sad demise of **Shri Ravindra Sadashiv Udyavar**. He served the KSA as its Chairman of KSA for 14 long years and as a Vice- President (in 1982). He held several portfolios in the Managing Committee like Social Secretary, General Secretary, Holiday Home Secretary and organized many cultural programmes including dramas, pantomimes, lectures etc.

He was also on the Board of Directors of The Shamrao Vithal Coop. Bank Ltd.

A life Sketch of Shri R.S. Udyavar will be published in our next issue.

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