

# Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

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April 2016

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Mr. D. S. Honavar was awarded the “Life Time Achievement Award” at the National Welding Seminar- 2015 by the Indian Welding Society



The Citation given with the award.





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# Kanara Saraswat

A Monthly Magazine of the  
Kanara Saraswat Association  
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## Congratulations

Shri Kishore Rao (Amembal) was honoured with an award naming him "Citizen Individual of the Year - for outstanding work to the city of Bengaluru". The award was for the outstanding work he has been doing to help advanced and end-stage cancer patients and their families. He was selected by a jury of leading citizens set up by the 'Namma Bengaluru Foundation' out of more than 8,000 nominations.

The award was given on March 12, 2016 by Air Chief Marshal (Retd.) Fali Homi Major at a glittering ceremony at Bangalore's Town Hall.

More details will follow in our next issue.

**Kanara Saraswat Association announces**  
**A Corpus Fund Enhancement Event**

**A 2-day Concert of Hindustani Classical Music**

at **Nehru Centre Auditorium**, Dr. Annie Besant Road, Worli. Mumbai – 400 018

**on Wednesday, 13<sup>th</sup> April 2016**

6.00 pm – 7.45 pm - **Pt. Pravin Godkhindi (Flute Recital)**

8.15 pm- 10.00pm - **Pt. Jayateerth Mevundi (Vocal)**

**and on Thursday, 14<sup>th</sup> April 2016**

5.00pm – 7.00pm - **Pt. Niladri Kumar (Sitar Recital)**

7.30pm – 9.30 pm - **Padmashree Pt. Ulhas Kashalkar (Vocal)**

Accompanists:

on the **Tabla** - Pt. Yogesh Samsi , Pt. Omkar Gulvady, Pt. Suresh Talwalkar  
and Pt. Vijay Ghate ; On the **Harmonium** - Pt. Sudhir Nayak

Donors passes will be available at KSA Office

at Rs. 2500, 2000, 1500, 1000, 750 and 500

Contact- KSA Office for bookings - 23802263 /23805655

We request all members & well wishers to buy tickets and also bring  
sponsorships for this Event.

Sponsorships can be as under: Main Sponsor: Rs 5 lacs

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Dilip Sashital  
(Jt. Hon. Treasurer)  
Mob. 9920132925

Shivshankar D Murdeshwar  
(Hon. Secretary)  
Mob: 9820388940



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

Dear Friends,

The famous Management Guru, Peter Drucker once said, "What doesn't get measured doesn't get managed well".

How true is that in the context of managing a Commercial Organisation or even a Non-Profit Organisation or an NGO! You set some targets or goals in terms of something to be achieved and you do your best to achieve them. In this process, you set some measurement norms. You then continuously monitor your actual performance against these measurement norms to see how far you have progressed. Without this continuous monitoring and measurement, you may not make progress... you may not succeed. This is the reasoning on which Peter Drucker's statement is based.

One of my friends who runs a very successful commercial enterprise strongly believes in this 'Management Mantra'. Every time I meet him, he takes pleasure in telling me how he measures his company's performance every day. Thanks to this rigorous and meticulous policy of measurement and reviews, his company is now thriving.

Is this true about life in general? Does this apply to our lives also?

Maybe ... or maybe not ...

A retired friend of mine lives a highly disciplined life to keep himself physically and mentally fit. So he leads a completely measured life every hour of the day –in terms of what he eats, when he sleeps, exercises, so on and so forth. Whenever we meet, he voices with great happiness and satisfaction, the manner in which he is living a measured and disciplined life.

Another friend of mine goes to the Siddhivinayak Temple every Tuesday ... he has been doing this for the last twenty years. He proudly tells this to everyone. He uses this yardstick of measurement as a key to happiness in his life.

Yet another friend of mine is a very busy corporate executive. One day, his young daughter told him, "Daddy, you are too busy... you don't spend enough time with me". Hence, he started spending at least 14 hours a week with his daughter, chatting with her, going for morning walks with her and generally spending quality time with her. As a professional, he was used to keeping systematic records in his office. Likewise, he started maintaining a record of the time spent with his daughter. One day, after six months, he proudly showed his diary to his daughter and said that he was very happy that he could spend 14 hours per week with her. His daughter appreciated that despite being so busy in his working life, he was spending quality time with her and yet, she was very upset with him. Why was he keeping a diary to measure this? Did he not really feel this spontaneously? Had he become a slave of his so-called disciplined, measured life and in the process, become a slave of a clock which measured how much time he should be spending with his daughter?

Four different stories and four different outcomes...

So... sometimes, measurement contributes towards attaining the desired results.

...and sometimes, we measure things that do not really need to be measured.

Regards,

**Praveen P Kadle**

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## Letters to the Editor

**Dear Editor,** I read with great interest and pleasure the article (KS March 2016) by Shri Shrikar Talgeri describing his visit to the scenic district of Coorg.

I would like to respectfully add that the capital of Coorg is Madikeri ( not Madikere). It was formerly known as Mercara. Its people are known as Kodavas (not Kudvas). It is an interesting fact that many of them have distinguished themselves in the Indian Army. The most notable among them are Fieldmarshal K.M.Cariappa, the first Indian chief of the Indian Army and General K.S.Thimmayya, who served as the Chief of the Army.

**M.G. Bhat, Mumbai**

**Dear Editor,** France is a country which has implemented strictly fines for states and supermarkets that waste unsold food. It is great that the country has shown to the world concern on climate change by taking an initiative in managing the food waste problem. A policy has been put into force that no food be wasted and be stored and distributed at various outlets without wasting time.

Although distribution of surplus food to those in need represents the best option it is difficult to ensure that the food being donated is stored and distributed and transported properly. All these efforts will be in vain unless the ultimate beneficiary gets safe and hygienic food.

Every new law has some drawbacks and teething troubles. So this kind of law needs to be looked at from various angles such as transport and the infrastructure to handle such large social programmes. The state therefore will have to manage various resources. For that matter the French law is very clear that the food is distributed with dignity rather than as handouts on the street.

In general the food distributed to poor, needy and less fortunate is considered as "Daridra Narayan Sewa". There is one such old organisation, D N Shirur Remand Home(Boys) at Mahant Road Vile Parle East Mumbai-400 057 where cash, kind and food are accepted readily and gladly.

**Shrikar Talgeri, Mumbai**

## Tribute

### Our Dear Rameshmam

#### "Death Be Not Proud"

SHARAD UPPONI

I had the good fortune of having very close interactions with Dear Rameshmam especially due to my association with Saraswat Cultural Forum, Pune, for the last several years.

His "Marching Out" was a perfect match to the way he lived – a life highly disciplined, ethically correct, full of integrity; but also full of love and with an ever-compassionate and ever-charitable disposition. He was a real Sthitaprajnya.

Saraswat Cultural Forum, and especially its Emergency Medical Assistance and Relief Fund were very dear to his heart. He nursed it all its life of thirty-odd years , just as a good & loving mother would. He was the heart & Soul of the Forum .We fondly honoured him by making him President Emeritus, ( for life) of the Forum.

The other thing equally close to his heart was the Co-operative Movement which he pursued with vigour all his working life .The amount of labour & research he did and the thoroughness with which he produced the history of the Shamrao Vithal Co-operative Bank Ltd. while in his eighties, amazed me and is without parallel.

His charity was phenomenal. Our Forum was a large beneficiary , as also KSA & many other deserving causes. However he was so humble and low-key to talk about it. Before he decided to bid Good Bye to all of us he, very methodically, gave away everything he had including his body to charity, excepting, of course, his love and affection for all of us .

His last "Good Bye" too was as precise as mentioned in our traditional Mrityunjaya Mantra : "O Death, Do please release me from these earthly Bonds just as a cucumber quietly falls off (the mother creeper) as soon as it is ripe i.e. ,when its time has come ; But not from Immortality". This indeed is "Jaya over Mrityu" or "Victory over Death".

That is why I say," Death Be Not Proud ".

And that is why Dear Rameshmam will live forever in our hearts.

Long Live our Dear Rameshmam.

### ANNOUNCEMENT

**We very much regret to announce the passing away of Shri Vasant S. Kalbag on March 10, 2016. He was Ex-President of KSA in the year 1988-1989 and was taking keen interest in KSA's activities even after retirement as President.**

**We offer our condolences to his wife Smt Shanti and all his family members.**

*Managing Committee Members and Editorial Committee Members*

*With best compliments from:*



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## Shri Dinkar S. Honavar awarded the Life Time Achievement Award 2015 at the National Welding Seminar

Shri Dinkar S. Honavar was awarded the "Life Time Achievement Award" at the National Welding Seminar-2015 held in Mumbai on 9-11 December, 2015. His association with and involvement in, Indian Welding Industry has been over six decades- 62 years now.

Shri D.S. Honavar studied in the Institute of Science, Bombay University, and secured B.Sc. degree with Chemistry and Physics in 1951. He then joined the Department of Chemical Technology, Bombay University, and secured B. Sc (Tech.) degree in 1953.

From 1953 to 1965 i.e. for 12 years he worked at Advani Oerlikon Ltd. During this period he formulated a highly effective Quality Control System in manufacturing SMAW electrodes. He carried out extensive development work on a wide range of electrodes at AOL & in the Research Laboratories at Oerlikon- Zurich.

In 1965 he joined as Chief Chemist in D & H Secheron Electrodes Ltd. soon after the company was incorporated and worked there till 1991. During those 26 years he rose from being the Chief. Tech. Executive then Technical Director and finally became the Managing Director. In this time he made the company a leader in SMAW electrodes. While contributing to its growth as the architect of progress through technical excellence, import substitution and innovation, his best known achievement is the famous E7018 & E7018-1 electrodes Supratherme and Supratherme (Spl) which remained unmatched for 20 years.

After retiring from D & H Secheron in 1991 at the age of 60 years in 1992 he formed his own company Honavar Electrodes Private Limited. Since then his company has made rapid progress and today it ranks among the leading manufacturers.

### Professional Activities:

- Chairman of SMDC – 14 years and then MTD -11 Committees of Bureau of Indian standards for national standards in welding, for a period of over 15 years.

- "Member" of Indian Institute of Metals" since 1960

- "Member of American Welding Society" since 1961; its "LIFE MEMBER" in 1996 and now its "GOLD MEMBER" since 2011.

- "Member of Indian Institute of Welding" since its formation in 1966 and now its "LIFE FELLOW"

- Vice President of Indian Institute of Welding "- 1982-84

- "Fellow of Indian Welding Society" & now its "Honorary Fellow"

**Leader of Indian Institute of Welding Study Team to Japan in 1983:** As Vice President of IIW, Shri Honavar led a team of 17 engineers and technologists

for a two week (From 18th September to 3rd October 1983) study tour of leading Japanese Industrial Units at the invitation of the "Japan Welding Society". The objective was to study the status of Japanese welding industry with particular attention to welding productivity. On 10th November 1983, during the National Welding Seminar of IIW at New Delhi, Shri Honavar presented his paper "Few Impressions of the IIW group's technical visit to Japan". This paper was published and issued as a document of Indian Institute of Welding.

Shri Honavar has presented more than 45 Technical / Research papers at National & International Welding Conferences. Many of them have become reference documents for the younger generation. His participation in seminars is active and wide, presenting papers or chairing sessions or doing summing up of proceedings, in the last 40 years.

**Awards :** In recognition of his tremendous contribution to the field of welding technology in India, Shri Honavar was honoured by the "Indian Institute of Welding" with the Silver Medallion of "Sir L.P. Misra Memorial Lecture" in February 1979 at Bangalore. Shri Honavar delivered his lecture on the subject of "Indian Welding Electrode Industry- Past, Present and Future".

In January 1983, Shri Honavar was honoured by the Tiruchirapalli Branch of the Indian Institute of Welding and awarded the **Scroll of Honour** in a silver casket. The citation on the Scroll of Honour reads as follows :

"In recognition of his outstanding services to the Welding Industry and the growth of the Professional Welding Institutions in India. - Awarded on this day the 6th January 1983 during the Welding Seminar 'Whither Welding in Industry?'"

**Indore Ratna Award:** Shri Honavar was honoured with the prestigious 'Indore Ratna Award' by the Satkar Kala Kendra of Indore, for his outstanding achievements in industry, and his contribution to the advancement of welding technology in India. The award, in the form of trophy and certificate, was presented to Shri Honavar by the Honourable Vice- President of India, Dr Shankar Dayal Sharma, in an impressive ceremony on Saturday, 7th December 1991, at the Ravindra Natya Graha in Indore. It was attended by over 600 prominent citizens of Indore.

**Life Time Achievement Award:** On the 5th November 2003, Indian Welding Society, the professional body, honoured Shri Honavar with their first award for Life Time Achievement. He was presented with a plaque and a citation. He delivered a lecture on "Hydrogen, Ferrite and Emerging Trends and Needs."

*Our Cover Contd ...*

In October 2005, Indian Welding Society conferred on him Honorary Fellowship of the Society.

In September 2011 American Society certified him as "GOLD MEMBER".

Knowledge- Sharing: Since 1995-96, by which time his company had stabilized its manufacturing and marketing activities, Shri Honavar has taken up the task of delivering knowledge-sharing lectures at numerous industries, industrial centers, and engineering education institutions in India. The number of such lectures delivered so far is about 200. His objective has been to

- (a) Enhance the status of welding
- (b) Propagate knowledge of welding technology.
- (c) Raise quality standard, &
- (d) Motivate engineering students to take up a career in welding.

**He has delivered lectures at:**

IIT- DELHI (twice)  
IIT- Roorkee  
Father Agnel Education Complex, Bandra, Mumbai  
Karunya University, Coimbatore  
Engineering Students in Visakhapatnam  
D.Y. Patil College of Engineering, Pune  
Panipat Institute of Technology  
C. V. Raman College of Engineering, Bhubaneswar.

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## **Welcome to the *Wadi Fest 75* Platinum Jubilee Celebrations Of**

### **The Talmakiwadi Cooperative Housing Society**

Come, join us in celebrating 75 years of Cooperative living, a three day Fest starting on Yugadi,  
**Friday the 8th April 2016.**

Events planned on this Historic Event:

- a) **Friday 8<sup>th</sup> April:** 4.00 pm onwards: Shri Durga Namaskar, Panchang vachan, paanak panwaar and refreshments followed by 'Talent Show' at Talmakiwadi Garden
- b) **Saturday 9<sup>th</sup> April :** 2.30 pm TUG-of-WAR and Musical Chairs; (revisit the good old days!!)  
4.00 pm to 10.00pm: Fun Fair at Sirur Square;  
7.00 pm onwards: Jam Session in Hall for the young at heart
- c) **Sunday 10<sup>th</sup> April:** 7 pm Comedy Amchi Play 'Golmal-4' followed by Contributory Dinner

For booking and details of Fun Fair Stalls and Talent Show entries contact:

- a) Dilip Sashital, phone: 9920132925; 9820014862
- b) Tulsi Manjeshwar, phone: 9833117675

**Special event:** Felicitation of Smt Ramabai Sashital on her 100<sup>th</sup> Birthday on 8<sup>th</sup> April 2016, and of those who have lived continuously in Talmakiwadi for the last 75 years!!

We invite all, specially the present and past residents of the Wadi to join the Platinum Jubilee Celebrations. Lets make it a Memorable Event.

For the Managing Committee, TCHS

**Mrs Nirmala Chikramane**  
Chairperson

**Dr Prakash Mavinkurve**  
Hon. Secretary



# Happy 90th Birthday!



**Shri Vasant Vithalrao Masurkar**

Born on April 3, 1926

Boundless energy, curious to the core  
Profound love for nature, enthusiasm galore  
Faith in God and Guru, duty with devotion,  
Respect for elders, helping with compassion  
These come to mind when we think of you,  
These are your imprints on whatever we do

You have worked so hard throughout your life,  
Catered to our every need never showing any strife  
You nurtured us, a safe and happy life you have given  
with love and care for the family you created a haven

Starting with Janasangh, you worked for BJP  
Your dream came true when India chose Modiji  
You made us aware that we should be engaged  
in the welfare of the nation, and people disadvantaged

You are famous as our Marco Polo,  
for your adventurous travels far and wide,  
You have covered the whole globe,  
you are an excellent traveler's guide

May you have a smooth sailing,  
In the journey of life ahead,  
May your journey be safe and joyous,  
May you enjoy every moment along the way!

We love you, adore you and respect you!



We pray to Shri Bhavanishankar, Kuladev Shri Mangesh, Paramapoojya Sadyojat Shankarashram Swamiji and our Guruparampara, to shower abundant grace and blessings upon you on your 90th birthday!

We wish you many happy, healthy and blessed returns of your auspicious birthday!

With love, gratitude, and namaskars,

Kamala Vasant Masurkar

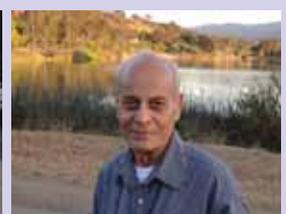
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Avanti

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Janani and Ananya  
Kulkarni

Kanchan & Deepak  
Amrita and Preeta  
Rao

Prasan & Kavitha  
Akshay and Sanath  
Masurkar

With love and best wishes from The Masurkars, Kalbags, Relatives and Friends on your 90th birthday!



## Golden Wedding Anniversary

Dr Mallapur Shashi Rao MD and Smt Usha Shashi Rao (nee Ubhayakar) Dallas, USA



28<sup>th</sup> April 1966



28<sup>th</sup> April 2016

We Pray to Kuldevi Shri Shantadurga, Lord Bhavanishankar and Our Guruparampara to bless them with good health, happiness and many more years of togetherness.

*With lots of love and good wishes from:*

Anand S Rao (Son)  
Brinda (Grand daughter)

Col M CRao (Retd)  
Prakash & SangitaRao  
Vaishnavi, Devyani

Smt Shalini Marballi  
Ashish & Sudeepta Marballi  
Rahul, Rohan

Ajay S Rao & Elena  
(Son & Daughter in Law)

Ravi & Jyoti Lajmi  
Rajiv & Sushmita Lajmi  
Shan, Rania  
Tarun & Marta Lajmi  
Gabiella

Dr Uday & Deepa Andar  
Abhay & Indira Andar  
Bipin & Divya Batra

## Konkani Kavya Vachan

(Report on page 57)

Dr. Jayant Kaikini, Chief Guest  
(Inaugural Speech)



Participants in the Konkani Kavya Vachan - (l to r) Pranav Kodial, Jyoti Kurade, Krishna Bhat, (Sootradhar) Sadhana Kamat, Philomena Sanfrancisco, Murlidhar Betrabet, Mira Savkur



**HON'BLE DR. SMT. MEENA CHANDAWARKAR**

**BEST WISHES TO YOU  
ON YOUR RETIREMENT AS**

**VICE -CHANCELLOR OF  
KARNATAKA RAJYA MAHILA VISHWA**

**VIDYALAYA,  
BIJAPUR ON 8<sup>TH</sup> MARCH 2016**

**Meena, Meena Vahini, Hon'ble Dr. Smt. Meena Chandawarkar**  
**Ever** since you came into our family you have endeared yourself to all  
**Exemplary** humility you do possess; loving mother and grand mother  
**Needless** to mention, a perennial stream of inspiration to innumerable  
students  
**Admired** by proud parents and all elders for your meritorious  
achievements

**Courage** and strength of mind like a lighthouse in the stormy seas  
**Helpful** and ever thoughtful deeds in times of need  
**Always** daily & special "Prarthana" to Almighty is the secret of your success  
**Not** to speak of your child like simplicity like a primary school student  
**Do** be pleased to accept these few roses offered with my Namaskars  
**A** smile on the face you do generate of everyone you come across  
**We** thank you for your distinguished & eminent presence on our Board of  
Trustees  
**Achievements** so rare as yours; always plenty of time to take care of all  
elders  
**Respect** for your good self increases every time one meets you  
**Knowledge** Jnanaganga & inspiration to all womenfolk you have bestowed  
in abundance  
**Abhaya Varada Hasta** of Shri Guru Ganapati Gopalkrishna a Avadi Mata  
always has been with you  
**Retired** life, fruitful and purposeful as ever may you enjoy for a long time to  
come.

**IS MY PRARTHANA AT HIS LOTUS FEET**

**Narendra Narayan Ubhayaker**

# Being human could be being zero waste

CLAIRE RAO, MEMBER OF THE SOLID WASTE MANAGEMENT ROUND TABLE

Claire Rao, daughter-in-law of N.J. Rao and Lalith Rao of Bangalore, has been honoured four or five times for her work in the social sector, including one which was bestowed on her last year by the Union Minister Ananth Kumar. Apart from looking after the education of several underprivileged children of a school in a slum area of Bangalore, and learning spoken Kannada to be able to communicate with the parents of the children, Claire is almost a crusader for waste segregation and clean environment. A few days back she was bestowed the "Kalasha Award" from the Inner Wheel of Bangalore West (the Ladies' wing of the Rotary Club) for the work she has done, and is doing, in this field.

When Bangalore was reeling under the so-called 'garbage crisis', I was blissfully untouched by it. The reason – I compost all organic waste, including garden waste, generated in my house and take all the recyclables to the Dry Waste Collection Centre (DWCC). I love the concept of being 'Zero Waste', which has become the new mantra in every aspect of my life. This idea might sound very utopian but after years of segregating waste and encouraging and educating people around me about the necessity of doing so, I have learnt that the easiest way is to drastically reduce the amount of waste that we generate.

Therefore, when I look at garbage piles featured in newspapers year after year, as if it would solve the problem, it tires me out. If we are really serious about tackling this problem, there is one thing all of us can do, and that is to REDUCE the amount of waste we generate.

I believe India could be

the best place for waste to be recycled, especially with the support of such vibrant waste picker communities. Unfortunately, it is not that simple. On the other hand, I have discovered that it is a great place to live a zero waste life. From the provision store to the bakery, from the



Claire Rao



Receiving the Kalasha Award

vegetable market to the Hot Chips vendor, fresh ground coffee beans to soapnut powder – you can actually purchase most regular provisions without packaging by taking your own containers for refilling at the shop, a practice that was there not so long ago when all the plastic bags and other packaging were not available. It just needs a little bit of planning and you cannot imagine how good it feels when you know you are not contributing to any of the litter all around, especially the railway tracks used as dumping sites in and around populated areas.

This habit became so much a part of my nature that I could not help being conscious about it wherever I went. A few years back while travelling to Coorg, a very pristine place, not being sure where the waste was being disposed I made it a habit to carry all the waste back with me. Later on I took up the challenge of reducing waste as much as possible by avoiding disposables from the food and beverage section at the airport, food packaged in aluminium in trains,



bottled water, soaps, shampoos and other cosmetics in hotels. So my recent train journey from Bangalore to Mumbai to attend a wedding with my friend Shyamala was an experiment in a zero waste trip. Before departure, I got a few tips from another friend who had just returned from a long train journey and had attempted a zero waste trip herself.

Here is how we did it...

- We carried steel plates, spoons, glasses
- Tiffin boxes with home food since it is was a long journey
- Knife to cut fruits
- Carried two water bottles each and refilled them at stations
- Carried cloth hand towel and bath towel
- Soap nut powder and lemon to wash the dishes
- Organic bath soap (free of sodium lauryl sulphate)
- We carried all our organic and recyclable waste back home
- We carried our menstrual cups to avoid sanitary waste

We did accept food wrapped in newspaper – e.g. chaats and omelettes, and took the newspaper back

with our organic waste for composting. We also carried banana, apple, orange peels in a container for 3 days without any issue. Once we reached the hotel we made sure we got filtered water instead of bottled water, and we didn't use any of the individually packaged toiletries. The wedding we attended was almost a zero waste event, though with a few challenges since it involved so many people. We made sure that the waste generated was segregated and the organic waste (the banana leaves with food waste) was sent to feed a biogas plant and the plastic table liner was sent for recycling. On the way back at the airport, we managed to get our coffee served in steel cups and food in reusable plates much to the amusement of the employees at the Coffee counter.

Any citizens' initiative to reduce the burden of waste to be handled, however small, might seem like a drop in the ocean but it can go a long way. Many communities in Europe like the province of Gipuzkoa in the Spanish Basque Country in 2011 refused to have an incinerator in their area. They showed their political representatives that they could be zero waste and handle their own waste responsibly. We should learn to do the same by being conscious of the waste we generate.

Being human could be being zero waste!

---

## The Hard and Soft

KUMUD NAYEL

It was with great pleasure that we read that our favourite and dear KS will also be striding into the new strides of a new March Song. That old song :The Hard and Soft.

Congratulations, that we are all going to contribute to the future by going in for helping reduce hard reading copies of our magazine.

I remember how we would wait for the Postman to bring us our copy of KS in far off Air Force Stations and feeling the warm touch of our Kular when we zipped open the brown paper wrapper. It was like an embrace from a Mother to a child gone far away. That was the welcome we gave every issue of KS wherever we were posted, whether it was the Valley in Srinagar, the Military Camp in a uniformed Cant Ambala, the sands in Barielly, or the pure Ganges flowing in Allahabad, whether it was the fishing ponds in Barrackpore West Bengal or the capital of India where the Tricolour flew atop our Rashtrapati Bhawan in Delhi and now in the south in Namma Bengaluru.

Each and every corner of India, KS has given us warm company when we were away from our community, hugging us with the news of feel of the Amchi Mogu. It's good that we now move over from the hard copy to the soft copy where we will need to switch on a Computer and go a bit savvy with electronic look. The

old has to change sometime and give way to the new.

We welcome this outlook and congratulate KS on this forward march.

Some folks however like me, although on the PC would still like the feel of that copy in my hands, to shuffle the pages over and over again. Mark the pages I like best, and quietly keep them in my cupboard to read it all over again when I sit all alone in my room.

And what about my dear Postman who smiles so kindly to me when he hands me my copy of that dear magazine and asks me kindly: "Amma Yhage Iddiri?"(Amma How are You?)

I will miss all that softhearted side if I go for the soft copy.

So dear KS, kindly keep coming to me the Hard way, via the Post Office and my courteous Postman.

Thank you.

All the best to my Kular KS Magazine.

---

*Dear Kumudpacchi, your sentiments are noted. We will stop sending hardcopies only to those who opt for the softcopies. So rest assured! Your loved magazine will keep coming regularly via that Postman!*  
..... Editor

# KSA's Green Initiative

For good number of years, Governments all over the World are emphasising on Green Initiatives to save the environment. Government of India is also not lagging behind much, though a lot is required to be done in our Country, in comparison with our counterparts in other parts of World.

Most of the leading News Papers, Publishing Companies and E Commerce Companies in India have "E News Papers", "E Books" and "E Magazines" today, whilst they continue with printed copies as well, till the new concept catches on. Why go that far - Even our own Community has started with "Chitrapur E Books" and a number of old publications have been converted into E Books in the recent past and the concept is catching on. Many of our members may have seen people reading either the Books or Magazines on Kindle or Tablets while travelling. This concept is catching on more with younger generation, but at the same time older generation also is not lagging behind, which is really heart-warming.

KSA also would not like to lag behind in this area of importance any more. We already have a practice of posting the Soft Copies of KS Magazine on our Web Site every month for many years and we would be too happy, if our members make use of the Soft Copies for reading the Magazine as much as possible. Our objective will be to help saving the environment and reduce the effect of Global Warming.

We are fully aware that the existing practice of uploading PDF Files on the Web Site, is causing concern in time for downloading the same at the user's end. We are trying to take every step to improve this and use modern technology, soonest possible so that the time for downloading is reduced. However, we do not intend to lose any time in this area and we would encourage members to read Soft Copies as much as possible, with the existing status to start with.

In implementing any new practice, the cooperation of all members will be of highest importance and we will be too glad to hear from members about their willingness to read Soft Copies, so that KSA can stop sending the hard copies to such members. In this connection, we would prefer if our members send a mail to both the following e mail IDs of Kanara Saraswat Association, indicating their willingness to read the Soft Copies and to stop sending the hard copies of the magazine:

Administration - [admin@kanarasaraswat.in](mailto:admin@kanarasaraswat.in)

Editor - [editor@kanarasaraswat.in](mailto:editor@kanarasaraswat.in)

While sending this mail to KSA, please mention

In the Subject line : "Do not mail the hardcopy of the magazine to me"

In the Body of the mail : Your Name & Membership Number

Your latest contact details : Address, email id, phone no, Mobile No.

This will help us in updating our records. We will make a list of all such members who show their willingness to forgo hard copies of the Magazine. In recognition of being a part of this new initiative, we will print and publish their names every month in KS Magazine on a separate page under the banner of:

## "Champions of KSA's Green Initiative"

At present all overseas members of KSA are expected to pay fixed Air Mail Charges every year to compensate the extra cost to KSA and if this practice of reading Soft Copies is followed by all Overseas Members, then there will not be any need for payment of Air Mail Charges and members will not have any trouble of making this payment any more. At the same time, a lot of administrative work in KSA will come down. This will be a "win-win" situation for both KSA and Overseas Members. Very soon, we will propose to issue "Log in ID and Password" to all our members, as was the practice prevailing in earlier years.

We are looking forward to positive response from all our members, in order to achieve this important objective.

Gurunath S.Gokarn  
Managing Editor

Rajaram Pandit  
Chairman

## "Champions of KSA's Green Initiative"

We are very happy to receive a response from our readers to our "Green Initiative" and thank the following members for having opted to read the KS Magazine online.

Suresh Nayalkar  
Sheila Rao  
Chinmay Ubhayakar  
Udaya Manjeshwar  
Niranjan Kulkarni  
Lakshmi Hemmady  
Rajesh M Koppikar  
Dinkar B. Koppikar  
Krishnanand S. Naravi  
Gautam Gurudutt Bhat  
Dr. Dileep Hemmady  
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naravi.krishna@gmail.com  
gautam.bhat@tatacapital.com  
drdileephemmady48@gmail.com  
BharatBailur@hotmail.com

**We now have 34 Champions of our Green Initiative.**

**Please note that the magazine will be uploaded by the 1<sup>st</sup> or 2<sup>nd</sup> of the month.**

Much as we regret, the spiraling costs of printing have forced us to increase the prices of our casual advertisements with effect from May 2016 Issue. They are now as under:

Colour Full page	Rs. 7500/-	Black & White Full Page	Rs. 5500/-
Colour Half Page	Rs. 4000/-	Black & White Half Page	Rs. 3000/-
Colour Qrtr Page	Rs. 2500/-	Black & White Qrtr Page	Rs. 2000/-

*Editorial Committee*

### SHREE JANARDAN TEMPLE, MANKI

#### An appeal for Vantiga and Donations

For the kind attention of all families from Aghanashini, Chittar, Gokarn, Kaushik, Kowshik, Mankikar, Mankekar, Samrodi, Shirali, Shirlal / Shiroor, Sirur, Talmaki, Wagle and Yennemadi, who trace their roots to Shree Janardan Dev Temple at Manki.

The Bombay Trust of Shree Janardan Temple Manki requests all devotees to kindly send in their annual Vantiga payments as well as donations for the maintenance and upkeep of the Temple.

With interest rates on Fixed deposits gradually declining, we need to create a substantial corpus for the coming years, and hence we request you all to contribute and donate wholeheartedly, keeping inflation in mind.

Vantiga and donations may kindly be sent by way of DDs or Crossed cheques favouring 'Shree Janardan Temple, Manki' addressed to the Hon.Secretary, Mr. Vinay R. Kaushik,

16/03, Talmakiwadi, Tardeo, Mumbai- 400007. Mobile No: 9702428826

For those who prefer to make online transfers, the account number for Vantiga / Donations is:

Account Name: Shree Janardan Temple, Manki

SYNDICATE BANK,

Lamington Road Branch, Mumbai

SB Account No: 50252010026394

IFSC Code: SYNB0005013

MICR Code: 400025022

*Dr. Mohan S. Mankekar Krishnanand D. Mankikar Ramkishore M. Mankekar Vinay R. Kaushik*

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## **SAD DEMISE**



### **VASANT SHESHGIRI KALBAG**

**Passed away in Mumbai on Thursday March 10, 2016 at age 90**

*Deeply mourned by*

Shanti,

Viveca, Vinata, Rahul, Mallika, Vikram, Udayan, Daita, Neve, Neil  
and all his relatives and friends

## OBITUARY



**Sri Ravindra Kumble**

( 01-06-1963 to 13-02-2016 )

(s/o Late Sri Narasing Rao Kumble &  
Smt Radhika N. Kumble (nee Konaje)

*Ghat kaa pardaa kholkar,  
sanmukh de deedaar |  
Baal sanehi saaiyaa,  
aave anth kaa yaar ||*

– Sant Kabirdas

He {God} opens the veil within us,  
and shows himself to us !

He is the beloved childhood friend who sends us  
off at birth, the only true friend who receives us in  
the end !!

Deeply mourned by  
Kumblekaars & Konajekaars

## Rammohan Krishnarao Amembal



(02/04/1930 –31/03/2015)

One year has passed by, and the void can never be filled  
Humble and Helpful, Your love and affection will always be remembered,  
We all truly miss you

**Fondly remembered by :**  
Sanjay, Aditi, Prathamesh and Jeetesh  
Lalitha, Arun Konaje and Nakul  
Sujatha, Sudhir Nayak and Siddharth

## Sad Demise



### Dr. Dinesh Pandurang Kagal

(20th April 1940- 10th February 2016)

#### Deeply Mourned by:

Wife: Vidya, Son: Nikhil, Daughter: Alpana  
Daughter-in-law: Arpana, Son-in-law: Paavin  
Grandchildren: Soumya, Kiran, Savani, Jude, Sienna.  
Relatives n Friends

## Balak Vrinda Education Society

(Report on page 57)



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## Open your 'I's

MAYUR KALBAG

The backbone of effective and successful leadership is the set of 'SevenVertebrae' but better known as the 'SEVEN I's. If one can recognize them, work upon them and eventually master them their success in Managerial as well as leadership execution can be greatly assured.

Let us look at each one of them with greater intensity and focus.

**1) Invest** - People think investing is mostly related to money. But it must be understood that one of the important attributes of leaders is their attitude to invest, not money, but their TIME. Yes!!! Leaders must invest their time, just thirty minutes of their time on three specific activities: Reading; Writing and Observing. It is not that all the three have to be done together but any of these must be executed upon. This investment of thirty minutes every week can turn into a highly Self Developmental initiative taken by that person. Reading can help add supreme knowledge and value for the leader. Writing can help him open up his creative and innovative quality and observing his surroundings can help him learn about human behaviour too!

**2) Improvement** - Leaders may be happy with a result but must be pleasantly dissatisfied. I say this in the context of the situation where despite success, the leader must say to his team that there is more to achieve than what has been achieved. The attitude for further improvement which eventually would lead to further and higher success is very important. Even when the performance is down, the leader must look at how he can improve his team and guide them towards future success. The leader will succeed exponentially only when he begins to ask, how can I improve my sales further, how can I improve my production with new technology, how can I make my Human Resource world class in terms of new and employee-developmental and friendly HR initiatives.

The constant urge to improve himself and everything around him is a very important aspect of the leader

**3) Inspire** - just like the best car without the FUEL, the best resource in an organization without the attitude of Inspiration can become a waste in the organization. Yes! The urge and the inner force to do something and for going beyond one's own capacity can happen only when the person is inspired. Many a time, the Leader must play the role of the Inspirer. By acknowledging efforts as well as providing constructive feedback a leader can very effectively inspire his team to perform better and thereby enhance productivity of the entire team as well. Apart from acknowledging as well as appreciating, the leader can inspire by creating new and relevant 'challenges' along with sensible guidance, mentoring and 'hand-holding'.

**4) Impart** - Leaders must learn the techniques of 'Imparting' which in other words means Training or Teaching. They must once in a month have their teams to attend trainings on relevant topics and these trainings must be conducted by the Leaders themselves and not always by an external faculty.

Trainings are very important for every employee of the organization and it becomes more effective when their own leader takes the initiative to conduct the trainings even if they are for an hour or two. Through the process of Imparting the leader also gets to polish his communication skills as well as creates opportunities for the teams to learn more!

**5) Innovate** - in today's world, we must not use yesterday's methods, to be successful in tomorrow's business. It means that in the present age of business, not only the leader but also every member of his team must continuously think and generate new IDEAS for growth. Thinking out of the box is the prime requirement of today's manager. Hence the leader must take it upon himself/herself to motivate himself and also his team to work with their respective minds and think of new ways of doing the same things or develop totally new and path-breaking ideas.

**6) Impermeable** - the true success of a leader is his or her ability to stay strong and resistant. But resistant not to failure or crisis, but to the typical negative effects that can occur due to those failures. It is extremely critical for him to stay strong and solid in the face of expected or unexpected crisis and chaos in both the professional and personal spheres of life. Though it is not easy to remain impermeable, it is still one of the main requirements of the leader. The leader's strong attitude towards dealing with failure as well as stressful situations can itself act a very powerful motivator for his team.

**7) Isolate** - the seventh 'I' is by far the one that a leader 'must' do. There is tendency for successful people to put in long hours in office and also work from home too! Though it would be all the in the interest of the organization it is vital for the leader to once in a while completely isolate himself from everything that he is connected to. It is greatly beneficial when that leader takes a break and goes to a place of 'quiet' and Pleasant Stillness. Such isolation acts a tremendous catalyst for new thoughts and highly inspiring foresight. It also allows for Self-introspection. But along with this, isolation also helps the leader to acquire mental relaxation and becomes an energy booster too.

It is believed that by awakening each of these 'Vertebrae' (The SEVEN I's) the leader can surely and successfully strengthen the 'BACKBONE of LEADERSHIP'

# Goal Setting and Accomplishment - Life Coaching

SHYAM KALLE

Setting and accomplishing goals is something that every highly successful person is associated with. This fact is widely known, yet few people are able to actually set and accomplish meaningful goals that bring value to their personal and professional lives. We have big dreams for having better finances, an attractive job, career progression, starting a business, and the list goes on. Some of the most common dilemmas people have is, how high can I aim for? Can I really set lofty goals for myself and set out to achieve them? More importantly, how do I know if I'm going about it the right way?

**Life coaching** has been seen to be effective in many such situations, for instance, helping a person's career direction and development, or for personal fulfilment, or any life change in general. It is about getting the best out of someone and enabling them to make decisions that will push them towards their goal.

The Life coach understands your goals, identifies the obstacles and removes the blocks that get you into a 'stuck' state, probes and pushes you to get from where you are in your life today, to where you want to go. The coach also motivates you and holds you accountable to achieving your vision for yourself, and stays with you through the journey till you achieve your goal.

The fundamental difference between counselling or a therapy as against life coaching is that while counselling or therapy usually investigate the root causes of potential mental health problems, life coaching focuses mainly on the current and the future to encourage personal-development and self-improvement. The basic assumption of life coaching is that the client is able to

generate their own solutions. The coach is trained to ask the right set of questions, which opens up the thoughts and ideas for the client.

Life Coaching is already quite popular in some of the western countries, and while it's relatively new in India, there are many CEOs, CIOs, business owners, celebrities, top sportsmen, and individuals who are increasingly hiring coaches to help them reach their goals. The world's best golfer, Tiger Woods, has a coach. Michael Jordan, the best basketball player of all time, Barack Obama, Lance Armstrong, Oprah Winfrey, Warren Buffet, Richard Branson, and Arnold Schwarzenegger had coaches. Some of the top entertainers, Bollywood/Hollywood celebrities – Hritikh Roshan, have hired coaches.

**So how does the coaching happen...?** Coaching happens through multiple one-on-one sessions where complete confidentiality is maintained. The sessions can happen either in person, or over a telephone or skype, so distances and travel can be avoided. Each session is well structured to allow for having clarity in the goals being set, what are the challenges and how these can be overcome, and then deciding on setting the focus goals (smaller goals) for the next session.

We all need a dream, an imagination to create our goals and to accomplish them, otherwise our lives will be run on others' terms. For this, the life-coach can guide you to your destiny moving from 'just another' dream to a possible reality.

*Shyam is a Certified Career Performance Life Coach, and a Certified NLP Master Practitioner, and he can be contacted at [shyamk80@gmail.com](mailto:shyamk80@gmail.com).*

---

## Young Viewpoint

### Mummy.....

KEDAR KATE

As I entered this world,  
A wail crumpled my face,  
My mom was very happy,  
Grace shined on her face.  
    Along with my Mom's love,  
    Along with a cute interaction,  
    Someone else too provided,  
    Same mom-like affection.  
My Mom's neighbour she was,  
A sweet old lady,  
A bit aged though ,

But kind and friendly.  
    As soon as I was bought home,  
    She paid me a visit,  
    She gifted divine blessings,  
    To this little kid.  
She and her friendly children,  
Loved to have my company,  
They played with me, they cuddled me,  
It would seem very funny.  
    She always took me to her house,  
    Her children would lift me,

And there they would end up,  
Dirtying their clothes by my peeing.  
As and as my visit,  
Increased in her house,  
I began to call her "Mummy",  
There a motherly bond aroused.  
A year old I was,  
My taste buds just polished,  
'Dudh cha' she would make for me,  
The only beverage I relished.  
As I was like her fourth kid,  
Among her 3 children,  
First preference as I always got,  
Got the rest 3 raging.  
I would go to her house,  
Spend the whole day,  
Sometimes I would pack my bag,  
To have an overnight stay.  
Once as I rolled down,  
Off the wooden stairs,  
I recovered truly fast,  
With her hospitality & care.  
A sling bag she sewed for me,  
Of yellow cotton fur,  
One of my prized procession,  
Gifted to me by her.  
A school project I got,

Of growing some seeds,  
I succeeded in it,  
By her sporting lead.  
I felt very rich,  
With this rare wealth,  
"Amma" to nourish my stature,  
"Mummy" to make my loneliness melt.  
And then the day came,  
I never wanted to see,  
"Mummy" shifted to another place,  
Hesitantly leaving me.  
Years passed by,  
I still go to meet her,  
'Cause change in residence,  
Never ever matters.  
Even now as I am 18,  
I always have a conversation,  
I share my day to day affairs,  
This relieves me from depression.  
I wish I could go back,  
I wish I could rewind,  
I wish I could have those days back,  
Where a happy, joyous phase once again I could find.  
I will never forget you,  
Your made "dudh cha", too yummy,  
You'll always dwell in my memories,  
My sweet loving "Mummy".

*:- With Best Compliments -:*

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# Saraswat Namavali- Dusro Adhyayu

MANGALORE GOPALKRISHNA BHAT, GOREGAON (W), MUMBAI

Sri Ganeshak vandan  
Sadgurungele smaran  
Saraswat namavalicho  
Dusro adhyayu samarpan.....1

Vaidya Panandikar  
Rajadhyaksha Palekar  
Mool Goenchi naanv  
Vissarle yevnu nave gaon.....2

Lekkacharache Labadaya  
Kavivarya Panje Mangeshraya  
Sant Shantiakkale Nadghar  
Sripad mammale Nalkur.....3

Benglur ani Panemanglur  
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## Know Your Communication Disorders

AKSHATA MANELKAR (SPEECH PATHOLOGIST)

Communication is the flow of information between two or more people. It is the process of exchanging messages between a speaker and a listener. Communication is often taken for granted because it is natural and automatic; hence a person faces considerable difficulties when this process is disrupted i.e. when they have a communication disorder.

Communication disorders encompass all disorders that disrupt the flow of communication and can include problems with **speech** i.e. producing sounds correctly, **language** – exchange of ideas using words, **fluency** (aka flow of speech) – commonly knowns as “Stuttering” or stammering, **voice** – using the voice box to produce speech, **social communication** e.g. body language and **literacy** – reading and written communication

There are several reasons for communication disorders. In children these can manifest as developmental conditions (e.g. hearing loss, autism, cerebral palsy, Down syndrome) and medical conditions (e.g. cleft palate). Adults may be experience medical conditions (stroke, vocal nodules, cancer of voice box), brain injuries (due to accident/illness) and neuro-degenerative conditions such as dementia (loss of memory & cognitive functions) as a result of Alzheimer’s disease or Parkinson’s disease.

The impact of a communication disorder can be quite profound irrespective of its severity. It can affect the individual’s interactions at home, at work and in society. Children may have difficulty with learning and social interaction. There may be long term implications such

as poor academic achievement, reduced employment options and social isolation. The person may experience frustration, anger, embarrassment or grief as they try to communicate. Other people may misunderstand or respond inappropriately or insensitively to the person.

Hence it is very important to seek help as soon as one learns about a person’s communication disorder. A consultation with a Speech Pathologists (SP) is paramount and very helpful. SPs are specialist professionals who work with people having communication problems across the lifespan. They assess, treat and advocate for people with communication impairment, and their families.

They can help prevent life-long consequences of communication disorders by conducting detailed assessments, providing effective treatment as well as offering guidance and resources to the person with a communication disorder and their family. The result is better communication outcomes, improved social interaction and ultimately enhanced quality of life for individuals with communication disorders.

The author is a Certified Practicing Speech Pathologist and a member of Speech Pathology Australia. She has 14 years of experience working with people having a variety of communication disorders. She resides in Parramatta, Sydney, Australia.

*The author Ms. Akshata Manelkar “Akki”, Speech Pathologist, MASLP, MSPA, CPSP can be contacted at justaksh@live.com.au*

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# You are not Sick, You are Thirsty

DR. DILIP V. KAUNDINYA MD

A human Being is God-manufactured car called BMSO or Body Mind Soul Organism. It comes with a guarantee of a minimum of forty years a maximum of 120 years. Proper maintenance and care is of prime importance. A stress free mind, proper sleep, nutrition, sanitation and exercise means proper care and maintenance in the case of BMSO.

The Bhagavad Gita tells us that the Mind is a manifestation of consciousness emanating from the soul. Stress arises in the mind. Western Medicine does not know precisely what is this Mind? So the whole focus is on curing the bodily manifestations of a mind in turmoil due to negative and toxic emotions. Charak saunhita, one of the Eastern approaches for cure deals with Body, Mind and soul as a whole. So it is the pioneer of the Whole Person Medicine that has now become popular in USA. Acidity, Insomnia or an inability to sleep, and all other modern lifestyle diseases arise due to desires in the mind. But all the pills try to ameliorate the symptoms by suppressing or inhibiting or killing. Anything that is suppressed in nature, strikes back with double vengeance. The result is that all of the modern lifestyle diseases have risen alarmingly.

Sage Patanjali described certain Shuddhi kriyas for removing the accumulated toxins from the body. Jal neti and Jal dhauti are one of them. Both of these kriyas ensure perfusion of water into our body circulation if there is sub minimal tissue dehydration. It has been shown that with advancing age the sensation of thirst goes on diminishing. Thus Kriyas become very important when we realize that our body is made up of 80% water. Water plays an important role in making us feel good. Dr. Massaru Emoto provided the scientific reason behind this emotion of feeling good. He studied water in glass under bombardment by different emotions by a novel technique of water crystallography. When the words of abuse, hurt, humiliation, discouragement, grief, worry or stress were directed towards the glass of water, the water crystals appeared quite ferocious. But when the words of love, encouragement, peace, happiness, optimism, or caring were used the water crystals showed amazing kaleidoscopic structures. What possible effects the arrangement of water crystals may be having on bodily mechanisms and consequently on health, as yet have not been investigated. But Vibrionics, a new entrant in the field of CAMS - Complementary Alternative Medicine, proposes that each cell of the body has a specific "Energy signature" which when disturbed causes disease. Thus it is possible that the distorted water crystals may be disturbing some "Inner engineering" to cause damage to the "Energy signature."

Modern Mainstream Medicine with its stress on quick cures does not believe in the existence of acupressure points, Energy Chakras, Life Force Energy, [Prana], body aura and the possibility of control over Prana in Pranayam. So it calls the wonderful work by Dr. Emoto as Pseudoscience instead of investigating the possible effects of different arrangements of water molecules on health. Radionics or Vibrionics of Dr. Philip Abrams MD which has a great potential to cure modern lifestyle diseases is also dismissed as pseudoscience without analyzing the claims on scientific anvil. Today, modern medicine is failing badly in checking the alarming rise in lifestyle diseases. It also has become very expensive. So much so that any form of intervention means financial devastation of a family. Americans also are opting for Complementary Alternative Medicine [CAM] for the cure of their ailments. Modern medicine instead of a meaningful response based on scientific investigations, celebrates Anti-quackery day on first of July every year. This is the weakest and most inappropriate response to a major threat in the battle of human existence. It also indicates a wisdom less state of mind when one loses the power of differentiation between right and wrong. A meaningful research for claims of miraculous cures by CAM shall differentiate true from false claims. This shall save the humanity from exploitation by quacks.

Eastern approach to therapy is consciousness based. Charak Sanhita describes fifteen different types of consciousness. The highest, the purest and most form of Consciousness is Brahma Type. This soul conscious state of mind could be achieved easily by Brahma kumaris Sahaj Rajayoga available free of cost through 8500 BK-Centres in 135 countries. Rejuvenating neuro-hormones from brain are capable of giving miraculous cures.

Water is the greatest healer and cleaner. It is very important for human well being. Today, eating and drinking habit, Pollution and omnipresent stress give rise to dehydration at micro-level. The body's "Signals" about dehydration receive fancy "Medical labels" in the form of clinical diagnosis of the diseases. The drugs are prescribed for the labels but not for the actual Pathology. Merely few glasses of plain water may effectively remove these labels. The havoc in the form of Adverse Drug Reactions by medicines shall be avoided.

Human body is eighty percent water. The Fetus continuously bathes in amniotic fluid. Brain is continuously infused by Cerebrospinal fluid. Water is necessary for elimination of toxic wastes from the body. A multisystem water distribution process exists in our body which ruthlessly monitors the water supply to different structures.

All structures receive their pre-programmed water -quota according to their functional importance. The brain takes absolute priority over all other structures. The stress about possible water deprivation or a situation perceived as Stress by the mind, initiates a stringent water-regulatory process in the body. Perception of the neural system is such that "you never know when you shall get water. So regulate its use by different structures." A havoc then happens at micro-cellular level.

Tea, coffee, Beer or the current fad called "Energy drinks" contain water but these give rise to phenomenal water depletion and dehydration at micro-levels. Body gets rid of a lot more of water than what is received from such drinks. Excess urination is the proof. The water stored in plastic containers inside a refrigerator is most harmful. The plastic releases powerful cancer causing agents into water at low temperatures. The "Colas and Energy drinks" are far more dangerous. They contain a preservative, Potassium Benzoate. It converts into most potent carcinogen called as Sodium Benzoate in the presence of anti-cancer Vitamin C present in tomato or vegetables in a sandwich. Hypo phosphoric acid present in them makes a good toilet cleaner. Just imagine what havoc it must be playing with the delicate mucous membrane of your stomach and intestines. No wonder, modern man commonly suffers from dyspepsia, hyperacidity and different diseases of the bowel

like "Irritable bowel syndrome", constipation or cancer.

The take home message may be summed up by saying that drink at least five to six litres of water in a day. Carry a proper water container and go on sipping water even if you are not thirsty. This is because as the age advances, the sensation of thirst becomes weaker and weaker. The simple rule to see that you always pass urine which is as clear as the water you drink. Replace bed-tea with early morning water therapy. No sooner you get up, gargle your mouth with clean water [No tooth paste- again a chemical]. Then, preferably sitting in Kagaasan, drink as much water from a copper vessel as possible. Overnight keeping of water in the copper vessel is recommended. Warm water with a pinch of salt [provided you do not have high Blood pressure] is more beneficial. Within a short time ample urination and a good bowel movement shall happen flushing out all of the toxic waste in the body. A regular Pranayam especially Agnisaar is helpful.

Take home message is drink 1-2 litres or more of water every day. The frequency of visits to toilet may increase but expensive visits to a doctor shall be less frequent. Water is the elixir for healthy life. Merciful God gives it free of cost.

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## Peetharohana Mahotsava 2016!

Unparalleled joy, an upsurge of *bhakti* and overwhelming gratitude filled the heart of every fortunate devotee present in the sacred precincts of Karla Math between February 27 and March 1<sup>st</sup> this year, for there were two momentous events to commemorate the 19<sup>th</sup> *Vardhanti* of the *Pattabhisheka* of Parama Pujya Sadyojat Shankarashram Swamiji and the auspicious *Shishya Sweekara Divasa* of our Parama Guru Parijnanashram Swamiji III.

Here is a report capsuling the bliss of those four glorious days by Jyothi Divgi with inputs from Shivani Kallianpur

Darshan, Teerth, Precious Words of Wisdom from Ashirvachan-s, Chandika Havan, Palkhi Utsava, bhajan-s and stotra-s, Shri Devi-Anushthan and Shri Gayatri-Anushthan... What more can one ask for? Yes, the devotees who thronged the Math between February 27 and March 1<sup>st</sup> were blessed indeed!

**Baal Kalaa -Saturday, 27th February:** Dressed in red T-shirts, 'Smileys' adorning their foreheads and colourful ribbons flowing from waist bands, the little children from Parijnanashram Vidyalaya put up a vibrant display of talent. Beginning with prayers in Sanskrit and Marathi, the children - all aged between 3 and 5 years-performed skits, sang and danced to songs in Sanskrit, Kannada, Hindi, Marathi and English.

A few children from Karla village performed an environment -based short skit Nisarga Maatechi Goshta in Marathi, scripted and directed by Bijoor Shobhanapachi. Then the Pune Prarthana Varga girls danced to a medley of Ganesha Vandana songs. They also enacted the story 'Gopal and the Stars' from the Parijna series in Konkani. The children delivered their dialogue with amazing confidence! We also had a charming little Swami Vivekananda who delivered the famous Chicago Convention speech.

Pune Yuvadhara's Pia Chandavarkar and Tanvi Amladi presented an awesome Kathak dance!

This was the prelude to the Peetharohana Mahotsava which began the next day.

**Vardhanti of Pattabhishek of Parama Pujya Sadyojat Shankarashram Swamiji -Sunday, 28th February:** Nineteen years of bliss! For many of us, this has been a long journey - evolving from a confused, aimless existence to becoming earnest sadhaka-s - doing the mantra-japa diligently, performing puja-s, learning Sanskrit, and participating in a vast array of Math -related projects and activities! Yes, we have come a long way though we still have f-a-r to go!

Hundreds of devotees arrived at Karla on this auspicious day. Freshly painted a brilliant white, the temple was adorned with torans of flowers and mango leaves

and reverberated with the chanting of the Navaratri Nitya Path and Shri Devi Anushthan. The Purusha Varga did the Shri Gayatri Anushthan. Smt. Vijaya and Shri Durgesh Chandavarkar were the yajaman for the Shri Chandika Homa. Parama Pujya Swamiji was present for the Purnahuti and later performed the Mahamangalarti.

During the Dharma Sabha, over 200 Shri Guru Paduka Pujans were performed. Shri Durgesh Chandavarkarmam presented a Suvarna Upahara to Parama Pujya Swamiji. The Trustees of Shree Trust and Karla Durga Parameshwari and Religious Trust offered the Maan Patra to Parama Pujya Swamiji. Adept compering was done by Yuva Ankita Chandavarkar while the Maan Patra was read out by Yuva Aditya Chandavarkar. In his address, Kadle Praveenmam expressed his joy at seeing so many devotees who had come to offer their love and devotion to our Guru. In the Ashirvachan, Parama Pujya Swamiji explained how we can transform the 'Kuruksheetra' within us to 'Guruksheetra'. When Pujya Swamiji sang the bhajan on Lord Bhavanishankara so joyously, that the devotees yearned for more... and as Sthalekar Sulabhapachi put it, "It was long past three pm but everyone was so engrossed and completely mesmerised that we lost all sense of time!"

A sumptuous prasada bhojan followed. Samuhik Shri Guru Pujan was offered later that evening by the sadhaka-s.

### **Grama Bhojan -Monday, 29th February:**

Hundreds of students and people from the villages of Karla and other surrounding villages came to the Math for Grama Bhojan this afternoon. This bi-annual Annatosha Seva not only happily binds the rural community to our Math it continues the wonderful tradition initiated by our compassionate Parama Guru Pujya Parijnanashram Swamiji III who bore so much love for the local people of Karla.

**March First:** The glorious sun, silver and then thunderous black clouds, a terrifyingly gusty wind, large droplets of rain, a mellow sunset, a starry sky

.... all these varied facets of Mother Nature seemed keen to witness this momentous event! In the morning, Parama Pujya Sadyojat Shankarashram Swamiji was present for the Purnahuti of the Rudra Homa performed by Smt. Chetanapachi and Shri Kadle Praveenmam. The Mahamangalarati was followed by the joyous Palkhi Utsava. Later at noon, Parama Pujya Swamiji arrived for the Dharma Sabha. Hundreds of devotees were present on this important and sacred day. Yuva Tanvi Gangavalli compered the programme beautifully!

Kadle Chetanapachi introduced the new book from Parijna Series - 'Chotu's Bundle' which was released by Parama Pujya Swamiji. On behalf of the Trustees and the devotees, Sanadi Rajivmam did the Kshamayachana and expressed gratitude to Parama Pujya Swamiji for accepting the invitation for the Peetharohana Mahotsava.

In an Ashirvachan that was so very touching and inspiring, Parama Pujya Swamiji explained the bhajan "Khela tujhe jeeva ghene..." written by Guru Swami. Swamiji explained how instead of losing ourselves in the travails of our daily life, we must focus on the Guru Vaakya that motivates and guides us.

That afternoon, gusty winds and a few raindrops cleansed the environs for a magnificent Shri Devi Pujan in the open courtyard adjacent to the Mandir. Lord Bhavanishankara had come down for the very first time.

The glowing rays of the setting sun, the beautifully lit up Deepa Sthamba, and the temple -bathed in soft golden hues formed the backdrop and on stage were - Lord Bhavanishankara, Shri Rajarajeshwari and our beloved Guru... yes, it was a divine sight and there was magic in the air that evening!

A few Kashmiri Pandits had come to seek the darshan of Parama Pujya Swamiji. A special recital had been arranged by the young and renowned vocalist- Shri Rahul Deshpande. He was introduced to the audience by Shri Praveenmam and gave an outstanding performance. Accompanying Rahul on the tabla was Shri Nikhil Pathak while Shri Chaitanya Kunthe played the harmonium. Vocal support was rendered by Aditi and Rajas.

Starting with a bandish in Raag Yaman Kalyan, he then sang a tarana in Raag Bageshri set to teentaal. This was followed by a natya geet 'Jaya Shankara'. After a sonorous rendition of Sant Jnyaneshwar's Birahini and Gorakhnath's Nirguni bhajan, the talented artiste concluded the programme with the very famous Dil ki tapish from the movie Katyar Kaljat Ghusli- to a thunderous applause from an appreciative audience.

As devotees wended their way back home on that timeless night, they carried away magnificent memories and a renewed awareness of being exceptionally fortunate – for being born as a Chitrapur Saraswat and for being blessed by such a hallowed Guru Parampara.



1st photo credit - Anushravas  
Photos of Shishya Sweekar Mahotsav: credit - Darshan Kulkarni

# Homes of the Future - Eco-Friendly Homes

SATISH MURDESHWAR

If you are thinking of building your Dream House... rethink your method of construction! Build Eco-friendly homes! Save Time, Money, Sand and Water!!

In India we are used to building houses using bricks, cement, mud, water and steel. We feel secure inside brick walls with windows/ galleries covered with grills. But digging out sand from river or seabed creates problems to the ecology. Landslides during heavy rains, land erosion happening due to sand being removed from the river/sea beds indiscriminately and mud or clay being used to make bricks creates many problems to the environment. Nature has to be preserved and we have to live with nature!

But homes or buildings in other countries are built with wood or steel! This is an eco-friendly way of construction.

Today if we are planning to build a cozy cottage, a farmhouse, a new home or may be simply extending the terrace or top floor what we generally do is, hire contractors for each part of the job. This lands us into dealing with the usual hassles like masonry, labor management and charges, waste, delays, design constraints, errors and a web of sub-contractors. Many substandard goods are available in the market today including adulterated sand which damages the building leading to cracks or even falling building parts!

Don't we have to change our ways and make use of the new technology?

Steel is a time-tested building material, superior to every other kind in strength, reliability and adaptability. We can use our advanced steel technology to build the structure of our home, instead of brick and mortar. The steel frames are pre-made to incredible accuracy using a specialized computer-aided machine, and then simply put together on-site exactly as it was modeled by the architects.

Why are Pre-FAB homes needed in India? If you have visited USA or Australia or any other country which uses this technology, you will note that their buildings are stronger, the hollow walls help maintain the temperature inside the house and an added bonus is they are pest/ termite free! Steel is treated for Fire (Fire-resistant) and cyclone proof!

Usually contractors have their own tricks to ask you for more money than quoted, delay in work, non-availability of workers, sand etc. Your construction

creates irritation to your neighbors (it might take their parking space on the road), your cement/ curing might dirty the street or neighbor's walls! But with steel being used for construction there is no dust, no use of water (no curing or mixing cement etc), no waiting for cement to set, no time delays from contractors... etc.



Pre-Fab homes use computer-aided, steel based construction technology called LGSF that builds accurately fast and strong structures. The construction company takes care of planning and design, construction, plumbing, electrical, interiors and even furniture (if you so desire). And you can feel proud for saving Sand, Water, cement, mud (bricks) and really contribute to ecology of earth, instead of just "Like"ing eco-friendly on FaceBook !

## What about Advantages after the construction?

- Low maintenance cost
- Decreased Utility bills (weather resistant, doesn't get too hot or cold)
- Higher resale value
- 100% recyclable steel (If you demolish and rebuild your house, you can sell the steel and make some money!)
- Pest/ Termite free
- Mold free/ water proof roofing and walls

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# Peaceful Conflict Resolution

LAXMI RAO, MUMBAI

I have recently retired as the Principal Judge of the Family Court at Mumbai. Family disputes are on the humungous rise, perhaps due to the fast pace of life, women getting equal to the males or at times, outshining men, lack of tolerance and space (especially in Mumbai), husband and his parents expecting too much from the wife in cash, kind and duty towards the husband's family. We have progressed immensely in all other respect except in our thinking. It is an era of fast food, Hi-funda technology and everything as fast as can be. It is seen to be an ERA of INTOLERANCE.

In comparison to the enormous filing of divorce cases, in Mumbai, the government has not increased the courts. There are only seven (7) Courts to decide family matters, since 1989, in the last 26 years. Thereby, each of the seven courts is over-burdened with work. Trials consume a lot of time and once a matter is decided finally, the matter can get stuck in the Appellate Court for at least ten years, to get finally decided. Thereafter, another ten years, in the Supreme Court due to the number of courts not meeting the number of cases filed and pending. There is no imminent cure to this malady. Only a holistic approach can tackle this scenario.

I therefore found from my somewhat vast experience, that, due to such long pending family disputes, tremendous pain and agony is caused, not only to the litigating couple, but to their children, parents and extended families. Thus, if a family, the smallest unit of the society suffers, how can the society be happy? And if the individual is unhappy, she/he can never perform well in the work/profession. Isn't that so?

I therefore tried my level best to resolve these family disputes amicably while sitting as a judge. To my contemplative mind, going through the rigors of legality and technicality was of no real benefit to the disputing parties. However, if the dispute could be resolved amicably, it would provide and add years of happiness to the sufferers and instill in them, a feeling of improving their behavior towards their spouses, in case of a re-conciliation. The parties will tend to be careful with each other in case of their getting into a second marriage, where they would learn from their earlier mistakes and behave more carefully with their new spouse, so as to not repeat their earlier mistakes. This was indeed a very satisfying experience compared to writing of a legally and technically correct judgment,

in accordance to the provisions of law, which would further be a subject matter of scrutiny before the appellate courts, for years together.

By now, we all know well that the time does not go backward and today becomes yesterday, so fast. Years pass by like the sand speedily moving down the sand clock. All that remains is emptiness and repentance of not having opted for the seemingly right choice of an amicable settlement, at the right time, as the same could have saved the best part of the disputing couple's lives and lessened their miseries. Ten and twenty years of litigation is nothing but an immense drain on funds as well, apart from the lost years. So then, why not go for a FAST and PEACEFUL RESOLUTION of conflict to end the dispute, by mediation, instead of washing dirty private linen in public?

Family disputes are on a colossal rise nowadays. Although we watch the great epic serial 'MAHABHARAT' several times over, we do not seem to learn a valuable lesson from it that our life is very precious and short. AFTER HAVING WON the Battle of Kurukshetra, with the able and DIVINE Blessings of the LORD, the Pandavas are said to have left the Kingdom for the Mighty Himalayas by letting go of their entire Kingdom, The Bharatvarsh. Instead of quarreling with our family members, parents, brothers, sisters and wasting the best part of our lives, why not settle the monetary and property disputes, amicably at the earliest point of time and move on in life? Egos could be minimized and happiness will be maximized.

In view thereof, I have decided to offer my services to those in need of an amicable settlement in their MARITAL OR ANY FAMILY DISPUTE in the pursuit of peace and tranquility. The same will be done by mediation and counseling. Advocates who subscribe to this mode of quick resolution are also welcome to opt for THIS MODE for their clients. Ultimately, it would work out towards the satisfaction of their clients and satisfied clients definitely bring in more clients by word of mouth.. The pendency in the courts will also decrease and make it more manageable. Moreover, it is a WIN-WIN situation for all.

Also, it is my turn to give back to the Society!

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# Konkani Sourabh

## The column promoting Konkani Usage

- Compiled by Shri Arun Ubhayakar

### I. Word Play (शब्द मंथन)

- १) चांपरी - a) A kind of flower b) Dry twig of coconut tree c) Thing used as mattress.  
२) शेणी - a) Dry plates made of cowdung b) Village accountant c) Class/plane.  
३) धुरापान - a) A kind of tool b) A kind of drink c) Tobacco.  
४) खवलो - a) Churning tool b) Milk cake c) Sweet made of khava

### II. Riddles (हुम्मणि)

- १) गळो आस्स मात्ते ना, हात आस्स पाय ना ।  
२) आंग नास्तना चळे पाय, चंमकुंवचे हे एक उपाय ।  
३) गुडु गुडु जात्ता गाडो न्हयिं, जटा आस्स यती न्हयिं ।  
४) बेतनाइका बायिलेक सर्वांगा दोळे, हांवे म्हळ्ळेले फट्टी जाल्लेरि मागदरा वचुनु पळे ।

### III. Proverbs (आदुगत्यो)

- १) गाडवागेल्या गायनाक सुणे ताळ धरता - An irreconcilable company  
२) उज्या शिवाइ भाज्जना, धग्गा शिवाई करगना - Everything requires its own element to work  
३) तेल विक्रैला सांगाति नार्लं विक्रैलो रडता - Everyman may find a cause for grievance  
४) पापयां देवु म्हणु फातराने मारचेंवे? - Give a dog a name and hang him.

Answers - I- Word Play [1] -b [2] -a, [3] -c, [4] -a

III. Riddles - १) अंगि/पोल्का २) पायजमा/पेंट ३) नारला खरडो ४) बेत्ता मुट्टि

## आम्मी बायलो या युगांतुल्यो

आम्मी बायलो या युगांतुल्यो  
आम्मी बायलो नव्या जगांतुल्यो  
प्रीती घराची दवरतल्यो, रीति समाजाची सांभाळतल्यो  
आम्मी बायलो या युगांतुल्यो ॥

देवुधर्मु राखतल्यो, अनवाळें-अपशकुन मोडतल्यो  
गुरु आदेश-गुरु उपदेश सदासर्वदा जपतल्यो  
आम्मी बायलो या युगांतुल्यो ॥ नव्या जगांतुल्यो...

आम्मी हॉडिंगेल मान मानताती, प्रगती मार्ग सोदताती  
हासत खेळत सांगताती, खबऱ्यो मनांतुल्यो  
आम्मी बायलो या युगांतुल्यो ॥ नव्या जगांतुल्यो...

संस्कार-संस्कृती जोपासताती, आधुनिक कल्पना सुधारताती  
देशहित मनांतु, बालकांच्ये हित काळजांतु  
दिसान् दीस धरलेल्यो  
आम्मी बायलो या युगांतुल्यो ॥ नव्या जगांतुल्यो...

राष्ट्राचेरी संकट येवनये, हिंसा-अत्याचार जावनये  
भेदभाव आसू नये  
आम्मी सबला जागृत राबतल्यो  
आम्मी बायलो या युगांतुल्यो ॥ नव्या जगांतुल्यो...

- अरुणा राव (कुंडाजे)

# स्वरचित आणि अनुवादित कोंकणी काव्यवाचन (एक आनंददायी अनुभव)

सह संपादक उदय मॅकिंकर

विविध भारतीय भाषांतील गुणदर्शक साहित्याचा शोध घेऊन त्याचे संवर्धन करणे, परकीय भाषांमधील उत्कृष्ट साहित्याचा भारतीय भाषांमध्ये अनुवाद करून भारतीय भाषा समृद्ध करणे इत्यादी उद्दिष्टांसाठी 'साहित्य अकादमी' या संस्थेची स्थापना झालेली आहे. ही उद्दिष्टे साध्य करण्यासाठी ही संस्था विविध कार्यक्रम आयोजित करते. उदा. 'साहित्य मंच', 'कथासंधी', 'कवितासंधी' इत्यादी. अकादमीचे प्रतिभावंत सभासद हे कार्य देशभर करीत असतात.

अकादमीच्या कोंकणी विभागातील मुंबईच्या सल्लागार प्रा. साधना कामत दरवर्षी साहित्य अकादमी (मुंबई-शाखा) सारस्वत महिला समाज (गावदेवी) व कॅनरा सारस्वत असोसिएशन (ताडदेव) या तीनही संस्थांच्या विद्यमाने कोंकणी भाषेमध्ये दर्जेदार व मनोरंजक कार्यक्रम सादर करतात. यंदा त्यांनी कोंकणीतील सहा कवी व कवयित्रींना घेऊन "स्वरचित व अनुवादीत कोंकणी काव्यवाचन" हा अभिनव कार्यक्रम आयोजित केला होता. "एक नाविन्यपूर्ण अनुभूती देणारा विलक्षण आनंददायी कार्यक्रम" असेच याचे वर्णन करावे लागेल.

रविवार दि. १४ फेब्रुवारी २०१६ रोजी, सकाळी १०.३० ते १२.३० या वेळात दादर (पूर्व) येथील अकादमीच्या सभागृहात हा कार्यक्रम संपन्न झाला. विख्यात साहित्यिक डॉ. जयंत कायकिणी हे अध्यक्षस्थानी होते. संपूर्ण सभागृह कोंकणी भाषाप्रेमी प्रेक्षकांनी खचाखच भरले होते.

साहित्य अकादमीचे क्षेत्रीय सचिव कृष्णा किंबहुने यांनी श्रोत्यांचे स्वागत करून अकादमीच्या विविध कार्यक्रमांविषयी माहिती दिली. साधना कामत यांच्या संकल्पनेचे व आयोजनाचे कौतुक करून त्यांनी साधनाताईंना कार्यक्रम सादर करण्यासाठी पाचारण केले.

सभेचे अध्यक्ष डॉ. जयंत कायकिणी, सारस्वत महिला समाजाच्या अध्यक्षा गीता बिजूर, कॅनरा सारस्वत असोसिएशनच्या उपाध्यक्षा गीता येन्नेमडी अकादमीचे सचिव कृष्णा किंबहुने हे मान्यवर व्यासपीठावर उपस्थित होते.

साधनाताईंनी सर्वांचे स्वागत करून अध्यक्ष डॉ. कायकिणी यांचा परिचय करून दिला. त्यांना उत्कृष्ट साहित्यासाठी साहित्य अकादमीचा चार वेळा पुरस्कार मिळाला असून उत्तम गीतलेखनासाठी फिल्म फेअरचा दोन वेळा पुरस्कार, तसेच टुमकूर विद्यापीठाकडून मानद डॉक्टरेट हेही सन्मान प्राप्त झाल्याचे सांगितले. ते एक अत्यंत लोकप्रिय व प्रतिष्ठाप्राप्त साहित्यिक असून, असे बहुआयामी

अध्यक्ष या सभेला लाभले याचा त्यांनी आनंद व्यक्त केला व डॉ. कायकिणींना त्यांचे मनोगत व्यक्त करण्याची विनंती केली.

डॉ. जयंत कायकिणी हे उत्कृष्ट साहित्यिक तर आहेतच, शिवाय अत्यंत प्रभावी व्याख्याते असल्याचेही मनोज्ञ दर्शन त्यांनी आपल्या भाषणातून घडविले. 'सारस्वत' या शब्दाचा अर्थ 'साहित्यिक' असा असून 'कविता' म्हणजे "विचारांची व भावनांची अभिव्यक्ती" असल्याचे त्यांनी सांगितले. आपल्या भाषणांत त्यांनी अनेक मनोरंजक किस्से सांगून श्रोत्यांना रिझविले, विचारप्रवण केले व एक उत्तम व्याख्यान ऐकण्याचे समाधान दिले.

त्यानंतर कार्यक्रमात सहभागी झालेले कवी-मीरा सवकूर, मुरलीधर बेट्राबेट, फिलोमिना साँफ्रान्सिस्को, कृष्ण भट, ज्योती कुराडे व प्रणव कोड्याळ यांना साधनाताईंनी मंचावर विराजमान होण्याची विनंती केली व त्यांचा थोडक्यात परिचय करून दिला.

हा कार्यक्रम तीन फेऱ्यांमध्ये विभागला होता. प्रथम फेरीत कवींच्या स्वरचित कविता, दुसऱ्या फेरीत अन्य भारतीय भाषांतील कोंकणीत अनुवादित केलेल्या कविता व तिसऱ्या फेरीत परदेशी भाषांतील कोंकणीत अनुवादित कविता अशी योजना होती. साहित्य अकादमीची उद्दिष्टे साध्य करणाऱ्या या संकल्पनेसाठी साधनाताईंना दाद घायलाच हवी. ज्यांच्या कवितांचा अनुवाद रचला होता त्या परभाषिक कवींचाही सुंदर परिचय करून देण्यात आला. काही कवी आधुनिक, काही पुरातन काळातील तर काही ख्रिस्तपूर्व काळातीलही होते. त्यांचा सुविहित परिचय करून देणे म्हणजे अभ्यासपूर्ण निवेदनाची साक्षच म्हणायला हवी.

प्रथम फेरीमध्ये कवींनी स्वतःच्या कोंकणी कवितांचे वाचन केले. दुसऱ्या व तिसऱ्या फेरीमध्ये पुढीलप्रमाणे वाचन झाले. मीरा सवकूर (गुजराथी व इंग्लिश), मुरलीधर बेट्राबेट (तामिळ व ग्रीक), फिलोमिना साँफ्रान्सिस्को (हिंदी व फ्रेंच), कृष्ण भट (कन्नड व जर्मन), ज्योती कुराडे (मराठी, कोंकणी व पोर्तुगीज) व प्रणव कोड्याळ (बंगाली व रशियन) असे बहुभाषा मीलन झाले. कवितांची चोखंदळ निवड, उत्कृष्ट अनुवाद व अप्रतिम सादरीकरण यासाठी रसिक श्रोत्यांनी दिलखुलास दाद दिली. गंभीर, विनोदी, निसर्गविषयक, विचारप्रवर्तक व श्रोत्यांना अंतर्मुख करणाऱ्या अशा विविध कवितांचा अंतर्भाव होता. रसिक तृप्त झाले.

ज्यांच्या कविता अनुवादासाठी निवडल्या होत्या ते होते : पन्ना नायक (गुजराथी), तिरवळुवर, सुब्रह्मण्यम भारती, फादर झेवियर

थानी नायगम् (तामिळ), अरुण कमल, मनोज बोगटी (हिंदी), के. व्ही. पुट्टप्पा उर्फ कुवेंपू (कन्नड) कुसुमाग्रज, विंदा करंदीकर (मराठी), बा. भ. बोरकर (कोकणी), रवींद्रनाथ टागोर (बंगाली), त्याचप्रमाणे आल्फ्रेड लॉर्ड टेनिसन (इंग्लिश), अपेक्क्युरस (ग्रीक), पॉल वेल्लेन, जाक प्रेवेअर (फ्रेंच), ग्यट किंवा गटे (जर्मन), जुआंव द देऊश (पोर्तुगीज), मिखाईल मातुसोवोस्की (रशियन). या सर्व दर्जेदार अनुवादित कवितांमुळे कोकणी साहित्यात मोलाची भर पडली असे म्हणता येईल.

त्यानंतर अध्यक्ष डॉ. जयंत कायकिणी यांनी आपली एक सुंदर कन्नड कविता कोकणीत अनुवादित करून सादर केली. रसिकांच्या खास आग्रहास्तव साधना कामत यांनी कन्नड (वैदेही) व इंग्लिश (मायकेल मॅक) या कवींच्या हृदयस्पर्शी रचना सादर करून श्रोत्यांची वाहवा मिळविली.

सर्वात शेवटी साधनाताईंनी सर्व संबंधित व्यक्ती, ज्यांचे उत्तम व मोलाचे साह्य या प्रकल्पाला लाभले- त्यांना मनःपूर्वक धन्यवाद दिले. अशा रीतीने एका अभिनव संकल्पनेतून साकारलेल्या, सुंदर सादरीकरणाने नटलेल्या आणि विलक्षण आनंददायी अनुभव देणाऱ्या कार्यक्रमाची सांगता झाली.

सारस्वत महिला समाजाने पुरस्कृत केलेल्या स्वादिष्ट स्नेहभोजनाचा आस्वाद घेऊन रसिक प्रसन्न मनाने घरी परतले.

### हम्मणे आनि आदगत्यो मगल्या मनांतुलें विचार-धन

- \* विचारवंतांगेलीं उत्रं मंत्र जाताती !!
- \* उपनिषदासार चेरडवांगेल्या उत्रांतु!
- \* तत्त्वज्ञान ससार कोरनु सांगताती हीं झाडावेलीं पात्रं फुल्लं !
- \* स्थितप्रज्ञाची शिकवण पशु-पक्ष्यांगेल्या चलणुकींतु!
- \* सानपण= होड जायनाफुडे जांवका म्होणु दिसता तें!
- \* मेढ्यारी घट्टी राबल्यारी कड्यारी उडयेद!
- \* सूर्यु नित्याचो म्होणु तागेल महत्त्व उणे जाता वे ?
- \* हजार मैलांचो प्रवासु सुरू जातना पयलें पाऊल घट्टी घालका.
- \* चांग संबंध बिघडल्यारी शब्दांनी इस्त्री केले तरी सम जायनाती.
- \* हें जग म्हळ्यारी एक जत्रा भरलेली.
- \* इच्छा आनि वासना हांतू फरक आस.
- \* आपणालें मनचि आपणालें शत्रू जावनये.

- अरुणा राव (कुंडाजे)

### श्री महालक्ष्मीची आरति (चाल : आरती कुंजविहारी की...)

आरति महालक्ष्मीची, तु जननी, अखिल विश्वाची ॥ध्रु० ॥  
श्रीरावरी, रत्न-मुकुट शोभा । कानी, कुंडलांची प्रभाऽऽऽ प्रभा ।  
प्रफुल्लित कमल । नयन ते अमल । वदन अति विमल ।  
सुस्मित प्रसन्न मातेचे ॥१॥ तु जननी...

हळदी, कुंकुम भाळी ऽऽऽ भाळी ।  
काजळ, नयन-रेखा काळीऽऽऽ काळी ।  
अधर सुकुमार । कंठि नवहार । मुद्रिका भार ।  
मोहिनी अति लावण्याची ॥२॥ तु जननी...

पाठिवरि, केश मोकळेऽऽऽ मोकळे ।  
हिरण्यमय कापड ते लोळेऽऽऽ लोळे ।  
कांचन वर्ण । कलश सुवर्ण । ओतिसी पूर्ण ।  
घस-घसा, हिरण्य-रत्नांची ॥३॥ तु जननी...

चतुर्भुज, शंख-चक्र धारीऽऽऽ धारी ।  
गरूड तो, वाहन तुज भारीऽऽऽ भारी ।  
कोल्हासुरा मारि । भक्त कैवारि । शक्ति तू नारि ।  
मूर्ति तू मंत्रयोगाची ॥४॥ तु जननी...

सागरी, जन्मा तू आलीऽऽऽ आली ।  
विष्णुची, पत्नि तू झालीऽऽऽ झाली ।  
पाद सेवन । भक्ति करून । झाली पावन ।  
माउली तू सौभाग्याची ॥५॥ तु जननी...

कंठी, वैजयंति-माळाऽऽऽ माळा ।  
किरीट, रत्नखचित भाळाऽऽऽ शोभता ।  
कटितटि खनन । पाउली झनन । अर्पितो सुमन ।  
कमल चरणी श्री मातेचे ॥६॥ तु जननी...

ढम-ढम ढोल वाजतोऽऽऽ वाजतो ।  
घण-घण घंटा नादतोऽऽऽ नादतो ।  
भक्तगण जमुनि । आरति-गाति । दर्शन घेति ।  
अलंकृत सुंदर मातेचे ॥७॥ तु जननी...

चराचर, व्यापुनिया अससीऽऽऽ, अससि गुरुकृपा,  
अंबा झालीसीऽऽऽ झालीसी ।  
वात्सल्य मूर्ति । भाविकां प्रीति । गाति तुझी कीर्ति ।  
माता उभय-चैतन्याची ॥८॥ तु जननी...

आर्तजन, येती तव पायींऽऽऽ पायी ।  
शांति-सुख, देईं गे आईऽऽऽ आई ।  
विनवणी करिति । पाउले नमिति । नवस फेडितीं  
मंगल, आरति मातेची ॥९॥ तु जननी...

- चैतन्य उभयकर

## वंचना

श्यामला भट

सकाळची कामं एकदाची आटपून अनुपमा मोबाईल घेऊन बसली. “अगबाई, WhatsApp वर सदतीस मेसेजीस.” ती अगदी खूप झाली. चला आता तास-दीडतास मजेत जाणार. पण सुप्रभात, G.M. डिलीट करणं हा एक उद्योगच, इतक्यात फोन वाजला.

“काय मीना, आज अगदी सकाळी फोन.”

“अनु, जास्त काही बोलायला आता वेळ नाही. तुला अनुपमा बघायचाय?”

“हा काय प्रश्न झाला? नक्कीच. कुठे लागलाय?”

“विजय थिएटरमध्ये आता मॅटिनी शो आहे. तुला अर्ध्या तासात उतरायलाच हवं.”

“मीना ही काय पद्धत झाली? आधी नाही का सांगायचं. अर्ध्या तासात कसं काय उरकणार?”

“अनु, आता कसलेही प्रश्न विचारत बसू नकोस. चल पटपट निघ. साडी बदल, केसांवरून फणी फिरव. कुणी आपल्याकडे बघणार नाहीत. मी थिएटरच्या दारात तुझी वाट बघतेय.” फोन बंद झाला.

आणि मग अनुपमाची नुसती धांदल उडाली. भराभरा तयारी करताना तिला आठवत होतं, कॉलेजमध्ये असताना हाच ‘अनुपमा’ सिनेमा तिने आणि मीनाने पुनः पुन्हा पाहिला होता. मग लम्नात तिने नवऱ्याला गळ घालून आपलं कुंदा नाव बदलून अनुपमा करून घेतलं होतं. आता बऱ्याच वर्षांनी ते ‘ब्लॅक अॅण्ड व्हाईट मॅजिक’ बघायला मिळणार होतं. त्यातली हळूवार प्रेमकथा, गोड गाणी, बोलक्या डोळ्यांची नायिका आठवून ती अधिर झाली.

एकदाची जिने उतरून गेटकडे धावतानाच पुन्हा फोन वाजला. मीनाच होती. “अगं अनु, मी पोहोचलेय. तूं कुठे आहेस?” “झालं, निघालेय” म्हणत ती येणाऱ्या जाणाऱ्या रिक्षाला हात हलवून थांबवू पाहत होती. पण एकही रिक्षा रिकामी येत नव्हती. शाळा, ऑफिसला जाणाऱ्या माणसांची ही घाईची वेळ. बाजूलाच एक वयस्कर जोडपंही रिक्षा मिळवण्याचा प्रयत्न करीत होतं. खरंतर या रस्त्यावर भरपूर रिक्षा धावत असतात पण आज जणू साऱ्यांनी कट केला होता. अधूनमधून मीनाच्या फोनला तोंड देत ती अस्वथपणे “रिक्षा, रिक्षा” ओरडत होती.

आणि अचानक देवदूतासारखा एक रिक्षाचालक वेग कमी करत त्या जोडप्यासमोर जाऊन थांबला. अनुपमा धांवत तिथे गेली. तिने त्या जोडप्याला विनंती केली. “ही रिक्षा मी घेतली तर चालेल का? खूप घाईत आहे हो.”

त्यातल्या बाईने आस्थेने विचारलं, “मघापासून तुम्ही अस्वस्थ आहात हे आम्ही पाहिलं. कुणाला बरंबिरं नाही का? जा तुम्ही. आम्हांला दुसरी मिळेल आणि काही काळजी करू नका. सर्व व्यवस्थित होईल.”

“थॅक्स हं. खूप खूप आभारी आहे. हॉस्पिटलमध्येच जायचं आहे.” म्हणत ती रिक्षात चढली. जरा पुढे जातांच तिने चालकाला सांगितलं. “विजय थिएटरवर न्या.”

आणि तिच्या लक्षात आलं. आरशातून तो चालक आपल्याकडे रोखून पाहत आहे. ‘हॉस्पिटलचा उल्लेख त्यानेही ऐकला’ हे तिच्या लक्षात आलं. ‘असू दे, वेळच अशी आहे की थोडं खोटं बोलले. चालतं, त्यांनाही मिळेल दुसरी रिक्षा लवकर. असा काही फार मोठा गुन्हा नाही केला.’ तिने आपल्याच मनाची समजूत घातली.

एव्हाना ती पोहोचलीच होती. मीनाने हात हलवला. दोघी भराभरा आत गेल्या. नुकताच सिनेमा सुरू झाला होता. त्या काळोखातून टॉर्चच्या मंद उजेडात त्या कश्याबश्या आपल्या जागेवर पोहोचल्या. अंधारातूनही लोकांच्या त्रासिक नजरा जाणवत होत्या. एसीच्या गारव्यात त्या कुशनच्या खुर्चीवर बसल्यावर तिला हुश्र झालं.

दहाबारा मिनिटे गेली असावीत. प्रेक्षागृहाचा दरवाजा उघडला गेला. उजेडाची तिरपी आली. अनुपमाचं साहजिकच लक्ष गेलं आणि तिला धक्का बसला. तेच वयस्कर जोडपं आत शिरत होतं. टॉर्चच्या मंद उजेडात एकमेकांचा हात धरून, सावकाश, अडखळत, एकमेकांना सावरत आपल्या जागेकडे जाताना त्यांना पाहून अनुपमाच्या मनात एकदम अपराधाची भावना दाटून आली. ‘घाईघाईत हे काय करून बसले मी? कुठे जायचंय तुम्हाला हा प्रश्न विचारला असता तर तिघंही एकत्र आलो असतो. पण तेव्हा असं काही सुचलंच नाही. त्यांच्या चांगुलपणाचा फायदा घेतला स्वार्थ साधला. खोटं बोलले आता मध्यंतरात किंवा सिनेमा सुटल्यावर त्यांनी आपल्याला पाहिलं तर काय वाटेल त्यांना.’

तिचं सिनेमात लक्ष लागेना. तिची अस्वस्थता मीनालाही जाणवली. तिने कुजबुजत विचारलं.

“अनु, काय चाललंय तुझं?”

‘छे, काही नाही.’ असं म्हणत अनुपमा पुन्हा सिनेमा पाहण्याचा, रमण्याचा प्रयत्न करू लागली.

आणि ती अचानक उभी राहिली. “मीना मला वाटतं कुकरचा गॅस बंद करायचा राहून गेलाय. मला जायला हवं.” “अगं पण...” मीना काही बोलू पाहत होती पण ती थांबली नाही.

त्या काळोखातून धडपडत दाराकडे जाताना तिच्या मनात आलं. ‘परत खोट्याचाच आधार घेतला पण त्या दोघांना तोंड नाही दाखवू शकत.’

## “म्हांतारपण”

(व्हॉटस् अॅपाचेरी आयिल्या मराठी कवितेचो कोंकणी अनुवादु)

म्हांतारपणाक नांव गोमटेंची  
कोंण म्हणता संन्यासाश्रम, कोंण म्हणता वानप्रस्थाश्रम,  
हांवं म्हणतां आनंदाश्रम  
म्हांतारपणांतुं कश्शी राबकाज ?  
घारा आसल्यारी आश्रमांतु आशिलेवारी, आश्रमांतु आसल्यारी घारा आशिलेवारी.  
कसलेंयी सुत्ताव्नु घेंवचे ना.  
फुळ्ळे उगडास काडचे नाती “आमगेल्या वेळारी” म्होणु म्होणचें ना.  
अवमानु जाळा अशशी लेकचें ना, नुसतेंपुणी उत्रकुमारु जांवचे ना.  
सर्वांतुं सुख सोदचें सर्वांवट्टु दोस्ती कोरची.  
कोंप्पाक, लोभाक धांवडाव्नु सर्वांक आनंदु दिंवचो.  
म्हांतारपणसुदांयी गोमटें आसता, लेन्स इम्प्लांटाने स्वच्छ दिसता.  
अड्डे दांतांनी सहज चाबुक जाता, कात्राक यंत्र लायल्यारी सम आय्कता.  
पाकांतु वच्चुनु भोव्नु येंवचें, कलबांतु वच्चुनु इस्पीटांनी खेळचें  
देवळांतु वच्चुनु भजन कोरचें, टीव्हीचेरी गोमटे कार्यक्रम पोळोंवचे,  
चेईवांड्रारी नोळैत बोसचें, नात्रांवट्टु खेळचें  
बायलेलाग्गी वादु घालचो आनि दोस्तांवट्टु फक्के मारचे.  
जात्ताताव्वळी भोंवडी वच्चें, लायन रोटींतु भागु घेंवचो  
वेळु मेळ्यारी पदं म्होणचीं, बॅजारु आयल्यारी नीद काडची.  
स्वरांच्या संगतींतु, जॅवणाच्या पंगतींतु, मित्रांवट्टु उत्रांतु, जीवनाचो आनंदु घेंवचो  
आस्वादु घेतची, कौतुक कर्तची, तृप्त मनाने, समाधानाने, प्रितीने, एक दिसु  
हांगायान्नु वोच्चें, पिक्कीलें पानशें गळनु पोडचें...

– उदय मॅकिकर

## स्वामी कृपा

सुखात रमून जरी होई, नामांचे विस्मरण  
परि स्वामी करून देती, त्याची आठवण  
नाम हेच माझे विश्रांती स्थान

स्वामी करीती निरंतर सुख प्रदान  
नामस्मरण करता करता मनोमनी  
स्वामी अवतरले माझ्या अंतःकरणी  
नामाने संकटे सारी, झाली हरण

स्वामींचे करीता, स्मरण क्षणोक्षण  
भवसागराच्या किनाऱ्यावर, चालता चालता  
वाळूत उमटली आणखी दोन पाऊले  
ती असती साथ देणारी, माझ्या माऊलीची पाऊले

जरी मी विसरते तुम्हाला  
तुम्ही राखिती निशिदिन मजला  
नाम तुमचे निरंतर जपता जपता  
नाश होई माझी अहंकारता  
जेव्हा होई तुमच्या शक्तीची प्रचिती  
मनात जागे तेव्हा प्रितीची निर्मिती

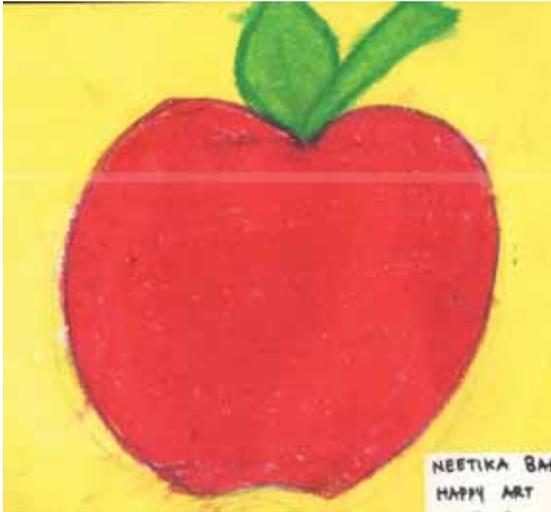
विखुरलेल्या मनाला अंतर्मुख करून  
अंतःचक्षुने होईल गुरू शिष्याचे मिलन  
जिथे तिथे आहे स्वामी तुमची कृपादृष्टी

सतत होईल मनाला आनंदाची पुष्टी  
लीन होऊनी स्वामी करीते तुम्हास चंदन  
चरणकमळांवर तुमच्या करीते हे समर्पण

विद्या दुर्गादास बैदुर  
(विद्या सीताराम भट)

## Kiddies' Corner

### Happy Art



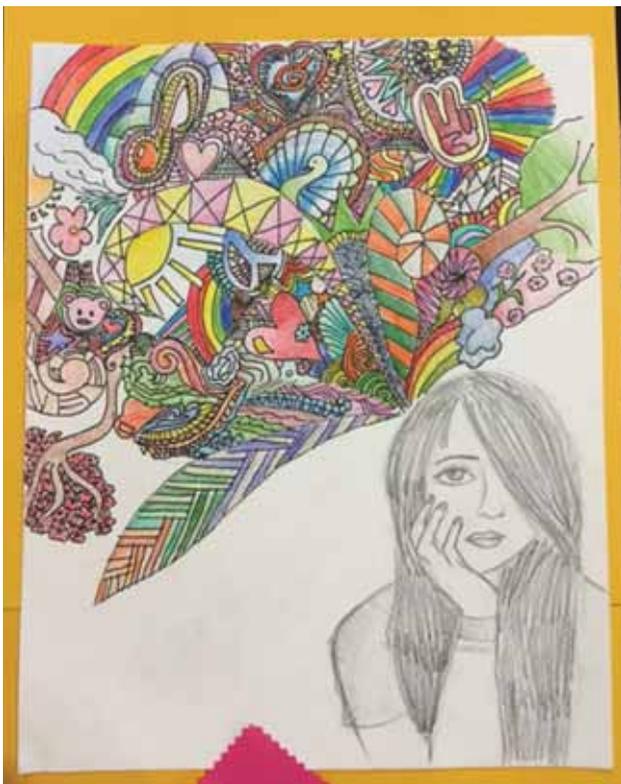
Neetika Balwally -3 years

### A Red Bird on a Tree



Sanya Kalbag - 9 years

### A Girl's Imagination



Riya Kalbag - 13 years

(This painting was selected for display in Riya's School Library)

### Donald Duck



Shivani Durgesh Bhat - 10 years



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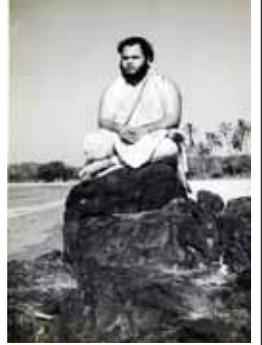


# “I ----- WE” “Haanv - Aammi”

By Parama Pujya Swami Parijnanashram III

(Part 18)

Here is the eighteenth excerpt of the ongoing serialization of our Parama Guru - Parijnanashram Swamiji's insightful, multi-layered spiritual narrative. We present Guru Swami's original, hand-written manuscript in Konkani along with Dr. Sudha Tinaikar's in-depth commentary



अधिस मुक्त दृष्टि आम्का सर्वई सांगता. तशि शि पीडोन्च्याक गेल्यारि ह्या प्रपंचांतु सर्बजावा निमित्तमात्र. आम्मी तूं लोक ह्या सर्वांक पूर्वनिर्णयित कार्म्यं केलेल शिवाय उपाय नाति. लोकसंग्रहा खातिर हांगा गुरुशिष्यत्व संबंदु, ताका अनुकय जावु आशिलो सन्यासु आनी सन्यासाक विहित जावु आशिलो कार्म्यं आचरिंतु हाडका पडताति. सन्यासत्व हें केवल काथासांबर-दुष्टग्रहणाचेरि अवलंबूनु ना. अन्य आश्रमांच्यांक ह्या आश्रमाचो व्यक्ती पीडोवुन्याचे ध्येयाचो उखासु <sup>जावुना,</sup> ~~केला,~~ ताणीं ह्या आश्रमावडून आस्था दनोर्नु आपवागल्या तृतीय आश्रमांचावु ह्या चतुर्थ आश्रमांतु पदार्पण कोर्नु उर्वरित आयुष्य परमात्म चिंतनेंतु घालका आनी प्रारब्ध वशात प्राप्त ह्या शरीराचें संतोषानें त्यागु कोर्का ह्या खातिर जाचि ह्या सन्यास-आश्रमांतु आश्रमप्रथमेंतु निशिष्ट वस्त्रं, विशिष्ट वस्तु, निशिष्ट परिचर्या उधृत केलेली आसा...

तुगल्या शरीरांतु थावु येवंच्या दिव-उषण-संथ तरंगांतु तुगनें ह्या विषयाचे ज्ञान कितलें आसत म्हड्दनेई आम्का कार्कीची ज्ञात जाव्हेने. सूर्योपासनेद्वारा गायत्रीमंत्राचे अनुसंधान आनी ह्या अनुसंधानांतें प्राप्त जाव्हेली तुगकी तीव्र बुद्धिदाफ्ती सहजसाधकांक प्राप्त जावंची न्हीं. तूं एदोतु जाई ह्याचि पवित्र संस्कृत बुद्धिदाफ्तींनीं प्राप्त विषयांचे मनन केर्नु प्राप्य तत्वाक सोड्दुन काडका म्हड्दुका प्रयत्न कर्त आसत. योग्य मार्गु तूंवे इतल्या सात्वतप्रयैरिचि चमकून्च्याक सूक्त केला. वर्षानुवर्ष ह्या मार्गाचेरि येवंच्याक प्रयत्न कोर्चिंतुचि प्रयत्नांतु आशिलो अन्य साधक ह्या मार्गाचेरि येवु पाव्णीति. हो मुक्त

मागु गोपु आस्सुगुई - वचुगन्वारि जाळें - ह्या विचारानें कर्मगतींतु पोणु अंतिम कालारि कष्टारि झरिरे ल्यागु कर्ताति. तुमन्वा परिपक्व बुद्धिशक्तिन्मीतीं तूं आजि ह्या मागीरि येवु पाव्ला. आनि तुका खंन्याचियि श्रय ना. हो मागुचि शैमकर. ह्या मागीरीचि मुरवारि वचुगन्वारि तुगन्वा तत्वाक तूं पाव्ला. तें तत्व चि तूं जण्ता. त्या अवस्थेंतु गुरुदेवु, सदाशिवु, हो प्रापंचीकृत त्रैदभावु आस्सनां. सर्वई तूं जावु आस्ता. सर्वई तें तत्व जावु आस्ता. आम्मी तूं जावु आस्ताति. तुगलो ह्या श्रमीसंतर्गत 'हांव' आम्मी जावु आस्ताति. आम्मी सर्व जावु आस्ताति. सर्व तत्व आम्मी जावु आस्ताति...

जाव्यारि शंकरा, ह्या अखंड अनुभूतिचें वर्णन जगताच्या ह्या खंन्याई शब्दांनी दुसरीक प्राप्त कोणु दिवंच्याक जायनां. स्वतःक प्राप्त जाव्हेच्या ह्या अनुभवांतु दुसरीसाधकांकई एकदम हाडूक जायना. प्रतीएकच्या साधकांनी प्रयत्न प्रयत्न प्रयत्नांवरि प्रयत्न कवतड आस्सत. साधकांगले प्रयत्न पोळोवु, तागली वाट समड आस्स हें आत्मविश्वासानें ताका कडीताक हाणु ह्या वाचामगोचर तत्व पथारि यो यो कृणु प्रोत्साहु दिवंचें गुरुंगले कर्तव्य आस्ता. ह्या पथारि चमकतनां साधकांन पळोशी, चमकूनु चमकूनु वेजाक येनाशी, तांन मदेंतु आड वाट धनीशी शरीरप्राप्त दुःखानें-सुरवानें दण्डनाशी, तागन्वा साधकांक त्या त्या वेवारी दाकोवु दीवु तांन सुख स्वरुपाक येवु पावशी कर्तव्याक गुरु म्हणताति...

आनि एखाद्यावेळा पूर्वसंस्कारांनीं प्रेषित जावु साधकांनीं धरलेकी वाट समड आस्स हें जरि साधकांकई कोवु तो जरि मुरवारि येता तस्च्या साधकांक गुरुंगली आवश्यकताई नां. सन्यासधर्माचीई जराबि आस्सनां. असले पूर्वसंस्कार प्रेषित साधक अती दुर्भिक, तुज्ज म्हवके. अथवा ह्या साधकांक लोकसंग्रहा शवातीर तांनीं गुरु कोणु घेवुका पडता. शी कृष्णपरमात्म्यावारि...

कारण मिश्रमतांच्या विशाल पार्श्वभूमिंतु प्रतीएकके आपणागले मागुडचि सत्य ह्या न्यायारि कोणागलीई अनुमति, कोणागलीई उपदेशु घेनास्तना मागिक्रमण कोरुक फावआस्साति. आनि तत्तत् मतांच्या मंडनान्मीतीं आशिल्ल्य एक तत्वाक बाधु येवु तें तत्व-ची साधकांगच्या अनुभवांतोच्युत जांवंच्याक फाव आस्स...

**“I ----- WE”**  
**“Haanv - Aammi”**

**By Parama Pujya Swami Parijnanashram III**

(Original in Konkani)

ENGLISH TRANSLATION AND EXPLANATORY NOTES BY DR SUDHA TINAIKAR

**Guru Govinda Bhagawad Pâda continues to talk to Shankarâ who meets him early morning at sunrise.**

**“Every person, every event in this manifest world is only a nimitta (instrument) of Ishwara. All of us in this world have to fulfill certain pre-determined tasks meant for us. The very Guru-shishya relationship here, in this context, is only for the sake of that lokasangraha (worldly duty). As per that plan, even the lifestyle of sanyâsa (renunciate) and the duties prescribed for such a lifestyle have to be worked out. Sanyâsa does not mean just a change of name and attire or carrying the symbolic danda. A sanyâsi is meant to remind the people of other âshramâs (stages of life), of their priority and the final goal of their lives. The people of other âshrama-dharma require to have trust in this final âshrama of one’s life and prepare themselves to gradually traverse from - gruhasta to vânaprastha to this final stage of life - only for the sake of exclusively contemplating over the Self, to the exclusion of any other activity. This is the right way of using this human birth which has come as a blessing. The ochre robes and the lifestyle of a sanyâsi remind the people of this structured journey of life.**

Notes: Here, Guru Govinda Bhagawad Pâda is explaining the purpose of Sanyâsa âshrama. This has been explained earlier. This shows that a sanyâsi has a tremendous responsibility in the form of setting an ideal example to the people in other âshramas. Sanyâsa ashram is a natural phase of life which comes automatically in the journey of a human being according to the varna-âshrama dharma. However, there are sanyâsis who might have chosen this lifestyle somewhere in the middle of one’s life time. Sanyâsa is a one-way journey. It needs tremendous strength of mind, control over the senses, withdrawal from unnecessary interactions with the world and a total commitment to the knowledge of the Self. Sanyâsa absolves one of every other duty. However, a sanyâsi also has to do certain things, not for himself - but for the sake of the world which is called lokasangraha kârya. The sanyâsi has a responsibility to guide the society in the vaidika and religious way of

life. Bhagawad Gitâ talks about this in detail in the last few verses of Chapter 3-verses 18,20,21,22,25.

**“That depth of your knowledge in this regard, was very obvious yesterday, as you walked in. Your very personality spoke about your dhyaeya (goal) and also how much of an adhikâri (fit candidate) you are for this knowledge. Years of Surya upasana with Gayatri anusandhâna (contemplation) has enlightened your intellect beyond what is seen in a casual sâdhaka. It is with this extremely sharp intellect that you have found answers for many of the difficult questions on your own and are still ceaselessly making an effort to know the nature of the Self. You are walking on the right path even though you are so young of age. Even sâdhaka-s who have been making a serious effort for years on end find it difficult to reach this kind of an understanding. Though this simple and straight path is available to know the Self and become free from this bondage of life and death, people are still lost in karma and give up their bodies with great difficulty only to come back again into this very wheel of samsara.” (ref Kathopanishad 1-2-7)**

**“It is your extremely mature intellect that has brought you to this right path. You are now totally free from any fear. You are on the right track and when you continue to walk this path without any fear - you reach your goal. That goal of yours, which is to know the Self in its pristine form, is a state of being where there is absolutely no difference between You, the Guru and Ishwara. In that state, “I” (Ammi) will be “you” (Tun) and “you” will be “me”. You and me will be everything and in everything”.**

Notes: In the very first instruction, the Guru, Shri Govinda Bhagawad Pada is able to understand the maturity of the shishya. The above two passages talk about the “Mahâ Vâkya Vichâra” which is the very crux of entire Prasthâna Traya (Upanishads, Bhagawad Gitâ and Brahma Sûtra). It is that state where there is a total understanding that there is only ONE reality and that is the Âtman. The jñâni sees that same one in each and every thing. There is no second thing to cause any fear. This person goes beyond fear because it is only

the presence of the second (another) that causes fear. There are any numbers of mantras in the Upanishads which state that this person attains fearlessness (Taittiriya Upanishad 2-7-1). The one who understands the Self to be one and non-dual reaches the shore of fearlessness (Kathopanishad 1-3-2, Taittiriya Upanishad 2-4-1). In an important dhyâna shloka of the Dakshinamûrthy stotram, the concept of one-ness between Îshwara, Guru and oneself is given and says that there is no such difference felt in the âtman. A jñâni is like the all-pervading space where there is no difference at all between anything as there is only ONE vastu – the Âtman without second (ekam advayam Brahma).

**“However, Shankarâ, this âtma swaroopam (the very nature of this one without a second) cannot be explained by words. That which is known by one’s own cognition and experienced, cannot be shared with others in spite of using the words. Every seeker has to get it himself. The job of the Guru is only to understand the effort that a sâdhaka is putting in; making him understand that the effort being made is in the right direction and instruct him to understand the non-communicable truth of the Âtman/Brahman in the way the shruti has handled this delicate topic. Also, the sâdhaka walking this path is likely to slip at times, get disillusioned about his own search, get distracted by the world of objects or get tired by the afflictions of the body-mind complex. At such trying times, it is only the Guru who can hold the hand of the sâdhaka, encourage him and guide him to his ultimate goal.”**

Notes: All the Guru stotrâs (hymns) available are

meant to know the pivotal role played by the Guru. Guru is looked upon as the very Îshwara - as the Guru directs one to the final understanding that he the Jîva and Îshwara are one and the same reality. Even though the subject matter is subtle and beyond the scope of words, the Guru uses the Shâstra Pramâna (validity of scriptures) and teaches through implied meaning. This is the very meaning of “mounam vyâkhya prakatita parabrahma tatvam” (Verse 1 of dhyanashloka of Dakshinamurthy stotram). Shankarâchâryâ’s Guru Pâduka Stotra explains the tremendous contribution made by the Guru in a sâdhakâ’s life.

**“If a sâdhaka is mature enough by his pûrva samskârâs (merits of his previous lives and Îshwara’s grace), he may not even require the presence of a Guru. Such a sâdhaka does not even need the sanyâsa way of lifestyle. But, such prepared sâdhakâ-s are very rare. You are one such rare sâdhaka. However, for the sake of being an example to the world, such a sâdhaka may find a Guru for himself....just like Lord Krishna did.”**

Notes: Great Avatâra-purushâs like Lord Krishna, Lord Rama have gone through the routine practice of studying in a Gurukula, under the tutelage of a Guru. It is not because they needed a Guru - as they were the very manifestations of Îshwara, Avatârâs - but to maintain credibility of that knowledge through the Guru Paramaparâ tradition. Such, was the case with Shankarâ also. So as not to confuse the routine practice and to set an example of the right way of learning, he also went to a Guru. Here, both the Guru and the exalted shishya were only playing a role - for the sake of loka-sangraha.

## The Great Saint of Karla H.H.Parijanashram Swamiji III

O The Saint of Karla ; pious, magnanimous and great, at your lotus feet, we pray.

This abode of piety love and peace, You turned it into a heaven, with your permanent stay.

You were chosen and ordained as HIS disciple, at a very young age.

For The Great Guru knew You will scale great height as a Benevolent Sage.

For us, You renounced the world, deprived of Your childhood, You led a monastic life.

But, O Sadguru! In return You had to face only malice, sorrow and strife.

Your Holy throne was turned into a seat of thorns, by a chauvinistic few.

Stooped to derision and vilification, instead of giving respect, devotion, a Mathadhipati is due.

You an epitome of patience and love, like a colossus, You took it in a stride.

You relinquished the Holy seat, made KARLA, an abode of Sprituality, Peace and Love, our pride.

Shorn of the fetters, you pursued the projects, close to your heart.

The Landmarks left are evidence of Your love for Downtrodden, Living Beings and Art.

We fall short of words to express, Your Greatness, munificent and discreet,

You pardoned us with open heart, though forfeiting our right, to bow at your Lotus Feet.

Suresh U. Kilpady

*Down Memory lane:*

## Back In The Day

VAISHNAVI NAYEL TALAWADEKAR

When we shifted to Bangalore in 2003, we moved into a busy, bustling neighbourhood whose air carried the slightest fragrance of steaming filter coffee. I was in the ninth grade then.

In Malleswaram, doors were left open to greet passing neighbours and children would gather on the road in the evenings with their cricket bats. Sometimes we would visit the local ice cream parlour, two blocks away and watch the rotating ice cream drum chug out giant tubs of creamy snow. On other evenings, my grandparents and I would stroll down to a local tiffin room where they'd serve us plates of Benne Masala Dosa and a smile.

Fruit sellers would line the lanes with colourful fare adorning their carts, while street hawkers would call out their wares in Kannada from their makeshift tarpaulin-bamboo stalls. On weekends, we would visit a local chaat joint that would whip out plates of BhelPuri topped with a peculiar garnishing of grated carrot, that I would specifically request not to be added. I would vehemently scold the waiter every time he forgot to

relay my instructions to the cook and he would flash me a sheepish grin.

I left Bangalore in 2010, but every time I caught a whiff of filter coffee or watched an ice cream vendor bring a smile to a child's face, I remembered Malleswaram. But as luck would have it, I moved back in 2014 and out of sheer practicality, I sought a house in Marathalli.

Having been in Marathalli for over a year now, I sometimes muse at how far I have to walk just to buy some fresh green spinach or the distance I have to drive to get to the nearest organic ice cream store. The staple Masala Dosa is now replaced by roadside Bhutta and Marathalli offers me flyovers in place of roadside vendors. I still don't know who my neighbours are. I sometimes bump into them in the lobby whilst waiting for the lift and we exchange smiles, but I don't know their names, where they're from or who they are. Funny how life works sometimes.

But you know, I think everything is going to be alright. There's a chaat shop right next door that serves BhelPuri without the carrot shavings. I think that's a sign.



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Left for heavenly abode on 13.02.2016

While we deeply mourn your passing away,

God has relieved you

From the pain and suffering that you underwent.

Facing life with courage, grit and determination,

Accepting all that came your way with equanimity and grace,

Your heart was filled with love that went beyond your family

And touched the lives of many more.

The love, care and affection you showered on us

Will be remembered forever.

*Kodanges; Sawants; Shanbhags; Hattikudurs; Kamaths.*

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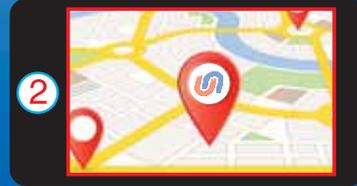


तुमचे खाते उघडताना  
खालील क्रमांचा अवलंब करा आणि वेळ वाचवा.



1

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अॅप डाऊनलोड करा



2

तुमची जवळची शाखा निवडा



3

अॅपमधून तुमचा सेल्फी आणि  
तुमच्या आधार कार्डचा फोटो घ्या



4

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KALINDI MUZUMDAR

Professional social work interprets compassion as feeling with the clients but not like them. This implies that we experience the anxiety, pain and the insecurity of our clients but we rise above all these painful feelings and try to enable the victims to handle the turbulent situation.

In life we need to raise our compassion to the n<sup>th</sup> degree. It is said that when a bull was beaten by his master outside the residence of Sant Tukaram, the weirs appeared on Tukaram's body! We may not achieve the compassion to that degree but let us try to feel the pain and the anguish of human beings, animals and insects.

On the spot intervention

At times we may see a woman being beaten by her husband or any other person on the pavement or a child being thrashed mercilessly by his / her parents. Some of us pretend as if we have not seen anything, other stand for a minute and feel sorry for the victim and then walk away. Yet how many of us intervene? The fear of police, the court and others keep us back from helping! Yet there are ways of helping the victim. Repeated emergency calls to the police (helpline) will do the needful. If one is afraid of the consequences the police could be requested not to reveal one's identity. At times it may be necessary to call an ambulance and take the victim to the nearest government or municipal hospital. In such cases police will interrogate the Samaritan.

One day at 5 pm I heard loud screams and cries of a man. I went down and saw that a man was tied to a pillar and a few security guards were beating him mercilessly! The man was vomiting blood! I immediately called the police and asked the guards to stop beating him. I asked them as to why they were beating him. They replied that he had stolen atta from a nearby shop. I said the poor steal because they are hungry and they don't have money. I again asked them as to who gave them the right to beat this man? They put their heads down. I untied the man and asked the watchman to give him some water, when the police arrived I asked them not to beat him at all as he already had his punishment! The next day when I did a follow-up I found that the police had already released him.

Children need to be taught at home and in school to empathize with the victims, i.e. human beings, animals and insects. In my childhood, I learnt poems in Marathi and English which had a deep impact on me! I had also read a story of a Sanyasi taking a bath in a river and being bitten by a scorpion. The Sanyasi would hold the scorpion in his hand to save him from drowning but the scorpion would bite him and fall again in the river. This continued for some time until the Sanyasi

threw the scorpion on land. A man was watching all this in sheer amazement asked the Sanyasi as to why he wanted to save the scorpion despite its stinging bites. The Sanyasi calmly replied that the scorpion was performing his dharma and he was performing his own! In all likelihood we may suffer in our efforts to implement our compassion into action. But do we have a choice?

Currently we have read the news regarding the mass suicides of farmers in Maharashtra! The rapes of children as young as two years and murders galore in malls, homes and schools. To add to all this the caste atrocities add fuel to the fire of segregation and discrimination. What needs to be done? I venture to give a few suggestions:-

1. First and foremost feel the pain of the victims.
2. Know the facts of the case (incident).
3. Think and plan your strategy enlisting the support of others.
4. Offer financial assistance to reputed NGOs who will do the needful.
5. Express your thoughts and feelings by writing in the media and/or participating in radio and TV programmes.
6. Spread awareness of the various calamities among friends and family members.
7. Youngsters could take out a silent morcha with placards (with the permission of the police) without disrupting the traffic. Never take the law in your hand.
8. Street plays at crowded places are a good medium to create awareness. Don't forget to obtain the permission of the police and assure them that you will not disrupt the traffic
9. Keep your confidence and compassion throughout your life. We are always blessed by our P.P. Swamiji and Shri Bhavanishankar. To quote Swami Vivekanand "Him I call a Mahatma whose heart bleeds for the poor."

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# Of An Aunt and A Dog

MAJ GEN S.G.VOMBATKERE (RETD)

My young friend Subhash has a spinster aunt, known for being a no-nonsense person, a stickler for the done thing and strict-as-can-be, feared as much as she is loved in her family. Her name is Uma but she is known to her close relatives with the rather Brit nickname of Betty. Her nephews and nieces do not dare use her nickname, and address her as Uma pachi but, without meaning any disrespect, refer to her as Betty pachi when she is not present.

Betty pachi, in her sixties, has a formidable visage and manner and an imperious bearing, even though she is all of five feet tall. She lives a couple of streets away from Subhash's parents' home, to which she walks over every now and then after telephoning. She always carries a short cane in her hand, as protection against street dogs which do not understand the expression on her face. Even though she has pet cats, rabbits and a tortoise in her home, she is, to put it mildly, especially un-fond of dogs, those "noisy beasts" which show affection by jumping on people and trying to lick their faces.

Accordingly, whenever Betty pachi announces that she is coming over, it is Subhash's duty to tie up their friendly and happy but boisterous golden labrador, Judy. Judy is a well-trained and obedient dog which responds instantly to Subhash's voice commands. But notwithstanding Subhash training Judy to respond to his command of "Judy! Sit!", this command somehow never seems to work where Betty pachi is concerned. Something in Judy's brain makes her want to jump on Betty pachi and lick her face to show her affection, and

so Judy has to be tied whenever Betty pachi visits.

So it was that one day, on receiving Betty pachi's telephone call, Subhash's mother told him that Betty pachi was coming over and that Judy must be tied up. Subhash, engrossed with his laptop, absently said Yes, and forgot to tie up Judy. After a while, he heard the sound of the gate being opened, heard Judy barking and Betty pachi calling out "Subhash!" in alarm. He realized with horror that he had not tied up Judy, and visions of Judy knocking down Betty pachi, sitting on her and licking her face, and the unpleasant consequences for himself, flashed through his mind even as he rushed out. His mother and sister, hearing the commotion, rushed out just after him, and were witness to the just-about-to-happen catastrophe.

Judy was bounding towards Betty pachi, her tail wagging joyfully, clearly with intentions of showering Betty pachi with canine love. There was Betty pachi standing frozen just inside the gate, now shut behind her. It was time for action, time to use all the force of Subhash's training of Judy.

But in his haste and confusion Subhash shouted, "Betty! Sit!". The effect was electrifying. Judy fell silent and screeched to a halt, and Betty pachi sat where she was standing. Subhash's mother and sister were hard put to suppress their laughter and rushed indoors to hide their mirth from Betty pachi. Betty pachi never lived that down, and Judy is now a changed dog, keeping a respectful distance from Betty pachi.



## Laugh a While ... Limericks

*Composed by Gautam Nadkarni, Anandashram, Mumbai*



In Scotland, a Surd with a turban,  
Once went to a pub [quite suburban];  
They laughed at his folly  
[Good gosh! Oh, my golly!]  
When he asked for a large peg of Bourbon.

There was a young crooner called Singh,  
Who lost all his bread in the Ring;  
He'd backed one too many,  
And paid not a penny...  
Now, singer Singh sings in Sing Sing.

There was once a fat youngster called Rama,  
Who was fond of the flicks and the drama  
— But wasn't invited  
Out by the far-sighted  
...For he just wouldn't leave without mama.

There was a young burglar — a Limey,  
Quite crooked and cunning and slimy;  
When a copper said: "Sid,  
You have made your last bid...."  
He interjected with a "Cor' blimey!"

There was an old pundit named Sharma,  
Who'd wax eloquent about Karma;  
When he rose to the skies,  
He was pulled by the guys...  
With a thud — on the ole terra firma.

There was a young baker said: "Blow!  
How on earth do I knead all this dough!  
"While getting his pay,  
He heard the boss say:"  
You must knead, if you need all this dough."

## Haunting memories...

CHAITANYA PANDIT - DARJEELING AND GANGTOK

We occasionally hear stories about haunting places from our near and dear ones, those who are fond of travelling to places, share their experiences. Even we enjoy the suspense movies depicting ghost, those frantic shrill shouts piercing through scary nights. The spine chilling, nail biting scenes are created by Disney in Disney World and various countless number of amusement parks world over with fearsome background music. We enjoy reading stories about supernatural or existence of wandering spirits. We deliberate about "Bhatakati Atma" and express our opinion whether life after death exists. Our opinions, may be sometimes exaggerating, keeping the listeners spell bound with narratives.

Being an ardent traveller but non believer in such stories I have come across a strange experience sometime back in May 2006. I have read about such haunting, mysterious places in the world as well as in our own country. But never ever got any opportunity to undergo such an experience!

Recently I came across an article on top five haunting places in India such as 1) Bhangarh Fort situated in Alwar, Rajasthan or 2) The Lambi Dehar Mines near Massoorie, Uttarakhand 3) Agrasen Ki Baoli, Delhi 4) Dow Hill, Kurseong and closure to our home D'souza Chawl, Mahim, Mumbai. This story revived my memories of May 2006 when I along with my family members had visited Darjeeling-Kurseong-Kalimpong-Gangtok (Sikkim).

We travelled by train from Mumbai to New Jalpaiguri. A short stature, bald Nepali Gurkha, Driver of our pre-booked tourist taxi was waiting holding placard bearing our name tag at the exit point of the station. He welcomed us with broad grin on his wrinkled face with twinkle in his tapered eyes, introduced himself as second generation Nepali Gurkha settled in Darjeeling. Worn out by long train journey we happily embarked into the car. Our Sarathi for next seven days drove us to Darjeeling for our three days stay there.

During three days we covered the Sun rise point overlooking the mighty snow clad Kanchanjunga peaks, afternoon toy train ride, strolling in the local market in the evening, danced to the local lilting tunes, visited gardens, waterfalls and savoured local cuisines Momos and Rosgullas. Second day we enjoyed boat ride in serene Kalimpong lake idling in the afternoon sun.

Third day we were scheduled to visit Kurseong, 33 KM away from Darjeeling unaware about stories associated with it. Before commencing the journey our Sarathi narrated in his typical Nepali accent, the Dow Hill in Kurseong shrouded in mystery. It is believed that the hill is a centre of mysterious paranormal activities. The

local school Victoria Boys High School is the place where spirits reside. The sound of tapping of footsteps were heard even when the school is shut for winter holidays from December to March. Many murders have been reported in adjoining forests. There seems to be one stretch known as "death road" where a headless boy is seen following the visitors. He walks down the road and suddenly disappears in the woods. Even there are narratives that a driverless car is seen operating on the said road for a short distance. Several people visiting the Dow Hill have gone into depression with scary dreams. The headless boy follows the visitors wherever they go, the main cause of visitors committing suicide. The entire place is enveloped by an eerie, strange and uncanny feeling. After listening to these narratives I and my little daring daughter turned curious to venture into the unknown. But due to timely intervention by my spouse restraining my adventurous instinct I have to retract. Her argument was difficult to erase. We went there as tourist without equipping ourselves with any tools, technique, scientific knowledge or information how to counter in case of any eventuality. Nor we are aware about behavioural pattern of the ghost or any available support system to fall back. Even the escape routes were unknown to us it being an unknown territory for us. These supernatural stirrings were enough reason for us to skip the Dow Hill. We have strictly instructed our Sarathi not to venture even close to Dow Hills. Our Sarathi though reluctant to go there was more than happy for these blessings in disguise. We cancelled our trip to Kurseong and prefer to spend one more day in Darjeeling itself.

Next morning overcoming the frightening memories of Dow Hills, we proceeded to Gangtok, State Capital of Sikkim. The scenery was indeed breathtaking. The road was awesome with dense tall trees giving standing ovation to each passerby. The road was winding across the mighty Teesta River occasionally crossing it with wooden bridge or iron girdle used for crossing. On the way we noticed the facility of river rafting conducted by some private parties. We at once enquired with our Sarathi how safe the river rafting conducted by these so called local private parties. He guided us that it is absolutely safe. You need not bother about. Even if you do not know the art of swimming you can enjoy the river rafting. We got down from our car, leaving our belongings in it.

We approached the officials sitting and waiting for interested tourists. After bargaining for the rates, we hired one raft with associated equipments or gear such as wind cheater, safety jacket, rowing sticks etc. We have handed over our digital camera to their person who

in his jeep shoots the video of our lifetime adventure of river rafting.

We boarded the raft. The two crew persons accompanied us one sitting in the front and another behind with rowing sticks in their both hands. The raft was pushed in to cold, chilled water. The water was flowing down hill with a great force colliding with the huge rocks and boulders. The circular raft was colliding with these rocks, changing its direction, moving up and down swiftly sometimes swirling in circular rotations. We were completely drenched with cold river water. Almost 40 minutes of our journey through the river via rafting was a great success. We were ecstatic on landing at the shore. We all shouted in unison raising both the hands as if we conquered the world.

We reached Gangtok city hotel in the evening. We enjoyed ropeway in the heart of the city in the evening, roamed around the Himalayan Kingdom, enjoying the quaint Himalayan atmosphere. In the evening we also enjoyed the local dance varieties. We too joined the locals and danced to the Sikkimise tunes.

Next day we travelled to Nathula Pass on the way taking brief halt at Tsomgo Lake for Yak ride and breakfast. The pious lake is fed with water trickling down from melting snow. It is revered by the locals. Hence washing legs, cloths, bathing of animals or human beings, cleaning of vehicles is strictly prohibited.

The more striking and scary was our journey from

Tsomgo Lake to Baba Mandir and Nathula Pass. The mountain roads were closed for clearing the debris from the landslide due to heavy downpour. For hours we got stuck in the traffic. All the tourist buses, cars were lined up on the uneven road for miles together. The roads were slippery. Pebbles were rolling down the hill on to the road. The driver was driving cautiously at around 20-30 kms/hr speed.

When we reached Baba Mandir we were stunned by hearing the story of Baba. Harbhajan Singh, popularly known as BABA is in fact an Indian Army soldier who died in 1968 while protecting India's border at Nathu La in Eastern Sikkim. His body could not be traced or recovered. He is revered by the Indian Army in high esteem. As a mark of respect to his soul, a shrine is built there. It is believed that his spirit still protects the Indian border and takes care of every Indian soldier posted at Nathu La in the inhospitable conditions. A great miracle indeed!

Next day we travelled to Lachung, Zero Point fully covered with snow for overnight stay wherefrom we returned to Siliguri to take return train back to Mumbai.

These twin hair raising contrasting memories of Kurseong and Baba Mandir are indeed everlasting. They made me ponder over whether the positive and negative attitude of mankind that exists during life time continues even after death? The answer left to readers' imagination.

# PFS

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## Personalia

**Chaitanya Devidas Padukone**, has been appointed by the I & B Ministry-Govt. of India-New Delhi on the Films Censor Board ( CBFC) in



Dec 2015 as an 'Advisory Panel Member' for the Mumbai Region and is being invited to attend select preview film screenings for 'certification'. On March 09<sup>th</sup>, Chaitanya was honoured at a glittering star-studded ceremony at The Club, Andheri West, Mumbai, with the prestigious "All-India Golden Achiever Award Citation-Trophy" for "individual excellence and outstanding accomplishments in the showbiz print media" by eminent senior actors Mukesh Rishi, Varsha Usgaonkar, Rakesh Bedi, Bhojpuri super-star Ravi Kishen and TV 'showman' Dheeraj Kumar. The well-orchestrated show was convened under the auspices of the New Delhi-based 'All India Achievers Conference' by media personality Abhishek Bachchan ( not the actor). Over 18 showbiz actors including popular TV celebs and noted business barons and doctors were also felicitated at the same event. Known for his showbiz journalistic creative caliber, Chaitanya is the recipient of the prestigious Dadasaheb Phalke Academy Award-2012.

**Durgesh Sthalekar**, has been promoted as 'General Manager - Designer Brands' in L'OREAL India, Subsidiary of L'OREAL a \$ 28 billion world's No.1 cosmetic company.



Durgesh started his career as a sales representative in Geoffrey Manners (makers of ANACIN) and then joined L'Oreal as Area Manager. He is with L'Oreal for the last 18 years winning many awards like Best Regional Sales Manager. Many of his colleagues call him God Father as he has helped them achieve

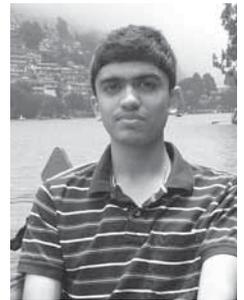
great heights.

He started the L'Oreal Beauty Academy in two women's colleges at Malad/Ghatkopar, training girls from poor families to become counter sales advisors. These girls are then recruited by L'Oreal helping one family with regular income.

Durgesh worked in Nigeria (Africa) for a year and was at Myanmar (Burma) for 2 and a half years till February.

His Career from Sales Rep to GM in L'Oreal's Luxury division is a great achievement. He will manage Designer Brand Perfumes like Giorgio ARMANI, Ralph-Lauren, Diesel & YSL from March 2016. L'Orealeans now say... Singham is back!

**Nachiket Narendra Hattangadi**, son of Sapna and Narendra Vasant Hattangadi has the distinction of clearing his C.A. Exam successfully in his first attempt, scoring 61%.- ranked 4th in the Merit list. Only 4 % i.e. only 50 students of the total 4000 students have passed for the academic year 2015-2016. Earlier he passed his C.B.S. E. Examination with 96 % and passed his B.Com with 70 %.



## Here & There

**Chennai** : Sadhana Panchakam for the month was conducted as per schedule as also Shankaracharya Nama Yajna on Sunday evenings. Punyathithi of HH Shrimat Shankarashram Swamiji of Mallapur was observed with Puja and Bhajans on 10<sup>th</sup> Feb. On 28<sup>th</sup> Feb, the Ordination Day of Shrimat Sadyojat Shankarashram Swamiji we performed Guru Pujan and sang Bhajans.

**Reported by Kavita Savoor**

**Goa - Saraswat Sammelan** - It was sweet and memorable event in the life of Shri Arun Ubhayakar who was one among the honoured for his contribution to Konkani at the august hands of H.H. Shivanandteerth of Kavale Math and H.H.Sadyojat Shankarashram Swamiji during the All India Saraswat Sammelan held recently at Panaji, Goa. Shri Ubhayakar also participated in the Kavi Sammelan reciting Konkani poems composed by him on the last day of All India Konkani Parishad held at Kala Academi, Panaji.

**Reported by Chaitanya Ubhayakar**

**Mumbai - Borivali** : Sadhakas from Borivali Sabha participated in Sannikarsha on 24th January at Karla and performed Sadhana Panchakam, Guru Pujan at the Lotus feet of Shri Durga Parmeshwari and Mahasamadi of HH Parijnyashram Swamiji. The male

members of the Sabha performed Gayatri Anushtan.

Discourse of Ved Rajgopalma maam was organised on 14 Feb at Vamanashram hall on the topic of Chitrapur Math logo and was attended by a large crowd.

The Sabha members also participated in the Pitharohana Mahotsava held at Karla on 28th Feb 2016 & Shishya Swikara Jayanti held 01st March 2016 also at Karla.

Shivratri was observed on 07th Mar 2016 with shiv poojan performed by Ved. Girish Chandavarkar Bhat with yajmana as Shri Ashok Hattangdi, member, Borivali Sabha. Lady members of the sabha read out the nitya path shiv stotra followed by bhajans. The prarthana varg children also participated by singing few bhajans & stotra. A dance performance based on shiv bhajan was presented by the children which was the highlight of the day. The function ended with Deep Namaskar, Sabha samapti prayers and prasad.

#### **Reported by Anand Dhareshwar**

**Mumbai – Dadar :** February is one month which Yuvas look forward to with excitement, and for that there is one main reason – Yuvathon time!! And so, 12 of our yuvas started getting their fitness in order for the annual Yuvathon at Karla on the 7<sup>th</sup> of Feb. This year's Yuvathon took them to the Kamshet ridge. After the physical workout, it was time to recharge the mind through Devi Anushtana for the girls and Gayatri Anushtana for the boys, following which everyone returned to Mumbai happily exhausted.

Prior to the Yuvathon, our Sadhakas participated in Devi Anushtana on the 5<sup>th</sup>. 'Sanskrit Katta' continued as well, with Sadhakas enthusiastically participating in it on the 6<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>.

On the 9<sup>th</sup> and 23<sup>rd</sup>, Sadhakas met to have Swadhyaya on Swamiji's Ashirvachans. One of them was on Swamiji's Ashirvachana at the Goa All Saraswat Sammelan "Saraswatamdehi may" The other was on Swamiji's Ashirvachana clip explaining the meaning of "Sphuratu-amba-dimbhasya may hritsaroje hey devasada-avaangmayam-tejomayam cha"

On the 10<sup>th</sup>, the Punyatithi of HH Shrimath Shankarashrama Swamiji II was commemorated by paying homage to another great saint. 'Pasaayadaan' by Kanchan Honnavarpachchi & group celebrated the life of Sant Dnyaneshwar through some beautiful Abhangs. This was followed by Mangalarati and Prasad Vitarana.

The month ended with the celebration of Peethaaharana Mahotsava on 28<sup>th</sup>. Our Sadhakas took great joy performing seva and being a part of this programme held at Karla. And the proverbial cherry on top, was the fact that immediately 2 days after was the Shishya Sweekar Jayanti of Parama Pujya Shrimath Parijananashrama Swamiji III.

#### **Reported by Mohit Karkal**

## **Our Institutions**

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

The Annual Puraskar Samarambha was held on 17<sup>th</sup> February 2016 at 11.00 am. in Shrimat Anandashram Hall , Talmakiwadi. Lekhan Puraskar has been initiated by Shri Sadanand Bhatkal and Smt Nirmala Bhatkal to encourage our Bhanap Mahilas & to inculcate writing habits in Konkani and Marathi. This year the Lekhan Puraskar was awarded to Smt Muktabai Chandavarkar and Prof. Smt Kalindi Muzumdar. The Sugam Sangeet Puraskar, initiated by Smt Geeta Yennemadi and her family and well wishers to appreciate and encourage singing talent, was awarded to Smt Uma Bolangady.

Smt. Geeta Bijur, President, welcomed the distinguished awardees and the audiences. Smt Sharayu Kowshik introduced Smt Muktabai Chandavarkar as "a young 90 years old, sprightly talented pachhi" a very prolific writer of articles, skits, poems who also has two books of her writings published on her 75<sup>th</sup> Birthday & 90<sup>th</sup> Birthday. She is equally fluent in Konkani, English and Marathi. A versatile personality in all respects, be it cooking, dramatics, singing bhajans, a devoted home maker, and has also worked as Vice- President of the Matunga Mitra Mandal for a short while. Mrs. Bijur honoured Muktapachhi with the Lekhan Puraskar and requested her to give a talk. Muktapachhi read out a poem and then enacted a mono skit on a very hilarious topic- "Panchaytike Padmavati". Her voice modulation and her tonal expressions enthralled the audience, and kept them in splits of laughter.

After this the next recipient of the Lekhan Puraskar, Prof Mrs Kalindi S Muzumdar was introduced by Mrs Suman Kodial, a highly committed social worker with excellent credentials. She was a passionate social worker right from her young days. She has done her M.A. and MSW. She was a Professor, later Vice Principal of Nirmala Niketan College of Social Work. She has worked in many areas during periods of crisis, viz., Latur Earthquake, Bhopal Gas Tragedy, rehabilitating underprivileged downtrodden women etc.. She started a welfare organization "Sakhya" for distressed women and children. She recently published a book Dainandina Aatmachintan recently published Marathi book based on her experiences in the last 50 years. Her aim is to highlight and bring awareness in the society of the plight and sufferings of such women, and to help them to address their problems. She has also written articles in KSA and other magazines.

She has been appointed by the Bombay High Court and Dept. of Women and Child Welfare to write Enquiry Report in various cases. A very dedicated, compassionate and accomplished personality, we are extremely proud that she is being bestowed the Lekhan Puraskar. Mrs Bijur honoured her with the Lekhan Puraskar and requested her to speak on her experiences.

Mrs. Muzumdar narrated two poignant life sketches of 2 girls from her published book, the hardship and trauma these girls faced and her interaction and rehabilitation attempts left many a moist eye in the audience. Both the pachhis got a standing ovation.

The Sugam Sangeet Puraskar was awarded to Smt Uma Bolangady. She was introduced by Smt Padmini Bhatkal. A singer from childhood was initiated into music by her parents. An ardent Satya Sai Baba devotee she has given many bhajans, bhaktigeet programmes at various religious function and in the presence of many spiritual heads. viz., Param Poojya Shrimat Sadyojat Shankarashram Swamiji, H.H. Ishwaranand Giriji, Swami Chinmayanandji and also other great musicians and dignitaries etc. She has won many prizes in school and college, and has recently recorded many bhajan albums. She has done a 2 years Diploma in light music under the tutelage of Pandit Yeshwant Deo, and also learnt classical music from Dr Vandana Katti. She was honoured with the Sugam Sangeet Puraskar by Mrs Bijur. She sang two beautiful songs which were appreciated by all.

Vote of thanks was proposed by Mrs Usha Surkund followed by a delicious lunch.

Mother's Day is celebrated at the Samaj on Kasturba Gandhi's Punyatithi. This year it was held on 22<sup>nd</sup> February 2016. Mrs Geeta Balse welcomed the audience. This year Mr Sunil Ullal a well known speaker on HR and also a cricket coach in many institutes gave a very informative and interesting talk on "Communication is like breathing". He emphasized on the necessity of good interpersonal and communication skills, being positive, early morning affirmations and the importance of putting to use the 5 senses. Towards the end he also had some IQ games which were enjoyed by all. Mrs Vidyaxmi Kulkarni proposed the Vote of Thanks followed by tasty snacks sponsored by Smt Shaila Hemmady in memory of Smt Shrimati S Hemmady and Smt Sumitra G. Mankikar.

**Reported by Geeta Suresh Balse.**

#### **Forthcoming Programmes**

**Wed. Apr 13<sup>th</sup> 2016** at 3.3 pm at the Samaj Hall - Vasantik Sammelan - Sugam Sangeet by Smt. Uma Bolangady. Fruits in memory of Smt. Sonibai Shibad, Panvar Pachdi by Samaj and Refreshments sponsored by Smt. Poornima S. Nagarkatti in memory of Prema and Surendra Karkal and Heera and Udhav Nagarkatti.

**Sat. Apr 30<sup>th</sup> 2016** at 5.00 p.m. at the Samaj Hall - Adv. Narendra Kamat Memorial Lecture - Talk by Shri Mohandas Sukhthankar (Renowned Theatre Artist) on "My Experiences in Theatre". Refreshments sponsored by Smt. Sadhana Kamat in memory of Smt. Indirabai Kamat.

#### **Balak Vrinda Education Society**

In our last issue we had announced the news of the

spectacular victory of our Sundatta Marathi Medium High School students from 8<sup>th</sup> to 10<sup>th</sup> standard and won the Inter School (Mumbai Cricket Tournament Championship under 19 age 1<sup>st</sup> prize Trophy). They beat Chikitsak School in the finals held in Feb 2016. 20 schools from all over Mumbai had participated in this tournament. Our hearty congratulations to these students for this great achievement and also to our PT Teacher Shri Dnyaneshwar Pimple and Sundatta Marathi High School Head, Smt. Rekha Vartak for the efforts put in by them.

We give photograph of the prize winning team along with their PT Teacher/ Coach Shri Dnyaneshwar Pimple on page 21. The prize distribution was held on 14<sup>th</sup> Feb 2016 where our students received the trophy and awards from the organizers of this Interschool Tournament viz. Lodha Foundation.

The normal activities in the school viz, Republic Day, Annual Gathering, Education Excursion, Picnic etc, Inter class skit competition were held similarly many of the religious festivals like Christmas, Makar Sankranti, etc were celebrated with great aplomb to inculcate a sense of respect and values and its significance with fun and enjoyment.

**Reported by Geeta Suresh Balse**

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### ENGAGEMENTS

**KABAD- ULPE:** Ameet, son of Smt. Pushpa & Shri Anand Kabad of Ahmedabad engaged to Ankita, daughter of Smt. Mangala and Shri Vinay Ulpe of Mumbai at Vileparle, Mumbai on 14th February, 2016.

**ADUR- MUNDKUR:** Ashwin , son of Smt Deepa (nee Sheetal Kalbag) and Shri Prakash Adur of Kandivli, Mumbai got engaged to Neha, daughter of Smt Chetna (nee Telang) and Shri Sunil Mundkur of Aundh, Pune on 14<sup>th</sup> February 2016 at Karla.

### ACKNOWLEDGEMENT

**Pooja and Ashwin Dhareshwar** and their parents Shobha and Prakash Ulpe and Devayani and Vinay Dhareshwar thank all relatives and friends for their presence, blessings and gifts at their wedding at Goregaon, Mumbai on February 27, 2016.

### SANGEET CHOREOGRAPHY

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### NADKARNI RESEARCH

**G.G.Nadkarni** requests your time to explore his Facebook page titled as ...Nadkarni research....

## DOMESTIC TIDINGS

### MARRIAGE

We congratulate the young couple

Feb 27 : Pooja Prakash Ulpe with Ashwin Vinay Dhareshwar at Goregaon, Mumbai.

Feb 28 : Sandesh Ravishankar Bellare with Shaila Shantamurthi Rao Savanal at Pune.

### BIRTH

We welcome the following new arrival:

Mar 10 : A son (Aaryan) to Manasi and Anmol Vivek Trikannad at Auckland (NZ).

## OBITUARIES

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

- Jan 30 : Savitri Ramakrishna Heble (88) of Sirsi at Goa.  
Feb 13 : Mukta Shantaram Nadkarni (97) at Mumbai.  
Feb 14 : Wg Cdr (Retd.) Vasant Sumitra Rao Samsi (71) at Bangalore.  
Feb 15 : Gita Subhash Koppikar (nee Nagarkatti) (66) at Chennai.  
Feb 20 : Suman Gangadhar Kalyanpur (nee Kundaje) (70) of Coimbatore at Chennai.  
Feb 21 : Ratna Dattatraya Nalkur (87) at Borivali, Mumbai.  
Feb 23 : Prema Mohan Mankikar (nee Karnad) (80) at Prabhadevi, Mumbai.  
Feb 23 : Ramesh Gopalkrishna Nadkarni (83) at Vile Parle, Mumbai.  
Feb 23 : Indumathi Bhasker Kilpadi (89) at Pune.  
Feb 25 : Gajanan Raghavendra Kulkarni (98) at Pune.  
Mar 8 : Pradeep Pandit (64) at Bangalore.  
Mar 8 : Suresh S. Betrabet (85) at San Diego.  
Mar 14 : Anupa Jothady (62) at Malleshwaram, Bangalore.

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