



# Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

## Chitrapur Yuvadhara Kadamba Vana at Panchavati

Interaction with Pujya Swamiji after 1st Session of Plantation



Inaugural plantation of a  
Kadamba Sapling



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# Kanara Saraswat

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e-mail: [editor@kanarasaraswat.in](mailto:editor@kanarasaraswat.in)  
[kanara\\_saraswat@hotmail.com](mailto:kanara_saraswat@hotmail.com)  
(For Publication in the Magazine)

e-mail: [admin@kanarasaraswat.in](mailto:admin@kanarasaraswat.in)  
(For administrative matters)

President: **Suresh S. Hemmady**  
Vice President: **Geeta V. Yennemadi**  
Chairman: **Rajaram D. Pandit**

## MEMBERS OF THE EDITORIAL COMMITTEE

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Editor: **Smita Mavinkurve**

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Editorial Committee:

**Usha K. Surkund**

**Shruti S. Gokarn**

Computer Composing:

VISION DTP – **Sujata V. Masurkar**

KSA Telephone: (022) 2380 2263

TELEFAX: (022) 23805655

KSA Holiday Home, Nashik:

Tel: 0253-2580575 / 0253-2315881

*We wish our readers Happy Independence day!*

## KSA HEALTH CENTRE

Are there many types of Meditation? Which is the right one? Does Meditation really help or is it a waste of time? Can it cure diseases? Is there any proof of its utility?

All these, and many other questions will be answered at the audiovisual presentation on

### “Evidence based Meditation for Therapy and Cure”

BY DR. DILIP KAUNDINYA M.D.

At 10 am on Sunday, the 18<sup>th</sup> August 2013 at the Shrimat Anandashram Sabhagriha,

KSA Bldg, Talmakiwadi, J D Marg, Mumbai 400007

( KSA Health Lecture Series -8 )

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**KSA Kala Vibhag in collaboration with Peshkar Foundation announce  
Guru Purnima Mangalotsav of Acharya H. Taranathji**

**Date: 18th August 2013**

**Time: 5pm to 8pm**

**Pandit Murli Manohar Shukla**

has kindly consented to be the Chief Guest on this occasion.

The following Artists will participate

Miss Rujuta Lad – Vocal , Shri Sameer Naimpalli – Vocal

Tabla Solo: Pt. Sadanand Naimpalli, Kedarnath Muthe, Pt.Omkar Gulvady,  
Balakrishna Iyer, Pramod Hattangady, Uday Raikar, Anand Badamikar (Solapur)

**All are cordially invited.**

**Dr. Shivram Melinkery**  
(President)

**Pt. Sadanand Naimpalli**  
(Secretary)

**Pt. Omkar Gulvady**  
(Jt. Secretary)

**Smt. Geeta Yennemadi**  
(Vice President, KSA)

**Shri Raja Pandit**  
(Chairman – KSA)

**Shri Gurunath S. Gokarn**  
(Secretary KSA Kala Vibhag)

**Last Date of Receiving Applications Under KSA Centenary  
Refundable Educational Grants Program – 31<sup>st</sup> August 2013**

We have printed application forms of the **KSA CENTENARY REFUNDABLE EDUCATIONAL GRANTS PROGRAM** in June 2013 issue of KS Magazine along with the relevant Rules & Regulations. The last date for submitting application forms by eligible students of our community under this program for meeting educational expenses up to Rs. 1 lac p.a. is **31<sup>st</sup> August 2013**.

Kindly note that students who have already availed grants are also eligible for grants for subsequent year of their course subject to availability of funds. A separate application form is uploaded on our website [www.kanarasaraswat.in](http://www.kanarasaraswat.in) You may also ask for relevant form by sending request to [admin@kanarasaraswat.in](mailto:admin@kanarasaraswat.in)

**Raja Pandit, Chairman**

**Shri Chitrapur Math – Mumbai (Grant Road) Local Sabha  
Smt Ambabai Heble Bhagavad-Geeta Competition -2013**

Shlokas for memorisation and recitation for all Groups (I, II, III, IV and V) for "Geeta Recitation Competition" to be held in Nov- Dec 2013 are as follows:

**Bhagvadgeeta 9th Chapter -RaajavidyaraajguhyayogaShloka 23 to 34, and 10th Chapter- Vibootiyoga shloka 1 to11.**

Other details regarding venue, dates etc. will follow in due course of time.

With the blessings and guidance from His Holiness, a new competition in understanding the **Bhagvadgeeta, in addition to the generally held Recitation competition**, is being considered. Details will follow.



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

A common wish that most people have is to 'change their life', the way they are leading it now, but most have no clue how to go about doing that. No amount of meditation, motivational seminars or inspirational books will do any good unless there is soul searching and disciplined efforts made by oneself.

If you notice closely, there are specific patterns in what makes people admired or hated, succeed or failed, positive or negative, and what creates a life of significance and accomplishment versus a life of disappointment and desolation. If you really wish to transform yourself and your life, there are certain do's and don'ts that you need to meticulously weave in your daily life pattern or thought process, as the case maybe, or as the situation demands.

**Don't live a life of false inertia or belief...** that place where you're not doing anything to change your lifestyle. Don't passively accept what comes your way; drive your life toward what you really want. **See things as they are, not worse or better. Be realistic about life and then wish to see it better than it is, and then work towards making it the way you see it.**

**Don't circumvent failure.** Failures offer learning experiences. Overcoming obstacles gives us courage and strength...the very thing that forms character. **Don't focus only on achievement alone.** Extraordinary accomplishment does not assure delight, contentment, love and a sense of importance. You must also focus on fulfillment. **You must always decide what you will no longer stand for** and what you staunchly support. Clarity is control. It helps you to see your life in the right perspective.

Always follow your strategy and decision making with **Action plan.** You have to do the things that are required to be done even if you don't want to do them. You have to keep on... keeping on and generate a momentum that consistent actions produce. **Assess and analyze at every step. Keep track of what's working** and what's not. When something is not working, change your approach. Keep changing until you finally achieve what you had set out to achieve.

When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back. And that is how change happens. One event, one gesture, one person, one moment at a time.

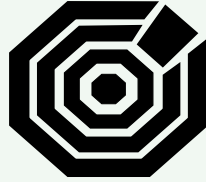
You cannot change what you refuse to confront. Sometimes good things fall apart so better things can fall together. What is important is that you don't think of cost but think of value. No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying.

I had once read somewhere that..... If you really want to do something, you'll find a way. If you don't, you'll find an excuse!!!

*Suresh S. Hemmady*

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II Aum Shree Gurubhyo Namah II  
II Aum Namo Bhagawate Vasudevaya II

## Completion of 86 years of Shree Krishna Janmashtami Utsav

Started by  
Late Smt. Umabai S. Jothady (Ramakka) and Late Smt. Muktabai S. Mangalore



*Dear Devotees,*

*We cordially invite you to participate in the Shree Krishna Janmashtami Celebrations. It is because of your devotion and love that this celebration has completed 86 years and will continue for many more years.*

**The Utsav will be celebrated from 21<sup>st</sup> August to 29<sup>th</sup> August 2013**

21st Aug to 27th Aug	10:30 am	Devi Anushthana & Bhagavadgeeta Pathan
	12:00 noon	Mangalarati, Prasad
	3.30 pm	Nitya Mhantyo
24th Aug	6.30 pm	Discourse by Shri. V Rajgopal Bhatmam on Krishnajayanti Bhajans (Mhantyo) by Santa Ramavallabha Das & his philosophy
	8:00 pm	Prasad
28th Aug	8.30 am	SHREE KRISHNA JANMASHTAMI Geeta Havan
	12.30 noon	Mangalarati, Prasad
	4:00 pm	Nitya Mhantyo
29th Aug	4:00 pm	Nitya Mhantyo, Cradling Ceremony Gopala Kaala (Kaallo) and Mangal

At : 13/3, 1<sup>st</sup> Floor, KSA Building, Talmakiwadi, J. D. Marg, Tardeo, Mumbai – 400 007. Tel. : 23808070 / 9869568198

*On this occasion we gratefully and affectionately remember those devotees who helped and encouraged us to celebrate this programme during their life time.*

*We thank all the devotees who have made this occasion a grand success till now & solicit from you for the forthcoming event and in the future.*

*Thanking You.*

*We remain in the service of Lord Shree Krishna.*

**Mangalore (Kavalige) Family  
And all devotees**



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*May Ruby turn into Gold*

**Ram Mohan Ullal and Geeta Mohan Ullal (Nee Bhat)**



**08.06.1973**



**08.06.2013**

**We pray to our Kuladevata Shree Shantadurga, Our Guruparampara and His Holiness Shri P.P. Sadyojat Shankarashram Swamiji to bless them with good health & happiness.**

**WITH LOTS OF LOVE, REGARDS and BEST WISHES  
from**

**Shashwathi- Vinay, Smitha – Durgesh and Divya-Amit, Prateeksha, Shivani, Aarav and Aadit, Ullal's, Bhat's, Kombrabail's, Shirali's, Heble's, Soukur's, Kailaje's, Chandavarkar's and Balnad's.**

## **HEARTY CONGRATULATIONS**

**TO SMT. SUMAN KUMTA (NEE GERSAPPA) and SHRI. RAMESH KUMTA**

**As they celebrated their Golden Wedding Anniversary on 4<sup>th</sup> June 2013!**

**May Lord Bhavanishankar and Kuldevata Shantadurga grant them good health, long life & happiness**

**MAY GOLD TURN TO DIAMOND!**



**4<sup>TH</sup> JUNE 1963**



**4<sup>TH</sup> JUNE 2013**

**With best wishes & compliments from:**

**Sudhir, Jobana & Saumya; Kavita, Narayan, Tanmay & Akshay;  
Ameeta, Naganand & Advaith (Kedar)**

**All Relatives, Friends & Well Wishers**

**Ramesh & Suman Kumta would like to thank all their relatives and friends for their good wishes and also for participating in their celebrations.**

*The loss is  
immeasurable !*

# **Amey Arun Padbidri**

( 20th Oct. 1982 - 7th July 2013 )

**His untimely demise has shocked family & friends !**

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**Deeply mourned by :**

Wife : Dr. Sonal

Daughter : Aarohi

Father : Arun

Mother : Surekha

Sister : Aditi

Grand Moms : Premlata  
and Shantabai Pai

In-laws : Deepak & Vidya Hemmady

Bro-In-Law : Siddhesh

Grand-In-Laws : Anand & Chitra Biyar

**And also...**

Padbidris, Hemmadys,

Shetiyas, Pais, Nadkarnis,

Hebles, Shiralis, Kalles,

Relatives, Friends and

Staff ( Aroon Travels )



---

## Letters to the Editor

**Dear Editor,** The article on Smt. Kamladevi Chattopadhyay was very interesting and informative. I would, however, like to set one record straight.

The Natya Institute of Kathak and Choreography was started in Delhi in 1964 (not Bangalore) under the aegis of Bharatiya Natya Sangha and affiliated to the UNESCO under the patronage of Smt. Kamladevi Chattopadhyay by the Founder Director Dr. Maya Rao.

Later, in 1987, it was moved to Bangalore, as the then Chief Minister of Karnataka, Late Shri Ramakrishna Hegde requested Maya Rao to consider this as she hailed from Karnataka. The NIKC was established on 12<sup>th</sup> July 1987 at Bangalore with the Patron Kamladevi Chattopadhyay conducting the inaugural ceremony and the Chairman being Shri. Anil Biswas. This is intended for clarification.

*Chitra Venugopal Basrur, a graduate of NIKC*

**Dear Editor,** This has reference to the write-up on “Kamaladevi Chattopadhyay (1903 – 1988)” by Dr. Sushama Arur in KS of July 2013. Kamaladevi was so versatile that many in our community may not even know that later on she was even on His Holiness the Dalai Lama’s Charitable Trust!

*C.A. Kallianpur, Bandra*

**Dear Editor,** It was nice to read that Mr. Suresh Hemmady, President of KSA has been re-elected as the Chairman of SVC Bank Ltd and Mr Gurkar as the Vice Chairman, in the news flash given in the latest issue of Kanara Saraswat, and congratulations to them...However, I wish, the name of Smita Mavinkurve who is the Editor of our Kanara Saraswat Magazine, should also have been mentioned, as she has been elected to the Board of SVC Bank as the Director in the current election, and is a key member of the Team handling KSA issues.

*Krishnanand Mankikar, Vakola*

**Dear Editor,** Enjoyed reading a write-up on Arvind Savur, by my good old friend Mr Kishore Surkund, appearing in the June 2013 issue of KS. May I, through these columns, congratulate Kishore for his efforts to refresh our memories about the legendary Arvind who has managed to remain in the background away from the glare of publicity and public adulation (which he richly deserves), despite his splendid achievements at the international level in the Green Baize Game, thanks to our apathy towards our sporting icons and obsession with cricket.

Arvind came into prominence during the period when the incomparable Wilson Jones was still around, having put India on the world billiards map, having won the World Amateur Billiards title twice (in 1958 and 1960). Along with Shyam Shroff, Micheal Ferreira, Satish Mohan, Agarwal brothers (Subhash and Om), Arvind forced his way into national recognition in the 1960s. Limited patronage, lack of infrastructure and facilities, not to mention about negligible coverage in the media etc., ensured that Billiards and Snooker remained away from public appreciation and lagged far behind Cricket on popularity charts. It is to his eternal credit that these handicaps only spurred Arvind on in his quest for excellence in his chosen sport. Due recognition – though delayed, could not be denied to him for long and along with those named above, Arvind became the flag-bearer of Indian Billiards and Snooker after the retirement of Wilson Jones. I remember having read an exhaustive, full page article on Indian Billiards and Snooker (mentioning the then stars in the making named above including Arvind) in Times of India, including a tribute entitled “Wilson Jones – The Man and his Achievements” scripted by our own Late Devidas B Gangolli (DBG as he was popularly known), then Sports Correspondent in Times of India, when he was free from his main duties in covering Badminton to spare some time for his second love Billiards and Snooker. This perhaps, has been the only notable write-up in the press on the Green Baize Game as far as I can remember.

Arvind thrived on challenges and would come into his elements in the face of adversities. One of his most thrilling matches I was privileged to witness was the play-off between him and Girish Parikh to fill the second spot in the Indian team for the World Snooker Championship at Dublin, Ireland, sometime during 1977-78 (I don’t remember the exact dates). This play-off, held at the Billiards Hall of Bombay’s P J Hindu Gymkhana, saw Arvind at his brilliant best (Shyam Shroff as the reigning National Champion was the automatic choice for the first spot). Needless to say that Arvind made it into the Indian team and in the World Snooker Championship held at Dublin. While the higher ranked Shyam Shroff exited in the early rounds, Arvind progressed as far as the semi-finals, to finish as World No.3. His breezy, fast paced style of play, which belied his imposing, burly frame, received an appreciative press, to earn him a sobriquet “Tornado Fats”.

Even in the National circuit, Arvind won quite a number of titles and remained a popular star- a top draw wherever he played. Though Snooker was his forte, he was equally adept at Billiards and has won National Billiards



title on a couple of occasions, in additions to his National Snooker titles. Of all the players on the National Circuit, he seemed to fancy playing Micheal Ferreira (many times World Billiards Champion), who seemed to be wary while facing Arvind, which is a tribute to Arvind's class.

Shyam Hosangadi, Hubli.  
(shyamhosangadi@yahoo.com)

*We refer to the two very informative letters received from Shri Subhash Madiman (Hubli) regarding the Chitrapur Saraswat Women's Day Celebration by KSA on 10<sup>th</sup> March 2013.*

*The KSA has been observing International Women's Day since 2007. Till 2012, 45 women who are living now, have been honoured.*

*There have been many women in the community in the past who have done outstanding and commendable service and the Managing Committee has planned to honour only two of them every year posthumously. We are also aware that there are many women presently living who have done and continue to render useful service to society. The KSA had certainly not forgotten them and will consider them in future.*

*Thank you Subhash for your valuable suggestions.*

**Gurunath Gokarn, Managing Editor, KSA**

## NAVAL AND VIDHITA (NEE HATTANGADI) LAWANDE



Thank all  
Relatives and  
Friends  
for their  
gracious  
presence on  
the occasion  
of  
their  
Wedding  
on 30<sup>th</sup> May  
2013  
and  
Reception on  
8<sup>th</sup> June 2013



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## Chitrapur Yuvadhara Kadamba Vana at Panchavati

ANUPAMA DHARESHWAR AND DHANASHREE NAGARKATTE

With the love and blessings of HH Swamiji, Chitrapur Yuvadhara Shrama Seva has now become a regular event at Karla, Bengaluru and Shirali where groups of yuva-s (Ramanjaneya Toli) come and offer their seva to our revered Guru Parampara and at the Lotus Feet of our beloved Guru.

The third Shrama Seva for the yuva-s from North and South Kanara was conducted from the 28<sup>th</sup> to 30<sup>th</sup> of June at Shri Chitrapur Math, Shirali. This time, yuva-s from Goa, Sagar, Honnavar, Chittar, Karwar, Gokarn, Shirali and Bengaluru came together to plant 200 saplings of Kadamba at Panchavati under the afforestation programme. The 1.5 acre of plantation is now going to be called “Chitrapur Yuvadhara Kadamba Vana”. It was an exciting and rejuvenating experience for all the city-bred yuva-s. A total of 31 yuva-s and 9 Sanchalaks, led by Smt. Sharayu Haldipur, along with the Shirali organisers led by Shri Bhavanishankar Kailaje maam attended the Shrama Seva. Shri Praveen Basrur, of the Forest Department, provided the saplings and Shri Vaidya, Shri Nagarmath and Shri Subhash Koppikar looked after other arrangements required for the plantation.

### Day 1 – 28<sup>th</sup> June 2013:

Yuva-s were instructed to report to Smt. Sabita Harite and the trickle began as early as 8 am. The first session started at 9 pm that night, after 25 yuva-s gathered in the Dhyana Mandir for the team building activity conducted by yuvati Saikrupa Nalkur and Smt. Archana Kumta. The activity was called “Bridge Building” where we were split into three teams namely, Brahma, Vishnu and Mahesh and each team was assigned a team leader. The task given was to build a bridge using only the given resources and had to meet a few specifications of height and length. Each team came up with creative and innovative ideas of a bridge. This was followed by a discussion where each team talked about the problems they faced during building, their learning from the activity and how they could apply this in their day-to-day life.

### Day 2 - 29<sup>th</sup> June 2013:

The next day began with “Suprabhatam” at the Math

at 6:00 am. After breakfast, we commenced the first session on ‘Forest Conservation’. Shri Praveen Basrur gave a presentation to us about the variety of trees which grew in Panchavati and explained about the Kadamba tree, its benefits and mythological significance.

At around 8.45 am, we assembled at Panchavati to plant year-old Kadamba saplings into pits which were dug and kept ready. We were split into groups- three in each and the technique of planting saplings was first demonstrated by Shri Basrur. The inaugural sapling was planted by Sarvashri Kailaje, Praveen Basrur and Vaidya together. We sprang into action to fill the pit up to 75% with soil, then sprinkle the microbe culture and place the sapling gently. After that, the pit was to be filled with soil to cover the roots. We were able to plant about 70 saplings from 8:45 -11.15 am, a duration of about 2.5 hours.

HH Swamiji came to the site and was very happy to see the enthusiasm and energy with which work was being done. This was followed by an interactive session with Swamiji at the Panchavati Dhyana Mandir (Mrigabete site) where Swamiji made us aware of the sensitivity of plants and how plants respond to love and care. Swamiji told us about the scientific experiments conducted by J.C. Bose and how science confirmed what Sanatana Dharma always followed about being sensitive to nature. He told us how to place the sapling gently into the soil with great care, love and affection and pray for its wellbeing and growth. After snacks, and chocolates lovingly given to each of us by HH Swamiji, we then headed back to the Math.

During Prasad Bhojan each of us took turns to recite a shloka of one’s choice through the course of the meal. In between two shloka-s, the yuva-s in unison gave loud jaijaikars of “Namah Parvati Pataye Hara Hara Mahadev”.

After a brief rest, we reached Panchavati again at 4:40 pm. The work resumed but with a change in strategy for optimal utilization of time and resources as suggested by Smt. Sharayu Haldipur. A few able-bodied yuva-s were assigned to undertake steps 1 and 2 (of filling up

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## Our Cover continued....

the pit with soil and microbe culture) whilst all the girls and remaining boys formed a chain to pass remaining 130 saplings to strategic points to keep them ready for planting into the pits. This was an efficient process and we succeeded in planting 88 saplings over the next hour and a half. We all followed HH Swamiji's advice of placing the saplings into the pit with love, affection and belongingness.

During Ashtavadhana Puja, we sang the Shankarnarayan Geet in Raag Bageshri taught and led by Shivani Kallianpur, Anupama Dhareshwar and Sharmila Kumble. Post dinner, there was an instruction session for the next day, followed by an impromptu cultural session where the yuva-s showcased their talents and played two rounds of Antakshari.

### Day 3 - 30<sup>th</sup> June 2013:

After a wakeup call by Dhanashree Nagarkatte for the girls and Chaitanya Mudur for the boys, we gathered in the Math for Suprabatham and Jalabhishek. After breakfast we proceeded to Panchavati for the final lap of plantation. On our way, it started raining heavily but as we reached Panchavati, with the grace of Lord Bhavanishankar, the rain stopped just as suddenly! By now we were all familiar with the strategy, so without wasting any time the boys marched on with the spades in their hands to fill the pits and girls planted the saplings. We worked continuously without lifting our heads up, and by 9.30 am, the last 42 saplings were planted!

Shri Vaidya then gave us a description about the important work being commenced at Panchavati. We requested him to take us to Rock Hill. The path was slushy towards Rock Hill but that did not deter us from going up there. We then returned by a path which our beloved Parama Guru HH Parijnanashram Swamiji III used to take during His walks. The walk through the dense and cool forest infused us with fresh energy and fatigue just vanished. We enjoyed the heavy downpour and came back to the Math dancing, playing and singing. After Maha Arati we performed Paduka Pujan and offered Bhajan seva.

An interaction with Swamiji was scheduled at 3.30 pm at Dhyaan Mandir. Some of us were ready with their questions which were answered very patiently and lovingly, as always, by our beloved Swamiji. Swamiji

showed some simple exercises to relieve stress. The importance of seva and its practical aspect in our daily life, the power of doing japa regularly which unknowingly fills you with time-tested inner strength, how to increase the speed of japa and so many other practical queries were answered to seekers' satisfaction. To conclude the session, Swamiji sang a bhajan "Mana bhavana" and we all mentally offered our seva at His Holy Feet.

With sashtang pranama-s and deep love, we express our gratitude to HH Swamiji for taking such keen interest in the event and blessing us with His guidance and divine presence. Our sincere thanks and love to Sarvashri Kailaje, Vaidya, Praveen Basrur, Nagarmath and the sanchalaka-s — Sarvashri Subhash Koppikar, Ganapati, Jnyanesh Balse, Gajanan Balwally, Smts. Manju Jamalabad, Archana Kumta, Smita Balsekar, Sabita Harite and Sharayu Haldipur for their support and help.

"Om Namah Parvati Pataye Hara Hara Mahadev"

**Cover photo credits:** Ravi Sorab, Chaitanya Mudur, Sharada Studio.



## UDAY SUBBARAO MANJESHWAR

(23.7.1946 - 3.7.2013)

Deeply mourned:

Suvarna and Swagata Uday Manjeshwar  
Meera and Venkatsubrao Karnad  
Nagaratna, Anand and Shruti Bhatt  
Ameeta, Kishore and Sreesh Shirali  
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## Minutes of the Special General Meeting (SGM) of Kanara Saraswat Association (KSA)

held on Sunday, the 5<sup>th</sup> May 2013 at 10 a.m. at Shrimat Anandashram Hall

Members attending : 120

Shri Suresh S. Hemmady, President of KSA was in the Chair. He welcomed the members and requested Shri Rajaram D. Pandit, Chairman of KSA to read the notice for convening the meeting. Shri Rajaram D. Pandit read notice of the meeting mentioning that the meeting was delayed by 10/15 minutes to enable more members to attend the meeting.

Shri Hemmady said – “The Holiday Home is spread over an area of app. 15,000 sq ft, purchased in 1965 for Rs.17,000/-. It was built to provide the members of our Community with a temporary home with provision of a full fledged kitchen in a serene atmosphere. As hotels were not available at that time this provided a real Holiday Home away from home. The cost of Construction of 4 units was Rs.42,000 with a 1 bhk system.

The Holiday Home was inaugurated on 7<sup>th</sup> of July 1968. As the occupancy rate was good another 4 Units with Hotel Type rooms were built at a cost of Rs.5,93,000/- and inaugurated on 12<sup>th</sup> of November 1995. At present, occupancy rate has fallen below 50%. In the last three years, out of an average 162 days, only 30 days were booked by Amchis. Today Nashik city has expanded and with commercial establishments and wedding halls around, the serenity and the “Home away from home” concept has been totally lost. As our rates are low compared to hotels around outsiders are utilizing the facilities and the intention of providing facility to members of our community is not served.

The financial figures of last 3 years show very nominal profit made by Holiday Home. We have three options before us .....

- 1) to sell the Holiday Home and realize its potential value, relocate the Holiday Home at a better location while retaining 1,500 sq.ft in the present area. This will assure that Amchis who are visiting Shirdi/Nashik for religious purposes have a place to stay overnight. The proceeds from the sale can be invested as a Corpus Fund.
- 2) to Re-develop the present Holiday Home and sell it commercially
- 3) to develop the Holiday Home into a commercial building and earn regular revenue by renting it out.

There are advantages and disadvantages of all the three options. Developing the present Holiday Home on our own is difficult as the KSA committee itself does not have the requisite expertise and will have to rely on professionals to get the work done.

As per the KSA Census 2011 approx 5% of the estimated 6,500 households i.e. 325 households are below the poverty line. The interest accrued on the Corpus Fund investment mentioned above will help us to give a **regular monthly pension** to these households. This has been KSA's dream since the Centenary Year. In the Centenary year, we had announced that we will build Fund of Rs.3 crores. Out of this, 1.5 to 2 crores was to be set aside for Education & Medical purpose and the balance was meant for pension. But unfortunately in the last 3-4 years we have accumulated only Rs.1.25 crores. Many who had promised donations have not been fulfilled their promise.

Being a social organization we have 5 objectives.

- 1) to build a real Holiday Home with a larger area at a better location.
- 2) to start a monthly scheme for all the households which are below the poverty line. As per estimates 5% of the households are below the poverty line. So these 325 households can be given Rs.750/- to Rs.1000/- per month as pension for the rest of their lives.
- 3) to launch a secured loan scheme for needy Amchis to start gainful vocation. There are many people, who are unable to provide the security to get a loan. So the KSA will reserve some money which will be given to these people as unsecured loans at a low interest rate which can be paid back. This money can then be reutilized.
- 4) to add Rs.1 crore to the existing Centenary Fund to achieve our objective of reaching Rs.3 crores Corpus.
- 5) Our last priority, is to write-off the Over Draft (OD) which was taken to renovate our 2 Halls to attract more occupancy. We had spent about Rs.1 crore at that time and it was envisaged that may be in the 3 to 4 yrs we'll pay back. But unfortunately, we have not reached the expected level of targets envisaged in Centenary Fund Management Committee Meeting held during initial stage of Hall Renovation. So, with the result I think it might take another 4-5 yrs, to pay back that OD. We are not earning any interest but we are losing Rs.9.50 lacs per year as interest on the OD. Of course this is the last priority & the 1<sup>st</sup> four are the real priorities.



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If we had invested the original value of the land at Nashik, ie., Rs.17,000/- purchased in 1965 and kept it in a Bank at 12% interest from the year 1965, we would have received Rs.12,85,000/- today. This is as against the present market value of the land of Rs.10.40 crs as per valuation done from a Govt., valuer. Is it not prudent to invest some portion of the proceeds, in buying new property at a better location and to keep 1500 sq. ft of area in the present Holiday Home?

The KSA Managing Committee has decided to entrust this decision to 4 prominent members of our community who are of impeccable integrity & standing. This will be the "Empowered Committee of Nashik Holiday Home (NHH)". They will be assisted by the 3 KSA committee members viz. the Chairman, Hon. Secretary and Jt. Secretary(Holiday Home). The Chairman of this committee will be from these 4 eminent persons. The President of the KSA will be the convener. The Chairman will cast his vote in case there is a problem. These 4 persons are Sarvashri Vinod Yennemadi, Chairman, Praveen Kadle, Uday Gurkar and Anil Bhatkal. After the decision is taken the necessary permissions will be obtained from the Charity Commissioner and we will strictly adhere to all the legalities.

The entire revenue received will be placed in a separate Bank account in a nationalized bank as required by law and the funds will be utilized for abovementioned 5 purposes under direction of the Empowered Committee. Our CA has opined that charitable organisations like us are exempt from Capital Gain Tax under section 11/1 of I.T. Act provided we keep the amount with any Nationalised Bank .

Many people have expressed that the NHH should not be sold as it was created by our elders and it has a sentimental value. But haven't many of us who have lived in Talmaki Wadi, Anandashram, Gamdevi for over 40 yrs sold our houses and shifted elsewhere for economic betterment? One has to take some hard decisions at times. As it stands today, to respect these sentimental values we have decided to retain an area of 1500 sq.ft for our own use in the present Holiday Home."

Shri Hemmady thereafter invited members to express their views. Shri Raja Pandit thanked Suresh Hemmady and announced the names of members who had indicated their desire to speak.

**Shri Hemant Kombrabail** said "Though my father had been a part of the committee which had developed the Holiday Home I have visited NHH rarely. It is better to be practical than sentimental. Effort should be made to mitigate the loss on account of low bookings of the NHH. The Committee should forthwith repay the OD with SVC Bank and clear all its liabilities. The integrity of Members of Core Committee as suggested by Shri Suresh Hemmady is unquestionable and this issue is vital and crucial for the cause of KSA."

**Shri Prakash Basrur** referred to the proposal of constructing New Holiday Home at cost of Rs.2.8 crores and doubted whether new Holiday Home can be built at places like Lonavla & Karla with the same area as of Nashik. He therefore suggested 3 solutions as under:-

- 1) To make the present Holiday Home a much better place instead of going for new Holiday Home as Holiday Home is life Heritage Bldg with sentimental values.
- 2) If we expected to invest Rs.2.80 crs in New Holiday Home then why not we buy smaller plot in Karla or Lonavla.
- 3) If KSA wants to retain area of 1500 sq.ft in existing location, then why not sell at least 5000 sq/ft area to Bhanaps and keep one floor for KSA.

However, he said he was not sure how money would be generated for redoing the Holiday Home.

**Shri Sanjay Puthli** lauded the decision of the Managing Committee especially the four impeccable persons selected as the Empowered Committee. While appreciating KSA's noble gesture to assist 350 persons below the poverty line, he said that liabilities of KSA have to be reduced immediately especially the overdraft facility and the huge interest quotient. He felt whatever process KSA uses to identify Below Poverty Line and needy persons it should be full proof. He appreciated Shri Basrur's idea of "Heritage and Sentimental value" of the Holiday Home with best utility standards. He also said that while selling Holiday Home at Nashik it should be ensured that we create another Holiday Home and also develop a Corpus.

**Shr Ratnakar N. Gokarn** complimented the KSA Managing Committee for their stand as regards evaluating pros and cons of Nashik Holiday Home. Mr Gokarn referred to the "Corridor of Commerciality" in Nasik and the hazards thereof. One would have to be on the lookout for serene atmosphere where 25/30 years there would be no commercialization. Such was an arduous task and hence the present opportunity was worthy in every way of augmenting funds for good causes of KSA and serving the people at the same time.

**Shri Kishore Masurkar** appreciated the yeoman work of funds mobilization done by Mr Suresh S. Hemmady and team in setting a target of Rs.5 crores as part of the Centenary Year Fund. He felt that even a person earning Rs.40,000/- p.m. finds it difficult to arrange funds for heart operation or by-pass. Hence the prime objective of KSA to assist for medical purpose was simply great.

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**Shri S.N.Surkund** fully endorsed and supported the great cause of helping the poor that the Managing Committee had set before itself. He mentioned how he had encountered financial difficulties during his younger days and hence he was all the more supportive of good acts of charity. Such purpose was most noble and worthy in every way for helping the cause of the poor below poverty line.

**Dr Uday Andar** referred that he was born and brought up in Wadi and had seen KSA all along and the yeoman work done in the field of Medical and Education and it is one of the best NGOs. He had a special word of praise for the superb work done by the Committee and felt the KSA deserved encouragement in every way. He said that progress for any community is by giving to those that 'do not have' rather than to those 'who already have'.

**Shri Nitin Gurunath Gokarn** mentioned about the iconic status of KSA Building and the work carried out thus far. However he desired that expenses/income be properly balanced especially liabilities. He urged KSA Committee members to look for other options also to improve finances of KSA.

**Lt. Col. Karpe** while lauding the achievements of the KSA drew attention to how the Nashik Holiday Home was important for *shraddha* and other important rituals. He also mentioned that our forefathers had foresight, vision and had selected Nashik and not Mahabaleshwar for its importance. Whilst drawing attention to Hall renovation he said that proper care must be taken to repay the loan within four years as was conveyed previously and also enquired whether permission from General Body had been obtained for renovation cost in excess of Rs.1crore. To the best of his knowledge sanction had been sought only for Rs.30/35 lacs. He expressed the view that any liability had to be wiped out immediately as Rs.9.5 lacs interest p.a. was a big drain and needed to be settled forthwith. When Lt. Col. Karpe cautioned members against any bad transactions Shri Suresh S. Hemmady assured him that all funds and accounts of the KSA are properly audited and compiled as per law and there is no deviation at all. Lt. Col. Karpe thereafter announced in no uncertain terms that he objects to the proposed Resolution and will vote against the Motion.

**Shri Rajiv Kallianpur** complimented Shri Suresh S. Hemmady and entire Managing Committee for their efforts in Fund Collection on the occasion of Centenary Year and the efforts all along. He said that he had initial misgivings, not about the proposal but about the processes. Now things look better specially with the formation of the committee of 4 impeccable and very knowledgeable, resourceful people. He also said that if we decide to sell the NHH, it makes sense to invest in a plot elsewhere, maybe not exactly because we need a Holiday Home, but also because it gives you the kind of returns which very few classes of assets do, at a very low risk value. If we look at this particular asset, if we decide to sell this plot it is already giving us the compounded annual competitive growth rate of anywhere between 18 to 20%. It should also be one of the conditions that if we sell this, we have to invest again, within a very short period, otherwise we might find ourselves caught in an upward spiral. Thirdly, he said that, this Committee should have some mechanism for inviting suggestions and feedback. Many people may wish to interact. The mechanism for such interactions should be decided. He suggested that in this meeting it should not be a vote on whether "Do we sell" or "Do we not sell". It would be better to have a vote on whether we can empower this committee to go into this proposal and decide processes not only of selling this asset but how exactly funds are going to be deployed. This committee should ensure that when they come out with the findings, those should be circulated in advance so that thinking over this can be done and a more fruitful meeting can be held.

**Shri. Sunil Mangalore** suggested that it should not be only members who are in and around Mumbai but also those reside elsewhere be taken into consideration for this decision. He gave a list containing signatures taken in Shirali against proposal of sale of NHH and said that more publicity should have been given before calling the SGM. He further continued saying there was no necessity to sell Holiday Home even though revenue was low as even in the newly renovated KSA Hall only 5% was bhanap occupancy while it was primarily Jains who utilized the Hall for functions. He also mentioned that Liabilities are a severe drain and had to be wiped out immediately. In regard to Hall renovation, the Managing Committee could have explored the possibility of allotting the work to a bhanap contractor and also working out the repayment mode within the specified period of say 3- 4 years. All these precautions ought to have been taken.

**Shri Subhash Koppikar** appreciated the succinct manner in which Shri Suresh Hemmady had presented KSA's proposal. Whilst welcoming the four eminent persons to the Committee, he opined it would be in the fitness of things to have a cocktail option of the various alternatives put together as regards NHH and its redevelopment.

**Shri Satyanarayan Pandit** lauded the wonderful work of KSA and the noble cause of doing good for common welfare of the Community. He however added that in addition to the superb work done by KSA, the Old Age Home at Panvel be included in the total welfare orientation programme.

**Shri Mahesh Kalyanpur** expressed confusion created by the article of the President 'Sharing of Ideas' published in KS Magazine. While inviting reference to the minutes of 1962/63, he said that at that time also the NHH was located near the City Bus stand in the heart of Nashik City and not outside City limit. He further stressed that the NHH was

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constructed out of donations from well-wishers without an idea of making profit. Hence consent from donors was very much necessary.

Shri Suresh S. Hemmady, President intervened and assured Shri Mahesh that the Managing Committee will take steps to perpetuate memory of existing Donors.

Shri Mahesh further drew attention to the laxity in Hall construction and the various hurdles thereto. He said that 4 Member Committee need to study all aspect including Hall Renovation and suggested that the Pension Fund be looked into separately.

**Shri Vinayak Yadery** complimented President, Chairman and Team KSA for the superb work done by them in toto. He suggested that each and every one has to work in tandem with KSA as a team to drive home a good result for any cause whether it is KSA Holiday Home or the likes.

**Shri Santosh Sirur** lauded efforts of the Managing Committee of KSA especially Pension and Medical Scheme. He also urged KSA to concentrate on pertinent and crucial issues so as to spread greater benefits.

Replying to the queries raised by the members Shri Suresh S. Hemmady, President informed the gathering that the Managing Committee has sought to present facts regarding Holiday Home, Nashik with pertinent details merely to elicit a feed-back.

Any decision however remote as regards sale/ modification/ Re-development would be taken by the Empowered Committee by keeping all members informed and collectively arriving at a consensus in the best of interests of KSA. There would be total transparency and sharing of information.

At this point, Shri Praveen Kadle sought approval from members regarding the enabling resolution required to be passed in the meeting.

**Shri Satish Burde** intervened as regards documentation, rules and procedures to be followed in respect of NHH and requested members to follow all procedures.

Shri Hemmady emphasized that the KSA has worked up this exercise jointly with the Core(Empowered) Committee and requested each and every one of the members to arrive at a mutual common consensus keeping in mind the goal of welfare and betterment of KSA and the Community at large & pass the Resolution.

Shri Praveen Kadle said that since the main purpose of Resolution is to create a Corpus to financially help our community members in Education/ Medical needs and to start pension scheme along with improving the finances of KSA he suggested that the Empowered Committee be allowed to decide on how to raise the finances for this. Shri Rajiv Kallianpur said that in view of Mr. Kadle's suggestions, there is a need to modify the Resolution.

After much discussion and deliberation a draft of the modified resolution was prepared by Shri Rajeev Kallianpur as under and put to vote.

### **RESOLUTION PASSED BY SPECIAL GENERAL BODY MEETING CALLED BY KSA**

#### **Resolved that**

**“After taking into account the sentiments expressed by the members present, it was unanimously resolved that an Empowered Committee be formed consisting of**

**Chairman – Shri Vinod Yennemadi, Shri Praveen Kadle, Shri Anil Bhatkal , Shri Uday Gurkar, Chairman of KSA and Hon. Secretary of KSA**

**The above committee is empowered to look into how the objectives mentioned hereunder may be achieved :-**

- 1. To achieve the Aims and Objectives of the Association particularly in the area of Education, Medical and Pension to the needy**
- 2. To improve finances of the Association**

**While studying the above objectives, the Empowered Committee should look at all the options for raising the funds including the option to sell / develop the plot of Holiday Home Nashik. The Committee will submit the report after the study for the consideration and approval of General Body called for the purpose.”**

The above Resolution was passed by All, one against by Lt. Col. Karpe

The Meeting was terminated with a vote of thanks to the Chair.

# Regret to Inform - Stop - Telegram to Die July 15 - Stop

VIDYA GUNAVANTHE

A boss was in the habit of sending greetings telegrams to his subordinates when they got married out of town. His assistant who used to type out the message, marked the telegram as a 'Greetings' telegram and just put Code Number Eight in the body text before despatching the document to the Telegraph office. This 'Greetings' telegraphic code number 8 translated to BEST WISHES FOR A LONG AND HAPPY MARRIED LIFE when it finally reached the hands of the receiver.

The assistant's colleague had often observed the man typing Code Number Eight in the body text of the telegram. Once, in the absence of the assistant and because of the urgency, when the boss wanted to send a similar telegram to his subordinate who was getting married in another city the same day, the assistant's colleague volunteered to send it.

The colleague typed Number Eight in the body text of the telegram and despatched the telegram to the telegraph office. The subordinate (and bridegroom) in another city was foxed to receive a telegram that read REACHED SAFELY followed by the boss' name.

The sender had omitted to add the word **Greetings** with the result the code translated to some other message.

Such hilarious but many more dreadful experiences in relation to the telegram have often surfaced. But, the fact remains that for most of us, a telegram was once a dreaded messenger that often rang the doorbell in the middle of the night foreboding more often than not, the death of a close kith or kin.

Although many a time it did herald the birth of a new member into the family or as in above case (tongue-in-the-cheek), the safe reaching of a travelling family member.

But what was once an indispensable communication service is itself meeting with sudden death in India on 15<sup>th</sup> of July 2013. Yes, BSNL has rung the death knell for the 160-year-old telegraph service. Overseas telegraph services have already been suspended a couple of months back.

BSNL perhaps has forgotten or is ignoring the fact that the telegraph service is still widely used in rural areas as also in government service. It is also the only communication document that is accepted as documentary evidence in a court of law vis-a-vis the e-mail, fax, SMS, etc. Defence personnel also still use the telegraph service for leave intimations, tenders, etc.

This once-invaluable invention by Samuel FB Morse is now slowly being rendered almost obsolete by e-mails, SMS, smart phones, I phones and many other quick communication gadgets thanks to the telecom revolution.

Telegraphy means to write across a distance. Now, ever so many quicker means of communication have reduced distances to insignificance. And, this historical communication invention—the telegram is all set to meet its inventor. What epitaph would be most apt—DA STOP DID DAI STOP OVER AND OUT STOP?

The author can be contacted at [vidya.gunavanthe@gmail.com](mailto:vidya.gunavanthe@gmail.com)



*People queuing up to send telegrams on July 15<sup>th</sup> - the last day of the telegrams service*



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## Yashodhara Bhat - an obituary tribute

DR. L. MADHAV RAO

Yashodhara, my cousin, who left us all forever was a remarkable woman- *une femme extraordinaire*. Here are some snippets from her life story.

Yashodhara was born in Mangalore, youngest child of Padukone Ramanand and Sita Devi. Her father, though a professor of chemistry, had a deep love for Kannada and had made a name in writing a book called "Hucchu Beladingala Hoo Baanagalu" (Arrows of flowers in a crazy moonlit night). Her mother, ever busy in raising a family of five kids, always found time to write and stage plays in Kannada and Konkani in which young Yashodhara, as a kid, participated too.

Yashodhara's education was mostly in Chennai. There, she was initiated at a tender age into BharataNatyam by the renowned teacher Smt. Balamma. Later on, she came under the wings of her very famous eldest sister Smt. Chandrabhaga Devi and brother-in-law Prof. U. S. Krishna Rao of Bangalore. This dancing couple was invited by the Central Government to stage a dance ballet called "Temptation of the Buddha" in honour of the visiting Chinese Prime Minister Chou-en-Lai. Young Yashodhara was a part of this troupe. At the end, both the PM's came on stage to congratulate the dance performers including Yashodhara. She became an accomplished BharataNatyam dancer in her own right. Her dance movements were suffused with extraordinary grace and verve and her forte was *abhinayanam*. After her marriage to Sri Atmanand Bhat, a journalist, in December 1955, she began taking dance classes for the young.



Like her other illustrious siblings, she inherited a love for literature and the fine arts from her parents. One of the earliest plays she wrote was "Savle Shikar" in Konkani (based upon Anton Chekov's famous play Uncle Vanya) which was staged at Shivaji Mandir, Dadar in 1961 where she also played the lead role. She translated Girish Karnad's famous Kannada play "Yayati" into Konkani which was enacted at Rang Bhavan, Dhobi Talao in 1964-65. She has contributed and participated in a large number of skits, plays etc, both in Kannada, English and Konkani in A.I.R. in Chennai and later on, in Mumbai. Sometime in the early 60's she published a book in Kannada "Akaasha Baanagalu" (Arrows in the sky) under the aegis of the Kannada Sahitya Parishad, Mysore. This was basically an anthology of her various skits, plays and talks in A.I.R.

Soon after giving birth to twins, Lalitha and Indira in 1964, she had to give up dancing forever due to a cruel turn of fate. She became a victim to a dreaded genetic disease called muscular dystrophy which in a few years rendered her crippled and bed-ridden. This did not deter Yashodhara from writing regularly letters from her bed to friends and relatives, composing songs in Konkani and Kannada, contributing articles to the KSA magazine and teaching young school children at home. At the request of persons like me she sang and recorded traditional lullabies and songs for babies in Konkani and Kannada- a great tradition of our womenfolk of the two Kanaras, now unfortunately lost on the young Bhanap mothers of our present times. She even translated the sayings of the prophet Mohammad from English into Marathi and published it as a booklet.

Atmanand Bhat during his lifetime looked after Yashodhara with unflinching devotion, love and care. After him it was Indira who shouldered almost single-handedly and happily the responsibility of looking after her. Lalitha, settled in Ernakulam, always made it a point to visit her mother and stay with her as long as she could.

Though crippled and bedridden for almost half a lifetime, Yashodhara not once bemoaned her fate nor utter a single word of self-pity. She always used to welcome relatives and friends with a big smile, enquiring about their welfare etc, giving occasionally a word or two of advice to youngsters. Her contact with the outside world was through handwritten letters and phone calls. Her life was a unique example of the triumph of mental and spiritual courage over extreme physical adversity, of an indomitable faith in the supremacy of the mind over matter. For this and for more, I salute my sister Yashodhara. She is no more with us but the fragrance of her memories will linger on for a long, long time to come.

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## In Tune With The Divine!

*Tabla maestro Gourang Kodicalmam shares his joyful experience of overseeing the creation of soulful CDs of bhajans and stotra-s rendered by Pujya Swamiji and other fulfilling seva to the revered Guru Parampara of the Chitrapur Saraswat samaja*

It was during the Chaturmas of 1998 in Bengaluru that Pujya Swamiji summoned me, Balsaver Meera pacchi and a couple of others. We were told that quite a few devotees had approached Swamiji with a request that the *bhajans* He sang from *Samvit Sankeertan Saar* should be recorded and released on audio-cassettes, so that they could learn them. We readily agreed to undertake the project. How could we miss this singular opportunity, this “bonus” of getting that much extra time in Swamiji’s Divine Presence?

Thus was born the first audio cassette, *Antarangini~1...* a collection of 13 *bhajans* from *Samvit Sankeertan Saar* (composed by Parama Pujya Swami Iswarananda Giriji Maharaj). In the subsequent years came *Antarangini~2* and *3*, *Stotravali~1* and *Stotravali~2*. All these were recorded and produced in Bengaluru. Then came the Konkani and English versions of *Dhyana Praveshika* – a step-by-step guided meditation conducted by Pujya Swamiji, which was recorded by Ravindra Sorabmam in Mangalore and Shirali.

The next *Antarangini* was in the form of an album of 2 CDs containing a mix of *bhajan-s* and *stotra-s*, and *Jai Guru Parijnan* which contained *bhajan-s*



**The final take!**



**Pujya Swamiji at a recording session**

composed by Parama Pujya Parijnanashram Swamiji III. For these two productions, the rehearsals and the studio-recording were done in Pune. The latest CD in the *Stotravali* series - *Stotravali~3* was again produced in Bengaluru.

All the above recordings were done in the sonorous and deeply moving voice of Pujya Swamiji. Here, I would like to mention an interesting fact. Swamiji was very particular that the *sur* and *taal* of each *bhajan* should be perfect and would insist upon re-takes until He was completely satisfied. Therein lies a valuable lesson for us to learn. By setting very high standards of excellence for Himself in whatever He undertakes, Pujya Swamiji teaches us devotees, by example, to aim high.

Another aspect that touched me very deeply during all these projects was the Equanimity and Grace with which Pujya Swamiji conducted Himself in the course of the recordings. Despite the inadequate and ‘much to be desired’ conditions of the studios and the vagaries of the staff, not once did Swamiji express displeasure. We have so much to learn from these Mahatmas, who are truly the Divine in human form!

The year 2002 marked the birth centenary year of PP Anandashram Swamiji and also the golden

jubilee year of the Bengaluru Math. On the occasion of this twin -celebration, a *Samsmaranika* was planned. I was blessed by Pujya Swamiji to undertake the compilation and editing of this. We published 54 articles and poems (contributed by the devotees of Anandashram Swamiji) and 203 rare photographs. The Souvenir *Ananda* was released by Pujya Swamiji in the Bengaluru Math on 12th December, 2002.

A comprehensive *Directory of Chitrapur Saraswat Musicians and Dancers* planned by KSA, Mumbai was collated, compiled and edited with the blessings of Pujya Swamiji, by Smt Lalith J Rao pacchi, Nayampally Jayavanth Rao mam and me. This 'magnum opus' containing the names and particulars of over 400 artistes and students, was released at the august hands of Pujya Swamiji in Karla on Guru Purnima day in 2006.

In December 2011, during Pujya Swamiji's Talmaki-Wadi camp for the Datta Jayanti celebrations, I too happened to be in Mumbai. Asking for me Swamiji said that an immediate need was felt for making an audio recording containing an entire day's routine (*Nitya-niyama*) followed in our Shri Chitrapur Math, Shirali. He wished that I should take on this responsibility. Realising that this was a mega- project I humbly asked Swamiji if I could please work on this in Bengaluru and He graciously consented.

After a lot of planning, we started the project with rehearsals around February 2012. I was fortunate to get exemplary support of some devotees



**Gourangmam devoutly watching Pujya Swamiji release the 'Nitya-Niyama' CD set at Bengaluru**

like Chitra Saletore pacchi (for all the administrative work like accounts and communication ), Aditi Kaikini Upadhyapa pacchi (for conducting / directing the regular rehearsals, providing her residence for the same and assisting in the studio during the recordings) and Meera Balsaver pacchi (for training the young singers). The recording was conducted in two phases... phase 1 in Bengaluru and phase 2 at Shirali. A few of the Vaidik *mantra-s* were recorded in Shirali and the rest in Bengaluru studio. The three *Pujan-s* (of the Guru, Shiva and Devi) in the voice of Pujya Swamiji were recorded

at the very end of the project in the studio at Bengaluru.

There were about 50 participants in this endeavour (including quite a few from Yuvadhara, Bengaluru), who worked relentlessly with tremendous enthusiasm and zeal. The end result – a 2-CD album titled *Shri Chitrapur Math Nitya Niyama*, was released in the Bengaluru Math by Pujya Swamiji on the 12<sup>th</sup> of October 2012, amidst a lot of fanfare.

I reiterate that none of this would have been possible without the constant Love, Grace and Blessings showered on all of us by Pujya Swamiji... and His guidance at every step. I will remain eternally grateful to God for granting me the unique good fortune of serving, in one way or the other, three of the revered Gurus of our Holy Guru Parampara - Swamijis Anandashram, Parijnanashram III and Sadyojat Shankarashram.

*Photo credits: Gourang Kodical and Kishan Kallianpur*



# Water, Food Security and Malnutrition

## Concept of Water Footprints and Water credits

AVINASH MALLAPUR, ANDHERI

It is heartening to see ads on audiovisual or print media offering and selling household gadgets, electrical appliances and even automobiles mentioning environmentally compatible features and elaborating competitive data apart from financial packages to lure the customers. It is even more heartening to know that the consumer is becoming conscious and particular about environmental aspects even if economics drives the decision. In all fields we want the products that we use to conform to Standard laid down. Efficiency and economy thus drives our modern life.

When we are so much concerned about quality of products and health as a matter of immediate concern, however inadvertently though, in today's fast paced daily activity, we forget to take notice of constant environmental degradation, pollution, and unmindful wastage of natural resources like water, food and air as it is not of immediate concern. We neglect the underlying dangers of lack of concern both at individual and at Government level. Our lack of concern first hits the common man who is socially and economically deprived one, residing in rural areas or adivasis residing in far flung areas, or a farmer who is struggling to produce food for countrymen and silently suffering starvation. This is one of the main reasons of unrest and revolt in such backward areas of our country against the rule of authority and society.

There are several solutions to this problem and one single solution that can make a substantial change in countering the unrest and hunger is availability of land and WATER. Instead of incurring high expenditure on food subsidies which in large measure do not reach the rural poor, a fraction of the same outlay could have given substantive results by now, by empowering the rural folk with land and water. Aspect of Food Security is multidimensional and we are trying to analyse it through the prism of water alone and how it can contribute to solve this complex problem.

### 1) Water and Food Security

UN Secretary General Mr. Ban Ki Moon, while

planning for the next decade, had made observations that world population is expected to increase to 8.30 billion in year 2030 with 70-75 % of it being in Asia and Africa. As per WFP (World Food Programme) monitoring world hunger and malnutrition, to meet the food requirements, there has to be at least 50 % increase in food production to mitigate hunger alone and 90-100% increase to take care of basic nutritional needs and he said that can be achieved only by judicious and sustainable use of the most critical resource of "WATER".

### 2) Concept of Water-Footprint (WF), Water Credit (like Carbon Credit)

The pioneering concept of Water Footprint (WF) was introduced in 2003 by Dr Arjen Y. Hoekstra, Professor in Water Management at the University of Twente, Netherlands. He has so far led a variety of interdisciplinary research projects and advised governments, civil society organizations, companies and multilateral institutions like UNESCO and the World Bank. He has authored many books on the subject, the most sought after being the "Water Footprint of modern Consumer Society".

The WF gives an idea about quantum of water used, directly and indirectly in a commodity. The Water Footprint of a commodity is defined as total volume of fresh water (also called virtual water) consumed/used during its entire process of manufacture ie sum total used during manufacture of its ingredients and till it takes final shape and till it reaches the consumer, recorded as gal/Pound, KL/MT or Lit/kg. Similarly, for agriculture produce like wheat it is the water used right from seeds, planting to growing, harvesting, packing till it reaches consumer. Dr. Hoekstra and his team have designed various models and done extensive work to calculate water requirement of each of the product/commodity a consumer uses including the non-agricultural products. They have also built up a data bank to increase awareness



about water as well as reduce wasteful consumption.

These WF and Water Credit can be used to offer incentives internationally to manufacturers and users or exporters of such products and processes reducing water consumption and pollution, as in case of Carbon Credits offered as incentive to reduce carbon emissions and green house gases. Like energy audit, WF audit has to be mandatory, and that every product and commodity must mention the Water footprint figure on the label, and there has to be penalty for non-compliance. This will bring about awareness and help conservation of water

### 3) India needs to pursue concept of WF and Water Credit

This concept has not been implemented as yet by world bodies such as WTO or UNESCO or WHO as probably it involves regional complexities. This has to be done and pursued by India and other developing countries. Following table gives an idea about mind boggling figures of water consumption (WF), about which we better be aware.

Comm/ product	WF lit/kg	Comm/ product	WF lit/kg
Pulses	750	wheat	1280
soyabean	1560	Bread	1,600
Cane sugar	2,320	Rice	2,800
Milk	6740	chicken	8250
Meat	13400		

In India, production of wheat (Punjab) and rice (Odisha and Tamilnadu) has exceeded demand in 2011-12. However we are lagging behind in meeting requirements of pulses to meet minimum per capita proteins as per nutritional standards. Pulses are a protein-rich source with a very low Water Footprint. By comparison, the water footprints to produce a kilogram of meat, chicken, milk, rice, wheat, sugar are 18, 11, 9, 3.7, 3, 1.7 times respectively higher than the water footprint of pulses. As per UNESCO's data on agriculture in 2010, USA had grown pulses on 7.2 million acres of 'semi-arid land' and only 1.7% of the area was irrigated. Pulse crops such as pea, lentil and chickpea are well adapted to the India's large semi-arid conditions. They use less water and can tolerate drought-stress better than crops like wheat or maize.

### 4) Selective exports

As per 'Infodrive India' monitoring agency of export of agricultural produce, India exported in 2011.....

- ♦ sugar and sugar products worth 2210 million USD
- ♦ dairy and poultry products worth 208 million USD
- ♦ cereals and non-basmati rice worth 6370 million USD

Are these not basic requirements of Indian population for food and nutrition? Why export food products that too with huge Water Footprint? Instead, why not stimulate manufacture and exports of industrial products with much less WF? As such, contribution of manufacturing sector to GDP is decreasing at an alarming rate and is a matter of great concern. If the concept of WF would have been understood and appreciated, there could have been probably better coordination between Health ministry and Commerce ministry to avoid such exports and develop other avenues.

### 5) Save water for better alternatives

The meagre Water resources in India are being used very irresponsibly can be explained by concept of Water Footprint. A specific example, is production and export of sugar. Sugarcane is a highly water intensive plant and sugar is a product with a large water footprint i.e. to get one kg of sugar it consumes 1800 litres of water and India can ill-afford export of sugar. Even making Ethanol from sugar as additive to petrol is colossal waste of water and energy which otherwise could be used for producing staple cereals and pulses to meet the basic hunger and nutritional needs of the masses in UP and Maharashtra. Secondly Indian sugar industry is inefficient as we use 25-30% more water for cane and 40% more water and power during sugar processing compared to the world leader Brazil. We must improve efficiency of sugar industry to at least Brazil's level. The water saved could be used for other protein-rich crops. Under such conditions the government has allowed further exports of up to 2 million tonnes of sugar this year giving reasons that the industry production exceeded domestic consumption. The overcapacity in sugar industry is due to political compulsions, which is not in the interest of our country.

### 6) Abysmally Low Rural Income

As per FAO, out of 925 millions affected by hunger world over, about 450 million live in India's rural

and remote areas, severely affected by water scarcity and are unable to sustain on agriculture. They suffer from malnutrition. It is a very depressing scenario and something drastic needs to be done. When we visit villages even after 66 years of Independence, we see the same picture of the farmer ploughing the farm with his bullocks and women doing hard labour. The younger generation is running to cities for wages leaving the old ones or one of the siblings to look after land. Thus it is difficult to get labour in villages and labour cost has gone up. Thus residual labour gets more wages but without increase in productivity.

This is -ve growth, as it increases the prices of commodities. The real +ve growth is to increase food production, increase supply, thus increase of wages and greater food security and increase in capacity of rural masses to spend. It is incorrect to say mechanization will result in unemployment in agriculture. The same arguments were put forward 25 years ago when computers were introduced in banks and offices and instrumentation in industries. Today we see the results of the developments.

As per National Sample Survey Office of India (NSSO) under Ministry of statistics in 2011-12, India has about 620 million farmers with small (less than 1/2 acre) holdings of land and about half the rural population has Monthly Per Capita Expenses (MPSE) of below Rs 1220 /-and only 10% had above Rs 2096/- Just to give example MPSE (Rs) in rural India.

State	MPSE	State	MPSE
Jharkhand	1010	Odisha	1025
Chatisgarh	1035	Bihar	1125
MP	1160	Maharashtra	1359
Punjab	1850	Haryana	2070

The bottomline is that food accounted for about 54- 65 % value of the average rural Indian's household consumption during 2011-12 . At the prices prevailing ,it is difficult even to comprehend how one manages the hunger . Any amount of progress we do in other fields is of less significance if we can not meet basic needs of marginal rural population.

Our Government's participation has hardly contributed to economic development or improving productivity in rural India. When the farmer is operating

at a marginal level, even if everything goes alright, at the end of the season, he just gets equivalent to his labour input and nothing more. If there is some calamity as irregularity of monsoon or floods or pests infestation and his major crop is lost, then farmer gets nothing but starvation in his plate. This picture has to change and it appears this can only happen with participation of corporate sector as happened in auto ancillaries. No doubt that the complexities in farming are quite different. By one estimate, India has about 620 million farmers ( highest in the world) with small land holdings of less than half an acre. Hence, the essential thing in agriculture is to maintain ownership of land with farmer exclusively.



## 7) Participation of corporate sector in agriculture

Corporate sector partnering with farmers will bring in economies of scale, know how ,mechanization, new techniques like drip irrigation and fertigation, use of hybrid high yielding seeds or certified Genetically modified seeds, and will manage the market and finances and insurance against risks with farmers offering their land for cultivation, labour and local logistics. Though some corporates have moved in this direction with very encouraging results, we need a National plan and firm policy initiatives in this regard from the Government.

It is heartening to see initiatives taken by some corporates like Bharati and ITC in Rajasthan and Punjab; Ion Exchange, Mahindra (Samrudhi) in Maharashtra; Reliance, Essar and Excel in Gujarat and NABARD in rural finance all over India in this direction. Sir Ratan Tata Trust in association with the International Water Management Institute (IWMI) promoted by sixty governments in Asia pacific region, have emphasized the aspect of conservation of water and is continuing collaboration on water policy research program in India .

One special mention must be made of ITC Ltd. ITC has immensely contributed to transform and enrich the rural landscape of India by creating sustainable livelihoods. It is the only enterprise in the world of its size, to be carbon positive (for 8 years), water +ve (for 11 years), and solid-waste recycling +ve (for 6 years). It has contributed to food and environmental security by not only augmenting precious natural resources but also ensuring efficient use of them. ITC's e-Choupal is the world's largest rural digital infrastructure disseminating information to rural India on seeds, crops, rainfall, pests, prices etc regularly to more than 4 million farmers and empowering them. We are sure, with the right political climate, many more Indian Corporates will contribute to transforming lives in rural India.

### 8) Emerging Scenario- silver lining of hope in rural area

Slowly but surely there is a change of scenario in rural India which is discernible.

In spite of pathetic situation in agriculture, there is a silver lining ! The young ones in villages, who had better access to education and access to print and

audiovisual media have capitalized and improved their employability. India has world's largest workforce in age group of 18 to 35 and we had seen the exodus of unskilled workers to cities in last 20 years in search of jobs and to improve skills. With this exodus the congestion in cities has increased. With lack of infrastructure, rising costs of lodging and skyrocketing prices of commodities in last 10 years, the quality of life in cities has deteriorated so much so that young ones who have ancestral land are slowly migrating back to villages instead of languishing in cities. It is so heartening to see middle aged and young ones thronging to Agricultural Exhibitions and Melas and taking keen interest and taking notes.

Assimilating new technologies, duly assisted by corporate sector at some places, recognizing their social and political rights, and coupled with hard work there have been many success stories of individuals as 'Game Changers' bringing transformation in rural India. That is the real hope. They have understood the principle of life as there is a saying in Marathi "tUca Aahosa tuJyaa jaIvanaacaa iSalpkar" and this is the real driving force of rural India.

*To be Continued*

*:- With Best Compliments :-*

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# California Calling

JAIDEV CHANDAVARKAR, USA

## Yoma Myanmar:

Ever since I read Benegal Ramesh mam's memoirs of life in Rangoon, and his war year experiences, I wanted to get some first-hand experience of Burma and what better way to do it than visiting a Burmese restaurant in Los Angeles?

So I checked with a Burmese friend of mine about a good local Burmese restaurant. She was dismissive of the Burmese restaurants in Los Angeles and told me that the best Burmese food in Los Angeles was the cooking she did at home. She even invited Chitra and me for lunch so we could experience great Burmese food. But experiencing food is like reading books in a sense. Only when you read a wide range of books that includes mediocre writing, can you truly appreciate great writing. So we decided to try at least some of the local Burmese restaurants before we had lunch at her home.

So I made a random choice from the options that came up on screen in response to my Google search for "Burmese restaurants in Los Angeles" – and the random choice fell on Yoma Myanmar, in Monterey Park, a city to the east of Los Angeles and about 65 miles from Thousand Oaks. We drove through the high-rise clusters in downtown Los Angeles, passed Chitra's college (Cal State Los Angeles) and on to Monterey Park.

The restaurant was set in a series of drab stores, each one almost indistinguishable from the neighboring one. But it was Yoma Myanmar all right, and we walked into the restaurant. It was a small restaurant, with only five tables arranged in close proximity. An embroidered map of Burma with its major regions hung on the wall and scattered about the restaurant were some Buddha heads and other art objects from Burma.

Within a few minutes, the owner of the restaurant emerged from the back room. She was enthusiastic about Burmese cuisine and very willing to talk about it. She told us she had arrived in the United States about twelve years ago from a small village 200 miles north of Rangoon, and had set up this restaurant in Los Angeles to offer local Angelinos the food she loved so much.

We told her that Chitra's mother was born in Rangoon, and left for India when she was very young, but she still had happy memories of Burmese delicacies, such

as, for instance, noodle soup that used to be sold at street corners in Rangoon. The owner immediately recognized what we were talking about and said it was difficult to reproduce the mouth watering taste of that noodle soup, but she did have the same noodle soup and suggested that we order it. So we did, and added vegetable fried rice to our order. As we waited for our food, we were joined by an Indian family of three people. They took the table next to us, and were soon chattering away amongst themselves. But their conversation was not in any Indian language and we realized that they were speaking Burmese only when they continued talking to the owner in the same language a few minutes later.

It turned out they were Indians settled in Burma for at least three generations. They were a business owning family, and ran tourist hotels in towns close to Rangoon. We exchanged business cards and brief stories about who we were and how long we had been in the United States. We told them we were planning a trip to Burma and maybe we could stay in their hotel? Of course, they said, and some more details were exchanged.

The food was good! If this was mediocre Burmese food, we were in for a treat at my friend's home!

## Thousand Oaks Now and Then

Thousand Oaks was incorporated formally as a city with its own City Hall and police force in 1964. Next year, Thousand Oaks will be fifty years old. Things have changed a lot in these fifty years. Back around 1964, Thousand Oaks was mostly known for Jungle Land, which featured big cats and other animal actors with roles in Hollywood movies. In fact, Leo the lion who became the Metro Goldwyn Mayer symbol was one of the biggest attractions of Jungle Land. People would drive out from Hollywood and Los Angeles to see Leo.

As the years passed, open farming country was gradually converted to housing settlements. Ed Robinson, a professional photographer who settled in Thousand Oaks in 1959 and sensed that Thousand Oaks was going to change dramatically over the decades to come, started taking photographs of the city over the years.

Last month, the 75 year old photographer presented

his photographs at our local Library. The event was at 2:00 pm on a Sunday afternoon, and Ed Robinson had an unvarying monotone, so I was soon dropping off. But in my moments of wakefulness, I saw some remarkable photographs beamed up on screen. One was a photograph of one of the major crowded intersections taken back in 1961. Back then, it was like a country lane going through open farmland. Another was a photograph of Oliver the lamb, who was more at home with sheep dogs than with his own kind.

Oliver did not associate himself with his fellow-sheep; he saw himself as a dog and held himself with the dignity of a hard working sheep dog who earned his keep, instead of an unthinking, apologetic, sheepish sheep. He watched the other dogs do "tricks" to get a treat, and did the same himself. His owner loved him and did not separate Oliver from his pack of sheep dogs. In fact, in one photograph, Oliver sat proudly right next to his owner and in the center of the photograph, and it was the sheep dogs who were spread all around.

More to come in next issues .....

*Jaidev Chandavarkar*

Email : [chitransai@gmail.com](mailto:chitransai@gmail.com)

## EXAMINATION RESULTS

Students who have passed in the various examinations held in Mumbai, Pune, Bangalore and other parts of the country, are requested to send their details in the following proforma to

The Editor, Kanara Saraswat, before 15<sup>th</sup> August, 2013.

Name (in full):

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# Judicial Review of The Supreme Court

ARUN R. UPPONI, BELGAUM

*Arun R. Upponi from Belgaum is a legal Journalist. He is in close touch with Internationally acclaimed Jurists and has received letters in appreciation from celebrated Jurists such as Hon. Y.V. Chandrachud- Former Chief Justice of India, Soli J. Sorabjee – Former Attorney Journal of India and some others. We intend to publish some of his articles serially.*

Quite some time back, the Country observed that our Honourable Supreme Court (SC), had denied to review its own judgment, delivered on the Government Employees' strike (Tamil Nadu case), ruling that the employees had no fundamental or moral or legal right to go on strike. Such denial of course disheartened the trade unions, because they had to knock at the doors of the SC, for reverting the Court's earlier verdict.

Since, India chose to have the Federal set-up (American style of establishment), a courageous SC exists to strengthen the democracy, and to effortlessly solve the many disputes between the Union and the States.

Secondly, it is known that our parliament is not supreme, unlike the British parliament which enjoys supremacy in all respects. Thus, if any Bill is approved in parliament unconstitutionally, by a brute majority, for the selfish benefit of any ruling party, the aggrieved parties can appeal to the Supreme Court to give its opinion, to see whether or not the approved bill is legally sound and deserves to get a proper place for the prosperity and sound governance of the country.

## **What is Judicial Review?** (Ref Dr. D.D.Basu)

Our SC enjoys more powers than any other SC of the Commonwealth countries. It is a final appellate Tribunal, a high constitutional advisor to the President of India (Article 143) and a self respecting constitutional authority, besides being a trend setter.

Now, so far as the Judicial Review is concerned Article 145, gives enormous powers to the SC to unrestrictedly review its own judgements (such kind of power has not been vested even with the Judicial committee of the Privy council in Britian. But, one can note that the US SC, is authorized to review its own decisions, besides holding the powers to over-rule the laws of the Congress and of State and local Assemblies, if they are found discordant to the constitution.

Article 137 authorises the SC to review Acts of Parliament, if they are not well fitted in the constitutional frame work. But, in Britain, no court can strike down

Parliamentary Acts, as the British legislature has infinite powers.

Hence, a Judicial Review means the enforcing right of the SC to declare the legislative acts ineffective and also to set right the court's own pronouncements, to avoid miscarriage of Justice.

**Momentous Methods observed in Review** (Ref. Prof. (Dr.) M.V.Pylee, EX-V-C.)

It is vividly underscored that the SC does not review its own judgements, unless it finds certain meaningful valid legal points in the specific case to be reviewed. Besides, the court also wisely discovers important new facts along with solid evidence, after profoundly studying the earlier views of Judges, placed before it, for review. Thirdly, the court, only after fully being satisfied with the genuine errors found on the face of the record, agrees to proceed for review.

Lastly, the court, on ascertaining well-grounded reasons, believes to accept the particular case for review. A minimum of 2 or 3 Judges sit to hear the review petition.

## **Reviewing of its own judgements** (Ref SC Cases)

So far, the SC gave its willingness to review some of the public interest cases such as Judges' case (S.P. Gupta Vs Union of India), Antulay cement scandal case of Bombay and Union Carbide case of Bhopal. Here, the court had accepted the noteworthy erroneous legality in these cases, while suggesting suitable amendments, to the earlier Judgements.

But, the SC had given its disapproval to review the verdict, of the then 'CEC' Seshan's case, equating the powers of 'CEC' with that of the other two Election Commissioners, Gill & Krishnamurthy (now retired).

**Quashing Parliamentary approval Laws** (Ref. All India Reporter) (The cases commendably argued by late Nani Palkhiwala.

While annulling the oppressive and unjust laws of parliament, the SC in its Judicious ruling, held in the Bank Nationalization case that the Banking Companies Act, 1969, was unconstitutional, for violating articles 19 (1), (right to hold equality before law & compulsory acquisition of property, respectively). While, in the famous "Privy- Purse case", the SC had ruled that the Presidential order of Sept.6, 1970, derecognizing the former maharajas was illegal, as such a midnight order was reluctantly issued suiting to article 366 (22), which defined the term "Ruler".



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# The Big, Bad Bank

SHYAM AMLADI, MALIBU, CA

Over the past five years, along with many other banks, the Grimleys Savings Bank and Trust in our little town of Lisle, Illinois has been gobbled up by those big beastly banks from the East. Yes, Noo Yok.

Now the Grimleys Who? Bank is called The Great Eastern Atlantic & Pacific National Bank, N.A.

And not just the name. Gone is the look, the feel, the touch. . . . in fact the soul of Grimleys. Gone is the homey, old-fashioned wood and laminate combo look. Gone are the frumpy bankers, dowdy tellers and a smiling, granny-chubby Mrs. Wingate who minded the vault. No longer are you greeted by Joe, the guard who couldn't scare a kid if he tried; and official bulletin board that doubled as the message center.

Out with the old, in with the new reality. Yes sir, we at the Great-National-of-Whatever-and-Don't-You-forget-How-Global-We-Are Bank are positively gleaming with avant-garde architecture of steel, lacquer and glass. Laminates are out, marble is in. Canvas cubes are out, and gleaming frosted glass "customer centers" are in. Instead of the grouchy, dyspeptic face of Mr Stanwood Grimley which decorated his bank for some 125 years, our logo is—a tulip. How un-American! How blasé! No matter.

And old Joe, the guard? Gone! Replaced by a 6'4" stud who looks like he just stepped out of the Marines. Bet you he could shoot nickels off of your scalp at 100 yards!

And there is fresh coffee and almond cookies in spotless array of china, silverware and linen.

All that is missing at the bank is the masseuse.

Ah, not really! If you get up to the third floor (entry by special card only) where they tend to blokes who have three million or more in investable funds, you get him or her. The masseuse, I mean. Plus a welcome drink of rare scotch or gin. Or, if you are silly enough to refuse them, a fresh lemonade.

What else can we do to impress the heck out of you? And, most importantly, what in the world can we sell you today?

Seriously, I do miss my old bank. As I grow into middle-age, I am finding it hard to keep up with

this whirling-dervish world of high finance. Not to mention the always smiling, always energetic bright young pesky bankers who walk around dressed like models, nip at you from both sides, wanting to know if they can do anything to help you today.

By now, everyone in my household has received offers of free credit card, equity loan, credit card balance transfer loan, forget-the-principal-and-sit-back-and-smile loan, no-sweat-if-you-overdraw loan and other "feenancial" products I can barely pronounce, much less comprehend. Interest rate swaps, syndicated real estate trust receipts, CDO, CLO, forward laddered bonds, short scrips, disintermediated currency trading chits. I could go on, but I have to take my aspirin now.

Finally the devil in me caught up. Why, the other day, I hustled up to the walking-talking-chewing customer rep. "Miss," I asked, "Could you help me?"

"Of course, that's what we are here for. And what can I do for you, Sir?"

"Here," I began in my no-nonsense vocal imitation of Donald Trump. "I need an accurate, closing price on Indonesian copper ingot #2, spot sale, short stack. And I need it right now. Second, I need to know how I can transfer 10,000 dinars to Tirana, Albania on the 8<sup>th</sup> of next month, not the 7<sup>th</sup> or the 9<sup>th</sup>, but precisely the 8<sup>th</sup> and do it in such a way that my forward currency exposure is disintermediated as mark to market."

Now, if I had asked the same question of the walrus-moustached Mr. Killian, the bank manager of the old bank, he would have thundered, "What kinda fool question is that? Speak English, son, don't you be using them big words with me. I know'd you since you were walking around in short pants. We don't keep track of copper, gold, silver or any of 'em things at this bank. That's for gamblers, son. Take my advice, and stay out of that cesspool! And what the heck is a Tirana?"

Well, the mannequin was unfazed! She promptly zips out a gizmo that looks like a hand-held grenade, pops it open, fingers whirring all over its little screen. Exactly 15 seconds later, she looks up, gives me a big smile and says, "245".

Ha! She thought she had me, did she? "245 what?"  
"US dollars, of course".

"No, no, \$245 a ton, a pound, and is it Gaylord price, is it FOB, delivered? Is it a trans-shipped batch or full? And is the ingot alloyed, and if so, do I get credit for non-ferrous alloy in it?"

I was glad to see the mannequin begin to fade a bit.

To make a long story short, I got her and got her good. Not just her, her supervisor, my personal financial adviser, my wealth planner, the whole darn tootin' branch, the zonal office etc. etc. They are all working on this little query. The first one. They have promised to get back to me.

It has been 3 days. I have called and yelled at the manager. He has apologized to me for the delay and the inconvenience to my business at least 6 times. And, oh, I just got four hard-to-get tickets for the Madonna show and dinner to boot.

Ah, how sweet the revenge!

(P.S.: This just in. The Great Eastern Atlantic Bank just paid a king's ransom to the New York State Attorney's office as part of a deal for a bunch of bad things they probably did, but don't have to admit to!)

*Shyam Amladi can be contacted at paanbahar@yahoo.com*

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### Young Viewpoint

*Here is a poem which won a prize on the occasion of International Womens' Day*

### THE STRONG GIRL

Like a seed, grows the girl  
Who looks like a beautiful pearl!  
When nurtured, the girl grows into tender sapling  
and day by day keeps on growing.

When she grows as big as a tree  
She stands firm and strong as well as free,  
fearless from any problem or situation.  
Like the same huge tree she casts her shadow on the needy,  
In the form of help and care.  
No matter what happens she can bear.

Like the season of flowering,  
she blooms without any hankering.  
Thus we can see the season of fruits  
and the girl's foundation being as strong as the roots.

*Ankita Ugrankar, Chinmaya College, Hubli*



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# Senior Citizens' Assisted-Living Community

MANOHAR BAGADE

The purpose of this article is to initiate a debate on a vital issue that has received little attention from both our old and young generations. I am a senior citizen in my early 80's and therefore may be considered an interested party. The views expressed here are based on my own experience of over twenty years and my observation of other families with seniors-related difficulties of varying nature. It is my firm belief that a senior citizens' assisted-living institution for our community is the necessity of our times.

Our community which has done pioneering work in many fields seems to have sadly ignored co-operative welfare of our seniors. A few years ago efforts were made by two different groups — one in Pune and the other in Bengaluru — to introduce the concept of assisted community-living for elders who had financial resources, but lacked physical strength to live independently. Both schemes could not achieve the desired results. While the Pune project was later converted into a co-operative housing society, the Bengaluru project did not go beyond the planning stage.

Failure of these two attempts could be due to small size of the groups chosen for the experiments. Projects of this nature need large funds for infra-structure and efficient running and cannot be started as self-financed entities.

For real success of the scheme, whole-hearted backing and involvement of the entire community is necessary. Such support can be expected only if the scheme caters to the needs of the whole community and not a small section. Every family should share the cost of infra-structure since passing on this cost to the prospective residents will make the scheme expensive and beyond the reach of most families. A reasonable refundable security deposit can, however, be collected to ensure that all dues are paid on time and when the residents exit there are no unpaid dues.

To keep the running costs low and make the facility affordable, active participation of honorary professionals and volunteers from our community is essential. A good example of such voluntary service

can be witnessed at two institutions founded by Shri Satya Sai Baba at Puttaparthi and Whitefield. Every year devotees of Baba stay there for a week and render voluntary service every day according to a daily roster. The services include cooking, cleaning and even nursing the sick. It is only such selfless service that can make the scheme viable. Many members of our community are devotees of Baba and volunteer for such service. Some of them can provide useful input in the form of information on how the service is organized at those institutions.

I hope some prominent members of our community will give serious thought to this concept, work out a scheme and encourage and guide some enterprising youngsters to take up the project. Assisted-living community can be an ideal alternative to the fast dwindling joint family system.

The reason for rejection of the assisted living concept by most people could be either their belief that it is our sacred duty to look after our elders in their sunset years, or a lurking fear of criticism by members of our community if elders are not looked after at home, but moved to senior citizens' community dwellings. It is time to discard such outdated thinking and examine the issue dispassionately.

The premise that keeping the seniors in community homes is akin to forgetting them or that staying away from relatives affects the bond of affection, is erroneous. Hundreds of our youngsters have gone abroad and settled down in different countries in search of better quality of life. They have not forgotten their parents! They are in constant touch with them and rush to their help at the least sign of trouble. They send a substantial part of their earnings to their parents to keep them in comfort.

It is nice to imagine an ideal setting where elders are looked after at home by their children/relatives and can enjoy leisurely life. Reality, however, is quite different. In most house-holds both husband and wife go to work, either out of necessity or by choice. The responsibility of managing the house devolves on the old couple. As long as the parents have the energy to

work, things go smoothly. However, when the parents become too old or sick the situation changes. It is under such circumstances that placing the elders in the community dwelling becomes a necessity.

The idealists who advocate care of the elderly at home and insist that moving them to community dwellings is cruel, are generally the arm-chair critics who have little experience of dealing with the elderly and no idea of the stress the relatives feel while caring for them. Most of the seniors become confined to bed at an advanced age or turn eccentric and cantankerous due to senility. Caring for them is a full-time job which a working couple can hardly manage without help. Good help is hard to get. So moving them to community dwelling becomes the only option

It makes no sense to move the elders to the community dwelling after they have become senile or disabled. In fact, most community homes insist that the persons should be in normal health at the time of admission. The decision to place the seniors in the community home should be taken when they still have the energy and enthusiasm to enjoy a leisurely life and mix with other members of the community dwelling to create a new world of their own.

At first sight this may appear to be a dream-project which may remain a pipe-dream. But I am sure that before long, some enterprising youth will take up the challenge and make the dream a reality.

*The Author can be contacted at manoharbagade78@gmail.com*

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## INDIA, the HOLY LAND

Sacred HIMALAYAS abode of Lord SHIVA  
Snowcapped mountains a stunning Vista  
Mt. KAILASH and others, are pilgrim sites  
Many desirous to visit despite Chilblains / Frostbites  
Flowing river, Mother GANGA - Ma, from these heights  
Giving life and sanctity down these mountain sides  
To have a dip in Her Holy Waters so rich  
Brings joy, total jubilation and Bliss  
Many of Her tributaries pass through towns  
Providing activity on river banks downtown  
Rivers Brahmaputra, Cauvery, Krishna and others  
Are equally Divine to people, as Mothers  
Offerings of lights, flowers floating downstream  
Celebration of Festivals, and loud prayers beam  
Places of worship are all over the land  
Help gain Peace and Solace, in one's mind  
Holy Ashrams and Maths have long since existed  
Away from towns and cities they have persisted  
RAMESWARAM where the three great Waters have met  
A Splendid sight to witness Sunrise and Sunset  
Vast expanse of Sea Waters a wonderful combination  
Arabian Sea, Bay of Bengal, Indian Ocean, glorious culmination  
Waves gently lapping the shores, inspire Meditation  
INDIA the HOLY LAND, is overwhelming in Devotion

**- KUMUD LAJMI**



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## A Trip to Remember

LATA RAO (ULLAL)

I like travelling and it was my long wish to go some unusual place where one can enjoy the combination of the nature's beauty as well as manmade beauty. This dream of mine came true recently when four of my friends went on a package tour.

Our trip to Shimla, Kullu, Manali, Chandigarh, Delhi and Agra was wonderful; especially our visit to Rohtang Pass in Himachal Pradesh was most memorable where we saw snow covered peaks of Mount Himalaya.

That day we got up at 4 am and started at 5 am from our hotel at Manali, reached there around 8.30 am and within 5/10 minutes it became very cloudy and snowfall started. Though we were wearing insulated coats, hand gloves and caps etc we could feel the cold and our fingers were getting numb. But still that experience was so thrilling.

We stood out in the open and enjoyed the direct snowfall on our bodies and faces. Within minutes the fallen snow became solidified. Nearly for 1 1/2hrs snow fall was there and thousands of thrilled tourists took out their cameras and video cameras to click the Nature's beautiful creation.

In the small numerous tents, the hot tea/ coffee, omelette, noodles, bread sandwiches, and hot pakoras that were available was a boon to the tourists and we too enjoyed egg omelettes, bread and hot coffee.

At Kullu we all had the most unforgettable experience of river rafting in the River Beas. The clean cold, fast flowing water took our inflated boats up in the air and some times deep in the water giving us many swings and fast turns and kept our hearts pounding!. Kullu is a quiet and cool hill station with lots of fruits and flowers.

We had some good fruits there which are not available here. We found all the animals there had lots of fur. Good quality woollen shawls, sweaters, carpets were available and quite cheap too. There is also great demand and attraction for the products of rabbit skin too, which are known there as "Chingu items".

The Shimla trip was not so good as there was acute water shortage, the hotel too was not good and it was quite hot and we were left with a feeling that we were not on a hill station! Chandigarh is a well planned, clean and beautiful city with unimaginable Rock Gardens which

is worth seeing, more so because it is entirely made from waste materials like old switches, broken tiles, bangles, various shapes of stones etc.

We had been to Agra and Mathura to visit the Taj Mahal and ancient Lord Krishna's temple but unfortunately that day the day temperature was at its highest (46C), and even then nobody was allowed to wear footwear inside the Taj and the white marble was so hot, it was too difficult to walk on it without chappals.

Again at Mathura, though we reached at 5 pm, the temple premises and the floor was too hot, even though water was being sprayed all over to make it cool, the floor was so hot that within seconds it was getting evaporated and provided no relief to us.

The Agra Fort and Taj is no doubt beautiful and worth seeing but we couldn't enjoy the beauty. Mathura temple is good but it is not maintained properly, particularly when thousands of tourists come there every day, the State Govt should keep it clean and neat with proper approach path.

All the small lanes and dirty narrow roads around affect the sanctity of the temple. At both the places the security was at a very high level.

We travelled throughout in a A/c Volvo bus which was comfortable with push back seats. Our driver was an expert who drove the huge bus in Ghat sections without committing any mistakes, very smooth but still fast. Our guide was a young cheerful person who was very gentle and helpful. Even the attendant was quite polite and humble.

The 3-star hotels were good and the food and breakfast provided was tasty. So the full trip was enjoyable. In Delhi we stayed in Hotel Silver Arc for 2 days in Carolbagh area and did lot of shopping.

We enjoyed different type of food cuisines and various types of chilled kulfi. We returned by Rajdhani Express where the food and journey was quite comfortable, only it reached Chennai 5 hrs late due to a train derailment.

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# Travails that Inspire

A Humble tribute to our Papa (Vivekanand Basrur) from Archana Bhat & Aarti Hemmady  
(nee Basrur) - Melbourne, Australia & Anandashram, Grant Road, Mumbai

Papa was born in Karakal district on 13<sup>th</sup> March 1944. Known fondly by family members as “babu”, Vivek bhayya and Vivek bappa to nieces, nephews, aunts and uncles, and Vivek mam at the Bangalore Math, he was an outgoing, gregarious person full of innovative ideas and an energy that was unparalleled. Mohan-bappa (Nayal), our ajja’s younger brother, rightly called him a motivator on the 12<sup>th</sup> day function held at the Bangalore Math. If we had to describe him in one word, We’d say “aaklashi”...meaning one with enthusiasm and energy. We rarely heard papa say “no” to anything, provided what you asked for fell in line with what he thought about it! All in all, he was a dynamic personality.

So, how does one begin talking about a dynamic personality? And limit yourself to writing about him in just about a page? Well, we hope to do justice to this attempt and bring forth what he meant to not just us and our family but to the extended family and the community at large.

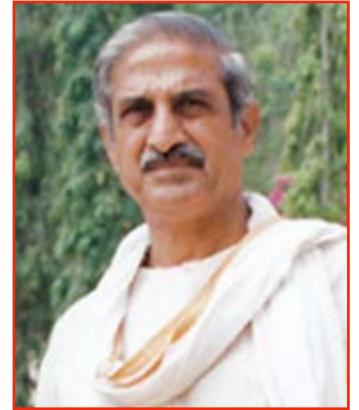
We could regale you with stories of his childhood at Kundapur, which we heard from my Kanti-athi, papa’s only surviving sister of a sib ship of six. Since we never got to know my paternal grandparents, their personalities were described to us by Kanti-athi. Papa, we think, was a combination of the grit and strength that our Annamma was and the principles, intelligence and discipline of Ajja. True to his name, he resonated the intelligence (Vivek) and joy (Anand) he took to anything in life. An excellent orator, it was easy for him to motivate his staff at BHEL and our community at the Bangalore Math. Papa completed his Engineering from UVCE Bangalore and joined BHEL in 1967. His tenure there was over a period of thirty years plus till retirement in 2001.

At home, he was omnipresent despite being busy with work and constant tours outside Hyderabad. He always made it a point to assist us with our work and help amma out in the kitchen. He would eat the bland meal with Aarti when she was diagnosed with Hepatitis and in isolation at the hospital. Though not very demonstrative of his affection, his actions spoke louder than words. Our childhood at BHEL Colony in Hyderabad was absolutely rich in experience. Papa’s popularity in the Kannada Sangha and the

amchi gathering increased because of his ideas for programmes and cultural entertainment. There are so many experiences that we could recall that would be impossible to pen down in a few lines. The circle of friends we had in BHEL spread to Bangalore as well when he transferred to BHEL –EDN division in 1993.

Post retirement he put his heart and soul into serving our Math.

Initially elected as the secretary in 2003, he then took up the position of President in 2005-06. His initiation of different ideas to Math activities appeared to meet some resistance initially, but knowing how intense and assertive he could



be, there was no looking back. Today the Math at Bangalore enjoys many dharma-prachar activities initiated by papa. We can safely say that activities during his tenure were more enjoyable and more community participation was evident. We remember calling from our respective homes, always to hear our amma say that he was at the math. It became a standing joke between us that papa has gone to his “kular”. He was just so happy and immersed with the Math duties, it was clear that his heart belonged there.

During the tercentenary celebrations, Bangalore Math left no stone unturned in its contribution to activities marking this special event for us. Staying away, we heard about the Math activities not only for this event but every visit that our beloved HH Swamiji made to the Bangalore Math. Papa experienced some health issues back then, but his devotion, energy and motivation surpassed anything that came in the way. In hindsight, these health issues were the warning signals for papa for what was to come later on. After the tercentenary celebrations, papa and amma visited Sydney in 2008 to take some well deserved R&R. Unfortunately he had a mild stroke there and had to return for further tests to be conducted, cutting short their 8 month visit to only 8 weeks.

What followed thence is probably known to most of the community in Bangalore. Papa was diagnosed with Multiple System Atrophy, a particularly aggressive neurological disorder that had no known cause, cure or remission. I wish the Lord Bhavani Shankar had been kinder to a person who spent his life in pure devotion to Him. But papa bore the gradual decline of functions that was symptomatic of this disorder with dignity. Despite being in a lot of pain, he did not once wince. What saddens the most is that he lost his ability to talk and express himself. He remained mentally very agile till the end and had the enthusiasm to do things even if his body had betrayed him. We particularly remember organising a computer technician to teach amma simple operations of the computer in April, when papa signalled to us that he too would like to avail these classes! Such was his "aaklas"...

We will do gross injustice if we do not speak about our amma here. She was his pillar of strength to the last day. What she went through for the past few years in caring for him cannot be imagined by anyone.

She maintained a positive outlook and did her best to provide him with everything he required, even to organising a visit from HH Swamiji two days prior to his passing on 1<sup>st</sup> of June 2013. Truly, she was the silent strength behind him all through his years.

In the times that we could not be there for my papa and amma, it was Sadhana Bagade and Sandhya Chittar (nee Basrur), our cousin sisters, who filled in. They were absolutely monumental in their support for them and we can find no words to thank them. Even though we know they did it for their Vivek-bappa, they will always have a special place in our hearts for everything they did for them.

We would like to end this article by reiterating what Katre mam said at the Math on papa's 12<sup>th</sup> day: Papa believed in 1. Looking back and thanking God. 2. Looking forward and trusting God. 3. Looking around and serving God AND 4. Looking within and finding God.

Papa, you will be missed.

*(Sponsored)*

## Match Making Bureaus

Many Chitrapur Saraswats are on the look out for getting girls and boys for their children for a suitable match. KSA has its own Marriage Bureau ably conducted by Shri.Dilip Sashital and Smt.Usha Surkund and is assisted by Miss Geeta Kulkarni. This Bureau has helped many parents who are based in Mumbai as well as outside. We understand that there are some individuals at different places who have undertaken this noble cause as a social work or as a hobby. There may be some doing this on commercial basis. We invite all such individuals to send us their names with addresses, contact numbers, e-mail id or website etc. so that the parents can contact them at their town or place. This will be of great help to all. At the moment, we have got following names,

- 1) KSA Marriage Bureau: 13/1-2, Talmakiwadi, J.D. Marg, Near Talmaki Chowk, Mumbai-400007. Contact: 23802263  
Tele fax: 23805655. Days: Monday to Saturday. Timings: 4.30 to 7.30 p.m.
- 2) Smt. Usha K. Surkund, E-3, Model House, V.P. Road, Opp. Robert Money School, Grant Road, Mumbai - 400004.  
Tel: 23886461 / Mobile: 9969552764. Email id: uksurkund@hotmail.com
- 3) Smt. Bina Karnad, 9, Juhu Jyoti, Dadabhai Cross Road, Santacruz(W), Mumbai-400054  
Contact Nos.: 09223905727 / 09004287674 Website: www.karnadmatrimony.com
- 4) Smt. Vrinda Rao, Mumbai Contact: 09322905563, 022-24229461  
Website: [www.meetmatch.com/bhanap](http://www.meetmatch.com/bhanap)
- 5) Smt. Geeta Murdeshwar Tawde, C/30, Matru Kripa, Opp. Don Bosco, Gorai Road, Borivali (West), Mumbai-400091  
Contact: 022-28998716, 09920709778
- 6) Smt. Chhaya Trikanad, Mumbai. Tel: 022-28981050
- 7) Shri. Vijayanand S Hattangady, B1, Awho Colony, Pawan Nagar, Nashik-422008  
Tel: 0253-2377502 E-mail: [vshattan@gmail.com](mailto:vshattan@gmail.com)
- 8) Smt. Radhika K.Ubhaykar, 3/3, Vijayalaxmi Apts., 90, Rambaug Colony, Paud Road, Kothrud,  
Pune-411038 Contact: 020-25465650 / 09767758659
- 9) Shri. Nagesh Turme (Kaikini), Yashaswini, Shri Mangesh Krupa Compound, Bastipeth, Kumta-581343 Contact:  
09343510407 / 08386-223355
- 10) Smt. Nilima N. Ubhayakar, 96, Cottage, Pandurangashram, 8 Main, Malleswaram, Bangalore-560055 Contact:  
09663326300 / 080-23341527
- 11) Shri. Hattangadi Gurudas Bhat, Bangalore Contact: 09019076512 Timings: 9 pm to 10.30 pm  
E-mail: [gurudas.bhat@yahoo.com](mailto:gurudas.bhat@yahoo.com)



## Claire Rao

Claire Rao, a French national, has adapted to life in India so well that it's hard to believe that she is an expat. Settled in Malleswaram, Claire says that she cannot imagine living anywhere else. Claire moved to the City in 2006 along with her husband Sanjeev Rao, an entrepreneur and the son of Naimpalli Jayvanthmam and Lalithpacchi. In an interview Claire shared her experiences in Bangalore.

"I first came to Bangalore in 2001 and then returned in 2006. My first impression of the City was that it is lovely with a lot of greenery and offered a good quality of life. Of course, when I came back in 2006, there were a lot of changes." She says.

Nonetheless, she wanted her two children, Manou and Leela, to experience and learn the Indian culture. "People here are very welcoming. I never felt I was different," says Claire.

Ask her if she connects with the French community in the City and she says that she doesn't. "I don't feel the need to connect with the French Community here. I am not here for that. Anyway, it is difficult to make friends since they are a floating population," she explains, adding that the area they live in has very few foreigners.

"I speak to the children in French and once a year, we go to France during the holidays, which keep them exposed to the country," she adds.

Claire's food habits are typically Indian and she likes vegetarian homemade food. "I was used to Indian food even before coming here. I prefer homemade vegetarian Konkani food, which is very healthy and suits the climate here," she says.

Claire, who stays close to temples and market places, admits that she loves the neighbourhood. "My daughter loves going to temples, markets and parks. Even when we have visitors, we take them to a temple close by." she says.

Like most expats, she is critical about Bangalore's bad

traffic situation and waste management. "There is lack of urban planning and infrastructure. The City has expanded too quickly in the last 15 years and the infrastructure has not been able to keep pace with the growth." She notes. "Even though there are a lot of traffic issues, I feel that the traffic police is doing a good job," she adds.

Claire, who is comfortable driving around Bangalore, says that she still prefers cycling in the area. "I avoid using the car for short distances. However, I love driving here," she says.



Although many expats in particular complain about troublesome autorickshaw drivers, Claire says that she never has a problem with them. "I know all the roads here. So, it has never been an issue," she declares.

Claire has been running an NGO called *Nakshatra* along with two others for the last four years. Through this they hope to support a school in Benson Town. She has been making a conscious effort to bring about significant changes in the City.

She is also part of a group called "We care for Malleswaram", which raises awareness on the importance of solid waste management. "Our group meets once in a week, generally during the weekends. When segregation of waste was made compulsory last year, people were motivated. But later, they lost interest. If you aren't behind people, the work never gets done." rues Claire.

She has travelled to Hampi, Kerala, Goa, Ooty, Agra, Jaipur and Gujarat. "I found Gujarat to be a beautiful place and my experience there was just unique. It was good to see different kinds of craftsmen at work," she recalls.

Claire, who used to teach conversational French at Alliance Francaise de Bangalore for a while, says that at some point, she decided that she had to set aside French to concentrate on local languages. She is learning Kannada

and can follow Konkani.

Ask her if there were adjustment issues and she says that it is important to make an effort. "It depends on one's mindset when they come to a new country," she feels.

"The system of education is good if you can afford it. At the school my kids attend, there is a balanced system which is not competitive," she adds.

While Manou, a fourth grade student of Mallya Aditi International School, loves going to Lalbaugh, Leela, who is in second grade, enjoys visiting the markets and temples, Manou also enjoys playing the guitar, which often takes the family to B flat and Hard Rock Café. Otherwise they visit Cubbon Park and Century Club.

*Courtesy - Metrolife Supplement of Deccan Herald of Bangalore Edition*

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Each time there's a petrol price hike, I remove one body part... It reduces my burden!

## **Diet and Lifestyle Modifications in the Prevention of Diabetes Mellitus**

DR HEMANGINI HOSKOTE, CONSULTING NUTRITIONIST, GURGAON

In the previous article, I highlighted the major nutrients and diet for diabetes mellitus with a therapeutic dimension. In this article, I will discuss the role of diet and lifestyle interventions to 'Prevent / Delay' the onset of diabetes mellitus.

**Prevention is better than cure**

Nothing could be more true. The health and diseases of individuals are influenced by three main contributors - genetics, environment and behavior. Of these, the last is completely in the hands of the individual - the more informed choices he / she makes the greater chances of continued good health. In a recent study of over 4000 high-risk individuals, modifying the lifestyle factors resulted in a 28-59 percent reduction in risk of diabetes mellitus. Interestingly, the diabetes incidence rates continued to be depressed for several years even after discontinuation of the lifestyle changes! In relation to diabetes, prevention is the key to a healthier and improved quality of life. There is compelling evidence from clinical trials that diabetes can be prevented or delayed with lifestyle interventions. It is important to identify the key strategies of dietary and lifestyle prevention.

**Body-weight.** Relative body weight has been consistently shown to influence the prevalence of diabetes mellitus. Overweight and obesity are the single-most important factors influencing the incidence of diabetes. In addition to overall weight, the deposition of fat around the waist as reflected by a high waist circumference is also a strong predictor of diabetes. A higher risk for diabetes with a higher weight has been observed more in women than among men. The good news is that with dietary modification, weight loss and exercise, the risk can be lowered considerably.

**Physical inactivity.** There is good evidence from clinical studies of a strong, inverse relationship between risk of diabetes and physical activity.

In practical terms, the more physically active an individual is, the lower the risk of diabetes. The most common complaint to refrain from physical activity is the lack of time and the exorbitant rates charged by gyms particularly in the metros. However, done correctly, walking/jogging/cycling are great alternatives to expensive gyms. Skipping the lifts and escalators and climbing the stairs is another great option.

**Dietary choices.** Current medical understanding of diabetes suggests that it is a low-grade inflammation/swelling to the fat and other body stores. A link between diet and this inflammation has been established in clinical studies. One dietary pattern linked to high levels of inflammation markers is the Western diet. This diet is characterized by foods high in red and processed meats, sweets, desserts, sugary beverages, French fries and refined cereals/grains. In contrast, a prudent dietary pattern has been associated with a low level of inflammatory markers. This pattern shows an abundance of fruits and vegetables, legumes, whole grains and millets, fish and poultry. Not surprisingly, individuals who followed a prudent diet were also more physically active, smoked less and had a lower intake of saturated fat (from animal foods) and hydrogenated fats (vanaspati/dalda) and a higher intake of polyunsaturated fat (vegetable oils) and fiber.

**Carbohydrates.** The role of carbohydrates has always been considered important for prevention and therapy. In addition to the total carbohydrate content, the qualitative aspects may be equally or perhaps more important. The most important qualitative components of carbohydrates which impact blood sugar levels are wholegrain cereals and millets, fiber, glycemic index and sugary beverages.

Dietary fiber is the indigestible component of complex carbohydrate. High intakes of fiber or fiber-rich whole-grains and vegetables and fruits are associated with a reduced risk of obesity and

diabetes mellitus. Fiber increases satiety and delays emptying of the digested food from the stomach. This translates to a slower rise in blood glucose levels. The most likely reason for the beneficial effect of whole-grain cereals could be the insoluble fiber and the unique composition of the germ and skin of all seeds (cereals, legumes and nuts) contain many bioactive phytochemicals with potential health benefits. In individuals/populations which consume a high intake of whole-grain cereals, several mechanisms in the body work simultaneously to increase the action and effect of the body stores of insulin (insulin sensitivity). Glycemic index (GI) indicates the glucose-raising ability of a food compared to an equivalent amount of glucose. Diets with foods high in GI and low in fiber are associated with an increased risk of diabetes. In contrast, foods low in GI is associated with increased insulin sensitivity.

Commercial beverages containing simple sugars such as soft drinks (sodas, cokes) fruit juices and thirst-quenchers (ready-to-mix synthetic concentrates, iced teas) are foods with a high GI. Research studies have consistently shown that consumption of such beverages is linked to an increased incidence of diabetes.

**Fat.** Both the type and amount of dietary fat are important in altering diabetes risk. Recent studies indicate that a high fat diet (40 percent of the total energy) may not have deleterious effect if vegetable instead of animal sources of fat and protein are selected. Overall, a total fat intake (<30 percent of the total energy) is recommended. Of this, foods high in saturated fatty acids (meat and meat products, butter, ghee, milk and milk products) have a deleterious effect on both obesity and diabetes risk. The best replacements are Monounsaturated fatty acids (olive oil, groundnut oil) and polyunsaturated fatty acids (Sunflower oils, safflower oils, soyabean oils, etc).

In conclusion, a healthy diet and lifestyle is critical in preventing diabetes and delaying its onset in susceptible individuals. Healthy food choices coupled with physical activity, and achieving and maintaining

a healthy body weight are crucial in prevention of diabetes. The prudent diet is one which is rich in whole grain cereals and millets (ragi, jowar, bajra) pulses and legumes (chawli, chana, moong, etc), fruits and vegetables, low-fat dairy products and low in total fat (<30 percent of energy), especially from animal sources and trans-fats (vanaspati, margarine) are best suited for diabetes prevention.

The author can be contacted at hphoskote@hotmail.com

## Monsoon Music

Heavenly  
Rains strumming,  
Thunder drumming,  
Psychedelic lightning,  
Wind whistling.

Earthy  
Frogs croaking,  
Dogs barking,  
Flies humming,  
Cows mooing.

Natural  
Rivulets gurgling,  
Cranes warbling,  
Sweet koel tuning,  
Distant spiritual echoing.

Mortal  
Planes droning,  
Horns honking,  
Gears jarring,  
Guests chattering,  
Kids giggling.

Shu.....ssh  
Listen in silence  
To the mystic monsoon music.

**-Kusum Gokarn**

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**In loving memory of Late Smt. Sharada A. Ulman who died on 06/08/2010 at Mumbai  
– inserted by Arun A. Ulman (son) and family of Bangalore.**



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# Pranic Psychotherapy

MANDAR GOKARN, PUNE

“*I Think Therefore I Am*”. Famous words by 17<sup>th</sup> century French philosopher Rene Descartes, aptly putting forth the idea of the existence of human beings due to their ability to think. We humans have been blessed with the power to think. However with the power to think also comes the responsibility of managing our thoughts. At a deeper level stress, anxiety, fear, phobia, relationship issues etc. can many times be traced to our own thought patterns and life experiences. Our thoughts, both positive and negative, have a great influence on our personality and the way we deal with various situations in our life.

In the previous article on Pranic Healing we had talked about the basic and advanced Pranic Healing techniques which help in treatment of many simple as well as critical physical illnesses. This article is more about the energy tools that Pranic Healing provides, to prevent and treat psychological issues.

As put forth earlier, in addition to the physical body there is also an energy body that surrounds the physical body. There are energy centers in the energy body which primarily are responsible for absorbing fresh energy, distributing energy and removing the used up energy from the physical and energy body. The proper flow of energy is necessary for the health and wellbeing of the various organs and systems in our body. In addition to the physical health, these energy centers also have one more function. Each of the energy centers controls certain emotional aspects of our nature, and all the energy centers together, are responsible for our psychological and emotional health. To understand this better, let us first look at some concepts from the energy perspective, of what thoughts are, and how if not managed properly can lead to stress, phobias etc.

Thoughts are a form of energy. When we consistently think about something, the energy of that thought becomes stronger. If our thought patterns are consistently pessimistic or negative than we tend to attract negative energies, which might lead to negative experiences. If we have some

traumatic experiences then these trauma energies get lodged in the different energy centers. If not removed, then over a period of time these negative energies result into phobias, irrational fear, emotional imbalances etc. Many times we see people having a fear of cockroaches, lizards, dogs etc. which might be a result of some fear energy lodged in an energy center for a very long period.

*Pranic Psychotherapy* is an important energy tool that helps in removing these fear energies and restores the emotional/psychological health of a person. Good emotional health is a necessary for having good relationships. A person trained in Pranic Healing, by using the basic techniques of scanning, can identify in which energy centers these fear energies are lodged and then using cleansing and energizing techniques can remove these fear energies.

Often we see situations when a person has a very tough or a stressful day at office, after arriving home picks up arguments with his/her spouse at the slightest issue. This is because of the presence of stress energy in the energy body. If the spouse is trained in *Pranic Psychotherapy* he/she can simply cleanse the energy body of these stress energies in a few minutes and help the person in relaxing. This definitely would help in maintaining a positive environment in the house and aid in developing good harmonious relationships.

Prolonged stress can many times weaken the person psychologically and hamper the ability to think clearly. Many people look to escape from stress by smoking and consumption of alcohol/narcotic substances. Continuous usage of these, can lead to addictions, many times completely destroying the person and his/her family. Pranic psychotherapy helps people overcome these addictions and lead normal healthy lives.

Being psychological in nature, many of these illnesses take far longer to heal as compared to physical ailments and in addition to healing also require supportive environment at home. E.g. a person having an addiction to alcohol, in addition to

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taking healing, should avoid the company of people who habitually consume alcohol.

In spite of the long treatment period for psychological ailments, it is important to continue to take healing till the illness is completely cured. The author has personally seen cases where the patient has stopped taking healing after seeing improvement and then relapsing into the same addiction after some time.

To summarize we have seen that Pranic Healing has simple solutions to prevent, alleviate and treat

many physical and psychological ailments and offers many other benefits to its practitioners enabling them and their families to lead healthy lives. Having said that, it is again important to emphasize that **Pranic Healing is not a replacement for traditional medical sciences; rather it complements them and helps the patients recover at a faster rate. In case of very serious illnesses or if symptoms persist, medical intervention is necessary.**

The author can be contacted at [myvalues2000@yahoo.com](mailto:myvalues2000@yahoo.com)

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### Down Memory Lane

## Girl in Red

SUDHA PHILAR

Don't ever think this has got anything to do with the famous movie 'Woman in Red' which came out in the 80's or 90's. But, this happened way back in the 1950's. But to me it looks as if it happened just yesterday. You will know why as you go on reading.....

When I was nine years, *Ganesha Habba* (festival) used to be exciting for us - getting new clothes, variety of snacks and sweets to eat. Elders would advise the youngsters to visit 108 houses to see *Ganesha* and earn *punya*. So one would see children of all ages visiting each others houses and get Prasad in the neighbourhood.

Well, during one particular *Ganesha Habba*, my mother with great enthusiasm stitched a bright red lehenga and blouse with machine embroidery designs all over. Naturally I wore it with great pride, along with red bangles, bindi and a red ribbon to go with it. My group of five or six friends would always envy me as they were not as fortunate. We started off going from house to house from one end of Seshadripuram, visiting at least 40 houses. Now we were going uphill (behind Seshadripuram College) but at that time it was an open field, few cows and buffaloes were grazing here and there.

Suddenly someone started screaming at me, "Girl in Red, run run run." My friends and I just happened to look back and what do we see? A bull was just picking up the speed to chase me. The bull looked massive, bigger than the Nandi of Basvangudi Bull Temple. I tell you I started to run. I was not a good

athlete but definitely that day I might have run faster than P.T.Usha, my two plaits with the red ribbon flying hither thither. To the bull, I might have resembled a challenging matador.

All my friends deserted me in my time of need. My heart was singing 'Dost dost na raha...' but my Silent Witness God must have heard my desperate prayers. Lo behold, just then an elderly lady came out of a house grabbed me, pushed me inside her house closing the door behind her. She tried to calm me down, her husband offered me water and all my friends arrived at the end of this drama, with relieved expressions on their faces. But I refused to budge out of their house, in spite of their assurances that the bull was nowhere in the vicinity. The man of the house sensing my fear, offered to walk along with me and my friends.

My mother was standing at the door, waiting anxiously. I just ran to her, holding on to her tightly. After hearing from everybody's version, she thanked them profusely. That night when I was ready to go to bed, she said firmly, 'Jeevan Mein Tu Darna Nahi.' I also told her, I am not going to wear that red lehenga ever and not going out to see 108 Ganeshas. It's okay if I don't get *punya*.

But come next *Ganesha Habba*, my friends and I went on as usual, visiting 108 houses. My mother made sure I wore that red lehenga whenever she took me along with her. So all was well that ended well!

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# अॅडव्होकेट नरेन्द्र कामत स्मृति व्याख्यानमाला - पुष्प ५

उदय मंकिकर, मुंबई

शनिवार, २९ जून २०१३ सायंकाळी ५.०० वाजता सारस्वत महिला समाज गांवदेवी यांच्या गांवदेवी स्थित सभागृहामध्ये, अॅडव्होकेट नरेन्द्र कामत स्मृति व्याख्यानमाला ह्या कार्यक्रमांतर्गत, औषधे तयार करण्याच्या उद्योगातील सुप्रसिद्ध उद्योजक आणि Indoco Remedies Ltd. चे अध्यक्ष श्री. सुरेश कारे यांचे “My Journey through the Pharma Industry” ह्या विषयावर व्याख्यान आयोजित करण्यात आले होते. ह्या कार्यक्रमाचे आयोजन केले होते सारस्वत महिला समाज, गांवदेवी यांनी. संकल्पना प्राध्यापिका श्रीमती साधना नरेन्द्र कामत यांची आणि सभाध्यक्ष होते शामराव विठ्ठल बँकेचे आणि कॅनरा सारस्वत असोसिएशनचे अध्यक्ष श्री. सुरेश हेमाडी.

नियोजित वेळेवर कार्यक्रम सुरू करणे आणि कार्यक्रमाची सांगता करणे हे सारस्वत महिला समाज, गांवदेवी यांचे वैशिष्ट्य आणि परंपरा, म्हणून मी ४.३० वाजताच सभागृहात पोहोचलो. सभाध्यक्ष आणि बहुतांश श्रोते आधीच उपस्थित होते. पुरुषांसाठी राखीव आसने असल्यामुळे बसावयास चांगली जागा मिळाली. ठीक ५.०० वाजता कार्यक्रमास सुरुवात झाली.

साधनाताईंनी सर्व उपस्थितांचे स्वागत केले. श्री. सुरेश हेमाडी शामराव विठ्ठल बँकेचे पुन्हा अध्यक्ष म्हणून नियुक्त झाल्याबद्दल त्यांचे आणि सारस्वत महिला समाजाच्या कार्यकारिणी सदस्या श्रीमती स्मिता माविनकुर्वे यांची शामराव विठ्ठल बँकेच्या निदेशक मंडळावर महिला वर्गात बिनविरोध निवड झाल्याबद्दल अभिनंदन केले आणि श्री. हेमाडींच्या हस्ते पुष्पगुच्छ देऊन श्री. सुरेश कारे यांचे स्वागत केले. श्रीमती कांचन सुजीर यांनी पुष्पगुच्छ देऊन श्री. सुरेश हेमाडींचे स्वागत केले. अॅडव्होकेट नरेन्द्र कामत यांना भाषणे, व्याख्याने ऐकण्याची अत्यंत आवड होती, किंबहुना छंदच होता. त्यामुळे, साधनाताई आपल्या पतीसह अशा कार्यक्रमांना जात असत. त्यांची ही आवड जतन करावी म्हणून २००९ साली ह्या व्याख्यानमालेची संकल्पना त्यांनी केली असे साधनाताईंनी ह्या प्रसंगी नमूद केले. त्यानंतर व्याख्याते श्री. सुरेश कारे आणि त्यांच्या सुविद्य पत्नी श्रीमती अरुणा कारे (सुप्रसिद्ध चित्रकार श्री. दिनानाथ दलाल यांची कन्या) यांचा परिचय साधनाताईंनी आपल्या नेहमीच्या खास शैलीत करून दिला, आणि श्री. कारे यांना श्रोत्यांशी सुसंवाद साधण्याची विनंती केली. मला



भावलेले श्री. सुरेश कारे म्हणजे आपल्या स्वप्नपूर्तीचा, ध्येयपूर्तीचा आनंद अनुभवणारे एक समाधानी, विनम्र आणि प्रसन्न व्यक्तिमत्त्व.

श्री. सुरेश कारे यांनी सर्वप्रथम सर्व उपस्थितांना विनम्र अभिवादन केले आणि आपल्याला महिला समाजात व्याख्यानाला आमंत्रित केले होते आणि येथे आल्याबरोबर आधी पुरुषमंडळी दिसल्यामुळे थोडासा गोंधळलो असे मिशकील विधान करून व्याख्यानास सुरुवात केली. अॅडव्होकेट नरेन्द्र कामत आणि श्री. सुरेश कारे दोघेही मुळचे मडगांव-गोवा येथील. चांगले स्नेही. मुंबईत आल्यानंतर हा स्नेह अधिक दृढ झाला कौटुंबिक मैत्री वाढली आणि त्यामुळेच आजचे निमंत्रण स्विकारले असे श्री. कारेंनी सांगितले. आपल्या मिशिकल, परखड शैलीत त्यांनी त्यांचे जीवन आणि औषधे तयार करण्याच्या उद्योगातील प्रवास कथन केला, अत्यंत मोजक्या पण परिणामसाधक शब्दात.

कारे कुटुंब मुळचे गोव्याचे. त्यांचे वडील श्री. गोविंद कारे, साथीच्या रोगात आईवडिलांचे निधन झाल्यामुळे अनाथ झाले होते. लहान वयात मामांकडे आश्रयाला आले होते. आत्मसन्मान त्यांना स्वस्थ बसू देईना म्हणून ते मडगांवात एका दुकानाबाहेर, काही उद्योग मिळेल का ह्या विचाराने बसत. एके दिवशी त्या दुकानदाराने काही खेळणी त्यांना दिली आणि ती नावेली गावाच्या जत्रेत विकून कमाई सुरू करण्याचा त्यांना सल्ला दिला आणि गोविंदरावांच्या व्यवसायाला सुरुवात झाली. पुढे त्यांचे लग्न झाले, संसार वाढला. औषधांचे दुकान थाटण्याचा त्यांचा विचार होता पण पुरेसे भांडवल नव्हते. अशावेळी त्यांच्या पत्नीने आपले स्त्रीधन (माहेरून दिलेले दागिने) गोविंदरावांना दिले आणि व्यवसायाला सुरुवात झाली. औषधविक्रीचा व्यवसाय. अत्यंत सचोटी आणि माणुसकीने केलेला व्यवसाय. मडगांवातील Pharmacia Salcete आणि Drogeria Salcete ही औषधालये ह्या दर्जेदार व्यवसायाची प्रतीके आहेत.

सुरेशजींना खेळत विशेष रस नसल्यामुळे शाळा सुटल्यानंतर ते आपल्या वडिलांना मदत करण्यासाठी औषधालयात जात असत. एकदा गोविंदरावांनी त्यांना सांगितले की, लोक आपल्याकडे चैनीच्या वस्तु खरेदी करायला येत

नाहीत तर त्यांच्याकडे कुणीतरी आजारी आहे म्हणून औषधे खरेदी करावयास येतात, त्यांची मनस्थिती ठीक नसते, तेव्हा त्यांच्याशी चांगलेच वागले पाहिजे. एकदा गोविंदरावांनी, सुरेशजींना, औषधांच्या घाऊक विक्रेत्याकडून एक महागडे औषध - (एकच बाटली) आणायला सांगितले आणि त्याप्रमाणे पैसे दिले. (त्याकाळात ह्या एका बाटलीच्या औषधाची किंमत एक गिनी सोन्यापेक्षाही खूप जास्त होती.) घाऊक विक्रेत्याने अनवधानाने औषधाच्या तीन बाटल्या दिल्या. पण गोविंदरावांनी दोन बाटल्या परत केल्या आणि आपला प्रामाणिकपणा सिद्ध केला. त्यादिवसापासून गोविंदरावांना, सुरेशजी आपला सदुपदेशक (Mentor) मानायला लागले. आणि आजतागायत हे संस्कार त्यांच्यावर आहेत- माणुसकी आणि प्रामाणिकपणा.

गोविंदरावांनी मुंबईतही व्यवसाय सुरू केला होता पण काही कारणांस्तव तो व्यवस्थित चालत नव्हता म्हणून त्यांनी सुरेशजींना १९६३ साली मुंबईस पाठविले. प्रथमच घर सोडून मुंबईस आल्यामुळे आणि मुंबईतील व्यवसाय नीट चालत नसल्यामुळे सुरेशजी पुन्हा गोव्याला गेले आणि सत्य परिस्थिती आपल्या वडिलांना सांगितली. गोविंदरावांनी दुसऱ्या दिवशी सकाळी १ लाख रुपये सुरेशजींना दिले आणि मुंबईस जाऊन आपला व्यवसाय, उद्योग, उर्जितावस्थेत आणण्यास प्रोत्साहन दिले आणि सुरेशजी मुंबईत दाखल झाले ते कायमचे. ५० वर्षे झाली ह्या गोष्टीला. आज ते Indoco Remedies Ltd. ह्या औषध उत्पादन उद्योगाचे अध्यक्ष आहेत आणि त्यांची ज्येष्ठ कन्या अदिती ह्या उद्योगाची प्रबंध निर्देशक (Managing Director) आहे. सुरेशजींच्या दोन्ही कन्या अदिती आणि मधुरा उच्चशिक्षित आहेत, तसेच दोन्ही जावई निष्णात डॉक्टर्स आहेत.

सुरेशजींच्या उद्योगात आज ५५०० कर्मचारी कार्यरत आहेत. उद्योग पूर्णतः अद्ययावत उपकरणांनी सुसज्ज असल्यामुळे अधिकतम कर्मचारी व्यवस्थापक संवर्गातील आहेत. इतर कर्मचारी पॅकींग, लोडिंग इत्यादी कार्य करतात. कर्मचारी आणि त्यांच्या मुलांच्या शिक्षणासाठी सुरेशजींनी अनेक शिष्यवृत्त्या ठेवलेल्या आहेत कारण शिक्षणासारखा गुरू नाही ही त्यांची धारणा आहे. त्यांची कन्या अदिती औषध उत्पादनाचे शिक्षण परदेशात घेऊन आलेली आहे तसेच Human Resources Development चेही प्रशिक्षण तिने घेतलेले आहे त्यामुळे Indoco Remedies Ltd. मध्ये कर्मचारी समस्यामुक्त आहेत, संप वगैरे प्रकार कधीच घडत नाहीत कारण समस्या निर्माण होण्यापूर्वीच समुपदेशनाने त्याचे निवारण होते. “उद्योगव्यवसाय करीत असताना आपले संस्कार कधीही विसरू नकोस” हा सुरेशजींचा सल्ला अदिती काटेकोरपणे पाळते. Indoco Remedies Ltd. म्हणजे एक आदर्श उद्योग (Industry)

असेच म्हणावे लागेल.

आपले सुसज्ज कार्यालय असावे, गाडीतून कार्यालयात गेल्यावर चौकीदाराने सलाम करावा असे आपले लहानपणी स्वप्न होते, असे सुरेशजींनी आपल्या मुलींना सांगितल्यावर धाकटी मधुरा म्हणाली की हे तुमचे स्वप्न पूर्ण झालेले आहे, पण अदिती म्हणाली की, अमेरिकेतील न्यूयॉर्क शहरातील नदीच्या पुलावर आपल्या उद्योगाची जाहिरात झळकावी हे तिचे स्वप्न आहे. आज तिचे हे स्वप्न पूर्ण होण्याच्या मार्गावर आहे. १ लाख रुपयांनी सुरू केलेल्या उद्योगाची आज ५०० कोटींची वार्षिक उलाढाल आहे आणि सुरेशजींच्या अमृतमहोत्सवी वर्षात म्हणजे यंदा हीच उलाढाल १००० कोटींची करू असा त्यांच्या कर्मचाऱ्यांचा निर्धार आहे. हेच सुरेशजींसाठी श्रमसाफल्य आहे असे म्हटले तर वावगे ठरणार नाही. हा आहे श्री. सुरेश कारेंचा जिद्दी, प्रामाणिक, मानवतावादी आणि संस्कारक्षम प्रवास, आदर्श ठेवण्याजोगा आणि आचरण्यासारखा.

आपल्याला व्याख्यानासाठी ४५ मिनिटांचा अवधी साधनाताईनी दिला होता आणि तेवढ्या वेळातच आपले व्याख्यान पूर्ण केले असे सांगून सुरेशजींनी, साधनाताईंच्या, वेळेच्या काटेकोर नियोजनाला दाद दिली. नंतर सुरेशजींनी श्रोत्यांच्या प्रश्नाला उत्तरे देऊन शंकासमाधान केले. कार्यक्रमाचे सभाध्यक्ष श्री. सुरेश हेमाडी यांनी सारस्वत महिला समाज गांवदेवी यांच्या वतीने सरस्वतीची सुंदर मूर्ती श्री. सुरेश कारेंना स्मृतीचिन्ह म्हणून दिली.

श्री. सुरेश हेमाडी यांनी आपल्या अध्यक्षीय भाषणात श्री. कारेंचे कौतुक केले, त्यांच्याविषयी गौरवोद्गार काढले. ५५०० कर्मचाऱ्यांचा उद्योग सांभाळणे ही तारेवरची कसरत आहे हे ही त्यांनी नमूद केले. स्वप्न पाहणे ही सुरेशजींची सवय असल्यामुळे आज ते स्वप्नपूर्तीचा आनंद घेत आहेत. आपल्या वैयक्तीक आणि व्यावसायिक जीवनात समाधानी आहेत त्यामुळे आपणही स्वप्ने पाहूया म्हणजे आपलीही स्वप्ने पूर्ण होतील असे मत श्री. हेमाडी यांनी व्यक्त केले. ह्या कार्यक्रमाला उद्योग, वैद्यकीय आणि बँकींग क्षेत्रातील अनेक मान्यवर उपस्थित होते.

श्रीमती गीता बलसे यांनी सर्वश्री सुरेश कारे, सुरेश हेमाडी, श्रीमती साधनाताई कामत आणि सर्व उपस्थितांचे आभार मानले. साधनाताई म्हणजे सारस्वत महिला समाज, गांवदेवी या संस्थेसाठी आधारवृक्ष आहेत असेही सांगितले. अॅडव्होकेट नरेन्द्र कामत यांच्या मातोश्री श्रीमती इंदिरा कामत यांच्या स्मरणार्थ, साधनाताईनी दिलेल्या रुचकर अल्पोपहाराने कार्यक्रमाची सांगता झाली. एक उत्कृष्ट, माहितीपूर्ण आणि बोधप्रद कार्यक्रम आयोजित केल्याबद्दल सारस्वत महिला समाज, गांवदेवी आणि श्रीमती साधनाताई कामत यांचे आभार आणि असेच दर्जेदार कार्यक्रम सादर होवोत ही सदिच्छा!



## आमची शांतक्का ( कै. इंदिराबाई मंकीकर - पूर्वाश्रमींच्या शांताबाई मासुरकर )

(जन्म : १९०२, मृत्यू : १९९०)

सौ. शैलजा वैद्य (मासुरकर)

(मोबा. ९०११७१९२६१)

माझी आत्या 'शांतक्का' हे एक अतिशय प्रेमळ, कष्टाळू, मदत करण्यास सदैव तत्पर व प्रसिद्धी पराङ्मुख असे व्यक्तिमत्त्व होते. तिच्याशी ज्यांचा संपर्क होता अशा जुन्या पिढीतील व्यक्तींना तिला विसरणे अशक्य होते. तिच्या प्रेमळ आठवणींना उजाळा देण्याचा हा प्रयत्न आहे व ही कविता शांतक्काला एक भावपूर्ण श्रद्धांजलीच्या स्वरूपात अर्पण करित आहे.

काय वर्णु नि कसे, असा प्रश्न पडे मजसी,  
माया करी सर्वावरी, नसे कोणी परके तिजसी  
चापून चोपून नेसे साडी ती नऊवारी  
लांबसडक केसांचा अंबाडा रूळे मानेवरी॥४॥

बापूजींचा आदर्श ठेऊनी, काते चरख्यावरी सूत  
क्रांतीवीरांना मदत करी घालविण्या इंग्रजांचे भूत  
कामकाज घरचे करूनी झटपट वेळेवरी,  
निरक्षरांना प्रेमानें शिकवी लिहिण्यास पाटीवरी॥१॥

कष्ट करी अतोनात, न विसंबे क्षणभरी,  
दिवस मावळला हे कळे तिन्हीसांजा झाल्यावरी,  
मिणमिणत्या पणत्या, कंदील पेटती ओसरीवरी,  
रटरटण्या लागे भात अन् कालवण ते चुलीवरी॥२॥

गाय, वासरू हंबरू लागती मागील गोठ्यात  
शांतक्का विना न घेती एकही घास दिवसभरात  
उड्या मारती, हात चाटती प्रेमाने ओथंबून,  
अश्रू येती नयनात तिच्या सदा गहिवरून॥३॥

पाक कलेत तरबेज, करी विविध प्रकार  
फेणोन्या, म्हैसूर, बदामी हलवा उत्तम चवदार,  
चिवडा, चकली, शेव ही बनती खुसखुशीत,  
विरघळती केव्हाच घालता घासभर मुखात॥४॥

कोणी न धरू शकला कधी तिचा हात,  
तन्हतन्हेची लोणची अन् पापडही करण्यात,  
वनिता समाजाकडून ऑर्डरी मिळती किती,  
घराघरातील महिलाही वस्तू घेण्या धडपडती॥५॥

“अप्पीन मिडी”चे लोणचे सदा होई अप्रतिम  
कचऱ्या पिट्टों कशायु नव्हेते कधी दुय्यम,  
“कडबा गुळ्याँ” सुद्धा न पडती मागे  
सदैव बटवा तयार, कधी कुणास गरज लागे॥६॥

होते ज्ञान ते अगाध औषधी मुळ्यांचे,  
रसायन तयार होई निदान करिता रोगाचे,



हातगुण असे उत्तम, देवाची देणगी होती,  
“बंकीकोडला”चे लोक तिला जणुं वैद्यच मानती॥७॥

हौस होती भारी समाजकार्याची,  
ना कधी केली अपेक्षा कुणाच्या शाबासकीची  
कितीतरी लग्ने जमविली, होता त्यात हातखंडा,  
आशीर्वाद देण्या हात उचली, म्हणे “सौख्यभरे नांदा”॥८॥

तीत्र अति होती तिची स्मरणशक्ती  
आजकालचे संगणक “किस झाडकी पत्ती”  
विचारता जन्म वेळ, गांव, रास अचूक सांगे  
कुणाचे, कुठले, कसे नाते समजविण्यास लागे॥९॥

शिवणकाम, भरतकाम, क्रोशाचे नाजूक टाके घाली  
बघताबघता तयार होती उशांचे अश्रू अन् शाली  
मनानेच नक्षी काढी सुंदर रंगसंगती  
उच्च शिक्षण जर मिळते, विदुषीच झाली असती॥१०॥

दुर्दैवाने न मिळाले संसारसुख,  
संतती, संपत्तीने फिरविले मुख,  
परि चेहरा सदा हसरा शांत,  
ना कधी स्वतःसाठी केला खेद वा खंत॥११॥

दुसऱ्याचे दुःख ऐकता येई डोळ्यापाणी  
कुणी सांगता आनंदाची बातमी येई उचंबळुनी  
ना कधी केला कुणाचा मत्सर,  
धावे मदत करण्या कुणासही सत्वर॥१२॥

सदैव एकच प्रार्थना होती तिची देवापाशी,  
धडधाकट असतांना ने मजला तव पायापाशी,  
इथे मात्र चुकले असे नशिबाचे गणित,  
दुर्भाग्याने गेली स्मरणशक्ती, होई अति व्यथित॥१३॥

बावरी फिरे चहुकडे, शोधू लागे कांही,  
नजरेत परि प्रश्नचिन्ह कोणीच ओळखीचे नाही,  
आज जरी शांतक्का जमा असे भूतकाळात,  
आठवेल ती आम्हांस सदाही वर्तमान अन् भविष्यात॥१४॥

# वंदना समाजाच्या बायका क्रिकेट खेळतात

नलिनी संझगिरी

इतर महिला समाजांप्रमाणे आमचाही एक समाज आहे. त्यात २५ वर्षांच्या तरुण महिलांपासून ८५ वर्षे वयातल्या आजीही आहेत. जोश पाहू गेल्यास तरुण व वयोवृद्ध महिला ह्यांच्यात विशेष फरक नाही.

नेहमीप्रमाणे यंदांही Picnic cum trip करण्याचे योजिले. खास कमिटी स्थापन केली. कमिटीने यथाप्रकारे काश्मीरपासून ते डलहौसी via simla अहमदाबाद दिल्ली इत्यादी पंधरा दिवसांची trip ठरविली. त्याच्यावर मतं घेतली. नको/पाहिजे. नको -२१ पाहिजे -१० कारण मुलं लहान, महागाई, इत्यादी चर्चा होऊन शेवटी नेहमीप्रमाणे मार्च बीच ठरलं. नव्हे नक्कीच झालं. सकाळी जाऊन संध्याकाळी परतायचं हेही ठरलं.

आमची अध्यक्षा वृंदा फार सूझ, मेहनती अति उत्साही आणि क्रिकेट खेळण्याची फार आवड. तिने समाजाच्या इतर बायकांनाही क्रिकेट खेळण्याची शिस्त लावायचीच असं ठरवलं.

मात्र प्रश्न पडला बॅटचा. वृंदाची बॅट, त्याचा मूळचा रंग कुठला हे कुणी सांगितलं असतं तर त्याला पद्मश्री तरी जरूर मिळाली असती. हल्लीच्या भाषेत renovation करण्याचं ठरवलं. 'संन्याशाच्या लग्नाला शेंडीपासून तयारी' घरात रंग नाही, ब्रश आहे पण त्याला bristles नाहीत. तरीपण मनात हौस. वृंदा धावली बाजारात paint आणि brushes घेऊन घरी आली. जमिनीवरच फतकल मारून बॅट रंगविण्यास सुरुवात केली. रंगवल्यावर बॅट गोरी सुंदर नवरीसारखी दिसू लागली. मात्र थोडा रंग तिच्या साडीलाही व जमिनीलाही लागला. (तुम्हाला म्हणून सांगते हं. बॅटला रंग लावतांना तिने आपल्या नवऱ्याकडून फोटोही काढून घेतला.)

एकदाच्या सर्व बायका (lady in the kitchen धरून ४५ बायका) ठीक साडेनऊ वाजता मार्च बीचवर पोहोचल्या. वृंदाने जाहीर केलं. "कुणाला क्रिकेट खेळायचं आहे?"

आधी कुणीच उठलं नाही. पण रुक्मक्का वय अवघे ७२, पुढे गेली आणि हातात चपाती लाटण्याची लाटणी धरतात तशी बॅट धरली. तिच्या मागे १०-१२ बायका बदकांच्या पिल्लांप्रमाणे लुटूलुटू आल्या. एकंदरीत सोळा बायका झाल्या.

वृंदा एका टीमची कॅप्टन तर रुक्मक्का दुसऱ्या टीमची. सर्वजणी ओरडल्या (एका सुरात) वृंदा रुक्मक्का 'All the Best.' माझी काव्यबुद्धी जागृत झाली अर्थात मनांतच.

'वानखेडे स्टेडियम दुमदुमुन सोडले सुनील कपिलने वृंदा रुक्मक्काही पळू लागल्या अंतःस्फूर्तीने'

वृंदाच्या टीमने बॅटिंग घेतलं. तर रुक्मक्काच्या टीमने बॉलिंग. मी रुक्मक्काच्या टीममध्ये होते. 'अटेन्शन'. त्यामुळे मी बॉलिंग सुरू केलं. वृंदाच्या टीममधल्या मालिनी, कामिनी

पदर व्यवस्थित खोचून घेऊन (शेवटच्या थोड्या वेळात त्यांनी कॅनव्हास बूटही चढवले) उभ्या होत्या. एकीच्या हातात बॅट होती. दोघीही (L.R.) करत करत आपापल्या जागेवर जाऊन उभ्या राहिल्या. मी पण एकदम चेंडू नेम धरून फेकला. विकेटलाच लागेल असा फेकला. पण काय झालं कोण जाणे. तो बॉल सर्वांच्या डोक्यावरून fieldच्या बाहेर गेला. नाहीतरी दुसऱ्यांकडून आणलेला बॉल तो, माझ्याशी प्रामाणिक कसा राहिल? अशी मी माझ्या मनाची समजूत करून घेतली. पुन्हा दुसऱ्यांदा फेकला. तोही तसाच हं. मार्ग बॅटिंग करणारी कामिनी फार स्मार्ट हं. झांशीची राणीप्रमाणे त्या बॉलच्या मागे धावली. एकदाची बॅटबॉलची टक्कर झाली. तितक्यात मालिनी अळूवडीच्या रोलप्रमाणे गडगडतच खाली पडली पण पडता पडताच ओरडली Sixer. धन्य आहे तिची. कदाचित भूमातेला साष्टांग नमस्कार घातल्यामुळे की काय भूमातेने प्रसन्न होऊन तिला Sixer मिळवण्याचे यश दिलं असेल.

तिच्यानंतर कामिनीने बॅटिंग करायचं होतं. कामिनी ५६ वर्षांची होती पण कॉलेजमध्ये असताना Best अॅथलिट म्हणवून घ्याची. पण काय झालं कोण जाणे. तिने बॅटिंग सुरू केलं. माझ्याऐवजी कमली बॉलिंग करत होती. कामिनीने बॅटिंगला सुरुवात केली. ५-६ वेळा बॅटने बॉल पकडण्याचा प्रयत्न केला. त्या दोघांची गाठभेटच झाली नाही. मग कामिनी कंटाळून म्हणाली. 'हा ग्राउंडच चांगला नाही. आमच्या कॉलेजमध्ये आम्ही आरामात खेळत असू. मला एका म्हणीची आठवण झाली. "नाचता येईना अंगण वाकडे"' तिने ती बॅट तिथेच ठेवली. व तिरीमिरीने निघून गेली.

मग कांता आली. ती आमच्या समाजाची स्वरूपसुंदरी होती. ग्राउंडवर यायची ती गालाला रुज, ओठाला लिपस्टिक व साऱ्या शरीरावर अत्तराचा फाया मारून. आपल्या नाजूक हातांनी ती बूट उचलून हंसगतीने ग्राउंडवर येऊ लागली. मला वाटलं धावाही हिला भुलून हिच्याकडेच जातील. कमलीने फेकलेल्या बॉलला कांताने आपल्या बॅटचा नाजूक व सौम्य धक्का दिला आणि काय कोण जाणे बॅटचा कट कडा कट असा आवाज होऊन ती बॅट मोडून पडली. मला अगदी नवल वाटलं. भगवान श्रीरामनेही शिवधनुष्य भंग करतांना ह्याच्याहूनही जास्त वेळ घेतला असेल.

आम्ही सर्वजण वृंदाच्या त्या मोडलेल्या बॅटकडे व तिच्या रडक्या चेहऱ्याकडे पहावं का कांताचं अभिनंदन करावं ह्या कोड्यात पडलो होतो.

पण त्याच वेळी पुढच्या वर्षी नवीन बॅट घेण्याचा ठराव मंजूर झाला.

## माझी वाट

सुमारे २५-३० वर्षांपूर्वी ५-६ जाणकारांनी, वृद्धांनी श्री गीता-ज्ञानेश्वरी स्वाध्याय व सांस्कृतिक मंडळाची स्थापना केली. तो इवलासा वेळू आतां गगनावरी पोंचला आहे. सध्या शंभरावर आजीव सदस्य तसेच आश्रयदाते झाले आहेत. स्वतःची "स्वाध्याय-भुवन" बंगली आहे. या माझ्या मंडळाची वैशिष्ट्ये: होळी (धुळवड), दिवाळीतील नरकचतुर्दशी व सर्व रविवार सोडता रोज सकाळी ठीक ७ वाजतां ॐकार, पंचपदीने प्रारंभ व आठव्या ठोक्याला पसायदानानं शेवट होतो. कुणाचा वाढदिवस असेल तर त्या व्यक्तीचं श्रीफळ व हस्तलिखित शुभेच्छा कार्ड देऊन कौतुक. कधी उत्सवमूर्तीं दूध, फळे किंवा अल्पोपहार देऊन स्वाध्यायींचे तोंड गोड करते. मंडळाचं धोरण - कुठलीही धार्मिक परंपरा न चालवता, फक्त गीता, ज्ञानेश्वरी, दासबोध, एकनाथी भागवत - तत्सम ग्रंथांचा अभ्यास (फक्त पारायण नव्हे) अध्ययन करणे. गो. नि. दांडेकर ते पांडुरंग शास्त्री आठवले पर्यंत साऱ्यांचं त्यावरील भाष्य, टीका वाचून, ते समजून घेणे. अधूनमधून कीर्तन, भजन, प्रवचन वगैरे कार्यक्रम असतात. शनिवारी हरिपाठ (सामूहिक) व स्वाध्यायींचे शंकांनिरसन असते. आमच्या सारख्या एकट्या दुकट्या राहणाऱ्या वृद्धांना "श्री गीता-ज्ञानेश्वरी स्वाध्याय मंडळ" माहेरच वाटत. यंदा मी वयाची ८० वर्षे पूर्ण केली नि माझ्या पायांनी असहकाराचं आंदोलन छेडलं. आतां मी स्वाध्यायाला जाऊ शकत नाही. यांची खंत. त्यातून सुचलेल्या काव्य पंक्ती.

जीवन प्रवासात बदलल्या, अनेक वाटा दिशा, ओलांडली वळणे, बोगदे, बागाही सुंदरशा। चालणारे पाय नेहमी आपलेच असतात, पण, दूरवर पसरलेल्या वाटा, क्वचितच आपल्या असतात माझ्या पायांनी मी माझी पुढे चालतच राहिले, अचानक भेटलेल्या स्वाध्यायाजवळ एकदम थबकले। जागर होतो रोज येथे संत विचारांचा कान तृप्त होती ऐकून महिमा ज्ञान भक्तीचा। ज्ञानदेव, एकनाथ, रामदासादि संतांची भेट त्यांच्या ग्रंथांतून रोज घडते थेट। भगवंताच्या गीतेचे अखंड वाचन मनन विवेक विचाराने मन होते संपन्न। रोज घडणाऱ्या सुहृदांच्या सख्यत्वाच्या भेटी ऊर्जा देतात मला, शांत जीवन जगण्यासाठी। बेरीज-वजाबाकी केली जीवनातील सुख-दुःखांची स्वाध्यायामधे बाकी राहिल केवळ आनंदाची। मग आयुष्याच्या या दुसऱ्या "इन्निंग"मध्ये "सेंच्युरी" करताना आत्मनंद लाभेल येथे, हासत हासत जगताना। हासत हासत जगताना।

- अंजनी गुळवाडी

## सुशील सुशीला

सुनीता प्र. बगडे, सांताक्रुज

दोपहर की धूप में के टोप भर चावल, भीगा हुआ अनाज, फलोंके छिलके उठाकर गौओं के लिये रोज ले जाती थी सुशीला देसाई (नाडकर्णी)। अपनी तिसरी साड़ी (उसमें अपनी माँ की भी) जिसको पहननेके लिए नही उसे देने वाली बडे सरल, और उदार स्वभाव की थी सुशीला। कलाकार प्रवृत्ती, अंग्रेजी और फ्रेंच भाषाओं पर वर्चस्व रखनेवाली मगर स्वयं खादी वस्त्र परिधान करनेवाली सुशीला को अच्छे अंग्रेजी सिनेमा देखने का शौक था। खुद खादी ग्रामोद्योग में काम करना पसंद किया। ज्यो तनखा मिलता, उसमें से आधा दीन, दुबले, मरीजोंको, बूढ़ोंको और विद्यार्थीओंको अर्पित करती थी। उसका हृदय और मन बहुत पवित्र था। तरकारी लेनी हो तो काफी दूर तक चल कर एक बूढ़ी औरत से ही वह भाजी खरिदती थी। धार्मिक ग्रंथो का उन्होने अध्ययन नही किया था परन्तु अध्यात्म को आत्मसात किया था। हर सुबह वह प्रार्थना करती, भगवन, मेरे हाथों सबका कल्याण हो, मैं कितने भी कष्ट उठाऊंगी। रात को, फिर कहती, आज का, दिन भला अच्छा बीता, मैं आप की आभारी हूँ। आप मेरे संग रहो।

मार्च तीन तारीख १९८५ को दिलका जबरदस्त दौरा पडनेसे वह एकाएक चल बसी। जब मृत देह ले जा रहे थे, तब सबको अचंबित करनेवाली एक घटना नजर आयी।

दो गौंओ जो रोज उनका लाया हुआ खाना खाती थीं, वे अपनी गर्दन नीचे मूडकर सुशीला के पार्थिव के साथ कई हद्द तक साथ चलती रही।

## संधीप्रकाशातील गुलमोहोर

अलगद स्थिरावला संधीप्रकाश आभाळात लालसर पिवळसर मंद प्रकाश पसरत हळूहळू तीत मिसळला अंधुकसा काळा रंग परिसर झाला निरव सर्वत्र झाले शान्त.

घरामागे आमच्या उभा आहे गुलमोहोर एक. बहरली आहेत लाल फुलें हिरव्या पानांत लाल पाकळ्यांचा पडतो आहे पाऊस सतत नभातील लालपिवळा रंग मिसळला ह्या पावसात

पाहात राहिलो बराच वेळ निसर्गाचे हे सुंदर चित्र पाहता पाहता काळोखात विरून जात होते हे चित्र वाटले होते दुसऱ्या दिवशी पुन्हा दिसेल हे दृश्य वाट पाहात राहावे लागणार परतायला हे दृश्य

- रघुनाथ गोकर्ण

# अलौकिक प्रतिभेचे साहित्यिक - कुसुमाग्रज

नारायण शां. शिराली, मुंबई

वि. वा. शिरवाडकर अर्थात् कुसुमाग्रज म्हणजे अर्वाचीन मराठी साहित्य दरबारामधले मानाचे पान। त्यांना जेवढी कीर्ती, लोकप्रियता व राजमान्यता मिळाली तेवढी, २०व्या शतकात फारच थोड्या कवींच्या आणि साहित्यिकांच्या वाट्याला आली. काव्य, नाटक, कथा, कादंबरी, बालगीते या साहित्याच्या विविध अंगामध्ये ते आपल्या प्रतिभेच्या तेजाने व साहित्याच्या वैभवाने तळपले. आधी चित्रपट व नंतर पत्रकारिता यांना त्यांचे कार्य लाभले असले तरी कुसुमाग्रज हे नाव घेतले की त्यांचे काव्यच आपल्याला आठवते.

कुसुमाग्रजांची विपुल काव्यसंपदा उपलब्ध आहे. लहानपणापासून ते कविता लिहित असले तरी जीवनलहरी हा त्यांचा काव्यसंग्रह १९३३ साली प्रसिद्ध झाला व नंतर विशाखा (१९४२), किनारा (१९५२) ते वादळवेले (१९७०) पर्यंतचा ३७ वर्षांचा कालखंड हा काव्यसृजनाचा होता.

## १) शब्द-सामर्थ्य

‘आम्हा घरी घन। शब्दांचीच रत्ने। शब्दांचीच शस्त्रे। यत्न करू।।

ही तुकोबारायांची वाणी कुसुमाग्रजांच्या बाबतीत प्रत्ययकारी आहे. छंदोबद्ध काव्यरचना, अचाट शब्दसामर्थ्य ‘कुसुम कोमल कान्त पदावली’ ही त्यांची गुणवैशिष्ट्ये पदोपदी जाणवतात. ‘कालिदासांचे मेघदूत’ या भाषांतरामधील अलकापुरी या यक्षाच्या नगरीचे वर्णन ते करतात की कैलासाच्या मांडीवर वसलेली अलकापुरी! निरागस स्त्रीच्या ढळलेल्या शालूसारखा गंगेचा प्रवाह असलेली, उंच महालांमुळे वर्षाकालात मोत्याच्या वेणीसारखी दिसणारी मेघमालिका तिने आपल्या अंबाड्यात खोवली आहे.

## २) कवितेचे अंतरंग

कवितेत व्यक्त केलेले विचार हे अर्थातच अधिक महत्त्वाचे असतात. कवीच्या वृत्तीची पण ओळख होत असते. कुसुमाग्रजांच्या कवितांमधून त्यांचे अनेक काव्यगुणांची जाणीव होते.

## अ) विजिगीषु ध्येयवादी वृत्ती :

श्रोत्यांच्या मनांतील निराशा दूर करण्याचे व चेतना जागविण्याचे कार्य त्यांच्या कविता करीत असतात. कोलंबसाचे गर्वगीतात कवी म्हणतो :

चला उभारा शुभ्र शिडे ती गर्वाने म्हणती

कथा त्या खुळ्या सागराला

अनंत अमुची ध्येयासक्ती अनंत अन् आशा

किनारा तुला पामराला

ब) क्रांतिप्रवण मनोवृत्ती :

ज्या तारुण्याच्या काळात कुसुमाग्रजांनी ब्रिटिश राजसत्ता

उलथून टाकण्यासाठी व देशाला स्वातंत्र्य मिळविण्याची देशवासियांची तीव्र व उच्च आकांक्षाना शब्दरूप दिले. कॉलेज-कुमाराच्या ओठावर असलेली पुणे मुक्कामी १९३९ साली लिहिलेली कविता म्हणजे ‘गर्जा जय जय कार’

“गर्जा जयजयकार क्रांतीचा गर्जा जयजयकार

अन् वज्रांचे छातीवरती घ्या झेलून प्रहार।

...बांधू न शकले प्रीतीचे वा कीर्तीचे धागे

एकच तारा समोर आणि पायतळी अंगारा गर्जा...

...कशास आई भिजविसी डोळे, उजळ तुझे भाल

रात्रीच्या गर्भात उद्याचा असे उषःकाल

सरणावरती आज आमुची पेटताच प्रेते

उठतिल त्या ज्वालालातून भावी क्रांतीचे नेते

लोहदंड तव पायामधले खळाखळा तुटणारा। आई,

खळाखळा

क) वीरश्री : कविता ‘सात’ वेडात दौडले वीर मराठे सात

ड) स्वातंत्र्याची जबर आकांक्षा : आस, ही रुपकात्मक

कविता पहा “करी मुक्त विहंगम हा रमणी.”

३) सामाजिक विषमता व संघर्ष याबाबत संवेदनशीलता

: कुसुमाग्रजांनी आपल्या कवितांमधून सामाजिक विषमता व

संघर्षाचे चित्रण प्रभावीपणे रेखाटले आहे. शोषक-शोषित,

मदांध सत्ताधीश-दुःखात पिचणारे, गडगंज श्रीमंतीत लोळणारे

आणि दारिद्र्यात खितपत पडलेले, असे विषमतेचे विदारक

दर्शन घडविले आहे. अहि-नकुल, हिमलाट इ. कविता त्याची

उदाहरणे आहेत. बळी ही सुद्धा एक लक्षणीय कविता आहे.

आपली प्रिय पत्नी आणि चिमणी मुले याना गावी सोडून

पोटा-पाण्यासाठी शहरात नोकरीसाठी वणवण करून अखेरीस

मृत्यूला बळी पडलेल्या तरुण माणसाचे त्यामध्ये चित्रण आहे.

‘एको रसः करुण एव’ या वचनाची आठवण होते.

## ४) भावकविता

प्रीतीच्या भव्य आणि उदात्त कल्पना हे कुसुमाग्रजांचे खास

वैशिष्ट्य आहे. अशा कल्पनांची चित्रे आपल्या शब्दकळने-

खरे तर शब्दकळ्यांच्या आविष्काराने त्यानी ठायी ठायी

घडविली आहेत. वानगीदाखल ‘स्वप्नांची समाप्ती’ या त्यांच्या

कवितेतील ओळी-

स्नेहहीन ज्योती परी मंद होई शुक्रतारा

काळ्या मेघखंडास त्या किनारती निळ्या धारा

स्वप्नासम एक एक तारा विरे आकाशांत

खिरे रात्र कण कण प्रकाशाच्या सागरात

काढ सखे, गळ्यातील तुझे चांदण्याचे हात

क्षितिजाच्या पलीकडे उभे दिवसाचे दूत

३) नाट्यलेखन : रुपांतरीत आणि स्वतंत्र अशा दोन्ही



प्रकारचे नाट्यलेखन त्यानी केले आहे. दूरचे दिवे, वैजयंती, ऑथेल्लो, बेकेट, महंत इत्यादि. रुपांतरीत नाटके असून, दुसरा पेशवा, कौतेय, ययाती व देवयानी, वीज म्हणाली धरतीला, नटसम्राट इ. १९७४ साली नटसम्राट या नाटकाला साहित्य अकादेमी पारितोषिक ही मिळाले.

४) कथालेखन : फुलवाली, सतारीचे बोल व इतर कथा, काही वृद्ध काही तरुण, प्रेम आणि मांजर, निवडक १२ कथा हे त्यांचे कथासंग्रह.

५) कादंबरी : वैष्णव, जान्हवी, कल्पनेच्या तीरावर या त्यानी लिहिलेल्या कादंबऱ्या.

सन्मान/पुरस्कार :

१) गोवा साहित्य संमेलनाचे अध्यक्ष (१९६४)

२) महाराष्ट्र राज्य उत्कृष्ट वाङ्मय पुरस्कार (१९६०)

- मराठी माती

३) महाराष्ट्र राज्य उत्कृष्ट वाङ्मय पुरस्कार (१९६४)

- हिमरेषा

४) साहित्य अकादेमी पुरस्कार (१९७४) - नटसम्राट

५) ज्ञानपीठ पुरस्कार (१९८७)

पण जागतिक मराठी भाषा दिन त्यांच्या जन्मदिवशी म्हणजे २७ फेब्रुवारी रोजी दरवर्षी साजरा केला जातो हा या महान् साहित्यिकाचा सर्वात मोठा सन्मान ठरावा.

वि. स. खांडेकरांनी 'मानवतेचे कवी' असा त्यांचा गौरव केला आहे. पु. ल. देशपांडे यांनी म्हटले आहे, माझे तारुण्य जन्माला आले ते मराठी साहित्याच्या आकाशावर सोडलेल्या 'विशाखा' नक्षत्रावर.

गोवा साहित्य संमेलनामध्ये वसंत कानेटकराचे उद्गार होते- "इतके सौजन्यशील अभिजात व्यक्तिमत्त्व दुसरे निदान माझ्या पाहण्यात नाही. देखण्या मुद्रेवरील गोड हास्य कोणत्याही वैफल्याने कधी डागाळलेले नाही, की उग्र क्रांतीच्या कविता लिहून वाणीत कधी रुक्षता किंवा कडवेपणा डोकावला नाही.

महाराष्ट्राच्या ह्या लाडक्या व्यक्तिमत्त्वाला व अलौकिक प्रतिभेच्या साहित्यिकाला प्रणाम!

## Our Institutions

**The Chitrapur Saraswat Education & Relief Society(Regd), Santa-Cruz:**

The 67<sup>th</sup> Annual General Meeting of The Chitrapur Saraswat Education & Relief Society (CSERS) was held in Shrimat Anandashram Hall, Saraswat Colony, Santa-Cruz (West), Mumbai 400054 on 14<sup>th</sup> July, 2013.

The Chairman welcomed all members of the Society and then told that the Managing Committee is going to follow a slightly different sequence on the Agenda this year.

He explained that CSERS has reached a Corpus of Rs.2.04 Crores as on 31.03.2013 and earlier had decided to celebrate the same by cutting a cake during the AGM on 14<sup>th</sup> July, 2013. However, due to a very sad event of sudden demise of 30 years old Amey Padbidri (who happens to be son of Mr.Arun Padbidri who is also a Managing Committee Member of CSERS) on 7<sup>th</sup> July, 2013 it was decided to cancel this event of cake cutting. The Chairman thanked all the Donors and others who helped CSERS in reaching this figure of Rs.2.04 Crores.

The Chairman also announced that in the AGM held in September 2011, a decision was taken to develop a Web Site for CSERS in order to have a global presence for our Institution. Accordingly this task was given to a team consisting of Mr. Ameet Khambadkone and Ms. Gargi Kaikini to be guided by Dr. Narendra Hattikudur. This Web Site was hosted just 2 days ago and was inaugurated by Mr. Uday Gurkar who has been spearheading a project on Chitrapur Saraswat Network (CSN) of The Kanara Saraswat Association and also is The Vice Chairman of SVC Bank. The name of the Web-Site is : [www.csers.org](http://www.csers.org).

On this occasion, all 3 members of this Web Site Team were given letters of appreciation through Mr.Uday Gurkar

for carrying out this excellent work.

Similarly Ms.Shilpa Nadkarni was given a letter of appreciation for designing a beautiful logo for CSERS some time in December 2012. This logo was published in Kanara Saraswat Magazine in March 2013 issue. Mr. Arun Lajmi was also given a letter of appreciation for helping CSERS consistently for the past 3-4 years during the time of finalization of Annual Reports for our Society. These 2 letters were given by Mr. Gurunath Gokarn.

The routine agenda of the Society was then completed with some question and answers. The Managing Committee for the year 2013-2014 continues to be the same as before. The meeting was concluded with a Vote of Thanks.

**Saraswat Mahila Samaj, Gamdevi**

On Saturday June 29<sup>th</sup> there was a delightful lecture titled "My journey through the Pharma Industry" by Shri Suresh Kare, Chairman, Indoco Remedies Limited. He was welcomed by Prof. Sadhana Kamat who had arranged the talk under the series "Advocate Narendra Kamat Memorial Lecture". A full report of his talk has been reported by Shri Uday Mankikar on page 48. Shri Suresh Hemmady presided over the meeting. Smt. Geeta Balse proposed the vote of thanks. The program ended with delicious snacks sponsored by Smt. Sadhana Kamat in memory of Smt. Indira Kamat.

**Forthcoming Programmes : Wednesday Aug 21<sup>st</sup> 2013** at 3.30 p.m. at Samaj Hall – Samuhik Gokulashtami Mhantyo – Haldi Kumkum in memory of Smt. Shreemati Nadkarni and Panchakdai Prasad in memory of Smt. Laxmibai Belthangadi by Samaj. Refreshments sponsored by Smt. Smita Mavinkurve



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## Personalia

**Namita Trikannad** graduated in May 2013 with M.S ( Biotech) with specialization in Oncology from **Johns Hopkins University, Baltimore, USA** . She took up higher studies in USA after completing her B.E.(Biotech) with distinction from BVB College, Hubli. She had her early education marked by distinctions throughout in Kendriya Vidyalaya, Patna- Modi School, Laxmangarh( Raj)- Candlewick Convent, Jaipur and Apeejay School, Nerul ( Navi Mumbai). A committed animal lover, her passions include photography and guitar. In USA she trained for Classical Guitar under famous **J Scott Matejicka** at the well known **Peabody Institute of Music in Baltimore** and was also Director of Creative Media- Hopkins Biotech Net work. She is daughter of Shivadas Rao Trikannad and Sheetal Rao ( nee Baidur).



**Navmi Sharma**, daughter of Aparna Gulvady-Sharma and Sunil Kumar Sharma of Mumbai is a little squash champion. All of 12 years old, Navmi is among the top 4 players in India (in her age category).



In June 2013, Navmi represented India in the Asian Junior Individual Squash championship at Amman (Jordan). In the gruelling 5 day championship, Navmi stood 8<sup>th</sup> out of a draw of 64 players, after battling several squash geniuses from different Asian countries.

Navmi is a Std-7 student of Arya Vidya Mandir, Juhu and balances academics and her passion for squash with great dexterity.

It is a great matter of pride for her parents and her grandparents (Ganesh & Nirmal Gulvady of Pune) to have Navmi wear the national colours and represent India at such a young age.

**Prakash Burde**, music critic and organizer has been elected unopposed as the new President of the Karnataka Sangh, Mumbai for the coming 3 years in the 79<sup>th</sup> Annual General Meeting held recently. The outgoing President Prof. G. D. Joshi welcoming the incumbent wished him success.



Prakash Burde is not unknown to the readers of Kanara Saraswat. Having organized many Sangeet Sammelans,

Prakash is known as the founder of Kalabharati, the morning concerts held every Sunday in Karnataka Sangh, mahim for the last 21 years. He says proudly that “coming Sunday event is the 1049<sup>th</sup> event”.

**Shivangi M. Kulkarni**, 20 daughter of Aparna and Mahesh A. Kulkarni, granddaughter of Late Indumati and Late Anant G. Kulkarni and Shailaja and Late Gangadhar A. Hattiangdy, passed final year **B. Sc. – Information Technology [I.T.] Degree Examination** held by **University of Mumbai** with a Distinction and ranked 3<sup>rd</sup> in her batch at K.C. College, Churchgate. Her dedication, keen interest in I.T. software development, systematic approach and coordination skills has always been highly appreciated by her professors at K.C. College. Shivangi has also completed **Graduation in Software Engineering [GNIIT]**, a three-year course from **NIIT** securing an average of 70% in overall software engineering. She has passed with flying colours throughout her academic life. She has now been selected and appointed by **WIPRO Ltd – Pune**, one of India’s largest IT company, to pursue a four year [8 semester] scholarship programme for post graduation degree - M. S. in IT from June 2013 and work on real-time projects of WIPRO’s clients across the world to have enriching experience in IT software.



## CONGRATULATIONS !



**KAVITA ARUR** completed her Master’s Degree in AstroPhysics from University of Southampton, U.K in July 2013 and been accepted into the PhD program at Texas Tech University, U.S.A. starting from January 2014.

**Parents :- Radha Arur and Kishor Arur, Chennai.**  
**Grand Parents :- Saroj Arur and Manohar Arur, Pune.**  
**M. Swarnambal and V. Meenakshisunderam, Chennai.**

(Sponsored)

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## Melodies at the Maha Kumbh and Mumbai

JAISHANKAR BONDAL, DELHI

The Gulwadi sisters, Shobhana Rao (Ullal), Nirmala Jaishankar (Bondal) and Shaila Hattangadi, together with their brother, Arun Gulwadi (who sing under the sobriquet of the “Gulwadi Quartet”) performed at a bhajan concert in mid-February on the banks of the Triveni at Prayag (Allahabad), with the recently concluded Maha Kumbh as the backdrop. The Maha Kumbh takes place once in a cycle of 12 years; this year’s event (January 15-10 March) was, due to a particular configuration of astral bodies, pronounced as a “once in 144 (12x12) years phenomenon” and therefore particularly significant. The bhajan concert was organized as part of the “Chalo Man Ganga Yamuna Teer-2013” culture fest by the North Central Zone Cultural Centre, Allahabad. The performance included songs in praise of Lord Shiva and Maa Ganga, as also classical based bhajans, and was witnessed by a large and appreciative audience, who were a part of a gathering which is doubtless the largest conclave of humans anywhere anytime on our globe.

Soon after this, the sisters gave a ghazal/poetry



concert, a tribute to coincide with the International Womens Day, at the ISKCON Auditorium, Juhu, Mumbai. Titled “Main Kaun Hoon” (Who Am I?) - Celebrating Feminine Sensibility”, it featured the works of some of the subcontinent’s path breaking poets—Mahadevi Verma, Bahinabai Chaudhuri, Noorjehan Sarwat, Sufia Kamal, Amrita Pritam and Parveen Shakir, among others. Through song, dramatized poetry readings (by Salima Raza, a veteran theatre personality from Delhi), and dances by Shilpi, a young modern dancer from Assam, the concert explored womens’ yearning for their own space, their protests against patriarchy, and their struggle for true dignity and respect—desires that ring particularly true in contemporary India. The concert was supported by the Indian Council for Cultural Relations, Mumbai and some corporate sponsors.

An earlier version of this highly appreciated concert had taken place in Delhi, under the auspices of the India International Centre.

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## Sponsored Charity Walk By Saraswat Samaj UK

DR. RANJAN ADUR

The Samaj held a Charity walk on a beautiful sunny day on 2<sup>nd</sup> June 2013.

It was 5 Kilometres walk all the way round the 410 acre (166 hectare) park. We met between 10.00 a.m. and 10.30 a.m. and started promptly at 10.30 a.m. We were 26 enthusiastic walkers, although a couple of us were not able to go the whole length of the way, hence were very useful taking care of the picnic bags which they looked after when the rest of us completed the marked path. The youngest walker was 6 yrs old and the oldest was 88 yrs old who completed the whole 5 Km. The walk took about 2 hours. We were being directed by our Chairman Chandrumam Bailur who had a map and he was ensuring that we kept together and did not get lost.

As it was an Amchi event, a few walkers were wearing the “Proud to be an Amchi” tee-shirts. We had some photos taken on the way to evidence the progress. The leisurely walk was followed by a sumptuous picnic under the blue sky between three flowering trees. The food was

shared with everyone on the lawn consisting of wada-pav, beetroot bhajiya, several varieties of pulav, lapsi upma, khakra, dhai sheeth and different varieties of kurkuri snacks. This was followed by cakes (chocolate, nutty and without nuts). Of course there was hot coffee for people who enjoyed a hot drink to finish. It was cloudy and dark until 24 hours ago and the weather had suddenly turned to such a beautiful morning. One of the participants who was walking mentioned that this must be due to the blessings of our Swamiji. “We are really blessed” was my reaction.

We said our goodbyes at 3.00 p.m. and dispersed to return home. The value of the total charity collection was £ 1000.00 The next committee meeting on the 22<sup>nd</sup> June at Dr Ranjan and Mrs Veena Adur’s residence confirmed the total. The proceeds of the collection will be donated to the Swami Parijnanashram Educational and Vocational Centre for the Handicapped (deaf blind) in Virar near Mumbai India.

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***Our Dear Dr. Sunder L Balse mamu,  
Congratulations on your 100th birthday.***

Fondly remembering you and your entire family.....

With lots of love,

Shashidhar

Giridhar

Geeta

Nalini

&

Anant

## Kiddies' Corner



Geometrical Design - Fish  
Smriti Kumta (10 years), Mulund

Dancing Ganapati  
Shivani D. Bhat (7 years),



### 'My Hobby'

My hobby is reading books,  
But it is not as easy as it looks!  
Reading books is very interesting,  
Provided we know the right meaning!  
We can also know the correct spelling,  
So Literature in school can never be boring!

- **Samvit Mavinkurve (9 years), Thane**

### The Game

I shook, I shivered, I ran, and I screamed,  
I kicked, I scored and then I gleamed!!  
I go to my position and ready it all,  
The ref blows his whistle as I stand nice  
and tall,  
And I throw a barrage of kicks at the soccer  
ball.  
I hear the crowd cheering with the scores  
we're making!!  
The score board is ringing and the numbers  
are rising.  
My coach is yelling come on guys "man up  
and run faster"  
"Or very soon you will all set yourselves up  
for disaster".  
Then comes half time and we take a well-  
deserved break,  
Where the adrenaline now gets abate,  
The coach gives us a pep talk as well as he  
can,  
And we get ready to do it all over again just  
as planned!!!  
Soon it's crunch time and both the teams  
have tied,  
The other team was so scary, I think our  
goalie cried.  
The ball was shot at our goalie and he leapt  
for the ball,  
He caught it in his gloved hands and took a  
deep fall.  
After the game was done we cheered we  
didn't lose,  
We got into our cars and gave our parents  
the good news!!  
Hooray to our new found fame; at last we  
won The Game!!!

- **Kunal Amladi (10 years)  
New Jersey**

### I Wish

I wish people would stop littering to make  
the roads cleaner,  
I wish people would stop cutting trees so we  
can have more oxygen,  
I wish people don't smoke because it pollutes  
the air,  
I wish people stop killing animals because  
they have the right to live their lives,  
I wish people would stop using plastic bags  
because harmful chemicals are used to make  
them,  
I wish people stop littering on the road  
because animals can eat it and get choked,  
I wish people don't cut trees because  
monkeys and birds live on them,  
I wish people stop killing other people so we  
can live longer.

- **Manou Rao (8 years),  
Bangalore**

### We are happy to announce the Chandra Ramesh Nadkarni Memorial Prizes

for best contributions made by children during a  
year to the

### "Kiddies' Corner" in the Kanara Saraswat magazine.

Prizes will be given to the best contributions by  
children in 3 age groups

- below 8 years
- between 8 and 12 years and
- between 12 and 16 years.

The prizes will be announced in our November  
issue and will be given on 26<sup>th</sup> November, our  
Foundation Day.

We therefore invite contributions from children in  
the form of short essays, stories, poems, drawings  
and sketches.

Essays / stories and articles may be up to 350  
words long and should be original.

Drawings and sketches should be made on A4  
size paper and scanned with a minimum 300 dpi  
resolution or alternatively couriered to us.

Please mention clearly name, address and age of  
the child to enable us to contact the winners and  
also judge correctly by age.

*The KSA is grateful to Shri Ramesh V Nadkarni  
(of Pune) for sponsoring these prizes.*

## Here and There

**Bangalore** : On 10<sup>th</sup> June, Monday the Punyathithi of P P Pandurangaashram Swamiji was celebrated with Shiv Poojan, was conducted and Ashtaavidhaan Seva etc. by about 50 devotees. On 15<sup>th</sup> Saturday, the Janmadivas of P P Parijnaashram Swamiji III [Karla] was celebrated. On the 27<sup>th</sup> Thursday, Bilvaarcharan Seva was conducted [in memory of Shri Vasanth Rao Ullal.

**Reported by Nihar Rao Ammembal**

**Canada** : PP Parijanashram Swamiji's Janmadiwas was celebrated by holding a satsanga on Saturday June 15, 2013 at the residence of Shefali and Vivek Benegal in Ajax, Ontario. This devotion filled event was attended by over 30 people. The program included opening prayers, deepa namaskara, Shankar Narayan Geet, bhajans, mangal pada and mantra puspha. A special egg-less cake was cut and in addition to the traditional "Happy Birthday", a melodious song created by Swami Tejomayanand of Chinmaya Mission "Janmadinamidam" was also sung.

Annual General Meeting of the Sabha was held, during which progress report was given and the Financial Statement was approved. It was also noted that as the current Executive Committee was elected for the two year term, it will continue to be in the office for one more year. The gathered members also noted that year 2014 will be a special year as it would be the 35<sup>th</sup> anniversary of PP Parijanashram Swamiji's visit to Canada when HE performed the Chaturmas here. It will be also the 10<sup>th</sup> Anniversary of CSCS. The entire program concluded with the closing prayers.

**Reported by Sadanand Mankikar**

**Chennai** : On 8<sup>th</sup> May Punyatithi of HH Srimat Parijanashram Swamiji I & on 10<sup>th</sup> June Punyathithi of HH Srimat Pandurangashram Swamiji was observed. On 15<sup>th</sup> June Guru Pujan was conducted with representatives of Yuva Dhara. Sadhana Panchakam too was conducted during June.

**Reported by Kavita Savoor**

**Hyderabad** : On 23<sup>rd</sup> June, 2013 satsang was held at the residence of Shri. Uday Kumta. In the Annual General Meeting, conducted thereafter, the following members were elected for the year 2013-14: Shri Sanjai R Hattiangdi - President; Smt. Vinati K. Udiyavar - Vice-President; Smt. Asha S Kalle - Secretary; Shri Sameer Hattiangdi - Joint Secretary; Shri. Uday D. Kumta - Treasurer; Members : Shri. Kedarnath H.Udiyavar, Smt. Seema S. Hattiangdi, Smt. Sudha Gangolli - Shri. Deepak D. Kumta, Shri. Mohan G. Hemmadi, Shri. Satish Koppikar, Shri. Kumta Mohandas and Shri. Rajesh Sashittal.

**Reported by Sameer Hattiangdi**

**Mumbai Borivali** : The Annual General Body meeting of the members of the Mumbai Borivali Local Sabha was held on 05<sup>th</sup> May 2013 at the Vamanashram hall. The following were elected as Office bearers of the Mumbai Borivali Local Sabha.

Shri Gourang Katre, President, Shri Chaitanya Chandavarkar, Vice President, Shri Arun Trikannad, Jt Vice President, Shri Umesh Trikannad Treasurer, Shri Satish Udiaver, Jt Treasurer, Shri Ashwin Bondal, Addl Jt Treasurer, Shri Anand Dhareshwar, Secretary, Shri Shrinath Murdeshwar, Jt Secretary, Shri Chandrashekar Aldangady, Addl Jt Secretary.

**Reported by Anand Dhareshwar**

**Mumbai Dadar** : APR-JUN'13 - Yugadi was celebrated on 15<sup>th</sup> April'13 with the new Panchang Vachan by Ved Sunilbhat and panak panvar at Karnatak Sangh hall from 5.00 pm to 8.00 pm. Dharmapracharak Rajgopalbhatmam enlightened the gathering with a very lucid talk on the New Year & gave insights on some important shlokas of the spiritual text "Shivanand Lahari" for the next 3 days.

The 2<sup>nd</sup> skandh of the Bhagawat was presented by Mrs. Chandrama Bijur on 28<sup>th</sup> April'13 at MMM hall from 6 – 8 pm. She was accompanied by Mrs. Uma Bolangady's melodious bhajans and ofcourse not to miss the chorus group.

8<sup>th</sup> May'13 Punyatithi of H.H. Parijanashram Swamiji I was observed with bhajans at MMM Hall.

Shankar Jayanti was celebrated with a Vimarsh, conducted by Smt Sangita Pawar at MMM Hall and on 11<sup>th</sup> June, the Punyatithi of H.H. Shrimat Pandurangashram Swamiji was observed with the presentation of the 3<sup>rd</sup> skandh of the Bhagwat by Mrs. Chandrama Bijur accompanied by Mrs. Maya Kulkarni, Mrs. Shobha Puthli and Mrs. Vrinda Talgeri.

Pujya H.H. Shrimat Parijanashram-III Swamiji's birthday was observed with 1<sup>st</sup> prahar by Dadar Sabha sadhakas on 14<sup>th</sup> morning at Karla Math. This was followed by the Sannikarsh seva on 16<sup>th</sup> June. Guru puja was also performed.

On 23<sup>rd</sup> June'13, the Annual General Body meeting of Dadar Sabha was held at MMM Hall at 10.00 am and the local Sabha committee was unanimously elected for the next year. The following office bearers were elected: President-Dr Chaitanya.S.Gulvady, Vice Presidents Gajanan Chandavarkar/Dinesh Tonse, Hon.Secretary - Sudeep Kati, Jt Secretaries- Sona Chandavarkar, Shobha Puthli & Jaya Puthli, Hon Treasurer – Dilip Puthli, Jt.Treasurer-Gautam Puthli.

**Reported by Mrs. Shobha Puthli**

**Mumbai Santacruz**: We observed the Punyatithi of HH Shrimat Pandurangashram Swamiji on 10<sup>th</sup> June , 2013 , in the Shrimat Anandashram Hall , Saraswat colony, from 6:00 pm onwards.

**Reported by Kavita Karnad**

**Mumbai : Vile Parle-Vakola :** In the recent Annual General Body Meeting held on 23<sup>rd</sup> June 2013 the following members were elected as office bearers; 1) Shri Krishnanand Mankikar – President, 2) Dr Ashok Balsekar - Vice-President, 3) Shri Anand D. Amladi - Hon.Secretary, 4) Smt. Radhika S. Chittar - Jt. Hon. Secretary, 5) Shri Naresh Gangolli- Hon.Treasurer, 6) Shri. Subhash R. Manjeshwar - Jt.Hon.Treasurer and Smt. Sujata Mudur as Hon. Internal Auditor for the year 2013-14 of our Sabha.

5 new members have been elected to the Managing Committee as some of the Senior Citizens like Shri. Gurudatt Heblekar, Shri Raghuvveer Biyar and Shri Vasant Heranjal decided to opt out to give chance to younger people.

During the Quarter April-June 2013 the Sabha performed Sannikarsha at Karla Math on 21<sup>st</sup> April 2013 which was well attended by devotees . The Sabha also observed Punyatithi of P. P. Parijanashrama Swamiji I on 8<sup>th</sup> May 2013, Shri Shankar Jayanti on 15<sup>th</sup> May 2013 and Punyatithi of P. P. Pandurangashrama Swamiji on 10<sup>th</sup> June 2013. The most heartening thing to note was whole hearted participation by the devotees at the gathering. Our Sabha laties more especially “Yuvas” as volunteers actively participated during Swamiji’s camp at Karla for the celebration of Janmotsav 2013 of PP Parijanashram Swamiji III on 14<sup>th</sup> and 15<sup>th</sup> of June 2013.

Upanayayas by Dharmapracharak V. Rajagopal Bhat are being held on every alternate Saturdays of the month and his talk on “Bhagawadgita” was recently concluded. Prarthana varg are held regularly for children.

**Reported by Shrikar Talgeri & Anand Amladi**

**Pune :** On the 5<sup>th</sup> of May 2013, Annual General Meeting of the Pune Local Sabha was held in Shri Chitrapur Math Pune and the new Office Bearers for 2013-14 are President - Shri Bhalchandra Karpe, Vice President – Shri Ramesh Balsaver, Vice President – Shri Krishnanand Heblekar, Secretary – Shri Ajay Shirali, Joint Secretary – Shri Anand Nayampally, Treasurer – Smt. Vidya Sthalekar, Joint Treasurer – Smt. Sheela Bijur. Shankara Jayanti was observed in the Pune Math on 15<sup>th</sup> May with Guru Pujan and chantings of the works of Shri Adi Shankaracharya. On 02<sup>nd</sup> June, about 40 sadhakas participated in the Sannikarsha at Karla. On the 09<sup>th</sup> and 10<sup>th</sup> of June, a workshop on ‘Voice Cultivation and Speaking in Public’ was conducted by Smt. Gauri Gokarn for the ‘Prarthana Varga’ children of Pune in the Pune Math. On 29<sup>th</sup> June, the Local Sabha arranged a satsang at the residence of Smt. Vasanti Shirur, during which a Vimarsha was conducted and it was well attended.

**Reported by Anand Nayampally, Joint Secretary**

**New Delhi :** Sadhakas of Delhi Sabha participated in the following two events in June, 2013.

1. Punyatithi of HH Shrimat Pandurangashram Swamiji on 10th June at the residence of Shri Vasant Tavanandi in Delhi. Samapan of Pathan of PP Pandurangashram Swamiji’s charitra with the last 10 owees was done thereafter. Adhyayan of this charitra was started on the 5th of June by 5 families.

Bondal Jaishankarmam read out the life sketch of Dr. Gopal Hattiangdimam from an old Sunbeam issue and some sections from his book “Pandurang Pandurang”.

The function was attended by 8 families.

2. Janmadivas of HH Shrimat Parijanashram Swamiji on 15th June at the residence of Shri Udyavar Arvind Rao in Delhi. We had a bhajan session led by different individual members. Uma Kaikini summarised some of the teachings given by PP Parijanashram Swamiji during Their various Ashirvachans, from the book “ Swarna Smruti”.

Mangala Tavanadi read out the “Tribute that was given in Konkani by PP Parijanashram Swamiji to His Guru (PP Shrimat Anandashram Swamiji) on the occasion of the Golden Jubilee of His Pattabhishekha”. She also read out an article written by Hosangadymam from KSA issue of 1990, published on the occasion of 75th Pattabhishekha of PP Shrimat Anandashram Swamiji. 11 families participated in this get together.

**Reported by Mamta Savkoor**

## CLASSIFIEDS

### MATRIMONIAL

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**Alliance** invited for a good looking MBBS doctor persuing MD (skin), 30 years, height 5 ft 3 inch from a well to do family in Mumbai. Boy should be well qualified and well settled from Mumbai. Contact no 9821017027. EMAIL ID : [madhavi456@yahoo.com](mailto:madhavi456@yahoo.com) (CL-4817)

### ENGAGEMENTS

**NADKARNI–UPPONI:** Sujay, son of Mrs Anita and Dr. Nandan Shankar Nadkarni of Borivli (West) with Avanti, daughter of Mrs Mangala and Mr. Jnanesh Shivanand Upponi of Borivli (W) on 25<sup>th</sup> May 2013 at Texas, U.S.A. (CL-4806)

**Rithvik,** son of Mrs. Srikala and Mr. Shyam Sakharam Vinekar of Grant Road, Mumbai and Tanvi, daughter of Mrs. Sreekala and Mr. Kishore Manohar Mallapur of Mira Road, District Thane, engaged on 15th June, 2013.



## BIRTHS

**Latest** addition to our family and our new bundle of joy !!! Janhavi and Kunal Bijur are blessed with a baby boy (Kabir) on 3rd July at Pune. Grandson to Sheela and Vivek Bijur, Raksha and Akhil Bhatt. Great grandson to Nalini Rajaram Aldangadi.

**Kajal** and Rohit Shyam Gunavanthe are blessed with a baby boy (Arjun) on 5<sup>th</sup> May, 2013, at Mumbai. Grandson to Maya (nee Honavar) and Shyam Bhavanishankar Gunavanthe and Babulal and Kamala Jain. Great grandson to Smt Vijaya (Shalini) Sadanand Honavar, Australia.

## OBITUARY

**Smt Aroor** Seema Bhavanishankar Rao (nee Meera Shantaram Mudbidri) left for heavenly abode on 18th July 2013 morning after a brief illness. Deeply mourned by family, relatives and friends.

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## DOMESTIC TIDINGS

### BIRTHS

*We welcome the following new arrivals:*

- May 5 : A son (Arjun) to Kajal and Rohit Shyam Gunavanthe at Mumbai.  
Jul 3 : A son (Kabir) to Janhavi and Kunal Bijur at Pune.  
Jul 18 : A son to Radhika and Hrishikesh Kashinath Masurkar at Mumbai.

### THREAD CEREMONY

*We bless the following batus:*

- May 19 : Gopal Deepak Baidur at Shri Chitrapur Math, Shirali.  
May 20 : Arjun Sachin Haldipur at Shri Chitrapur Math, Shirali.  
May 30 : Krishna Vijay Hirebet at Mumbai.  
Jun 02 : Salil Sanjay Nadkarni at Shri Chitrapur Math, Shirali.

### OBITUARIES

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

- Mar 26 : Rao (Hattikudur) Bhaskar V. (82) at Geneva,

Switzerland.

- May 2 : Vrinda Balkrishna Savur (83) at Dahisar, Mumbai.  
May 8 : Umabai Bhavanishankar Bhat Kalyanpur at Mumbai.  
May 25 : Hirebet Muralidhar Jagannivas (83) Bangalore.  
Jun 1 : Leela Murdeshwar at Bangalore.  
Jun 25 : Nilawar Kishore R. (75) at Solapur.  
Jun 26 : Vasant Shridhar Rao Murdeshwar (78) at Borivali, Mumbai.  
Jun 29 : Kadle Ravishankar Mohan (54) at Datta Prasad, Malleshwaram, Bangalore.  
Jun 30 : Nirmala R. Upponi (75) at Dharwad.  
Jul 1 : Yashodhara Atmanand Bhat (nee Padukone) (79) at Bandra, Mumbai.  
Jul 1 : Chandavarkar Shankar D. (83) (Ex-premier Automobiles) at Vile Parle Mumbai.  
Jul 1 : Arur Raghuvir Vithalrao (100) Ex- Talmakiwadi, Pune and Goa at Bangalore.  
Jul 6 : Shanta Anand Hemmadi (89) at Tardeo, Mumbai.  
Jul 7 : Padbidri Amey Arun (31) at Mumbai.  
Jul 18 : Seema Bhavanishankar Rao Aroor (nee Meera Mudbidri).

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