



# Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

## SARASWAT STUDENTS' CONVOCATION 2013 - "AT HOME"



Vice President  
Smt. Geeta Yennemadi  
welcoming Chief Guest  
Dr. Smt. Nirmala Bellare



Manali Bijur, a topper in B.Sc. and poised to join the Air Force  
sharing her thoughts and experiences with the audience



Karan Muzumdar, a State Level Swimmer and a high  
scorer in ICSE receiving a prize from the Chief Guest



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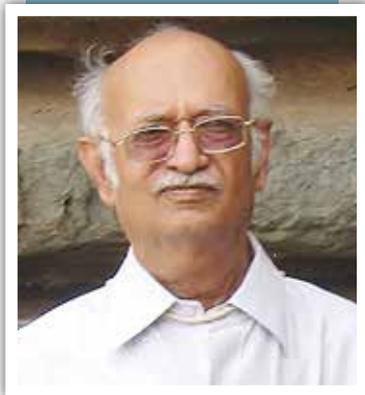
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**Konaje Chidanand  
Sakharam Rao**

6th November 1938



We pray to our revered Guru Parampara & Lord Bhavanishankar for a Long, Healthy and Happy life for our dearest Pappa on his 75th Birthday.

*Your enthusiasm and helping nature has always been an inspiration to us.*

- : From :-

Chitra Konaje, Chetan, Archana, Ashish, Chaitali, Krishna & Kanaka, Konajes, Relatives, Cousins, Friends & well wishers.



06<sup>th</sup> Dec 1963

Golden  
Anniversary  
50



06<sup>th</sup> Dec 2013

**Hearty Congratulations on the occasion of Golden Wedding Anniversary to  
Smt. Vatsala (nee Cherkal) and Shri. Raghuvir Dhareshwar.**

We pray to our Kuladevata Shri Mangesh Mahalakshmi, Lord Bhavanishankar, our Holy Guruparampara and Param Pujya Shri Sadyojat Shankarashram Swamiji to bless them with all Happiness, Peace and Good Health.

**\* With lots of Love, best wishes and compliments \***

Ravi, Neha, Anand, Anjali, Ananya, Arya, Sandeep, Deepa, Arti Dhareshwars, Golikeris, Kallianpurs, Nigudkars, Savkars, Konajes, Bellares, Cherkals All Relatives and Friends.

# Kanara Saraswat

A Monthly Magazine of the  
Kanara Saraswat Association

Office: 13/1-2, Association Building,  
Talmakiwadi, Near Talmaki Chowk,  
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Vol. 94, No.12, December 2013

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## ANNOUNCEMENT

As per the Resolution passed in 101<sup>st</sup> Annual General Meeting held on 29<sup>th</sup> September 2013, Life Membership, Patron Membership and Spouse Membership fees has been increased as under **w.e.f. 1<sup>st</sup> January 2014**

Category	Existing Rate	Revised Rate
Life Membership	Rs 3000.00	Rs 5000.00
Life Membership (Spouse)	Rs 2000.00	Rs 3000.00
Patron Membership	Rs 5000.00	Rs 7500.00

We appeal to members of our community including Female Members married outside our community and their children to become members before 31<sup>st</sup> December 2013 to take advantage of the lower membership rates prevailing till then.



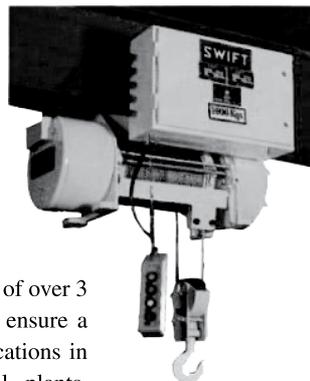
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## *From the President's Desk....*

Some people adhere to life's saying about stopping to smell roses. Others adhere to the saying about waking up and smelling coffee. It's the balance between appreciating our present and recognizing the reality behind some situations that we sometimes struggle with. Part of you wants to pursue a particular dream, yet you know how you're seeing it in an unrealistic light. You want to know whether you are kidding yourself. You want to be assured that it will come all right in the end. Trust me when I say, you can pursue a dream. Just give it a reality check first. Facts are the foundation upon which we build things. Faith is the wings with which we fly.

You need to base your dreams on solid facts and reality and then pursue them with plenty of trust in your own competency and capability and loads of faith in luck and miracles. Don't give up an opportunity or discard an idea because you don't think it's presented to you the way you want. Believe the fact, that some of the world's most inventive and innovative ideas started out as scribbles on the back of serviettes, matchboxes or in sand. Brilliant ideas don't always require glorious settings to manifest. They'll come when it suits them. Don't dismiss a particular idea because of how it might be presenting itself. It doesn't require the trumpet-blowing entrance you always believed it would.

Remember when you were at school and had to recite a poem or speech from memory? You probably spent hours trying to cram words into your brain unsuccessfully yet, when you awoke the next morning, you could recite whatever-it-was effortlessly. When you invest considerable effort and thought with no apparent success, you are bound to discover, sooner or later, how easily something is possible by distancing yourself from it briefly.

Sometimes, we focus so intently on what caused a situation to happen that we overlook or ignore the best way to deal with it. We convince ourselves that, until we are reassured we've identified a cause; we cannot begin to implement a solution. You could spend considerable time looking at and assessing what happened in some way and why. Alternatively, you could identify a real and reassuring solution or way forward. All that's required is a simple change in focus and attitude.

There's something pictorial about us being described as.... captains of our own destinies. We steer personal crafts through both choppy and still waters. We learn how to identify rocky shorelines from a distance. We also learn how to set sails to maximize help, strong winds blowing in the right direction can provide. That's why it is always important to recognize how much control you do have in areas where you feel rudderless within. And also predict confidently when it is time to set sail in a very new direction.

Happy December.....enjoy the last month of 2013 to the fullest!!!

*Suresh S. Hemmady*



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### DATTA JAYANTĪ UTSAVA

FROM 12<sup>TH</sup> TO 18<sup>TH</sup> DECEMBER, 2013, AT TĀLMAKĪWĀDĪ

### INVITATION

Shri Datta Jayanti Utsava commenced in the year 1986 with the prerana and blessings from our most revered Guru Parama Pūjya Shrimat Parijñānāshram Swāmiji III. The aim of Parama Pūjya Shrimat Parijñānāshram Swāmiji to start this Utsava was to encourage the youth to develop devotion towards God, a feeling of belonging and commitment to the Math and Holy Guruparamparā and keep tradition alive. Since then Shri Datta Jayanti Utsava has been celebrated every year.

We have immense pleasure in informing you that Parama Pūjya Shrimat Sadyojāt Shaṅkarāshram Swāmiji has graciously consented to visit Tālmakīwādī from 12<sup>th</sup> to 18<sup>th</sup> December 2013 to grace the Annual Datta Jayanti celebrations. We invite you to participate in the celebration, with your presence and utilize the opportunity to perform Gurusevā and receive blessings of Lord Bhavānīshāṅkar, Lord Dattātreyā and our Holy Guruparamparā .

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Dattayāga Havana	: ₹ 300/-		
Durgā Havana	: ₹ 300/-		

Cheques payable in Mumbai may be drawn in favour of Shri Chitrapur Math - Mumbai  
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Yours sincerely

**Praveñ Kaḍle**

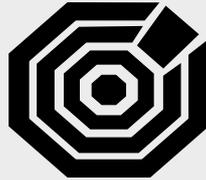
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**SHRI DATTA JAYANTI UTSAVA 2013 - PROGRAMME DETAILS**

DATE	12 <sup>th</sup> Dec, 2013	13 <sup>th</sup> Dec, 2013	14 <sup>th</sup> Dec, 2013	15 <sup>th</sup> Dec, 2013	16 <sup>th</sup> Dec, 2013	17 <sup>th</sup> Dec, 2013	18 <sup>th</sup> Dec, 2013
	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
TIME		<b>Gita Jayanti Divasa / Ekādashi</b>			<b>Datta Jayanti Divasa</b>		
6.00 am		Suprabhātam	Suprabhātam	Suprabhātam	Suprabhātam	Suprabhātam	Suprabhātam
7.00 am			<b>Swadhvāya by Parama Pūjya Swāmiji</b>	<b>Swadhvāya by Parama Pūjya Swāmiji</b>	<b>Swadhvāya by Parama Pūjya Swāmiji</b>		
8.00 am		San dhya vandanam	San dhya vandanam	San dhya vandanam	San dhya vandanam	San dhya vandanam	San dhya vandanam
9.00 am				<b>Rudra Havana</b>	<b>Shri Datta Yāga</b>	<b>Durgā Havana</b>	
10.00 am		Shrimad Bhagwad Gita Pathana	Ahavarashirgla, Manāche Shloka	Shiva Mahimnā Stotra Pathana, Shiva Stotra Pathana from Stutimāñjarī	Satya Datta Vrata, Guru Gita Pathana, Guru Stotra Pathana, Avadumbara Abhishekā	Navarātri Nityapāla, Devī Anusūbhāna, Lalitāsahasranāma	Navarātri Nityapāla, Devī Anusūbhāna, Lalitāsahasranāma
11.00 am		Bhajana Sevā - Andheri Sabha	Bhajana Sevā - Borivali Sabha	Bhajana Sevā - Grant Road Prāthānā and Yuvadhārā	Bhajana Sevā - Dadar Sabhā	Bhajana Sevā - Saraswat Mahilā Samāji	Bhajana Sevā
		Shri Pādūkā Pūjana, Tritha Viharana and Prasāda Bhojana	Shri Pādūkā Pūjana, Tritha Viharana, Shri Bhishtā sevā and Prasāda Bhojana	Shri Pādūkā Pūjana, Tritha Viharana, Shri Bhishtā sevā and Prasāda Bhojana	Shri Pādūkā Pūjana, Tritha Viharana, Shri Bhishtā sevā and Prasāda Bhojana	Shri Pādūkā Pūjana, Tritha Viharana, Shri Bhishtā sevā and Prasāda Bhojana	Prasāda Bhojana
4.00 pm				<b>Satya Nārāyaṇa Pūjā</b>			
5.00 pm		Bhagwad Gita Recitation Prize Distribution and Girvānapratishthā Sanskrita Pramanapātra Viharana		Devotional Music Programme by Saraswat Mahilā Samāji			
		<b>Upadesha by Parama Pūjya Swāmiji</b>					
6.30 pm	<b>- Arrival of Parama Pūjya Swāmiji</b> - Arrival of Datātreya Idol from Datta Mandir		All Mumbai Prāthānā Varga Cultural programme	Platinum Jubilee programmes presented by Talnakwadi CHS		<b>Concluding Dharmasabhā</b>	
7.00 pm	- Swagata Gita - Shri Padukā Pūjana - Welcome Speech by Conventor - Offering of Mānapātra and Recitation <b>- Upadesha by Parama Pūjya Swāmiji</b> - Samudayika Dhūla Bheṭa	Dīpanamaskāra <b>Pūjana by Parama Pūjya Swāmiji</b>	Dīpanamaskāra Ashlāvadhāna Sevā	Dīpanamaskāra Ashlāvadhāna Sevā	Dīpanamaskāra <b>Pālākhī Utsava</b>	<b>Ashirvachana by Parama Pūjya Swāmiji</b> Dīpanamaskāra, Phalamentrākshtā, Shankararājyana Gita and Mangala pada	
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# “At Home” - Saraswat Students’ Convocation 2013

The Saraswat Students’ Convocation titled “At Home” was held on 12th October 2013 at the Kanara Saraswat Association’s Shrimat Anandashram Hall at 5.00 p.m. The Chief Guest was eminent educationist - Dr. Smt. Nirmala G Bellare, Vice-Principal (Retired) of Sir Vithaldas Thackersey College of Home Science, SNDT University.

Smt. Geeta Balse compered the programme. Shri Suresh Hemmady welcomed all especially the students. He said that it was a pleasure to see so many young and smiling faces and the proud and happy faces of their parents! Smt. Balse then gave brief overview of the various activities of the KSA. She informed that this is the 90th year as the first such convocation was held in 1924! She said that in 1957 the students had been lucky to receive blessings of H. H. Shrimat Anandashram Swamiji at the Convocation ceremony!

Smt. Geeta Yennemadi then introduced the Chief Guest. We give a brief outline here as Dr. Bellare’s achievements are many. Smt. Bellare completed her BA in 1961 from Delhi University with a first class, setting a record of the highest marks in 30 years and bagging the Maharshi Karve Memorial prize. She went on to do her MA in English and PGCTE with Grade A. She did an M. Litt with English Literature from CIE (Hyderabad) and then another MA from University of Essex U.K. and acquired a Ph.D. from Mumbai University in 2007. She has been teaching since 1963 starting as a Lecturer and culminating as Vice Principal and Officiating Principal. She is also working as an external faculty for MA courses in the University of Mumbai and SNDT Women’s University. She has conducted elocution and dramatic activities at College. She was appointed as Controller of Examinations in June 1996 for SVT College of Home Science (Autonomous College), Bombay. She has conducted a Workshop for teachers of Mumbai Municipal schools and delivered a lecture on ‘Reading Comprehension and Communication’ at a Workshop for guidance of students appearing

for the SET examination in 2005. She has worked as a course writer for IGNOU in their programme of Revision of the Foundation Course in English in 2005. She has authored many Workbooks, textbooks and books for students. Smt. Yennemadi then honoured Smt. Bellare with a bouquet. Then followed the programme of felicitating the students. After this Smt Bellare addressed the students. We give here a brief extract of her speech.

Dr. Smt. Bellare started by thanking the KSA for inviting her for this prestigious function. She said “Prestigious, it is for me because I have a great love and loyalty for academics having been in that field all my life not only as a teacher but also as a student doing my 2nd and 3rd Masters in the 70s and 80s and then my doctorate just before retirement.”

She remarked “I remember, how, when I first came to Bombay after completing my M.A and a stint at teaching in Delhi, I had also successfully cleared the State Bank of India Officers Entrance Examination. I now had the additional choice of interviewing for a more remunerative bank job, where the salary was more than double. When I happened to enter a bank with my father for some routine work I looked at it from an aspirant’s perspective. I was rather overwhelmed by the sight of those little cubicles and people surrounded by piles of ledgers and files (this was before the computer days). I thought to myself that I’d rather be in an open airy classroom with young cheerful faces before me and teaching them something new every day. So that’s how I entered the teaching profession and I have enjoyed every bit of it.”

She reminded the students that in spite of their ‘liberation’ from school uniforms, the changing teachers and class rooms at college, the freedom to bunk an occasional lecture and go for a movie or to hang out with friends they need to be aware of the greater goal of entering college: to study and do well at examinations so as to earn that important graduation certificate that is your passport to further studies or may be a career.

She said “So, friends, though your focus has to be on studies you should also enjoy the extra-curricular world. Your participation in other activities and the team work and practical problems that come with them, also teach you a lot. However, it is good for you to remember that education does not stop when you leave the portals of a college or university. Your reading must continue as a habit. You have a lot to learn from vast amounts of reading, be it newspapers, magazines, histories, biographies, literature, science, technology or whatever it is that you enjoy. All this reading adds a sense of imagination and innovation to your intellectual armoury.”

“Again, true education also lies in learning from what you see and hear (whether on radio, TV, cinema or in real life). You also learn from your experiences: Always think about everything you see, hear or experience. Have an open mind about it and learn to form your own opinion about almost everything. We are all blessed with a conscience and there’s tons of information around us. You can learn along life’s way to discriminate between true and untrue, right and wrong, good and bad, just and unjust, fair and unfair. So, do not blindly accept what someone says but decide for yourself how to take it. This is what gives you individuality and builds up your character. It is through our words and actions that we show our true education and upbringing. And it is through such behavior that we can spread the light of our knowledge and our sense of culture. I have heard with admiration how well you students have done and it makes me specially proud that these are all Saraswat students”

She then recited a poem that she had written for her college magazine titled “College Days – Yours and Mine”. The poem contrasted her times in college with the times of the current students. (We will print the poem in a future issue). Smt. Bellare ended by wishing good luck and success to all the students present.

Smt. Balse then invited two students Manali Milind Bijur and Karan Muzumdar to speak on behalf of the students.

Manali, who after completing her B.Sc. in Zoology from Mumbai University is joining the Air Force gave a message to her peers to be focused, work hard

toward the goal and not be disheartened if things do not seem to go as they wish. She said that we must have faith that what happens is for the best and God always has something better in store for us. She thanked her grandmother Smt. Lalitha Kerakatte for her support. She said that her family never pulled her back from her goal of joining the Air Force saying how she would cope with a family of her own and her career!

Karan Muzumdar who has completed his Xth with flying colours shared with everybody how he has continued with his hobby of swimming even in his Xth class. He gave a message to his juniors not to spend time on Facebook, WhatsApp and other social networking sites as they take you away from your goal by eating up your time. He especially thanked his grandfather Shri Arvind Haldipur and his parents for their continued support and guidance.

The programme ended with a vote of thanks by Smt. Balse and sumptuous refreshments.

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## Letters to the Editor

**Dear Editor,** Just when I was entering home after office hours, I was welcomed by your Deepavali November 2013 issue of Kanara Saraswat. I was thrilled to see the artistic design on the cover so beautifully drawn by Rupa Haridas.

I thank the Editorial Committee for bringing out this excellent issue.

*Savita Chandavarkar, Thane*

\* \* \* \* \*

**Dear Editor,** I just received the November issue of the Kanara Saraswat. The articles are interesting to go through and many of them are instructive and informative. I appreciate the efforts taken by the Editor to maintain the good qualitative standard.

The cover with Lord Nataraj is really fantastic. The artist Rupa Haridas deserves accolades. The article titled ‘Amchi Bhaas’ by Smita Balwally brings out the state of our children vis-à-vis speaking our language. We as parents need to take up this issue seriously otherwise we will be speaking English with a few Konkani words rather than the other way round!

*Ramkishore Nadkarni, Bangalore*

## Remembering Sir Benegal Narsing Rau, Eminent Jurist and a Brilliant Scholar

Many eminent scribes have written on Sir B. N. Rau for the KS earlier. But recalling his achievements once again in his 60<sup>th</sup> Death Anniversary year seems worthwhile.

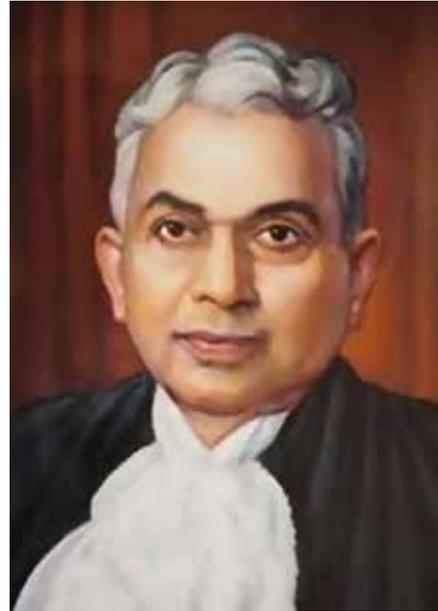
The end came in the early hours of the morning on 30<sup>th</sup> November, 1953 at a Swiss Nursing Home in Zurich. He had come to Zurich from the Hague where he was then serving as a Judge at the International Court of Justice. The news of his demise was received with shock and sorrow through the length and breadth of India. The President, Prime Minister and Parliament were all stunned by the sudden tragedy. India, nay the world, lost one of the ablest members of its Brain Trust - one who was looked upon universally to offer solutions in many baffling situations.

When the news reached India, the Lok Sabha at New Delhi, departing from tradition, paid homage to a non-member, a privilege extended only to two world-famous personalities - Mahatma Gandhi and Stalin.

After referring to Sir B.N. Rau as one of the principal architects of the Constitution and Chairman of the Hindu Law Commission, the then Prime Minister, Pandit Jawaharlal Nehru and Members in both houses maintained a two-minute silence as a mark of respect to the memory of the departed soul.

His academic record was unbeatable. B.N. Rau topped the list in the B.A. examination with a triple first in all three subjects - English, Sanskrit and Physics. The following year he appeared for B.A. with Mathematics and was disappointed at having stood second in the University.

His appointment as Constitutional Advisor earned him tributes for being one of the principal architects of the Indian Constitution. The second phase of his career is connected with the emergence of India as a free, democratic country playing an important part in the Council of United Nations. It culminated in the crowning achievement of his life, namely his appointment as a Judge of the International Court at the Hague where he made his mark as one of its ablest



Judges

He had the uncanny knack of penetrating into the heart of problems and presenting straight and clear-cut solutions in as few words as possible.

Sir B.N. Rau made a tremendous impression on anyone with whom he came into contact. His ten-minute withering reply to the two-and-half day marathon speech of Sir Zaffrulla Khan over the Hyderabad issue at UN constitutes not only a masterpiece in the art of advocacy but a perfect example of poise, dignity, fortitude and self-restraint under the most adverse circumstances: a quality attributed to a "Sthitha Prajna". No wonder then that Vyshinsky, the Russian delegate at the U.N. described him as a "Saint" among UN delegates.

In recognition of his accomplishment Sir B.N. Rau was knighted in 1937. Between 1944 and 1945 Sir B.N. Rau was Prime Minister of Jammu & Kashmir. In 1946 he was appointed constitutional advisor to the constitution assembly of India. In February 1949 he toured the United States of America and Ireland to gain first hand knowledge of the Constitutions of those countries in Feb 1949. He was one of the principal architects of our present Constitution.

He was appointed India's permanent representative with the United Nations at Lake Success. In Jan 1950 he was nominated as the Indian representative on the Security Council. It was Sir B.N. Rau's work at the United Nations that acquired for him worldwide reputation especially his tackling of the Hyderabad issue, Kashmir dispute, Control of Atomic Energy etc., was brilliant and dignified. Sir B.N. Rau was appointed as a Judge of the International Court at Hague. A stamp on his Birth Centenary was released in 1988 by President R. Venkatraman.

Sir Narsing Rau was as expressed by Shri Pandit Jawaharlal Nehru, a perfect civil servant and an ideal servant of India. Shri C. Rajagopalachari said that Sir B. N. Rau was in a class by himself, a brilliant scholar, an earnest, sincere, selfless and conscientious worker, who approached any problem with a dispassionate mind and worked at it zealously and diligently throughout his official career.

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## Profile

# Prof. Vittal Ramprasad

Winner of the Honourable Teacher Award from the Indian Institute of Architects

BY NARAYAN SHIRALI

It was pleasing to read that a BHANAP was selected for the 'HONOURABLE TEACHER' Award from The Indian Institute of Architects, Tamilnadu Chapter.

A sanskrit subhashita says:

नाभिषेकः न संस्कारः सिंहस्य क्रियते मृगैः ।

विक्रमार्जितराज्यस्य स्वयमेव मृगेंद्रता ॥

This is indeed true in his case as dint of hard work, dedication and passion for teaching has brought him laurels from one & all in the fraternity of architects in Southern India.

Prof. Vittal Ramprasad received the "Honourable Teacher Award" of the Indian Institutes of Architects Tamilnadu Chapter in the 10<sup>th</sup> TRIUNE Celebrations (*Architects Day, Teachers Day & IIA Day*) on September 28, 2013 at Hotel Savera in Chennai, Tamilnadu. This award is in recognition of his contribution to Teaching. A Citation & the Award along with a Shawl was given by the Chief Guest Prof. A. Mohammed Haris. Prof. Vittal Ramprasad, Professor in the Department of Architecture and former Dean Students Welfare is serving in the National Institute of Technology, Tiruchirapalli, Tamilnadu, for almost thirty years. He is the son of Late Shri. Vittal Devaraya Bhat & Late Smt. Sushila Bhat (nee Manjeshwar).

Born in Madras in 1954, he obtained his B. Arch degree from Visveswaraya College of Engineering (UVCE), Bangalore in 1977 getting 'First Rank' in the University. To pursue higher studies, V. Ramprasad joined the Department of Architecture and Regional Planning at the Indian Institute of Technology, Kharagpur, in 1978 and obtained M.Arch. degree in 1980. His mentor, Dr. R.L. Muni Chakravarti, the then Professor & Head of the Department of Architecture and Regional Planning at IIT Kharagpur encouraged and motivated Ramprasad to pursue his career as a Teacher of Architecture.



**Prof Vittal Ramprasad (on the right) receiving the Award**

In July 1980, V. Ramprasad joined the Department of Architecture at the Manipal Institute of Technology, Manipal as a Lecturer & in 1982 was promoted as a Reader in the same department. He was selected as an Assistant Professor in the Department of Architecture, in 1984, in the then Regional Engineering College, Tiruchirapalli (RECT). In July 1996, he was selected as a Professor, in the same Department at RECT.

In 1995, as a British Council Study Fellow, Ramprasad underwent six months International Training in Energy Efficient Buildings at the Building Science Laboratory in the University of Leeds and in the School of Architectural Studies at the University of Sheffield, United Kingdom, under the UK-India RECs Project on Energy Theme. He attended Energy Design Advice Scheme (EDAS) Programme on the Standard Assessment Procedure for the Energy Rating of Dwellings at Nottingham, U.K. in March 1995. He also attended two-weeks training on Staff Development Programme in Instructional Techniques at the University of Huddersfield, U.K. in April 1995.

From July 1996 to January 2004, V. Ramprasad served as a Professor and Head of the Department of Architecture at the National Institute of Technology, Tiruchirapalli (NITT). He served as a Nodal Officer (Procurement) of the World Bank funded Government of India Technical Education Quality Improvement

Programme (TEQIP) at the National Institute of Technology, Tiruchirapalli, from 2004 to 2007. In June-July 2005, V. Ramprasad underwent three-week Integrated Multi-Disciplinary Management Training at "SETYM International", a leading professional training and consulting company in Montreal, Quebec, Canada, under the Technical Education Quality Improvement Programme (TEQIP).

During May 2006 to April 2007, V. Ramprasad has served as a member of the Finance Committee and a Member of the Board of Governors of the National Institute of Technology, Tiruchirapalli.

In 2007, V. Ramprasad received the "Best Teacher Award" at the National Institute of Technology, Tiruchirapalli. He is also the 'Life Member' of The Indian Society for Technical Education (ISTE), New Delhi.

Over the span of 33 years, V. Ramprasad has taught several courses including Building Climatology, Energy Efficient Buildings, Architectural Acoustics, Building Services (Water Supply & Drainage, Electrical Services, Air-conditioning and Mechanical Services) apart from Studio subjects such as Architectural Design and Building Construction and Materials.

In 1986-87, V. Ramprasad designed the Trichy Regional Engineering College Science & Technology Entrepreneurs Park (TREC-STEP) and the scope of work included the complete development of site, architectural design and detailing of Central Workshop, Electro-Mechanical Nursery Sheds and Nursery sheds for Light Industry. Buildings designed within the campus of the then Regional Engineering College (currently the National Institute of Technology Tiruchirapalli) include the Department of Production Engineering, Snacketeria and Silver Jubilee Building. He was a member of the Design Team of Centre for Energy & Environmental Science and Technology (CEESAT). In addition he carried out architectural acoustic design and detailing of a few seminar halls and auditorium within the Institute campus.

V. Ramprasad has published research papers in journals including a few in the Journal of IIA (JIJA) and presented papers in National and International Conferences. He has been invited to deliver lectures on various topics and has been a resource person in

the area of Energy Efficient Buildings. His current area of research is in the thermal environment & comfort in naturally ventilated indoor environment.

Vittal Ramprasad has served as an Expert Member on several Selection Committees for faculty & staff recruitment and has served as a Member of many Boards of Studies in Architecture. He was a Member of the Architecture Accreditation Evaluation Committee of the National Board of Accreditation (NBA), New Delhi, from August 2011 to July 2013.

On 1st September 2011, V. Ramprasad was appointed as Dean of Faculty Welfare and from September 2012 to September 2013 he served as the Dean of Students Welfare.

He is happily married with Gayathri (nee Hattangadi) and has a daughter, Divya & son, Shashank who are both engineers working in reputed software technology companies in Bangalore.

His rising career graph is astounding. But his simple nature, humble disposition & spiritual inclinations should be a source of inspiration to all present day youth.

<<<>>

## SAD DEMISE



### Smt. Meera Nileshwar

W/o Late Manohar Nileshwar  
Left for her heavenly abode

on

25th October 2013

### Deeply mourned by:

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

## KSA Health Lecture Series - 9

Under the aegis of the KSA Health Centre the KSA organized a highly informative and educative talk – “Pathological Tests – What do I need to know?” by Dr. Shekhar M Nerurkar Pd.D. (Med. Biochem) on 20<sup>th</sup> October 2013 at Shrimat Anandashram Sabhgriha, KSA Bldg.

The occasion was honouring of veteran senior Pathologist Dr. Kishor Nayampalli who has rendered yeoman service to the community. Dr Mavinkurve, Hon Secretary, Health Centre, in his introduction, highlighted the scintillating achievements of Dr Nayampalli – academic as well as in the social sphere and community service. In Medical pathology practice for more than 40 years, Dr. Nayampalli has been a source of inspiration to a whole lot of young doctors and has set an example of dedication, integrity, humility and service. In a short address that followed the audience got a glimpse of his rich experiences as a doctor and a humane side of his which has been his hallmark over the years. At the end he announced that he now intends to retire from active work and pursue things which he has always wanted to do. Dr. Mavinkurve, on behalf of the KSA and the audience, wished him all the luck and a very healthy future.

**Dr. Kishore Nayampalli** started his address by thanking the KSA for felicitating him.

He said “On this day about 47 years back, I remember an incident in my life, which turned out to be a guiding star throughout my professional life of 42 years. I am now retiring with a sense of satisfaction.

At the end of every medical college term I used to return home to be received by my parents at the main entrance of our house with a radiant smile of joy and an affectionate hug (my father had a paralytic stroke earlier). At the end of my final M.B.B.S. exams I returned home, but this time I was received only by my mother. I felt something was wrong. I went straight to my father’s bedroom and what I had anticipated turned out to be true- He was totally paralyzed (all the four extremities) with a slurring speech.

After a brief emotional outburst, my father was in a hurry to tell me something important. Due to

slurring speech it took him nearly 20 minutes to tell me three sentences.



(l to r) Dr. Shekhar Nerurkar looks on as Dr. Kishor Nayampalli is felicitated by President Shri Suresh Hemmady

- 1) Do not discontinue your medical education for my sake
- 2) Be true to your profession
- 3) Follow ethical practice.

This turned out to be my guidelines for the 42 years of practice. I have tried my best to follow those ideals.

Apart from the professional knowledge I gained during our college days and in practice learnt a lot from the actions and preaching of great people.

Two incidents which I wish to present before you are the ones which have really impressed me. In particular our attitude towards our patients

1) The first incident was when our Guru P.P. Shrimat Sadyojat Shankarashram Swamiji was on visit to a seriously ill devotee’s house. I was accompanying Swamiji as a volunteer.

Arrangements were made in the living room of the house for a pooja. The devotee who was on a wheel chair in the bedroom, burst out in tears and was weeping for nearly 15 minutes - Swamiji was by his side consoling him and giving him all the courage to come out and perform the pooja. Swamiji totally succeeded in convincing him and He personally brought the wheel chair out in the living room for the pooja with a smile on the devotees face.

2) The second incident was during my association with the Home for Destitutes run by the great humanitarian Mother Teresa. Individuals who have

faced severe tragedies in personal life, spending days and nights without any shelter and food and water on the pavements, are picked up by the sisters of Mission of Charities and brought to the Home at Santacruz, where they are given shelter, food, medicines. I have had occasions to investigate them for our pathological tests. When first they are brought to the home they are emaciated, dehydrated in extreme depression. But later after treatment for about a month with more than 50 % recovery we are received with a broad smile, words of gratitude and a Namaste.

This is how fortunate human beings help out unfortunate human beings – The Mission of Charities, Baba Amte and many others like him are doing a yeomen service to humanity.

It is said man behind the machines is important but a lady (a life partner of course) behind the man is still more important. My wife Geeta worked day and night with me during the initial stages of establishing my Path-lab.

1) Being an interior decorator she was responsible for the interiors of the lab with 4-5 landscape paintings. 2) Learnt typing to be my typist 3) Was In-charge of the Lab reception 4) Billing and accounts 5) and a devoted housewife. Initially she was my typist and I was her technician-within months she was my

general manager and today we retire with Geeta as CEO and I still remain her technician.

Back to the profession I am still of the opinion that Clinical acumen should always dominate over the Investigative procedures including Pathology. My generation has been fortunate to be taught under the British system where clinical acumen is given importance.

Pathological investigations are important to help

- 1) Differential Diagnosis of ailments
- 2) Mandatory Investigations eg. Pre-operative to surgery or Antenatal (Like HIV, HbsAg, VDRL etc)
- 3) Precautionary after a particular age eg. PSA and Pap Smear, Cancer Markers etc.

I will end my talk here as Dr. Nerurkar will make his audio-visual presentation.”

Dr. Shekhar Nerurkar in his talk explained what we need to know about pathological investigations from a patient’s perspective, specially explaining which tests need to be done on an empty stomach, what ought to be the duration of the fast etc. He cautioned against the pitfalls of patients making their own – often incorrect – interpretations from Pathological tests which actually is the job of the Physician treating the patient. He kept the talk very informal and interactive, answering queries patiently and often with tinges of humour.

## **KSA HEALTH CENTRE**

*Starts the New Year on a Healthy note .....*

*“My knees hurt when I walk – Is it Arthritis? Is arthritis an aging disorder?  
Is squatting going to worsen my joint pains? Is it related to the food that I eat?  
Are pain killers the only answer? What about their side effects?”*

All these, and many other questions will be answered at an informative session on

### **“Arthritis: how do I handle it?”**

by

**Dr. Rahul Shah MS (Orth)**

**Consultant Orthopaedic Surgeon,**

**Assisted by Physiotherapists Ms. Tina Jain and Dr. Yashoda Wagh and Dietician Ms. Sweedal J Trinidad  
(All from the Bhatia General Hospital, Tardeo Road)**

**at 10am on Sunday, the 5<sup>th</sup> January 2014 at the Shrimat Anandashram Sabhagriha,**

**KSA Bldg, Talmakiwadi, J D Marg, Mumbai 400007**

**(KSA Health Lecture Series -10 )**

# Homes For Assisted Living and Attitudes

MAJ GEN (RETD) B N RAO, AVSM, VSM & BAR

Shri Manohar Bagade's article on requirement for an assisted living home for amchis was brought to my attention by Ms Kusum Gokarn who asked me to share my experience of having been an administrator of such a facility.

According to our Shatras, life is divided into four stages;

- Childhood and youth (Brahmachari)
- Adulthood and marriage. (Grahastashram)
- Retreat into the forest (Van Prashtashram)
- Total renunciation. ( Sanyasashram)

Old age homes cater for the third and fourth phases of life after one has turned 60 and retired from working at one's profession. An old age home is an institutionalised necessity of life but was alien to Indian culture till a few decades ago. Undoubtedly India had 'dharamshalas' and 'vridhashrams' but these were not institutions that one would voluntarily enter if one could help it. Retirement homes and senior citizens' homes are a western concept. But there, apart from it being a social necessity, these are commercially run and very well managed. Old age homes in India, on the other hand, are mostly state run and even the few that are commercially run, leave much to be desired.

It is only now, towards the commencement of the 21<sup>st</sup> century that we see a smattering of world class institutions for the elderly. But they are phenomenally costly and mostly unaffordable by anybody but the creamy layer. Since the poor can seldom afford a commercial old age home and the rich can do without it anyway, it is the upper middle-class that is mostly found to inhabit such facilities.

Though old age homes open their doors for admission to people on turning 60, it is seen that the number of takers at that age are few and far between. Most people start seeking old age homes when they end up with their backs to the wall. In ancient India where undivided families were the norm, the necessity for old age homes was not acutely felt. The elders would stay at home all their life and be cared for by the family members themselves. But in the latter half of the twentieth century, nuclear families became the norm, with young couples moving out and setting up their own homes. Older people started getting

isolated and had to seek shelter elsewhere.

Among the most common reasons why the elderly seek out convenient facilities to spend their twilight years comfortably are:-

- \* Due to advanced age, the old couples are unable to cope with daily running of household, shopping and cooking, lack of servants or tradesmen like plumbers, carpenters, electricians or drivers; rising cost of living, increased feeling of insecurity, etc,

- \* No family members available to look after them. This translates into mostly grown-up children. A phenomenon greatly compounded in the modern day with millions of children migrating to USA and other Western countries for work or study. Even if the children are in India but located in a different city or even if in the same city but staying very far away, it doesn't help.

- \* The death of a spouse. Left alone, emotionally bereft, and physically helpless, many people look at other options; a home for the elderly being one of them.

- \* Lack of space. As children grow, get married and in turn have children, the house starts getting crowded and inadequate space results in the elders getting elbowed out; especially in cities.

- \* Elders being rendered homeless. Fights for property are vicious. Even single children / daughters-in-law are known to have snatched away ancestral homes and heartlessly thrown out the old parents.

- \* One or both parents requiring the facility of assisted living which the families are themselves unable to provide.

- \* Aging parents searching for secure surroundings for their handicapped children (helpless adults really) who are already in the age group of forty to fifty years. Parents with spastic children, mongoloid offspring, blind unmarried daughters, or suffering from other serious disabilities requiring special care desire to make secure arrangements for them before it becomes too late.

- \* Also some stubborn old people who have been used to living alone and take pride in the fact that they will never impose themselves upon their offspring, find retirement homes suiting their purpose.

But despite the compulsions, finding a suitable home is not easy. Firstly it must be in the city that one desires to live in. It should offer all modern amenities. It should be affordable. It should be elegant and look attractive. It should have a garden or open spaces with trees and flowers where the residents can enjoy closeness to nature. It should have facilities for prayer, meditation and yoga. Facilities for walks and indoor games are very desirable.

Many homes are community oriented. Only for Parsees or Marwari's or Jains or Catholics etc. Such homes are more cohesive and easier to manage because of common food, praying and cultural habits.

The move towards old age homes has not seen as rapid an increase as the increasing number of elderly might warrant. There are some identifiable reasons for this. Changes in central and state rules which make it mandatory for children to look after their parents. Creation of government homes in districts. And the scheme of reverse mortgage which banks are now permitting. Also there is social aversion amongst the younger generations who get upset to hear that their parents want to move to a home in their last days. What will people think of them?

Old age homes are basically of three types. A hostel type facility providing rooms with common dining facilities or a conglomeration of small independent cottages or flats in one compound or basically a medical facility providing rooms/wards for bed ridden or severely disabled people. Some government facilities have wards and private rooms but leave much to be desired.

Punya Dham Ashram where I had the privilege of being its resident administrator was an elegant senior citizens home very attractively constructed, with a rose garden, an orchard, a gaushala, landscaped spaces and a beautiful Shiva Mandir. It had a modern well equipped library and state-of art-multipurpose auditorium. I found it convenient to move in there after my wife, Mira, passed away and I found it extremely difficult to manage the house on my own. So I rented out my flat, packed my bags and shifted to the Ashram. The word Ashram is a misnomer. It provides individual fully furnished rooms for couples/individuals which are extremely comfortable. There is a common dining hall and a spanking clean, modern designer kitchen. The cooks and staff are hired by the Ashram and the residents have to just live and enjoy.

They are welcome in any of the Ashram's activities / social work as per their talents and inclination: but there is no compulsion. Mahashivratri is the major festival celebrated in Punya Dham but there are regular religious or cultural programmes. One can keep one's car if one so desires and residents are encouraged to remain active and meet relatives, participate in think tanks or take part in cultural activities.

The superb Siddeshwar Mahadeo Mandir has been constructed by none other than the award winning temple architect Mr Sompura, the creator of Akshardham. It is serene, and the feeling of sanctity and reverence inside the temple is very real. The entire temple was carved in Jaipur but was assembled by the workers in Pune. The 'shikhar' of the Shiv Parivar is unique and a must-see for anyone visiting Pune.

I commend Shri Manohar Bagde for thinking of creating a facility for assisted living for elderly amchis. But it has many requirements. Adequate finance, meticulous planning, a devoted couple who will stay in it and run the institution, trained staff, excellent kitchen and good cooks (meals are major events for the elderly) separate nutrition requirements for the toothless, diabetics and hypertensive residents, cleaning and washing staff, an office with computerized facilities.

Old age homes have special requirements; stairs having risers not more than 6 inches high, non slippery surfaces, continuous railings, intercom facilities, ability to unlock doors from the outside, providing male/female, part-time or full-time helpers as required, nurse and resident doctor and an ambulance for evacuating emergency cases, physiotherapy facilities etc.

The institution should be located in or close to a large city, well connected by road and rail and air. It should have year-round equitable climate, large gardens, open spaces and water bodies. It must be an architectural delight.

Rules for old age homes are extremely sketchy. But if one could get from one of the western countries what their inspectors look for in their institutions, it would provide many insights on staffing, funding, procedures, and constructional requirements.

Traditionally, Indians want to leave something for their children so they prefer to live poor and die rich. I've known people who have sold property worth crores but were loathe to donate Rs. seven lakhs to

secure a comfortable and classy place for themselves for the rest of their lives. Amazing!

One last word of caution before ending. One should not mix one's aims when conceiving such an institution. It should either be meeting a social and

charitable requirement (with obviously much lower standards) or plan a world-class home where people will willingly pay and be happy to live out their last days. Disparate aims don't mix.

<<<>>>

## Sunflower Tuesday

RASHMI KARNAD JANI

He's started asking again  
At 15 as he had when 5  
Mamma, can we plant  
Sunflowers?

He cranes his neck  
When we pass gardens  
Or see a few lone, strong stems  
Wild and glorious  
Beside highway 7  
Where few admire or even notice  
Their brilliance

We must plant earlier, chelda  
I explain  
Dig deep, set the distance between,  
Prep a rich soil

Next year, okay baba? I say  
Next year after the last frost  
Let's do this together

Sunflowers, life: same lessons

Yet he sighs  
My son  
When he sees sunflowers  
And that sigh tugs at my heartstrings

And embeds its claws deep inside  
The list of  
things left undone  
this summer

He doesn't ask for much,  
you know  
My son

He endures,  
rises above the new normal  
He wipes down counters  
Fills ice trays, takes out the trash  
Watches me for signs of sadness  
Pats my back like my grandfather did  
Teaches me about popular culture  
Computers and Broadway  
Steers me away from pain  
So I walked directly to a tub  
And bought a bouquet

Had it wrapped in fancy paper  
And gave it to him

For me! His face lit up  
To see fat, golden sunflowers  
From someone else's garden this year  
Store bought  
Sunflowers  
A promise of shared sunshine  
With his mother- me

Someday I hope  
Two hands stronger than mine  
Will dig deeper in rich soil  
And plant sunflowers

<<<>>>

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## OBITUARY

*‘Zindagi aur maut upar waale ke haath hai ... usse na toh aap badal sakte hai na main ... hum sab to rangmanch ki kathputliyan hai jinki dor upar waale ki ungliyon mein bandhi hai’*



**Laxminarayan (Suneel) Mukund Hattangadi**

**17th April, 1942 - 20th October, 2013**



Laxminarayan Mukund Hattangadi, popularly known as Suneel, passed away after a brief illness on Sunday, 20th October, 2013. The last rites were performed the same evening at Vasai.

A devoted husband to Shobhan, a loving father to Vidhita, a gregarious and multifaceted family person, he did stints in the Indian Army and later at Indian Airlines, acted in films, TV serials and TVCs, scripted and directed many stage plays, was a teacher in Dubai, an avid blogger ([www.hattangadisuneel.blogspot.in](http://www.hattangadisuneel.blogspot.in)) and was also very active on Facebook- ([www.facebook.com/pages/Laxminarayan-Suneel-Hattangadi](http://www.facebook.com/pages/Laxminarayan-Suneel-Hattangadi)). His determination and strong will helped him overcome the dreaded cancer of the esophagus.



Deeply mourned by Shobhan, Vidhita and son-in-law Naval Lawande, Annapurna Hattangadi, Sindhu Hattangadi, Shamsia, Ayaan and Kamran Kamadia, Hattangadis, Bhonsules, Lawandes, close relatives and friends.

**Mrs. Shobhan Hattangadi sincerely thank all friends and family members who helped and provided assistance in their hour of grief.**

## Christopher Columbus

Do you know that on every 12th of October Americans celebrate one of the most important events in their History, the discovery of America by Christopher Columbus? But here is a funny thing. Columbus did not discover America on the 12th October. He discovered it on 23rd October. The calendar we are using now was originated by Pope Gregory; it did not exist even until 100 years after he was dead. The American colonies adopted that calendar in 1752; and when it was adopted they jumped time ahead exactly 11 days. Why? Because the calendar of that time was eleven days behind the Sun. So according to the present calendar Columbus discovered America not on October 12th but on October 23rd.

As a boy in school, Columbus had studied a book by Pythagoras who taught that the world was round. So Columbus got an idea. He figured that if it was round, he could find a shortcut to India; and that would make him a fortune. Others told him that the earth was not round but flat, that his ship would sail to the edge of the world and then tumble off in to unending space.

For 17 years Columbus tried and failed to get some one to finance his adventure. In despair he retired to a monastery in Spain at the age of 50. Finally the Pope in Rome urged Queen Isabella of Spain to help Columbus. Columbus was so poor that he had to beg for food on his way to see the Queen. The Queen gave him the ships he needed; but it was almost impossible to get a crew. Every one was afraid to go. Half an hour before sun-rise he set out on Friday 3rd August 1492, with 3 ships and 88 men.

Unfortunately the colonies he founded met with disaster and disappointment. All the people in the first colony were murdered by the Indians. The Governor of the second colony was so jealous of Columbus that he accused him of all sorts of crimes, had him arrested and sent back to Spain in chains. He was turned loose as soon as he reached Spain. But

the chagrin and disappointment of it all broke his heart.

Columbus died at the age of 60, un-noticed, un-honoured and unsung. He died in a shabby, poorly ventilated room, and on the walls of the room hung the chains that he had worn as a prisoner. He kept them hanging there as a grim reminder of the vanity of this world and its ingratitude.

After accomplishing one of the most amazing and courageous feats in history, he expected to make a fortune; he died a pauper. The continent he discovered was not even named after him. It was named after a maker of maps, Amerigo Vespucci. In fact the only thing he ever got out of discovering a new world was heart break and disgrace!

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## Camino de Santiago, Spain A Journey of Body, Mind and Spirit

MAMATA KALLE, CAMARILLO, CA. USA

Each year with the approach of Ashaad Ekadashi, the sounds of “Gnyanba Tukaram” always reverberate in my mind. While growing up in Dadar, Mumbai. I watched with awe and admiration as hundreds of varkarees danced their way to Pandharpur through the heavy rains. It was a dream to do something similar and it came true this year.

The famous Camino de Santiago de Compostela (The Way of St. James) walk is 805kms. long, starting in the south of France, going over the Pyrenees Mountains and crossing the northern part of Spain. One hundred and twenty-five thousand pilgrims do it every year, carrying their backpacks, sleeping in local travelers’ hostels and free dormitories, known as “alburgues” an equivalent of “Dharmashalas”. Many of them use bicycles or horses to cover the distance. If one covers the last 100kms. on foot or 200kms. on bicycle or riding horses, one gets the official certificate called Compostela.

St. James, one of the apostles of Jesus Christ went to Spain to spread His message. Later he returned to Jerusalem in 40 A.D. where he was beheaded by the Romans. His disciples brought his body back to Spain by boat and buried it. After about 600 years a shepherd was led by a bright star to the field where he uncovered the coffin. Hence the name Compostela (It means the field – Compo, and Stars – Stela). It was brought to Santiago and over the years the pilgrims built a huge cathedral. Since 1150A.D. people have been walking to this place. Pope John Paul personally went there and consecrated it. Thousands of people from all over the world visit it. It is believed that next to Jerusalem and The Vatican, this Cathedral is most revered and is designated as UNESCO World Heritage Site.

Given our advanced age, I had never dreamt that we could make this happen. However a small article in Los Angeles Times got us excited and my husband Hemu and I, immediately booked our trip through a walking tour company. Our group of four Australians, two Canadians and six Americans (including us – we were the oldest) met in Madrid one Sunday. We were driven 350kms. north to a place called O’Cebreiro,



*The Cathedral of Santiago de Compostela*

where they have las pallozas, original 15<sup>th</sup> century houses, round stone buildings with straw covered roofs. We passed through the mountains at an altitude of 1300 meters above sea level. There was heavy snow on the ground. No one was prepared for it. The scenery from here was breath taking and it set all of us in the mood for the walk next morning.

We covered a distance 107kms in eight days. Each morning we started our walk around 9:00 clock. Every day we walked a minimum of 12kms. There were two days when we walked 15 – 17kms. We had prepared for this by increasing the distance and the duration of our daily walks at our home over a period of three months. The walk in Spain was very challenging ....through thick mud, running spring water, dirt roads, slippery rocky roads with sharp piercing little stones, fields, gentle hills and steep hills that never seemed to end. Fortunately we were well prepared for it with ankle high water-proof hiking shoes.

The first day, walking through the thick mud was a challenge. Praying as we stepped on the slippery stones, one at a time, we covered more than a kilometer. The second time we chose the high road, which was equally scary. They say the Camino teaches you life’s lessons - Challenges, Uncertainty, Surrender and Gratitude. The steep hills look daunting but when one reaches the top, it is very humbling. Fortunately by God’s Grace we did not get any blisters or sprained ankles.

The Camino goes through forests of eucalyptus and oak trees. It winds through sleepy villages, past "horreos" (grain silos). We passed many farms with cows and sheep grazing in the fields. The Camino at times runs parallel to the highway going to Santiago. There are pilgrims in thousands, some people who have walked all the five hundred miles in about 45 days, not once but repeatedly, carrying their huge backpacks. The Camino beckons them. The cyclists pedal fast through rough terrain. We saw two pilgrims using unicycles and an old lady using a walker. There is a feeling of camaraderie amongst all.

We had lovely weather and most of the time it was sunny and temperatures were around 15 – 21 C. Fellow travelers, reflections, introspection and prayers keep you moving. There are sign posts with the official Camino insignia "sea-shell" or the "arrow" indicating the way. We saw one sign post with symbol of "OM" and another with "Krishna" written on it. Just when you feel that you cannot take one more step there is a cool breeze to invigorate you, butterflies flying and the birds chirping to raise your spirits. Fellow peregrinos (pilgrims) greeting each other with a smile and wishing Buen Camino (a good journey) or just saying "little by little, one step at a time" all in Spanish or their own languages, but one understands the meaning and feelings behind it.

There are small hotels where one can get fresh squeezed orange juice, beer or drinks. One can use their restrooms which are spotlessly clean. The lights here are on motion detectors, so there is no wastage of electricity. The roads were also very clean.

The places we stayed were rectories, monasteries changed into boarding houses. The owners went out of their way to make us comfortable and prepare vegetarian food. As in most of the European countries, it is difficult to get vegetarian food. But we enjoyed the fresh crusty bread, salads, cheese and fruits. One lady from our group sang soul stirring, melodious Spanish devotional songs.

Our walk for the day normally ended around 2:00pm and then we would have lunch. There were two days when we walked 15-17 kilometers. I had my fears but we MADE it. The vans were always waiting to give us a ride, if needed, but we kept on walking. The two guides were sweet and cheered us when it looked difficult. There were two stops on these days when we could stop and grab some snack or drink. If we were hurt, they would come running to administer

first aid. One of them always walked behind the entire group to help, in case of need. In the middle of the forests we could see enticing signs for taxi service. The peregrinos call it the sign of the devil !

The seventh day when the 12- 13 kilometer was mostly uphill, the sight of the cathedral towers brought tears to everyone's eyes. There is a monument at the top. There are statues of two pilgrims pointing to the cathedrals and this place is called Monte de Goza, "mountain of joy." The last day, we all walked together and entered the city as a group. We went directly to the Church Office where we got the official final stamp on the passport and the certificate. We then entered the crowded Cathedral. Luckily all fourteen of us got a place to sit together.

The beautiful heavenly music sung by the nuns and the choir heralded the beginning of the Mass. The priests conducted the Mass in Spanish and at times it was translated by younger priests into English and German. They also announced the number of pilgrims traveling from different countries and invoked the Lord's Blessings on them. The culmination of the Mass is the raising of the botafumero (incense burner). Six to seven priests pull on ropes to raise the heavy silver botafumero and it is swung from one end of the cathedral to the other, high over the pilgrims' heads.

After the Mass we waited in a line to hug the statue of the Apostle and to get a glimpse of the crypt containing the remains. The marble steps here are all worn out. It was very difficult to say adieu to our fellow pilgrims. Some of them returned home, while a group of us went to Finisterre. (end of the land). In olden days the Romans considered this western most point in Spain, as the end of the world. Many of the peregrinos continue their pilgrimage to this place, which is another 92 kilometers away. It is said that there is a ritual here where they wash the feet of these pilgrims. We had taken a van due to distance, time constraint and inclement weather. The ocean here was rough. The custom here is to throw in the ocean something of your own (similar to giving up some of your possessions at Benares)

The Camino de Santiago de Compostela was uplifting and beautiful. It brings back all the good memories. Yes, it was tiring but extremely satisfying. We were like a one big family. We shall never forget it. It is a trip we would recommend to one and all.

<<<>>>

# The Perfect Take Off

BY KUMUD NAYEL

In the school where I studied, the Nuns in Byculla believed in two principles. First give education to girls. Two: alongside, include education to poor girls. The process was simple.

We from the Middle class families paid a very small amount as fees. That small amount was utilised by the nuns to educate poor girls whose parents worked in these same middle class families.

Thus on my two seater bench, I had Nigar sitting next to me. Nigar's father was the cook at Muneera's who sat on the bench next. We all played together in the lunch recess and shared our lunch too. Our parents never had to go to Orphanages to donate funds and sweets on our birthdays. It all happened so easily in our school in a very simple manner. Our old books and uniforms were not sold to the Kabadi. They were handed down straight in school from class to class. Munira's first hand to Nigar's second hand. Easy way for hand-me-downs. That was the simple NGO the Nuns had long ago.

The nuns however believed that we need not learn Physics or Chemistry. Instead they taught us Needlework and Knitting. Perhaps, they thought we girls, will later become housewives or nurses or teachers.

Our school therefore was a Model School for Girls where rich and poor all sat together, listened to teachers, copying down lessons from the blackboard, learning to thread the needle and tie the tourniquets.

70 years later, when I look around, I am happy to see, the nuns didn't waste their time in my Byculla school. Their two principles still go along but on a much higher scale. I wish those Nuns were with me now to see all these colleges and Post Grad Institutes where girls are Engineers/Doctors/Pilots/Para Medics and are holding Board Meeting in Industries.

In summer last year, we were in Hampi on a sight seeing trip. On the very first morning, we all got down from our hotel rooms to go to see the beautiful monuments. As I was about to board one of the electric trolley cars, a neatly dressed girl wearing a cap, escorted me to the trolley. "Sit here Madam," she curtsied me to the seat next to the driver's seat. As I sat adjusting my sunglasses and cap, the appointed

tourist guide came to me and was profusely apologetic.

"Madam," he stammered, "if you don't mind, that is my seat". He helped me out and seated me on the seat behind him. "Oh, Sorry, Sorry," I said and looked at the Smart girl. She smile sweetly and as the Trolley filled in with our complete family, she adjusted her cap. In the same cool manner, she came over and sat next to the guide on the driver's seat.

"Good Morning," she wished us, and turned the ignition key. She was not the only lady driver by accident. The entire cavalcade of electric trolley cars had lady drivers sitting confidently at the driver's wheel and smiling their way all along to the road.

I wish the Nuns of my school days were with me on that seat feeling so proud to witness all those beautiful lady drivers take off to the caves, monuments and relics of Hampi/Badami.

A perfect Take Off for the Millenium with 2 as the opening Digit!!

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## Urinary Infection In Women

BY DR KUMUDINI MANGAONKAR

Urinary infection occurs much more frequently in women at all ages, than in men. It goes undiagnosed because more often it is asymptomatic or has only fever as a symptom which is promptly treated by antibiotics without testing the urine.

Urine infection per say may pass as harmless but for its chronicity, its ascent upwards causing Pyelitis and in the long run, leading to Chronic Renal failure (CRF) – a grave situation caused by sheer neglect.

The anatomy of female urethra and improper washing techniques are the main factors leading to infection. The female urethra is very short, and besides, its opening outside is next to the vagina and the anus, from where E coli and other germs easily enter the urethra aperture. It is also traumatized during the sexual act if the penis is not directed properly into the vagina, resulting in a condition commonly known as Honeymoon Pyelitis

Now about the “Washing Techniques”: Every time after passing urine water must be splashed over the vulva and after every sexual intercourse the lady should pass urine, clean her genitals and drink a glass of water. Washing after defecation should always be directed upwards and backwards from anus and never from behind forwards.

During pregnancy, the vagina is more vascular; the secretion is more alkaline in nature, which favours growth of organisms. Hence urine should be tested every month. If infection is detected, it should be promptly treated as chronic urinary infection can lead to Pyelitis and premature delivery.

All married women need an annual urine routine and microscopic check-up as infection goes unnoticed. Women tide over it by drinking more water, coconut water or the popular remedy ‘Cital’, ignoring to get the urine tested. If the infection is frequent in spite of antibiotic treatment, urine culture and sensitivity of the organism to specific antibiotic is recommended.

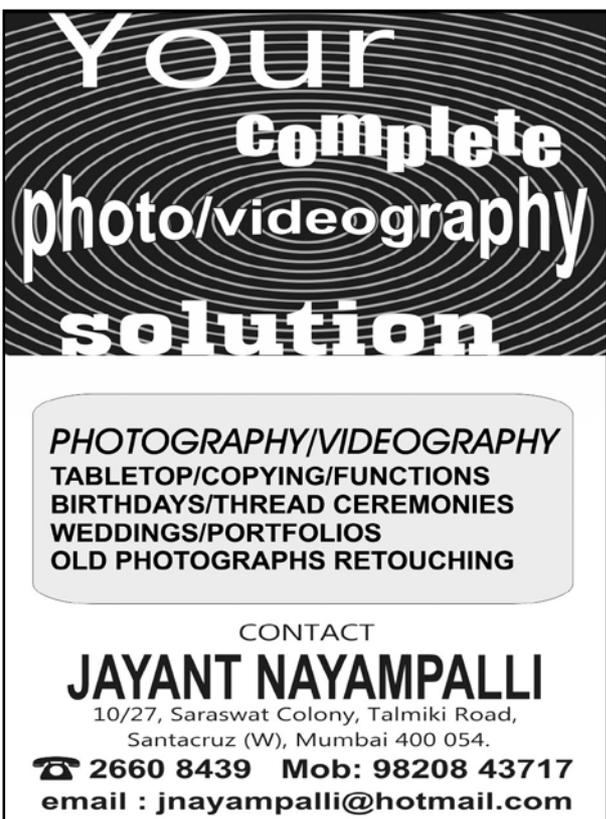
In diabetic women, silent urinary infection is common. Therefore, after every three months urine should be tested for it and not for sugar alone. A monthly urine culture and sensitivity test may be necessary in some cases.

As the woman gets older and menopausal she can have senile vaginitis with severe itching, leading to scratching and infection. She can be treated with local estrogen cream and vaginal tablets. Urge and stress incontinence is common as age advances. Vajroli and Ashwini Mudra should be practiced as often as possible to strengthen the pelvic floor.

There is slackening of supporting tissues surrounding the pelvic organs with age and slowly they descend and prolapse of uterus and vaginal walls can occur. This can prevent emptying of the bladder leading to infection. For this condition again, doing Vajroli, Ashwini Mudra and Mula Bandhas, in addition to Sarvangasana and Viparitakarani help.

Women often neglect drinking water immersed in their work and avoid emptying their bladder due to shyness, unavailability of clean toilets. They should remember that stored urine leads to infection.

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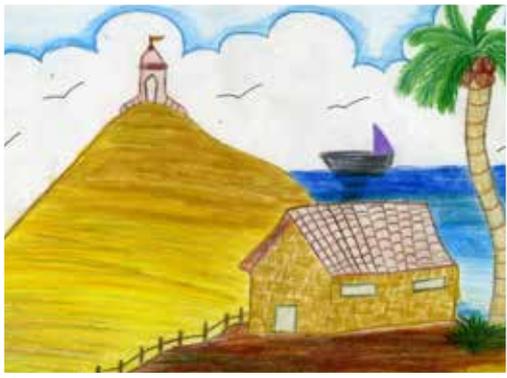


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**Rain**



## My Fantastic Robot

I have a tiny robot,  
His name is 'Mighty Sobot'.  
He has a pair of purple eyes,  
Who act as a couple of spies.  
He has a short rounded nose,  
And no proper head, I suppose.  
He has a wide open mouth,  
He knows two directions, north and south.  
His hands stretch wide and long,  
They act as glowing silver tongs.  
"Crocodile Strong" is his bite,  
Well equipped and knows to fight.  
From head to toe his body HUGE,  
A bodyguard nobody can refuse.  
Well, I think I'll tell you the TRUTH,  
The secret I found hidden in his foot.  
He really doesn't exist,  
Whenever I anger him, He throws a fit.  
Often, he comes in my dreams.,  
He scares me and I give out SCREAMS!!!

**Akshat Bhat (13 Years)**  
Guruprasad Soc.

## The Lion

The Lion is the King of the jungle,  
Who wears a beautiful golden crown,  
With a beautiful yellow mane,  
And hairs all brown.

He has a hunting group of lion friends  
Who help him all day  
Who leave him alone in danger  
And go home on the way.

He has a thunderous roar  
Which keeps all animals frightened  
And make them run all day  
Which help him to hunt  
His very delicious prey!

The Lion is the King of the jungle  
Who wears a beautiful golden crown  
So we all respect and like him  
And his hair so brown

**Shivani Girish Bhat (9 years)**



# Parisevanam

## Sudha and Bhavanishankar Philar of Bengaluru tell you about the "have-fun-as-you-learn" experience of everyone who attended the Sulabham Samskrutam Shibir

The day was *Guruvaasaram*, 15th August, 2013.

The place: Our Math premises at Malleswaram.

Shyamala Heblepacchi was at the mike and the event started with *Sabha Prarambha Prarthana*, *Vande Mataram* and then, a short welcome address by Udaya Mavinkurvepacchi. This was followed by an ice-breaker game of numbers (*Sankhyaa Shrunkhala*), for which everybody was on their feet, thanks to Sudha Karnad and Sudha Ullal pacchis. Suman Hirebetpacchi then tested the participants' skill and knowledge of Samskrut grammar and our ability to form short sentences with the help of a picture of the Shringeri Sharadamba Temple with its beautiful surroundings of a river, *deepastambha*, trees and so on. She kept giving us helpful hints.

Vimala Honnavarpacchi turned out to be a vibrant conductor of chorus music, leading everybody into two full-throated Samskrut songs, full of *bhava* and meaning. Shyamala Heblepacchi encouraged everybody to try recalling Samskrut words and making simple sentences with the help of pictorial charts on wild animals, common vegetables and fruits in *Devopaayanam* (an activity to identify environmental resources which are all God's gift).

Sudha Karnad and Sudha Ullal pacchis came up with an innovative game of *Natakiyaa Potalikaa* (passing the parcel), which tested the participants' knowledge of Samskrut words and brought forth some hilarious translations. The morning session was rounded off with a comical, yet meaningful, story in Samskrut – *Mantra Shakti* by Malini Madimanpacchi. This session was interspersed with hilarious *Hasya Kanikaa* in Samskrut by Rashmi

Chandragiri and Rashmi Hemmady pacchis.

After a simple *satvik* lunch, Udaya Mavinkurvepacchi promptly started off with a quiz testing the participants' knowledge of Samskrut, some major



*Shastras*, *Itihasas* and well known places of pilgrimage. Some of the senior citizens blissfully forgot their regular siesta on that day! *Sambhashanam* by Kusum Amladi, Rashmi Chandragiri, Sreejaya Mallapur, Sunanda Sagar pacchis, Umesh Honnavar and Baddukuli Radhakrishna Bhat mams, made us all sit back and enjoy the comical conversation and ask for more.

*Vastu Pradarshanam* by Shyamala Heblepacchi once again tested our memory power and construction of sentences by her unique method of showing specimens of everyday items like household articles and ensuring all the participants happily contributed to the conversation. Rashmi Hemmadipacchi then took up the mike to conduct an entertaining 'dumb charade' (*Mookaabhinayah*) on Samskrut *shloka-s*, *subhashita-s* and titles of Bollywood movies, all of which kept the participants in splits.

# Parisevanam

Srivali High School is the proud recipient of the 'Best School' Award at the Taluka level. The award was presented by the Lions' Club of Murdeshwar.

Everyone agreed to have a feedback session for 10 minutes. The overwhelming and emphatic opinion was that such *shibir*-s are wonderful and joyful programmes which need to be conducted more often. Apart from improving our knowledge, they instill in us a lot of love and pride for the language. Such *shibir*-s will enthuse more people to learn Samskrut and *sambhashanam* which is so *sulabham*. This will also enable us to follow the meaning and significance of *mantra*-s and enhance our *shraddha* and *bhakti*. They will make it easier to understand the *Ashirvachan*-s and *Swadhyaya*-s of Pujya Swamiji. The efforts of the teachers and coordinator in organizing the *shibir* at such a short



notice were highly appreciated. A short and sweet vote of thanks in Samskrut was given by Suman Hirebetpacchi.

A total of 56 people, 16 men and 40 women, participated in this joyful event from 10 am to 4 pm. The programme was well - structured and well-conducted by Suman Hirebet, Vimala Honnavar, Udaya Mavinkurve, Shyamala Heble, Sudha Karnad, Sudha Ullal, Rashmi Chandragiri, Rashmi Hemmady, Malini Madiman, Kusum Amladi, Sreejaya Mallapur pacchis... ably supported by Umesh Honnavar, Baddukuli Radhakrishna Bhat, and Nagesh Heble mams. Silent and efficient

coordination was done by Archana Kumtapacchi. The *shibir* concluded with the *Sabha Samapti Prarthana*.

Camera credits: Nagesh Heble

## JEST A MINUTE!

If you can read the Devnagari script, see if you can understand the jokes given below in Samskrut before you read the translation. Your ability may persuade you to improve your skill by enrolling for the popular courses offered by our Girvana Pratishtha, feels SANGITA PAWAR.

रमा शिलया सह सार्धेक होरा गृहात् बहिः वार्तालापं कुर्वती अस्ति। रमायाः माता ताभ्याम् अन्ते आहूतवती।

रमा वदति "शिला अतीव व्यस्ता अस्ति वार्तालापं कर्तुं तयाः समीपे समयः नास्ति अतः बहिः एव स्थित्वा सा मया सह वदति।"

Rama is chatting with Sheela outside her house for almost half an hour or more. Rama's mother calls them inside (to continue the chat).

Rama says "Sheela is very busy. She has no time to chitchat. Therefore she is standing outside and talking to me"!!!

\*\*\*

पिता -पुत्रि। मया वचनं दत्तं आसीत् यत् यदि त्वं परीक्षायां 80% गुणान् प्राप्स्यसि तर्हि अहं तुभ्यं द्विचक्रिकां दास्यामि। परन्तु त्वं अत्यल्पाः गुणाः प्राप्तवती। परीक्षाकाले त्वं किं कृतवती?

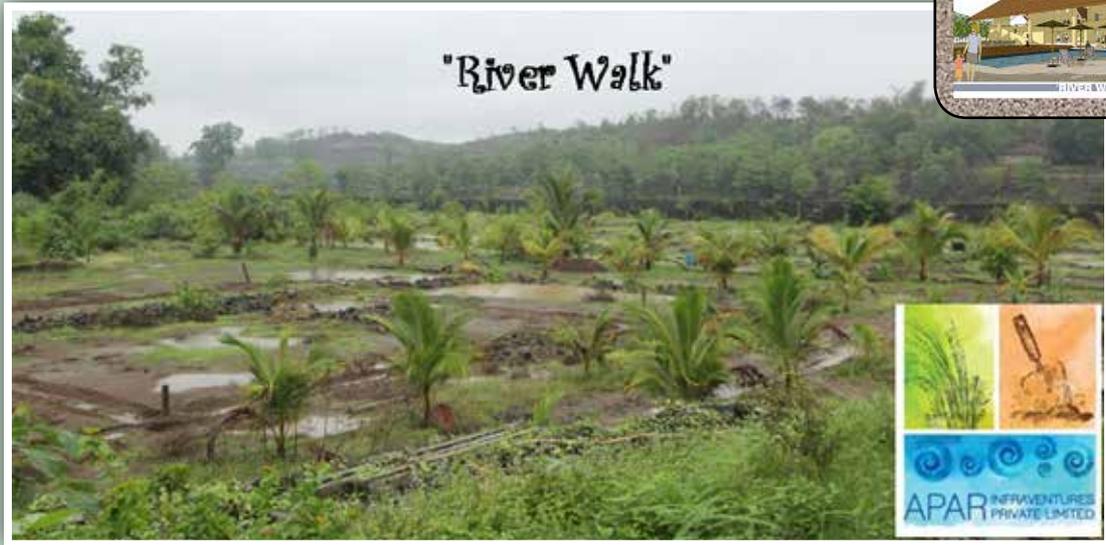
पुत्री - तात। तदा अहं द्विचक्रिकाचालनस्य अभ्यासं कुर्वती आसम्।

Father - Child, I had promised you that if you get 80% marks in the examination, then I will buy a bicycle for you. But you got very few marks. What were you doing during exam-time? (Were you not studying?)

Daughter - "Dad, at that time I was learning to ride a bicycle.

## .....A Beautiful dream

*Some people will call it "Amchi's"(Konkani Saraswat's) most desirable second address . . .  
A privileged few will call it home. . . .*



### **GATED COMMUNITY FOR "AMCHI'S" (KS) : A THOUGHT**

Many of us Konkani Saraswat's dream to have a home in nature. However developing and maintaining it individually on our own becomes difficult at times. Further the project may lack an entertainment & recreational facility like a club house etc. These and many more facilities are possible only when likeminded people come together.

### **WHY NOT ?**

Our community is well known for coming together and living in cooperative environment. We have created more than 15 cooperative housing societies in and around Mumbai. HENCE a thought - **Why not an economic gated community in the midst of nature a little away but not faraway- Which can be Second Address today and a FIRST home tomorrow . . . . .**

### **WHY WADA?**

Wada- because it is in close proximity to Mumbai, because of its indefinite source of water, because of its clean, green and eco friendly environment. Close to "RIVER WALK" there are many rivers, dams & reservoirs which not only provide water to Mumbai but also to the corporations of Vasai-Virar, Thane, Mira Bhayander, Kalyan Dombivali etc. These dams have been instrumental in increasing the underground water reserves in this area. The entire area around these water bodies has many reserve forests to maintain the ecological balance. The site "RIVER WALK" is on the banks of the river Vaiterna. Wada which is presently the largest Taluka of Dist. Thane is soon to get the status of Nagar Parishad. The town already has good infrastructural facilities like hospitals, market, government offices, police station, educational institutes (including international schools & polytechnic College with more than 500 resident students), banks, Nirmala Devi music academy, Internet Connectivity etc. Due to its strategic position, Wada is connected by 4 lane State Highways which connects to Eastern & Western Express National Highways.

### **Team APAR:**

**Dr. Aseem Gokarn Harwansh** who is an established Landscape & Environment Consultant empanelled with Mumbai, Pune, Thane and Rajasthan Govt. With 17 years of experience behind her along with International training, she has

published several research papers and is an invited speaker at various forums regarding establishment of ecofriendly and sustainable environments.

**Mr. Pankaj Harwansh**, equipped with a degree of MBA, has been in the business of Land development for the past 19 years and has experience with Corporate like Mahindra & Mahindra, General Motors, HPCL, Reliance etc.

**Mr. Ashok Gokarn** who has a rich experience of marketing with the Life Insurance Corporation for past 46 years and is the Chairman cum Founder of Institute of Insurance & Financial Sciences Education, Research & Training (IFSERT), Pune.



**Nearby places of interest:**

**Kahoj Fort, Jawahar, the seat of the Warli Tribe, Dadar-Kopra Falls, Palusa Falls, Dabhosa falls, Mahalakshmi Temple, ruins of Bhupatghad, Hot springs at Vajreshwari, The Bhagwan Nityanand ashram at Ganeshpuri, The Peshwa temple at Vikramgad, cluster of Jain Temples, Manas Mandir, HareKrishna Centre managed by ISCON,**

**Please book your seat for an interactive session organised for people who have booked or intend to book.**

**Date : Saturday December 21, 2013**

**Time : 4.00 pm to 10.00 pm.**

**Venue : Shrimat Anandashram Hall, Talmakiwadi, Tardeo Road, Mumbai 400 007.**

**Registration Amount  
Rs. 1.0 Lacs only**

**Psst. Please do not forget your cheque books. . . . as BOOKINGS filling in fast.**

**Contact for Site visit | Registration| Further details:  
Please call: 9820175988 | 9320120408 | 9167020408  
Email: sales@aparinfra.in | aseemgokarn@gmail.com**

**During the Datta Jayanti celebrations (13th to 17th December) at Talmaki wadi, special arrangements made for information/registration at our Fulora Nursery, Dun Apts, next to Talmakiwadi, Tardeo between 10.00 am to 6.00 pm.**





*We pray to our Kuladevata and Revered Guruparampara  
to grant eternal bliss*



## **Anand Ramakrishna Adur**

*23-12-1935 to 27-10-2013*

*Live your life such that the fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life, beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide.*

*Always give a word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place. Show respect to all people and grovel to none.*

*When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself. Abuse no one and no thing, for abuse turns the wise ones to fools and robs the spirit of its vision.*

*When it comes your time to die, be not like those whose hearts are filled with the fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song and die like a hero going home.*

*.....Chief Tecumseh, a native American warrior*

*A noble soul who lived by the above philosophy shall continue to inspire us Forever.*

*Samir, Vandita, Svaraa  
Adur*

*Shaila*

*Sujata, Sunil, Sukanya  
Bhat*



# Diwali Programmes 2013 - A Report

The Diwali programmes presented by the Kanara Saraswat Association are well-known. They have been presented for many decades now and are an event not only looked forward to but also fondly remembered by many a generation of Bhanaps who have attended these programmes in the past.

In the past dramas in Konkani and Marathi were staged by stalwarts such as Sundergopal Golikeri, Venktatrao Talgeri, Gopal (Dada) Mavinkurve, Shridhar Benegal, Vasant Nadkarni, Krishna Kurwar, Laxminarayan (Suneel) Hattangadi, Avinash Trasi, Seeta Karnad, Suman Nadkarni (nee Talgeri), Savitri Sthalekar, to name a few. Athletic events, Carrom, Table-tennis and Volleyball tournaments were contested by sportsmen like Vithal Nadkarni, Manohar Halady, Suresh Chandavarkar, Ramdas Golikeri, Ramchandra Karnad, Vijayanand Shirur, Ramesh L Kowshik, Nagesh Kalbag, Vasant Kalawar, Premanand Sirur, Suresh Maskeri, Nandu Haldipur, Suresh V Nadkarni, Murli V Nadkarni, Ashok Amladi, Raghunandan Halady, Raja Bajekal, Dwarkanath Hattangadi, Chandar Honavar, Suresh V Honavar (China), Naresh Ubhayakar, Dr Leela Ubhayakar and others. Participation used to be tremendous.

In recent times, with Television commanding greater interest of the people, school and college life becoming more competitive and office work more demanding these programmes have become a pale shadow of their past.

However this year the Talmaki Wadi Co-op Housing



The Healthy babies with their proud parents

Society is celebrating its 75th year and hence joined hands with the KSA in celebrating Diwali. Both the institutions decided to make it an event to remember.

The "Healthy Baby Contest" saw more babies coming in than the recent past. Two Senior Paediatricians Dr Anjali Phatak and Dr. Mandar Bapaye judged the Healthy Baby Contest and as per their request prizes were given to all healthy babies who participated in the contest. Devotional music competition and Light music competition too saw more participation. Two Konkani one-act plays (titled "Stree Malyaal" – written by Shri Madhu Bhat and Directed by Shri Sudhir Balwally and "Sukrundo" – Written and Directed by Maithili Padukone) and several dances were staged. The Fancy Dress competition on the last day and the prize distribution programme too were well attended.

The prize winners are too numerous to print here. But we congratulate all of them and look forward to more events and participation in the future.

<<<>>>

## Report

### Saraswati Vrind Gaan's Visit To Kanpur

BY SUMAN S. KODIAL

"Wow! Going to Kanpur IIT for your program! So you all will be IIT returned!" exclaimed my brother when I told him about our group's plans.

Shubha And Dr.Harish Karnick had invited us for a performance in Kanpur. After the successful maiden presentation of 'Uttar Bharat Ke Sant Kavi' on Aashadi Ekadashi in the Samaj Hall this year, it was decided to perform at IIT, Kanpur on Sunday, 20<sup>th</sup> October at 5.30 p.m.

Our *Sanchalika* Geeta Yennemadi, *Nivedika* Kalindi

Kodial, *Tabalji* Arun Hattangadi and seven of us from the Vrind Gaan found the dates suitable.

Due to some miscalculations in the advance booking period, we couldn't get AC sleepers on Pushpak Express. No problem! Managed to get II class sleepers with a catch- seven of us were on the waiting list! Our positive attitude kept our spirits high. Kalindi was keeping track of our reservation status on line and we were slowly inching ahead! By the 16<sup>th</sup>, all of us had confirmed sleepers! *Dev pavlo ba!* But the biggest surprise was yet

to come!! When the final reservation chart came on line, two hours before the actual journey, we were bunched in two groups, one in S2 and the other in S9. Nine of us were allotted lower or middle berths! We blessed the unknown kind-hearted babu or was it the Magic of the Computer for this bonanza!

We were carrying our Harmonium, Dholak and Tabla so decided to hire a coolie. Very courteously he assured us, "Aiyano, Tumhi bhajan karayla chhalat. Kai bi kalji naka karu. Me tumhala barobar basvin." Once more Stree Shakti came to the fore!

Like our Gujju friends, we too were carrying our meals and lots of *Ubgani khaan*. Once the train picked up speed after Kalyan, the adventurous spirit in us took over. Some of us decided to visit our friends in S9. Passing through seven bogies with rattling vestibules, short distance travellers sprawled in the corridors was not a deterrent. So what



L to R-sitting- Arun Hattangadi, Geeta Yennemadi, Sadhana Kamat, Kalindi Kodial, Dr. Harish Karnick L to R-Standing- Suman Kodial, Padmini Bhatkal, Shubha Karnick, Shyamal Yennemadi, Shaila Hemmady, Geeta Bijoor, Deepa Murdeshwar, Shobha Marballi

if it took 20 minutes one way! Was it "the mice will play when the cat is away" syndrome with us grannies in the absence of our family members?

(Contd on page 39)

## SAD DEMISE

### Mr Ganesh Sunder Gokarn (Bijoor)

Talmaki Wadi

(24th February 1919 – 19th October 2013)



Always ready to do your best  
With heart so true and tender  
Left for heavenly abode on 19<sup>th</sup> October 2013

**Deeply mourned by :**

**Children :**

Ahilya & Prakash Bainsurkar  
Amita & Chaitanya Bhatkal  
Kavita & Chaitanya Murdeshwar

**Grandchildren**

Archana & Gautam Gangoli  
Gauri Bhatkal  
Nimish Murdeshwar

**Great Grandchildren**

Nishant Gautam Gangoli



Gokarns, Mallapurs, Bainsurkars, Bhatkals, Murdeshwars,  
Bijoors,  
Relatives & Friends

**We Love you and shall miss you always**

After a late lunch and long siesta, the other group decided to 'return the visit'. Over tea and snacks, going down memory lane was but natural. Geeta and Shaila, the senior members of the group, recalled the good old days when the big group travelled to different cities of Maharashtra and Karnataka to perform. Kanpur was the first city in North India we were visiting. We reminisced how during one of the Aashadi Ekadashi celebration, a musical on Sant Dnaneshwar with commentary in Konkani by Sadhana Kamat was presented. Since then, it has been a practice to script a program related to a saint and have the inaugural performance on Aashadi Ekadashi. We have more than three hundred performances to our credit, based on the Saints of Maharashtra, Sant Kabir, Meera Bai in Konkani and Marathi and Sant Tulsidas and Uttar Bharat Ke Sant Kavi in Hindi.

We were enjoying the train journey which was much more comfortable than we had anticipated. The weather was favourable. The compartments were swept and swabbed frequently with fragrant disinfectant. The toilets, even on such a long distance train, were clean and dry with running water throughout. Kudos to the Indian Railways!

We reached Kanpur early in the morning on the 20<sup>th</sup>. Sadhana and Harish received us and we got in an IIT bus to reach our destination. Railway crossing at Kalyanpur (a suburb of Kanpur) marked the entrance to the IIT campus. The change was phenomenal! Just like any Cantonment area, clean, well maintained roads lined with shady trees and peace all around! We reached the guest house where our stay was arranged. Shubha and Harish had looked into the minutest details to make us comfortable.

The program was held the same evening. After a brief introduction by Shubha, we started our presentation. Kalindi's concise but well researched commentary in Hindi on Sant Kabir, Nanak, Ravidas, Surdas, Rahim and Tulsidas interspersed with their compositions was very well received. In all we sang 16 bhajans, 13 set to tune by Geeta and 3 popular numbers. Shobha performed a semi classical dance with one of the bhajans. The audience thoroughly enjoyed the performance. We were requested to sing Abhangs also. The appreciative response from them was truly encouraging and satisfying. Anirudh's vote of thanks with choice Hindi words was an apt finale for the function. A sumptuous dinner at Shubha and Harish's marked the end of the day.

The next day was IIT and Kanpur Darshan for us. Harish gave us a tour of the campus in the minibus.

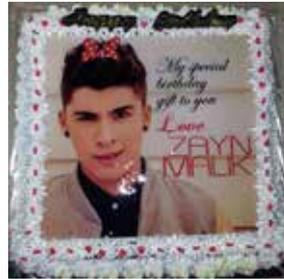
What an impressive institution! No high rise buildings, no cacophony of vehicles, no sighting of luxury cars, students and also highly qualified faculty members all using bicycles and plenty of security personnel ensuring safety all around! Fresh air, grass sparkling with dew drops, bird calls from tree tops and pea-cocks merrily crossing our paths- for us Mumbaikars it was a sight to cherish. Later on, we visited Ganga Ghat, Bithur fort where Rani Lakshmbai had spent her childhood, Valmiki Ashram and JK Temple. Can a trip be complete without a shopping spree and eating out? We shopped for Kanpur leather handbags and Lucknow chikan work and enjoyed lunch at a ritzy restaurant.

After a siesta ,it was time to pack up, have an early dinner specially arranged for us and bid farewell to the Karnick family and Sadhana. Words were not enough to thank them for their hospitality. What could be a better souvenir than an IIT Kanpur embossed key chain they gifted to each of us?

Our return journey was spent mostly in chitchat and reminiscing about our Kanpur stay. 22<sup>nd</sup> being Angarika Chaturthi,, we recited Atharvshirsh 21 times. Geeta, Shyamal, Deepa and Shobha got down at Dadar and rest of us alighted at CST. A memorable trip indeed!

<<<>>>

[GURU OM]



**Treat yourself  
to a  
mind blowing  
fantasy of rich  
home baked  
cakes  
(100% veg)**

*We undertake small and bulk cake orders for birthdays, weddings, anniversaries and any form of celebration. We use imported ingredients.*

***Our cakes are made of whole wheat flour and the cream is made of soya milk, thus reducing the dairy fat content.***

*Ask for our rich array of personalised cakes.*

**We are CORDON BLEU....**

**\* Contact us \***

**Shantanu Rao: 9821137446**

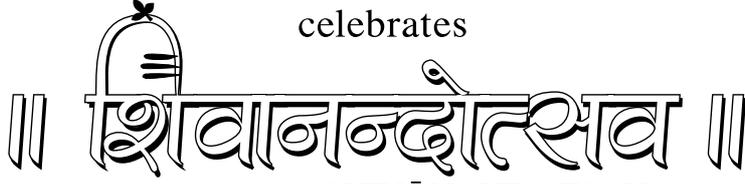
**Supriya Rao: 9870525063**

**Email Address: shantanuraof@gmail.com  
supriyarao11@gmail.com**

**Kindly note-- All our cakes are 100% veg**

# SHRĪ CHITRĀPUR MATH-MUMBAĪ (SĀNTĀCRŪZ) LOCAL SABHĀ

celebrates



SHIVĀNANDOTSAVA

PARAMA PŪJYA SWĀMĪJĪ'S VISIT FROM 18th TO 26th DECEMBER 2013

## INVITATION

We have immense pleasure in informing you that Parama Pūjya Shrīmat Sadyojāt Shaṅkarāshram Swāmījī has graciously consented to visit Sāntācrūz Sabhā from the 18th to 26th December 2013.

We cordially invite you with your family and friends to participate in all the programmes, perform Gurusevā and receive the blessings of Lord Bhavānīshaṅkar and our Sacred Guruparamparā.

Your generous contributions towards various sevā-s as well as donations can be made through any of the Committee members.

Yours in the Service of the Math, the Gurū and the Guruparamparā,  
Nirañjan Nāgarkaṭṭe  
(President)

## SEVĀ RATES

(A)REGULAR SEVĀ-S :

(I) Kuṅkumārchana Rs. 25 (ii) Rudrābhiṣheka Rs. 25 (iii) Noon Pūjā Rs. 300  
(iv) Shrī Pādūkā Pūjana Rs. 50 (v) Shrī Bhikshā Sevā Rs. 350

(B)SPECIAL SEVĀ-S :

(i)ANNADĀNA SEVĀ : Rs. 3,000/- The amount will be treated as contribution towards BREAKFAST expenses on that day.

(ii) SEVĀ KARTĀ : Rs. 5,000/- The amount will be treated as contribution towards SWEETS during Prasāda Bhojana on that day.

(iii) YAJAMĀNA SEVĀ : Rs. 10,000/- The amount will be treated as contribution towards one Prasāda Bhojana on that day, i.e. in the afternoon or night.

(iv) VISHIṢṬĀ SEVĀ : Rs. 15,000/- The amount will be treated as contribution towards both Prasāda Bhojana-s on that day, i.e. in the afternoon and night.

Devotees who donate for any of these Special Sevā-s will be entitled to perform all the above 5 Regular Sevā-s on a day of their choice.

Cheques to be issued in favour of 'SANTACRUZ SABHA-SWAMIJI'S RECEPTION FUND'



SHRĪ CHITRĀPUR MATH - MUMBAĪ (SĀNTĀCRŪZ) LOCAL SABHĀ  
Sāraswat Colony, Sāntācrūz (West), Mumbai 400 054.

## PROGRAMME ON ARRIVAL DAY

WEDNESDAY 18th DECEMBER 2013 : 6:00 PM ● Arrival of Parama Pūjya Swāmījī at Linking Road Junction ● Escorting Parama Pūjya Swāmījī in a Ceremonial Procession to the Paṇḍāla ● Pūrṇa Kumbha Swāgata and Veda Ghōṣha ● Pāda Prakshālana by the Vice President, Sāntācrūz Sabhā ● Dharma Sabhā, Math Prayers ● Swāgata Gīta ● Pāduka Pūjana by - President, Sāntācrūz Sabhā - Representatives of all Local Sister Institutions ● Welcome Speech by President, Sāntācrūz Sabhā ● Presentation of 'Mānapatra' to Parama Pūjya Swāmījī by Vice President, Sāntācrūz Sabhā ● Upadesha by Parama Pūjya Swāmījī ● Dīpa Namaskāra ● Sāmudāyika Dhūla Bheṭa

### DAILY PROGRAMMES

6:00 am Suprabhātam  
 6:30am to 7:30am Yogāsana/Prāṇāyāma  
 9:15am Saṅkshipta Sandhyāvandanam  
 9:30am to 10:30am Navarātrī Nityapāṭha/  
 Shrī Devī Anushthāna/  
 Bhagavad Gītā Paṭhaṇa/  
 Shrī Lalitā Sahasranāma/  
 Shiva Stotra Paṭhaṇa/  
 Shiva Mānasa Pūjā Stotra  
 Paṭhaṇa/Atharvashīrsha  
 Paṭhaṇa  
 11:00am to 1:00pm Bhajana-s  
 1:00pm Mahā Pūjā, Shrī Pāduka Pūjana,  
 Tīrtha Vitarāṇa, Shrī Bhikshā  
 Sevā, Prasāda Bhojana.  
 5:30pm to 7:30pm Cultural Programmes  
 8:00 PM Dīpa Namaskāra, Rātrī Pūjā,  
 Aṣṭāvadhāna Sevā, Prasāda  
 Bhojana

### SPECIAL PROGRAMMES

DAY 2 : THURSDAY, 19th DECEMBER 2013  
 11:00am to 1:00pm Bhajana-s by Dādar Sabhā  
 5:30pm to 6:30pm Discourse by Dharmaprachāraka  
 Shrī V. Rājagopāl Bhaṭ  
 6.30 pm to 7.30 p.m. Screening Of 2 Short Films  
 by Chitrāpur Yuvadhārā  
 8:00 p.m. Guru Pūjana by  
 Parama Pūjya Swāmījī  
 DAY 3 : FRIDAY, 20th DECEMBER 2013  
 8:00am to 9.00am Swādhyāya  
 9.30am to 10.30am Sāmūhika Kuṅkumārchanā  
 11:00am to 1:00pm Bhajana-s by "Swara Sādhanā",  
 Sāntācrūz  
 5:30pm to 6:15 pm Saṁskṛta "Melā"/Skit/Games  
 6.15 pm to 7.30 p.m. 'Navarātrī Mahimā' by  
 'Swara Sādhanā', Sāntācrūz  
 8:00 p.m. Devī Pūjana by  
 Parama Pūjya Swāmījī

N.B. These programmes are subject to changes, which will be displayed on the Notice Board(s) in the Paṇḍāla.

DAY 4 : SATURDAY, 21st DECEMBER 2013  
 (SAṆKASHṬĪ)

8:00am to 9.00am Swādhyāya  
 9.30am to 10.30am Atharvashīrsha Paṭhaṇa  
 11:00am to 1:00pm Bhajana-s by Parijnāna Bhajana  
 Maṇḍala, Sāntācrūz  
 5:30pm to 6:30pm Vimarsha conducted by  
 Smt. Archanā Savṇāl  
 7:00 p.m. Pālakhī Utsava

DAY 5 : SUNDAY, 22nd DECEMBER 2013

8:00am to 9.00am Parāmarsha  
 11:00am to 1:00pm Bhajana-s by Vile Pārle Sabha  
 and Sāntācrūz Yuvadhārā  
 5:30pm 'SHIVĀNANDOTSAVA'  
 by Prarthana Varga, Yuvadhara  
 (Sāntācrūz) & others  
 8:00 p.m. Shiva Pūjana by  
 Parama Pūjya Swāmījī

DAY 6 : MONDAY, 23rd DECEMBER 2013

6:00am Departure for VANABHOJANA

DAY 7 : TUESDAY, 24th DECEMBER 2013

PARAMA PŪJYA SWĀMĪJĪ WILL BE AT  
 SHRĪ ĀNANDĀSHRAM", KHĀR (KHĀR MATH)  
 AT THE INVITATION OF BĀNDRĀ-KHĀR SABHĀ

DAY 8 : WEDNESDAY, 25th DECEMBER 2013

(SAMĀRĀDHANĀ OF HH SHRĪMAT KR̥SHNĀSHRAM SWĀMĪJĪ)  
 11:00am to 1:00pm Bhajana-s by Gurusevā Bhajana  
 Maṇḍala, Sāntācrūz and Goregāon  
 Sabhā  
 6:00 p.m.  
 ●Dharma Sabhā ●Sabhā Commencing Prayers  
 ●Sambhāvanā to Vaidika-s,etc. ●Vote of Thanks  
 ●Kshamāyāchanā ●Āshīrvachana by Parama Pūjya  
 Swāmījī ●Sabhā Concluding Prayers ●Phalamantrākshata

DAY 9 : THURSDAY, 26th DECEMBER 2013

(SAMĀRĀDHANĀ OF HH SHRĪMAT KESHAVĀSHRAM SWĀMĪJĪ)  
 10:00 a.m.  
 ● Niropa Gīta ● UPADESHA by Parama Pūjya Swāmījī  
 ● Departure for Andherī Sabhā

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|| Shri Parijñānāshramo Vijayate ||  
|| Shri Gurubhyo Namaḥ || Shri Bhavānīshaṅkarāya Namaḥ || Shri Mātre Namaḥ ||

## Programme on the day of Parama Pūjya Swāmijī's arrival at Shri Ānandāshram, Khār on 24th December 2013

09.00 am	Pilot car to reach Sāntācrūz to escort Parama Pūjya Swāmijī to Shri Ānandāshram, Khār
09.30 am to 10.30 am	Reception of Parama Pūjya Swāmijī at Shri Ānandāshram, Khār with a garland, pāda-prakshālana and pūrṇa-kumbha-swāgata followed by Deva-darshana and swāgata-gīta
11.00 am to 12.00 pm	Morning Dharma Sabhā Sabhā-prārambha-prārthanā Shri-pādukā-pūjana by President of Local Sabhā Phala-samarpaṇaSwāgata-bhāshāna by the President of Local Sabhā Āshīrvachana by Parama Pūjya Swāmijī Sabhā-samāpti-prārthanā
12.30 pm to 02.30 pm	Shri-pādukā-pūjanaTirtha-vitarāṇa by Parama Pūjya Swāmijī Bhikshā-prasāda-vitarāṇa Santarpaṇa to vaidika-s and retinue, Prasāda-bhojana
04.00 pm to 04.30 pm	Presentation of Audio/Video film of Shrimat Parijñānāshram Swāmijī (III)
04.30 pm to 05.30 pm	Saṁskṛta skit by Prārthanā Children Musical programme by Yuvadhārā
06.00 pm to 07.00 pm	Evening Dharma Sabhā Sabhā-prārambha-prārthanā Vaidika-sambhāvanāKshamā-yāchanā by the President of Local Sabhā, Āshīrvachana by Parama Pūjya Swāmijī Sabhā-samāpti-prārthanā Dīpa-namaskāra Phala-mantrākshata

# SHRĪ CHITRĀPUR MATH - MUMBAĪ (ANDHERĪ) LOCAL SABHĀ

Dear Sādhaka-s,

It is with great joy we inform you that His Holiness Parama Pūjya Shrimat Sadyojāt Shaṅkarāshram Swāmiji has graciously consented to bless us with His presence by camping at Andheri Sabhā from 26<sup>th</sup> December to 31<sup>st</sup> December 2013.

We invite you to take this rare opportunity to be in His Holiness's presence and actively participate in the various sevā-s and numerous delightful programmes planned to be conducted during His stay.

The venue for Pūjya Swāmiji's camp will be at **Pushṭikar Kalyāṇ Kendra, Pushṭikar Co.op. Hsg. Society, Patel Estate Road, Near Railway Station, Jogeshwari (West)**. The route map showing the location of the venue and the programs planned is given on the reverse side. **All are Welcome!**

**The list of special Sevā-s offered are given below and we request you to book them immediately.**

- Mahāposhaka : Rs.15,000/- (Noon pūjā + Shrī Pādukā Pūjā + Shrī Bhikshā + Rātri Pūjā + Nandādīpa)  
Poshaka : Rs.12,500/- (Noon pūjā + Shrī Pādukā Pūjā + Shrī Bhikshā + Rātri Pūjā)  
Sevā Kartā : Rs.10,000/- (Noon pūjā + Shrī Pādukā Pūjā + Shrī Bhikshā + Nandādīpa)  
Yajamāna Sevā : Rs.7500/- (Noon pūjā + Shrī Pādukā Pūjā + Shrī Bhikshā)  
Annadāna Sevā : Rs.5000/- (1 day Breakfast + Prasāda Bhojana)  
(Shrī Pādukā Pūjā + Shrī Bhikshā)  
Upāhāra Sevā : Rs.2500/- (1 day Breakfast) (Shrī Pādukā Pūjā)  
Nandādīpa Sevā : Rs.500/- (All days)

Cheques payable in Mumbai may be drawn in favour of **Shri Chitrapur Math, Mumbai (Andheri) Local Sabha**.

With regards to you and your family members,

Kuldeep Kālāvar

Convener

## PROGRAMME

### THURSDAY 26<sup>th</sup> DECEMBER 2013

- 11.00 am : Parama Pūjya Shrimat Sadyojāt Shaṅkarāshram Swāmiji's arrival, Pūrṇa Kumbha Swāgata, Pāda Prakshālana, Shrī Pādukā Pūjana by the President of Andheri Sabhā, Welcome song, Welcome address by the President of Andheri Sabhā  
- Upadesha by Parama Pūjya Swāmiji  
12 noon : Mahāpūjā by Vaidika-s, Prasāda Bhojana  
4.00 pm : Vimarsha  
5.30 pm : Vocal recital by Shri Santosh Gulvādy  
7.00 pm : Dīpanamaskāra, Pūjana by Parama Pūjya Swāmiji, Aṣṭāvadhāna Sevā

### FRIDAY 27<sup>th</sup> DECEMBER 2013

- 6.00 am : Suprabhātam  
7.00 am : **Swādhyāya by Parama Pūjya Swāmiji**  
9.00 am : Saṅkshipta Sandhyāvandana, Gāyatrī Anushthāna, Navarātrī Nityapātha, Devī Anushthāna, Lalitā Sahasranāma  
11.00 am : Discourse by Dharmaprachāraka Shrī V. Rājagopāl Bhaṭ  
12 noon : Mahā Pūjā, Shrī Guru Pādukā Pūjana, Tirtha Vitarāna, Shrī Bhikshā Sevā, Prasāda Bhojana  
5.00 pm : Puppet Show by Andheri Sabha Yuva-s  
5.30 pm : Vocal recital by Vidushi Tulika Ghosh  
7.00 pm : Dīpanamaskāra, Pūjana by Parama Pūjya Swāmiji, Aṣṭāvadhāna Sevā

### SATURDAY 28<sup>th</sup> DECEMBER 2013

- 6.00 am : Suprabhātam

- 7.00 am : **Swādhyāya by Parama Pūjya Swāmiji**  
 9.00 am : Saṅkshipta Sandhyāvandana, Gāyatrī Anushthāna, Navarātrī Nityapātha, Devī Anushthāna, Lalitā Sahasranāma  
 11.00 am : Vocal recital by Shri Shailesh Māvinkurve  
 12 noon : Mahā Pūjā, Shri Guru Pādukā Pūjana, Tirtha Vitarāṇa, Shri Bhikshā Sevā, Prasāda Bhojana  
 4.30 pm : **Parāmarsha** (Question-Answer session conducted by HH Swamiji)  
 6.00 pm : Vocal recital by Shri Krishna Chandāvar  
 7.00 pm : Dīpanamaskāra, Pūjana by Parama Pūjya Swāmiji, Aṣṭāvadhāna Sevā

**SUNDAY 29<sup>th</sup> DECEMBER 2013**

- 6.00 am : Suprabhātam  
 7.00 am : **Swādhyāya by Parama Pūjya Swāmiji**  
 9.00 am : Saṅkshipta Sandhyāvandana, Gāyatrī Anushthāna, Navarātrī Nityapātha, Devī Anushthāna, Lalitā Sahasranāma  
 11.00 am : Tablā Solo by Pt. Omkārnāth Gulvādy and Vocal recital by reputed artistes  
 12 noon : Mahā Pūjā, Shri Guru Pādukā Pūjana, Tirtha Vitarāṇa, Prasāda Bhojana  
 4.30 pm : Cultural programme by children and yuvā-s, Saṁskṛta Skit  
 7.00 pm : Dīpanamaskāra - Aṣṭāvadhāna Sevā  
 9.00 pm : Garbā

**MONDAY 30<sup>th</sup> DECEMBER 2013**

- 6.00 am : Suprabhātam  
 9.00 am : Saṅkshipta Sandhyāvandana, Gāyatrī Anushthāna, Navarātrī Nityapātha, Devī Anushthāna  
 10.30am : Kirtana by Smt. Shivāngī R. Nāik  
 12 noon : Bhajana-s by Goregāon Sabhā,  
 - Mahā Pūjā, Shri Guru Pādukā Pūjana, Tirtha Vitarāṇa, Shri Bhikshā Sevā, Prasāda Bhojana.  
 5.30 pm : Vocal recital by Shri Ajit Kalle  
 7.00 pm : **Dharma Sabhā** followed by Phala-Mantrākshata

**TUESDAY 31<sup>st</sup> DECEMBER 2013**

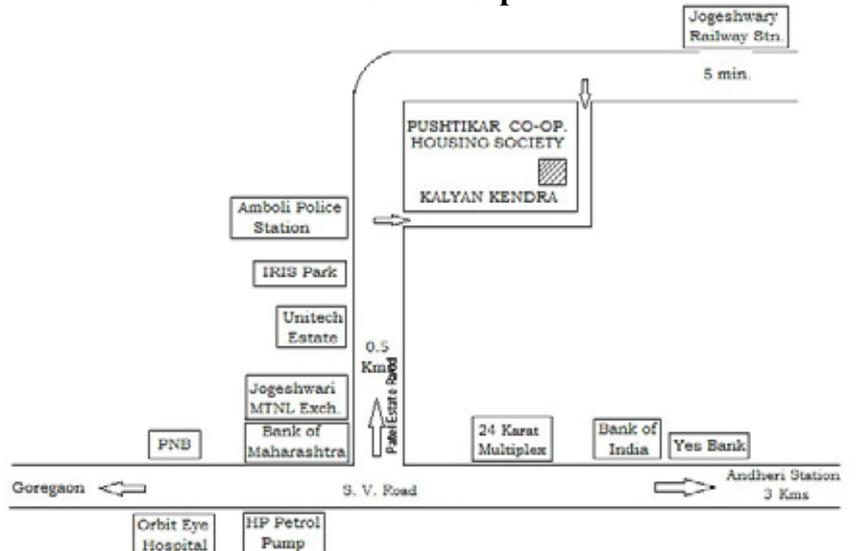
- 6.00 am : Suprabhātam  
 9.00 am : Departure of Parama Pūjya Swāmiji

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**Route Map**



## Konkani

ARJUN HEMMADY

Of all the languages spoken in South India, I consider Konkani to be the easiest to learn. This may be because there is some common reference point. As far as I have observed, whenever we learn a new language, we may compare it with some language that we already know. For example, a person who has knowledge of Hindi can follow Urdu or Gujarati to a fair extent. I believe that Konkani in that sense is quite similar to Marathi. India is the land of languages. We have (according to Wikipedia), 1,652 languages and goodness knows how many dialects. (A million may be reasonable) Despite having only 2.5 million speakers of Konkani, there are as far as I have counted 6 dialects of Konkani which differ from each other in varying degrees.

I have observed a tendency in people to misunderstand the Konkani which I am referring to as the dialect of Marathi spoken in the Konkani Division in Maharashtra. The Konkani that I am referring to is spoken in Goa, Karnataka and now parts of Maharashtra and Tamil Nadu, because of migration of Konkani speaking populace. Based on my observation and study of the language, I have seen that there can be 7 main dialects of Konkani, each with its own flavour and uniqueness. They are as follows:-

1) **Malvani** – This is spoken in Sindhudurg District, Maharashtra which is just north of Goa. Malvani is Konkani with significant Marathi influence in it.

2) **Goan Konkani** – Goan Konkani is distinct from the other dialects of Konkani because of heavy Portuguese influence, especially when spoken by the Christians.

3) **Karwari Konkani** – Karwari Konkani is quite similar to GSB Konkani in many ways, because most of the inhabitants of Karwar are GSB's (Goud Saraswat Brahmin).

4) **GSB Konkani** – This dialect of Konkani is peculiar to the GSB (Goud Saraswat Brahmin)

community, a prominent business community in Southern Karnataka, Goa and Maharashtra.

5) **Navayathi** – The Nawayath are a small Muslim community living predominantly in Uttara Kannada District of Karnataka. Their language Navayathi is an amalgamation of Persian, Arabic, Marathi and Hindi with Konkani as the base.

6) **Manglorean Christian Konkani** – The Christians of Mangalore, a city in South Karnataka speak this dialect. This dialect and the one spoken in Goa are quite distinct. Christian Konkani is more related to Chitrapur Saraswat Konkani and GSB Konkani to a lesser extent.

7) **Chitrapur Saraswat Brahmin (CSB) Konkani** – Chitrapur Saraswats or Bhanaps as they are called, are a small community residing mainly in Mumbai, Bangalore and Chennai. The Konkani spoken by them is called "Amchigale". Even though GSB's and Bhanaps are two castes which are very closely related, the Konkani spoken by them is distinct.

As we have seen, despite being a language which is used by only 2.5 million people, there is a sizable differentiation in the dialect with the tone, grammar and vocabulary varying accordingly. Konkani has been influenced by many languages, like Kannada (in Karnataka), Portuguese (in Goa), Arabic and Persian (in Karnataka) and even English. To understand the reason for this influence, we must go back to the origins of the language and how each community has developed its own dialect.

There is a theory that Konkani was born in Goa (earlier called Gomantak). It is said the people who developed Konkani were Brahmins who migrated to Goa due to the drying up of the Saraswati River, which flowed through what is now Punjab and Kashmir. Their language called Shauraseni Prakrit, evolved over time to become Konkani. With the Portuguese invasion of Goa and the subsequent religious persecution of the residents, many people left Goa and went southwards, in Karwar, Dakshin

Kannada and Udupi District in Karnataka. It was from here that Konkani started getting Kannada influence. Because of Trade Relations with the Arabs, and the subsequent spread of Islam in coastal Karnataka, Persian and Arabic words also found it's way into the Konkani speaker's vocabulary.

In the last decade of the 19<sup>th</sup> Century, many Konkani speaking people, especially Chitrapur Saraswats left their ancestral homes in Karnataka and migrated to the metros, mainly Mumbai, Pune and Bangalore. A significant of Chitrapur Saraswats live in Mumbai and Pune today. Because of living in Maharashtra for nearly 100 years, the Konkani spoken by them has a good dose of Marathi words. For example, money which is "Duddu" in Kannada becomes "Paishe" in Marathi. The Konkani spoken also changes from family to family.

English has a big influence on our lives these days. It has left an indelible mark on Konkani as well. In all likelihood, when a youngster speaks Konkani there may be 2 words of English in each sentence on an

average, not to mention the odd sentence of English to fill in the gaps. As many Konkani speakers are generally well educated people and study in English, there is a disturbing tendency amongst some pockets of people to speak English instead of Konkani. This tendency is unfortunately seems to be picking up. Parents also seem to encourage this.

To conclude, I would say that my Konkani is also not that great, but I am trying to improve it. I think the first step to improving one's language is to be proud of it. Know that it is distinct, great in its own right. Talk to your elders, parents and colleagues and re-learn or polish your native tongue a little more. I may be exaggerating it, but to me speaking one's native tongue is a matter of pride. I would like to remind the ardent English speakers that English will not go out of use if a couple of thousand people don't use it at home, but their native language may surely become extinct in about a century (maybe even quicker in the case of Konkani).

<<<>>

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# कोंकणी साहित्य-कोंकणी साहित्य समितीचें योगदान

“कोंकणी साहित्य - कॅनरा सारस्वत असोसिएशनाचें योगदान” हो श्री. सुधीर कोडकणी लिखित लेखु सप्टेंबर २०१३च्या अंकांतुं प्रकाशित जाल्ला. अत्यंत माहितीपूर्ण लेखु. ह्या लेखांतुं श्री. कोडकणीने कोंकणी साहित्य समितिचोई उल्लेख केल्ला. तान्ने बरैल्यां- “कोंकणी साहित्य समितिसुदांई कोंकणी नाटकं कर्ताली. ताज्जो इतिहासु खंई मेळुक फाव आस्स म्होणू गोत्तुना. पोरन्या कॅनरा सारस्वत अंकांतुं ताज्जेबद्दल कांई बरैलेलें आस्सुक फाव आस्स.” कोंकणी साहित्य समिति कॅनरा सारस्वत असोसिएशनांतुं विलीन जाल्लेलेमितीं समिति विषयांतुं सुमारशी माहिती उपलब्ध आस्स, म्होणू ह्या लेखाचें प्रयोजन.

कोंकणी साहित्य समितिने १९५७ धोर्नु कोंकणी नाट्यमहोत्सवु आयोजित कोरुक सुरुवात केल्लें. हो प्रथम नाट्यमहोत्सवु, कोंकणी नाट्यक्षेत्रांतुलो अेकु दिग्गज लेखक-दिग्दर्शक श्री. पांडुरंग सिताराम तलगेरी हांगेल्या स्मृतींतुं जाल्लो. १९५८ सालांतुं कोंकणी साहित्य समितिची रितसर स्थापना जाली. कोंकणी नाट्यमहोत्सवाची संकल्पना सर्वश्री वेंकटराव तलगेरी, सुंदरगोपाळ गोळीकेरी, देवराय बैदुर आनि प्रभाकर मुदुर हांगेली. तान्निची, डॉ. अे. व्ही. बाळिगा हांगेल्या अध्यक्षतेंतुं प्रथम नाट्यमहोत्सवु आयोजित केल्लो. के. (कार्कळ) माधवराव हांन्नी ह्या महोत्सवाचें उद्घाटन केल्लें आनि १९५८ धोर्नु १९७० थाई कोंकणी साहित्य समितीचो अध्यक्ष म्होणू कार्य केल्लें. कोंकणी भाषिकांतुले मान्यवर, सर्वश्री नालकुर श्रीपाद राव, अे. आर. सवूर, प्रा. व्ही. बी. कामथ हेवई समितीचे अध्यक्ष आशिले. १९८० धोर्नु कोंकणी साहित्य समितिचें विलीनीकरणथाई, कोंकणींतुलो सुप्रसिद्ध लेखक श्री. नागेश सोंदे हांनी अध्यक्ष म्होणू कार्य केलें आनि त्या अवधिंतुं ‘गीतामृत साकी’, ‘कोंकणी बालचंद्र’, ‘स्वामी सहजानंद महाराजांगेले अभंग’ ही पुस्तकं प्रकाशित केल्लीं.

## कोंकणी साहित्य समितिचीं उद्दिष्ट म्हळ्यारी -

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- कोंकणी नाटकं बोरोवच्याक प्रोत्साहन दिव्नु तीं सादर कोरचीं.

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- समान उद्दिष्टं आशिल्या इतर संस्थांक सहाय कोरचें.

ह्या उद्दिष्टांप्रकार १९५७ धोर्नु १९७२ आनि १९७८ धोर्नु १९८६ थायी गौजेरी कोंकणी नाट्यमहोत्सव जाल्ले. ताज्जेउप्रांते

प्रेक्षकांगेलो प्रतिसादु उणे जांवच्याक लागलो आनि साधारण १९९० नंतर कोंकणी नाट्यमहोत्सवु बंद कोरका लागलो. ह्या २५-३० वर्सांतुं कोंकणी साहित्य समितिने सुमार १५० कोंकणी नाटकं सादर केल्लीं आनि अनेक प्रतिभासंपन्न लेखक, दिग्दर्शक आनि कलाकार कोंकणी रंगभूमीक मेळ्ळे. ह्या नाटकांचो सविस्तर उल्लेख कोरचो मानस आस्स, आनि त्यादृष्टिने कार्य सुरु केल्यां.

कोंकणी नाट्यमहोत्सवु बंद कोरचो निर्णय घेतिलेवेळारी, सर्वश्री नागेश सोंदे, मुरलीधर ए. हट्टंगडी, गोपाळ (दादा) माविनकुर्वे, वसंत नाडकर्णी, सद्दू माविनकुर्वे, आनंद नाडकर्णी इत्यादि कोंकणी भाषाप्रेमी मान्यवर, कोंकणी साहित्य समितिच्या कार्यकारिणीचेरी आशिले. तांका मन तडवने आनि तांन्नी कॅनरा सारस्वत असोसिएशनालागी सहाय निमगिलें. कॅनरा सारस्वत असोसिएशनाने, दिनांक ४ नोव्हेंबर १९९८ ह्या दिसु, गोकर्ण गुरूनाथमाम्मागेल्या मार्गदर्शनांतुं, सर्व उद्दिष्टांवटु कोंकणी साहित्य समितिक विलीन कोर्नु घेल्लें. ‘कॅनरा सारस्वत’ मासिकांतुं कोंकणी लेख, कविता, कथा, समीक्षणं नियमित प्रकाशित जाताती. कोंकणी नाटकं जाताती. कोंकणी लेखनाखात्तिर पुरस्कारांचे वितरण जाता. हें सर्व कोंकणी साहित्य समितिचेंचो कार्य म्होणयेद.

कोंकणी साहित्य समिति आयोजित नाट्यमहोत्सवांतुं प्रतिअेक नाटकाच्या सुरुवातीक, भगवान श्रीविष्णुने घेतिल्या दशावतरांची महती वर्णन कर्तलें, मुदुर प्रभाकरमाम्माने बरयिलें आनि हेबळेकर गुरुदत्तमाम्माने स्वरबद्ध केलेलें नांदीपद सादर जातालें. ह्या नांदी पदाचें वैशिष्ट्य म्हळ्यारी, गुरुदत्तमामु, स्वतः ही नांदी नाटकांतुल्या सर्व कलाकारांक वृंदगानांतुं घेव्नु म्हणतालो. अत्यंत रोमांचक अनुभूति. त्यामितीं हे नांदी पद समस्त कोंकणी भाषाप्रेमींखात्तिर-

श्रीहरि तो सूत्रधारू।

घेलेतान्ने दशावतारू।।

सकल जगाक तोचि आधारू।

स्मरुयां सदा तो उपकारू ।।१।।

मत्स्यकूर्म वराहु जाल्लो।

नरहरिरुपाने तोचि आयिलो।।

दुष्ट दानवांलो संहारू केल्लो।

शिष्ट पालनाने प्रसिद्ध जाल्लो ।।२।।

रामनभार्गवु जाव्नु आयिलो।

रामकृष्ण रुपाने अवतरलो।।

भूभारू कम्मि कोर्नु सत्वरी।  
शांति स्थापिली जगांतु खरी ॥३॥  
बौद्धकल्कि ह्या अवतारांतु।  
धर्म रक्षिलें तान्ने जगांतु।  
घेत्ले अवतार युगायुगांतु।  
चिरशांति स्थापिली विश्वांतु ॥४॥

कोंकणी साहित्य समिती आतं कार्यरत ना, जाल्यारी ह्या

समितिने केलेल्या कार्याचें विस्मरण जांवचे असाध्य. कोंकणी नाट्यमहोत्सव म्हळ्यारी, दर्जेदार नाटकांनी केलेलें रसिकांगेले मनोरंजन मात्र न्हंयी, तरी कोंकणी भाषिकांगेले स्नेहसंमेलन आसतालें. कोंकणी साहित्य समितिचें कार्य आतं कॅनरा सारस्वत असोसिएशन त्याची उमेदीने करित आस्स ही अत्यंत आनंदाची खबरी!

कोंकणी साहित्य समिति विषयांतु बोरोंवची संधी दिल्लेलेखात्तिर कोडकणी सुधीरमाम्माक मनःपूर्वक धन्यवाद!

## कोंकणी सौरभ

श्रीमती नलिनी नाडकर्णी

आमगेल्या सानपणांतु आयकलेलें, आमचिगेल्या भाषेचें थॉडे शब्द आर्तांतु कोंणई वापरनाती; त्या शब्दांचां विस्सर पोडुक नज्ज म्होणु तें शब्द तग्गु दिल्याती.

१) परगुणाई - अती काळजी घेंवची

तिन्नं मस्त उपास, तपास, आंगवण्या कोर्नु जाल्लेलो तों चल्लो; त्यानमिती तिक्का तागेली परगुणाई केल्लेली तितल्याक नोपरो.

२) विजरंबण - गरजेकई चड विस्तार कोरचो

ताक्का पाप पैशा अडचणी अशिश्लीमिती तान्नं तागेल्या चल्यागलें मुंजी शास्तर घरच्या घाराची कॅल्लें; हॉल घेवु मस्त लोकांक आपोवु विजरंबण कर्ने.

३) पन्नंबर कोरचें - काम भो कठीण आस्स म्हणु दाकोंच्यें.

ती परीक्षा कांथी कठीण ना; जाल्यारी ताक्का प्रत्येक खबरीचें भो पन्नंबर कोरचो अभ्यासु.

४) प्रारब्ध - नशीब

पाप गां तिज्जें; बामणानं वचचनाफुडें, मस्त कष्ट काण्णु, हांगा थई रांदपा काम कोर्नु, तिन्नं तिगेल्या चल्याक होडु कॅल्लो, शिक्षण दिल्लें. जाल्यारी तान्नं मात्र काम मेळ्ळेल तशीची, आपणागेल्या सायबागेल्या चलयेक लग्न कोर्नु घेवु, घर जावई जाल्लो. आपणागेली आवसु जीवंत आस्स की ना म्हणु सुदां पळैना. तिगलें प्रारब्ध म्होणचें!

५) पन्नसूनु घेवंचें - कितलौइ त्रास जाल्लेल तरी हें काम कर्तलोची म्हणु ठरोवचें.

सदुगेल्या बापोल्याने आपणागेल्या भावाक फसोवु तागेली जमीन आपणागेल्या नांवारी कोर्नु घेल्ली; म्हणु सदूने पन्नसूनु घेंतलें की एक दिसू ती जमीन आप्पण परत मेळेतलोची म्होणु.

६) कुर्तून कुर्तून - माहिती काण्णु घेंवच्याक परत परत विचारचें.

ताक्का आप्पण जावु कसल्योथी खबन्यो सांगचो अभ्यासु ना. आम्मी कुर्तून कुर्तून विचारका पडता.

७) भित्तर्लि गांटीची - आपणागलें मनांतुलें कोंणाकै कळूक दीनाशिल्ली.

ती भो भित्तर्ली गांटीची; दुसऱ्यांलाग्गी थावु खबन्यो काण्णु घेंता; जाल्यारी आपणागेल्या मनांतु कसलें आस्स म्होणु कोंणाकै पत्तो लागु दीना.

८) मुदी भ्रांती/बाळतु बुद्धी - म्हातारपणांतू मेंदूचेरी परिणामु जाल्लेलमिती सान्न चेरुवांवारी कसलेंपुणी अर्थ नात्तिल्लें अुल्लोव्वें.

तू वायट लेक्कू नाक्का; तिक्का मुदी भ्रांती (किंवा बाळतु बुद्धि) जाल्ल्या. ती कायंपुणी उल्लैता; तिगेल्या उत्रांतु अर्थू ना.

९) हिकमती - युक्तीनें काम कोरचें

चारी दीस राबता म्हळ्ळेल मनुषु, दोनि म्हैनें जाल्लेल तरी वचचना; कड्डुरि कालाक, हिकमत्यांनी, हांव घर बंद कोर्नु गावां वत्ता म्हणु सांगुना ताक्का भायर घालका पळ्ळां.

## आम्मा

आम्मा शब्दांतुं किल्लि गोऽडि।

देवा पेक्षां आम्मा होडि॥१॥

त्रैलोक्यान्तु उच्च स्थान।

देव पुरुष हि दित्ता मान॥१॥

जननि माता जन्मु दित्ता।

काल चक्राचो नियम पाळता॥२॥

प्रितीने पालन कर्ता।

कर्म भोगचें धैर्य दित्ता॥३॥

आम्मा आम्मा आपैतना।

आव्सु दित्ता समाधान॥४॥

- अरविंद भट, बेंगलोर

# ‘संध्याछाया भिवविती हृदया’

डॉ. सुनन्दा कर्नाड, धारवाड

‘संध्याछाया भिवविती हृदया, ३३अता मधूचे नांव कासया, लागले नेत्र हे पैलतिरी’ ही भा. रा. तांब्यांची कविता आठवली कि मृत्यूचे भय मनांत साठवून, जीवनाची संध्याकाळ जगणारे, जगत असतांना अनेकदा मरणारे वृद्ध स्त्री-पुरुष डोळ्यासमोर येतात. वाटतं, जे अटळ आहे, कधी ना कधी येणारच आहे त्या मरणाळा कशासाठी भ्यायचे? मृत्यूला आपला मित्र मानून त्याच्या येण्याची आतुरतेने वाट पाहणारेही अनेक असतात. त्यांचं कौतुक वाटतं. देवाला विनवण्या करण्यापेक्षा, यमरायालाच साद घालावी. अर्थात वेळ आल्याशिवाय काळ येणार नाही हेहि तितकेच खरे!

म्हातारपण आलं कि अनेक व्याधींचं आगमन, न बोलावता होत असतं, तेहि नियमितपणे व्यायाम न केल्याने, आहार न सांभाळता, स्वतःच्या शरीराची नीट काळजी न घेतल्याने होत असतं. मग साठवलेली पुंजी डॉक्टरांच्या खिश्त्यांत जायला सुरुवात होते. मनस्वास्थ्य बिघडते, ‘आता माझं कसं होणार?’ ही चिंता मनाला पोखरू लागते. एवढे कष्ट करून संपत्ती साठवली, इस्टेट कमावली, ह्यातलं काहीच घेऊन जाता येणार नाही, सगळं इथंच सोडून जावं लागेल, ह्या कल्पनेने हृदय पिळवटून जातं. ‘माझे, माझे, भ्रांतीचे ओझे’ डोक्यावर घेऊन जगत राहिलो, आता केवळ चिंता करण्याशिवाय काहीच उरलं नाही- अशा अनेक विचारांनी मनस्ताप होतो, अन्न गोड लागत नाही, धड चावताहि येत नाही! दांत होते तेव्हा चणे नव्हते, ही अवस्था अनेकांची होते, ती ‘Part of life’ म्हणून सोडून दिलं तर आहे त्यात समाधान मानून सुखानं जगता येतं, प्रयत्न केला तर!

आयुष्याची संध्याकाळ जसजशी जवळ येते, तसतसे आपली सावली सोडून, सारं काही आपलं नव्हेच असे मनाला समजावून दूर सारायला हवे. ज्याला आपण detachment म्हणतो. मनानं एकदा ते स्वीकारलं म्हणजे मरणाची भीती कमी होईल. ऐहिक वस्तूंची निरवानीरव करणं काही मौल्यवान वस्तू जवळच्यांना वाटणं सोपं होईल. व्याधीग्रस्त म्हातारपण म्हटलं कि माणूस चिडचिडा होतो, त्याची सेवा-शुश्रूषा करायला मनुष्यबळ लागतं. घरांत करणारं मायेचं माणूस नसलं, तर ब्यूरोची माणसं बोलवावी लागतात. त्यांना महिन्याकाठी हजारांनी पैसे द्यावे लागतात. त्यांतच आजारी माणसं, लहान मुलासारखी, काही बाबतीत हट्ट करू लागली तर सगळ्यांनाच त्रास होतो. ‘म्हातारपण म्हणजे दुसरं बालपण’ म्हणून फार दिवस समजुतीने घेणं जड जातं.

अशावेळी संध्याछायेची भीती बाळगणाऱ्या ज्येष्ठ नागरिकांनीच थोडासा समजूतदारपणा दाखवण्याची, स्वतःमध्ये

थोडासा, सकारात्मक बदल करण्याची गरज असते. सतत स्वतःच्या व्याधीचं कौतुक करीत, इतरांना त्यासंबंधी सारखं सांगणं, म्हणजे ऐकणाऱ्याला कंटाळा येतो, ते मग हळूहळू दुर्लक्ष करू लागतात. त्याचाही मग मनःस्ताप होतो.

नश्वर शरीराचं तरी किती कौतुक करावं? जितकं दुखण्याकडे दुर्लक्ष कराल किंवा त्याला परमेश्वरानं दिलेला प्रसाद समजून स्वीकाराल, तितकं दुःख आणि वेदना कमी होतील. अगदी टर्मिनल कॅन्सर झालेली माणसंही, जगण्याचा काळ कमी आहे हे कळतांच, कमला सुब्रह्मण्यम् सारखी बाई इंग्रजीत महाभारत आणि भागवत लिहून पूर्ण करते, डॉ. बावडेकरांसारखा सर्जन ‘कॅन्सर’ आपला सोबती म्हणून वाचनीय पुस्तक लिहितो तर काही इतर ‘कीमो’च्या वेदना नाकारीत, हंसत हंसत मृत्यूची वाट पाहतात. किती मनोबल लागत असेल हे सर्व करायला!

मृत्यूची चाहूल लागण्यापूर्वीच आपल्या कामाईची-इस्टेटीची वकिलाचा सल्ला घेऊन मृत्युपत्र करणं फार आवश्यक असतं, नाहीतर आपल्यामागे, गैरसमज, हेवेदावे होण्याची अगदी कोर्टाची पायरी चढण्यापर्यंत मजल जाते, जगणाऱ्यांची! ‘मृत्युपत्र’ केलं कि आपण मरणार ही भीती कित्येकांच्या मनांत घर करते. आपलं ‘मृत्युपत्र’ वकिलाखेरीज इतर कुणालाहि माहीत नसणे, तितकेच महत्त्वाचे! नाहीतर मानसिक आणि शारीरिक छळ होण्याची शक्यता असते.

आपल्या मृत्युपत्रात, मृत्यूनंतर आपल्या डोळ्यांची, अवयवांची अथवा शरीराची कशी विल्हेवाट लावावी हेही नमूद करणं आणि ते मृत्युपत्र रजिस्टर करून, त्याचं एक्सीक्यूशन कुणी करावं तेहि स्पष्टपणे लिहिणं जरूरीचं असतं. आपली इच्छा स्पष्टपणे लिहिणं जरूरीचं असतं. आपली इच्छा केवळ तोंडी जाहीर करून चालत नाही. ती पूर्ण होईलच याची शाश्वती नसते. तसेच जीवनाची संध्याकाळ, शक्यतो आपल्या घरांत, प्रियजनांच्या सहवासांत व्यतीत व्हावी, हॉस्पिटलची पायरी चढून, लाखांनी खर्च करणं, नाकातोंडांत नळ्या आणि व्हेंटिलेटर लावून आयसीयूमध्ये शेवटचा श्वास घेणं, म्हणजे आपली सुटका होते हे खरं, पण मागे जिवंत राहिलेल्यांना, मरणप्राय दुःख किंवा सुटकेचा निश्वास मात्र नाही तर कर्जबाजारी होण्याची भीती असते. तेव्हा संध्याछायेची भीती मनांत न बाळगता, पैलतीरावर डोळे लावून, शांतचित्ताने यमरायाची, आपल्या मित्राची वाट पहावी हेच उत्तम!

# पुस्तक परिचय - 'युवराज्ञी'

उदय मंकिकर

मूळ इंग्रजी कादंबरी 'प्रिन्सेस'

लेखिका : जीन सॅसन

मराठी अनुवाद : श्रीमती संयुक्ता कैकिणी

प्रकाशक : मेहता पब्लिशिंग हाऊस, पुणे-३०

पृष्ठे : १७८, मूल्य : रु. १८०/-

स्त्रीस्वातंत्र्य, स्त्रीमुक्ती चळवळ, स्त्रियांसाठी समान हक्क इत्यादी गोष्टी प्रसार माध्यमांद्वारे आपण नेहमीच ऐकतो, पाहतो आणि वाचतो. बहुतांश विकसित आणि विकसनशील देशांमध्ये बऱ्याच प्रमाणात ह्या गोष्टी साध्य झालेल्या आहेत. अथवा होत आहेत.

सौदी अरेबिया हा तेलाने खणींमुळे अतिशय समृद्ध झालेला तसेच आलिशान हवेल्या आणि महालांनी नटलेला देश. येथील श्रीमंतीविषयी तर बोलायलाच नको. सौदी अरेबियन राजकुमारीला जर नजरेसमोर आणले तर एक नखशिखान्त हिरेमाणकांनी नटलेली स्त्री आपल्याला दिसेल, पण वास्तवात मात्र ती सोनेरी मुलामा चढविलेल्या पिंजऱ्यात राहणारी, स्वातंत्र्य नसलेली, स्वतःचे मत नसलेली आणि स्वतःच्या आयुष्यावर अधिकार नसलेली स्त्री. पुरुषप्रधान संस्कृतीमध्ये नगण्य स्थान लाभलेली आणि केवळ पुत्र जन्माला घालणारी एवढीच किंमत असलेली स्त्री, हे ऐकल्यानंतर एक सुंदर स्वप्न भंग पावल्याचे दुःख आपण अनुभवतो. परंतु हेच सत्य आहे.

'प्रिन्सेस ही सौदी राजघराण्यात जन्माला आलेल्या सुलताना नामक 'युवराज्ञी'ची सत्यकथा आहे. बालपणापासून, नियोजित विवाहापर्यंत आपल्या आयुष्याबद्दल सांगताना, तिने बुरखा बाजूला सारून स्त्रियांचे निर्धृण छळ, सक्तीचे विवाह, लैंगिक गुलामगिरी आणि तत्काळ देहान्तशासन यांसारख्या मानवी हक्कांचे उल्लंघन करणाऱ्या घटनांचा धक्कादायक इतिहास उघड केला आहे. हे सर्व तिने, आपली रोजनिशी, लेखिका मैत्रीण जीन सॅसन हिला देऊन, सौदी अरेबियातील हे विदारक सत्य लोकांसमोर आणण्यासाठी उद्युक्त करून 'प्रिन्सेस' ही कादंबरी वाचकांसमोर आणली की जेणेकरून जगभरातील युवतींमार्फत जनजागृती करून महिलांच्या जीवनात परिवर्तन घडवून आणता येईल आणि जगातील प्रत्येक स्त्रीला सन्मानाने जगता येईल.

वरील सत्यघटनेवर आधारित कादंबरीचा 'युवराज्ञी' ह्या

नावाने मराठीत अनुवाद केला आहे श्रीमती संयुक्ता कैकिणी यांनी. अत्यंत सिद्धहस्त लेखिका. इंग्रजी, मराठी आणि संस्कृत भाषांवर निर्विवाद प्रभुत्व आणि म्हणूनच अत्यंत प्रतिभाशाली लेखन. 'युवराज्ञी' ही कादंबरी वाचताना ती अनुवादित आहे असे कुठेही जाणवत नाही. उच्च मराठीचा एक अविरत स्रोतच वाचकांसमोर वाहतो आणि एक अंतर्मुख व्हायला लावणारी सत्यकथा वाचल्याचे समाधान लाभते. त्याचवेळी ही कादंबरी म्हणजे स्त्रीच्या निर्भीड वृत्तीचा आणि प्रचंड साहसाचा पुरावा आहे, ह्याचा साक्षात्कार होतो तसेच मानवी हक्कांची किमान जाणीव असलेल्या कुणाचेही काळीज पिळवटून टाकेल असेच हे पुस्तक आहे, ह्या बेटी महमूदी नामक सुप्रसिद्ध लेखिकेच्या विधानाशी आपण सहमत होतो.

'युवराज्ञी' कादंबरीविषयी एका वाक्यात लिहायचे असेल, तर सौदी अरेबियातील स्त्रियांच्या 'बुरख्या'मागील सत्य उजेडात आणणारं, मनाची पकड घेणारं गतीशील समृद्ध विवेचन आणि स्पष्ट हुबेहुब अविष्करण असेच लिहावे लागेल.

प्रस्तुत कादंबरी इस्लाम धर्माच्या पार्श्वभूमीवर असल्यामुळे, सच्च्या मुसलमानांसाठी स्वर्गाची दारे नेहमीच खुली असतात, ह्या आशयाची एक सुंदर कविता लेखिकेने 'प्रवासाची अखेर' ह्या प्रकरणात लिहिली आहे-

सुखदायिनी त्या नद्या वाहती  
पानांमधुनी रवितेज बरसती,  
सडा फुलांचा पदकमलांभवती  
दुधा-मधाचे पाट वाहती.  
प्रियजन अवघे वाट पाहती,  
अवनीवरच्या बंदिजनांची!

श्रीमती संयुक्ता कैकिणी यांच्या मनोगताप्रमाणे 'युवराज्ञी' सुलतानाची ही कहाणी, पुरुषांना आत्मपरिक्षणास प्रवृत्त करण्याची आणि स्त्रियांनाही आत्मसंरक्षणास सिद्ध होण्याची प्रेरणा देईल यात तिळमात्र शंका नाही.

सुंदर आणि समर्पक मुखपृष्ठ असलेली ही कादंबरी पुण्याच्या सुप्रसिद्ध मेहता पब्लिशिंग हाऊसने प्रकाशित केली आहे. 'युवराज्ञी' ही कादंबरी लिहून मराठी साहित्यात मौलिक भर टाकल्याबद्दल श्रीमती संयुक्ता कैकिणी यांचे अभिनंदन! त्यांच्या सिद्धहस्त लेखणीतून असेच वाचकांना विचार करायला लावणारे, अंतर्मुख करणारे दर्जेदार लिखाण होवो ही शुभेच्छा!

# दाळीतॉय आनि शीत

रेखा राव ( कावळ )

दिवाळीचे तीन चार दिवस दिवाळी खाण, चमचमी जॅवण जायनाफुडे एक तूप्या फण्णाचे साधे दाळी तॉय आनि शीत जेवंया म्होणू दिसता. त्या साध्या जेवणाची रूची विंगडी. वर्णन करूक मज्जेलागगी शब्द नाती. तशीची मस्त दिवस भायल्या गांवचो प्रवास कोर्नु येनाफुडे साधी खिचडीसुद्धा एकदम चांग लागता. मन कशशी तृप्त आनि शांत जाता. हाजो अनुभव मस्त जणांक येवनु आस्सकाज.

ह्या फांता अमेरिकेच्या ट्रीपांतु आम्मी न्यूयार्क स्टेटांतल्या लेक जॉर्ज ह्या टुरिस्ट स्थळाक भेट दिली. तें पोळोनु महाबळे श्वराचो उगडासू जाल्लो. जाल्यारी हांगाचे लेक इल्ले हॉड आस्स कि हॉ समुद्र की न्हंयी अशी मनांत येता. लेकाची दिग्गाई बत्तीस मैल आस्स. लेकाभीतरी आनि किनाऱ्याचेरी मस्त हॉड बोटी आणि दोण्यो राबिल्यो दिसताती. तें पळोनु हें बंदर कि कल्लै अशशी विचार येता. जाल्यारी ह्या सगळ्या बोटी सफारी खतीर तयार जावुनु राबिल्यो असताती. थोड्या बोटी वाफेच्या इंजिनारी तरी थोड्यो डिझेलारी चलताती. तांतूली “मिनी हा 5 हा” (म्हळ्यारी लाफिंग वॉटर) ही बोट मस्त होडी आस्सुनु वाफेरी वता. ती चलताना जानांक लागगी वचुनु पोळोंच्याक मॅळता. ह्या बोटीरी जॅवणखाण, शॉपिंग, डान्सिंग, विंगड विंगड खेळ, फॅशन आनि मॅजिक शो अशी सुविधा आस्सती. आम्मी क्रूस घेवुनु लेकाची संपूर्ण सफर केली. आजुबाजूची पाचवी झार्ड, पाचवे गुड्डे, निळें आकाश, संथ उदकांतू पोंवतले हंस, बगळे, समुद्रपक्षी पोळोवुनु मन आनंदाने भोरून गेलें. लेकाचे उदाक एकदम शांत, समुद्रा म्हणके हॉडु पाळं नाती कि जोरू आवाज ना. सान सान चुबुक, चुबुक करतली पाळं (लाटा) जणूं अंगारी मोरपीस फिरयताती. लेकाचो प्रवास करतना अनेक सान हॉड आयलंड, तांतू निप्पीली घरं, बंगले दिसताती. थोडीं घर महाला म्हणके हॉड आनि गोमटी आसती. घरा इद्रारी गोमटें लॉन, फुलांच्यो बागो, उदकाची कारंजी, स्विमिंग पूल दिसताती. पायथ्याक कार पार्क केल्या म्हणके बणबणाच्या आकर्षक दोण्यो, मोटर बोटस् पार्क केलेल्या आसताती. तें पोळोवुनु मनांत विचार आयलो वाऽ हांगा राबतलीं जानं कितलीं लकी. जणू स्वर्गांतू राबताती. तांका भायर वचका जाल्यारी दोणीनेची वचका. दुसरो पर्याय नां. थंडी दिवसांतू हें लेक आनि सगळो परिसर बर्फाने गारठून वता खई. सगळें जीवन ठप्प जाता खई. त्या वेळारी कल्लै करताती हॉ विचारू मनात आयलो. किनाऱ्यासुतू आनि मेन रस्त्या बाजूक हॉड हॉड हॉटेलस, रेस्टोरंटस्, कपड्यांची, खेळाची, गिफ्ट आर्टिकल्साची आकर्षक दुकान आस्सती. धग्गा दिवसातू सगळे

जगांथावनू जानं भोंवच्याक येताती. त्या वेळारी हो सान गांवूं उत्साहाने, आनंदाने भोर्नु वता. जाल्यारी सगळे परिसरांतू एक कागदा कुडको कि कैरू दिसना. सगळेकडे फूटची, चकाचक! तें पोळोवुनु आश्चर्य जाता. आम्मी हांगा तीन दिवसू राबिली. त्योवळीरी लेकाची सफर तर केल्लीची. शिवाय फोर्टस्, म्युझियम, बागा पळयल्यो. बोट राइड कॅले. जांवई आनि नातीने पॅरासेलिंग, हायकिंग कॅले. मिनी गॉल्फ रेंजातू बॉल फिरयतची वर्ल्ड सफारी केली. तांतूली ताजमहालाची प्रतिकृती पोळोवुनु मस्त खुशी जाल्ली.

हांगा तीन दिवसांतू मेक्सिकन, अमेरिकन, इटालियन, जापनीज, चायनीज, थाय, पाकिस्तानी, इंडियन सगळे नमुन्याचे जेवण, खाण हाजो स्वाद घेतलो. आईस्क्रीम, स्मूदी, फ्रोजन योगर्ट खाल्ले. मस्त भोंवली, जाल्यारी केदना घारा येवुनु चूई 55 फण्ण दिलेलें दाळीतॉय आनि शीत जॅवता अशशी जाल्ले. घारा पांवचे भीतरी हांवे पयलें दाळी-शीताचे कुकर लायले. त्या दाळी-तॉय शीताची रूची अजब... अवर्णनीय!!

## देवीचेरि भक्तीपर गीत

रक्षण करि देवी माहेश्वरि।

रक्षण करि देवी।।

शक्ती स्वरूपिणि मुक्ती प्रदायिनि।

भक्त वत्सले निज सुख दायिनि।

अंबिके चंडिके ब्रह्म सनातनि।

शुंभानिशुंभ असुर संहारिणि।।१।। रक्षण।।

जानाक्षि कामाक्षि रम्या विशालाक्षि।

प्रेमाक्षि दुर्गे, कौमारि मीनाक्षि।

हंसिणि वैष्णवि दुर्गापरमेश्वरि।

ॐ शक्ती पराशक्ती आदिशक्ती ईश्वरी।।२।। रक्षण।।

महाकाळि महालक्ष्मी विद्या सरस्वति।

महामाता महामाये राज राजेश्वरि।

जगध्यात्रि देवी, मंत्रस्वरूपिणि।

जगज्जननि शारदे महिषमर्दिनी।।३।। रक्षण।।

चामुडेश्वरि शिवपरमेश्वरि।

कात्यायनी देवि जै भुवनेश्वरि।

शांतादुर्गे शांत स्वरूपिणि।

अंबा भवानी राक तुं जननी।।४।। रक्षण।।

- रामचंद्र कोडंगे, बेंगळूर

# गीर्वाणप्रतिष्ठा - रसास्वाद - मेघदूत-८

कृष्णानंद मंकीकर, वाकोला

तां चावश्यं दिवसगणनातत्परामेकपत्नीम्  
अव्यापन्नामविहतगतिर्द्रक्ष्यसि भ्रातृजायाम्।  
आशाबन्धः कुसुमसहस्रं प्रायशो हयङ्गनानाम्  
सद्यःपाति प्रणयिहृदयं विप्रयोगे in separation  
रुणद्धि holds up॥१०॥

**Word meaning:**

तां her अवश्यं surely दिवस—days गणना counting-  
तत्पराम् engaged in एकपत्नीम् who is loyal to me (as  
I am to her) अव्यापन्नाम् who has not dropped dead!  
अविहतगतिः with unimpeded speed द्रक्ष्यसि would see  
भ्रातृजायाम् (your) brother's wife!

आशाबन्धः the bond of Hope कुसुमसहस्रं tender  
like a flower प्रायशो mostly हयङ्गनानाम् of women  
सद्यःपाति that which is wont to fall off at the  
slightest of provocation प्रणयिहृदयं the heart which  
is amorous विप्रयोगे रुणद्धि ॥१०॥

**अन्वयः**

तां च दिवसगणनातत्पराम् एकपत्नीम्, अव्यापन्नाम्  
भ्रातृजायाम् (त्वम्) अवश्यं द्रक्ष्यसि। (यथा हि) आशाबन्धः  
प्रायशो हि अङ्गनानाम् कुसुमसहस्रं सद्यःपाति प्रणयि हृदयं  
विप्रयोगे रुणद्धि

**Translation**

You will surely see (there) her, who is (verily)  
your brother's wife, she is devoted to me alone, she  
is counting the days (remaining for my return) and  
who is (nonetheless) living (is not dead).

**Details of the stanza:**

Do note the description दिवसगणनातत्परा one  
who is intent on (nay it is her sole occupation –  
when she is not doing anything else! ) counting  
the days (remaining). Obviously, yaksha too is  
counting the days remaining for his departure, and  
he imagines she too is counting the days! एक पत्नी  
she is loyal to me, Has not looked for another mate.  
अव्यापन्ना she is still alive! Has not given up life in  
despair! There is hope! Now yaksha tells the cloud,  
she is your brother's(that is me!) wife. See how  
the Yaksha is building up the relationship with the  
Cloud. So you see her as such! (There could be  
a hint of admonition too here when you see her  
remember she is your brother's wife. Just imagine, a

person sending a human messenger to his lovelorn  
beloved— and he is also beset by nagging fear that  
the messenger may get closer to her than desirable!

Now comes another aphorism of Kaalidaasa,  
he says, most often, it is the thread of hope that  
holds up the loving heart of women from falling  
apart-from wilting! the heart that is delicate like  
a flower, and is prone to fall apart at the slightest  
provocation!

*Comments and feedback to chitrapur.*

girvanapratishta@gmail.com or kdmankikar@  
gmail.com

## बस्सान्तु जाल्लेलि मलामति

जावण कोर्न जाल्लें; चिक्के आड सोरुक मेळ्ळें,  
आनि पाच्चि वचोलि भैण्येक मेळुक.  
मद्रास गावांच धग्गु; बस्सान्त भर्ला गिःज्जु;  
जागों ना एक सासम घालुक.

पाच्च्येली चेडुयि बस्सारि आशशीलि.  
ती माक्शि सीटारि बशशीलि.  
तिन्ने पाच्च्येक घट्टि ताळ्यान् आप्पय्लें.  
माय्यें-ए-ए-ए... म्हणालि अशिश.  
तिगल् ताळ्ळीचि, पाप, तशिश.

कन्डक्तराने बेल मारुं, बस् थयिं राब्बय्लें.  
यार पा अद, आड वेच्चिरक बस्सले?  
(काणाने रें तें, बोक्कडि दवोर्न घेल्ल्यां बस्सारि?)  
येरंग पा, येरंग. आडोडे येरंग वेळिले.  
(दँव रें, दँव. बोक्कड्ये वोट्टु दँव मार्गारि.)

जानं एक दुसऱ्यांक, हांगा, थयिं, पळेताति.  
बोक्कडि खयिं निप्पुन् बस्ल्या, मलामति?  
आ-आ-आड यार? ना-आ-आ-नान् पेसणे, चेडु म्हणालि.  
(बोक्कडि काणाक म्हण्ट, तू? हांव उल्लयिलि.)

सगळे बस्सांत पोळ्लें, हासेंचे सरिता.  
चेडुयि, वायट्टु लेकनात्तिलें, गॉम्टें कोर्न हास्लि.  
बस्सारि यात्रा गॉम्टायेने जाल्लि.  
चेड्वाल नांवयि गॉम्टें : नवनिता.

- रघुवीर राव, सरस राव आनि गायत्री मदन दत्त



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## IN MEMORIUM “**POOCH**”

(9-4-1997 to 13-12-2006)

Dearest you are not  
gone you live in our  
hearts which you  
left behind

*from Kodials*

## The Art of growing the Tulsi Plant

DR. ASEEM GOKARN HARWANSH

*Ocimum sanctum* or *Ocimum tenuiflorum*....Does this name ring a bell?

This is the name... the botanical name of the plant that all of us, in India worship...we all have it in any form.. small.. big.. branched.. unbranched... black.. green.. with flowers or without flowers! There, it sits in our balconies, our window sills or our verandahs... always within our reach. Yes I am talking about the Tulsi plant...the same Tulsi which is considered so pious..so medicinal and yet how many of us are successful in growing it well?

In my nursery many customers come again & again for this little plant...they seem to be an expert now at killing it or should I say losing it due to sheer lack of knowledge of how to take its care? A question that always perplexes me is why can't we take care of this plant? why do we need to buy it every now and then?

I am going to share my little secrets with you.. which will definitely help you to take good care of the Tulsi plant.

Tulsi is a soft stemmed plant. That itself indicates that its stem has more water content. So we must always water it sparsely. Most of us manage to kill the plant by overwatering rather than under watering! Also its got a very hairy stem..Please avoid water droplets from stagnating on its branches or leaf axils. These would rest on the hairy surface and provide optimum conditions for air borne bacterial or fungal spores to germinate, eventually affecting its growth. Also the plant has a superficial root system. Hence never allow the water to stagnate in the pot. Never douse the water very near the stem and soil junction. This would injure the soft stem, giving vent to fungal pores to attack the plant.

Also the plant needs to branch out so that it develops a well balanced structure and how do we achieve this?? Always nip off or pinch the apical bud or upper new leaves after the plant grows to about 6 to 8 inches. This will lead to the plant to branch at this node. It is very important to establish a good plant structure. For this, continuous pinching of leaves at 6 to 8 inches from the nearest branch joint is important. Eventually you will be able to grow a plant with branches all over having a good appearance.

Most of us have Tulsi plants which have staggered



growth or they at least look very lanky. This could also be due to less sun exposure. The plant loves the sun. In fact if you place it in a sunny window, you would see that its growth habit becomes compact. Also the colour of the stem darkens. The same plant if kept in a shaded place may put forth light green stem color. Plants always have tendency to grow towards the sun. Hence the lopsided growth of Tulsi, especially when it is placed in our balcony or window sill. It is therefore important to rotate the pot from time to time to ensure that sunlight reaches all parts of the plant. Naturally, with more sun exposure, the plant would have increased capabilities to produce food and so the more healthier growth.

The plant gradually matures and gives flowers in terminal racemes. We refer to these as "manjiris" The small flowers rest on a common stalk and if allowed to mature they slowly produce dark blackish brownish seeds. Soon the plant loses its vigour and its appearance looks woody. It is advisable not to allow the plant to set seeds if you want a younger looking plant for a longer time. Nip of the flowers as soon as they are visible. You can either place them in the same pot and slowly rake them into the soil or simply discard them.

If at all the plant has set seeds, these may drop off and grow into new plantlets in the same pot. The Tulsi plant can also be propagated vegetatively by cuttings. These are essentially softwood cuttings. Propagation itself is a very exhaustive topic and I wish to cover it during the course of my series. For the time being, I would want all of you who have Tulsi's growing at their homes to take note of all the aforementioned tips and learn to nurture this plant well.

## NEWS FROM THE CANARA UNION, BANGALORE

The all-colour Canara Union Newsletter has been well received and appreciated by one and all. We plan to improve it further and make it a lot more interesting for our readers over the coming months. Contributions by way of articles from those interested are welcome and please email them to canaraunion@gmail.com addressed to The Editor, Canara Union Newsletter, Bangalore. We also take this opportunity to request all Members of Canara Union, Bangalore, based in Bangalore and outside Bangalore, who have not paid their annual membership fees to please do so as early as possible.

### Activities in Bangalore:

**Sports: 19<sup>th</sup> Ramaiah Rajan Memorial 3-Star State Ranking Badminton Tournament** – Between 10<sup>th</sup> to 13<sup>th</sup> August, 2013 brought around 430 entries were received and 418 matches conducted for boys and girls between the age group of 13 and 15 in Singles and Doubles. The tournament was sponsored by Dr. Jairam Rajan.

**Cultural: Interactive and Informal chat with some of our Women Achievers** – Saturday 31<sup>st</sup> August, marked a memorable evening with five of our Women Achievers, Smt. Lalan Sanade, Anuradha Gokarn, Sonali (Usha) Savkur, Nandini Karanje and Rekha Mavinkurve. The achievements and mission of each of their projects were highlighted in a write-up and impressive power-point presentation and videos. This was followed by an informal interactive question-answer session with the Women Achievers. The saga of service, grit, indomitable courage, strong determination, a will to succeed, a sense of social responsibility and helping the underprivileged were the underlying factors. The programme was very well received by discerning audience who are hoping to see many such interesting programmes in the future.

**Launch of Music Lounge** – Thursday, 19<sup>th</sup> September, Canara Union launched a well-equipped Music Lounge which was sanctified by a Pooja and prayer to Goddess Saraswathi. The Music Lounge has a Karaoke System which provides the original background music and lyrics for over 4,000 songs. The Arts Section's existing array of musical instruments will also be put to good use. The objective is to discover, nurture and showcase musical talent in our Samaj.

**Music Delight** – Saturday, 21<sup>st</sup> September, Smt Padmini Rao gave a stupendous performance of Hindustani Raag Sangeet to a packed audience at the Canara Union. She was ably accompanied by Shri Mihir Kalyanpur on the Tabla and Shri Umakant Puranik on the Harmonium.

On Sunday, 22<sup>nd</sup> September, Saptak and International Childrens' Peace Council and cosponsored by Canara Union Arts Section organized a Hindustani Classical Vocal Music Recital by two Artistes, Ms. Ameeta Sinha Mohapatra (Dhrupad style) and Shri Shrinivas Joshi (Kirana Gharana) son and disciple of Bharatratna late Pt. Bhimsen Joshi. The auditorium was packed and the audience enjoyed a wonderful evening of great music.

**Diwali Mela** – a 2-day Diwali Mela was held on 26<sup>th</sup> and 27<sup>th</sup> October, at the Canara Union. There were over 25 stalls selling wonderful items like Jewellery, Sarees, Clothes, Linen, Gift items, colourful Diyas, Rangoli designs and the five stalls selling sumptuous food items attracted a lot of visitors over these two days. It was a great way to bring in the festivity of lights Diwali.

**Operation Parivartan** – on November 1<sup>st</sup>, there was a soft launch of the "New Look" Canara Union. There have been improvements in the office block – Cleaner & Greener. The front of the Canara Union sports a neatly laid out stone and grass front yard, with lots of colourful flowers. A new Gazebo has come up over the old sump. It will serve as a stage for outdoor performances and a place to sit down for a cuppa and snacks. Step inside the office block and you will be greeted with cheerful and warm drapes and indoor plants and comfortable chairs placed in the reading room. Peek into the Mini Hall (renamed the Lounge) and you will find plush sofa sets to seat 30 members at any time, warm drapes, 2 racks full of books, novels and we propose to have a large format TV to catch up on the Breaking News/ Cricket Match/Movies. With the idea to entertain our esteemed members, to ensure more footfalls on a regular basis, as well as to nurture and encourage latent talent in our community, the same Lounge will transform into a Mini Auditorium (to seat 30 to 50 people) for music performances, lectures, inter-active discussions and other entertaining events in the evening on a regular basis.

After our esteemed members were taken around the "New Look" premises, they were given an overview of all the plans that we have in store to make the Canara Union a great place to visit and also sought their views and suggestions for improvement. This was followed by a great Gujarati Lunch.

Programme that were held in November are :

Sunday, 3<sup>rd</sup> November – Samaj Day and Children's programme by Saraswathi Mahila Samaj.

Saturday, 16<sup>th</sup> November – Variety Entertainment of Music and Dance

Sunday, 17<sup>th</sup> November – Annual General Meeting of the Canara Union

Look forward to our report on these next month

## Joseph-anna

BY SUDHIR VOMBATKERE, PUNE

I first set eyes on Asha in the spring of 1961 when she was all of sixteen, when I went on “out pass” from the Indian Military Academy, Dehra Dun. I visited her home in the adjacent FRI campus frequently thereafter, at first to enjoy her mother’s most excellent ‘*amchi*’ cooking. But I was the young man who went for dinner and stayed on for the daughter, for we were promised to each other even before I left IMA at the end of 1962 as a Second Lieutenant. But what has that to do with Joseph-anna, you may well ask. Patience, dear reader, for there is a connection!

The first unit to which I was posted in 1963 was deep inside the Kumaon Himalayas, housed in tents in Dharchula which was, in those days, three to four days by treacherous roads from the railhead at Tanakpur. Predictably, most of the year we ate canned vegetables, fruits and meats, powdered eggs, and ancient atta and rice. “Fresh” which survived the long journey from the plains was rare and highly valued. Thus, the mess cook was always hard put to produce taste and variety even for everyday meals.

Coming to the title of this piece, Joseph was the mess cook when I joined the unit, fresh-faced and with a hearty appetite. Joseph was respectfully referred to and addressed as Joseph-anna, or more phonetically Jojepanna, in our Madras Sapper field unit. And Jojepanna always produced wonderful meals out of cans from his tented kitchen for breakfast, lunch and dinner every day, whether at the unit’s “permanent” location or when on the move or in camps. He always out-did himself on special occasions like Deepavali or Christmas or when the brigade commander Brigadier Barua was invited to dinner, using the same ingredients. Indeed, Joseph had such a high reputation as a culinary artist that my OC Major Kakar had to strongly resist the Brigadier’s ploys to hijack Joseph to the brigade officers mess! All this will surely indicate that I was a fan of this marvel who rejoiced in the name of Joseph.

To get on with the tale, in the summer of 1964, I was granted annual leave – fifty-four days at home after travelling in the trains of those days and, you guessed it, mother’s cooking! And, braving all

outraged whispers among the more orthodox of our tribe and the blazing heat, my fiancée Asha came from Dehra Dun to spend some days with us in Madras (Chennai, in present times). My older brother also came on leave, and we all had a grand time together.

As any mother would do, Amma asked what sort of food I got to eat in my unit and I extolled Joseph’s talents, frequently repeating them especially at mealtimes. Asha was strangely silent on these occasions because, as I learned much later, she hadn’t at that time the vaguest idea of cooking even though her mother was a marvelous cook. (To her credit and my everlasting appreciation, Asha trained herself to become a marvellous cook, surpassing both her mother and mother-in-law in the range, finesse and taste of her routine and special preparations).

My brother was apparently fed up hearing about Joseph and I suspect my mother did too, but she was too sweet to tell me to shut up. To finally “make the connection” between Asha and Joseph, I must quote to the best of my recollection, what my brother said to me as we all sat for dinner and I brought up Joseph’s name yet again. He boomed in his candid style, “*Look, Sudhir, why don’t you just ditch Asha and marry Joseph?*”, and characteristically roared with laughter, happily joined by Asha and my parents. Was it that remark which made Asha into the absolutely super cook that she is? Forty nine years later, I still don’t know

*Maj Gen S.G.Vombatkere retired as Addl DG in charge of Discipline and Vigilance from Army HQ AG’s Branch in 1996. The President of India awarded him the Visishta Seva Medal (VSM) for distinguished services rendered in Ladakh. He is settled in Mysore where he is engaged in voluntary social work and also lecturing undergraduate students from USA and Canada who come to Mysore for a semester. With a PhD from I.I.T Madras (1987), he is Adjunct Associate Professor of the University of Iowa, USA, in International Studies, lecturing mainly on sustainable development. He is a member of NAPM and PUCL, and writes on development and strategic issues. He can be contacted at Tel: 0821-2515187.*

## Personalia

Gauri Prashant Heble has been awarded the PhD degree (Banking and Finance) under the faculty of Commerce and Management by the University of Pune. Her doctoral thesis is titled "A Study of Corporate Governance Practices in the Indian Banking Sector with



special reference to selected Public Sector Banks, Private Sector Banks and Foreign Banks". Gauri also had the opportunity to visit the London School of Economics and Political Science, University of Oxford and the University of Cambridge as part of her doctoral research.

She has earlier been awarded the M.Phil degree in Finance, securing the "O" Grade for "Outstanding Performance" by the University of Pune. She also has several research papers published to her credit and has presented these at various national conferences. She is a faculty member for post graduate students of Management under the University of Pune.

Gauri is the daughter of Smt Aruna and Shri Prakash Balwally of Pune and sister of Chaitra Balwally. She is happily married to Prashant Anil Heble and has a baby son Vihaan.

**Kumari Yashasvi Milind Yederi** (age 12 yrs) was selected by her school Lilavatibai Podar Senior Secondary School, Mumbai to represent the school in the following interschool dancing competitions/workshops:

- Horlicks Wizkids 2013 by Krayon. Dance Icons – Category O, South Asia's Largest interschool, art, literary and cultural fiesta.

- Cascade 20 – 20<sup>th</sup> Annual Interschool cultural festival held on 25<sup>th</sup> & 26<sup>th</sup> August 2012. "Let's put on a show – Dance". In fact she has been selected 3 times in a row for this particular competition.

- "Reach for the Stars" a show by Raell padamsee – performed at Bandra.

- She performed and entertained Cancer Patients at Shanti Avedna at Bandra – representing Podar school for a Nobel cause.

She has also participated in shaimak Davar's Summer Funk Show and many more dance competitions representing her school.



## Results



Isha Vinay Rao has passed her 10th Std CBSE Board with 95.4% marks and a CGPA of 10.



Nishikanth Ubhayakar passed B.A. from Mumbai University with 46%

## Here and There

**Bangalore :** Navaratra Utsav was observed from 5th to 14th October 2013. On October 6th Yuvadhara arranged a "Garbha". On Wednesday the 9th, on the occasion of Lalita panchami, samoohika kumkumarchan was performed. On Thursday the 10th, Punyathithi of PP Shrimath Shankarashram Swamiji I [Shirali] was observed with Ashtavadhan seva. On Sunday the 13th, on account of Navami, Kumarika poojan was performed. There were twelve gracefully dressed and bejewelled petite kumarikas. The Math was overflowing with parents of the kumarikas who took snapshots of the kumarikas being worshipped and being presented with the "offerings". On Friday the 18<sup>th</sup> Lakshmi Poojan was performed followed by Ksheer vitaran. On Sunday the 3rd November children of Prarthana varg visited the famous "Bimba Art House" in Basavanagudi. The children enjoyed two special shows at the Art House, one on Gajendra Moksha, and another on Adi Shankaracharya. For Diwali, the children painted "Panthis" [Diyas], an activity taught by Suman Samsi pachchi.

*Reported by Nihar Rao Ammembal.*



**Goa :** The Local Sabha celebrated the auspicious occasion of Janma Diwas of Parama Pujya Swamiji with a Satsang on Novemer 10 at the residence of Chandrakant Kalyanpur in Panaji. Four Yuvas performed Guru Pujan and Devi Anushtan to mark the occasion. The Satsang continued with cake-cutting by the Yuvas and concluded with Vimarsha on the topic, 'Satsang'. Besides the Yuvas, 15 members of the Sabha participated whole-heartedly in this Satsang held from 10 a.m. to 4 p.m. Earlier, the Sabha's monthly Satsang was held on September 15 at the residence of Jitendra Gokarn in

Margao in which Prarthana Varga's Nivedita Gokarn performed Guru Pujan. Navaratri was celebrated with a full-day Satsang on October 6 at the residence of Ramdas Divgi in Margao during which Devi Poojan & Sadhana Panchakam were performed.

*Reported by Sabita Harite*



**Hyderabad :** On September 29<sup>th</sup>, Satsang was held at the residence of Shri Sanjai Hattiangdi. Hyderabad sabha members performed Shri Devi Anushtaan and recited Navaratra Nityapath for nine days, from October 5<sup>th</sup> to 13<sup>th</sup> at the residences of 9 sadhakas for the eleventh consecutive year. Every day after the recitation, sadhakas chanted Mahishasur Mardini stotra and other Devi Stotras from Stuti Manjiri and sang bhajans. On Vijay Dashmi day, Saamuhik Devi poojan was led by Smt Seema Hattiangdi and Smt Vinati Udiyavar as the sadhakas present chanted mantras. This was followed by Sangeetmaya katha Kathan - Shri Devi Mahima based on Saptashati by Smt. Bijur Chandrama-pachchi. She explained the Mahima of three avatars of Devi, Maha-Kali, Maha-Lakshmi and Maha-Saraswati in a beautiful way and kept the audience charged with her lively commentary. Smt Sudha Gangolli, Padmini Kumta, Seema Hattiangdi, Vinati Udiyavar and Rohit Hattiangdi from the sabha supported Chandrama-pachchi by singing bhajans from Samvit Keertan Saar. Yuva Rohit Hattiangdi ably and enthusiastically supported all by playing tabla. The members then expressed heartfelt gratitude to Chandrama-pachchi for coming to Hyderabad and conducting such an engaging programme.

*Reported by Sameer Hattiangdi*



**Mumbai - Dadar :** On 19<sup>th</sup> July' 13 Ashadhi Ekadashi was observed with Lord Vithala's bhajans alongwith commentary on it by Mrs. Chandrama Bijur. 22nd July'13 saw Guru Purnima being observed by Guru Pujan by Prarthana kids at MMM Hall, Karnatak Society. On 20<sup>th</sup> August'13 - Rg Upakarma was observed in MMM Hall, Karnatak Society. Quite a few sadhakas attended the same. 24<sup>th</sup> Aug'13 - Punyatithi of HH Shrimad Parijnanashram Swamiji III & Punyatithi of HH Shrimad Parijnanashram Swamiji II on 30<sup>th</sup> Sept'13 were observed with bhajans. Krishna Janmashtami celebrations were carried on with bhajans from 21<sup>st</sup> to 28<sup>th</sup> Aug at Mrs. Shobha Puthli's residence. Sannikarsh was observed with all 5 aspects of the Sadhana Shrunkhala at Karla on 29<sup>th</sup> Aug'13. Around 30 sadhakas attended the same. Guru pujan was performed

by 4 devotees. Palki Utsav was held in the precincts of Karnatak Society and everybody joined in the bhajans on 8<sup>th</sup> Sept'13 during the punyatithi of HH Shrimad Anandashram Swamiji.

*Reported by Shobha Puthli*



**Mumbai - Santacruz:** Punyatithi of HH Srimat Shankarashram Swamiji I was observed on October 10<sup>th</sup>, 2013, from 9:00pm onwards in the Shrimat Anandashram Hall, Saraswat Colony, Santacruz. Devotees who had gathered there in large numbers offered their Bhajan Seva after Deepanamaskar.

*Reported by Kavita Karnad*



**Mumbai - Vile parle :** Let Diwali come, all the roads lead to Lokamany Tilak Mandir at Vile parle east to buy various articles and items especially for Diwali festival, under one roof i.e Bhavya Grahak Peth. The very name indicates, that it is a small Mela for sales promotion of various products/household articles/items mainly of hand made for day to day use.

It was Smt Vandana Joshi (ex-staff of Canara Bank now retired) who motivated us to have stall for "Samvit Sudha" (a Division of Parijnana Foundation) in this Mela on a trial basis, for the sale of various types of hand made articles, hand bags, purses and pouches and so on. Most of the volunteers working here were from Vile Parle-Vakola sabha, under the able leadership of Smt. Nandini Hattiangdi. This Mela is generally held every Diwali for ten days and is closed just 2-3 days before commencement of Diwali. Samvit Sudha Put up a stall here for the first time and by the time the report came in on the last day of the Mela the sales turnover has already crossed Rs.3 lakhs, mainly because of excellent team work of the volunteers. We hope Samvit Sudha continues to have such sales outlets whenever an opportunity comes.

*Reported by Shrikar Talgeri*



**New Delhi :** Janmashtami was celebrated by Delhi Sabha members on 31<sup>st</sup> Aug at Shri Kavle Math. Melodious "mhantis" were led by Vidya Kumar and Shobhana Ullal followed by a short bhajan by Sangamitra Prasad. Aryaman and Anandita performed a Radha-Krishna dance "Jhulat Radhe Sang Giridhar". After which ladies performed a garba to the tunes of "Aaj Gokulat Rang Khelato Hari", charging the atmosphere. Kids were happily swinging the cradle of Bal Krishna while the Mangalartis were being performed. Children managed to break the "Handi" filled with

chocolates after several attempts. It was a treat for the eyes to see all children suddenly disappear to grab the chocolates from the broken handi. A sumptuous prasada bhojana followed. The function was attended by 35 members.

Punyathithi of Shrimat Anandashram Swamiji was observed on 8th Aug at the residence of Smt Vidya Kumar, Delhi. 16 members from the Sabha participated.

Ganesh Chaturthi get-together was organised at the residence of Shri Prashant Hoskote in Gurgaon on 9th Aug. Their house was electrified with the enthusiasm with which the devotees chanted all the stotras. 35 members participated. The Ganesh Chaturthi celebration at GSB Samaj, New Rajinder Nagar was attended by 9 families, 18 members from our sabha.

On 6th October, we participated in Navachandika Homa performed at Shri Kavle Math organised by Shri V N Kabadi. Ved Harish Bhat and a few vaidiks performed poojas, wherein Udyavar Arvind Rao, representing our Sabha took sankalp on behalf of all Sabha members and performed the rituals. 17 families, 32 members participated in this Navaratrotsava.

**Reported by Mamta Savkur**



## Our Institutions

**Saraswat Mahila Samaj, Gamdevi:** On October 11<sup>th</sup> 2013 Navratri Utsav was celebrated with Sugam Sangeet by Smt. Prashanti Bhat, a proficient & versatile singer. She started with a Ganpati "stavana" and then went on to sing variety of *bhaavgeets* from old Marathi movies as well as a medley of Hindi songs, gazals, classical songs, bhajans, etc. Smt. Geeta Yennemadi accompanied her on the Harmonium & Shri. Arun Hattangadi on the Tabla. Smt. Neeta Yadery introduced Smt. Prashanti and also compered the programme. Smt. Vijayalaxmi Kapnadak proposed the vote of thanks. Refreshments were sponsored by Smt. Suman Kodial.

"Kojagiri Get Together" was held on 18<sup>th</sup> October 2013 in the Samaj Hall. It was an evening full of fun & frolic. President Smt. Kanchan Sujir welcomed all in her inimitable style with a small lyrical couplet in Hindi. Smt. Geeta Balse then took over and anchored the show. The evening had various games such as "Starters" a quiz on "Joint Amchi Words", "What's The Good Word" (Amchi) followed by a written quiz on "Amchi Surnames", a brain teasing game. Then came the best part of the evening wherein a game "Panchayat Punishment" was played group-wise with funny punishments of dance, yoga, mimicry, jokes, songs etc. At the end the seniormost lady in the audience Smt.

Nalinpachi Sanzgiri (only 87 years young) was asked a volley of questions on her life's journey which she promptly and confidently answered! She was crowned 'Mrs. Kojagiri Sr. - Samaj' with a tiara on her head, a sash & was presented with a token gift on behalf of Saraswat Mahila Samaj. Her contribution to the Samaj as a member on the Managing Committee and also a member of the Saraswati Vrindagaan/Bhajan Group for almost 25-30 years was appreciated. On request, Nalinpachi sportingly sang a few lines & narrated a funny story. Vote of thanks was proposed by Smt. Suman Kodial. The event was enjoyed by all & ended with tasty snacks & chilled milk

Forthcoming Programme – December 2013

*Wednesday 4<sup>th</sup> December* – Samaj Hall – 3.30 p.m. : Cookery Competition with Oats (Sweet / Salty) preparation as the main ingredient. Multiple entries from participants are welcome. Kindly bring your items to the Samaj Hall by 3.00 p.m. along with a neat hand written recipe.

*Saturday 21<sup>st</sup> December* – Samaj Hall - 5 p.m. : Convocation & Children's Day / Children's Variety Programme. Refreshments sponsored by Smt. Sadhana Kamat

**Reported by Smt. Geeta Balse**



**Saraswat Mahila Samaj, Chennai:** On 9<sup>th</sup> October 2013 Annual Haldi-Kumkum was organized. The Samaj Day was celebrated with a host of programmes on 27<sup>th</sup> Oct., 2013, commencing with a Prayer sung by Smt. Surabhi Koppikar. This was followed by the Welcome Address by the Hon. President of the Mahila Samaj, Smt. Jyoti P. Gulvadi. Smt. Geeta Gulwadi was honoured for her long-standing contribution to the Samaj. She has been in all the three Managing Committees, of the Saraswat Association, Chennai Local Sabha & Saraswat Mahila Samaj for over 50 years. There was enthusiastic participation by children, youth and the mahilas alike. The show began with Ganapathy dance by the tiny tots. This was followed by a traditional 'Kerala dance' by the ladies. The same group enthusiastically performed the Gangnam-style dance, with aplomb later on. Smt. Chitra Kumta sang two Hindi film songs. There were two solo performances, beautifully rendered - Kathak by Smt. Kashmiri Soni and another by Smt. Deepali Khambadkone of Mangalore for the song "Kaahe Ched" from the movie Devdas. The youngsters' contribution was a dance from the new movie Ram-Lila, as well as a Garba dance by the girls, Break-dance by Rahul Soni. A skit 'Oh My God' written by Smt. Rekha Kumta was enacted by little

children and a miming-skit by older children followed. The evening concluded with a “vote of thanks” by Smt. Lata Ullal, Hon. Secretary of the Mahila Samaj and singing of the National Anthem. The programme was compered by Preetham Chandavarkar.

The Samaj performed Sadhana Panchakam on Oct. 13 and observed Punyathiti of HH Srimad Shankarashram Swamiji (I) with puja and bhajans.

*Reported by Kavita Savoov*



**Balak Vrinda Education Society, Mumbai:**

Independence Day was celebrated with Flag hoisting & the National Anthem. A small programme was held wherein some patriotic songs were sung. As per our practice for the past few years this year too our 1st rank holder in SSC, from our Marathi High School, Ms. Shruti Kadam, was invited as the Chief Guest, who gave an inspiring talk and stressed on the importance of regular studies & hard work.

Teachers’ Day was celebrated with great fanfare in the School Hall on 5th September 2013. The Hall was decorated with torans & dainty floral rangolis. The teachers were free for the day with the higher standard students taking up the teaching work. Mrs. Aruna Joglekar a multi faceted eminent personality, journalist, writer, director, producer & script writer of various Marathi popular & successful serials (one of which is “Unch Maza Zoka”) was invited as the Chief Guest. She is also a Maharashtra State award winner for her short stories.

The programme started with Deep Prajwalan by the Chief Guest, to the lyrical music of Saraswati vandana followed by a swagat geet. After the Chairman’s address to the gathering and welcome with a bouquet to the Chief Guest, Mrs. Joglekar was introduced by Mrs. Geeta Balse. Thereafter Mrs. Joglekar gave an interesting talk & emphasized on the importance of changing our perspectives of the modern teacher for the better. This was followed by a question – answer session, in which many participated.

Some of the teachers whose students had secured 100% results in the subjects they taught were felicitated with certificates of appreciation & all staff & teachers were given mementos as a gesture of appreciation. This was followed by a delicious lunch spread.

The 53rd AGM of the Society was held on 14th September 2013 in the school. The following members were elected on the Managing Committee for the year 2013 – 14. Mr. Anand Nadkarni- Chairman, Dr. Suresh Mathure-Vice – Chairman, Mr. Shivshankar Murdeshwar- Hon. Secretary, Mr. Kishor Basrur- Jt.

Hon. Secretary, Mrs. Nirmala Chikramane- Hon. Treasurer, Mr. Dilip Shashital- Jt. Hon. Treasurer, Mrs. Geeta Balse- Hon. Secretary, PR & Publicity, Mrs. Vijayalaxmi Kapnadak, Dr. Suneela Mavinkurve, Mr. Deepak Mistry, Mr. Suryakant Nagwekar, Mrs. Usha Kagal and Mrs. Shubhada Burde.

*Reported by Geeta Balse*



**The Saraswati Mahila Samaj, Bengaluru:** The Saraswati Mahila Samaj has been conducting regular programs during the year. The first Haldi Kumkum was held on January 14th celebrating Sankranthi with distribution of tilgul. In March Smt. Meera Balsaver held a demonstration on flower weaving which was very well attended and went on for more than the expected time. June saw the annual subscription lunch held in Canara Union hall when the senior couples were felicitated with either family members or close friends recalling some moments about the couples. Gowri puja day in September and Dussehra (Mhanmi Tae) in October were celebrated with Haldi kumkum on these days. Finally on Diwali November 3rd the Samaj celebrated Samaj Day and Children’s Day jointly as usual. The surprising element was the full attendance and participation of more than 40 children on short notice. Even though it was Lakshmi Puja day there was a full hall which was a pleasant surprise as it was put up on short notice due to unavailability of the hall on 16th November due to prior booking for an entertainment programme. The programme commenced with a Saraswati Vandana by Smt. Meera Balsaver after which the President, Smt. Geetha Padbidri welcomed the audience followed by the Secretary, Rashmi Chandragiri giving the details of the programmes held during the year. The children and adults who participated were given mementoes. The children performed some good items which were enjoyed the audience. Three senior members who served in the Committee were felicitated and presented with a fruit basket donated by Smt. Suryakanti Madiman (Vice President of Saraswati Mahila Samaj) and a shawl donated by Smt. Geetha Padbidri (President of Saraswati Mahila Samaj). The evening ended with a vote of thanks and a request to all to help make the programmes in the coming year a success.

*Reported by Kalpana Kumble (Jt. Secretary)*



**Corrigendum:** In para 7 of the article ‘Gopalbappa, A Legend in his Lifetime’ - page 33, Nov 2013 issue - the General Manager of the DBK Rly Project was Y. P. Kulkarni, NOT S. M. Kulkarni.

## CLASSIFIEDS

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**Alliance** invited for Chitrapur SB girl, 81 born, 5'8" . post graduate, working in Mumbai from educated, well employed and settled CSB/GSB/ Maratha boys. Contact : srisailam1611@gmail.com

### ENGAGEMENTS

**BAINDUR-KODIAL:** Gautam, Son of Mrs.Anita (nee Sheela Karnad) and Mr.Vinayak Prabhakar Baidur with Aarti, Daughter of Mrs. Geetha ( nee Dumblekar) and Mr.Anup Raghuvir Kodial on 12th October 2013 at Malleshwaram, Bangalore.

**Nileshwars-Manjeshwars:** Kishen, son of Smt.Shaila and Late Shri.Girish N Nileshwar of Pune with Nandini daughter of Smt.Dipti and Shri.Balchandra D Manjeshwar of Kalyan on 10th November 2013 at Wadala Math Mumbai.

### MARRIAGE ACKNOWLEDGEMENT

**Abhijeet** (son of Smt. Sapna and Shri Arunkumar Raghuvir Bijoor of Matunga (West) and **Aditi** (daughter of Smt. Amitha and Shri P. K. Raghavan of Mulund (East) alongwith their parents thank all relatives, friends and well wishers, for their gracious presence, blessings and best wishes on the occasion of their marriage on 10<sup>th</sup> November, 2013 at Emperor & Empress Banquet Hall, Prabhadevi, Mumbai.

### BIRTHS

**A son** (REYAANSH) to Dnyanesh and Shibani Nagarkatty on 18<sup>th</sup> October 2013. Grandson to Shrikant and Vrinda Nagarkatty of Talmakiwadi and Gurunandan and Shobha Ullal of Thane.

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## DOMESTIC TIDINGS

### BIRTHS

*We welcome the following new arrivals:*

- Oct 18 : A son (Reyaansh) to Shibani (nee Ullal) and Dnyanesh Shrikant Nagarkatty at Goregaon, Mumbai.  
Oct 22 : A daughter (Ankita) to Priti (nee Savor) and Chinmay R. Kallianpur at Mumbai.  
Nov 14 : A son to Sapna (nee Nadkarni) and Sanil Yati at Bangalore.

### MARRIAGE - We congratulate

- Oct 13 : Sharmila Girish Nileshwar with Tushar Ramanand Rao (Vaknalli) at Mumbai.

### OBITUARIES

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

- Aug 22 : Shrimati U Dhareshwar (69) at Kundapur.  
Sept 25 : Karnad Raghuvir Rao (ex-Saraswat colony, Gamdevi) at Dadar, Mumbai.  
Oct 19 : Gokarn Ganesh Sunder (of Talmakiwadi) (94) at Mumbai.  
Oct 22 : Vatsala Patil (Wagle) (95) at Pune.  
Oct 27 : Adur Anand Ramakrishna (78) at Andheri, Mumbai.  
Nov 5 : Karopady Udaykumar Umanath (63) (ex-Borivali) at Pune.  
Nov 1 : Taggarse Mathadgadi Mangesh Rao (84).  
Nov 11 : Vrinda Prabhashankar Padukone (89) at Bangalore.

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**'WHAT WE HAVE DONE FOR OURSELVES ALONE DIES WITH US; WHAT WE HAVE DONE FOR OTHERS AND THE WORLD REMAINS AND IS IMMORTAL'**



**Mrs. Vatsala G. Patil** left for heavenly abode on 22 October 2013 at her Pune residence.

But she will always remain immortal for she lit the path that we walk on...



**In grief and gratitude**

Wagles,  
Basrurs, Masurkars, Upponis, Naiks, Vaidyas  
And All Other Friends And Family.

**SAD DEMISE**

**Shri TAGGARSE MATHADGADI MANGESH RAO**

(21st February 1929 - 01st November 2013)



**(His body has been donated to a hospital for medical research as per his will)**

**\*\* Deeply mourned by \*\***

**Daughters**

*Kavitha, (late) Surekha (Vindhya), Trupti*

**Sons in Law**

*Suresh Kelkar, Dattanand Bangalorekar, Jagadish Sorab*

**Grand children**

*Divya Prathamesh Kumta, Deepak Kelkar, Tanmay Bangalorekar, Priya & Suraj Sorab*

**Brother**

*T.M. Bhavanishankar Rao  
Relatives & Friends*



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IS:814-1991 EB 5629H3JX  
DIN EN499 : E 42 5 □ B 42 H 5

An Outstanding electrode, approved by Indomag Steel Technology, for special application for steel plant. ULTIMATE-18MET displays remarkable weld metal properties:

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CVN impact values upto 150 joules at minus 50°C.

Used successfully for LD CONVERTER VESSELS.

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Meeting the test requirements of:

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### CRYOMATE – 3

AWS A 5.11 ENiCrFe3  
DIN 1736 EL-NiCr15FeMn

Nickel base alloy electrode gives outstanding performance in welding Inconel-600, Nimonic 75, Monel 400. Has high degree of resistance to hot cracking. Service temperature range 900°C to -250°C

### CRYOMATE - 5

AWS A 5.11 ENiCrMo3  
DIN 1736:ELNiCr20Mo9Nb

A basic coated non-synthetic electrode for welding of NiCrMo alloys and super austenitic stainless steels. Excellent electrode for 9% NiSteel (Q&T) for LNG services.

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AWS A 5.4 E 2209-16

Special electrode for welding "Duplex Stainless Steels" and "Duplex Steels to Mild Steel". Controlled Ferrite level with high resistance to pitting and stress corrosion. Also high yield strength of more than 500 N/MM<sup>2</sup>

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