

Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

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SWARADHEESH Dr. BHARAT BALVALLI



Chatting with Prime Minister
Shri Narendra Modi



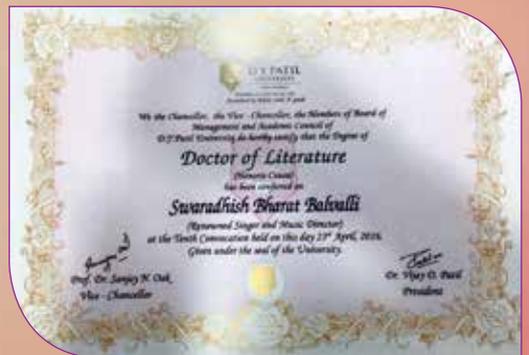
At a meeting with the Dalai Lama



Swaradheesh Bharat Balvalli, was awarded the D'litt/Doctorate in Music,
Music Direction, and Nation Building activity by the D.Y. Patil University, Navi Mumbai



Bharat Balvalli receiving the title of "SWARADHEESH"
from H.H. Vidya Shankar Bharati Swami, the
Shankaracharya of Karveer Peeth



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Kanara Saraswat

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EXAMINATION RESULTS

Students who have passed in the various examinations held in Mumbai, Pune, Bangalore and other parts of the country, are requested to send their details in the following proforma to the Editor, Kanara Saraswat, before 31 August, 2016.

Name (in full):

Address and Telephone No.:

Examination passed and Board / University:

Marks obtained (Please enclose a photocopy of the Marks Sheet duly endorsed):

Merit or Prize/s obtained:

Photographs will be accepted only of those students who obtained 80% and above in SCE/HSCE/

ICSE/ CBSE, and above 75% for graduates.

Please note that all the results and photos will be printed in our October issue.

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KSA Centenary Refundable Educational Grants Program

Last Date of receiving Applications – 31ST August 2016

We invite applications from eligible Chitrapur Saraswat students under the KSA Centenary Refundable Educational Grants Program. Aid up to a maximum of Rs. 1 Lac p.a. can be granted.

Application & Annexure duly filled in along with necessary documents should be sent to our office on or before 31ST August 2016. The students who have already received Grants are also eligible for receiving Grants for subsequent year of studies subject to availability of funds.

Application form along with Annexure and Rules and Regulations can be accessed on our website www.kanarasaraswat.in or mail your request to admin@kanarasaraswat.in

KSA Centenary Medical Aid Program

Patients suffering from major illnesses can apply for medical aid up to Rs. 50,000/-under KSA Centenary Medical Aid program. The Application form for KSA Centenary Medical Aid Program & the Rules and Regulations can be accessed on our website www.kanarasaraswat.in or mail your request to admin@kanarasaraswat.in

LATE SHASHI ULLAL ANNUAL SCHOLARSHIP PROGRAM

Applications are invited from students of reputed Business Management Schools for an Annual Scholarship of Rs. 1 lac under Late Shashi Ullal Annual Scholarship Program

An Annual scholarship of Rs 1 lac for a deserving student has been instituted by Shri Pradeep Ullal and family in memory of late Shri Shashi Ullal. This is the second year of the scholarship.

The aspiring student should fulfil the following conditions:-

1. He/she should be a Chitrapur Saraswat.
2. He/She should have got admission to a reputed Business School for a post graduate degree/diploma in Business Management. The same student may apply the following year as well.
3. There is no income criteria.
4. The selected student should submit an essay on why he is interested in acquiring a business degree which will be published in KS Magazine.

Mr Shashi Ullal was one of the pioneers of the IT industry in India. Applications from students who fulfil above conditions must reach KSA Office by Saturday, 31ST August 2016.

Raja Pandit
Chairman, KSA



From the President's Desk....

The other day, I was reading a story of Mr. Daniel Vasella, chairman of the famous pharmaceutical company Novartis. It was under the leadership of Vasella that the two pharma giants and arch rivals, Sandoz and Ciba-Geigy merged to become the giant pharma company Novartis. Vasella's emergence from extreme challenges in his youth to reach the pinnacle of the global pharmaceutical industry vividly illustrates the element of crucibles which is so critical in becoming a leader.

Vasella's early years were filled with medical problems that stoked his passion for becoming a physician. He contracted asthma at the age of 5 and at the age of 8, he had tuberculosis followed by meningitis. His older sister died of cancer when he was 10. His other older sister died the next year in a road accident. Two years later, his father died during a surgery. To support her son and herself, his mother took a job in a distant city which kept her away from Vasella for months. Left alone, 14 year old Vasella rebelled and joined a motor-cycle gang that drank a lot and got into frequent fights in the neighborhood where he lived. This phase lasted for several years until he met his girlfriend and future wife, who changed the course of his life. Thanks to her, at the age of 20, he joined a medical school, became a physician, joined Sandoz in its sales and marketing department... and the rest is history, as they say.

In his interview Vasella said that this element of crucibles tested his inner strengths, made him much stronger mentally, created a burning desire in him to succeed against all odds and made him what he is today.

Then there is this famous story of Abraham Lincoln. We rarely find examples of constant perseverance for success like that of Lincoln. If anyone wants the inspiration of how much effort a human being can make, then one should read his life sketch.

Born in poverty, Lincoln had to face defeat throughout his life. He lost eight elections, including one for the nomination to the post of Vice-President of his country, failed twice in his business and became bankrupt, was engaged to get married to his sweetheart who died before marriage, suffered a nervous breakdown and was bedridden for six months. Lincoln could have quit many times, but he didn't quit. He persisted and in the process became one of the greatest presidents of the United States of America.

When asked about his early life story of failures, Lincoln said "The path was worn and slippery. My foot slipped from under me, knocking the other out of the way, but I recovered and said to myself, 'It's a slip and not a fall!'"

Nelson Mandela's life is another inspiring story of persistence.

One can go on narrating many such stories which show the element of crucibles which can make you stronger, unbroken, ready to take on tougher challenges and in the process make you successful.

All of us face these moments of crucibles in our lives. They may come at any juncture in our life, such as death of loved ones, illness, growing up in poverty, discrimination, rejection by peers, failures early in life, hostile work atmosphere, constant criticism or even sarcasm. Quite often, crucibles occur when you least expect them. Left unaddressed, these elements of crucibles can leave you feeling like a victim, can make you feel incapacitated. These crucibles can even drag you into unresolved anger, grief or even shame causing you to deny your experiences, shut down your deepest feelings, avoid confronting difficult issues and finally succumb to these difficult experiences completely.

To navigate through a crucible, you need to believe in yourself and your purpose in life and summon the inner strength and courage to endure. These difficult times also require affirmation and support of those close to you. Crucibles are the real test of your character and can be transformative experiences that empower you to reframe your life's meaning. Eventually, you will look back at your experiences and draw strengths from them which will make you a much stronger person.

Each one of us has that element of Vasella, Mandela or Lincoln that can make us great in our own way. Believe in your own inner strength and move forward in life with a strong purpose.

The world is yours to conquer...!!

Regards,
Praveen P Kadle

KS Magazine (Green Initiative) - Some Useful Information for Members:

Since last few months, Editorial Committee has been encouraging/requesting KSA Members to read the Magazine on line and opt for not sending the hard copy to them. The response to the appeals in the Magazine and also in the form of a few E Mails sent to members (wherever E Mail IDs were available) has been a bit slow, which was expected, as the concept is new for some. At the same time, we thought of communicating some very useful and important information to our members as regards the Magazine:

1. We would like to make it known to members that even if they opt for soft copies and if they are interested in making any reference to older issues, then at any given time, there are 12 to 15 months' copies available on the net - which can be referred to.
2. If at all any member is interested in making a reference to even older issues, then the same can be sent to members by e mail, if such requests are made to KSA by mail. However, it will not be possible to send hard copies them for such old issues.
3. We are fully aware, that till recently the downloading time of soft copies of magazine on line, used to be fairly high and at times it used to be as high as 15 to 20 minutes. We have gone into details about the reasons for this delay and rectified the same.
4. We have decided to keep only 12 to 15 months' copies on line at any given time and deleted all magazines prior to this period. This will facilitate members in quicker downloading of the magazines. No doubt, the downloading time will also depend upon the configuration of system, which is used by members at their homes.
5. Sometimes our members who contribute to the Magazine in terms of articles, poems, profiles etc request for one or two additional hard copies for themselves. Even if any members who opt for soft copies, KSA can grant such requests.

“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.

Kartik Kadle	kartik.kadle@googlemail.com
Sushil Mangalore	sushilgm51@gmail.com
Tanya Kadle	tanyagang90@gmail.com
Vivek Kolpe	vivekkolpe@yahoo.com
Manasi Kolpe	manasikolpe@yahoo.com
Vijaykumar Kolpe	vgkolpe@yahoo.com
Monojit Maskeri	monojitm@gmail.com
Maya Maskeri	maya_maskeri@yahoo.com

Release of KSA Census 2011 Report & Directory

The Managing Committee of Kanara Saraswat Association invites you on the occasion of the Release of KSA Census 2011 Report & Directory on Tuesday, 19th July 2016 on Guru Purnima Day at Shri Chitrapur Math, Shirali. The Census Report & Directory will be released by Parama Pujya Shrimat Sadyojat Shankarashram Swamiji .

Gurunath Gokarn
Convener
KSA Census

Raja Pandit
Chairman

Letters to the Editor

Dear Editor,

Praveen, the Vitamin D for KSA!!!

Indeed, what the President writes he actually practises, I must say. He has been steadily working towards his goal with determination and dedication and got the results within a short span of 6 months. Congratulations to both Praveen Kadle and other donors, and to KSA, that the sword hanging of a huge debt of OD has finally vanished and KSA can now breathe freely.

Most unassuming and humble, Praveen is a multi-tasker handling very senior position in Tata Capital, winning accolades in business circles for the same; working with utmost devotion for both Shirali and Karla Maths; and setting up ambitious goals for KSA.

We have had the good fortune of knowing him well since he had readily offered us, when we had approached him, the advertising work of Garware Wall-Ropes Ltd when he was with the Company some twenty five years ago.

He is surrounded by artists and musicians in his family. His wife an excellent painter, parents- in- law musicians — surely this love for fine arts must have rubbed off on him, which is evident in his writings. His "From President's Desk" are an example of his lucid flow of thought and writing. His writing drives the point home with simple words and beautiful and apt analogies and parallels.

My husband Mangesh and I wish him all the best in the good work he is doing in various capacities. We are truly proud of him for that. May God bless him in his endeavours.

Kunda Kagal, Wadala

Dear Editor, The two articles I eagerly look forward to in the KSA issue are "From the President's Desk" and " Self Excellence and Leadership" which are thought provoking and convey important messages for day to day life. I am dissappointed that in the last May 2016 issue latter article was missing. I hope this series of articles being particularly addressed to young bhanaps will be resumed soon.

I also welcome the change of Management in the KSA and compliment present President for making KSA a debt free institution within such a short time. Beside the financial aspects I hope with his new team and with a professional touch he will take KSA to new heights which every bhanap will be proud of.

D.N.Upponi, Hubli

Dear Shri Upponi, Thank you very much for your response especially to our articles. I will draw your attention to the fact that in our May issue the article on Self Excellence and Leadership was printed on page 21. We will continue these for some months and look forward to more responses from other readers too.....

Editor

Dear Editor, I am really glad to know that the financial poistion of KSA has been much improved and that the overdraft has been cleared. The main objective to maintain KSA as a debt Free Institution has almost been achieved. Our congratulations and compliments to Shri Praveen Kadle President and his team.

A request from subscribers of KS magazine in E copy form for Green Initiative, to help saving the environment and reduce the effect of Global Warming, may perhaps receive a lukewarm response. That is mainly because Magazines are not received on time not only even at nook and corner rural places but also places like Bengaluru, Mysuru and Chennai. But whoever are interested, may take a glance on the website without fail anytime. The magazine has always been read at leisure by youngsters and even senior citizens with great enthusiasm and joy as it contains lot of information about Chitrapur Saraswats. More especially for senior citizens when laptops/ computers are very busy being occupied by younger generations for their personal or office work it becomes very difficult for us to disturb them. Therefore the magazine in present form is very handy and should continue. The magazine recently has not only beautiful good look and very attractive print but is more now like a souvenir than a magazine as it contains too many advertisements and less educative and informative articles.

Regarding, Chitrapur Saraswat census the last report and Directory was in 2001. Even after taking herculean efforts almost 5 years have passed since the last Census data was collected in 2011 and yet the report is to see the light of day. We would like to know the status and the date for releasing this Census Directory.

Shrikar Talgeri, Vile Parle, Mumbai

Dear Shri Talgeri, Referring to your above mentioned letter:

1. The date of the release of the Census Report of 2011 will be announced shortly.

2. KSA is definitely having an intention of going green and our efforts in this direction will continue.

- When we came out with this initiative, we were very clear that the response to it will be fairly slow for various reasons.

- We can understand the situation that with in joint families, the household will have mixture of members

who may be or may not be IT savvy. Under such circumstances, some members may not opt for the 'softcopy' option.

- One thing is definite, that at no stage will KSA force any members to go for the "Soft Copy" option. Hence if you do not opt for the soft copy, we will continue to send the hard copy of the magazine to you.

- However our efforts in making appeals and sending mails to members will continue to propagate this new concept. We are sure, if not immediately but sooner or later, the number of members who opt for "Soft Copies" will increase.

I hope we have conveyed our position in the right perspective.

3. You have mentioned that there is a delay in the magazine reaching our readers. This point has been discussed many times and we have tried our best. However after mailing the issues on the 1st/2nd of the month, we have no control on when the issues will reach their destinations. All the more reason for readers preferring the softcopy as this is uploaded by 1st / 2nd of the month.

4. You have also raised one point regarding too many advertisements and less of reading material in the magazine.

We would like to highlight an important aspect of any magazine. The sustenance of any magazine depends purely on advertisements only. The "Advertisements" from commercial organizations and from individuals are the only main revenue earner for KSA's Magazine Vertical. In the absence of any advertisements, KSA will not be able to sustain the activities of the magazine. Hence KSA will not be able to show lesser number of advertisements. If this is done, then the Magazine Vertical will go into Red and will tend to collapse totally. We hope, we have explained our position clearly.

.....Editor

DONATIONS

Kanara Saraswat Association is grateful to the following donor:

Emergency Medical Relief Fund:

Radha Purshottam Hegde

Rs.10,000/-

ANNOUNCEMENT

PARIJNAN FOUNDATION has launched a scholarship scheme for students who wish to undertake post-graduate studies in overseas based institutions and universities.

Any Chitrapur Saraswat student who wishes to pursue a post graduate course overseas can apply for this scholarship giving full details of the course along with the intimation of the university/institution who has offered the seat together with the cost of enrolling for such course in their admission format.

Initially, this scholarship will be in the form of non-refundable annual grant to the tune of Rs. 2.00 lakhs per student with maximum coverage of 15 students per academic year.

Applications received will be reviewed by a panel of eminent personalities from the field of academics, whose recommendations for such scholarships will be final.

These applications seeking scholarships with all the supporting documents should be sent in a sealed envelope marked '**PARIJNAN FOUNDATION Scholarship-Overseas Studies**' to the following address not later than 31st July, 2016

The Trustees

Parijnan Foundation

C/o General Manager Shri Chitrapur Math Shirali – Uttara Kannada Pin : 581354

Swaradeesh (Dr.) Bharat Balvalli

CONTRIBUTED BY SMT. PRAGATI ACHAREKAR

Swaradheesh Bharat Balvalli, son of Smt. Jyoti and Shri Mohan Pandurang Balvalli was awarded the D'litt/Doctorate in Music, Music Direction, and Nation Building activity by the D.Y. Patil University, Navi Mumbai on Saturday 23rd April 2016 at a grand function organized at D.Y. Patil Stadium.

His accomplishments in the various activities are listed below:

MUSIC

Bharat, a child prodigy started learning vocal music from Smt. Radhika Ubhayakar at the tender age of 3 ½. Later he learnt the art of Harmonium playing from Padmashree Tulsidas Borkar. Since he had a very good voice and keen interest in classical vocal music Bharat underwent tutelage of the illustrious late Pandit Yeshwantbua Joshi, a doyen of the Gwalior Gharana.

During his school and college days he won a number of prizes in Harmonium playing, Classical and Semi Classical and light vocal music, in various prestigious competitions including that organized by Kanara Saraswat Association (KSA) and also acquired a number of trophies for the PTV English Medium School and Dahanukar College of Commerce and Economics. The notable awards amongst the many he received are Pt. Jasraj Sangeet Ratna Award, Pt. Vishnu Digambar Paluskar Award, Kavi Vasant Bapat Geet Gaurav Award, Pt Basavraj Rajguru Award (Govt. of Karnataka) and many more.

In July 2005 H.H. Vidya Shankar Bharati Swami, the Shankaracharya of Karveer Peeth an excellent Kirtankar and singer himself bestowed on Bharat, the title of "SWARADHEESH" in recognition of his talent. Swamiji also conferred the title of "SWARASAPTARISHI" on Bharat's illustrious Guru Late Pt Yeshwantbua Joshi.

Soon there after he was awarded the title of "SURMANI" by the Sur Singar Sansad, Mumbai, in November 2004, he founded an organization "SWARNINAD FOUNDATION", for the propagation and promotion of the Indian Classic and Allied Music. Under their banner Bharat has given a number of concerts such as 'Dene Mangeshache', 'Bhaktiras', 'Shura Mi Vandile' etc. He has also brought out CDs, titled 'Dene Mangeshache', 'Shree Krupanjan' (Abhangs-music composed by Padma Bhushan Late Shrinivas Khale), 'Swaranubhuti' (Anvat Ragas) and 'Divya Sangit Ravi' (Natya Sangeet of Late Master Dinanath Mangeshkar), 'Namoh Brahma Swaropaya' (Bhajans and Aartis on Swami Samartha of Akkalkot)

MUSIC DIRECTION

Bharat was fascinated by the life and teachings of Swatantryaveer Savarkar. The latter's passion for freedom of the motherland, the sacrifices made by him at the cost

of his personal and family life and his literature influenced Bharat a lot. To popularize Savarkar's teachings among the present and the future generations he composed the music for 31 Marathi, Hindi and Urdu poems written by Veer Savarkar particularly in Andaman Jail. The songs have been sung by him and other eminent singers like Anuradha Paudwal, Dr Jaspinder Narula, Sadhana Sargam, Vaishali Samant, Suresh Wadkar, Swapnil Bandodkar, Shankar Mahadevan, Javed Ali etc. The CD in Hindi was compered Shri Amitabh Bachchan and one in Marathi was compered by Shri Sharad Ponkshe. Both the CDs were released at the august hands of our Hon'ble Prime Minister Shri Narendra Modi and have been widely acclaimed.

Bharat has also composed music for a few Marathi Films and for a few patriotic and devotional songs in Gujarati. He has given performances all over India as well as foreign countries such as United Kingdom, Switzerland, Germany, Spain, Dubai etc..

NATION BUILDING

As mentioned earlier, Bharat was impressed by the character and Nation Building principles of Swatantryaveer Savarkar. Today, our country is beset with the destructive and disintegrative thinking and activities of various divisive forces. As a result, the importance of the freedom is being forgotten in many quarters.

Bharat therefore, founded an organization called "**Veer Senani Foundation**" with the help of a few retired military officers and civilians. Among other activities these founders go to various colleges and universities to preach them the importance of joining the Armed Forces and guide the youth by making them aware of the career options in the armed forces. When ex-servicemen (Veterans) are unable to get their grievances heard in the normal course through the maze of bureaucracy within and outside the armed forces fraternity, Bharat's organization (VSF) helps when all other channels fail. The mandate that the organization has set for itself is to assist veer naris, the war widows, and their wards in getting the same /better quality of life post the martyrdom of their spouse. The assistance is given in the form of financial help and solving issues with societies and administration.

The various activities being undertaken by the Foundation are Training for developing skills and organizing conferences on self defence, external threats, and internal security have found favour with the Govt. of India, particularly the Ministry of Defence and HRD Ministry.

We wish Dr. Bharat and his Organization all the best in the years to come.

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Late Shri D. N. Sirur



The courtyard in front of the Kanara Saraswat Association's building in Talmaki Wadi (plot no 11) is well known as the 'Sirur Square'. To commemorate the contribution by Late Shri D. N. Sirur to KSA and the community in general, a bronze statue of Late Shri D.N. Sirur has been installed on this ground.

On the occasion of his 140th Birth Anniversary (31st May 1876), statue was completely refurbished and a canopy was installed above the statue. We are grateful to Ms Maya Prakash Sirur of Raleigh, North Carolina presently based in New York, great-grand daughter of Late Shri D.N. Sirur for taking the initiative of refurbishing this statue.

PANCHASAPTATI JAYANTI / PLATINUM WEDDING ANNIVERSARY

Bhasker Haldipur wedded
Sindhu Haldipur (nee Sirur)
on **4th June 1941**



Bhasker & Sindhu Haldipur completed
75 years of togetherness
on **4th June 2016**



We offer our respects and best wishes to both of them who symbolise an ideal couple, parents, grandparents and great grandparents who have been so caring and selfless in making our lives comfortable and memorable from the time we shared a part of their 75 long years of togetherness. We pray to our Kuladevata and Guruparampara to bless them with many more years of togetherness and happiness.

Vithal-Jyothi Haldipur

Ashwin-Sushma &
Shloka Haldipur
Devyani-AseemMudbidri

Vivek-Sheila Haldipur

Priyanka-Gautam
ParthivHaldipur

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Pooja Kalyanpur

Uma-Pradeep Trasi

Shivsharan-Loyola Trasi
Gowri Trasi



**In loving memory of
Smt Nagaratna Atmaram Padukone,
n\u00e9e Nagaratna Basrur.**

Passed away peacefully on 2nd June 2016 in Atlanta, Georgia, USA.

Deeply mourned by daughter Anjali, son-in-law Stephen Borte, granddaughter Akshata Mendonca and grand son-in-law Sanjay Mendonca, granddaughter Amrita Song and grand son-in-law Joseph Song, and great grand children Sanjana Mendonca and Arihan Mendonca.

Survived by her brother Manohar V Basrur.

First year anniversary In loving memory of



Vinod Ramrao Kalle
22.12.1951 to 23.7.2015

You are probably looking at us
from heaven above
&
as always smiling
with showers of love!

**Fondly remembered and deeply
missed by:**

Amma, Rekha, Riddhika, Ramesh
and all your near and dear ones

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**It seems so cruel to lose one so dear. Time may
dull the pain, but we will never forget our Sow-
mya.**



Sowmya Vinesh Betrabet

4th September 1981 – 7th June 2016.

Deeply mourned & fondly remembered by –
Betrabets, Balnads, Aldangadis, Haladys, Philars,
Ullals, Chandawarkars, Konajes, Trikannads, Kombra-
bails, Kailajes, Savkoors and Hebles.

After the clouds, the sunshine; after the winter, the
spring; after the shower, the rainbow; for life is a
changeable thing. After the night, the morning, bidding
all darkness cease, after life's cares & sorrows,
the comfort and sweetness of peace – H. S. Rice.

6th Death Anniversary



Padmanabh (Maruti) Vithal Masur

(25th September 1920 - 4th July 2010)

Greatly missed and fondly remembered by:

Wife: **Jayashree**

Masurkars, Jadhavs, Padbidris, Sawants, Naiks and Vaidyas,
Bagwes and Bhapkars

All near and dear relatives and friends

Tara Chandavarkar (1928 - 2016) - A Tribute

RAMACHANDRA GUHA

The achievements of the Parsis are well known. A community numbering some 70,000 people has produced some of India's greatest patriots (Dadabhai Naoroji, Bhikaji Cama); its most prominent and philanthropically oriented business houses (the Tatas, the Godrejs); its finest scientists (Homi Bhabha); its most respected lawyers (Nani Palkhivala, Fali Nariman); its most admired writers (Rohinton Mistry); and its best-loved cricketers (Polly Umrigar, Farokh Engineer).

The Parsis came to India fleeing religious persecution in their native Persia. Their contributions to their adopted homeland have been colossal. The Parsi role in the making of modern India is widely acknowledged; so much so that the Union government, alarmed by the abysmally low birth rate within the community, has sponsored a programme called 'Jiyo Parsi' to encourage young Parsi couples to have more babies, presumably in the hope that these will grow up to become eminent entrepreneurs, scientists, writers, and artists (and perhaps even cricketers).

Far less well known than the Parsis are the Chitrapur Saraswats, a Konkani-speaking community from coastal Karnataka, whose members are now spread across India and the world. They number a mere 25,000 and yet have produced a range of extraordinary individuals too. They include the civil servant and constitutional expert B. N. Rau (whose role in framing the Constitution of India B. R. Ambedkar himself acknowledged); the father-and-son duo of educationists, Narayan and Vittal Chandavarkar; the actor, Deepika Padukone, the director, Shyam Benegal, and the actor-director, Guru Dutt; the playwright and actor, Girish Karnad; the writer, Santha Rama Rau; the journalist and anthologist, B. Shiva Rau; the former governor of the Reserve Bank of India, B. Rama Rau; the badminton champion, Prakash Padukone; the mathematician, Ramesh Gangoli; the classical musicians, Dinkar Kaikini, Lalith Rao, Aditi Upadhy, and Yogesh Samsi; the entrepreneur-technocrat, Nandan Nilekani, and the remarkable Kamaladevi Chattopadhyay, who began public life in the theatre, then threw herself into the freedom struggle (being jailed during the salt satyagraha), next took the lessons of civil disobedience to the American South, then, after Partition played a major role in the rehabilitation of refugees, before playing an even more important role in the revival of handicrafts. (Somewhere along the way, Kamaladevi helped found the All India

Women's Conference, the Indian Co-operative Union, the Sangeet Natak Akademi, the Central Cottage Industries Emporium, the Crafts Council of India, the Crafts Museum, and the India International Centre.)

The Chitrapur Saraswats refer to themselves, in an endearing act of conceit, as 'amchis', Us Folks. An 'amchi' as considerable as any one of the individuals listed in the previous paragraph, if far less famous, died in Bangalore this past month. Her name was Tara Chandavarkar, and her career was as gloriously varied as that of Kamaladevi Chattopadhyaya, a woman she greatly admired (and incidentally was related to).

Tara Rama Rao was born in Mangalore in 1928, and went to school there. Halfway through her BA degree, she had an arranged marriage, moving with her husband N. P. Chandavarkar, to Madras and then to Bangalore, where he founded the city's first professional firm of architects in 1950. Tara had four children; while raising her family, she cultivated a serious interest in Hindustan classical music. In the world outside, her husband's firm flourished, as Bangalore experienced a construction boom with the setting up of many public sector factories in and around the city.

In 1963, Tara Chandavarkar's husband died. Her father, a man of means in Mangalore, asked her to move there, where he would pay for her children's education. Tara Chandavarkar instead chose to take over her husband's architectural practice. She had, of course, no professional qualifications; what she did have was exceptional intelligence, and an even more exceptional courage. She took on a partner, Pesi Thacker, whereupon the firm named itself Chandavarkar and Thacker. She herself learned on the job, so quickly that the practice grew steadily.

Tara played a key role in running Chandavarkar and Thacker for two decades. In the late 1980s her son Prem, himself formally trained in architecture in Delhi and in the United States of America, returned to Bangalore. He later assumed principal responsibility, although she retained a close interest in the practice for many years thereafter.

While running Bangalore's most respected architectural firm, Tara Chandavarkar yet found time to make other substantial contributions to the city's life. She was a founder trustee of the Ujwal Trust, which runs one of Bangalore's best schools, Aditi, as well as the Srishti School of Art, Design and Technology, whose

moving spirit is Tara's protégé, Geetha Narayanan. When Aditi's first principal, Anne Warrior, died last year, at her memorial service Tara Chandavarkar gave a magical speech, a combination of witty and empathetic recollection that was quite the best eulogy I had ever heard from anyone, anywhere.

Tara Chandavarkar loved the young, and cared for the elderly. She played a key role in Ashvasan, a group that aims at healing "the self-esteem, dignity and sense of purpose" of senior citizens. Ashvasan runs as many as 10 centres in the city, which host seminars, talks, and recitals that have provided nourishment to thousands of pensioners.

The prime mover behind Ashvasan was Tara's close friend, Lalita Ubhayaker, who founded the group after having lost her own mother. Some years previously, she had lost her young son. Lalita Ubhayaker was herself a fine classical vocalist (of the Agra gharana), who stopped singing after her son's death. Her friend Tara encouraged her to sublimate her grief by encouraging younger musicians. Thus was born the Devnandan Ubhayaker Yuva Sangeet Utsav, an annual festival showcasing promising singers and instrumentalists, which is now in its 28th year. Among those who performed at the Yuva Utsav when they were unknown were those now celebrated artistes - Rashid Khan, Sangeeta Shankar, the Gundechia Brothers, and Kaushiki Chakrabarty.

In spite of the 30 years that separated us, I thought of Tara Chandavarkar as a friend, and always called her by her first name. Our bonds were various: she had known my father and his siblings when growing up in Mangalore; her firm had designed the buildings of the Indian Plywood Industries Research and Training Institute, when my maternal grandfather was its director; she was very fond of my wife, a graphic designer with a strong interest in architecture; my children had studied at the school she helped found. Then there was music. At the annual Yuva Utsav I would always seek to sit next to Tara and Lalita Ubhayaker, who knew much more about the music than I, and had plenty of other things to talk about besides. These two ladies were a rare mixture of charm and compassion, and were astonishingly accomplished as well.

A highly regarded professional; an educationist who helped start a pioneering school; a social worker who put in place institutions to care for the elderly and ailing (aside from Ashvasan, there was Karunashraya, a hospice which Tara supported and which her firm built); a connoisseur and patron of classical music. Her achievements are remarkable enough; they are made more remarkable still when we consider how, like her friend Lalita Ubhayaker, Tara Chandavarkar had known

much personal grief, losing a daughter and a grandson before her eyes, and her husband long before that.

Tara Chandavarkar was the Bangalorean I most greatly admired; and also the Bangalorean whom, my own family apart, I most deeply loved. For beyond the public, and public-spirited woman, was Tara the person, sparkling with zest and energy, hospitable and generous, and often quite witty as well. The home I most cherished an invitation from was hers, off Palace Cross Road in central Bangalore, where the talk and food were good, and the music sublime.

When, early on Tuesday morning, I heard the news of Tara Chandavarkar's death, I was listening to one of my favourite pieces of music; a jugalbandi by the veena maestro, Doresamy Iyengar, and the sarod wizard, Ali Akbar Khan, playing a raga known as Kalyani to the one and Yaman to the other. The choice was serendipitous; for this was a private concert, held in Bangalore in the year 1962, in the home of Lalita and Shivram Ubhayaker, with Tara and her husband almost certainly present.

Later that morning my wife and I went to Tara Chandavarkar's home to pay our last respects. In that living room I knew so well, her body lay, circled by a large and apparently unending stream of mourner-admirers, among them more or less all of Bangalore's architects, many students and teachers from the institutions run by the Ujwal Trust, plenty of music lovers, and a good number of 'amchis' as well. In a corner sat Aditi Upadhya, singing bhajans in a superbly controlled voice, sublimating her grief in her music in the very room where her great father, Dinkar Kaikini, had sung so many times himself.

Before I entered her house that day I was tempted to think that with Tara's death a piece of Bangalore had died; but after seeing the stream of men and women, young and old, come to pay tribute to her, and hearing the music still so sweetly fill her home, I changed my mind. Tara Chandavarkar's courage and dignity, her grace and her charm, her almost unique combination of professional excellence and public service, will live on in the words and actions of all those whom she touched in Bangalore, and beyond.

Reproduced from The Telegraph

Errata

In the 110th Birthday Remembrance of Shri Narayan Ganapat Kulkarni printed on page 30 of our May 2016 issue the date printed under the photo should be (May 8 1906 - May 3 1978). The error is regretted..... Editor.

A Tribute to my Tarakka

H. SHALINI RAO

Tarakka was my first cousin but in every sense, my older sister. My little brother's frail health kept my mother rather busy. So my aunt Yamunapachi, (my mother's twin sister), and Tarakka her daughter, were my second home. Shantam (the younger daughter) hadn't arrived yet. So, Tarakka spent a lot of time indulging my whims. She once carried a large chair down all the 23 steps of their house – to the sandpit down in the garden, for us to play 'house' under.

After she got married, we met only in the summer or when she had her babies in Mangalore. When I got married and we spent 16 years in Delhi, these meetings were restricted to summer holidays when we all met in Mangalore.

In 1974, my husband Vasanth got posted to Bangalore. When we got down at Bangalore Cant. Station, who should I see but Tarakka, who had come to receive us. She insisted that we should stay with her as she had a large house (and a larger heart) though we had thought of staying in Malleswaram where my brother and in-laws were. We stayed with her for three weeks till we found a house on rent.

During our stay in Bangalore we were lucky to be able to build a house on a plot which we had bought from Tarakka earlier. In 1982, we came to live there, very near her house. By then our boys had grown up and had friends of their own. My husband was busy with his work. So Tarakka and I spent almost every evening together after she came home from work. We went to nearly every cultural event be it dance, music, paid visits to friends and family. Shantam, Tarakka's younger sister and her husband joined us in 1992 and built their house near ours. So, the twosome became a threesome. Both Shantam and I looked up to Tarakka to guide us. We hosted family get-togethers jointly – generally, in Tarakka's large house.

After the untimely loss of her husband in 1963, Tarakka took the courageous step of partnering with architect Pesi Thacker and took over the reins of the Architectural Firm that her husband had set up, while also superbly managing home and family. She had had no formal training as an architect. She carried 'Chandavarkar and Thacker', C&T to everyone in the industry, to new heights to be one of the top Firms in Bangalore. She worked till she was 75 overseeing large projects in India and overseas, and then made way for

her son Prem to take over. Yet she made time for her kids, extended family and a vast circle of friends and well-wishers and their every cause.

As a person, Tarakka was gracious, soft-spoken and had an excellent command over languages. Her memory for names, relationships incidents and people was phenomenal. She would remember the tiniest details of each and every person she met and recalled these years later. She was held in great esteem by one and all. Her name opened doors in Bangalore. She had a large stock of stories and jokes, with which she would entertain her visitors. We never failed to be amused however many times we, the family, heard the same stories as there always was a new nuance. She observed she was the only woman at architects' events and dinners. Once, bidding farewells, the host warmly shook her hand and with deep respect said "Madam, we architects don't consider you a lady at all !!"

Tarakka was extremely generous in every sense of the word. Anybody who approached her for help, always went away with deep gratitude. She helped various organizations in the City not only financially, but also giving them her time and advice. She had a huge library and would generously recommend and lend us books and magazines.

She was the pillar of Bangalore from a gracious bygone era, loved and respected by one and all. Her loss is irreparable not only to us family, but to Bangaloreans at large.

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 Qtr Page	Rs. 2500/-
Black & White Qtr Page	Rs. 2000/-

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Remembering Vasant S Kalbag- A Man of Many Talents

SHRIKAR TALGERI, VILEPARLE

Vasantmam passed away peacefully on March 10, 2016 after a long and productive life. He lived in ShriKunj next to our Guruprasad Housing Society, Vile Parle – East, Mumbai, all his life. So we often saw him and interacted with him especially during our younger days as he was very active in the community.

He was born on April 1, 1926. His illustrious father, Kalbag Sheshgirimam was a prominent philanthropist in the Chitrapur Saraswat Community and the Vile-Parle area. Vasantmam had the same deep concern for the community and he undertook several projects to address their needs. He was a pioneer of the ALM movement in Mumbai. The local chapter, Hum Sub, that he founded, got many of us working together to keep our Hanuman Road clean. He also was a co-founder of the Senior Citizens' Club in our area. Vasantmam served as President of the KSA and contributed through his expertise in organizing and communication. In his inaugural speech, he pointed out how the Chitrapur Saraswat community, though a minority and with no special privileges have contributed so much in various fields. Indeed, Vasantmam was a shining example of this himself!

Vasantmam did his MSc in Organic Chemistry from the Royal Institute of Science, Mumbai. He was an innovator and established and ran a successful engineering business, Tempo Industrial Corporation, manufacturing scientific equipment. He developed several products such as semi-conductors, thermistors, laboratory heating equipment, all of which was not available then in India. Besides providing employment, he encouraged many of his employees to start their own businesses providing ancillary services. He was involved with the Instruments Manufacturers and Dealers Association (IMDA) and wrote several ISI Standards for electrical appliances. Even as he was busy with running his business, he kept the local community in mind. An example- in 1964 when there were acute food shortages, he and his wife Shanti, with the help of interested residents put up well received exhibition on food and nutrition to suggest practical ways to deal with the circumstances.

As an active Rotarian for many decades, Vasantmam used that platform to undertake many community service projects such as eye camps, rehabilitation for the handicapped and rural development. His scientific bent of mind led him to develop several innovations which were useful in rural areas such as geodesic

domes for low cost housing, citronella oil distillation stills, improved bullock cart wheels, etc. He had varied interests including wine making, computers, internet, environment and agriculture.

Later in life, he was an Management consultant providing his skills in systems to many businesses. He spent some years of his retired life at his mango orchard in Pisai, Ratnagiri, where he developed techniques to grow organic mangoes with greatly increased yields, and was recognized by the Krishi Vidyapeeth. He also helped improve the life of the villagers by implementing a water supply project at Pisai.

Even as Vasantmam was restricted in his activities by his health when he was in his eighties, he founded Kindness Unlimited. Balancing self interest with the common good, is its motto and the aim is to promote kindness. Vasantmam truly walked the talk. He published an online newsletter on kindness which was very popular. KU as well as the Rotary Clubs he was associated with, continue the good work that he initiated in his lifetime.

Vasantmam is survived by his wife Shantipachhi who was alongside him in all his activities and service endeavours. They were happily married for over 66 years.

We will surely miss Vasantmam and take inspiration from his life to do good wherever we can with whatever resources we have.

The word Bansuri originates in the Sanskrit bans [bamboo] + swar [musical note]. The Bansuri, is as simple as it gets. A hollow bamboo. A Few holes burnt in it. And that's it..... No other musical instrument, is as natural as the Bansuri. It is said "The Bansuri is God's instrument and God allows only the true devotees to be able to play it." It is believed that the bamboo selected for the creation of the Bansuri, is never cut on Panchami, Saptami, Ashtami, Navami or Dashami. Reason, if cut on those "tithis" ie lunar days, the bamboo gets infected. Reason, those "tithis" end with the sound "Mee" meaning "I" or "Me". The Ego in the word "Mee", "I" or "Me" nullifies the very act of creation of the flute and the Bansuri does not last long. The Bansuri was Lord Krishna's favorite musical instrument.

THE CO-ORDINATION COMMITTEE OF INSTITUTIONS GRANTING AID

F-1(a), Saraswat Colony, Santacruz (W), Mumbai - 400 054.

All Members are requested to attend the **Seventieth (70th) Annual General Meeting of the Chitrapur Saraswat Education & Relief Society (Regd.)**

The AGM will be held in **Shrimat Anandashram Hall (Saraswat Club), Saraswat Colony, Santacruz (W), Mumbai – 400054,**

on 31st July, 2016 at 10:00 a.m.

Annual Report will be dispatched to Members in due course.

AID DISBURSED BY CO-ORDINATING INSTITUTIONS DURING 2015- 16.

(The figures in brackets indicate the number of applicants receiving the assistance)

** Institution	Education Aid ₹	Distress Relief ₹	Medical Relief ₹	Total ₹	% of Total
1. C. S. E. R.	13,25,500 (137)	9,53,000(181)	7,47,000 (61)	30,25,500(379)	64.16
2. S. E. P. C.	2,40,000 (18)	2,40,000(46)	1,20,500 (06)	6,00,500 (70)	12.74
3. K. S. A.	2,71,728 (27)	1,44,394(26)	1,50,208 (15)	5,66,330 (68)	12.01
4. S. M. S.	2,60,000 (13)	1,00,000(17)	1,20,000 (07)	4,80,000 (37)	10.18
5. ANAND	43,000 (06)	—	—	43,000 (06)	0.91
TOTAL	21,40,228 (201)	14,37,394(270)	11,37,708 (89)	47,15,330 (560)	100.00

** C. S. E. R. - Chitrapur Saraswat Education & Relief Society, Santacruz.
S. E. P. C. - Saraswat Education & Provident Co-op. Society, Vakola.
K. S. A. - Kanara Saraswat Association, Tardeo.
S. M. S. - Saraswat Mahila Samaj, Gamdevi.
ANAND - Shrimat Anandashram Ordination Golden Jubilee Fund of

Shri Chitrapur Math, Shirali.
Gurudas Gulvady,
Hon. Sec, CSERS

From the Desk of Suresh Hemmady

Anthology of President's Desk articles Penned by Shri Suresh Hemmady

Shri Suresh Hemmady was the President of the Kanara Saraswat Association for three terms 1998-2000, 2011-2013 and 2013-2015. During this period he wrote articles in the column titled "From the President's Desk". The best among these have been collected and published in a book form.

The book will be released on Saturday 13th August 2016 at 5.00 p.m. in Shrimat Anandashram Hall, Association Building, Talmakiwadi, Javji Dadaji Marg, Mumbai - 400007 by the Chief Guest Dr. Ramdas Bhatkal, well-known publisher and founder of Popular Prakashan Pvt. Ltd.

All Are Cordially Invited

Anger Management

MAYUR KALBAG

"Temper is valuable; don't lose it"

A sales meeting was going on. There were almost fifteen people in that conference room. Everything was seemingly going fine when, all of a sudden, Rajneel began shouting at the entire team. This month you have fallen short of the quarterly sales target by more than ten percent. How can you do this! Do you know what will happen to the performance of the organization, do you understand or do you not!!

Rajneel really looked extremely upset but the more he looked at the sales figures his volume and his voice and his pitch increased. Then suddenly he called Ashnesh towards where he was standing. "Come here you...!" Poor Ashnesh, who was already nervous about the whole thing, got up and walked fearfully towards Rajneel. "You have been the worst performer and I am giving the last and final warning to you, if I see this kind of a pathetic performance from you again, I will throw you out of this office myself, GOT IT!!!" Ashnesh listened quietly. And his face fell. He really was feeling humiliated and to a large extent helpless. But he still managed to look up to Rajneel and said, "Rajneel Sir..my name is Ashneel and not Ashnesh. Sir, my sales numbers are there. They are highest amongst the others Sir". Saying this he quietly walked back to his seat.

Rajneel did not know how to react. Firstly he had wrongly fired and scolded Ashneel and secondly he did not even realize the difference between his own team members. His anger had blinded him quite literally! To add to this his anger did not subside. Instead of saying sorry and apologizing he went ahead and told Ashneel that he was still not satisfied with this performance though it may have been better than the others.

And again he started shouting at the team as a whole. "You have been given a fat salary and all the perks, and you are just having fun at the company's expense. If I want, I can terminate each one of you one by one and then you will realize your mistake!!!" As he was speaking or rather yelling at his team, the door of the conference room opened. The entire team including their team leader Rajneel were surprised. And rightly so. The person who walked in was none other than the Chairman of the company, Mr Vikash Anand. Everyone stood up and made space for him to walk inside and towards one of the chairs at the front.

As Vikash sat Rajneel greeted him. The chairman smiled. He told Rajneel to also sit. Tea and samosas were ordered by the Chairman. He looked at Rajneel

with a surprised look. "Were you singing inside Rajneel", because as I was getting out of my car, from that distance, I could hear you. With me there were three prospective clients from Spain. When I saw them looking quite confused about the loud sounds I had to tell them that it was a rehearsal for some play for the annual day celebration". The Chairman continued, "I had to come and see for myself what was happening in here!"

Then he looked at the team and asked. "How has your day been?" They kept quiet. "After everything Rajneel has said to you, are you feeling greatly inspired to go to the stores and sell our products with the highest levels of passion?" They were silent. "Are you all ready to give your Two Hundred percent to the organization?" Even to this question they were again silent. Each and every member's face was looking extremely gloomy. The Chairman looked at them in a concerned manner and asked them as to why were they so depressed and disappointed.

He asked them, "Is there anyone here who is feeling demotivated and punctured?" To this except Rajneel, everyone else's hand went up. "Do you need to improve upon your sales?" They said yes. He continued..."do you need a motivator or de-motivator". They replied Motivator. "Are you willing to work with someone who loses his cool and shouts at people and ends up humiliating his team or do you want someone who will, instead of getting angry expresses his anger in a more controlled manner and tries to guide his team to achieve more?" To this question all of them, in one voice replied, "Yesssss! Sir, we want someone like that".

Looking in the direction of Rajneel, the Chairman, smiled. "Dear Rajneel, in which category do you find yourself?" Rajneel, looked nervous and did not say a word. "Tell me... tell me", the Chairman again asked. "I am extremely sorry Sir for my behaviour. I most sincerely apologize" Rajneel responded. "Not to me Rajneel, but to your entire team, you must apologize". The Chairman continued, "Just because people make mistakes or errors it does not give anyone the licence to yell and shout at them the way you have done. I know you were surely not singing, right?" the Chairman asserted to Rajneel! "Remember Rajneel. Even anger can be more sensibly communicated. Remember one thing all of you, in anger the communication typically can become extremely rude and harsh and surely leads to humiliation and insult. The reason for the anger may be justified, but the manner in which it is displayed can

create a very negative environment of de-motivation and demoralization too. And this actually can even negatively affect sales and performance”.

The Chairman continued...“Just remember to do ‘SIX’ things when you begin to experience and feel anger, irritation or even frustration as well as stress”:

1. Learn to convert Anger into PASSION (from negative emotion to positive emotion).

2. Always search for the ROOT CAUSE of the problem instead of scolding the ‘TREE’ (the person) and do it collectively as a team.

3. Learn to EMPATHIZE before drawing conclusions and blaming the person. Always understand the person and the situation in which the failure may have happened.

4. Practise DEEP BREATHING and Meditation to help calm down the ‘ANGRY MIND’.

5. Even in the highest situation of anger, practice POLITENESS, however difficult it might seem. The best way is to practise the Art of being POLITE AND FIRM; BUT NOT RUDE.

6. And even if your anger does come out, learn to sincerely apologize without any EGO.

That evening, Rajneel sent an email to all his team members. He wrote to them about what he had learnt

and how he would be practising all the things that the chairman had shared with him and the others. But most importantly he concluded by restating his apologies to all of them for his angry behaviour and assured them that it would never happen again. The team presently is one of the best performing teams in the office.

Remember friends, “ TEMPER IS VALUABLE, DON’T LOSE IT”.

- Letters, articles and poems are welcome. Letters should be brief, and articles should be about 800-1000 words. They will be edited for clarity and space.
- The selection of material for publication will be at the discretion of the Editorial Committee.
- The opinions expressed in the letters/articles are those of the authors and not necessarily those of KSA or the Editorial Committee.
- All matter meant for publication should be addressed only to the Editor c/o KSA Office / e-mail id given above.
- The deadline for letters, articles, poems, material for “Here and There”, “Personalia”, and other original contributions is the 12th of every month; the deadline for advertisements, classifieds and other paid insertions, is the 16th of every month. Matter received after these dates will be considered for the following month.

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Language problems in adults following a Stroke

AKKI (AKSHATA MANELKAR)

A common condition causing significant communication difficulties in adults (usually elderly people) is Stroke. Stroke is the result of a sudden disruption of blood flow to parts of the brain, leading to death of cells in the brain (infarction). The communication disorder that often results from damage to the parts of the brain controlling language is called "Aphasia". Besides stroke, any disease or damage to the parts of the brain that control language can cause aphasia such as tumours, brain injury, and some neurological disorders.

Aphasia is not well-known to the public, resulting in negative psychological and social consequences. Hence, it is very important to know some warning signs of stroke such as paralysis or numbness of one side of the body and difficulty seeing, walking or speaking. Aphasia may cause difficulties in speaking, listening, reading, and writing; however, it is important to note that intelligence remains intact. Individuals with aphasia may also have other problems, such as dysarthria (slurred or distorted speech), apraxia (difficulty with planning and co-ordination of speech), or dysphagia (swallowing problems).

Communication problems in people with aphasia include difficulty producing language which may be manifested by:

- difficulty coming up with words they want to say
- substitution of one word for another (e.g., "knife" for "scissors")
- using made-up words
- difficulty putting words together to form sentences

Difficulty understanding language may be manifested by:

- misunderstanding speech, especially fast speech (e.g., radio or television news)
- difficulty understanding speech in background noise or groups
- misinterpret jokes and take the literal meaning of figurative speech (e.g., "it's raining cats and dogs")

Reading and writing difficulties can also exist – such as difficulty reading forms or books, putting words together to write sentences, spelling and difficulty with number concepts (e.g., telling time, counting money, calculating)

Appropriate diagnosis of the type and severity of aphasia is crucial for effective treatment. A Speech Pathologist (SP) evaluates the individual with a variety of tools to determine the type and severity of aphasia. It includes comprehensive assessment of Auditory Comprehension (understanding spoken language), verbal expression, reading and writing and functional communication i.e. how well the person is able to get his/her message across using any mode of communication such as gestures, drawing or pointing.

A variety of treatments are available for individuals with aphasia depending on their needs and goals. The SP may work on improving specific language skills and also help the person learn strategies to improve overall communication in a variety of situations. The SP may also work with family members to discuss how to maximise communication with the person.

Although the condition cannot be "cured", most people improve over time, particularly if speech therapy is provided. People with aphasia can be helped several years later since onset as well if they have access to appropriate intensive treatment. Here are some handy tips on how family members and loved ones can communicate with a person who has aphasia.

- Get the person's attention before you speak
- Maintain eye contact and watch their body language
- Minimize or eliminate background noise (TV, other people).
- Do not speak loudly unless the person asks you to do so
- Keep communication simple, but age-appropriate
- Simplify your speech, speak slowly and stress key words
- Give them plenty of time to speak trying not to "fill-in"
- Communicate using any mode possible (drawings, gestures, facial expressions)
- Encourage and praise all attempts to speak

These pointers will help family members to communicate with the person effectively while giving them the respect they deserve.

A Gem of a Find

SHIVSHANKAR N SURKUND, MUMBAI

In the PR profession, 'business with pleasure' is quite common. During professional meets, more time is devoted to the latter than the former. The moot question is, how many PR professionals devote time for 'business' while on personal quest for 'pleasure' which ensures participation of the spouse and the family? This tribe is fast diminishing, like all those endangered species on this planet earth.

I was on a pilgrimage of the South with my family, thanks to the TFC (or LFC) benefit prevailing in the banking industry, under which once in two years an employee could get reimbursement of travel expenses with certain limits. After visiting Kanyakumari and the important temples of Kerala, such as Suchindram and Guruvayoor, we reached Madurai to have darshan of the famous Goddess Meenakshi.

The mammoth size of the gopuram was visible from the balcony of our hotel, situated in the heart of the town. The best of South Indian dishes, including tasty dahivada, was served, surprisingly in a restaurant owned by Agarwals from UP! It took almost 3-4 hours to go around the temple along with an employee of the bank, allocated to take care of us as an escort, by the Regional Manager. Special archana and poojas were offered to Goddess Meenakshi.

"You meet our staff and address them," said the Regional Manager, while sipping nalla sada coffee in our hotel room. My reluctance, being on an unofficial visit, did not prevent him from pressurizing me till I consented. I thought it would be excellent PR for the Central Office.

Around 5 p.m. I entered the Regional Office, located in a busy locality on a narrow road overcrowded with all modes of transport. One could see cycles, autos, mopeds, scooters, cars, trucks, buses and even handcarts! While going towards the RM's cabin, I glanced around the office premises. I had a feeling of being watched by scores of eyes (pairs).

As it turned out, it was my goatee that made so many eyebrows rise! "Why on earth was this Muslim keen on visiting the city of temples" appeared to be the poser.

Suddenly I saw a unique person moving from one table to another, holding a few papers in his hand. He was a dwarf- hardly 3 feet tall, but walking majestically. I was wondering who could this person be - a staff member or an outsider? I did not have to wait long

for an answer.

The RM introduced me to the staff, who had assembled in his cabin. Among them, sitting in the front row, was the "Chhota Raja" who had roused my curiosity, "Meet Eshwaran, our Manager, Advance". The RM said.

But for the height, there was nothing small about this man, He was smart, a good talker. What impressed me most was his welcome smile. To my astonishment, I was told he was one of the most efficient officers, having invented his own computer programme to assess the viability of new credit proposals. He had a computer at home and had burnt midnight oil in perfecting his invention.

Now this was a wonderful human interest story, I felt. Could be an excellent tool for some media coverage for the bank. So, after the meeting, I requested my 'guide' to take me to the office of the 'Indian Express', which had a Madurai edition.

To my great surprise, I found that the Resident Editor, was Mr X, a good friend of mine from Mumbai, recently posted in Madurai. This made my job much easier. After exchanging pleasantries, I told him about Mr Eshwaran, walking tall in spite of his short physique. Being a seasoned journalist, Mr X grasped the importance of the story and assured me that he would depute someone, along with a photographer, to cover the story the very next day.

As scheduled, I left for Mangalore with my family the day after, hoping that my friend at "Indian Express" would do justice to Mr Eshwaran, Since I had no access to the Madurai Edition of "Indian Express", I was hoping that, in case the story appeared, our Madurai office would at least inform me.

Back home, I was once again busy with the usual office routine. A week elapsed and I had almost forgotten the Madurai episode. With new things to attend to, new problems to solve, new situations to tackle, new ideas to promote, new strategies to implement, so on, where is any time to spare for the old ones?

Around a week later, one day I somehow failed to glance at the morning paper at home due to an emergency. Then, around 11 a.m. a PR colleague from another bank phoned me up at the office, congratulating me on the 'Madurai story' in that day's 'Indian Express'

While thanking him for the compliments, I ran

through the paper, kept in my drawer for glancing during the lunchtime. To my utter surprise, the story was carried with a 4-column headline. Boxed and accomplished by a self explanatory photograph- a tall man shaking hands with dwarf Eshwaran with the headline ` Walking tall in spite of short height!`

My joy knew no bounds. Things had worked out well far beyond my expectations. The story was being carried in all editions of "Indian Express", and not just in Madurai Edition. A call to our Madurai office confirmed my hunch.

For a few days, I continued to receive a spate of phone calls over this human interest story. The editor of the bank's house journal too wanted to incorporate it in the next issue. He had already lined up a visit to Madurai under this pretext.! Some senior executives of the bank, who had met Mr Eshwaran during their Madurai visit, also appreciated my action - good PR for the bank for encouraging a person physically handicapped person.

However what gave me a sense of fulfillment was a letter I received from Mr Eshwaran a few days later, thanking me for the news coverage. He wrote: I have received over 300 letters from different parts of India, varying age groups, from persons like me and from parents of children with physical handicap, seeking advice as to the secret of overcoming the inferiority

complex in this competitive world!"

Today his letter is one of my prize possessions. It sits next to a photograph of Late T.A. Pai, autographed by him in a moving lift on the eve of his appointment as Chairman of LIC.

After a year or so, "Surabhi", the well-known serial on Doordarshan, too featured Eshwaran along with the tallest couple" in the banking industry, i.e. Mrs and Mr Kulkarni of State Bank of India, in one of their episodes.

KSA Corpus Enhancement Fund

In our December 2015 issue we had announced a scheme for our Corpus Enhancement in which we had requested members to upgrade their membership to patron by paying Rs 2500 or more.

Names of members who have upgraded their membership

1. Ashok Dayanand Nadkarni
2. Ramdas V. Betrabet
3. Mahesh B. Kalawar
4. Gurudutt Mundkur
5. Arun Bhavanishankar Manjeshwar



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SACHI - SACHIN

CHAITANYA PANDIT

April 28, 2016, my 28th wedding anniversary, was the most memorable day of my life! Destiny whispered outside my door, a whisper that slowly grew louder and became a mild knock. With bewilderment I opened the door and to my sheer amazement I saw none other than golden opportunity standing there with an incredible smile on her face. With excitement I moved two steps ahead and embraced her tightly. It was the opportunity to meet the greatest cricketer, Sachin!

Smt. Sulochana Haldankar, 83 years, a veteran artist, painter and sculptor par excellence from our locality at Dahisar (E) drew two stunning paintings of Master Blaster Sachin on canvas. In one she depicted Sachin lifting the World Cup and in another Sachin playing a defensive stroke at an IPL Tournament. She set her heart on presenting these paintings to the God of Cricket Sachin, herself during her lifetime. She started dreaming and contemplating ways and means to fulfil her lifetime wish.

But how could she reach him! She thought of his innumerable achievements. The highest run getter with maximum Centuries under his belt, Winner of countless number of Man of the Match/Series awards and crowned with the highest civilian honour Bharat Ratna at such a young age! All this and the impregnable wall of security cordon surrounding him! She was feeling very helpless with her advanced age, no reliable source of contact in sight and celebrity status of the Master Blaster.

Sulochanatai called my wife Chitra who happens to be her student and Head Mistress of the primary section of the Abhinav Little Angels' School. Sulochanatai expressed her strong desire to see Sachin and apprehension of this coming true. She even suggested to Chitra to at least find a person who could deliver the twin paintings to Sachin's residence. Chitra bucked her up by assuring her that Sulochanatai herself would deliver these paintings to Sachin in person and that it would happen soon.

Chitra communicated Sulochantai's fervent wish to Shekhar Varadkar, who renders honorary coaching in sports to school students. Shekhar Sir, a senior sportsman, who himself represented Air India in his younger days had played a couple of matches with young school going Sachin. He swung into action to fulfil Sulochanatai's dream. Being an ex-cricketer himself, he used his acquaintances with other cricketers. After relentless efforts of four months the light at the end of the tunnel was visible. He got the tentative date to meet the God



Chaitanya Pandit - Meeting with Sachin Tendulkar

of Cricket on April 28, 2016.

On the eve of April 28th he constantly followed up for confirmation. Phones were continuously ringing at my house. Sulochanatai was becoming impatient and calling Chitra almost every 10 minutes, in turn Chitra was calling Shekhar sir. It was 9.00 pm. Sachin was not reachable being busy in IPL match at Wankhede Stadium. Our hopes of meeting Sachin dampened, our dreams were almost on the brink of shattering. But it was Shekhar Sir's perseverance that kept our hopes alive.

At about 10.00 pm Chitra's cell rang. It was none other than Shekhar sir. In a subdued mood, Chitra attended the call. Anxiety ruled her face. But just for a moment!

The very next moment there was a sparkle in her eyes. I could see her face light up, there was the familiar, ebullient smile on her lips as if victory was in sight. A delighted Shekhar Sir conveyed the joyful news that the appointment was happening the very next day. The appointment was scheduled at 11.00 am in Sachin's Bandra residence. I too decided to grab this golden opportunity and spoke to Shekhar sir about the travel arrangement and opted to accompany them. I willingly offered to drive them in my car with the paintings.

Chitra broke this great news to Sulochanatai instantly. Both of them were ecstatic and I was no exception. To avoid the weekday morning hour rush, we decided to start early at 8.30 am. The whole night none of us could sleep. But natural, it was a momentous occasion for us to meet the youngest Bharat Ratna recipient, Sachin.

I sent an SMS to my superior for concession from the office duty and he instantly responded in the affirmative. We started at 8.30 a.m. feeling as if we were on a mission to be accomplished. We were to meet Sachin at 11.00 a.m. that too in his own abode at Bandra, a

rare privilege never dreamt of. During our journey of around 26 KMs that lasted slightly over an hour due to peak hour traffic, our talks revolved only around Sachin.

We reached early, took a small coffee break at yet another artist's home in Bandra, Shubhada Varadkar, an exponent of Oddisi dance form and sister of Shekhar sir. From there just 15 minutes and we reached Sachin's house.

To our surprise the security let us in without frisking or checking, very courteously and we were made comfortable in the spacious living room. 10-15 minutes of waiting time, tense moments, thoughts of how to break ice, what to talk all sorts of questions were floating endlessly in our mind.

Finally Sachin entered, clad in dark casuals, wearing in-house slippers, looking fresh, fair skin, and cute familiar smile on his sublime, pleasant face. We all at once were on our feet. Extending warm greetings. Shekhar sir introduced Sulochanatai, Chitra and me. I immediately expressed my opinion 'You look so young and fresh as if you are just 18.' He smiled gleefully.

Sulochanatai, personally handed over the twin portraits to him, photos were clicked. Sachin accepted the paintings with all humility, appreciated and humbly touched her feet. I was awestruck. The unexpected was happening in front of my eyes. I even pinched myself twice to believe. So humble, down to earth - truly a BHARAT RATNA. It was indeed a poignant moment for all of us. I bowed with folded hands to his towering achievements.

For a moment all of us stood dumb, confused, not knowing what to speak. All of us just kept watching him as if we were anticipating his next move. Sachin broke the silence making all of us comfortable requesting us to be seated. It reminded me that many players who played with Sachin used to respect him for he used to comfort them in the dressing room/pavilion.

Me: What are your feelings when you enter the stadium after your earlier failure upsetting your fans and lot of hue and cry by the electronic and print media?

He: I think I should believe in myself, concentrate on improving upon my shots, my game rather than getting bogged down by what my fans or media think. When I go to field, my only intention or focus is on play, building a good innings and helping the team to win the match. It is self-belief and sheer hard work.

While we were busy talking to Sachin, Sulochanatai casually enquired about his mother. He immediately got up from his chair and took both Sulochanatai and Chitra inside and introduced them to his mother in his inimitable soft voice. All the ladies then chatted for

quite some time.

Shekhar sir chatted for a while recollecting his nostalgic cricketing days. I enjoyed their talks with keen interest. On asking about his post retirement activities, Sachin expressed that probably he is three times more busy than his playing days and is contemplating on slowing down to spend more time with family.

Almost one hour. We didn't realise how the time flew! We wished him all the best. He and his mother accompanied us till the gate. He called security to help elderly Sulochanatai descend the steps with ease and make her sit in the car comfortably by bringing car right in front of the gate. So caring and respecting the elders. While talking to security too he was very humble. I really wondered how come such great people could be so humble! It really touched me! It opened my eyes, melted my ego, and inspired me to emulate him. I hope for the best.

Truly a wonder boy, golden boy, God of cricket!!!!!!

On our return journey we were overwhelmed with talks about Sachin and his humility. We were flooded with enquiries from our inquisitive friends, relatives, neighbours, well wishers, and office colleagues, superior alike about how we got this opportunity. We felt as if we ourselves became celebrity overnight. Such was our life time unique experience of meeting the Bharat Ratna.

New Jersey, USA : Pt Jayawant Bantwal, Tabla Player/Teacher and disciple of venerable Pandit Taranath Rao Hattangadi, was felicitated at a Kathak Concert in Monroe Township in New Jersey , USA. The occasion was the Debut Concert of Smt Debjani Roy. Smt Roy received her initial training in Kathak in Calcutta and continued in USA. She switched from Jaipur to Lucknow Gharana under the tutelage of Pt Satyanarayan Charka, a disciple of Bhanap Kathak Virtuoso Pta Maya Rao Hattangadi and Padma Vibhushan Pt Birju Maharaj.

At the request of the Organizers, J.Bantwal delivered a speech on Hindustani Classical Music. He enlightened the audience on its predecessor Dhrupad Dhamar, its routes regressing back to Vedas and explained why it is called Shastriya Sangeet. He also shed light on its relationship with 'Kathak Dance, His 10 1/2 year old disciple Swagnik Roy rendered a 17 minutes Tabla Solo including a 2 to 3 minutes of a rare Taal of medieval times called 'Tevra' Taal of 7 beats.

The Function was attended by about 250 Music Lovers.

Reported by Gita Bantwal

A Beautiful 21 days Journey

PARAMANAND CHANDAWARKAR

It was Diwali 2008 when my daughter was enjoying her first job and my son was still a student in his final year of graduation. Preparations for his final year exams were going and he was busy attending tutorials in private classes, schools and colleges.

On one such busy day at about 8.30 p.m. our phone rang and I picked up the phone with a "GOOD EVENING". The same words were repeated from the other side. The caller was none other than a renowned personality of Thane Sabha, Shri Diwakar Pandit. He conveyed a message from Shri Pradeep Adur who stays in Dombivili, that in the event of the 300th Centenary of our Chitrapur Math a Bicycle Ride is being organized by "Vasundhara Abhiyan". Three participants are taking part. But one of them is unable to join on account of his personal difficulties. Shri Adur said they were searching for more participants and asked me if I would consider sending my children.

The event was mainly organized to encourage sports-adventures. But they would also benefit by visiting the Samadhis of our Gurus (Dhul-bhet) and reaching Kalady (Kerela) to visit the temple of our foremost Guru Adi Shankaracharya. I was extremely happy that my children were getting an opportunity to participate in such a great event. And without any hesitation or considering the views of my family members I immediately replied and said "YES" to Pandit maam.

To my surprise, early next morning both Shri Adur maam and Shri Karnad maam visited us to discuss the event. My children Vijayalaxmi and Nikhil were overjoyed to see these eminent personalities at our home. The date, time, route, sponsorship, uniform to be used / clothes to be used during the journey were all fixed. All four members got busy in renovating and modifying their bi-cycles and fixing aluminum carriages to their cycles to keep the luggage in it or tied to it.

Suddenly, the news of a series of 12 coordinated shooting and bombing attacks lasting four days across Mumbai began on Wednesday, 26 November up to Saturday, 29 November 2008. But our cyclists were not daunted. They continued their preparations for this expedition. In such conditions encouraged by tremendous support from their families. Both Nikhil Karnad and Pradeep Adur assured us of our children's safety. Of course my children too showed exemplary courage.

Early morning at 5.00 a.m. on 09th December 2008 we gathered at Talmaki Wadi near the gate of the Kanara Saraswat Association building, fit and rearing to go!. Our Parampujya Sadyojat Shankarashram Swamiji also

was present that early morning at 5.30 a.m. Swamiji blessed the four participants and the journey started with a pleasant flag off and cheering.

The participants planned to take coastal route which was rather rough and tough as it was passing through the villages from starting from Talmkaki wadi – Alibaag – Murud – Dighi – Shrivradhan – Harihareshwar – Velas – Kelshi – Aanjarle – Dapoli – Dabhol – Kudali – Ratnagiri – Jaitapur – Vijaydurg – Padel – Phanshiwadi – Kudal – Sawantwadi – Panji – Phonda – Canacone – Karwar – Ankola – Gokarna – Kumta – Mallapur – Honnavar – Shirali – Udupi – Mangalore. On their way they enjoyed meeting many people, families holidaying there even at times meeting the Sa Re Ga Ma Pa little champs. The beauty of the coastal belt - Konkan patta upto Sawantwadi was invigorating. They then entered the NH 17 highway. Unfortunate they could not make it to Kalady on cycle due to lack of time. But they travelled by train from Mangalore to Kalady and back to Mangalore.

They returned to Shirali and from Shirali to Pune they travelled by bus. Again from Pune to Karla and back to Mumbai they completed by cycle. This journey must be a mere 20-21 day journey, but these four, 55 year old Pradeep Maam, 50 year old Nikhil Maam, 22 year old Vijayalaxmi and 20 year old Nikhil made their way to create memories long lasting memories.

In these days of fast paced life, a cycling holiday like this is something one will experience but rarely. I hope this will enthuse more youngsters come forward and experience such expeditions.

The Unseen Guest

The unseen guest at every meal,
HIS presence one can always feel,
A silent listener to every conversation
Guides us from frustration.
Groping in the dark
Woes staring us stark
From yonder comes the light
To drive away our fright
An aching heart finds a balm
In HIS words sweet and calm.

Saguna. R. Udiaver,
Ontario, Canada.



Off on their expedition!



Enjoying a much needed break!



It was a tough ride at times!

Armchair virtuosos

BHAKTI ULLAL

If you were told that practicing this hobby had the potential to make the world a better place, and solve global problems like hunger, poverty, climate change and political conflict, or that it could, on a more personal level, not only add more years to your life, but also add value to those years, would this hobby not interest you? Some of you would want to dive right in, while others would be more sceptical. After all, can there be such a thing as a hobby that can change the world?

Truth be told, I have yet to give this hobby a shot, but I am so impressed with the research on the subject and two famous TEDx talks by Jane McGonigal that I do intend to try my hand at it. Two things that really struck me were just how limited my view of the world was and what a skewed association I had with this subject up until now.

So I am going to first give you a taste of this incredibly creative new-age hobby, and may be you may want to rethink the negative associations that we have ascribed to it.

As a society, we currently invest over 3 billion hours a week participating in this hobby online. According to statistics, increasing the time spent on this hobby to something like 21 billion hours a week might be the key to finding solutions to the world's most pressing problems. So what hobby would be worth spending so many hours over, and could have such far-reaching effects? Let me not build the suspense any more.

I am talking about gaming. Yes, you read that right, I am talking about playing massively multiplayer online role play games like World of Warcraft and Clash of Clans. Now most of the associations we have about gaming are that it is a distraction from more important issues, a thorough waste of time, an addictive pursuit and basically a useless activity. Nothing to waste our precious time on really!

So, if recent research is to be believed, what have the critics (and that might well be most of us) been missing out on all along? We all know that when we play a game, we tackle tough challenges with more creativity, determination, persistence, optimism and we are more likely to reach out to help others. We are also more open to asking for help, building allies and joining forces to bring down the bad guys. In the world of gaming, many of us become the best version of ourselves. And just how can this version of ourselves match up to the lofty claims of solving the world's problems?

So far collectively World of Warcraft gamers have alone spent 5.93 million years solving the virtual

problems of Azeroth. Now, that's not necessarily as bad as it sounds. The amount of time we are spending on online games is actually changing what we are capable of as human beings. We are evolving to be a more collaborative species. Research shows that an average gamer in a country with a strong gaming culture will have spent 10,000 hours playing games online by the age of 21. 10,000 is a very interesting number for two reasons: 10,080 is the number of hours a child with perfect attendance in a US school (and most likely everywhere else as well) will spend between grade 5 and high school graduation. So it's an entire parallel education going on, where young people are learning as much about what it takes to be a good gamer as they are learning about everything else in school. And 10,000 hours is also that magic number mentioned in Malcolm Gladwell's book Outliers. His 10,000-hour theory of success, based on cognitive research says that if one can master 10,000 hours of effortful study at anything by the age of 21, one can be a virtuoso at it. So we are looking at an entire generation of young, world-class gamers.

We have been playing World of Warcraft since 1994; that was when the first real-time strategy game from the Warcraft series was launched. If half of us spent an hour a day playing games, how would we be able to solve any real-world problems?

Pilot studies to find this were conducted at the 'Institute for the Future' in California. They want to imagine the best-case scenario outcome, and empower people to make that outcome a reality. They want to imagine epic wins and give people the means to achieve them. A World without Oil is one such game, where you try to survive an oil shortage. The oil shortage is fictional, but there is enough online content included that makes the situation seem real, and urges the players to think of ways to live life as if we have run out of it. Another game SuperStruct was about the human race having only 23 years left on the planet, and everyone who signed up was on the dream team to design and save the future of energy, food, health, security, and of the entire human race. In 8 weeks, 8000 people came up with 500 insanely creative solutions. Another game was in collaboration with the World Banking Institute to develop social innovation skills.

So yes, it is possible to harness the lure of online gaming to solve problems on a global scale. But what about the claim that online gaming could increase life span? How can an armchair game that has close to no

face-to-face human interaction help in improving the quality of one's life?

Research has shown that among the most common regrets of the dying, the top five are having worked too much at the expense of spending more time with family, not having stayed in touch with friends, not having taken concrete steps towards one's own happiness, not having had the courage to express one's true self, and not having been true to one's goals. Gaming enables us to achieve 4 out of 5 in this list. Not bad for a hobby that is often looked down upon.

According to statistics, parents who spend more time playing video games with their kids have stronger real-life relationships with them. Social games help you stay in touch with real-life friends and family, and are great relationship management tools. With friends and family spread across the globe, playing social games on a regular basis helps us stay connected with our social network, which would otherwise fall apart. The avatar we create when we play is always our most heroic self- capable, fearless, trustworthy, intelligent, helpful and brave. Ground-breaking clinical trials show that playing online games can outperform pharmaceuticals for treating clinical anxiety and depression. So we would all be a much happier lot, if we played games for just 30 minutes a day.

Besides, there is the added advantage of learning skills through gaming that are easily transferable to real life. These are the skills gamers are getting good at :

- Urgent Optimism- Gamers are extremely self-motivated; they always believe that an epic win is possible, despite all odds.

- Social fabric- Gamers are adept at weaving a tight social fabric. Research has found this interesting fact that we like people better after we play a game with them, even if they have beaten us badly. Games build up bonds of trust, co-operation and stronger relationships.

- Blissful productivity- This is the reason why an average World of Warcraft gamer spends 22 hours a week, kind of like a part-time job. Because we instinctively like hard, meaningful work, and we are happier engaging our minds with addressing larger issues (even virtual ones) than we are just hanging around.

- Epic meaning- Gamers enjoy being attached to awe-inspiring missions, to human planetary-scale stories. To put this into perspective we all know Wikipedia, the biggest Wiki in the world. The second biggest Wiki in the world with nearly 80,000 articles is the World of Warcraft Wiki. 5 million people use it every month. They have collected more information on the World of Warcraft than on any other topic on any other

Wiki in the world. They are building an epic story, an epic knowledge resource about the World of Warcraft.

Why, then, are we not as good in real life as we are in games? Why are we not as motivated to do something that matters, inspired to collaborate and to co-operate? In real life, when we face failure or confront obstacles, we feel overwhelmed, anxious, frustrated, maybe even depressed. But we never have these feelings playing games. Why do we feel we can achieve everything and anything in games?

The reason lies in the stark contrast between the virtual and real worlds. For one, games have an ideal collaborative, problem-solving environment. What makes an epic win so possible in the online gaming world? A game is made up of a lot of different characters, who are willing to trust you in your mission right away. But you are not on just any mission. You are on a mission where your challenge is perfectly matched with your current level in the game; it is on the verge of what you can achieve. So success is at all times within reach. Think about it, there is no unemployment in World of Warcraft, no sitting around wringing your hands, there is always something specific and important to be done. Also there are tons of collaborators. Everywhere you go there are hundreds and thousands of people ready to work with you, to assist you achieve your epic mission. This is something we do not easily find in real life.

Another beautiful part of the online world is that you are always part of a bigger story; this inspiring tale of why you are there, what you are doing and how your actions matter. And then there is immediate feedback, the positive feedback of levelling up and +1 strength, +1 intelligence. In real life positive feedback is hard to come by; the real world is more critical than uplifting. The result is that gamers would rather stay in the exhilarating online world because they get better feedback and feel more rewarded in games than they do in real life.

And that is the irony of it all. At this point in human history, we have an unprecedented human resource on our hands. We have 500 million global gamers (9 million of who are in India), who are extremely good at something they immensely enjoy, but the sole purpose of their dedicated time and energy into gaming is to escape the reality of our sometimes broken world. We have young minds that are highly skilled at changing virtual worlds, while the real world could very well use their creativity and expertise. This challenge could possibly be met by making our real world work like a game, too, making it as easy to save as a virtual world. The pilot games designed by the Institute for the Future, like World without Oil and SuperStruct, show that this

is a very realistic idea. There will surely be no dearth of creative, yet realistic ideas among our vast resource of gamers. The task before us is to design games that address our specific global issues, and to ensure ways of implementing the ideas that arise from the games.

We live in a time of unprecedented global problems and opportunities. Extreme times call for extreme

measures. As Albert Einstein said, "We cannot solve our problems with the same thinking we used when we created them." The immense potential of online gaming as a global, collaborative effort to solve the problems facing our world today cannot be denied. And to think that it will all just be a game!

Let the world-changing games begin!

Salt Pan to Kitchen: A Tedious Journey

COMPILED BY SHRI G.R. BALWALI

Salt Pans (मिठ्टा आगर), look like snow fields from a distance, spread over hundreds of acres and produce the most essential ingredient of our kitchen. These pans are spread over, close to the seafront in Uttara Kannada (earlier Karwar) district of Karnataka.

Manufacturing of Salt is a tedious task involving three major processes viz., storing sea water in Reservoirs, Condensers, and Crystallizers. These are artificial ponds designed to extract Crystal salt from sea water. At the end of the rainy season (in November), sea water is let into Reservoir and left for some days for the dirt and other affluents to settle.

Meanwhile hundreds of local tribal workers called 'Aagers (Agaor)' clean the condensers and crystallizers to make them worthy of extracting salt. It is then that the sea water from the Reservoir is let into the Condensers where chemicals like Sodium Bromide settle down and make the sea water thinner.

After few days, the sea-water is let into Crystallizers where formation of Brown crystals of salt take place through evaporation. This is hence called Natural Salt. It is removed by the expert Aagers carefully using wooden pans and heaped nearby. The extracted salt is collected by other workers and transported to the packing units. Here, the salt is mixed with Potassium Iodide or Iodine to reduce risk of causing Goitre, an enlargement of the Thyroid Gland.

Salt production units in Ankola, Karwar, Kumta and Sanikatta are mostly run by private players, There is only one Co-op Society started in 1952 called 'Nagarbail Salt Owners Co-operative Society' of Sanikatta, mostly managed by Amchis of Bankikodla and Gokarn. They produce about fifteen tons of Salt every year which again depends on Rain God. It is said that "Lesser the rain fall, higher the production."

Here, in Karnataka, there is a salt Department under the Ministry of Commerce and Industry, The oldest Salt manufacturing units were in Sanikatta around 1720 of about 50 acres. That tract from Ankola to Bhatkal was

under the Rule of Bendor Dynasty before 1760 and Hyder Ali and his son, Tipu Sultan ruled this tract till 1799. They levied a special Tax on salt. Thereafter, the tract came under British Rule.

History claims that the famous Dandi March by Gandhiji, was kick started from Ankola in Uttar Kannada district of Karnataka. To mark this Dandi March local freedom fighters built a small monument in Gandhiji's name in Baskod near Ankola in 1952 which is revered on all patriotic occasions like Independence Day.

Source: The Times of India, Hubli Edition of 11.04.2016



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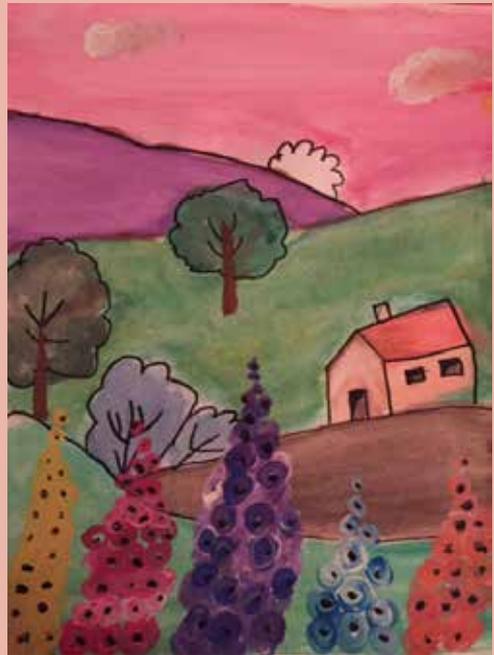
Kiddies' Corner

Portrait of Elsa (From the Movie 'Frozen')



Riya Kalbag - 13 years

Colourful Landscape



Sanya Kalbag - 9 years

Life

(A Metaphor Poem)

Life is a book, a new page every day
Sometimes you're at a point where you
don't know
what will happen next
When you finish it, you can think back
On what you enjoyed

Life is a candle, shining with a flame of
hope
When born it can be joyful
But eventually it melts away into
nothingness

Life is a golden peach
It can ripen into something great
but then get too squishy
And the remains can be buried

Life is a shining diamond
It can have its moments,
but it's also rough
And a diamond is precious like life.

By Anya Bailur 8 years-London, UK

My Family

My Family loves the sea,
My Family is very kind to me.
Sometimes they take me to the mall,
Whatever is good, they give me all.
My didi is a doctor and she has a doctor
kit,
I have this lovely family, I can't believe
it.

Aadnya Shanbhag 7 years

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OBITUARY



**With profound grief we announce the sad demise of Uday M. Gokarn
[S/o. (late) Krishnabai & (late) Mangesh N. Gokarn]
A noble soul who led a selfless life peacefully left for his heavenly abode on June 10, 2016.**

Caring Brother of:

Nirmala/(late) Venugopal Balsaver; (Late) Monisha (nee Usha)/Sharad Kulkarni
Shaila Gokarn

Loving Uncle of:

Gautam/Sandhya Balsaver; Ashwini/Prashant P.; Amit/Surdeep Kulkarni

Loving Grand Uncle of:

Shivani Balsaver, Ansh Kulkarni, Sohah Kulkarni

Deeply mourned by family, relatives & friends

No condolences please

Late Sri U. Radhakrishna Rao



Born On 01-07-1916. EXPIRED ON 29-03-2000.

On the eve of your birth centenary, we salute you Anna. We can not forget how you performed our prime glorious festival Gokulashtami with dedication, passion, and fervour for 13 days every year, with Ganesh Chaturthi, Navarathri, Shivarathri also for nearly 60 years non stop till you breathed your last when you were 84.

We salute you and hereby continue to seek your blessings.

Fondly remembered by

Sons: Ugran Vishwanath Rao, Ugran Sudarshan Rao, and Ugran Suresh Rao,

Daughters in law: Gita, Chitra, and Shobha,

Sandhya Kalyanpur , Anjali Kalyanpur , Gautam and Ashwin Kalyanpur

and Shruthi Kumta and Pankaj Kumta

Great grand children Rohit, Rithik, Diya and Sonal.

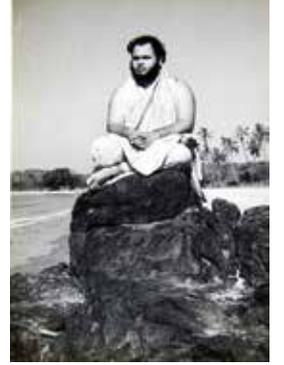


“I ----- WE” “Haanv - Aammi”

By Parama Pujya Swami Parijnanashram III

(Part 21)

Here is the twenty first 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



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“ हांव-आममी ” - श्रीहर्ष -

सानपवांघोर्नु अनिरत कोर्च्या विचारांक एकी विंगड स्फूर्ति मेळ्ळें. एकी विंगड शक्ति मेळ्ळें. ह्या शक्ति-स्फूर्तिनीतीं केन्तकि धोर्नु मन्याच्या एकु मुल्यांतु आशिल्ले जटिल संवाय हंगून माय जांवच्याक सुरु जाळ्ळें. आनि ह्या विचेच्या उपासनांतु साधनांतु हांव सर्व विश्वतीकां. एकु उ चित्तानें ध्यानांतु मग्न जातालो.

प्रथम ध्यान मग्न अवस्थेंतु मग्न विंगड, अहंत्वृत्ति विंगड हें ज्ञान प्राप्त जाळ्ळें. तेंच मग्न अहंत्वृत्ती सांगाती लय कोर्च्यांतु, लय कोर्नुचीं अहंत्वृत्ति आनि मग्न पुनः शिवा पदार्थांतु प्रवेश करिती, ~~साध~~ त्या पदार्थांतु व्यक्त कोर्च्यांतु, मात्र न्है त्या पदार्थांत गूळ धर्मु ज्ञान कोर्नु घेवुनु पुनः मग्न्या शरीरांतु येवुनु ह्या शरीर गत धर्मासांगाति देख्य पांवच्या मार्गासि आई हांव येवुनु पाविकां. पंचमहाभूतं, जडपदार्थ, प्राणि, निर्यकजाति आनि यथोचित मानवु ह्या समुदायांक मग्न्या साधनेच्या परीशार्थ जावुनु हांव इतरारि देवीनु वेत्ताकों. अर्थांत गुंमग्न्या अण्णो प्रभाळें चि.

आनि एकु दिवसु मग्नानें निर्धारक मेळ्ळें. गुंमग्न्या अंतरंगांतु वचूनु तांगळें तत्व जावुनु घेंवचें. प्रथम माका श्रीति उत्पन्न जाळ्ळें तरी हांवें प्रयत्न कोर्नु पोवेवु च्याक इत्ने-अड्डि ह्या विचारांनें ध्यानांतु मग्न जाळ्ळेंको हांव... गुंमगळी अनुज्ञा वेनासतनाचि...

आत्म्याको शंकर, सर्व बंध सोडविल्या आम्हा ह्या शंकराने हांगा आयल नंतर एक ममत्व आम्हा जाळले. तत्वाच्या एका बंधनेतु आशिल्ल्या आम्हा हो शंकर आम्हाको म्हळें एक प्रीतीचें बंधन अगतिक जावु आसत जांवका जाव्यारि ह्या घरनेतु दैवी संकल्पाचे प्रेमपात्र नासनां कशे उरतेद? आपणागल्या संकल्पाक फलित कोर्नु- इष्ट साध्य कोर्नु घेतनां निर्गुणांथावु सगुणांतु येवंचे हो तत्वागली एके अगाध लीला. त्या लीले कचि माया म्हणतात. आण म्हणुचि ह्या शंकरा निषयांतु सांगुंक जायना जांवचि तस्की एके माया एक ममत्व आमच्यांतु उद्वेग जावु आसत न्ह... संवेदित त्या तत्वांतु मग्न आसतल्या आम्हा आरतां- आवतां शंकराने लागीं आसल्यारि, अर्कीकिक सुखप्राप्ति जाता. ह्या अव्यक्त सुखाक आण त्या ब्रह्म चिंतनेंतु मग्न आशिल्ल्या वेदारि प्राप्ति जांवच्या सुखाक अदु कोकक कसल्याक साध्य जायना आश्चर्यिती? हो आम्हाको प्रश्नु प्रश्नात्मक जावु ना. आरात्मक जावुचि आसत....

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ह्या पांचभौतिक देहाच्या थोड्या कर्तव्यांक आम्ही पूर्ण कर्तव्यतां तशीं दवरलेने जावु आसतात. आत्मानंदाच्या अवस्थेंतु हीं जगतकर्तव्यं आम्हागल्या हातांनीं कोर्नु पूर्ण जांवच्या बदलाक आम्ही तीं तशींचि संचितांतु व्हेवु बंद दवरलेनीं आसतात. तत्वांतु लीन जांवच्या अनुभवांतु आरतनां कर्तव्यांतु लीन जांवचे पुणे कशे ?.... जाव्यारि अधरित घटनेचो काळु समजु आतं येत आसत.

“I ----- WE” “Haanv - Aammi”

By Parama Pujya Swami Parijnanashrām III

(Original in Konkani)

ENGLISH TRANSLATION AND EXPLANATORY NOTES BY DR SUDHA TINAIKAR

Today, I had found a different but deep meaning and a divine strength to all my enquiries from childhood. All those daunting questions which were in a dark corner of my mind were slowly getting resolved. I was totally involved in the practice of this knowledge - the great yogic practice of keeping every element under my control and using them to my advantage. Timely instructions from Gurudev were making this practice more and more beneficial. I was totally focused on meditative practices also.

In the first stage of meditation itself, I realized that the content of the mind was distinct from the “I”- thought. I was successful in resolving the mind with the “I”- thought, separating the content of the mind from “I”- thought and then directing the thought into other objects, sensing the attributes and nature of those objects, bringing the thought back into my own mind and experiencing the ‘other’ through my body-mind complex... until here - I had reached. Five great elements, inert objects, animals and human beings helped me in the practice of this knowledge; I can say that I did make use of them, but of course under the guidance of my Guru.

One day I decided that I would get into my Guru’s mind using this very practice and learn how his mind worked. Initially, I was afraid of what I was about to do. Then I decided to try it out; of course, this was without Gurudev’s permission.

Notes:

Aham-vritti is the “I” thought - that which points to the observer, ahankara. This aham-vritti is the cogniser of an object during the process of knowing. The other vritti that the mind sends out is the idam-vritti - the “this”- thought which corresponds to the object being recognized. The “Triputi” (the triad) is formed by the observer (pramâthâ), the observed (prameya) and the process of cognition (pramâna vyâpâra). When the aham-vritti is able to pick up the cognition of ‘idam’ as “I...know....this”, knowledge of the object (pramâ) takes place. Normally, the aham-vritti can have any object as the prameya; the objects of the world, one’s own body, even one’s own thoughts and emotions. It is the same aham-vritti which even understands the final knowledge of “I am that”. Prakarana granthâ-s like -“Drk-Drshya viveka”, “Nâtaka Dîpa”, Chapter 10 of “Pañchadasî” give detailed mechanisms of this cognitive process.

In certain yogic practices, one’s aham-vritti can make another jiva’s thoughts as idam-vritti and can absorb the attributes and features of that particular mind. In spite of

focusing on the other jiva’s mind, the “I” thought remains focused on the observer’s thoughts only. Thus, such a yogi can literally grasp the functioning of another’s mind and can also transmit thoughts and make the other jîva do as he wishes. These are very deep yogic practices, which need to be done under the guidance of a Guru who is himself an expert in such techniques. Vashîkarana is one such siddhi belonging to the eight-fold siddhi-s.

The following few passages describe how Shankarâ perceives his Guru’s “my-thought” process. At that time, the Guru’s thoughts were also centred on Shankarâ. Thus, Shankarâ actually came to know what his Guru’s ideas about him were

“Our dear Shankarâ... it is strange that for a person like me, who has been totally detached from the whole objective world, the arrival of this boy, Shankarâ, has created such a mamakâra (my-ness) ! The only thing that I was deeply involved in was my own Self, and now suddenly a bond of love is binding me to this child! This must be the will of the Lord, otherwise, how could this happen? To fulfill its own desire and manifest itself in form, though being formless - is the very sport of this very consciousness - Brahman. That very sport itself is loosely called Mâyâ. My strange feeling of mamakâra with this child must be the handiwork of Mâyâ. I have been totally absorbed in my Self and of late, the presence of Shankarâ gives me a strange kind of happiness and satisfaction. Of course, this happiness is vishaya-ânandâ (happiness due to an object of the world). However, I am not able to distinguish between - that complete state of happiness, of absorption in my own Self and this happiness, which I experience in the presence of Shankarâ. Why is this so? This question should be an answer rather than a question.”

Notes:

Happiness experienced from the world of objects is only a reflection of one’s own true nature. The only source of happiness is one’s own Self. The world does not have even an iota of happiness inherent in it. Lord Krishna expresses this in the Bhagawad Gîtâ, “The Jîvâ-s survive on only a small portion of happiness which comes from Me”. “Swarûpa-anusandhâna Ashtakam” of Adi Shankara says in one of its verses that the world of objects reflects only a small portion of this very Âtma-ânandâ. Here, the Guru says that he is not able to differentiate between - the completeness he feels in the presence of his shishya and

the Brahma-ânandâ which he is very familiar with. This could be because - the Guru is able to see himself in the shishya and the shishya also sees himself in the Guru. There is no Guru-shishya bheda here. The other reason is that ultimately Shankara is the very Avatâra of Lord Shiva - the very Brahma-swarûpam! **How can one not feel the fullness and completeness when enveloped by that very source of happiness!**

Âtman though formless, out of its own sankalpa decided to manifest itself into this variegated world with the help of Mâyâ (ref: Taittiriya Upanishad 2-6-1)

"I had kept some of the Prârabdha-karmâs of this body in abeyance. In my total absorption in the Self, I had pushed these karma-s to my bag of Sanchita-karmâ-s rather than work them out. How could I involve myself in fulfilling these bodily karma-s when I was so absorbed in the Self? Now, the time had come for the unfinished karma-s to be completed."

Notes:

Every living being has three sets of karma. Those which manifest at the time of birth and give a blueprint of one's life - come under the group of Prârabdha-karmâ (those which have already begun). There are a lot of them waiting for conducive circumstances to manifest themselves - like a huge deposit of resources called the Sañchita-karma. Then, there are karmas that one accumulates while working out the prârabdha - called Âgami-karma. Most of the Agami-karma-s cannot be worked out in the present life and get deposited into the huge collection of Sañchita. Also, if for any reason, the person is not able to work out his prârabdha in this life, the remainder also gets added to this large deposit of Sañchita. The rising of self-knowledge literally burns away all the Sañchita-karma-s. No Âgami-karma accrues to a Jñâni. Thus, the Jñâni only works out his prârabdha and leaves the body - never to come back again into this cycle of birth and death.

Drona's Speech From The Collection of V. P. Hattiangadi

In our February 2016 issue we carried the article on Lord Krishna's Diplomacy, in March 2016 issue we published the poem relating Dhritarashtra's sorrow. In June 2016 issue we printed the article on Bhishma's advice to Duryodhan. Now we present what Dronacharya said on the occasion.

Out spake Drona, priest and warrior, and words were few and high
Clouded was Durodhan's forehead, wrathful was Duryodhan's eye
Thou hast heard the holy counsel which the righteous Krishna said
Ancient Bhishma's voice of warning thou hast in thy bosom weighed
Peerless in their Godlike wisdom are these Chiefs in peace or strife
Truest friends to thee, Duryodhan, pure and sinless in their life
Take their counsel, and thy kinsmen fasten on the bonds of peace
May the Empire of the Kurus and their warlike fame increase
Listen unto thy old preceptor. Faithless is thy fitful star
And they feed thy passions falsely, those who urge and counsel war
Crowned kings and armed nations will contest for thee in vain
Vainly brothers, sons and kinsmen will for thee their lifeblood drain
For the Victor's crown and glory never, never can be thine
Krishna conquers and brave Arjun. Mark these deathless words of mine
I have trained the youthful Arjun, seen him bend the warlike bow
Marked him charge the hostile forces, marked him smite the scattered foe
Fiery son of Jamadagni owned no greater, loftier might
Breathes on earth, no mortal warrior that conquers Arjun in fight
Krishna too, in war restless, comes from Dwaraka's distant shore
And the bright Gods quake before him whom the fair Devaki bore
These are foes thou mayest not conquer, take an ancient warrior's word
Act thou as thy heart decideth, thou art Kuru's king and Lord !



THE MAN WHO STOOD BY ME IN ALL MY TIMES "MY YESHWANT BAPPA"

Dr. Aruna Narayanan (nee Udyawar)
CO-WRITTEN BY Adv.V .Narayanan
Adv.Anisha Narayanan

We were completely devastated when we came to know of the sad demise of the person who always stood by us during all our times. He is none other than the husband of our aunt Late Indu Bellare. Shri Yeshwant Bellare, popularly known to most of us, Aamchiis, as "YESHWANTBAPPA". Yeshwantbappa was a Living Encyclopedia. Ask him about any details of the relations amongst our community, and he would astonishingly explain the complete family tree of that person and further would tell us how that person was related to us, as most of us Aamchiis are nearly

related to each other.

When my daughter Anisha gave me the news of his sad demise at about 5 am on the 25th day of May 2016 while I was at my Kerala Home, I was completely in a state of shock. I was unable to attend his funeral at Mumbai due to heavy rains and non availability of flights in the morning. However my daughter Anisha and grand son Rudra were blessed to be here with him in his last few days. My heart sank, eyes welled up with tears and throat choked. I tried to stay strong but all in vain. However my husband consoled me by telling me that we must thank the Almighty and Our Gurus that Yeshwantbappa has been freed from his pain and sufferings which he had been undergoing for the past few months.

I not only respected Yeshwantbappa but I had all the possible adoration for him as he was the eldest member of our family. Moreover, after my father Late Shri Sunder Udyawar ,who passed away in 1984, Yeshwantbappa stood by me and my family through all walks of our lives. I was fully aware that he was suffering from a disease which will not bring him back to normalcy, as he had been undergone treatment a few years back for the same. Yes.... knowing all this, I was not at all prepared to Bid Adieu to my Yeshwantbappa

Yeshwantbappa made everyone comfortable. May it be a toddler or even a senior person. I could not believe that a jolly and cheerful human being like him is no more. He has been the BACKBONE of our close knitted family and his death is an irreparable loss to our entire set of close knitted family. He has left behind for us, lessons of selflessness and sacrifice towards the family, friends, our community and to all those associated with him. He has been a strong emotional support, not only for the Bellare families, but also to the Maskeris, Udyawars, Koppikars and Narayanans. He was outspoken but was full of wisdom as he had experienced a lot during his lifetime. He was extremely spiritual and religious. Every day, he would meticulously performed his morning prayers and in the evenings, he would blow the conch loudly and recite Deep Namaskars and many others shlokaas alongwith his daughter in law Neeta, son Ashwin and grandson Anshul . Regular with his prayers and seva saptaas at our Karla Math, he lived a full life filled with purpose and love. He was practical, spontaneous, happy go lucky and realistic in nature. Honestly, it was only Yeshwantbappa who always encouraged me in all that I dreamt of doing. There is definitely No one else whom I looked upto!!!!!!!!!!!!

Yeshwantbappa everyday meticulously at 11.30am and also at 5.30pm, used to telephone me and enquire about how my day has been and also enquire about my family. He stood like a great support for us. He has been my role model and whenever I had any problem, I knew that Yeshwantbappa would always be there to guide me through.

He was foodie too. Ghashees, Ambats, Kodells, Hummanns were his favorites dishes. No doubt when food lovers today, want their culinary experiences to go beyond "just the food on their plates", Yeshwantbappa was also fond of Gujarati food like Undiyo, Puris, Khandvi and khamang. He relished schezwan sauce and pizzas as much as he loved our very own apimedi ambley lonche . This pickle he would have during his lunch or dinner with curds and rice. But however in his last days, Yeshwantbappa was unable to consume anything that he relished. The fatal disease had taken over him and his vital organs in all ways.

And thus on the 25th of May 2016 at 4.47 am, we lost the STRONGEST ROCK OF GIBRALTAR of our family. It is hard to forget someone who gave me so much to remember.

YESHWANTBAPPA ,YOU WILL ALWAYS STAY IN OUR HEARTS.

WE PRAY MAY YOUR SOUL BE AT PEACE.

WE WILL MISS YOU YESHWANT BAPPA.

LOVE : ARUNA NARAYAN RUDRA ANISHA

A Coronet- Not A Mere Embellishment!

KALPANA DILEEP HEMMADY, SANTACRUZ, MUMBAI

I had inked this incident in January 2012 soon after my husband's 60th birthday celebration. After much debating-.... should I?... or should I not? I finally decided to print it before the ink faded off.

A 60th birthday is something no man (nor any woman) likes to celebrate. But my husband Dileep had no choice. Charged with enthusiasm I decided to celebrate with much pomp. Wicked of you to announce to the world that I turned 60, you have "maam-ified" me. Sob! Sob!

The blowing of the conch sanctified the hall, and the function started. The singers invoked the Gods into the auditorium and everyone basked in the divine atmosphere of the Vedic chants.

Now read on:

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Dileep closed the function with a vote of thanks to all the well-wishers who had graced the function.

THEN....Dileep did the most unexpected... he coroneted me with the title "The boss of the house".

Just as I thought he had dropped the curtains down I saw a drama unfolding before me, I saw weird expressions on the faces of my audience. In fact the coronation flagged the drama to unfold. Initially there was silence. Some shocked jaws dropped thud. Some were speech paralysed with his guts. Latent in that word "Boss", is the risk no man would like to take; Some took it in a lighter vein; they laughed to say don't fool us; we can judge it right. Will it not dent his male ego?

After partaking the extravagant lunch and hugs and handshakes, the crowd dispersed. But the drama continued on a new stage. The next morning saw an ugly scene in the Hemmady house. My friends stormed in with war paints on their faces breathing fire,, with sleeves rolled up and weaponed with caustic words... WHERE IS HE? HOW DARE HE? WHERE IS YOUR HUSBAND? Asked my friends.

I soon realised the Boss thing didn't go well. The anger fallout had to be handled with care. The situation was fragile glass. Catastrophic it would be if the glass splintered wounding either parties as both parties were dear to me- my husband and my friends.

Acrobating with words would douse their anger, I thought. It called for a good skill. My reasoning had to be convincing to the warring party. I summoned them to the discussion table and I began my tight rope walk.....

Friends... when he coroneted me as the boss of the

house did you not see the twinkle of admiration in his eyes. Did you not catch that confidence he has in me in his voice? Did you not hear the thunderous applause he has in his smile?

I could see it all.

So I accepted the title graciously

as it came out straight from his heart.

Because he knows that in his absence I had to crank into motion the Hemmady house.

I had to take quick decisions as we were on the opposite shores of the Arabian Sea.

Any time lag would be too late. Much as I would have liked to sit pretty by his side I could not.

I had to wear the pants, so it does not matter if he calls me the boss. It was a much coveted compliment after much W.A.I.T (32years).

Secondly, there is a BIG difference between being a boss and bossing. The dictionary says a boss is a person in authority. Now tell me friends, to whom is authority given? Definitely to the one who is capable and deserving.

I think I fit the bill. So the word boss emits a positive vibe. But when a person in authority callously misuses or abuses the authority that is manifested upon him it becomes BOSSing.

So to be a boss is not bad, but bossing is bad. GOT IT? So friends the next time your husbands call you the boss of the house rejoice... wear the title with pride... flaunt it. Remember you have earned it.

My explanation was convincing to the warring party. I could see satisfied smiles and the truce signed. For me it was a win win situation.



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Diana Talkies

SUMAN SHIRALI

My parents lived in a tiny one room kitchen apartment in Sonawala Building at Tardeo. There were 6 of us in this apartment – my parents Ayi and Appa, my elder brother and my 2 sisters. The easiest way to get to our building was to remember the landmark – Diana Talkies. The entrance of our building was bang opposite Diana Talkies and our home was on the 3rd floor. There were 4 apartments on our floor and we had a long passage as a balcony where we children used to play, study, gossip or just stand quietly watching the victorias and double decker buses pass by on the roads below. One thing that we just could not miss was Diana Talkies and the long queues for movie tickets outside the theatre.

When it was new, Diana Talkies was a bright and shiny place. It used to be kept neat and tidy by the owners (who I think were Parsis). Once a year, I think on Parsi New Year day, the staff at Diana used to clean up and decorate the building. Normally there used to be 4 movie shows starting daily at 12, 3, 6 and 9 pm. Not like the multiplexes nowadays who have 12-16 shows a day. Diana was a single screen cinema hall and could only play one movie at a time, again unlike today's multiplexes which have anything from 6 to 12 screens! The sound proofing at Diana was not all that great and so when the roads were quiet, especially during the late night shows, we could hear the dialogues and songs from Diana. When I was at Ayi-Appa's place pregnant with my third child, I remember hearing songs of the then super hit movie Amar Prem during the late night show. The songs were very melodious but you can imagine how bored I was after getting to hear the same songs over and over again for days together!!

When I was in school, I used to keep pestering my Ayi to let me go for a movie at Diana. One year when I got my final exam results, Ayi surprised me by giving me money to go watch a movie. I was so excited that I wore my best dress and rushed to buy the ticket. I got to Diana over an hour before the show started and got my ticket. Realising there was so much time left for the show to start I went home again – home was just across the road!! When the movie finally started, I figured that it was actually a horror movie. It was about snakes. For most of the time I sat with my eyes shut and for several days after this, I used to get nightmares about snakes. It was a truly terrifying experience. I didn't go for a movie for many months after this J.

Diana had a rule that once you got the tickets, there were separate queues for ladies and gents to enter the cinema hall. The tickets had no seat numbers so you had to rush in and block the best seats ie the seats near the ceiling fans (there was no air conditioning then) or the last rows which were furthest away from the screen. Normally it

was my job to run into the theatre and block the seats and as soon as the others entered the hall, I used to shout their names so that they could find their way to the seats easily. The rule of separate queues for ladies and gents used to mean a lot of confusion especially if there were couples with children – invariably the child used to be with one of the parents whereas the bag with the milk bottle or toys used to be with the other. This meant that the child used to keep crying for milk till the family finally was re-united in the cinema hall!

One day Appa decided to take us all to Diana for a movie. Now this was exciting because Appa rarely agreed to let us watch movies – Appa's rule was that only movies on Ramayan or Mahabharat etc were allowed. So all 6 of us went to Diana for the movie. Diana had lower stalls which were the least expensive tickets, then came the upper stalls and finally the balcony seats which were at a height and were the most expensive. Appa always went for the upper stalls as the balcony seats were more expensive – the idea was to use the money which was saved on tickets to buy snacks and /or cold drinks. When we were waiting to get into the cinema hall, we saw one pregnant lady struggling to climb the stairs to get to her balcony seat. She just could not manage the effort even with the support of her family members. Finally her husband came to Appa and asked him if he would be ok taking their 6 balcony tickets and in return they would take our upper stall tickets – Appa being Appa not only agreed but also paid them the difference in the ticket charges. This was the first time any of us ever watched a movie from the height of the balcony seats. It was a great experience.

Nowadays the multiplexes don't have balcony seats which is a pity. But then the multiplexes are so well maintained and plush that the ambience more or less makes up for this loss. Recently I went to PVR multiplex to watch 'English Vinglish'. I was stunned to see how luxurious the multiplex was. The seats were recliners, the air conditioning was working perfectly and the sound system was beautiful. The snacks counter had a variety of veg and non veg options. But I could not help remembering my childhood days and the novelty factor and excitement of watching movies at Diana with my ayi and appa. The charm of old Diana talkies was different!

Now I hear that it has been quite a few years since Diana talkies has shut down. The building still exists but it is in ruins. My friends who live in Tardeo say people are afraid to go there fearing drug addicts or pick pockets. Apparently the building is full of filth and rats and cockroaches. This makes me very sad. I hope one day someone revives Diana talkies and the roads are once again filled with the sound of dialogues and songs from the latest movies.

Karwar - A lost Amchi Paradise. Can we revive it?

SHYAMSUNDER BASRUR

On the auspicious day of last Ramanavami, as we all were ready for the Palki utsav I recalled the words of our father Late Shri Anant Basrur and some elders I have come across. The words were "Karwar was an Amchi's Paradise once upon a time". My happiness knew no bounds just by a thought of having so many amchis in Karwar at the same time. This article is all about my thoughts and a dream if we can make Karwar the same it was long ago.

These are thoughts of Shri Rabindranath Tagore about Karwar.

"The sea beach of Karwar is certainly a fit place in which to realise that the beauty of nature is not a mirage of the imagination but reflects the joy of the infinite and thus draws to lose ourselves in it."

Karwar has two old temples which were managed and are still managed by our community. Shree Sitarameshwar and Das Maruti temple. These premises have been blessed with the visits by our Param Pujya Anandashram Swamiji and Sadyojat Shankarashram swamiji. As on today, regular pooja and all the rituals are performed in these temples. Families who have their deities in this temple come regularly to perform their duties.

Few of the several Konkani families who resided include Udyawers, Chandavarkars, Madimans, Gangollis, Upponis and many others. We have to admire and respect the efforts put by these families to build and manage these temples since 1864. Then came the urbanization and the families had to migrate to bigger cities like Mumbai and Pune in search of education, jobs, etc.

It might make you feel flabbergasted that a place (Karwar) which was once considered as a corner or like an end where people couldn't move further has today become a centre place especially for Amchis. Thanks to Konkani Railways and super-fast luxury buses that make all the important places for us very well connected. Examples for these places are Gokarna, Mallapur, Shirali, our family deities in Goa, our Maths, etc.

Karwar is no more an under-developed town but has evolved along these years to become a host to excellent lodging facilities, home stays, serviced apartments and restaurants. All these are available at very reasonable rates compared to Goa. Away from the hustle and bustle unlike the beaches in Goa, Karwar is an ideal place for people who seek for calm and quiet surroundings. Karnataka Tourism has lately geared up to make Karwar a popular tourist destination and I must say they have a plan in place. Water Sports and Trekking are also being encouraged for the nature enthusiasts.

Karwar is changing and it is changing faster than ever! It is a good time to give a try and re-build a community which is diminishing. Similar to the Saraswat community, other communities in Karwar had also migrated to other cities, only difference being that they had not sold away their houses. Those who had sold are buying houses, plots again. Karwar, as I see is the best location to spend your life after retirement. Low cost of living, calm and quiet town, good medical facilities if not the best.

Few years back, Hindu High School celebrated its centenary. I got an opportunity to meet many amchis who had studied in this school, achieved great heights in their personal and professional lives. Today, Karwar is developing and has good schools, engineering colleges and a medical college (under construction). Government of Karnataka has also announced to set up a college for Hotel Management. You would be surprised to know that Karwar also had a branch of SVC Bank. Then, it was not a multi-state scheduled bank though. Later, it was closed but today Karwar has become a strategic location for all the Banks both Private and Nationalised. I hope our own SVC Bank includes Karwar in their expansion plans in the near future.

I would like to end my article with a humble request to the families to return back. Especially those families who have an ancestral relationship with Karwar and join me in making Karwar, an Amchi paradise again.



Priyam Vatika

MOHAN BAINDUR ROW, BARODA

This is a name we have chosen for our abode since 1999. It took us a long time to choose this most suitable name as we wanted to pay tribute to our parents Raghuvir & Sushila Baidur and our daughter Priya. We had earnestly desired a daughter and with the blessing of our Gurus & Almighty our wishes were granted. We named her Priyam - Priyamvada.

True to her name, Priyam was a soft spoken person and a nature lover. Perhaps she inherited it from my parents and uncle Shri Bhavani Shankar Nirody. Nirody Bhayya was a gentle softspoken person, associated with Tata Steel Limited, Jamshedpur as their Landscape & Horticulture consultant. I was lucky to witness his work and beautiful summer house, where one could spend hours admiring the beauty of potted plants, creepers / orchids and such others.

So we are the luckiest of all the Baidurs, taking pride and pleasure to possess a Green patch, an "L" shaped garden called "Priyam Vatika" measuring nearly 350 Sq.Ft. Priya's favourite was the Parijat Flower Tree. She and her husband would stand under it giving it a good shake and have natural bath of the flowers with white petals & orange stalks. Unfortunately we lost our precious jewel in 2005 and our favourite "Parijat Tree" shortly afterwards.

My favourite plant and tree is the "Neem Tree" whom I worship as my God and "Kalpvavruksh". Every part of this tree is useful. Other favourites are the violet ShankhPusphi and another creeper with red flowers small & attractive (resembling a ladies comb). The desert plant Adenium grows in pots. Birds like

Sparrows, Bul Buls, Tailor Birds, Wag Tails, occasionally a Bhardvaj, Wood Pigeons, Warblers are our regular visitors. The Birds are fed with bajri, rice, and left over morsels of food which they enjoy and express their joy with shrill loud cries. Other regular visitors are our Vanaar Sena, fond of creepers and other leaves to satiate their hunger.

We have a small collection of flowers of all colours. To name a few - Mogra, Tagari, Jai & Jui during their season, Aboli, Trumpet flowers, "4" o'clock plant with the best natural white & magenta colour, red hibiscus and yellow hibiscus. Among lilies we have white spider lily & Amraylis. We have Tulsi for splendid Tea to sip in the early morning sitting on garden chairs! And also lemon tea - an Elixir and Medicine too. Our other potted plants are phudina, Sasmira Pana, Betel Pan, Karbeva Pallo. Another attraction in our floral collection are fresh red & yellow cannas.

Our morning starts with collecting dried leaves to make leafy & vegetable compost. We use only organic inputs like wood or coal ash + Vermi compost + Bonemeal for our lemon tree, regular foliar sprays and regular trimming keep it healthy and green.

Our grandson Soham who visits Baroda (Vadodara) during his summer / winter vacations also has a tremendous liking for our Vatika. Once he and his father spent 2 to 3 days of their short stay in harvesting lemons (Average weight of lemon 75 gms to 80 gms. Soham spends most of his time in "Priyam Vatika" feeding Squirrels and birds as well as an occasional cat who drops into the garden.

Shri Krishna Jayanti Utsav at Shri Avadi Math, Mallapur will be held as per following schedule. Devotees are requested to note the same.

7-8-2016, Sunday	— Nag Panchami-Dolara Usav starts.
17-8-16, Wednesday	— Rig Upakarma-[Janve Parab]
18-8-16, Thursday	— Ashtami Bhajans--Diviti[Panja]Seva start.
25-8-16, Thursday	— Gokulashtami[Cradling Ceremony]
26-8-16, Friday	— Ramavallabhadas Samaradhana
27-8-16, Saturday	— Avadi Samaradhana.[Suvasini Puja]
29-8-16, Monday	— Laksha Pushpalankar-Jagaran
30-8-16, Tuesday	— Mangal Kala-Palki Utsav-Ede Puja.

जुनं ते सोनं

चित्रा शिराली (धारवाड)

समारंभ, धर्ममंगल कार्य अथवा सांस्कृतिक कार्यक्रम ठरवला, विचार केला की, प्रथम आठवतं जेवण. स्वयंपाकी कोठला ठरवायचा. खमंग, सुग्रास, चवदार भोजन असावं अशी अन्नदात्याची भावना असते. आलेल्या पाहुण्यांनी जेवण मस्त होतं, हे म्हटलेलं एकलं की कार्य सार्थ झाल्याचे समाधन मिळतं. काही दशकांमागे ताट पाट मांडून जेवणाच्या पंगती उठायच्या. पारंपरिक, काही ठरलेला स्वयंपाक आणि मिष्टान्नाचे प्रकार असायचे. हल्ली जेवणाची तऱ्हाच बदलली आहे. उत्तर, दक्षिणी, पंजाबी, गुजराथी पदार्थांची रेलचेल असते. आमंत्रित व्यक्ती ज्याला जे हवंय ते ताटात वाढून घेतो. जेवतो आणि निघतो. चित्रच बदलत चाललं आहे.

स्वयंपाक विशिष्ट पद्धतीने करायची रीत असते. ती एक मोठी कला आहे. जेवणात वाढायचे पदार्थ चवदार व्हावेत ही गृहिणीची धडपड असते. घरातील लोकांच्या आवडीनिवडी समजून प्रत्येक महिला स्वयंपाक करताना खूपच जागरूक असते. स्वयंपाक करताना कामात कधी चटका लागतो हाताला. कधी तडतडलेली फोडणी अंगावर उसळते. पण ती त्याकडे कधी लक्ष देत नाही. “अरे संसार संसार जसा तवा चुलीवर आधी हाताला चटके तेव्हा मिळते भाकर.” बहिणाबाईंची किती सार्थ आणि गोड ओवी. गेली काही वर्षे दूरदर्शनच्या प्रत्येक वाहिनीवर पाकशास्त्राच्याही विषयी अनेक प्रात्यक्षिके दाखविण्यात येतात. दुपारची वेळ, बायकांना मोकळा वेळ असल्याने वही पेन्सिल घेऊन ह्या कार्यक्रमाची वाट पाहत असतात. काही प्रात्यक्षिके तरुण युवक इतक्या सहज रितीने करून दाखवितात. काही पदार्थ करणे जमतं, काही जमत नाहीत. लहान गावात काही जिन्नस मिळतच नाहीत. पण पाहिलेल्या गोष्टी टिपण करून ठेवायला काय हरकत आहे?

प्रात्यक्षिक पाहत असताना शौनकची आठवण झाली. खूप हुशार कर्तबगार मुलगा. आमच्या शेजारी, आजोबा आज्जीबरोबर शिक्षणाकरीता राहिला होता. शौनकच्या वडिलांच्या वरचेवर बदल्या व्हायच्या. भाषेची समस्या म्हणून ह्या छोट्याला त्यांनी ठेवून घेतलं होतं.

कॉलनीत शौनकच्या वयाची अनेक मुलंमुली होत्या. कधी सुट्टीत मुलींची भातुकली असे तेव्हा त्यांच्यासोबत शौनक मदत करायला आघाडीवर. लिंबाचे सरबत, कांद्याची भजी तो स्वतः घरी करून घेऊन जायचा. शौनकची आज्जी त्याला अडवायची नाही. उलट, प्रोत्साहन द्यायची. तेरा, चौदा

वर्षांचा शौनक भाजी चिरून द्यायचा. कधी डाळभाताचा कुकर लावायचा. तेही पद्धतीशीर आणि व्यवस्थितपणे. आज्जीला त्याचे फारच कौतुक असायचं. पण आजोबा रागवायचे. “अरे शौनू अभ्यास कर. तुला काय बल्लवाचार्य व्हायचे आहे का?” बल्लवाचार्य कोणाला म्हणतात, हे त्याला माहित नव्हतं. आचार्य म्हणजे मोठी पदवी असं त्याला वाटे. आजोबांचे हे शब्द मात्र खरे ठरले. शौनकने पाकशास्त्राच्या विद्यालयातून पदवीसहित सुवर्ण पदकही पटकावले. आता पंचतारांकित हॉटेलमध्ये तो मॅनेजर आहे. परदेशाच्या वाऱ्या करतो. आजोबांना आता त्याचा अभिमान वाटतो. ‘स्वारी’ आता स्वतःचे रेस्टॉरंट थाटण्याच्या तयारीत आहे. त्याच्या अंगी पाककला इतकी मुरलेली आहे की साध्या वरणभाताचे रसभरीत वर्णन ऐकून तोंडाला पाणी सुटतं. “वाफाळलेला गरमा गरम भात, त्यावर पिवळं धमक वरण, लोणकढी तूप आणि त्यावर लिंबाचा रस” ऐकूनच कोणी तृप्त व्हावं.

काही दिवसांमागे शौनक एक मोठी गाडी घेऊन आला. उमदा, कर्तबगार आणि त्याची धडाडी काही औरच म्हणावी. “मावशी, मला तुझ्याकडून थोडी मदत हवी आहे.” मी ह्याला कसली मदत करणार ह्या विचारात पडले. “अग घाबरण्यासारखं नाही. मला तुझ्या अडगळीत ठेवलेल्या काही वस्तू हव्या आहेत. तेही तुला नको असल्या तर!” “काय हवंय ते घेऊन जा बाबा.” घरच्या पडवीत, अडगळीची लहानशी खोली होती. एकदा त्या खोलीत झाडलोट करतांना ही स्वारी तिथे हजर होती. जुनं जातं, रगडा, एक लहानशी उखळ, कांडण अशी स्वयंपाकाला लागणारी उपकरणं होती. ते सर्व त्याने पाहिलं होतं आणि ह्या जुन्या वस्तू त्याला रेस्टॉरंटच्या सजावटीकरिता हव्या होत्या. हे ऐकूनच मी थक्क झाले. ह्या दगड धोंड्याच्या वस्तूंनी सजावट करणार? “मावशी तू मला ‘रसचंद्रिका’ हे पुस्तक दिलं होतं. त्याचे मुखपृष्ठ चित्र किती अप्रतिम आहे. हल्लीच्या पिढीने ह्या वस्तू पाहिल्याच नाहीत.” हे मात्र तंतोतंत खरं होतं. ह्या पिढीने जन्माला यायच्या अगोदरच आम्ही यंत्रांच्या आधीन झालो होतो. स्वयंपाक खोलीचे चित्रच पालटलं होतं. चूल, स्टोव्ह ऐवजी गॅसची शेगडी आली होती. “शौनक, तुला जे काही हवंय ते सर्व घेऊन जा. तू त्या गोष्टी मौल्यवान समजून वापरणार आहेस ह्याचे कौतुक वाटतं खरं.” जी रसचंद्रिका मी त्याला दिली होती, त्याच रसचंद्रिकेने मला पुस्तकरूपी आईच्या मार्गदर्शनात खूप काही शिकवलं. आठ दशकांमागे आदरणीय कै. श्रीमती अंबाबाई संशी ह्यांनी हे पुस्तक लिहिलं होतं. त्या काळी पाकशास्त्राचे विद्यालय नव्हते. कोंकणी मातृभाषा,

मराठीच्या अल्पशा ज्ञानाने स्वयंपाकाचे जिनस काळजीपूर्वक कसे ठेवण्यापासून त्यांनी सरळ सोप्या भाषेत लिहिली आहे. त्या पुस्तकाची, मुखपृष्ठाने व इतर काही घरगुती औषधांसहीत कै. श्रीमती कल्याणीबाई संशीनी सजावट केली. धन्यवाद त्या माऊलींना. विचार करू लागले. माझा हात दुखतोय म्हणून भौतिक शास्त्राच्या द्वारे, वैद्यकीय सल्ला घेऊन जात्यावर दळण्याचा, मसाला वाटण्याचा, कुटण्याचा व्यायाम करते का

हा खुळेपणा! ह्या जुन्या उपकरणांची किंमत, महत्त्व का कळनासं झालं? स्वयंपाक खोलीची शान वाढविण्याकरीता, कसलाही विचार न करता अडगळीत टाकल्या. पण आज त्या जुन्या वस्तूंचे सोनं होत होतं. उखळ, रगडा, जात्याची धुलाई सफाई केली. व्यवस्थित हे दगड गाडीत विराजमान झाले. मानसन्मानाने रेस्टॉरंटमध्ये त्यांचे स्वागत होणार होतं. ही शौनक बल्लवाचार्यांची किमया होती!

अंकाची वैशिष्ट्ये

दुर्गादास बैलूर

एकं - अद्वैत, एकं सत्यं

द्वितीय - द्वैत द्वंद- पाप-पुण्य, सुख-दुःख

तृतीय - गुण सत्य, रज, तम, ब्रह्मा-विष्णु-महेश

चतुर्थ - वेद, ऋग्वेद, साम, यजु, अथर्व उपवेद, आयुर्वेद, गांधर्ववेद, धनुर्वेद, स्थापत्यवेद

पंचम - इंद्रिये-ज्ञान-श्रोत्र, त्वचा, चक्षु, जिह्वा, घ्राण, कर्म-वाक्, हस्त, पाद, शिस्न, गुद

महाभूते - पृथ्वी, आप, तेज, वायु, आकाश

ककार - केश, कंघा, कडा, रूच्छा, कृपाण

गकार - गीता, गंगा, गो, गायत्री, गुरू

मकार - मध, मद्य, मांस, मीन, मुद्रा

षष्ठं - रिपु - काम, क्रोध, मद, मत्सर, लोभ, ईर्ष्या

गुण - धर्म, यश, संपत्ती, ज्ञान, ऐश्वर्य, वैराग्य

सप्तं - सूर - सा, रे, ग, म, प, ध, नि

धातू - रस रक्त, मांस, मेद, अस्थि, मन्जा, शुक्र

पाताळ - अतल, वितल, सुतल, रसातल, पाताल, भूतल, नभतल

लोक - भू, भव, जन, तप, सत्य, स्वर्ग, ब्रह्म

अष्टं - योग - यम, नियम, प्राणायाम, प्रत्याहार, ध्यान, धारणा, सुषुप्ति, समाधि

सिद्धी - अग्निमा, गरिमा, लघिमा, महिमा, प्राप्ती, प्राकाम्य, ईशित्य, वशित्य

नवं - धान्य - मूग, मसूर, तूर, चणा, कुळीथ, गहू, जव, तांदूळ, उडीद

भक्ती - श्रवण, कीर्तन, स्मरण, अर्चन, वंदन पादसेवन, दास्य, सरूप, आत्मनिवेदन

दशं - अवतार - कूर्म, मत्स्य, वराह, नृसिंह, मोहिनी, वामन, राम, कृष्ण, बुद्ध, कल्की

एकादश - गुरू - परिज्ञान, शंकर, परिज्ञान, शंकर केशव, वामन, कृष्ण पांडुरंग, आनंद, परिज्ञान, सद्योजात शंकर

द्वादश - गणेश नावे - वक्रतुंड, एकदन्तं, कृष्णपिंगाक्ष, गजवक्रं, लंबोदर, विकट, भालचंद्र, विनायक, धूर्मवर्ण, विघ्नराज,

गणपति, गजानन ज्योतिर्लिंग - सोमनाथ, मल्लिकार्जुन, महाकीलेश्वर, वैजनाथ, भिमाशंकर, त्र्यंबकेश्वर, घृष्णेश्वर विश्वेश्वर,

केदार, रामेश्वर, नागनाथ, ओंकारेश्वर

सोन्याची लंका

डॉ. सुनंदा कर्नाड, पुणे

लहानपणी आमच्या आम्माने रामायण किंवा महाभारतातील कथा सांगितल्याचं आठवत नाही. पण पुढे माझ्या मुलीला आणि नंतर नातवंडांना रामायणांतील सुरस कथा रंगवून सांगतांना वाटायचं, 'रावणाची ती सोन्याची लंका' पहायचा योग कधी येईल का? पण तो योग अलीकडेच आला आणि प्रत्यक्ष सोन्याची नव्हे, पण अत्यंत आत्मियतेने जपलेल्या अनेक गोष्टी, दीडशे वर्षांच्या जुन्या इमारती, गौतम बुद्धाची गोपुरं, स्वच्छ रस्ते, हॉर्न न वाजवता जाणाऱ्या गाड्या, हे सारं पाहून जीव सुखावला. भेटलेली माणसंही निष्पाप बुद्धीची, मदतीचा हात लगेच पुढे करणारी, हिंदुस्थानी लोकांना आदराने वागवणारी आणि हसतमुख! असा अनुभव इतर कोणत्याही देशात आला नाही, म्हणून अविस्मरणीय वाटला.

संध्याकाळी सहाच्या जेट एअरने श्रीलंकेला जायला निघालो आणि साडेचार तासांच्या प्रवासानंतर कोलंबोला पोहोचलो. तिथे आधी ठरल्याप्रमाणे प्रदीप नामक मध्यम वयाचा गाईड-कम-ड्रायव्हर गाडी घेऊन वाट पहात होता. 'साई-सी' या समुद्राच्या किनाऱ्यावरून जाणाऱ्या लाल रंगाच्या ट्रेनचं दर्शन घडवणाऱ्या हॉटेलात त्यानं आमची राहण्याची सोय केली होती. चार जर्नीना अगदी आरामात दोन दिवस राहता येईल असं स्टुडियो अपार्टमेंट प्रथमच पाहिलं.

श्रीलंकेतील पहिला दिवस कोलंबो शहर पाहण्यात गेला. पार्लमेंट, राजभवनानसारख्या सरकारी इमारती ब्रिटिशांनी बांधलेल्या छान जतन केलेल्या वाटल्या. सभोवती सुंदर फुलांच्या बागा, कारंजे आणि काही नावाजलेल्या राजकारणी पुरुषांचे पुतळे पण स्वच्छ ठेवलेले दिसले. रस्त्याच्याकडेला कुठेही कचरा नव्हता किंवा भरून वाहणाऱ्या कचरा कुंड्या, तसेच प्लास्टिकच्या पिशव्या फेकलेल्या नव्हत्या श्रीलंकेत सर्वत्र पाहिलेली स्वच्छता आणि आवाज न करता, शिस्तीनं जाणाऱ्या गाड्या पाहून, तिथल्या लोकांचं कौतुक वाटलं. गरीबी आहे पण भिकारी दिसला नाही.

'नुआरा एलिया' नावाचं सहा हजार फूट उंचीवर असलेलं थंड, नैसर्गिक सौंदर्यानं नटलेलं ठिकाण गाठलं. तेव्हा सूर्यास्त झाला होता. ढगामधून झालेली सोनेरी किरणांची पखरण डोळ्यांना सुखावून गेली. 'टी-बुश' ह्या छोट्याशा, कुण्या इंग्लिशमननं स्वतःसाठी बांधलेल्या, पण आता हॉटेल म्हणून

वापर होत असलेल्या सुंदर वास्तूत दोन दिवस कसे गेले कळलंच नाही. पहाटे गुलाबी थंडीचा आणि गरम चहाचा आस्वाद बाहेर बागेत बसून घेत होतो, ते नेहमी आठवेल. नुआरा एलियात पाहिलेली दोन गंमतीची ठिकाणं म्हणजे 'टर्टल हॅचरी' आणि 'एलिफंट ऑफनेज' पहिल्या ठिकाणी पस्तीस वर्षांच्या लेडी टर्टलने घातलेल्या ४०० अंड्यांतून आलेल्या पिल्लांपासून ते १०० टन वजनाची मोठी कासवं पाहिली. ह्या सर्व कासवांना, नावं देऊन प्रेमाने निगा राखणारा 'शांत' नामक युवक, वयाच्या नवव्या वर्षापासून, शाळा-अभ्यास सांभाळून दिवसभर काम करणारा, असा भेटला. 'पुरुष-सत्ताक' कासव-समाजात स्त्री-कासवांची संख्या फार कमी असते, तरीही त्यांचं स्थान उच्च असतं. हे त्यानं सांगितलं तेव्हा गंमत वाटली. खरंतर आपल्या भारतीय समाजानं कासवाचं अनुकरण करावं असंही वाटलं.

विवाहबाह्य संततीसाठी अनाथाश्रमाची गरज भासते. श्रीलंकेत 'orphanage' हत्तींसाठी शंभराहून जास्त हत्तींना सांभाळणारं ठिकाण पाहिलं. त्यांना मातीत लोळायला आणि नदीत डुंबायला घेऊन जातात. तेव्हा त्यांची शिस्त पाहण्यासारखी होती. मस्ती करणाऱ्या युवा हत्तींना नदीच्या किनाऱ्यावर साखळदंडांनी बांधून ठेवलं होतं, तर इतर सर्व लहान-मोठे हत्ती पाणी ओलांडून पलीकड्या किनाऱ्यावर मातीत लोळताना पाहायची गंमत काही औरच वाटली. बिगुल वाजला, आणि सर्व हत्ती, एकमेकांच्या अंगावर सोंडेनं पाणी उडवीत, पुन्हा शिस्तीनं रांगेन बाहेर आले आणि रस्ता ओलांडून आपल्या आश्रमांत परतले. जंगलात हीच शिस्त पाळताना केनियातील सफारीत पाहिलं होतं. इथं माणसाच्या करमणुकीसाठी त्यांना शिस्त लावली आहे, इतकंच नव्हे तर त्यांच्या विष्टेतून कागद व इतर स्टेशनरी बनवणारी 'Poo Industry' ही श्रीलंकेन लोकांनी उभारली आहे. त्यांची प्रक्रिया एका बाईनं समजावून सांगितली. अजिबात घाण वास नसलेले, लिहायचे कागद, की-चेन्स, डायरी वगैरे वस्तू पाहिल्या. त्यातून मिळणारे पैसे हत्तीच्या संवर्धनासाठीच वापरले जातात.

नेगंबोचं विमानतळ गाठण्यापूर्वी सर्व प्रकारची आयुर्वेदिक औषधं करणारी 'Spice Industry' पाहिली. नैसर्गिक रितीने झाडांच्या मुळांपासून फळा-फुलांपासून केलेली औषधं, कसल्याही प्रकारची preservatives न वापरता मानवी व्याधीपासून सुटका करणारी औषधं आणि तेल घेण्याचा मोह आवरता आला नाही. तसेच नाना रंगांची रत्न खाणीतून शोधून काढून त्यातून अत्यंत सुंदर आभुषणं करणारे उद्योग

पाहिले आणि जवळ असलेली डॉलर्सची पुंजी संपवूनच भारतात परतलो ते मनस्वी आनंद घेऊन. 'सोन्याच्या लंके'तून सोनं नव्हे पण 'सीतेला रावणाने ठेवलेलं अशोक वन' पाहिलं. हनुमानाच्या पाऊलखुणा पाहिल्या. २३०० वर्षांपूर्वी सापडलेला गौतम बुद्धाचा दात जतन करणारं भव्य मंदिर पाहिलं, त्यासंबंधी चित्रीत केलेली कथा मात्र विश्वास ठेवण्यासारखी नव्हती. पण लोकांच्या श्रद्धेचं कौतुक वाटलं.

श्रीलंकेसारख्या छोट्याशा देशाचं एकूण क्षेत्रफळ आणि लोकसंख्या एकट्या मुंबई शहराइतकी असल्याचं कळलं. सत्तर टक्के लोक बौद्ध धर्म पाळतात, सर्वत्र बुद्धाचे लहान मोठे पुतळे

दिसतात. हिंदू आणि मुस्लीम प्रत्येकी एक किंवा दीड टक्का आहेत, पण सर्व कसे गोडीगुलाबीनं, शांततेनं एकत्र राहतात. धार्मिक किंवा सामाजिक विषमता कुठेही जाणवली नाही. कौटुंबिक आणि आर्थिक जीवनात स्त्रीयांना समान हक्क आणि आदराची वागणूक मिळते असं आमच्या गाइडनं सांगितलं. पण एकूणच हे आपले शेजारी, भारताविषयी आदर बाळगून आहेत. त्यांची शिस्त आणि स्वच्छतेची आवड वाखणण्यासारखी आहे. हे सारं लोकसंख्या लहान असल्यामुळे आणि बौद्धिक मानसिकतेमुळे शक्य झालं असावं असं वाटलं. एकूणच 'सोन्याची लंका' आणि तिथले लोक मनाला भावले हे मात्र खरं!

आम्मी बायलो या युगांतुल्यो

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

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

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

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

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

- अरुणा राव (कुंडाजे)

चेहरा

चेहऱ्यामागे होता एक चेहरा लपला
जणू दोघांचा लपंडाव चालला ।
वरकरणी दिसला तोच खरा वाटला
त्यामागचा चेहरा हळूच हसला
म्हणाला, हा बघ कसा फसला ॥
मागच्या चेहऱ्याचा मागोवा
आणि खऱ्या चेहऱ्याचा पुरावा
मी, तू साऱ्यांनीच शोधला
पण कधी, कोणाला सापडला ? ॥
भूल पाडणारे काजळी डोळे
फसवे शब्दांचे जाळे
म्हणजेच खरा चेहरा वाटला
तिथेच सारा खेळ संपला ॥
चेहरा म्हणजे मनाचा आरसा
कि अंतर्मनाचा ठसा
गुंता वाढतच चालला
चेहरा बदलतच राहिला ॥
कधी खोटा चेहरा खरा होतो
कधी खरा चेहरा खोटा पडतो
खऱ्या खोटाचा अंदाज चुकला
तरी चेहराच हवा ओळख पटवायला ॥

- सौ. पद्मजा नरेंद्र कुंडाजी

दिवाळीचा नादब्रह्म

नलिनी संझगिरी

सुंदर जरीची साडी नेसून, हातात आरतीचं तबक घेऊन मी यजमानांच्यासमोर उभी राहिले. गळ्यात घरांतच असलेली एक मोहनमाळ घातली होती. कानात हिऱ्याची कुडी वगैरे सगळा साज होता. तोंडावरच्या चुण्या लपविण्यासाठी भरपूर मेकअप करून घेतला होता. माझे पती रंगीत पाटावर सिल्कचा झब्बा घालून बसले होते. हातामध्ये एक पिशवी होती. पॅक केल्यामुळे आत काय आहे ते मला कळलं नाही. पण मला खात्री होती की, कधीपासून मी म्हणत होते की, मला कलकत्ता साडी घ्यायची आहे, तर तीच साडी त्या पुडक्यात आहे. त्या बाबतीत माझे पती कधीही मला नाराज करत नाहीत.

मी व्यवस्थितपणे ह्यांना उभे कुंकू लावून गोरं कपाळ लाल करत आहे. तोच ठो ऽ ठो ऽ असा कान फुटणारा आवाज ऐकू आला आणि मी त्या गोड स्वप्नातून जागी झाले. उठले तर नखशिखांत घामाने भिजून गेले होते. हे पण उठून बसले होते. सकाळचे चार वाजलेले आणि दिवाळी निमित्त ते कर्णकटू आवाज. मला फार वाईट वाटले.

दिवाळी म्हणजे दिव्यांचा सण, मोठे मोठे आवाज काढून कानाचे पडदे फोडणारे नव्हे हे आधी आपण लक्षात ठेवले पाहिजे. कृष्णाने दिवाळीच्या दिवशीच नरकासुराला मारले. नरकासुराने (राक्षसच तो) मरतांना इतक्या मोठ्या आवाजात किंवाळी मारली की सारे ब्रह्मांड हलले. आतांच्या अॅटमबॉम्बच्या आवाजाने ब्रह्मांड हललेच पण गडगडेल म्हणून मला भीती वाटते. हल्ली लहान मोठे भूकंप होत असतात. त्याचे एक कारण AtomBomb, Noise Pollution म्हणजे ते असं. आजकाल ENT डॉक्टरांना भरपूर फायदा.

कुठलाही सण, करमणुकीचा कार्यक्रम वगैरे करायचे असल्यास त्यालाही एक मर्यादा असतेच. असलीच पाहिजे. मर्यादेबाहेर कुठलंही काम केलं तर त्याला शोभाच नाही. कुठलाही पदार्थ रूचकर झाला आहे म्हणून जास्तच खाल्ला तर संडासाची वाट धरावी लागते.

आमच्या लहानपणी नक्षत्रकाड्या, भुईचक्र, सुरसुरबाण लहान लाल फटाक्यांची माळ हे सर्व फटाके घरातील बहुतेक जाणता पुरुष (आजोबा) आपल्या सर्व नातवंडांना एकसारखे वाटून देत असे. प्रत्येकाला थोडेच मिळत होते. पण त्यावरच आम्ही बच्चेलोक खूष. शेगडीच्या मागे चार दिवस गरम

करण्यास ठेवत असू आणि नरक चतुर्दशी ते भाऊबीजेपर्यंत ते फटाके पुरवून वापरत असू. त्यांच्यात सर्वात आवाज काढणारे फटाके म्हणजे लाल फटाक्यांची माळ. त्याचा आवाज सुद्धा एवढा लहान की घरात एका खोलीत मारले तर त्यांचा आवाज स्वयंपाकाच्या खोलीत सुद्धा ऐकू येत नसे.

आता अगदी उलटं झालंय. ऑपेरा हाऊस जवळ मारलेल्या फटाक्यांचा आवाज आमच्या घरी (१ फर्लांग दूर) ऐकू येतो. प्रत्येकांच्या घरी (मुलं असलेल्या ठिकाणी) कमीत कमी २००-३०० रुपयांचे फटाके आणतात पण महागाई वाढली आहे हे म्हणणं सोडत नाही. त्याच्यामुळे आर्थिकदृष्ट्या किती नुकसान होते हे फटाके मारताना लक्षात येत नाही. एक मारतो म्हणून त्याच्यावर कुरघोडी करायला दुसरा पण मारतो. पहा तुम्ही, ह्यात काही गंमत आहे का, फुलबाज्या आणि कुंड्या सोडल्यास सर्व काही ढमढमच!

फटाक्यांची ती सिंहडरकाळी ऐकून आमच्या कानातले ते 'श्रवणयंत्र' fracture तर होणार नाही ना. पुढे काम करणार की नाही ही भीती. किंवा डोळ्यांना जसा मोतीबिंदू होतो. तसा कानाला पाचूबिंदू होतो की काय. मुख्य म्हणजे सणांचं सुख भोगतांना भयप्रद किंवा दुःखप्रद असे काहीही घडू नये ही अपेक्षा.

मला एक कल्पना सुचली आहे. मोक्ष मिळविण्यासाठी आम्ही कुठलीतरी एक आवडीची वस्तू सोडून दिली पाहिजे असं म्हणतात. तर दिवाळीत फटाके आणायचेच बंद केले पाहिजे. हा निश्चय करायचा. मुलांच्या मनावरही तो बिंबवला पाहिजे. Noise Pollution, त्याच्या धुराने होणारी घुसमट आवाजाच्या होणाऱ्या shock ने होणारे heart attack इत्यादी नाना व्याधी आम्हांला दूर करता येतील. तेच पैसे एखाद्या सामाजिक संस्थेस दान केले तर त्याचं पुण्यही पदरी पडेल. कशी वाटते तुम्हाला माझी कल्पना?



कै. विमलाबाई सदाशिव ढवळे- एक प्रभावशाली व्यक्तिमत्त्व

सौ. अनुराधा कर्पे

आपल्या चित्रापुर सारस्वत समाजाच्या अनेक कर्तबगार महिलांबद्दल वाचून, ऐकून व काहीना भेटून माझ्या मनात आले, आपणही आपल्याला माहित असलेल्या व ज्यांच्याबद्दल आपण ऐकले आहे व वाचले आहे, अशा एका बहुआयामी व्यक्तिमत्त्वाबद्दल लिहावे. ज्यामुळे आपल्या सर्वांना प्रेरणा मिळेल.

कै. विमला सदाशिव ढवळे ह्यांचा जन्म ऑक्टोबर १०, १९२० रोजी विजयादशमीच्या दिवशी झाला. त्यांचा जन्म वर्ध्यांचा. पण त्यांच्या आजोबांनी पुण्याला घर बांधले व 'परांडे' कुटुंबीय पुणेकर बनले. हुजूरपागा शाळेत त्यांचे शिक्षण झाले. विमलाबाई अत्यंत तल्लख, हुशार व एकपाठी होत्या. लहानपणी त्यांना एक नकोसा सोबती मिळाला. दमा- इंटरपर्यंत शिक्षण झाल्यावर श्री. सदाशिवराव ढवळे ह्या इंजिनिअरशी विवाह झाला. तीन मुले झाली.

एकदा दादरला भाजीमार्केटमध्ये विमलाबाईंना त्यांचे जुने प्राध्यापक भेटले. आता काय चालले आहे ह्या प्रश्नाला 'संसार' असे उत्तर मिळाले. विमलाबाईंसारख्या बुद्धिमान स्त्रीने केवळ चुलीची आराधना व मुलांचे संगोपन ह्यातच मग्न व्हावे हे त्या प्राध्यापकांना मंजूर नव्हते. त्यांनी विमलाबाईंना कुठल्याही परिस्थितीत शिक्षणाची कास न सोडण्याबद्दल सुचवले व मार्गदर्शनही केले. दृढनिश्चयी विमलाबाईंनी संसाराच्या सर्व जबाबदाऱ्या सांभाळून बी. ए. केलेच. नंतर एम. ए. ही केले. तेही संस्कृत घेऊन!

दम्यामुळे कायम त्रस्त झालेल्या विमलाबाईंनी दम्यावर मात करायचीच, असा निश्चय करून चर्नीरोडला असलेल्या कैवल्यधामात नावनोंदणी केली व योगासनांवर प्रभुत्व मिळविले. धौती, नेती, वस्त्रधौती हे प्रकार शिकून घेतले. त्यांनी ठाम ठरविले होते, मी तरी राहीन नाहीतर दमा. कित्येक महिने ही उपचारपद्धती अवलंबल्यावर त्यांच्या अफाट प्रयत्नांना व चिकाटीला यश आले आणि दम्याचे समूळ उच्चाटन झाले ते कायमचेच.

प्रकृती निरोगी झाल्यावर विमलाबाईंच्या मूळच्या विवीदिषू वृत्तीला उधाण आले व त्यांनी शिक्षणक्षेत्रात प्रवेश करण्याचे ठरविले. त्यात प्राविण्य संपादन करण्यासाठी बी. एड्. ची पदवीदेखील मिळवली. शाळेत भूगोल, गणित, इंग्रजी, संस्कृत अशा विविध विषयांची शिक्षिका व त्यांची प्रभावी अध्यापनपद्धती यामुळे त्यांचा लौकिक वाढला. ज्ञानदान हे

पवित्र कर्तव्य- उद्याचे आदर्श नागरिक घडविणे हे शिक्षकांचे कार्य आहे, अशी त्यांची धारणा होती. त्या स्वतः उत्तम दिलरूबा वाजवू शकत असत. म्हणून संगीताचाही त्यांचा कान होता. त्याचाही फायदा विद्यार्थ्यांना झाला. त्यांनी अनेक सहलींचे आयोजन केले. प्रवास केल्याने माणसाचे चातुर्य, धाडसी वृत्ती, पांडित्य, त्वरित निर्णय घेण्याची क्षमता व सामान्यज्ञान वाढते ह्या गोष्टींवर त्यांचा अतोनात विश्वास होता.

उत्कृष्ट शिक्षिका म्हणून विमलाबाईंचा लौकिक वाढू लागला. योगविद्येने दम्यासारखे असाध्य दुखणे पूर्णपणे निपटले जाऊ शकते, हे स्वानुभवाने सिद्ध केल्यामुळे अनेक मातब्बर डॉक्टर्स त्यांचे दमाग्रस्त रोगी विमलाबाईंकडे पाठवू लागले. त्यांना योगांचे प्रात्यक्षिक दाखविण्यासाठी व त्यावर व्याख्याने देण्यासाठी खास आमंत्रणे येऊ लागली. श्रीलंका सरकारने याकरिता विमलाबाईंना पंधरवड्याचे आमंत्रण दिले. त्यामुळे विमलाबाईंना आंतरराष्ट्रीय परिमाण लाभले. त्यांना या कार्याकरिता 'भारत सेवक समाज' तर्फे एक वर्षाची आंतरराष्ट्रीय शिष्यवृत्ती मिळाली. नंतर अमेरिका जपान, हाँगकाँग, बँकॉक येथे योगावर प्रात्यक्षिके, व्याख्याने, टी.व्ही.वरील परिसंवादांत सहभाग असा भरगच्च जागतिक दौरा यशस्वीरित्या पार पडला. हॉलंडमध्ये त्या डच भाषाही शिकल्या.

महाराष्ट्र सरकारने विमलाबाईंना जे. पी. (जस्टिस ऑफ पीस) हा किताब बहाल केला. दस्तूरखुद्द श्रीसत्यसाईबाबा, स्वामी संप्रदायाचे गुजरातचे स्वामी, दयानंद सरस्वती, ध्यानधारणेचा गुरुमंत्र शिकविणारे महर्षी महेश योगी यांनी जातीने विमलाबाईंचे कौतुक केले. त्यांना गीता, अथर्वशीर्ष, रामरक्षा मुखोद्गत होती. त्यांचे व्यक्तिमत्त्व सौम्य, सोज्वळ पण प्रभावी होते. संस्कृत, इंग्रजी व मराठी या भाषांतून त्या काव्यनिर्मिती करू शकत असत. साहित्याची त्यांना प्रचंड जाण तशीच आवडही होती. वाचनाचा दांडगा व्यासंग होता. जबरदस्त स्मरणशक्तीही होती.

विमलाबाईंचे यजमान सेवानिवृत्त झाल्यावर दोघेही कॅनडात त्यांच्या मुलाकडे (डॉ. विजय ढवळे) कायमच्या वास्तव्यासाठी गेले. विमलाताईंना उमगले की आपल्या शिक्षणकौशल्याचा या देशामध्ये उपयोग होणार नाही म्हणून त्यांनी आपले कार्यक्षेत्रच बदलून वयाच्या अठ्ठावनाव्या वर्षी पद्धतशीरपणे कॉलेजात जाऊन नर्सिंगचे शिक्षण घेतले. ही

नोकरि त्यांनी पुढील दोन दशके निर्धास्तपणे केली. सोबत ज्येष्ठ नागरिकांना विनामूल्य शिकवण्याचा योगासनाचा वर्ग बारा वर्षे तीन ठिकाणी चालविला.

विमलाबाईंना वेळ वाया घालविण्यात, फालतू गप्पा मारण्यात व इतरांच्या कुटाळक्या करण्यात मुळीच रस नव्हता. स्वच्छता, टापटीप, कमालीची शिस्त पद्धतशीर नियोजन व काटेकोर वक्तशीरपणा ही तयांची काही वैशिष्ट्ये होती. टोरांटोहून 'एकता' नावाचे त्रैमासिक चालविले जात असे, त्यात त्यांनी जेव्हा जेव्हा भाग घेतला, तेव्हा त्यांना पारितोषिके मिळाली. इंडियाकॅनडा असोसिएशनने त्यांचा सत्कार केला. कॅनडाच्या दोन माजी पंतप्रधानांनी त्यांच्या सामाजिक सेवेचा गौरव करणारी खास वैयक्तिक पत्रे पाठवली. कॅनडामधल्या सर्वांत प्रतिष्ठित ठिकाणी पार्लमेंट हिलमध्ये असलेल्या भव्य व नेत्रदीपक सभागृहात त्यांच्यासाठी तीन वेळा गौरवपर समारंभ झाले. एअर कॅनडा या जगविख्यात विमान कंपनीने जेव्हा २०००वे विमान सिअॅटलच्या बोईंग कंपनीकडून घेतले, त्यानिमित्त मुख्य पाहुणी म्हणून विमलाबाईंनी स्वहस्ते रिबीन कापून विमानाची खरेदी प्रक्रिया पूर्ण केली. त्यावेळी त्यांनी अस्खलित इंग्रजीत भाषण करून सर्वतोमुखी वाहवा मिळवली. त्यांची एअर-कॅनडाने राजेशाही बडदास्त ठेवली होती असा मान कोणा एशियायी व्यक्तीच्या वाट्याला आलेला नाही. पार्लमेंटहीलवर तीन वेळा वैयक्तिक गौरव झालेली विमलाबाई ही कॅनडाच्या इतिहासातली एकमेव व्यक्ती.

विमलाबाईंना इंग्रजी, मराठी व संस्कृतमधून सुरेखपणे अस्खलित वक्तृत्व करता येत असे. संभाषणात सुभाषितांचा अचूकपणे वापर करणे उचित दाखले देणे ही त्यांची हातोटी होती. त्यांच्या चेहऱ्यावर बुद्धीमत्तेचे तेज झळकत असे. संभाषणचातुर्य, संभाषणांत सुभाषितांची रेलचेल, निगर्वा स्वभाव व प्रसन्न व्यक्तिमत्त्व ह्यामुळे त्यांच्याविषयी सर्वांना आदर, आपुलकी व जिव्हाळा वाटत असे. त्यांच्या संभाषणांत नेहमी विनोदाचा शिडकाव असे.

आपल्या मिळकतीचा किमान १०% हिस्सा विमलाबाई दान करत असत. भारी कपडे, दागिने यांचा त्यांना मुळीच शौक नव्हता. स्वरसम्राज्ञी लता मंगेशकर यांच्याबरोबर त्यांच्या मनाच्या तारा जुळल्या होत्या. दोर्घीनी जोडीने नाटके पाहिली, समारंभांना उपस्थित राहिल्या. योगावर त्यांनी तीन पुस्तके लिहिली. वयाच्या ८७व्या वर्षी पीएचडी करण्यासाठी त्यांनी पुस्तकांची जुळवाजुळव केली होती. आपल्या नवऱ्याप्रमाणे विमलाबाईंनीही मरणोत्तर देहदान केले. असे बहुआयामी

व्यक्तिमत्त्व जानेवारी १४, २००९ रोजी सर्व परिचितांच्या मनाला चटका लावून काळाच्या पडद्याआड गेले.

विमलाबाईंनी आपल्या जीवनयात्रेत न केवळ स्वतःचे आयुष्य समृद्ध केले पण त्यांच्या सहवासात आलेल्या प्रत्येकाचे आयुष्य समृद्ध करण्यात त्यांचा वाटा आहे. त्यांच्या जीवनात विविध क्षेत्रांतील अग्रगण्य व्यक्तींशी त्यांचा परिचय झाला व स्नेह जडला. त्यांच्या सहवासाने व अनुभवाने त्यांचेच नव्हे, तर इतरांचेही जीवन सार्थकी लागले व कृतार्थ झाले.

कपालमोक्ष (हास्यकविता)

मूसू आय्लो मूसु । गुंय गुंय कर्तची आय्लो होडु मूसु ।
पिंवच्यांक दीना कॉफी खांवच्याक दीना घासु ॥ मूसु आय्लो ॥

धांवड्यत मूसाक जाल्ले नांचाचे अनेक प्रकार ।
छुपाछुपी आनी नाना खेळ जाल्ले साकार ।
धांवड्यत धांवड्यत मूसाक । कुर्ताक आय्लो कसु
मगल्या कुर्ताक आय्लो कऽऽसु ॥ मूसु आय्लो ॥

मूसु म्हणता दोळे मिचकावु । धरी माक्का पोळोंव्या ।
तुज्यांतु आस्स किल्लो जोषु ।
मूसाक धांवड्यत । माक्का जाल्लो दऽऽणु ।
मूसाने पळैलो तो क्षणु ।
कॉफी पिंव्या म्हळयारी आय्लोची होडु मूसु ॥ मूसु आय्लो ॥

मूसु आंबोडु वचुनु । हायसळ्ळी मगली कॉफी ।
अरे देवा म्होणु कपालारी । हांवे मारलो हातु ।
निडळारी बस्त आशिल्ल्या मूसाने ।
थंयी सोळ्ळो कडेरचो श्वासु ।

“ई...ई म्हळ्ळेले आयकतना । आय्लो “हाट्टा”चो आवाजु ।
हांवे ताव्वळी सोळ्ळो होडु निःश्वासु ॥ मूसु आय्लो ॥

कस्ल्याक जाल्ली माक्का मूसाक मार्ची भ्रांती ।
मूसाने दिल्ली मगल्या कुर्ताक आठ दिवसा विश्रांती ।

- वसुधा कृ. कड्ले



Narada Bhakti Sutras

A discussion on a Selection of verses from the Treatise on Devotion by the Celestial Bard, Narada-Part II

In the first article we took a brief overview of our ancient literature, and noted that even a very personal subject like devotion was treated very scientifically by our sages. We have taken for discussion Narada Bhakti Sutras

For our discussion for the present, we have selected for our consideration 51 out of the 84 sutras. Those interested may go through the entire 84 sutras at their convenience. Commentaries are available in English. This treatise will surely sharpen the attitude towards Bhakti of those willing to traverse this path, and will guide them on this path towards eternal salvation. It will benefit a devotee if he or she selects some or all Sutras for constant contemplation and reciting. The blessings of Narada, the eternal celestial bard will surely be with them. The Sutras being relatively small and easy to understand, a daily recitation of the same will gradually make one aware of the power of Bhakti and help one travel on this path without faltering.

Organization of this note:

1. The Sutras taken for consideration here, are numbered 1-51
2. The original Sutra reference is given in parenthesis
3. Where needed, the complex word forms of the Sutra are simplified by sandhi separation
4. Meaning follows the Sutra
5. This is followed by a comment

Now, we begin the discussion: Sutra 1 (1.01)

Narada begins his treatise:

अथातोभक्तिं व्याख्यास्यामः ॥१.०१॥

Meaning: Now, then we define devotion

Comment: Here, Sage Narada begins the exposition on Bhakti. Please note the beginning अथातो now, "hereafter". One is reminded of the famous beginning of the ब्रह्मसूत्र. This lends a weight to the discussion which follows by placing the

subject of Bhakti on a footing with the discussion on ब्रह्मसूत्र which is the very basic foundation and cornerstone so to say of commentary on our philosophical thought. Thus the importance of Bhakti and its discussion as a serious subject is instantaneously established in the first sutra itself! Note the last word व्याख्यास्यामः, व्याख्या is deep exposition with detailed explanation. In short, it means defining a concept. विशेषेण आख्यास्यामः we will expound the concept of Bhakti in its entirety, says Narada. "We" here has a special significance in as much as Narada, by using this term draws upon the collective wisdom of his predecessors (whom he refers to, as he goes ahead). The "we" here is not to give greatness to himself, but to depict the collective wisdom of all the greats before him.

Sutra 2 (1.02)

सा त्वस्मिन् परप्रेमरूपा ॥१.०२॥

सा तु अस्मिन् परम प्रेम रूपा।

Meaning: She (Devotion is feminine in Sanskrit) is verily the embodiment of one's highest form of love, in Him.

Comment: The very first qualifying mark of Bhakti is Love of the highest order.

प्रेम = Bhakti is here for emphasis (and not really as a filler, as is the case with this letter in many shlokas च वै तु हि those readers who have studied Subhashitas, may recall these fillers. अस्मिन् denotes the receptacle of Bhakti - where does the Bhakti get placed in "This". What is "This"? It is "That" which is the object of (my) devotion. अस्मिन् here denotes the one and the only. Please note the usage of अस्मिन् in singular. When one thinks of Bhakti, it has to be full, complete, unalloyed and non-fragmented and, the object has to be ONLY ONE ! You cannot distribute your Bhakti among many ! See how अनन्य भाव is defined, in one word!, and this is the beauty of the Sutras. Few words, full of meaning!

परमप्रेमरूपा = has the form of extreme love. परमप्रेम

the love of the highest order. In this love, there is total absence of any expectation, not looking for return gift nor weighed down by obligation. The unremitted love is only on account of pure joy to the one who gives Love. This really is the full and final definition of Bhakti. However, Narada goes on to elaborate further.

Sutra 3 (1.03)

अमृतस्वरूपा च ॥१.०३॥

Meaning: And, she (Bhakti) is मृतस्वरूपा. Immortal

- अमृतस्वरूपम् यस्याः सा।

Comment:

The second qualification of Bhakti is that she is immortal. Her form is immortal, literally. In point of fact it is not the physical form, स्वरूपा points to the characteristic—the essential nature of Bhakti. (Also, we can interpret that she grants immortality). Just as the nectar rejuvenates us, so does Bhakti, is the meaning behind this.

(To be continued)

Comments/corrections most welcome on

kdmankikar@gmail.com

आम्ही सारे साधक

आम्ही सारे साधक येथे जमलो ।

प. पू. स्वामींच्या पायाशी वेदांत शिकावया बसलो ॥

अजाण बालक आम्हां लागली मोक्षाची गोडी ।

शिकवी मास्तर आपुल्या हातात न घेता छडी ॥

सदा तत्पर शिक्षक आमुचे आम्हा शिकवाया ।

हाती आमुचा हात घेऊनी सा. ध. न. गिरवाया ॥

पहिले साधन शिकविले आम्हांस धरावया मौन ।

हित आहे सर्वांचे ह्यात जाणून ॥

अपार आहे वेदांचा विस्तार फार ।

पण त्यात बसली फक्त अक्षरे २६ ॥

स्वामीजीनी आम्हां शिकविली ३ अक्षरे इङ्गुउँकारफफ।

त्यातच आहे चराचरात भरलेला इङ्गुईश्वरफफ।

शिकविले गणित जगावेगळे ।

कितीही गुणिले कितीही भागले केली बेरीज वजाबाकी ॥

तरीही त्याचे उत्तर मात्र पूर्ण इङ्गुफफराहिले ।

असे हे आपुले मास्तर फार प्रेमळ, वेळप्रसंगी होतात थोडे

कडक ॥

देती आम्हा अभ्यास करावया "Home work"।

झटून अभ्यास करूया, उत्तीर्ण होऊ या ।

सत्संगाने जीवनाची शाळा पार करूया ।

हीच मागणी देवापाशी मागूया ॥

- मुक्ताबाई चंदावर

एका अविस्मरणीय स्वातंत्र्यदिनाची

दर्दभरी कहाणी

डी. डी. बैलूर

आमचे पिताश्री State Govt. मध्ये नोकरीत होते. दर चार वर्षांला बदली होत असे. आम्हाला नवीन स्थळे नवीन मित्रमंडळी, नवीन शेजार-पाजार मिळत. पण काही बाबतीत वाताहात पण होत असे. विशेषतः स्थलांतरामुळे सामानाची नासधूस वगैरे वगैरे. पण आम्हा तीन भावंडांना भोगावी लागलेली दर्दभरी कहाणी ही अशी आहे.

१५ ऑगस्ट १९४७ ह्या दिनी आम्ही अलिबागला होतो. कारण वडिलांची बदली तिकडे झाली होती. आमची शाळेत तात्पुरती भरती करण्यात आली पण बेळगांवच्या शैक्षणिक अधिकाऱ्याचे प्रमाणपत्र न आल्याने आमचे नाव शाळेच्या रजिस्टरवर नोंदले गेले नव्हते. झेंडावंदन झाले. आम्हां भावंडांना निराळेच उभे केले होते. त्याचे कारण मग कळले. कारण सर्व विद्यार्थ्यांना मिठाई वाटण्यात आली पण आम्हाला वगळण्यात आले. कारण, आम्ही शाळेच्या रजिस्टरवर नव्हतो. आम्ही हिरमुसले होऊन घरी परतलो. वडिलांनी स्वखर्चानी मिठाई आणली आणि आम्ही सर्व घरच्या मंडळींनी खाऊन स्वातंत्र्यदिन साजरा केला. ही दर्दभरी कहाणी मला ६९ वर्षांनी कशी आठवली ह्याचे मला आश्चर्यच वाटते. सर्व भारतातील आम्ही तीन भावंडे ह्या वाटलेल्या मिठाईपासून वंचित राहिलो हे एक महद् आश्चर्यच म्हणायला पाहिजे. बदलीमुळे काय वाताहात होते ह्याचे हे एक उत्तम उदाहरणच म्हटले पाहिजे.

Proverbial Lore of the Konkani Language

ORIGINALLY WRITTEN BY S.S. TALMAKI, RETOLD BY RAGHUNATH GOKARN

Story Four : Venku's Mission to Padambur

Having surveyed the Shastras and Philosophy in the previous stories, I now propose to narrate the incidents of ordinary life which afford a wide field for proverbial lore.

Proverbs record knowledge and experience in a piquant way. They also chronicle the most funny incidents in life, and their application would not be understood unless the incidents are known.

Venku was a faithful servant. Though slow-witted, he was an ungrudging worker. For any rough and hard work requiring no skill he had no equal. Set him to hewing wood, drawing water, or digging a trench he would do the job with all his might until he was exhausted or called off by the master. He was never to offer an excuse. But he was unfit for any intelligent work. Send him a-shopping to fetch three articles he would invariably forget one of them, would bring a smaller or larger quantity of the second and the third would be quite different from the one ordered. For all that his master treated him kindly, though at times scolded him for his mistakes. Venku on his part always evinced anxiety to please his master.

Padambur was a village some miles off where Venku's master owned large landed property, cultivated by farmers on annual rental system. One night Venku's master, in the course of a talk with his family members referred to a recalcitrant tenant who allowed his rent to run into arrears, and it was suggested that Venku might be sent next morning to the village to collect the arrears with the help of other tenants. Venku overheard only a part of the talk referring to his being sent to Padambur the following morning; why and what for he was to be sent there Venku failed to catch nor cared to inquire. Venku remembered of his being often twitted for want of initiative and he thought this was an opportunity to please his master by doing his job even before it was actually entrusted to him.

At the dead of night Venku set out for Padambur, looked neither to his right nor to his left and reached his destination by sunrise. On reaching there, however, he scratched his head and racked his brains to make out why he was there. Walking listlessly by the side of the farmhouse of a tenant he overheard a talk that his master's she buffalo entrusted to the farmer's care had calved on the previous night. The farmer was glad that

this was the occasion for earning a bakshis for the care he had bestowed on the buffalo, and was discussing with his people the steps to be taken for sending the animal with the calf to the landlord. The thought struck to Venku that his mission referred to an enquiry regarding his master's buffalo and made up his mind to carry the good news to his master even before the farmer did so. But he argued to himself that the master may demand proof and the best proof of the news of calving was the calf itself. Eluding the eye of the farmer's folk, Venku carried off the calf and by evening lodged it at his master's door.

On learning the details of Venku's enterprise his master showed no signs of pleasure; but he brought home to him what a hardship he must have caused to the farmer, no less to the buffalo by removing the calf from their presence. The master called another servant and sent him to Padambur to bring the buffalo after apprising the farmer of what had happened. Venku on the other hand having become conscious of the mistake made up his mind to repair it and when every body was asleep carried back the calf to Padambur by another route. By the time Venku reached Padambur the farmer in compliance with the message received from his landlord reached the latter's place with the buffalo, but only to make the discovery that neither Venku nor the calf were in their places in the landlord's yard.

The last part of the episode is briefly told. The master having guessed the whereabouts of Venku and the calf immediately sent back to Padambur the party which had brought the buffalo to fetch both Venku and the calf from the village. When Venku faced his master both showed signs of deep disappointment. The former because all his efforts to please his master were infructuous, the latter because the servant's series of blunders were beyond his expectation. The master, however, forgave the servant. The latter having had enough taste of initiatives made up his mind never again to venture upon another without express instructions from his master.

Venku's mission to Padambur kept the merriment of his master's family circle and became the subject of common talk all over the town and ever since been referred to whenever any mission is awkwardly carried out.



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~~~~~ Parisevanam ~~~~~

When NALINI MANJESHWAR started teaching the *Devi Anushthana* to just 10 non-Saraswat residents of Shirali, little did she know that this was just the first momentous step in a '*bhakti-movement*' that would soon have 22 centres around Shirali, Honnavara and Bhatkal! Today, this *Samaavesha* includes lessons in conversational English, *pranayama* and much more. Here is Nalini's fascinating report paying devout homage to

The Incredible Power of *Guru Shakti*

As Chitrapur Saraswat sadhaka-s we do Anushthana and undertake many other spiritual practices and rituals, learnt under the invaluable Guidance of our Guruvarya. But now, non-Saraswat people too are regularly performing the Devi Anushthana as taught by Pujya Swamiji. This Devi Anushthana has been named **Samaavesha** by our Guruvarya - our Preraka, Margadarshaka and Bodhaka.

The Devi Anushthana is currently being conducted in 22 centres around Shirali, Honnavara and Bhatkal. Samaavesha has enabled many people to connect spiritually to our Math and the Gurushakti. The participants have been constantly reporting about how this has benefited them in many different ways. For example, some say that they have got peace of mind, some young girls feel they got a suitable alliance because of this and so on. One young college student from Kanchin

Parameshwari temple says "Earlier, I used to make fun of others who visit temples and who do bhajan-s, but now I eagerly await a Friday so that I can attend the Devi Anushthana and sing bhajan-s too". One woman from Neerkanta says "Now, women go to temple regularly, do the Anushthana, sing bhajan-s and chant stotra-s". One girl from Chitrapur said "The benefits cannot be explained. I can only say that this has changed my life completely! I can give up anything but not this Anushthana."

Guru Madhye Sthitam Vishwam, Vishwa Madhye Sthito Guruh | Gururvishwam Samastam Tu Tasmai Shree Gurave Namah||

The Samaavesha class, which started with teaching just 10 members in Chitrapur, has now grown to 22 centres! This is truly like tangible proof of Apaara Mahima Guru Mahima! It is as if, slowly but surely, our part of the world is turning into a Vasudhaiva Kutumbakam. In 2015, only two centres could observe the Shivaraatri-Jaagran, whereas, in 2016, Shivaraatri-Jaagran was observed in six centres!

Samaavesha is conducted in different schools during the morning hours. From Honnavara till Bhatkal it is conducted in different temples in the evenings on different days of the week. In some places where there is no temple, devotees perform the Devi Anushthana in groups at individual homes.

Swamiji always says one must know to speak three languages – English because it is an international language, Hindi because it is the national language and Kannada since it is the local language. At Chitrapur, though many students are double- graduates, they cannot communicate well in English. Hence, to support such a community and to improve their English- speaking skills, an "English Speaking Class" was started on 6th January 2015. The hour-long class is conducted in the evenings from Monday to Thursday and many young students are availing of this opportunity. The prime focus of the class is to motivate, boost self- confidence and elevate the self-esteem of each student. They are trained to speak extempore on a topic given on-the-spot, to maintain proper body posture and to emote properly. Each student is also given a chance to teach,



so that the confidence-level increases. Once a week, students participate in a game period for fun. Participants have benefited in many ways. Many students found it easier to get a job after doing this course. One girl got the first prize in an inter-collegiate elocution competition. She said "Madam, I got this prize because of joining this English class. I followed all the steps taught here while participating in the competition" .

On January 10th 2016, a trek was organised for the participants to Kodachadri and Shankara Peetha, where the 50 students performed the Devi Anushthana. On the way back they visited Kolluru Mookambika Temple.

Parama Pujya Swamiji has taught us pranayama. The exercise class along with pranayama is conducted from 6:35 a.m to 7:05 a.m at the Dhyana Mandir of our Math from Monday to Saturday. Many Saraswat bandhava-s who visit the Math have attended these classes. On December 1, 2015 yogasana and pranayama sessions were started from 5:00 a.m to 6:00 am at the Dhyana Mandir. Held from Monday to Saturday, many people of Chitrapur, Bappankodlu, Harkali and other nearby places have begun attending these classes. The happy students have learnt asana-s and pranayama-s. We have received very good feedback from the students. Freedom from several chronic complaints, a feeling of lightness and a high-energy level are some of the reported benefits. One girl said she used to often get fever and cold but after practising yogasana-s, she has never suffered again.

On the 14th of April this year, 25 members from Neerkanta, Moodshirali, Bappankodlu, Tattihaklu, Gudihitlu, Harkali and Chitrapur had gathered at Math for doing seva at Lord Bhavani Shankara's Kshetra -ShriChitrapur Math. The scheduled time for setting out was 8.00am, but all participants had gathered well in advance, at 7:30 am itself! After the team offered prayers to the Lord, breakfast was served at the bhojanashala. Every sevarthi collected a scarf which had "SHREE CHITRAPUR MATH, SHIRALI" along with the Math logo and "SHREE BHAVANI SHANKAR SEVA GANA" printed on it. The Shramadana-seva started at 8 am after offering pranam-s to ourGuruvarya, Lord Bhavanishankar and Devi Bhuvaneshwari and also

chanting the Sabha Prarambha Prarthana.

Narayan Mallapurmaam and Vaidyamaam distributed the equipment required to do seva and kept an eye on the seva-gana-s. Sevarthi-s began cleaning from the Main gate, AVM, Ashwatta Katte, the area around the Museum , plus the garbage bin in the Ratha Gadde near the Museum. One of the sevarthi-s remarked,

"We should not speak, our work should speak". The seva-gana did exemplary work for two-and-a-half hours, from 8 a.m. to 10:30 a.m. Later, after freshening up, all sevarthi-s were served with bananas and sesame milk shake at Shrimat Parijnanashrama Sabha Bhavan. We then proceeded to Panchavati. We were seated near the Dhyana Mandir at Panchavati with Parama Pujya Swamiji seated under a tree, facing all of us. This awesome visual and the prevalent serenity reminded me of Lord Dakshinamurti imparting self-realization in total silence to the four spiritually accomplished Manasaputra-s of Lord Brahma. Swamiji is the very Embodiment of Lord Dakshinamurti for all of us.

Swamiji gave a beautiful Upadesha to all the sadhaka-s present, in Kannada as well as in English. Sevarthi-s offered bhajan-seva. Swamiji sang the bhajan - "Jaya Jaya Devi Daya Lahari". Then, Pujya Swamiji even had bhiksha with everyone. It truly felt as if Lord Bhavanishankar Himself had come down to share the lunch of the Bhavanishankara Seva Gana. Amidsts loud jaijakaar-s in Konkani, Swamiji returned to the kutir.

While taking leave, all Sevarthi-s kept reiterating "Thanks a lot for this golden opportunity. We are feeling blessed. This is one of life's most precious moments." This seva-event made everyone of us recognise and acknowledge yet again, the mahatva of seva. We offered everything at the Divine Feet of Parama Pujya Swamiji whose unconditional love, care, motivating power and spiritual guidance were showered upon everyone.

Undoubtedly all this wonderful work is going on only because of the infinite power of Gurushakti to which I offer my humble pranam-s!

Photo credit: Ravi Sorab



A Parting Gift for Ron

VASANT HATTANGADI

"Your flight's at ten o'clock, right?" asked Emil as he swerved the car on to the highway and as Ron gave a slight nod, he said "Don't worry; we will be there well in time."

Ron Clarke, Australia's Olympics Champion athlete was returning home after having spent an enjoyable weekend in Prague with his 'role model', Emil Zatopek of Czechoslovakia, the man who had earned for himself the sobriquet, 'Czech Locomotive' because of his unprecedented, great accomplishments in Olympic Games. In the entire history of the Games he is the only one to have made a 'hat trick' of sorts in distance running by securing a triple win: he had won all three gold medals for running in the 1952 Summer Olympics at Helsinki (500 meters, 10,000 meters and marathon) and to this day, the record remains unbeaten by anyone.

Ron too was a sporting legend in his own right; well before he had crossed thirty he had already proved himself by notching up seventeen world records to his credit. In the 1964 Tokyo Games, he was the sole hot favorite for the 10,000 meters event. But, though he had by then broken almost every previous record from 2 miles to 20 kilometers, the Olympic Gold medal had, however, eluded him so far and he had to be satisfied with winning only bronze or silver medals and that was precisely what had been eating him up lately. The 1968 Summer Olympics, which had just been concluded in Mexico City, had proved to be a total fiasco for Ron Clarke. Not being used to running at high altitudes, the lack of oxygen there had caused him problems and though he had somehow managed to finish in the sixth place, he had collapsed and almost died at the finishing line surviving with a somewhat weakened heart and a ruptured valve that called for surgery. But, one thing was certain: he had returned from Mexico as a completely heart-broken man!

As the car sped towards the Prague International Airport, its occupants observed an awkward silence for a while, only to be broken first by Emil who glanced sideways at his friend as he spoke: "It was just too bad, Ron — I mean, what happened to you in Mexico City was just too unfortunate. Well, as they say, the most important thing in Olympics is not to win but to take part in it. So also in life, the important thing is not the success you get but it's the struggle you make to find it. The essential thing is to have fought well and not to have conquered."

"When the chips are down, there's nothing one can do except, perhaps, let them fall where they may. Anyway, no use brooding over it because, it's all water

under the bridge now. All you got to do is stand up again and face life with a renewed vigor. I have a gut feeling that you can do it if only you try once again, young Man. I am not saying this because I like you as a person, but, because, gold or no gold, I respect you as an able athlete! "

"You really think I can do it?" asked Ron eagerly.

"Yep, all you got to do is to train the right way and put in some hard work." said Emil. "Running is easily understandable: all it requires is speed and stamina. When I was young, I was too slow a runner, but, I had a passionate desire to win the race. I thought, I already knew how to run slow and all I needed to learn was how to run fast; so, for that I would have to practice running fast. So, I started running as fast as I could, first for a hundred meters stretch and then, I gradually upped the figure to 400 meters. I'd do it forty times in the morning and then once again in the afternoon, that is, I ran total 20 miles in one day! I did that for about two weeks."

"What 20 miles a day for 2 weeks! That's mind boggling, Man!!" Ron couldn't help shouting.

"Well! People thought I had gone crazy. In this business, you've got to train like mad. There's no other way, because, the more you tax your body, the more you're in control. You must practice running at a steady, maximum sustainable pace at which you can easily manage a 5K or 10K meters stretch and you will have to log in at least 20 to 30 miles a day. For, if you do it once nothing happens; it's only when you force yourself to repeat the strenuous part hundred times under most excruciating conditions that you start seeing results in more ways than one. I have trained in snow, in slush and in bad weather in army boots on rough, countryside roads and sometimes, even uphill. For my resistance training, many a time I would carry my wife, Dana on my back. Training under most unfavorable conditions not only builds up your endurance but also your will power and I tell you, it's worth the great relief and pleasure you get when you cross the finishing line ahead of all others in the race."

"Don't you think continuous training at moderate steady pace over long distances, while you keep increasing both gradually everyday is a better bet, any day?"; asked Ron.

"No, that's the traditional way — this slogging day in and day out. In the long run, it doesn't do you much good, you know. I think running at one's personal best pace even if it be over short durations is a much better

idea. Between these bursts of intense activity you try to squeeze in short periods of recovery, which you run at much lower comfortable speeds. For example, you run two minutes at a hard effort and then follow it up by two to three minutes of easy jogging, or even walking, while you catch your breath. I think this method — I call it "Interval Training" — wherein you alternate between bouts of fast running and slow running is more beneficial to distance runners than a traditional, more rigorous and strenuous regime. Firstly, it trains your muscles to work more efficiently at higher speeds and you learn to quickly switch over from slow to fast speeds and vice versa. Secondly, because you're running at higher speeds, just above your discomfort level, at which you gasp for breath but not really so hard as to pass out, your maximum uptake of oxygen increases as in any aerobic exercise and your muscles gain in strength and train faster. It improves both your PR running speed as well as endurance in a much shorter time than the traditional tedious method that focuses more on high-volume, medium-paced workouts rather than one with a better efficiency. Running at your fastest sustainable speed – but not at an all-out, topmost racing speed – is the key to running with good form and avoiding injury. You must choose your running pace just above the level, which you perceive as the one you can easily withstand for 10 to 12 minutes, depending on your fitness. In other words, it's a controlled, intense effort followed by a truly easy jog. The secret of success of the method lies in the so-called recovery period during which one recuperates from exhaustion of the previous half, just enough to enable you to run hard again in the next interval. Thus by end of the session, you're a little fatigued, but, not necessarily completely fagged out."

Ron Clerk was pondering in serene silence over what Emil had just told him. Little did he realize then that what he had just been witness to was the birth of an innovative idea for effective training that would be wildly accepted and commonly used someday in athletic training, not only in running but also in allied fields like bike-racing, sprinting, steeple chase, swimming etc. It is called, "High Intensity Interval Training" or simply HIIT.

The airport Control Tower with its rotating radar dish were just appearing on the horizon when Emil suddenly announced, "Well, there you are, Prague's Ruzyne International Airport! _____ I think you got to hurry, Ron; you have just enough time to catch your flight at Terminal 2. Okay, then. Take Care of yourself and wish you All the Best. Good Bye and Bon Voyage! — Oh, wait a minute! I almost forgot. Here, take this — this is for YOU, Ron. I am giving it to you not because of friendship, but, because I sincerely believe you deserve it. Please don't open it right now, though – wait till you reach London. Bye again!" He felt

his own voice slightly choked with emotion as he warmly embraced Ron. Then, he reached into his inner vest pocket and produced a small parcel, neatly packaged in pink paper, which he gently passed into Ron's hands.

Ron was curious to know what the parcel contained. "Was he being used to smuggle something out of the country, like a precious diamond, secret weapon, contraband or something else? No, Emil won't do such things. Or was he trying to defect to the West like some of his countrymen?" he wondered. Whatever it was, he decided, he was not going to wait patiently all of two hours to London. So, no sooner had he boarded the aircraft and settled down in his seat than he was seen rushing towards the toilet taking the pink parcel along with him. Once inside the toilet, he hurriedly opened the package and to his utter astonishment found inside a tiny round, brightly shining, metallic piece staring him in the face. It was Emil's 10,000 meters Olympic gold medal that he had won at Helsinki in 1952! For a minute, he was too stunned to react; it was then that Ron Clarke, the famous Australian long distance runner, known for his seventeen world records, slowly sat down on his toilet seat and wept like a small child. As long as he lived, Ron would tell everyone that the gold medal he had got from Emil that lucky day in Prague was his life's most cherished possession.

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Personalia

Nine-year-old Aarin Kundapur-Pereira, of Watford near London, has just won recognition in literary circles in the U.K. as both a promising poet and a budding author.

Aarin was adjudged the best young poet in Southern England by Young Writers of UK for his poem "The Rainbow of Emotions" during their 2016 poetry competition on "Emotions". His poem was published in "Poetry Emotions – Southern England". He was one of 13 winners under age 11 who headed the regional lists of young poets whose poems on emotions were published as books in the first week of June. Young Writers, working for over 20 years to promote writing among students in UK, selected the poems for publication from more than 20,000 entries for the annual competition.



Aarin is the son of Shivani Kundapur and Nigel Pereira. "Kanara Saraswat" published "The Rainbow of Emotions" in its June issue.

A little earlier, Aarin reached the final of BBC Radio's popular "500 Words" story-telling competition for 2016. His whodunit, "Monkeynapped", was among the top 50 stories selected from among 1,23,436 entries sent by children under 13 from around UK in the 5-9 and 10-13 age categories.

Aarin's story, read by a celebrity, appeared immediately along with the other 49 stories on BBC Radio 2's website, which boasts 10 million listeners. He became an instant celebrity and inspiration for his schoolmates at Edgemoor when his Head Teacher asked him to read his short-listed story at the school Assembly.

"It was inspiring attending the finale at Shakespeare's Globe theatre on his 400th anniversary and listening to the 6 winning stories", Aarin said after the May 27 ceremony, where the Duchess of Cornwall was Chief Guest and Honorary Judge. "Some of the stories were better than mine," he added manfully.

Jeppu Pooja Suhas Rao, daughter of Shanta & Suhas Rao from Mumbai, has completed the Executive Program in Human Resource Management from the outstanding HR Institution - XLRI, Jamshedpur in association with the world's apex HR association - Society for Human Resource Management, India.

She has also completed the Master of Management Studies (MMS) with Human Resources from University

of Mumbai with "A" Grade besides PG Dipl. in Personnel Management with "A" Grade from the exclusive all-India body of professional personnel managers - National Institute of Personnel Management, Kolkata.

She has also been certified for OHS (PRIA), Labour Laws (MKU), Training and Development (AHLEI), CSR (VIA Univ. Denmark), Healthcare and Hospital Management (IIPH-G), Managerial and Leadership Excellence (CLI & NSCI) and Six Sigma (MSME - GOI).



Kshiteej Sode is a highly motivated graduate holding a Master's Degree in Applied Medical Sciences passing with First Class with Distinction and is aspiring to pursue a career in Research and Development. He has extensive laboratory experience from institutes like TIFR, HBCSE and St. Xavier's College, Mumbai. He has worked in the areas of neuroscience, molecular biology, cell biology and embryology.



He received the Vishnu Sadashiv Somani Scholarship Award for the highest score in Bachelor's

Degree Examination in Zoology. He was selected amongst various competing colleges in India to receive fellowship under the National Initiative for Undergraduate Science by the Tata Institute for Fundamental Research (TIFR). While in Junior College he secured state level first rank at the inter-college Math Olympiad while in Junior College.

Mithil Sanjay Gunavanthe, son of Sanjay Bhavanishankar Gunavanthe and Vidya Gunavanthe (nee Puthli), has passed his **Masters in Mechanical Engineering** from the University of Texas in Arlington in May 2016. Mithil passed his B.E. (Marine) from Padma Vibhushan Vasantdada Patil of Engineering, Mumbai. Mithil is a sports enthusiast, excelling in Table Tennis,



Soccer, and Basketball.

Eleven-year-old Tanmay Kundapur, of Northville, Michigan, USA, won four silver trophies at his very first appearance at the 2016 National Academic Games at Atlanta, Georgia recently.

Most noteworthy was Tanmay taking second place in both the Individual and Team Sweepstakes with his all-round performance in the six Academic Games competitions based on Mathematics, Languages and Social Studies among 287 students at the Elementary level (5th and 6th Grades) in the last week of April.



Tanmay, a 5th Grade student, also bagged an individual silver in LinguisHTIK. He and his four classmates in the Northville Immortals team won a team silver in Equations, besides the second place in the Team Sweepstakes among 22 teams.

Tanmay is the elder of two sons of Deepa and Rajeev Kundapur. Rajeev was the main coach of two 5th Grade teams, Northville Immortals and Northville Einsteins. Deepa was the main coordinator. Both performed creditably. In fact, teams dominated by Asian-Americans from Northville, a small town near Detroit, did extremely well at these Nationals.

Nearly 900 students from 5th to 12th Grades from several U.S. states spent five days trying to outthink each other at this unique, 26-year-old competition, in which Maths (Equations and On Sets), Language arts (LinguisHTIK) and social studies (WFF 'N Proof, Presidents and Propaganda) are literally transformed into fun and games. Appropriately, golden, silver, bronze and other colour statuettes of "The Thinker" by French sculptor Auguste Rodin were distributed as prizes.

Participants, using this game-based approach, learn early how to apply important concepts in Maths, logic and other subjects and how to use strategy. In addition, they learn how to work together in teams and develop courage, character and poise.

Here & There

Bengaluru : The recitation of Shri Adi Shankaracharya Ashtottara Shatanaamavali concluded on May 1st and was offered at the Lotus Feet of Sri Adi Shankaracharya and our revered Guruparampara.

Punyathithi of Parama Pujya Shrimat Parijnanashram Swamiji-I was observed on May 5th with Guru Poojan, Bhashya Pathan and Ashtavadhana Seva after Deepanamaskar followed by Prasad vitaran.

On May 11th Shankara Jayanti was celebrated. Shri

Rajgopal Karnad, President, Local Sabha addressed the gathering. There was prize distribution to prize winners and participants of the Shankara Jayanti competitions. There was an inspiring talk by the Chief Guest, Shri Mangesh Nadkarni. This was followed by Deepa Namaskar, Bhashya Pathan, Sri Shankaracharya Poojan and prasad vitaran.

The sadhaka-s of Bengaluru Sabha were blessed with the Divine presence of Parama Pujya Shrimat Sadyojat Shankarashram Swamiji from May 19th to 25th. The laity were fortunate to attend the Swadhyaya by Parama Pujya Swamiji on ' Shiva Mahimna Stotra' on May 21st and 22nd. The Annual General Meeting of Bengaluru Local Sabha was convened on May 22nd and the new Committee for 2016-17 was blessed by Parama Pujya Swamiji. A cultural programme was also organised by Prarthana, Yuvadhara and Geervana Pratishtha Varga-s. 'Swara Sadhana', was introduced to the laity by Smt. Meera Balsaver, Smt. Udaya Mavinkurve and Smt. Manjula Jamalabad.

Samoochika Gayatri Japa Anushthaan was conducted on the 2nd, 4th and 5th Sunday along with the weekly Pujan on Mon/Thurs/Fri by Gruhasthas, Vimarsh sessions by Smt. Udaya Mavinkurve on the Bhagvadgita Chapter 12 snippets and talk on Vivekachudamani by Dr. Sudha Tinaikar.

Reported by Saikrupa Nalkur

Belgaum: All the Amchi ladies of Belgaum Local Sabha gathered in the residence of Smt. Vinaya Durgesh Haritay and celebrated Param Pujya Parijnanashram Swamiji's birthday on Wednesday, June 15, 2016 with recitation of Omkara, chanting of Sabha Prarambha Prarthana followed by Guru paduka stotra, Guru paduka panchakam, Parijnana Trayodashi 5 times, Guru Ashtottarashata Namavali followed by Guru Bhajans. The program concluded with Aarti and Sabha Samapti Prarthana followed by Teertha Prasad.

Reported by Smt. Vinaya Durgesh Haritay

Mangaluru : The Annual General Body meeting of the Adult Vantiga Payers/ Members of Shri Chitrapur Math Mangaluru Local Sabha was held on 15th of May 2016 at Vamanashram Hall. At the beginning Sabha Prarambha Prarthana followed by circulation of Audited Annual accounts for the period 2015-16 which was adopted by the General body unanimously. Regarding election of new Office bearers for the Sabha for the year 2016-17, Sri Janardhan Savnal as President, Sri Gurudath Padubidri and Smt Shobha Gulvady as Vice Presidents, Sri Ganesh Damble as Secretary, Sri Bharath Yellore and Smt Sandhya Manjeshwar as Joint Secretaries, Sri Sanjiv Kodial as Treasurer and 9 other members elected as committee members.

Shankaracharya Japa Anushthana: Shri Shankaracharya Ashtothara shata Namavali Japa Anushthana conducted from 27th December 2015 to 1st May 2016 at Shri Vamanashram Samadhi Math as per the instruction received from Shri Chitrapur Math Shirali. We have conducted 19 sessions (every Sunday). Sadhakas chanted the Shlokas, Sthotras, Shankaracharya Ash-tothara Shatanamavalies 5 times on each session. On 11th May 2016 we have celebrated Shankara Jayanthi at Shri Vamanashram Math in a grand manner. Above programmes were conducted under Mangaluru Local Sabha.

Gayathri Japa Anushthana: On The eve of Centenary year of Shishya Sweekar of H H Anandashrama Swamiji Shri Chitrapur Math Shirali instructed all the Local Sabhas to perform Gayathri Japa Anushthana on every Sundays. Mangaluru Local Sabha performed Gayathri Japa Anusthan from 10th May 2015 to 8th May 2016 on every Sundays and sometimes on special occasions like Punyatithi of earlier Swamijies. We had given the target of 2 Lacs, but we have performed 2.43 Lacs.

Reported by Savnal Janardhan Rao

Mumbai – Dadar: The Devi Anushthana for May having been held towards the end of April upon special request, the month of May began with our sadhakas meeting at Matunga Mitra Mandal Hall to commemorate the Punyatithi of HH Shrimath Parijnanashrama Swamiji I on the 5th. They expressed their bhakti towards Swamiji and our revered Guruparampara by singing some beautiful bhajans.

Shankar Jayanti was observed on the 11th. Once again, the MMM hall was abuzz with activity as our sadhakas narrated stories about the life of Shri Adi Shankaracharya. This was followed by stotras and bhajans by Smt. Chandrama Bijur, Sudha Bhat and Sangita Pawar.

A couple of days later, on the 13th, 4 sadhakas met for Sanskrit Katta.

The Dadar Sabha Seva Saptaha was scheduled from 15th to 22nd and 6 of our sadhakas gladly took the opportunity to spend one blissful week in the Sannidhi of Devi Durga Parmeshwari and Param Pujya Parijnanashrama Swamiji III.

On the 22nd, it was Dadar Sabha's turn for Sannikarsha. 17 sadhakas went to Karla to take part in the recitation of Navratri Nityapath, chapters 12 and 15 of the Bhagawad Geeta, Lalita Sahasranama and Shiva Manas Puja. 2 of them, viz. Shri Girish Honnavar and Smt. Suman Gulvady performed Guru Pujan.

Last but not the least, on the 31st, 7 sadhakas sought to gain some insight into the Bhagawad Geeta as they met for Swadhyaya.

Reported by Mohit Karkal

Mumbai – Grantroad: The GrantRoad Sabha and the Satchidanand Saptaha Samiti jointly conducted a programme of Shri Chitrapur Guruparampara Parayan from 30th May to 9th June 2016. The reading was done by about 30 ladies and 2 men.

Dharmapracharak Shri V. Rajagopal Bhatmam gave a discourse on 'Ishavasyopanishad' from 6th to 8th June. The discourse was well-attended by almost 70-75 people. On the 8th June, Shri Sudhir Koppikar presented a small but beautiful film on Pujya Umabai Arurakka's life.

On 6th June, the Sabha conducted Gurupujan to observe HH Shrimad Pandurangashram Swamiji's Punyatithi.

All programmed were conducted at the Shrimad AnandashramSabhagruha, KSA bldg., Talmaki Wadi.

Reported by Smita Mavinkurve

Mumbai – Santacruz : On 6th June, 2016 Punyatithi of HH Shrimat Pandurangashram Swamiji : Devotees gathered in large numbers to read the Charitra of HH Shrimat Pandurangashram Swamiji from our Revered Guruparampara by Smt.Umabai Arur.

This was followed by DeepaNamaskar, Ashtak, Mangalarti and Prasad.

On 9th/10th June, 2016 : Swara Sadhana Sessions : For the benefit of the laity and our entire Samaj, HH Shrimat Sadyojat Shankarashram Swamiji has initiated "Swara Sadhana".

Our Sabha had invited Smt. Archana Savnal to demonstrate and conduct practical sessions on 9th and 10th June, 2016. It was a well conducted session attended in large numbers too. 12th June, 2016 : Sannikarsha in Karla : There was an overwhelming response by devotees and the male laity members performed the Gayatri Anushthan too.

Reported by Kavita Karnad

Mumbai – Vile Parle-Vakola : In a recently held Annual General Body Meeting of our Sabha on Sunday 5th of June 2016 the following members were elected as office bearers;

Shri Krishnanand Mankikar – President, Dr.Ashok Balsekar - Vice President, Shri Anand Amladi - Hon. Secretary, Smt.Radhika Chittar - Jt.Hon.Secretary, Shri Naresh Gangolli - Hon.Treasurer, Shri Subhash Manjeshwar - Jt. Hon. Treasurer and Smt.Sujata Mudur - Hon. Internal Auditor.

Reported by Shrikar Talgeri

Our Institutions

Saraswat Samaj, UK: Carrom Tournament - A splendid time was had by all at the Saraswat Samaj carrom tournament, which took place during the afternoon

of 23 April at Feltham Community College, Middlesex. Lasting about five hours in total, with doubles matches beginning before the singles, it gave everyone an excellent excuse to inject some flexibility into fingers that had probably been tapping at keyboards all week.

30 adults and 12 seniors were in attendance, as were two youngsters: Yuvaan Gulvady, son of carrom maestro Sachin Gulvady, and Tanuja Kamath, daughter of Raghuvveer and Seema Kamath. Both youngsters participated, with Yuvaan finishing as runner-up and Tanuja taking home first place.

The singles matches saw some fierce competition, with Sachin Gulvady winning and Sadanand Nayak earning second place. The pair's success continued into the doubles tournament, with Sachin pairing up with Gita Talgeri and Sadanand with Raghuvveer Kamath – and in

a pleasant mirror image, the pairs won gold and silver respectively. A touch of romance was in the air, too, with young couples (Arjun and Nishita Karnad, Chirag and Anushree Amembal) joining forces in doubles pairings.

Thanks must go to the catering team, namely Anita Sajip, Surekha Kodical, Chandrumam Bailoor and Anushree Amembal, who concocted a delicious spread of sandwiches, samosas, vadas and sweets. Thanks also to all those who brought their beloved carrom boards and coins to the event.

It was lovely to see so many families coming together with such excellent sportsmanship – Kodicals, Kodikals, Kulkarnis and Karnads; Shirsalkars, Sajips and Shirooms; Adurs, Bailoors and Iyers; and plenty of others. We hope for an even stronger turnout at next year's tournament!

Report by Arjun Sajip

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ENGAGEMENTS

MURDESHWAR – BASRUR: Srikant , son of Smt Rekha & Shri Anil Murdeshwar of Pune engaged to Maithili, daughter of Smt Nandini and Shri Sadanand Basrur of Mumbai on 21st May 2016 at Shri Anandashram, Khar

YEDERY – GOLIKERI: Dr. Roshan, son of Smt Shanthini & Shri Dinesh Yedery of Bangalore engaged to Namrata, daughter of Smt Nalini & Shri Ashok Golikeri of Grantroad, Mumbai on 29th May 2016 at Bangalore.

ACKNOWLEDGEMENT

Aditi (nee Trasi) and Nitish Trikanad along with their parents Anjali and Dilip Trasi, and Sheetal and Trikanad Shivadas Rao thank all relatives and friends for their gracious presence, blessings and good wishes

on the occasion of their wedding and reception on 1st May 2016 at Mumbai.

BIRTH

Shoma (nee Nilawar) and Chirag Shah announce the birth of their baby boy, Dylan on 12th May, 2016 in London . A brother to Veer, a grandson to Nirmala and Suresh Nilawar and to Asha and Sharad Shah. A great grandson to Lila Nilawar.

PUROHIT

Ved. Gautam Nagesh Haldipur, now settled in (Kandivli, West) Mumbai. For all Dharmik Vidhis, Contact:9619484231

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I am closing my Marriage Bureau on 15th July 2016 as I am completely incapacitated. Inconvenience to those who have registered with me, is regretted. Anyone wanting to take copies of BHP's from my files for his/her ward is most welcome - Gurudutt R Balwalli, Hubli.

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DOMESTIC TIDINGS

BIRTHS

We welcome the following new arrivals:

- Apr 18 : A daughter (Sanvi) to Amit and Sudha Mankikar at Bangalore.
May 12 : A son (Dylan) to Shoma (nee Nilawar) and Chirag Shah at London.
May 20 : A son (Anmay) to Vaishali (nee Kapnadak) and Amit Vora at Powai Mumbai.
May 23 : A Daughter (Riya) to Shreya (nee Soukooor) and Rishikesh Rajendra Mavinkurve at Mumbai.

THREAD CEREMONY

- Apr 18 : Aryan Ashwin Bhat at Nashik.

MARRIAGE

We congratulate the young couple

- Feb 6 : Chital Niranjana Badakere with Jeraz Rumi Mewawalla at Jogeshwari, Mumbai.
Apr 21 : Shrutika Chaitanya Kalbag with Supreeth Pandurang Kini at Mumbai.
May 1 : Aditi Dilip Trasi with Nitish Shivadas Trikanad at Mumbai.
May 1 : Parag Sharad Balvalli with Malini Manjunath Naik at Bengaluru.

- May 1 : Pallavi Vinay Gangavali with Bhuvnesh Narsinh Kulkarni at Mumbai.

OBITUARIES

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

- Apr 25 : Kiran Venugopal Kodikal (72) at Mumbai.
May 25 : Yeshwant Bellare (86) at Vileparle Mumbai.
May 31 : Vinaya (nee Nirmala Padbidri) Vidyadhar Kumthekar (84) at Mumbai.
Jun 3 : Usha Rao (Mundkur), (85) at Pune.
Jun 3 : Umesh Ramanand Hoskote (81) at Kundapur.
Jun 3 : Girish Radhakrishna (Daddubhat) Chandavarkar (43) at Mumbai.
Jun 7 : Soumya Vinesh Betrabet (35) at Bangalore.
Jun 10 : Uday Mangesh Gokarn (65) at Kandivli (E), Mumbai.
Jun 12 : Laxman Shivbhat Hattangady at Bandra (E), Mumbai.
Jun 15 : Asha Vithal Vinekar (nee Malati Nayampally) (92) at Ghatkopar (East), Mumbai.
Jun 17 : Rammohan Bellare (85) at Vileparle Mumbai.

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