

Kanara Saraswat

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Release of the KSA Census 2011 Directory by HH Swamiji



Naming of Rooms in KSA's Halls



Smt. Chetana Kadle unveiling the plaque outside the room sponsored by Shri Praveen Kadle in memory of his father



Lt. Gen. (Retd) Shri Prakash Gokarn unveiled the plaque outside the Office Room sponsored by Shri Mohan Chandavarkar in memory of his father



Dharmapracharak Shri V. Rajagopal Bhat unveiled the plaque sponsored by Dr. Prakash Mavinkurve and family in memory of their parents



Prof. Smt. Kalindi Muzumdar and Smt. Geeta Yennemadi, Vice President KSA, unveiled the plaque sponsored by Shri Ram Savoor in memory of his father

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Kanara Saraswat

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DONATIONS RECEIVED

Kanara Saraswat Association is grateful to the following donors:

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Shri Chandrakant L Basrur	Rs 10,000.00
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NOTICE OF THE 104th ANNUAL GENERAL MEETING OF THE KANARA SARASWAT ASSOCIATION (REGD)

Notice is hereby given that the 104th Annual General Meeting of the Kanara Saraswat Association will be held on Sunday 18th September 2016 at 10.00 a.m. in Shrimat Anandashram Sabhagriha (Ground Floor), Association Building, Talmakiwadi, Javji Dadaji Marg, Mumbai – 400 007 to transact the following business:

1. Reading of the notice convening the meeting.
2. Confirmation of the minutes of the 103rd Annual General Meeting held on 27th Sept 2015 (The Minutes of Meeting have been published in December 2015 issue of KS Magazine). Members are requested to carry KS Magazine issue of December 2015
3. Adoption of the Annual Report and Audited Statement of Accounts for the year ended 31st March 2016
4. Election of President and Vice President for the years 2015-2017 (Both President and Vice President have already been elected in 103rd AGM for the period of two years i.e. 2015-2017)
5. Declaration of the results of the elected 3 members on the Managing Committee.
6. Election of Honorary Auditors for the F.Y. 2016-2017
7. Election of Statutory Auditors for the F.Y. 2016-2017
8. Any other business that may be brought before the Managing Committee with the consent of at least two-third of the members present as laid down in Rule No 36.

(Subject to the provisions of Rule 33(b) no business other than specified in the Notice convening the meeting shall be transacted at any General Meeting, except with the consent of at least two-thirds of the members present)

Note: Members desiring to bring forward any questions are requested to give notice of the same in writing to the Hon. Secretary at least 7 days before the Meeting. The Annual Report and the Statement of Accounts for the year ended 31st March 2016 will not be published in the "Kanara Saraswat" in view of the objection raised by the Postal Authorities. The report will be uploaded on our Website www.kanarasaraswat.in for the benefit of Members.

By order of the Managing Committee

Shri Shivshankar Murdeshwar
Hon. Secretary

Date : 13th August 2016

Place : Mumbai



From the President's Desk....

Dear Friends,

We all, as a part of our school curriculum, studied English grammar. Formation of sentences in active voice and passive voice was an integral part of this study. We all learnt that verbs are either in active or passive voice and that passive voice is used when 'action performed by the subject' and not the 'subject' itself is the focus. It is not known and is unimportant as to who does the action. So, it was my favourite hobby to indulge in converting all active voice sentences into passive voice when I was in school.

As I grew up and started reading English literature, I found that the passive voice was less favoured than the active voice in both spoken and written English. Later, when I started my studies in professional courses, I found that the passive voice was a very convenient form in official writing.

Recently, I have found that my much preferred passive voice is at the receiving end of grammarians. Composition style guides, like the famous 'Elements of Style', warn writers against the passive voice and lay emphasis on using the active voice which is more direct and vigorous. Even the new automated grammar-checkers often suggest that the passive voice clauses be redrafted.

The brief against the passive voice is twofold.

One is that, it can obscure 'who' did 'what' in a sentence. Passive voice can be used very conveniently to take away the focus on the doer of the action. For example, Barack Obama said recently that "there is no doubt that civilians were killed that shouldn't have been" – the passive voice hiding 'who' (actually the drones under the President's command) did the killings. Donald Trump tried recently to slip away from the controversy of his racist comments about a Mexican-American judge, by saying "questions were raised about the judge's impartiality". Who raised the questions? Why, it was Mr. Trump himself!

The other criticism of the passive voice is that, it recurs in the worst kind of prose and also repeatedly in academic and bureaucratic writings. For example, a typical scientific paper will go like this, "Participants were selected for certain characteristics ... it was noted that they behaved in a certain manner ... results were then analysed". Besides being dull, there is no mention of the doer – as though the research somehow got performed by itself.

Interestingly, the active voice can also be vague, like saying "someone ate my cake" and the passive can be quite clear when the same sentence is said, like "my cake was eaten by my neighbour's kid".

The passive voice has its own virtues. Bad news is usually conveyed through the passive voice. Look at the famous BBC announcement when Indira Gandhi was assassinated on 31st October 1984 – "Indira Gandhi, the Prime Minister of India has been killed by assassins in New Delhi. Mrs Gandhi was thought to have been walking through her gardens this morning when she was shot. She was taken to the All India Medical Hospital where she underwent an emergency operation, but died an hour and a half later". The whole action was described in passive voice by none other than BBC.

The passive voice is also useful in putting emphasis on emotions like "I will never forget the day when my dog was run over" rather than putting the emphasis on the perpetrator of the crime. The same sentence could have been said as "I will never forget the day when Mohan's car, ran over my dog". The passive voice can be also useful for connecting things very easily, like "Mohan loved nothing more than his music system, but one day it was stolen".

In my view, both active and passive voices have their own virtues and can be used effectively, without compromising on grammar and the style of composition. But if someone complains about my use of passive voice in my narration, written or spoken, then I will only say that I was not born with English as my mother tongue, so please excuse me!

Regards,

Praveen P Kadle

Letters to the Editor

Dear Editor , In his tribute to Tara Chandavarkar (1928-2016) K.S July 2016, the noted historian Ramchandra Guha has brought out the true versatility of Kamaladevi Chattopadhyay to whom she was related.

Even I did not know that she helped found the India International Centre in New Delhi where I was once scheduled to give a "Welcome Address" in September 2007 at a panel discussion on "India's China Policy- Need for an Overhaul" but unfortunately could not because of the Government of the Day and or the Left Brigade or both.

C.A. Kallianpur, Bandra, Mumbai

Rates for Classified Advertisements in Kanara Saraswat w.e.f. Feb 2014

For the first 30 words: Rs. 650/- for KSA Members and Rs. 700/- for Non-members.

For every additional word, thereafter: Rs. 25/-

Postal charges for Kanara Saraswat:

Rs. 1000/- p.a. for overseas Members. Overseas Members are requested to make payments in Rupees only owing to exchange difficulties.

All remittances are to be made by D. D. or cheque, in favour of 'Kanara Saraswat Association'.

Mangaluru City Corporation to name Town Hall after Kudmul Ranga Rao

Mangaluru City Corporation (MCC) on Friday took a major decision to name the 50 year old Town Hall after social reformer Kudmul Ranga Rao.

This landmark civic facility in the heart of this coastal city, renovated recently for about 5.5 crore, will henceforth called Kudmul Ranga Rao Memorial Town Hall, once the Urban Development Department of the State Government ratifies the unanimous resolution adopted at the monthly meeting of the Council.

Hailing an agenda moved by M Shashidhar Hegde, former Mayor and current chief whip

of the ruling Congress in the council, Mayor Harinath said the role played by Ranga Rao in social integration and his role in India's freedom struggle is beyond compare. Incidentally the city has also named a road after this social reformer that starts from PVS Junction and ends at Bunts Hostel. There are also plans to soon make this a prominent thoroughfare in this city.

Ranga Rao was born in Kudmul in Kasargod district in a rich Chitrapur Saraswat Brahmin family on June 29, 1859. He went on to become a lawyer in the district court after having served as a teacher in the city after migrating from Kasargod following his father's death. Since majority of his clients were poor and he fought for their cause for free, he was referred to as the poor man's lawyer.

Keen on the welfare of the dalits, he opened schools for them in a number of places including Kankanady, Udupi, Mulky, Ullal, Bannanje, Boluru, Babbugudde, Nejaru, Daddalkadu, Attavur etc.

He also encouraged members of Koraga community and got revenue land in Puttur and Udupi for their housing needs. The social reformer fought for a well that was dug to provide drinking water to the dalits' colonies. He even distributed his family land to the dalits.

Mahatma Gandhi had acknowledged Kudmul Ranga Rao as his guide and inspiration on the dalit amelioration and fighting untouchability when he visited this city in 1934.

The then British government , impressed by his work, conferred the title of 'Rao Saheb' on him. The MCC will invite objection to this proposal as per norms and formally adopts his name to the Town Hall once the process is complete. ...contributed by Sanjay Mudbidri



Release of the KSA Census Report & Directory - 2011

The KSA Census Report & Directory – 2011 was released at the August Hands of H.H. Shrimat Sadyojat Shankarashram Swamiji on Guru Purnima Day, 19th July 2016 at Chitratapur Math, Shirali in the presence of devotees gathered during the Dharmasabha. Mr Raja Pandit, Mr Shivshankar Murdeshwar, Mr Dilip Sashital & Mr Anand Nadkarni, Office Bearers of KSA were present on the occasion. Mr Praveen Kadle, President of Kanara Saraswat Association told many interesting facts about our Community that have emerged from the Census Report. The Office bearers of KSA present during the function sought blessings of Swamiji.

Raja Pandit, Chairman, KSA

Naming of Rooms in the KSA Halls

15th August 2016 was a momentous day for the Kanara Saraswat Association for not only was it the 70th year of Indian Independence day but the day was a milestone in KSA history. KSA had invited Donors to contribute towards the KSA Corpus Enhancement Fund. Donors had come forward and as per their wishes the four Rooms in KSA halls were named. A function was arranged on this Independence Day, 15th August 2016 to formally inaugurate these rooms.

After the flag hoisting by Smt. Geeta Yennemadi, Vice President KSA and Dr. Prakash Mavinkurve, Secretary Talmakiwadi CHSL on D.N. Sirur Square, the audience moved into the Anandashram Hall where the inauguration programme had been organized. Lt. Gen. (Retd.) Prakash Gokarn and Prof. Smt. Kalindi Muzumdar were the chief guests.

Shri Raja Pandit, Chairman KSA welcomed everybody. He said "In the year 2010, KSA had renovated their Halls. Money needed for this was raised by pledging Fixed Deposits. Though there was a substantial increase in revenue after the renovation, it was not enough to repay the loan taken by us. However we never failed in commitments made to the General Body of KSA & disbursed financial aid to various beneficiaries as per wishes of donors in spite of our funds being pledged to the Bank. To enable us to wipe out the debt we had announced raising of funds under Corpus Enhancement Fund by naming Rooms in KSA Halls in memory of person/s as per wishes of Donors. I thank the donors for their overwhelming response. This was possible primarily due to the unstinted & unyielding support of Mr. Praveen Kadle, President of KSA who led by example and also encouraged others to follow suit".

Lt. Gen. Gokarn gave a short speech expressing nostalgic memories of 15th August 1947. Prof. Smt. Kalindi Muzumdar expressed that although the country has made a lot of progress there still are many who go to sleep on an empty stomach. She invited youngsters to come forward to lend a helping hand to such people.

This was followed by the ceremony of the unveiling of the plaques of the various rooms. Smt. Chetana Kadle unveiled the plaque on the room on 1st floor called 'Swamiji's room' (i.e. where HH Swamiji stays during His camp in Talmakiwadi). This room has been sponsored by Shri Praveen Kadle in memory of his father, Late Shri Purushottam Venkatrao Kadle.

Lt. Gen. Prakash Gokarn unveiled the plaque of the office room on the 1st floor. This has been sponsored by Shri Mohan A Chandavarkar in memory of his father Late Shri Anand Laxman Chandavarkar.

Shri V. Rajagopal Bhat unveiled the plaque of one room on the ground floor sponsored by Dr. Prakash Mavinkurve and family in memory of their parents Late Shri Shantaram and Smt. Mirabai Mavinkurve.

Prof. Smt. Kalindi Muzumdar and Smt. Geeta Yennemadi, Vice President KSA unveiled the plaque of the second room sponsored by Shri Ram (Ramesh) Savor in memory of his father Late Shri Amruth Rao Savor.

The programme ended with a light lunch.

Raja Pandit, Chairman, KSA

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Release of Shri Suresh Hemmady's book "President's Desk"

The book titled "President's Desk" written by Shri Suresh Hemmady (Ex-President of the Kanara Saraswat Association) was released by Dr. Ramdas Bhatkal on Saturday 13th August, 2016 in the presence of a large gathering of about 125 people at KSA's Shrimad Anandashram Sabhagriha, Talmakiwadi, Mumbai. Shri Uday Mankikar was the Master of Ceremonies.

नमस्कार आनि सुस्वागतम्!

वेदिकेचेरी विराजमान जाल्लेले, म्हळ्यारी, आयच्या समारंभाचो अध्यक्ष भटकळ रामदासमाम, President's Desk ह्या पुस्तकाचो लेखक हेम्माडी सुरेशमाम, कोणागेल्या सौजन्याने हें पुस्तक उजवाडांत आयल्यां तो मासुरकर किशोरमाम आनि हें पुस्तक वाचकांगेल्या हातांत पांवकाज म्होणू वांट काळ्ळेली माविनकुर्वे स्मितापाची तशीची हांगा उपस्थित आशिल्या तुमकां सर्वांक विनम्र अभिवादन कोर्नु, हांव उदय मंकिकर, आयच्या कार्यक्रमाक प्रारंभु कर्तां.

हेम्माडी सुरेशमामाने कॅनरा सारस्वत असोसिएशनाचो अध्यक्ष आसतना, संस्थेचें मुखपत्र जावु आशिल्या 'कॅनरा सारस्वत' ह्या मासिकांतल्या From the President's Desk ह्या सदरांतर्गत बरेयिल्या उत्तम लेखांचे संकलन कोर्नु तयार केलेल्या 'President's Desk' ह्या पुस्तकाच्या विमोचन समारंभाखातिर आम्मी सर्वजण आजि हांगा उपस्थित आस्सती. ज्येष्ठ प्रकाशक, साहित्यिक आनि संगीततज्ज्ञ डॉ. रामदास भटकळमाम हांगेल्या शुभ हस्ते ह्या पुस्तकाचें विमोचन जांवचे आस्स. एकळाक हांव तांगेल्या विषयांतु उलेयिता.

डॉ. रामदास भटकळ

पुस्तकप्रकाशन, साहित्य आनि संगीत क्षेत्रांतुले एक व्यासंगी आनि आदरणीय व्यक्तिमत्त्व म्हळ्यारी भटकळ रामदासमामु.

मुंबई विद्यापीठांथावु Political Science विषय घेवु M.A. मागिरी LLB पदवी प्राप्त केल्ली. डॉक्टरेट मेळयिले. Popular Prakashan Pvt.Ltd. चो संस्थापक आनि व्यवस्थापकीय संचालक रामदासमामाने १९६२ सालांतु इंग्लिश आनि मराठी साहित्य प्रकाशित कोर्चे खातिर, Popular Prakashan Pvt. Ltd. ची स्थापना केल्ली आनि सामाजिक मूल्यं आशिल्या दर्जेदार इंग्लिश आनि मराठी पुस्तकांचे प्रकाशन केल्लें. Popular Prakashan Pvt.Ltd. ही संस्था, प्रकाशन क्षेत्रांतुली एक अग्रगण्य संस्था म्होणू सुपरिचित आस्स. रामदासमामाने बरेयिल्लीं पुस्तकां

प्रकाशित जाल्यांती. प्रकाशन क्षेत्रांतुल्या कार्याच्या अनुषंगाने रामदासमामु १९६५ तुं अमेरिका आनि १९६८ तुं रशिया वोच्चुनु आयला. १९८६ तुं जालेल्या मराठी प्रकाशक संमेलनाचो तो अध्यक्ष आशिलो. Bombay Booksellers and Publishers Association तशीची The Federation of Indian Publishers ह्या संस्थांचो अध्यक्ष म्होणूय रामदासमामाने कार्य केल्यां.

रामदासमामाअसलो बहुआयामी, प्रतिभावंतु व्यक्ति आयच्या कार्यक्रमाचो अध्यक्ष आस्स ही आमचेखातिर अत्यंत खुशीची खबरी जावु आस्स. हांव किशोरमामाक विनंती कर्तां की ताचे पुष्पगुच्छ दिवु रामदासमामागेलें स्वागत कोर्काज.

श्री. सुरेश श्रीपाद हेम्माडी :

१३ डिसेंबर, १९३७ ह्या दिसु जन्मु. १९६१ तुं, Mechanical Engineering विषय घेवु मुंबई विद्यापीठांथावु B.E. जाल्लो. मागिरी १९६३ तुं Industrial Engineering विषय घेवु, अमेरिकेंतुल्या Pennsylvania स्थित Bucknell University थावु M.S. जाल्लो.

Fellow of the Institution of Engineers and a qualified chartered Engineer. विविध क्षेत्रांतुलो ५० वर्सांचो कार्यानुभवी.

SVC Co-op. Bank Ltd. खातिर, मार्च १९९७ धोर्नु सप्टेंबर, २००८ आनि जून २०१३ धोर्नु एप्रिल, २०१५ थायि, अध्यक्ष म्होणू कार्य. आतं Underwater Services Pvt.Ltd., Ion Exchange Foundation ह्या संस्थांचो अध्यक्ष म्होणू तशीची मुंबई विद्यापीठाक संलग्न आशिल्या Vidyalankar Institute of Technology ह्या संस्थेच्या Board of Governors चो सदस्य म्होणू कार्यरत आस्स.

१९९८-१९९९, १९९९-२०००, २०१०-२०१५ ह्या अवधींतु कॅनरा सारस्वत असोसिएशन ह्या प्रतिष्ठित संस्थेचो अध्यक्ष म्होणू कार्य केल्लें. Fund Raising Committee of KSA Centenary Events चो अध्यक्ष म्होणू सुरेशमामाने अत्यंत उत्साहाने आनि जिद्दीने कार्य कोर्नु KSA खातिर १.५ कोटी रुपयांचो निधी वोडु केल्लों.

SVC Co-op. Bank Ltd. चो अध्यक्ष म्होणू कार्य कर्तना बँकेचो लक्षणीय विकास जाल्लो. ०१ नोव्हेंबर २०१४ ह्या दिसु हैद्राबाद संपन्न जाल्लेल्या The National Co-operative Banking Summit and the Frontiers in Co-operative Banking तुं Best Chairman among Large Urban Co-operative Banks

म्होणू सुरेशमामु सन्मानित जाल्लो.

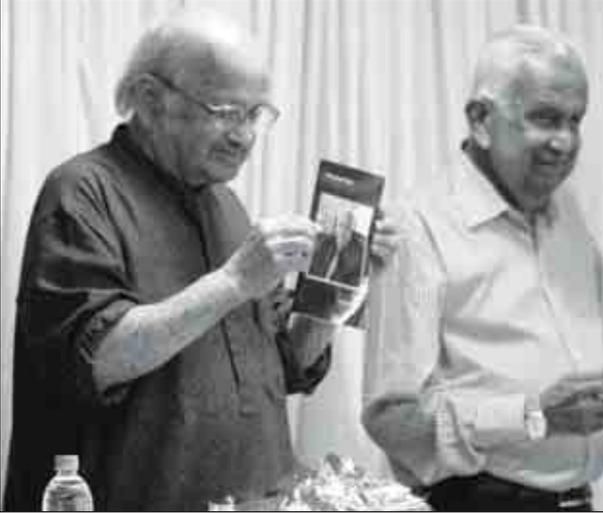
Sports तुं विशेष अभिरूची. People's Person म्होणू सुपरिचित. सुरेशमामु म्हळ्यारी, सर्वांक सांगाती घेवु कार्य कर्तलो अत्यंत उत्साही आनि प्रभावी व्यक्ति म्होणयेद.

आतं किशोरमाम्माक विनंती की, तात्रे पुष्पगुच्छ दिवु सुरेशमाम्मागेलो सन्मानु कोर्काज.

आतं, हांव सुरेशमाम्माक विनंती कर्ता की, तात्रे किशोरमामाक स्मितापाच्येक, सुजातापाच्येक, आनंदमामाक, दिलीपमामाक पुष्पगुच्छ दिवु तांगेल्या सहकार्यांचें कौतुक कोर्काज.

आतं 'President's Desk' ह्या पुस्तकाविषयांतुं-

हेम्माडी सुरेशमाम्माने २०१० धोर्नु कॅनरा सारस्वत असोसिएशनचो अध्यक्ष म्होणू कार्य सुरु केल्लें आनि ताव्वळीधोर्नु 'कॅनरा सारस्वत' मासिकांतुल्या 'From the President's Desk' ह्या सदराच्या माध्यमांथावु वाचकांलाग्यी पावलो. तागेले लेख वाचुनू वाचक अंतर्मुख जाल्ले, प्रभावित जांवच्याक लागले, तागेल्या लेखांची प्रतिक्षा कोरूक लागले. कालांतराने 'President's Desk' हे सदर इल्लेंथायि वाचकप्रिय जाल्लें की,



'कॅनरा सारस्वत' मासिकाच्या संपादिकेक वाचकांगेली कागदं येवच्याक लागलीं-आशय एककुचि-स्पष्ट शब्दांतुं, सुलभ भाषेंतुं सार्धी उदाहरणं दिवु बरेयिले हे 'गहन सत्य' आशिले लेख मार्गदर्शनपर आस्सती. हे वाचनाफुडे, हें मगेल्या विषयांतुं न्हयि मं? अशी दिसता. प्रत्येक लेखु उपदेशात्मक न्हंयि तरी आनुभविक दिसता आनि तो नवीन अनुभवाचो आनंदु दिता, ह्या स्पर्धात्मक जीवनांतुलो ताण कम्मी करता आनि एकी नवीन उमेदी दिता. त्यामिती हे लेख पुस्तकरूपाने प्रकाशित कोर्काती.

आमगेलो गोकर्ण गुरुनाथमामु हो एकु दिग्गज संपादक. अत्यंत अनुभवी. अनेक वर्सधोर्नु 'कॅनरा सारस्वत' मासिकाचो

संपादक म्होणू कार्य केल्यां. आतं व्यवस्थापकीय संपादक. आमगेल्या श्री चित्रापुर मठाच्या महत्वाच्या कार्यक्रमांवेळारी 'स्मरणिका' प्रकाशित कोर्नु तागेल्या कार्यखातिर परमपूज्य सद्योजात शंकराश्रम स्वामीजींगेलो आशीर्वाद प्राप्त जाल्लेलो असामी. श्रीमती राधिका गोळीकेरी आनि श्रीमती अंजली बैलूर ह्या अमेरीकेंतु स्थायिक जाल्लेल्या आमगेल्या वाचकांगेली कागदं येनाफुडे, गुरुनाथमाम्माने सुरेशमाम्मागेले लेख पुस्तकरूपाने प्रकाशित कोर्चे खातिर पुढाकारू घेतलो. आजि तागेली प्राय १२-१३ वर्स. प्रकृति अस्वाथ्यामितीं आजि ताका हांगा येवच्याक जायने. कॅनरा सारस्वत असोसिएशनाने लेख प्रकाशित कोरूक परवानिगा दिल्ली. 'कॅनरा सारस्वत' मासिकाची विद्यमान संपादिका स्मितापाची माविनकुर्वे हिगेलें अथक सहकार्य गुरुनाथ माम्माक मेळ्ळें. आनंद नाडकर्णी मामु, आनि मासुरकर सुजाताप्पाची हांगेलेयि मस्त सहकार्य मेळ्ळें.

Entod Pharmaceuticals Pvt. Ltd. चो व्यवस्थापकीय संचालक तशीची SVC बँकाचो एक संचालक, मासुरकर किशोरमाम हागेल्या आर्थिक सहायामितीं, आजि हें पुस्तक उजवाडांतुं येत आस्स. आयच्या ह्या समारंभाचो अध्यक्ष भटकळ रामदासमामाक हांव विनंती कर्ता की तात्रे ह्या पुस्तकाचें विमोचन कोर्नु, उपस्थितांक संबोधित कोर्काज.

Ramdas Bhatkal – Friends, I have great pleasure in releasing this book "President's Desk" by Suresh Hemmady. Suresh is 2 years younger to me. Though we stayed in the same building I always regarded him as a 'limbu-timbu'- a younger brother and consequently paid no attention to him. By the time he graduated I had already left Anandashram and so was not a witness to his academic or professional achievements.

I am reminded of a story about Mahatma Gandhi. In 1946 when Gandhiji was in Urali Kanchan, an emissary from the Viceroy arrived with a message that a meeting had been fixed with the Viceroy to discuss how the freedom for India could be formalized and Gandhiji was required to leave by a special train at 4 pm to reach in time. But Gandhiji refused saying that he had a prayer meeting already scheduled at 5.30 pm and so could leave only by 6 pm at the earliest. The emissary was aghast. But Gandhiji maintained that if he could not pay attention to a small village like Urali Kanchan (it was small in those days) how could he care for the entire nation!!

Well, I have a confession to make. All these years I did not become a member of the KSA though my father, elder brother (Sadanand) and Vaini (Nirmala) were devoted workers of the KSA. In my snobbish way I thought that I was looking at a much greater canvas, that of the entire nation, with concepts like peace, dharma, sarvodaya and sarva samabhava. So I don't really deserve to be here. But here I am, thanks to what my family has done for the KSA. I am really grateful for this opportunity.

Now about the book. I have written the Foreword and I shouldn't repeat too much of what I have said. I have been working for the last 10 years on my thesis on Gandhiji and as I read Suresh's articles I realized that he has written about those very things – peace, happiness, working for others and commitment to oneself. These are the things that really matter in life and I was surprised that he has written these things in the KS Magazine when he was the President of KSA. I felt that the magazine was like that small village in Gandhiji's story. It seems small but what he has written is not small at all. He has been doing what Sane Guruji had mentioned 'जगला प्रेम सांगवे...' But he has not preached or given advice or spoken down to us. He has written as a friend talking to another friend. He was fortunate enough to have these experiences, wise enough to have such thoughts and kind enough to convey them to us!

Sadanand always used to say that one can do good work in any institution but I stuck to my view and did not involve myself much with the KSA. I take this opportunity to say I am sorry I took such a stand.

I congratulate Suresh for all that he has done for the KSA, SVC Bank and other institutions that he has worked for. We should be proud to have a person like him among us. Recently he has been through a bad time but I am sure with his will power he will gain his health back and continue to do the good work he has been doing. I wish him good health and a long active life ahead. Thank you.

Shri Uday Mankikar then invited members of the audience to speak if they so wished.

Mr. Vinayak Yedery, an employee of SVC Bank and Mr. Prakash Basrur (of Anandashram) spoke on the occasion appreciating Shri Hemmady's good qualities and wishing him all the best.

Mr. Kishore Masurkar reminisced on how 5 years ago he had met a friend who, in the course of their conversation remarked on how good Shri Suresh Hemmady's articles titled 'From the President's Desk' in the KS Magazine were. He said that since then he too makes it a point to read these and admires Shri Hemmady. He spoke about how Suresh Hemmady had dressed up like Rao Bahadur Talmaki during the KSA Centenary Programme and Suresh's total involvement in the issues he takes up. He also appreciated Shri Hemmady's leadership and way of working especially his art of negotiation.

Lastly he thanked all those involved in bringing the book to print for allowing him to participate in this.

आत्तं सुरेशमाम्माक विनंती की तात्रे तागेलें मनोगत व्यक्त कोर्काज.

Suresh Hemmady – Shri Ramdas Bhatkal, Shri Kishore Masurkar, Smt. Smita Mavinkurve, ladies and Gentlemen, this is a very happy day for me. It gives me great pleasure to see that the hall is full. In spite of the long weekend, people have found time to come here for this function. It is a very important event for me and you all, my friends, relatives, those who respect me and those who have liked the articles are here today. Thanks for coming!

I specially thank readers of the KS Magazine, both NRIs and locals, who sent letters asking for such a publication. Whenever I went for a wedding or any Amchi gathering, there would always be some who would come up to me and express their appreciation for these articles. The word spread and Gurnath Gokarn, the Managing Editor of KS suggested we could bring out this book. At that time I was the President of KSA and I told Gurnath that the book can be published after I step down as President, if the KSA Committee

feels they can do it.

I am really grateful to Gurunath who in spite of his ill-health has followed up with the publishers and all concerned and brought the book out. I also thank Kishore who has sponsored the book and Smita for helping in the editing. I am extremely happy that this book has seen the light of day. I remember some people who came and asked me whether I have a ghost-writer. I did not know whether to take it as an insult or praise!

The book is available for Rs. 150/- today. It will be available for the same price with additional courier charges from the KS office. I would like to mention that the proceeds from the sale of this book will go to the Education and Medical relief fund of the KSA. I had started this fund when I was the President and had then collected Rs. 1.5 cr. The amount from the book sales may be very small in comparison however I would like to donate it for this cause.

Thank you everybody.

धन्यवाद सुरेशमाम.

प्रत्येक वाचकाक तागेल्या/तिगेल्या जीवनांतु समतोल राक्कुक, मनांतुले नैराश्य नष्ट जांवच्याक हें पुस्तक एक्का मित्रावारी, तत्त्वज्ञावारी, मार्गदर्शक जावो ही सदिच्छा!

'President's Desk' हें पुस्तक प्रकाशित कोरच्यांतु अनेकांगेले सहकार्य मेळ्यां. तांगेले प्रति हांव ऋण व्यक्त कर्तां.

कॅनरा सारस्वत असोसिएशन, अध्यक्ष भटकळ रामदासमाम, गोकर्ण गुरुनाथमाम, माविनकुर्वे स्मितापाची, मासुरकर सुजातापाची, नाडकर्णी आनंदमाम, सशीतल दिलीपमाम, शोभना राव, स्वाती नाडकर्णी, मासुरकर किशोरमाम, SAP Print Solutions Pvt. Ltd. तशीची प्रत्यक्ष आनि अप्रत्यक्षरितीने मदत केल्लेले आनि हांगा उपस्थित आशिल्या तुमगेले सर्वांगेले आभार आनि मनःपूर्वक धन्यवाद! आयचो कार्यक्रम हांगा संपन्न जाल्लो.

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Konkani Sarmelan 2016 Atlanta, Georgia, USA

by Rajesh Koppikar, Florida;

Santosh Gunavante & Pramod Mavinkurve, Pennsylvania

Over two years of preparation by the very small Konkani community of Atlanta, Georgia, USA, culminated in the grand quadrennial event "Konkani Sarmelan 2016" held at Georgia International Convention Center (GICC) from July 1 to 3, 2016. This event was attended by over 1400 attendees from US, Canada, Norway, Republic of Korea, Switzerland & UAE. 65 family names were represented led by Kamaths, Shenoy, Pais, Nayaks, & Prabhus. Among Chitrapur Saraswats, were the Maskeris. Ullals, Mankikars, Koppikars. Gokarns, Golikeris, Bantvals, Gunvantes, Trasis, Mudurs, Balvalis, Hebles, Benegals, Dhareshwars, Karnads, Mavinkurves, Bijurs, Bijoor, Pandits, Shahs and Bitlas. Most of attendees were able to connect with old friends and college mates. Although not living far from each other, it at these occasions that friends get to meet, laugh and have some good times together.

Guests had started arriving right from June 29th. Convenient locations of hotels close to the Atlanta airport and GICC made it easy for them to walk to the venue or take a shuttle. 900 hotel rooms were reserved for the guests and made available at a concessional rate. Sightseeing tours of Atlanta were organized on July 4th for guests. Welcome bags, provided by Samvit Sudha, were given to each family. They contained the Sarmelan Souvenir and some goodies.

GICC was decorated in beautiful colors and ready to welcome guests. There were vendor stalls selling artistic handicrafts & other wares. Urvee from Bangaluru was present in showing their wares. Three stages ("Song", "Toi" & "Saaru") were erected for performers to showcase their talent. And, Programs were simultaneously happening in each of the three stages. It should be noted the Sarmelan logo was appropriately titled "Song and Toi on my Mind".

Konkani Sarmelan 2016 began on Friday, July 1 with Shankhnaad by Dr. Narasinha Kamath & Deep Prajwalan by five senior couples. Before the start of programs, one minute silence was observed in memory of all departed souls. National anthems of US, Canada & India began the show. Highlight of Friday evening was the "Konkani Yakshagana" that was staged in the US for the first time by Ajeeth Prabhu & Prathima Nayak.

After a sumptuous Amchigele breakfast on Saturday, Konkani Association of Georgia (KAOG), the host committee staged a spectacular opening ceremony tracing the journey of Konkanis. This performance consisted of dances, skits, slide shows & mimes strung together with Sanjay Rao's commentary. Radhika &

Sanjay Rao together with performers from Atlanta received high praise for their fantastic performance that held audience enthralled for 90 minutes. During the day, there were dances, dramas, game shows, lectures & seminars presented by performers across US & Canada.

For young children and kids, there was a day camp organized by Hindu Swayamsevak Sangh (HSS) where kids had a great time in creative activities such as craft, drawing & outdoor games.

The Konkanis Got Talent dance competition was vigorous with all the children performing superb dances in Bharatnatyam, Kathak, and Modern creative dance. Anoushka Karnad and Ritika Nayak won the first and second prize in the dance completion. Another notable Odissi dance was performed on the Song stage by two sisters from Toronto.

Keynote speeches by Anand Kini, CFO, NBC Universal & Sachi Shenoy, Partner, Upaya Ventures were heard in rapt attention by audience. Children's film in Konkani "Aa Vai Jaa Saa" by Vastu Ramesh Kamath was premiered and well attended by kids.

Prime time show on Saturday evening was a colorful dance drama "Shubhamangalantu Gondholu" presented by performers from New Jersey, New York & Pennsylvania, ably produced & directed by Sucheta & Abhijit Trasi. The script for this had been sent from India by Uday Mankikar and Maithili Padukone. Climax of Saturday program was a melodious vocal recital by Balachandra Prabhu ably accompanied on Tabla by Pt. Omkar Gulvady & on Harmonium by Suresh Benegal. Audience loved this program and kept asking for more. If not for closing time constraints, this program could have gone through the night.

Sunday was filled with humorous skits presented by Konkanis across US, skillful dances by amchigele dancers and stand up comedy shows. Notable programs were "Amchigelish" performed by Ashok Bhat and Chaitanya Kamath from KAOG and "Doni Ghadi Haasunu Kaadi" performed by VP Shenoy & Kumda Shenoy from the Bay area group.

Amchigelish is about Konkani as a spoken language. As it is so, when it comes to writing Konkani, it is adapted to the local area script. Obviously, if one lives in America, it would be English. This skit was an hilarious Amchigelish conversation with amazing mixing and matching skills of reading English in Amchigelish.

Doni Ghadi Haasunu Kaadi is about an ordinary Konkani couple in 1970s, Gampa and Ratna, engaged in a typical day to day conversation. A very exemplary

amchigele bammunu and bayle handle adverse situations in daily life with humor ala Konkani Style.

Konkanis were recognized during the Awards Ceremony. Incoming Board Members of NAKA (North American Konkani Association) were introduced by outgoing President, Sheila Reddy. After a brief break in the afternoon for setup, Sunday evening began with a musical program presented by kids across US leading to the closing ceremony. Banquet dinner was served. After the dinner, guests & hosts danced away till wee hours of Monday morning to the musical beats of Desi Rhythms, a local Atlanta band.

With just a plethora of entertainment programs, amchis would never be happy if they were not fed well. Annapoorneshwari Food Committee and Chef Satish Marathe Rao who brought his sous chefs all the way from Houston prepared a menu that was so extra ordinary that by the end of Sunday, guests were wondering if there was any Konkani item that was not served. Non-veg items like "Fisha Ghashi" and "Bhajile Fish" prepared in Konkani style were served. In addition to the typical Amchi dishes like Dali Toi, Bataty Song, Tendle Bibya Upkarni, Chana ghashi and Goli Baje, there were delicacies such as Kori Roti, Ubbati (Puran Poli) and Patoli were served. Every evening, there was a cocktail hour where the finger foods consisted of

popular items such as Chicken 65, Samosas, Chicken Seekh Kababs, Banana Chips, Paneer Tikka & Chettinad style ChilliChicken.

The sammelan overall was a success beyond any measure. The congratulations are in order to all the members of Konkani Association of Georgia who worked tirelessly to make this a success. After the sammelan on July 4, guests were given the opportunity to an organized bus tour of Atlanta to see the Coca Cola pavilion, CNN Center and the world famous Georgia Aquarium. Many families also took the opportunity to visit the Smoky Mountains and surrounding sights after the Sammelan.

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

Editorial Committee

New Additions to www.chitrapurebooks.com

Chitrapurebooks.com is happy to announce the addition of the pocket book "Gayatri" [compiled by Dr. Gopal S Hattiangdi in 1967] to the website. "A simple little book, in the form of a catechism on Gayatri, devoid of clichés and cumbersome explanations..... useful to modern man" - this is how the author describes yet another of his pocketbooks. Reading it, you will discover that it is indeed so. Its scope is profound, and it was one of HH Anandashram Swamiji's favourite subjects. It is but fitting that Swamiji's views on the Gayatri mantra are also included.

Also added, in the Documentation section, are 12 articles from vintage KSAs on subjects as diverse as Bhanap cuisine [back in those days there were no Master Chefs, ALL chefs *were* masters] to feminine views on marriage reforms to *Divtige Salaams* [what is that? find out]. These are voices of our generational predecessors talking to us across time, and it is interesting to hear them.

We have today a total of 30+ titles [books, articles, commentaries] on the website, and will add more in times to come. We invite you to keep logging on to www.chitrapurebooks.com to keep pace with them.

With every good wish
Jaishankar Bondal, Shantish Nayel

Konkani S sammelan 2016 Atlanta, Georgia, USA



Children performing a traditional dance



Activities for kids by Hindu Swayamsevak Sangh



Seniors too participated with gusto!



Rajesh Koppikar honoring the elders of the S sammelan



Konkani Drama by Canada Contingent, with Sadanand Mankikar



Participants of Konkani Got Talent Dance Competition



Volunteers ready to serve



Some of the cast of "Shubhamangalantu Gondhalu"

THE SARASWAT MAHILA SAMAJ CENTENARY CELEBRATIONS



1917 - 2017 : A GLORIOUS INNINGS

INAUGURAL FUNCTION

सारस्वत महिला समाज व कॉनरा सारस्वत असोसिएशन
सहस्र सादर करीत आहेत

'जिप्सी'

स्व. मंगेश पाडगांवकर यांच्या कवितांवर आधारित अनोखा संगीत कार्यक्रम

संयोजक : गीता टेंज्लेमडी

निवेदन : साधना कामत

गायक कलाकार : शैलेश माधिनकुर्वे, सुवर्णा विसास, अपर्णा उस्ताद, अमित सक्कर, दिव्या बिजू, संदीप बंकेस्वर,
उमा बोलगाडी, विजया संबतकोण आणि सरस्वती वृंदागल

नृत्य : यशस्वी सक्कर

बाल नाटयक : श्रावणी म्हापडी, आयां घोषत आणि सान्निध्य कमेडियाळ

कथा वाचक : प्रवीण कडले, उद्य मंडकीकर, गीता बिजू आणि गीता टेंज्लेमडी

संगीत साध : प्रशांत लळित व सहकारी आणि अरुण स्टुंटगडी

रविवार दि. २५ सप्टेंबर २०१६ • सकाळी १० ते १ • स्थळ : यशवंत नाट्य मंदिर, माटुंगा

Free Entry Passes available with the Committee Members

Konkani Sammelan 2016 Atlanta, Georgia, USA.....



Presidents of Konkani Associations across US singing
"Mile Sur MeraTumhara"



Ajeeth Prabhu all set for Yakshagana



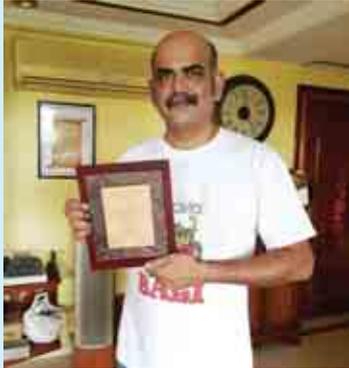
Shashank Udyavar Master of Closing Ceremonies



Balachandra Prabhu enthraling audience with
Pt. Omkar Gulvady on Tabla and
Suresh Benegal on harmonium

Chetan Sashital Wins the Prestigious Dadasaheb Phalke Award

Chetan Sashital won the Award for the Best Music & Voicing at the 6th Dadasaheb Phalke Film Festival -2016 for the Animation Film "Fisherwoman & Tuk Tuk".



The 15-minute film is the National Award winner in the Best Animation Film category for 2015 at the recently held 63rd National Awards. The film has till now won 14 awards and 35 nominations at various international and national festivals including the prestigious ANIME award in Tokyo, Japan.

The film is currently doing the international award circuits. The film was screened on 8th Of July at The Little Theatre, NCPA. The theater was houseful. The screening was followed by a question answer session with the entire team.

Directed by Suresh Eriyat and Produced by Nilima Eriyat of Studio EEKSAURUS, the film revolves around the fisherwoman and her dream to have

her own tuk-tuk. She is loud, plump and manly. She is a working woman, lonely but happy, and nurtures a dream — to own an autorickshaw. This fisherwoman realises her dream and there begins her love story with her hard-earned tuk-tuk. Together, the two have created a huge buzz in the world of animation, winning hearts as well as awards across the globe.

Chetan has done the voice design for the entire film (38 Voices), also written all the dialogues, written and composed the theme song along with 4 time National Award winner Rajat Dholakia and also sung it. Indeed it is a proud moment for him.







Because you need time
for yourself on your *special day*



Bridal Packages

Bronze // Silver // Gold

<i>Bridal Packages</i>	<p>Bronze: Makeup, Hairstyling</p> <p>Silver: Makeup, Hairstyling, Facial, Bleach, Manicure and Pedicure</p> <p>Gold: Makeup, Hairstyling, Facial, Face Bleach, Body Bleach, Body Polishing, Waxing, Nail Extension, Haircut and Hair Colour (if required), Manicure and Pedicure</p>	<p><i>Nails</i></p> <p>Nail Extensions and Nail Art</p> <p><small>Various types of services & treatment for skin and hair. More package are also available for bridal. As per package price will vary.</small></p>	<div style="border: 1px solid black; padding: 5px; display: flex; align-items: center;">  <p> Nita Arur & Nisha Arur Naik: 9167634624, 9167608220, 7045508163 E-mail: arurneeta@gmail.com, nish0586@gmail.com Address: 2/2, K.G.S Society, Saraswati Baug, Near Rameshwar Mandir, Jogeshwari East, Mumbai - 400060 </p> </div>
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SMT INDU PRABHAKAR PANDIT
1925-2015

*** God's Garden ***

God looked around his garden
& he found an empty place.
He then looked down upon this earth,
& saw your tired face.
He put his arms around you
& lifted you to rest.
God's garden must surely be beautiful
As he always takes the best
He knew you were in pain
He knew that you would never
Get well on earth again
He saw that the road was getting rough
& the hills are hard to climb
So, he closed you're weary eyelids,
& whispered "peace be thine"
It broke our hearts to lose you
But you didn't go alone
For part of us went with you
The day God called you home

We Will Miss You Always
PANDITS, MUNDKURS, KATIS,
ADHONIS & INAMDARS



Resume of Activities & Financial Position during F.Y. 2015-16 of the Kanara Saraswat Association

We present here a resume of our activities and financial Position as on 31st march 2016. We pay tribute to our all Past Presidents ,Vice-Presidents, Members of the Managing Committee, Members of KSA, donors, employees and Well wishers of KSA, deceased or alive and salute their perseverance, dedication and selfless service without which we would not have reached the milestone of reaching 104 years.

We also fondly remember our 13 Founder Members including our first President Late Rao Bahadur S. S. Talmaki who was pinnacle of strength to KSA and Community.

MEMBERSHIP

The number of persons admitted to different classes of membership during the year 2015-16 are as follows:

Total Membership	LIFE	PATRON	**SPOUSE	ORD	***BENEFACTOR
As on 31/03/2015	5658	217	30	1	46
During F.Y. 2015-2016	29	02	03	—	—
Up-gradation from Life Members to Patron Members	-84	84			
As on 31/03/2016	5687	303	33	1	46

* 5603 Members includes deceased members.

** Spouse of Member can become Life/ Patron Member by availing concession of ₹ 2000/-

*** Benefactor Category deleted by passing Resolution in AGM held on 26th September 2010

RESERVE FUND – GENERAL FUND

The Reserve Fund of the Association as on 31/03/2016 is ₹ 47,34,867.65 and amount received under up-gradation of Life & patron membership as on 31.3.2016 is ₹ 3,62,500.00.

CORPUS FUNDS AND DONATIONS

SR No	Name of the Fund	Amt as on 31.03.2015	Donations recd during April 15 to Mar16	Total Fund as on 31/03/2016
F 1	CENTENARY FUND	1,35,89,472.00	NIL	1,35,89,472.00
	CORPUS FUND:			
F 2	DISTRESS RELIEF FUND	22,70,240.00	74000.00	23,44,240.00
F 3	SCHOLARSHIP FUND	36,39,624.64	101000.00	37,40,624.64
F 4	MEDICAL RELIEF FUND	18,84,816.00	230001.00	21,14,817.00
F 5	EMERGENCY MED REL FUND	45,22,943.00	325001.00	48,47,944.00
F 6	SUB TOTAL (F 2 TO F 5)	1,23,17,623.64	730002.00	1,30,47,625.64
	OTHER CORPUS FUNDS			
F 7	KONKANI BHASHA	1,51,557.42	-	1,51,557.42
F 8	PRIZE FUND	5,15,896.18	-	5,15,896.18
F 9	COMMUNITY CHEST FUND	6,61,954.00	-	6,61,954.00
F 10	KALA VIBHAG FUND	1,41,122.00	-	1,41,122.00
F 11	MAGAZINE FUND	4,07,695.00		4,07,695.00
F 12	NRK MEMORIAL (LIBRARY)	21,064.56	-	21,064.56
F 13	NHH MAINTAINANCE FUND	2,00,000.00	-	2,00,000.00
F 14	SUB TOTAL (F 7 TO F 13)	20,99,289.16		20,99,289.16
F 15	GENERAL FUND	20,68,702.00	-2068702.00	0.00
F 16	GRAND TOTAL (F 1+F 6 +F 14+F 15)	3,00,75,086.80	-1338700.00	2,87,36,386.80
	Total Amount of FDR with Bank Annexure A-5 to Balance Sheet	* 3,00,44,311.80	-1338700.00	**2,87,36,386.80

* There was a difference of ₹ 30,775/- in the investment since FD is prepared after 31.03.2015

** There is difference of ₹ 1 lakh with A-5 Schedule of FDR Statement to Balance Sheet as FDR of ₹ 1 lakh has been prepared after 1st April 2016.

DISBURSEMENT OF AID

The prime and important objective of Kanara Saraswat Association is to provide relief to poor & needy and education aid and grants to students, medical relief to sick and ailing and to undertake charitable causes. The Association continuously strives to fulfill this important objective by helping needy persons financially.

The following chart shows the amount disbursed to needy persons out of interest received on Investment of Corpus Funds for the last 5 years

Nature of Aid	Amount to be Disbursed in F.Y. 2016-17	No of beneficiaries in FY 2015-16	Amount Disbursed in F.Y. 2015-16	Amount Disbursed in F.Y. 2014-15	Amount Disbursed in F.Y. 2013-14	Amount Disbursed in F.Y. 2012-13	Amount Disbursed in F.Y. 2011-12
*** Scholarship	2,64,000.00	25	2,54,000.00	2,39,000.00	2,48,000.00	2,35,000.00	2,23,940.00
*** Distress Relief	1,58,000.00	26	1,58,000.00	1,37,000.00	1,39,000.00	1,33,000.00	1,30,980.00
*** Medical Relief	* 96,000.00	15	1,31,000.00	87,000.00	85,000.00	76,000.00	79,550.00
Emergency Medical Relief Fund	3,17,885.00	21	3,15,000.00	3,31,000.00	3,10,000.00	3,09,000.00	3,10,240.00
Aid to BPL Families	**38,000.00	01	10,000.00	12,000.00	-	15,000.00	-
Centenary Educational Refundable Grant	#13,13,096.00	13	11,33,000.00	8,87,430.00	11,78,500.00	3,50,000.00	-
Centenary Medical Aid	7,95,423.00	06	3,00,000.00	2,52,000.00	4,00,000.00	4,22,000.00	-
TOTAL AMOUNT			24,03,052.00	19,45,430.00	23,60,500.00	15,40,000.00	7,44,710.00

* Previous year we had made excess disbursement of ₹ 35000.00 under Medical Relief, which has been adjusted during FY 2016-17

** The figure indicates accumulation of amount payable to beneficiaries as per eligible Application received from BPL families.

The figure indicates Grant Amount accumulated under Refundable Educational Grants program which will be disbursed as per eligible Applications received from Students.

*** The Interest on the above Corpus Fund is disbursed to needy persons based on their applications. The Co-ordination Committee of Aid giving Institutions is selecting and recommending deserving persons for receiving aid to avoid duplication. The aid giving Institutions are: 1) Kanara Saraswat Association 2) Chitrapur Saraswat Educational Relief Society 3) Saraswat Educational and Provident Co-op Society, Grant Road, 4) Saraswat Mahila Samaj, Gamdevi 5) Shrimat Anandashram Ordination Golden Jubilee Fund, Shri Chitrapur Math, Shirali, 6) Swami Parijnanashram III Education and Charitable Trust, Virar. The Co-ordination Committee invites applications from needy persons and after scrutinizing the applications, it sanctions the quantum of aid based on individual needs and sends applications to the Kanara Saraswat Association for disbursing Scholarship, Medical Aid and Distress Relief to selected persons.

KSA CENTENARY CORPUS FUND

The Centenary Fund was started during our Centenary Year 2010-2011. The Centenary Fund Raising Committee (CFRC) under leadership of our President Shri Suresh Hemmady was established. The other two members are Mr Ratnakar Gokarn and Mr Dilip Sashital. Similarly Centenary Fund Management Committee (CFMC) consisting of Mr Vinod Yennemadi, Mr Praveen Kadle, Mr Uday Gurkar was established to monitor Fund. Mr Raja Pandit manages Fund and Disbursement under direction of CFMC and Dr Prakash Mavinkurve scrutinizes the applications received under Centenary Medical Aid. The members of both committees take keen interest in progress of Centenary Fund. The details of Centenary Fund are as under:-

Centenary Fund as on 31.03.2016	₹ 1,35,89,472.00
Educational Refundable Grant disbursed 46 times to 28 students up to 31.03.2016 (Students availed grant as per their Semesters.	₹ 35,48,930.00
Centenary Medical Aid Disbursed to 28 needy patients up to 31.03.2016	₹ 13,42,000.00
Educational Refundable Grant disbursed 7 students during F.Y. 2015-16	₹ 11,33,000.00
Centenary Medical Aid disbursed to 06 beneficiaries during F.Y 2015-16	₹ 3,00,000.00

Out of total number of 28 Students who have availed Grants of ₹ 35,48,930.00, one student repaid entire grant of ₹ 1,60,000.00. The one student who has taken Grant of ₹ 50000.00 supposed to start repayment from FY 2015 -16 in equal 4 yearly installments. He has not started as he is still unemployed. He has requested to postpone his repayment from FY 2017-18. In current year i.e. F.Y. 2016-17 repayment 4 students will start who have availed grant of ₹ 4,60,430.00 with Installment of ₹ 1,15,110.00 per year.

FUND RAISING UNDER CORPUS ENHANCEMENT FUND & ADJUSTMENT OF OVERDRAFT

Under Presidentship of Mr Praveen Kadle, We have started raising of Funds under Corpus Enhancement Fund with main objectives of adjusting KSA Overdraft taken for renovating Hall in the year 2010 and also gradually bring down accumulated loss of ₹ 32,57,318.93 as on 31.03.2016. We had appealed to members and well-wishers to contribute to naming of rooms in KSA Hall in memory of person/s as per Donor's wish. The response was overwhelming and we have collected following amount in current year:-

Sr No	Names of Donors	Donation Amount
1	Mr Praveen Purshottam Kadle	₹ 17.50 lakhs
2	Mr Mohan Anand Chandavarkar	₹ 15.00 lakhs
3	Dr Praksh Shantaram Mavinkurve & family	₹ 6.25 lakhs
4	Mr Ram Savor	₹ 5.00 lakhs
5	Mr Anil Bhatkal	₹ 3.00 lakhs
	Total	₹ 46.75 lakhs

We have also arranged a Music Event of eminent Artists under leadership of our President Mr Praveen Kadle in Nehru Center on 13th & 14th April 2016 and raised sum of ₹ 15,70,635.95 under Corpus Enhancement Fund through Sponsorships & sale of tickets. In addition to depositing sum of ₹ 46.75 lakhs received under 'Naming of Rooms' we encashed FDR of ₹ 20,68,702/- created under General Fund (Non-Corpus Fund) & credited to OD account with a condition that Managing Committee will build a fund out of surpluses in next 6 years and also took ₹ 20 lacs lying idle in Centenary Fund SB a/c for adjustment of entire OD before 31st march 2016. We had earlier passed Resolution in Managing Committee meeting held on 24.01.2015 that any amount lying idle in Centenary Fund SB a/c will be transferred to OD a/c without jeopardizing Aims & Objectives of Centenary Fund and interest at Bank FDR Rate will be paid to Centenary Fund for the number of days that such amount is utilized by us. This is win-win situation for Centenary Fund as it gets rate of interest higher than SB account and also it saves interest on OD. We have now refunded ₹ 20 lakhs + Interest to Centenary Fund SB a/c on 12th August 2016 after receiving balance of ₹ 5 lakhs from Mr Ram Savor & ₹ 6.25 lakhs from Dr Prakash Mavinkurve & family towards naming of Rooms.

INCOME AND EXPENDITURE ACCOUNT

It can be seen in the Table below, there was a surplus of ₹ 4.14 lacs in FY 2009-10 (i.e. before Renovation of Hall and when there was no OD). After Renovation though there is continuous deficit till FY 2014-15, there is no Cash Loss because of increase in Hall Revenue after renovation. However the increase in Hall Revenue is eaten by Interest on Overdraft paid by us. The major contributor to deficit was very marginal surplus or Loss from Nashik Holiday Home activity and perennial deficit in our Health Center activity. In current financial year of 2015-16, the loss has been increased to ₹ 12.34 lakhs compare to earlier year loss of ₹ 6.79 lakhs mainly due to written-off of old unrecoverable entries amounting to ₹ 6,81,699.00 which have been shown in Schedule E 006 to Income Expenditure Statement. As mentioned under ' Naming of Rooms' chapter above, the Overdraft taken by us for Renovation of Hall/s had been fully adjusted and there will be no Interest payable in current Financial Year of 2016-17. The total amount of ₹ 18.25 lakhs consisting depreciation (₹ 4.65 lakhs) + Interest on OD (₹ 6.79 lakhs) + Written Off entries (₹ 6.81 Lakhs) covers loss of ₹ 12.34 lakhs in F.Y. 2015-16. However we cannot be complacent as there are some major entries under NHH Redevelopment like amounts spent on valuations, Structural Certificates, designs, etc which have been carried forward to subsequent years in order that in the event the project is revived the said expenditure may not be incurred once again. The amount of ₹ 11,83,580.00 has been carried over to next year after writing off ₹ 1,87,400.00 under "NASIK REDEVELOPMENT PROJECT". The KS Magazine & Health Center have shown deficit of ₹ 1,54,701.34 and ₹ 1,36,011.00 respectively. However Nashik Holiday Home has shown surplus of ₹ 65,574.00 as against deficit of ₹ 44102.00 in previous year. The Income & Expenditure Account shows total accumulated loss of ₹ 32,57,318.93 as on 31.03.2016. The accumulated Depreciation as on 31.03.2016 is ₹ 56,83,403.71. Some of the activities undertaken by KSA are not self reliant. It will be our endeavor that all our 4 Revenue Verticals i.e. Hall in Talmakiwadi, Nashik Holiday Home, KS Magazine & Health Center will be self reliant without compromising on our objectives so that we shall make our accumulated deficit NIL in next few years. The below mentioned table shows Surplus/Deficit for last 7 years :-

(Amounts in Lakhs)

	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16
Surplus/Deficit	4.14	-2.23	-3.83	-6.01	-3.03	-6.08	-12.34
Depreciation	1.77	5.12	5.54	6.05	5.94	6.15	4.65
Interest Paid on OD	0.00	4.63	9.53	10.07	9.32	7.60	6.79
Written Off Amount	0.00	0.00	0.00	0.00	0.00	0.00	6.81

PRESIDENT AND VICE-PRESIDENT

Mr Praveen Kadle & Mrs Geeta yennemady elected for The 2 year terms as a President and Vice-President of KSA respectively for the years 2015-16 & 2016-17.

MANAGING COMMITTEE

At the close of the Financial Year 31.03.2015, there were 3 vacancies on the Managing Committee of Kanara Saraswat Association caused by retirement of 3 members under Rule 13. The nominations for 3 vacancies were invited. The Managing Committee of Kanara Saraswat Association had appointed Mr Srikar Balsavar as Returning Officer to conduct elections. As we had received 3 nominations, there was no election. The Returning Officer declared following Office Bearers as elected in 103rd Annual General Meeting held on Sunday, 27th September 2015; 1) Mr Anand Nadkarni 2) Mr Shailesh Bijoor 3) Mr Sunil Ullal

At the close of the F.Y. 31.03.2016 there are 3 vacancies for the year 2016-2017 due to retirement of 3 Committee Members under rule 13. The nominations from members of KSA have been invited to fill up 3 vacancies. The last date of receiving applications was 9th June 2016.

**SHRIMAT ANANDASHRAM HALL (GROUND FLOOR)
and SHRIMAT PARIJNANASHRAM HALL (UPPER FLOOR)**

We have received total revenue of ₹ 12,34,015.00 in F.Y. 2015-16 s against total revenue of ₹ 14,39,790.00 in 2014-15 showing reduced amount of revenue by ₹ 2,05,775.00 . The reduced amount is due to less booking of 5 Full Days & 4 half days bookings in F.Y. 2015-16.Also there is reduction of Commission ₹ 52750.00 from 3 Caterers taken together. There is also variation in revenue depending upon number of bookings for Condolences/ Vaikuntha Smaradhana as it is given on concessional rate. The Commission of ₹ 61,575.00 received on Decoration in F.Y. 2015-16 as against ₹ 65,502.00 in F.Y. 2014-15.

The Comparative Chart of Occupancy of Shrimat Anandashram Hall (ground floor) and Shrimat Parijnanashram Hall (upper floor) is as under:-

Year	Full Day	Half Day	Social@ Concessional	Free	Total	Vacant Days
2010-2011	12	60	19	09	100	265
2011-2012	10	90	28	11	139	227
2012-2013	06	87	27	10	130	235
2013-2014	06	79	26	10	121	244
2014-2015	13	56	27	13	104	261
2015-2016	08	52	18	10	92	273
April-July 2016	15	27				

The occupancy rate of Hall was reduced from 11 % in F.Y.2014-2015 to 09% in 2015-2016. However there is good turnaround of Bookings in Current F.Y. as it can be seen from above table. Till end of July 2016, we have received 15 full days & 27 half days Bookings. Our Budgetary figures submitted to Charity Commissioner in respect of Revenue income from Hall for F.Y. 2016-17is ₹ 11,50,000.00. Looking into present trend, we are hopeful of meeting budgeted revenue income from Hall.

We have given hall to various organizations on 18 occasions at concessional rate of ₹ 1500/- per day and Free of cost on 10 occasions. The Datta Jayanti was celebrated for 8 days in the month of December 2015 in the presence of H.H. Sadyojat Swamiji . On other two occasions , Talmakiwadi CHS Ltd held one each Annual & Special General Body Meeting. Your committee has introduced Institutional Booking Policy for Hiring Halls. This has brought uniformity in Booking Hall by Amchi Institutions and Association of Persons (AOP) at very reasonable cost and also there is no loss of Revenue for KSA since if we receive regular booking, then Institution/ AOP who have booked Hall will have to shift to Mezzanine Floor or Balak Vrinda School Hall. The exception to this rule is Foundation Day Program of KSA on 26th November, AGM/SGM of KSA and the Talmakiwadi CHS Ltd. and Datta Jayanti Utsav.

NASHIK HOLIDAY HOME

The Occupancy rate of Holiday Home has increased from 18% in F.Y.2014-15 to 29 % in F.Y. 2015-16 mainly due to booking of Units during Kumbh Mela in Nashik. The total Rent received from Residential Property at Nashik Holiday Home has increased from ₹ 4,31,844.00 in F.Y.2014-15 to ₹ 6,98,504.00 in F.Y. 2015-16 & Expenses also increased from ₹ 5,39,726.00 in 2014-15 to ₹ 6,98,605.50 in F.Y 2015-16.. Therefore the deficit has been reduced from ₹ 1,07,882.00 in F.Y. 2014-15 to nominal deficit of ₹ 101.50 in F.Y.2015-16. The all Units of Nashik Holiday Home were in urgent need of Repairs like Plastering , Painting, Repairs to Doors & Windows, repair to Well etc and repairs to Electric items. We have spent ₹ 2,08,526.00 on Repairs & ₹ 47,917.00 on Electrical Repairs in F.Y. 2015-16 as against ₹ 84,226.00 on Repairs & ₹ 16,579.00 on Electrical Repairs in F.Y. 2014-15.

The substantial increase in revenue can be seen from increase in Occupancy Rate of Nashik Holiday Home in F.Y. 2015-16 from following Occupancy table:-

YEAR	UNIT 1	UNIT 2	UNIT 4	UNIT 5	UNIT 6	UNIT 7	UNIT 8	TOTAL	OCC RATE
2012-2013	29	72	61	166	154	122	95	699	27%
2013-2014	30	85	46	167	163	117	97	705	28%
2014-2015	14	63	28	138	91	86	43	463	18 %
2015-2016	51	106	61	160	117	142	98	735	29%

NASHIK HOLIDAY HOME REDEVELOPMENT – UPDATE

As per decision taken in 103rd Annual General Meeting held on 27th September 2016, the NHH Redevelopment Project has been kept in abeyance. The total expenditure incurred on Redevelopment of NHH Project was ₹ 13,70,980.00 as on 31.3 2015 which consist of amounts spent on valuations, Structural Certificates, designs, etc .We have written off amount of ₹ 1,87,000.00 & carried forward balance amount of ₹ 11,83,580.00 to subsequent years in order that in the event the project is revived, the said expenditure may not be incurred once again. The Managing Committee is studying various options of redevelopment of NHH property in order to get regular & substantial revenue matching present day valuation of property.

KANARA SARASWAT MAGAZINE

KS magazine is rendering yeomen service to Community to fulfill one of the important Objective of fostering Brotherhood and Cooperation among Members of Association. The Editorial Committee of 'Kanara Saraswat' magazine has started a new series "Parisevanam" from January 2013 to acquaint our readers with many facets of Shri Chitrapur Math and its various schemes, projects and activities functioning under the protective umbrella with His Holiness Swamiji's guidance. Most of the articles under the "Parisevanam" are well received by the readers and this has brought Shri Chitrapur Math and Kanara Saraswat Association closer. The magazine has introduced many innovative ideas. There is radical change in the get-up, layout and designs. Youngsters and children are encouraged to contribute articles. The number of pages printed during 2015-16 were 924 as against 900 pages in 2014-15 which works out to an average of 77 pages per month.

The magazine is being printed by SAP Print Solutions Pvt. Ltd . The total advertising revenue from KS Magazine has reduced from ₹ 18,79,298.00 in F.Y. 2014 -15 to ₹ 16,93,669.00 i.e .reduced by ₹ 1,85,629.00 as against increase in expenditure from ₹ 18,45,130.00 to ₹ 19,41,751.30 i.e. increased by ₹ 96,621.30 . This reduced revenue & increased expenditure resulted into deficit of ₹ 1,54,701.30 in F.Y. 2015-16 as against surplus of ₹ 1,53,777.10 in F.Y 2014-15.

The Editorial Committee has been closely monitoring the outgoing of the Magazine in order to control the printing and other overhead expenses. Mr Jairam Khabadkone is guiding Editorial Committee in reducing cost of printing. His suggestions of reducing Font size of Words was accepted by Committee which resulted into less number of pages being printed without reducing number of Articles. Other two initiative suggested by him are Reducing the number of pages of coloured printing when not necessary & Reducing the number of copies of magazines marginally, due to the Green Initiative i. e. Reading magazine On-line on KSA website www.kanarasaraswat.in rather than reading print copies. Due to reduction of Font size of words without compromising quality of Magazine, there is a reduction in printing cost of ₹ 1,27,578.00 in 5 months period i.e. from April 2016 to August 2016 compare to previous year. This saving could have been much higher, if the response for Green Initiative was better. Our many members / Readers are working in influential position. We appeal to all members to switch over to on-line reading.

Mr Praveen Kadle, President of KSA has also taken lead in increasing advertising revenue. He brought advertisement for inside back page cover of Magazine as earlier advertisement appearing on same page has switched over to colour page advertisement in inside page of magazine. We are making dedicated efforts to increase Advertisements revenue by contacting many Corporates. Our many members / Readers are working in influential position. We appeal them to help in bringing advertisements for KS magazine which is distributed to appr 4000 members all over world & very popular among members.

The Managing Committee of KSA in consultation with Editorial Committee of KS Magazine has introduced Refundable Deposit Scheme for our Members residing abroad so that interest earned on Deposit will be used for Airmail Charges to deliver Magazine at their doorstep without interruption and Deposit will be returned once Membership ceases to exist. This will also avoid inconvenience of paying Airmail Charges of ₹ 2000 every year .We have received response from only 16 members so far whose names are mentioned in Schedule L-13 of the Balance Sheet. It may be noted that we have increased Airmail Charges from ₹ 1000/- per year to ₹ 2000/- per year from ----- due to doubling of foreign posting charges and similarly increased Refundable Deposit amount from ₹ 15000/- to ₹ 25000/-. We request all members residing abroad to pay ₹ 2000/- per year and also members who have opted Refundable Deposit Scheme to pay difference of ₹ 10000/- by referring Schedule L-13 of Balance Sheet. We also earnestly appeal to all Members residing abroad to join this scheme.

HEALTH CENTRE

The KSA Health Centre continues to provide quality health care to members of all communities particularly the poor, at very affordable rates. Total 2634 patients took the benefit of the services during F.Y 2015-16. Dr. Vasanti Balvalli, Dr. Sunil Vinekar provided medical consultations on a daily basis, where as Dr. Harish Kodial (Ophthalmologist), Ex-President of KSA, Dr. Gaurang S. Muzumdar (Dermatologist), Dr. Swati Puthli (Physiotherapist), Dr. Tejaswini Kulkarni (Homoeopathic Consultant), Dr. Pranav Chickermane (Paediatrician), Dr. Subodh Sirur (Dermatologist) attended the clinic regularly on their scheduled days. Consultation Fees of Doctors & Medical Practitioners attached to Health Center are very low and more & more people from lower middle class and BPL families are taking advantage of our Center. The Services of the Heath Center is subsidized by KSA.

We have added an Auto –Refractor Keratometer, computerized device for ophthalmic use to our Health Centre, which has helped a large number of patients coming for eye check up. We also intend to start Physiotherapy Centre in Ambulance premises with help of Dr Swati Puthli

Though Ambulance services had to be discontinued due to various problems, the Popular Ambulance Association has continued to serve the community by giving Medical Aid to the needy from the interest gained on their Corpus. Swami Parijnanashram Pathological Laboratory was shifted to the garage of the Popular Ambulance Association in 2001 as the place was vacant. An arrangement was made to use their premises for rendering health services at very affordable rates to people irrespective of religion, class and location. The 'D' Ward of Municipal Corporation of Greater Mumbai was kind enough to classify the premises as Health Center in Municipal Tax Bill of Popular Ambulance Association.

In tune with the times, the set-up of Swami Parijnanashram Pathological Laboratory has been changed and it now offers as many as 300 investigations, along with comprehensive packages. To meet rising cost, charges were raised marginally, but they still remain lower than most labs in the vicinity. Care has been taken to see that quality is not compromised. The total Fees & Charges received during F.Y. 2015-16 is ₹ 2,67,390.00 as against ₹ 2,60,367.00 in previous year. The expenses has been reduced from ₹ 4,92,301.00 in 2014-2015 to ₹ 4,03,401.00 in F.Y. 2015-16. Due to marginal increase in Receipts and substantial reduction Expense, the deficit has reduced from ₹ 2,31,9340.00 in 2014-2015 to ₹ 1,36,011.00 in F.Y. 2015-16.

FCRA ACCOUNT

Status of Donation Received From Person of Indian Origin under Foreign Contribution & Regulation Act (FCRA) 2010 as on 31.03.2016

The Kanara Saraswat Association has been permitted to receive Foreign Contribution under FCRA Act 2010. The Registration Number is 083720152 dated 30.06.2011 and was valid up to 30.06.2016. We have filed renewal application on 14th March 2016 i.e. before due date and also filed quarterly Returns before due date. We are giving below details of Foreign Contribution Received from 30.06.2011 to 31.03.2016 and Amount Utilized & Invested in Bank Fixed Deposit Receipt.

Amount Received			Name of Donor	Amount Spent -₹	Remark
Date	USD	₹			
28.10.2011	\$2500	122072.00	Saraswat Foundation USA	100000.00	Purchase of Eye Refractometer at the cost of ₹ 1,22,072.00
10.5.2012	\$2500	128174.00	Saraswat Foundation USA	-	-
24.5.2013	\$2000	110742.00	Saraswat Foundation USA	36000.00	Purchase of Tonometer on 10.12.13
22.3.2016	\$1000	66350.00	Saraswat Foundation USA	-	-
21.06.2012				22072.00	Balance amount for Eye Refractometer
28.10.2011				16.00	Bank Charges
09.04.2014	-	-	-	16000.00	Purchase of ECG Machine
Sub-Total		427338.00	Saraswat Foundation USA	174088.00	
17.03.2012	\$ 1000	500838.00	Mr Ashok Kulkarni	500838.00	Fixed Deposit Receipt
2011-2012		893.00			SB Interest
16.01.2013	NRE A/C	50000.00	Mrs Rekha Vokketur	50,000.00	Fixed Deposit Receipt
24.09.2013	NRE A/C	50000.00	Hemu Kalle	50,000.00	Fixed Deposit Receipt
2012-13 & 2013-2014		17896.00	Int on Saving Bank		
2012-2013		51332.00	Interest on FDR		
2013-2014		55238.00	Interest on FDR		
25.09.2013				100.00	Bank Charges
12.11.2014	-	-	-	35000.00	Educational Grant to One beneficiary
18.11.2014	-	-	-	20000.00	Medical Aid to One Beneficiary
05.12.2014	USD 500	30775.00	Vanita Ashok Balvalli		
2014-2015		56947.00	Int Recd on FDR	-	-
2014-2015		14133.00	Int Recd on SB A/c	-	-
2014-2015		-	-	482.00	Bank Charges
10.04.2015				30775.00	Fixed Deposit Receipt
27.10.2015				100000.00	Educational Grants
3.11.2015				160.00	Bank Charges
1.2.2016	Usd 2000	135160.00	Konkani Charitable Fund		
1.2.2016				356.00	
22.3.2016				198.00	
28.3.3106				79967.00	TDS
2015-16		62829.00	Interest on FDR		
Int on SB		13660.00			
05.03.2015	USD 2000	124160.00	Konkani Charitable Fund USA	124160.00	Invested in FDR on 24.03.2015
31.03.2015		1591199.00		1166124.00	₹.4,25,075.00 Balance as on 31.03.2016 as per Bank Pass Book)

Thus we have unutilized Balance of ₹ 3,88,410.00 i.e. ₹ 2,53,250.00 of Saraswat Foundation, U.S.A. & ₹ 1,35,160.00 of Konkani Charitable Fund, Inc U.S.A.. which are non-corporate in nature. In current year i.e .F.Y. 2016-17, we have already started utilizing amount on repairs of Health Center premises as roof of was heavily

leaking and also there was damage to entire electric wiring. The Eye clinic & Pathological laboratory are already functioning in Health Center. We are also starting Physiotherapy center in the premises by rearranging furniture/s Bed in the premises. We are also buying new equipment needed for Eye Clinic & Physiotherapy unit.

MARRIAGE BUREAU

The Bureau gives opportunity / platform to marriageable children of our community Members including children of female members married into different caste / inter religion / nationality to find a suitable match. The Marriage Bureau operates daily from Monday to Saturday from 5.00 p.m. to 7.30 p.m. in the Conference Room of KSA Building in Talmakiwadi. We request all community members to take maximum advantage of Marriage Bureau. Ms Geeta Kulkarni is available daily in the Conference Room of the Association. Mrs. Usha Surkund is available on Monday and Wednesday at same time. Both can be approached on the mobile nos. (Ms Geeta Kulkarni – 9969552759 , Mrs Usha Surkund – 9969552764 & Mr Dilip Sashital - 9920132925) for any advice. We give below data of marriageable persons available with us.

BOYS

Age	Year of Birth	No of Boys	Under graduate	Grad	Post Grad	Engg	Doctor	Lawyer	M.B.A.	Widower	Divorcee
41-45	1971-75	45	5	18	1	6	3	1	6		5
36-40	1976-80	80	10	31	11	14	2		7		5
31-35	1981-85	75	8	24	14	14	2	1	11		1
26-30	1986-89	35		13	10	6			6		
TOTAL		235	23	86	36	40	7	2	30		11

GIRLS

Age	Year of Birth	No of Boys	Under graduate	Grad	Post Grad	Engg	Doctor	Lawyer	M.B.A.	Widows	Divorcee
41-45	1971-75	66	4	31	7	1	4	2	1	2	14
36-40	1976-80	88	1	35	20	14	6	1	5	2	4
31-35	1981-85	104	3	30	26	13	20		6	2	4
26-30	1986-90	100	2	30	31	9	13	3	11		1
24-25	1991-92	10		6	2	1			1		
TOTAL		368	10	132	86	38	43	6	24	6	23

KSA REFERENCE LIBRARY

The Reference Library is one of the unique project of KSA Centenary Year. The main objective of the library is to preserve books for posterity. At present Library is preserving following types of books:- 1. KS Magazines, Annual Reports and Souvenirs published by KSA since inception. 2. Scripts of Konkani Dramas and Souvenirs 3. Family Tree. 4. Books written by Chitrapur Saraswats in any Language. 5. Books written on Chitrapur Saraswats in any Language.

We have included books and 119 Konkani Dramas and 504 family trees in the Library. The work of indexing has been progressing satisfactorily. Recently KSA published two books 1) Autobiography of Late Shri D.A. Bijoor who was instrumental in getting employment for many youngsters during 1956-1971. Another book published was "Konkani Proverbs and Idioms" with English translation penned by Late Shri S.S. Talmaki and edited by Shri Raghunath Gokarn.

FAMILY TREE

The Family Tree Project is a part of Reference Library. The objective of KSA's Family Tree Project is best stated in Rao Bahadur S.S. Talmaki's book, Saraswat Families Part I. Quote " **As a part of this effort, he collected genealogical information about Chitrapur Saraswats and concluded that there were 504 families in our community.**" This information was published in three parts in the book titled 'Saraswat Families'.

Subsequent Volunteers have updated Family Tree of many families and is stored as a soft copy. We appeal to members who are interested in updating their family tree to contact Dr. Sudhir Moodbidri , Res No.-022-26518882 and mobile no 9820369258, email id is - moodbidri.sudhir@gmail.com or Mr. Raghunath Gokarn. Res No.-022-24305388 and his email id is – raghugokarn@yahoo.co.in.

WEBSITE

The KSA website <http://www.kanarasaraswat.in> was inaugurated by Dr. Harish Kodial, President of Association on 15th August 2009. The main purpose of the Website is to become powerhouse of information about Chitrapur Saraswats. As mentioned earlier we have focused on activities of KS and tied up with other Chitrapur Saraswat Institutions in India and abroad for linking with their websites and sharing information. KS magazines are uploaded on Website regularly. We thank our WEB Provider Shri Shuklendu Baji and Nitin Ruge of Sentient Systems Pvt Ltd. for their efforts in launching the Website successfully. The Kanara Saraswat Association intends to open page on Face Book and also You Tube to reach out to our community members particularly youngsters and also to have greater participation in activities of Kanara Saraswat Association.

KSA CENTENARY CENSUS 2011

We are pleased to announce that publication of final Census Report & Directory consisting of 5000+ households at the august hands of H.H. Shrimat Sadyojat Shankarashram Swamiji on Gurupurnima day on 19th July 2016. Dr (Mrs) Sudha Deshpande (nee Gangolli) eminent demographer & her husband Prof Lalit Deshpande, eminent economist shouldered responsibilities of publishing final Report.

We are grateful to following Donors for their Donations towards KSA Centenary Census 2011 project.

Shri Durgesh Chandavarkar	₹ 1,50,000.00
Entod Pharmaceuticals	₹ 1,50,000.00
Shri Praveen Kadle	₹ 1,50,000.00
Shri Anil Bhatkal	₹ 1,50,000.00
Shri Vinod Yennemadi	₹ 1,50,000.00
The SVC Cooperative Bank Ltd	₹ 1,50,000.00
Total	₹ 9,00,000.00

CHARITY COMMISSIONER – APPROVAL OF CHANGE REPORT

We have filed all up to date Change Report with Charity Commissioner.

TALMAKIWADI CO-OPERATIVE HOUSING SOCIETY LTD.

The Kanara Saraswat Association (KSA) purchased two adjacent plot no 11 and plot no 13 in the then Dubhashwadi (now called as Talmakiwadi), from The Saraswat CHS Ltd, Gamdevi in the year 1939. Simultaneously Talmakiwadi CHS Ltd (TCHS) also purchased other plots from same society. The Association Building stood on plot no 13 and plot no 11 is open plot. Late Shri S.S. Talmaki played major role in giving birth to both institutions which coincidentally belongs to members of Chitrapur Saraswat Brahmin Community.

The KSA has established cordial relationship with TCHSL. The all thorny issues have been sorted out. The following arrangements have been approved by both institutions:-

- 1) KSA will pay 1/10th of the Security Bill of TCHS. We have paid ₹.90,561.60 for the F. Y. 2015-2016 on 07.08.2015
- 2) KSA will pay Full Day Rent applicable to Non Members as Annual compensation to TCHS (The Full Day Rent is ₹ 24,000/- has been Paid to TCHS.
- 3) KSA will share parking charges equally when hirer books KSA Hall. (We have paid ₹ 70,235.00 to TCHS for the bookings in the F.Y. 2015-2016)
- 4) KSA will pay ₹100/- per full day booking and ₹ 50/- for half day booking when Hall is booked by the Hirer.
- 5) TCHS will pay 50% from Casual Parking of cars on D.N. Sirur Square. We have received ₹ 16470/- from Jan 2015 to June 2015.

We are giving below chart containing amount paid by KSA to TCHS during F.Y. 2015-2016

Share of Sirur Square :	₹	52000.00
One day Annual Compensation:	₹	24000.00
Compensation for Hall booking	₹	4800.00
Garden Maintenance	₹	720.00
	₹	<u>81520.00</u>
10 % Security Services	₹	90561.60
Total	₹	172081.60

SOCIAL, CULTURAL AND OTHER EVENTS ORGANISED DURING THE YEAR

1.05.2015 to 04.05.2015 : 17th Saraswat Sangeet Sammelan commemorating Late Pandit Taranath Hattangadi

Chief Guest : Pandit Arvind Mulgaonkar (Tabla Maestro)

Artists: Pandit Sudhindra Bhowmik, ,Pandit Nityanand Haldipur, Pandit Sadanand Naimpalli, Sveta Hattiangadi-Kilpady, Nivedita Hattangadi,P. Balachandra Prabhu, Aditya Modak, Soumya Ullal, Apoorva Gokhale, Pallavi Joshi, Vrinda Mundkur, Dr. Ramdas Bhatkal, Harish Hegde, Anjali Gangolli, Shivani Haldipur-Kallianpur, Mihir Kallianpur, Rajan Mashelkar, Pranati Mhatre, Adv. Madhav Paranjape (Samvadini Solo) Pt. Omkar Gulvady, Dnyaneshwar Sonawane, Siddhesh Bicholkar, Hemant Hemmady, Rakshanand Panchal, Sameer Naimpalli, Saraswati Vrinda Gaan of Saraswat Mahila Samaj.

- 27.09.2015 : 103rd Annual General Meeting of Kanara Saraswat Association
- 24.10.2015 : Saraswat Students Convocation for 2015 Smt. Geeta Yennemadi, Vice- President was "AT HOME". And Shri Kuldeep Kalavar Eminent entrepreneur was the Chief Guest. Successful students were felicitated.
- 10.11.2015 : Annual Diwali Programme
- : **Story Telling Competition** (children below 8 yrs, between 8-12 yrs and 12-16 yrs)
- Music competition (below 16 year and above 16 years)
- 11.11.2015 : Sports for Children & Variety Entertainment by Wadi Youths
- 12.11.2015 : Fancy Dress Competition
- 26.11.2015 : Foundation day

Felicitated following personalities:--

- 1) Shri Shekhar Hattangadi – Journalist and Filmmaker

- 2) Shri Vinayanand Kallianpur – Principal, Swami Parijnanashram Educational and Vocational Centre for the Handicapped, Virar-
- 3) Prof. Ramchandra P Gokarn – World renowned Authority on Naval Architecture and Propeller design
- 4) Late Shri Dinesh D Kalyanpur – Selfless service to KSA (Posthumous)
- 5) Late Shri Nagesh D Kalbag- Selfless service to KSA (Posthumous)

Followed by Awards for Konkani Articles in memory of Smt Ganga M Nadkarni

The awardees were

1. Shrikrishna Bhavanishankar Bhat, Honavar,
2. Murlidhar Betrabet &
3. Dr Kumudini Mangaonkar

This was followed by Award to Outstanding upcoming Sports personality Award in memory of Shri Suresh(Bab) V. Nadkarni

And the awardee was Ms. Navami Sharma for Squash

Acknowledgements

The Kanara Saraswat Association has gone through several developmental phases in the past few decades and has now emerged as a major institution of Chitrapur Saraswats. Innumerable individuals and institutions have contributed towards the successful working of institution.

We express our gratitude to H.H. Shrimat Sadyojat Shankarashram Swamiji, for his blessings and guidance from time to time.

We thank the Editorial Committee Smt Smita Mavinkurve, Shri Uday Mankikar, Smt. Usha K Surkund, Smt. Sujata Masurkar, Shri Atul Joshi for graphic works, M/s SAP Prints Solutions Pvt. Ltd., for printing of Magazine and maintaining the time schedule and M/s Golden Publicity. Among the institutions we thank The Talmakiwadi CHS Ltd, The Shamrao Vithal Co-op Bank Ltd, The Popular Ambulance Association, The Popular Co-op. Buying Club, Saraswat Mahila Samaj, Gamdevi, All Chitrapur Saraswat Youths Trust, and Balak Vrinda Education Society, the Advertisers, The Donors, and Hon. Correspondents of KS Magazine.

Smt. Ravikala Koppikar, Caretaker Nashik Holiday Home, M/s Central Excellence, our Monopoly Caterers, M/s. Arpita Decorators, Shri Devrai Shanbhag of Lily Caterers, Shri Vinay Gangavali of Guruprasad Caterers, Shri Jaipal Mallapur of Annapurna Caterers, Sub-Committee of Reference Library Smt. Rekha Pandit, Ms. Geeta Kulkarni, Family Tree Volunteers Dr. Sudhir Moodbidri and Shri Raghunath Gokarn. Shri Rajesh Dabholkar for supplying excellent sound system for Sangeet Sammelan and Shri Masurkar of Om Audio Vision for other occasions. Miss Kanika Bipin Nadkarni for Photography. We thank Smt Usha Surkund for conducting Marriage Bureau. Late Shri Prakash Burde for helping in organizing Saraswat Sangeet Sammelan. We thank Shri Hattangadi Premanand Bhat for Internal Auditing. We thank Shri Dilip Burde for allowing us to keep our old records in his house during renovation of our Hall & afterwards. We appreciate the hard work put in by the staff members & thank Smt Shobhana Dilip Rao, Smt. Swati Sharad Nadkarni, Smt. Vaidehi Joshi (Pathologist), Smt Usha Kavathkar & Shri Ram Padarath Jha. Our thanks are also due to the doctors and others attending the Health Centre.

Shivshankar D. Murdeshwar

Hon. Secretary

Rajaram D. Pandit

Chairman

Place: Mumbai

Date : 13th August 2016

Where There Is a Will...

If you are a sincere sadhaka and are strongly motivated to offer seva in some form, you can either participate in the existing activities which give you a chance to volunteer, or create your own novel options. Here is an inspiring essay by **DEEPA HEMANT MURDESHWAR** from Sholapur about the various ways in which she has tried to make a meaningful contribution

"Sevamein hi shuddhi hoti hai" -- these noteworthy words from our Mathadhipati - Parama Pujya Sadyojat Shankarashram Swamiji's Ashirvachana-s kept reverberating in my consciousness from time to time.

Swamiji has mentioned that our faith and search

for the Absolute Truth is rooted in the Advaita (non-dual) philosophy. This was propagated by the world-renowned 8th century sage – Adi Shankaracharya and traces its origin from our aaradhya Devata Lord Bhavanishankar, who appeared as Lord Dakshinamurti under a banyan tree to impart self-realization in total silence to the four sons of Brahma. Pujya Swamiji was very keen that the children of the Prarthana Varga be

introduced to Adi Shankaracharya, His life, works and philosophy. Under Pujya Swamiji's guidance, a year-long project was outlined with a team of dedicated sadhaka-s, sevak-s.

Drama, as a specific mode of narrative had always caught my attention. Would it not be wonderful to present the life and message of Adi Shankaracharya through the powerful medium of Shadowgraphy, I thought. Since the target audience were children from the Prarthana Varga, care had to be taken to present the subject with utmost simplicity whilst retaining its pristine essence.

Work began along with Chetana Kadlepachi and a team of dedicated sadhaka-s, sevak-s and culminated in taking 'The life and message of Adi Shankaracharya through Shadowgraphy' from sabha to sabha! Workshops were conducted for children of the Prarthana Varga where they were divided into smaller groups, taught to make simple puppets and were given the freedom to create and present short stories through Shadowgraphy. One such workshop was

conducted for the Yuva-s in Mangaluru during Parama Pujya Swamiji's Chaturmasya Vrata in 2013. The basic workshop skeleton though similar, puppet making was more intricate. Yuva groups huddled together and came up with spectacular performances within a short duration with the help of various backdrops, themes

and puppet characters conveying positive and strong social messages !

Teaching- aids are one of the effective means to facilitate clarity of basic concepts whilst imparting knowledge, in the field of education.

At Parijnanashram Vidyalaya, Karla, an extremely encouraging Shobhana Bijurpachi and Jyothi Divgipachi gave me an opportunity to offer my seva by making a variety of pocket charts, flashcards,

bulletin board displays and stories for the little ones. The joy of 'feeding' these impressionable minds that were hungry for learning made me feel richer than the richest !

One effective way to practice constant awareness of the spiritual purpose of life is through repeated 'shravana' of the Guru's Upadesha.

The physical and geographical distances that often prevent us from listening to our Guru in person is a barrier technology has broken. The ease with which Ashirvachana-s were accessible initially on cassettes, then on Compact Discs and later, on YouTube delighted me. Subsequently, an area of concern was whether the back-to-back routines and hectic schedules of most Yuva-s allow them to listen to these inspiring Ashirvachana-s of our beloved Swamiji. If every sadhaka received our revered Guru's pearls of wisdom in the form of short audio snippets, selected carefully from various Ashirvachana-s / Swadhyaya-s it would certainly inspire, transform and illuminate lives! Archana Savnal and Maithili Padukone then stepped in



Turning work into worship....

to vet and broadcast these pieces respectively. The concise audio clips are sent periodically to sadhaka-s through 'Whats app'.

As someone rightly put, 'The two gifts we can give our children are roots and wings !' I am grateful to my parents for instilling in me the love for my Math and as importantly, to my husband and in-laws for

understanding why, at times, I need to stay away from home to offer seva. My family has thus become a bigger circle of strength and support along with my co-sadhaka-s. Meanwhile, I remain alert looking for more ways to offer my humble seva at the Lotus Feet of our Guru and our revered Guru Parampara.

Photo credit: Darshan Kulkarni

SUJATA HALDIPUR shares the fulfilling experience of transcreating

PARIJNA BOOKS IN SAMSKRIT

दीक्षितं शिष्यमोक्षार्थं साक्षात्कृतमहत्पदम् |
दक्षिणामुखदेवांशं ब्रह्मनिष्ठं गुरुं भजे ||

My prostrations to the Brahmanishtha Guru who has taken a vow to liberate His shishya-s from the cycle of birth and death



After Parama Pujya Sadyojat Shankarashram Swamiji's Peetharohan as our Mathadhipati, we have all been seeing how our Beloved Guru is striving tirelessly to help us reach the supreme goal of human birth. But are we all ready to accept this as our prime lakshya? Or are we still steeped in deep slumber, busy enjoying material pleasures without realizing their impermanent nature? We **have** to be woken up and **this** is what Pujya Swamiji is doing like a loving mother - by giving us the necessary Upadesha regularly, depending upon our capacity to absorb and implement it in our daily lives and our sadhana.

This process has to start right from the early stage of our life. That is why Pujya Swamiji initiated the formation of Prarthana Vargas for impressionable minds. Through beautiful stories, children are taught how even a dreadful situation in life can be handled with ease. Published under the Parijnan Foundation, Parijna books contain stories and poems based on the divine Sandesh given by Parama Pujya Swamiji and written by our own sadhika-s, Archana Savnalpachi and Jyothi Divgipachi. The picture layout designed by Vandana Balwallypachi is very attractive and can captivate a child's mind the moment he or she sees the book. Apart from the story and poem, each Parijna book also has puzzles, games, facts about Mother Nature's creations and also about various traditions practiced by different people in our country. It also gives the message of Parama Pujya Swamiji in the form of cute little poems and the icing on this 'cake' providing much food for thought is the short message of Swamiji which is like the main thread weaving together the entire book.

When our Parijna series was seen by the volunteers of Samskrit Bharati, they were keen to have Samskrit

editions of these beautiful books. With the Blessings of Pujya Swamiji, a team of our Girvanapratishtha teachers soon started working on the creative project of carrying forward their constructive suggestion.

Now, we had to think about who would be our target audience. Though they may be beginners in Samskrit studies, most of the students would, in all likelihood, be senior citizens! So the language to be used for translating these books in Samskrit had to be very simple and yet beautiful. It was decided to avoid sandhi-s and samaasa-s and heavy or difficult words. However, the format of the original English book was to be maintained. Only the text in English would be replaced by Samskrit.

It was indeed a tremendous challenge as each book had to be simple and yet as attractive as possible. But we were confident of doing this seva because Pujya Swamiji's Blessings were with us to give us both encouragement and the required skill. So work started in full swing with a number of teachers participating and putting in their very best. Not a difficult task when our power house is the Guiding Hand of our untiring Guru!

Samskrit versions of two Parijna books were released on the auspicious occasion of Vijayadashami last year by the Divine Hands of Pujya Swamiji at Karla. March First was translated as 'Prerana' and Manga's Task as 'Mangasya Kartavyam' ! It was pure joy putting in team-effort for such a divine purpose.

Encouraged as always by Swamiji, Girvanapratishtha has now undertaken the translation of two more Parijna titles. We are working towards getting them released by Pujya Swamiji on Vijayadashami this year.

Photo credit: Maithili Padukone

A tribute to our beloved mother - Late Smt. Hemlata Umesh Masurkar

(28th Sept.1916 to 6th Jan 2012)



If our beloved Amma was alive, we would have had a grand celebration of her 100th Birthday on 28th September this year. But this was not to be. His Almighty snatched her away from us at the age of 95 years, just on the day on which we were to celebrate the arrival of her first great-grandson !

She was "Amma" to us and Hemi/ Hematai to others. She was the eldest of the four children of Shri Mangeshrao and Smt. Kamalabai (Ammanakka) Basrur of Dharwad. She was brought up there. She attended a convent school which gave her fluency in English. However, she was equally fluent in Marathi, Hindi and Kannada.

Our parents got married in 1935, the year when our father passed his MBBS exam. from G.S.Medical College, Mumbai. A year later, they established their home in Mumbai. In December 1938, our father got a job as the Medical Officer of Belapur Sugar Factory at Harigaon, a small village near Shirampur in Ahmednagar District.

Though a small village, Harigaon had excellent facilities for Education and Sports activities. All of us 4 children were educated there. The Factory was owned by a British firm. Consequently, the Resident Manager, Chief Engineer and the Directors were Europeans. Amma was very popular with the wives of these foreigners as she was perhaps the only lady in Harigaon who could converse with them fluently in English.

Amma was a great source of inspiration and encouragement to us as well as to our spouses. She had a very positive attitude towards life. She was kind and considerate. We hardly ever saw her getting angry. She often gave us the correct advice on matters which challenged us. She enjoyed meeting people and always had a smile on her face. She was talented in many ways and showed diverse interests. She could make beautiful flowers out of crepe paper and won many prizes in exhibitions. She played a decent game of TableTennis. She could skip so well that there was no one in Harigaon, not even young girls, who could skip as fast as she did. She won the events so consistently, that after some years, the organisers decided to drop this event from the annual competition ! Amma was an excellent cook and was always interested in learning newer recipes. She made excellent cakes and biscuits at home and for many years, she prepared bread for us at a time when it was not available in Harigaon.

Amma (and also her two sisters) inherited literary talent from their father. Amma wrote beautiful letters which revealed her skill and warmth. She liked to read news papers and novels (both in English and Marathi). She would cut out interesting and informative news items for us to read. She liked light as well as classical music and dramas. She was always busy with some activity even in her old age. She enjoyed stitching beautiful quilts. Fortunately she preserved her excellent memory till the end. We often looked up to her to provide us with the names of relatives or friends and their children which we ourselves had failed to remember.

As the eldest among her siblings (late Smt. Vatsala Patil, Smt. Lalita Upponi and Shri Ramesh Basrur), she was instrumental in maintaining an unusual affection among them. This is something which we children have tried to emulate in our generation.

Amma has played a great role in our development. We are extremely proud of this wonderful person whom God gave us as our mother. She will remain with us for ever.

Smt. Saroj (Naik), Smt. Shailaja (Vaidya), Anil and Sudhir Masurkar

From the Cookbook of Smita Koppikar

With the festivals coming on Smita shares a recipe for sweets –

LADDU.. (Bottlegourd and khoya)

Ingredients –

1 big grated bottlegourd
ya lauki..

½ ltr full cream milk

Pav kilo ready sweet
pedha

1 cup sugar.

1 tbsp home made ghee

No need of any essence

or flavour as pedhas already have in them.

Method - Keep all this in a kadai to cook. Do not add pedhas n sugar now.

Once the milk evaporates add sugar and cook again till the mix becomes a little solid. Now add ghee and the crumbled pedhas and mix well. Let it cool. Make into round shape and your laddus are ready.



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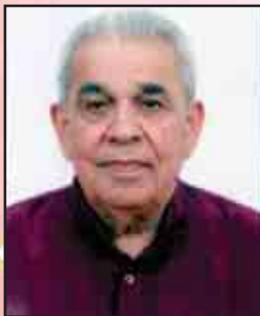
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OUR BELOVED



SHRI DATTATRAYA LAXMAN BIJUR (KAMAL BIJUR)

15.07.1926 – 08.08.2016 (90 years)

A man who personified love, sacrifice and kindness
Retired Employee of Reserve Bank of India (Exchange
Control Dept.) passed away peacefully at Mumbai.

Fondly remembered by

Family, Relatives, Friends and Staff of Parijatha Care
Centre (Belapur) who took great care at all times.



SHRI. NAGESH BHAT SHIRALI

Passed away peacefully on 27th July 2016

Deeply mourned by Nirmala (Chitra) Shirali;
Nandini, Nikhil & Samyukta Lakshman;
Padmini, Arun & Nakul Lajami;
Muktha & Shrikant Shirali (Chennai);
Relatives & Friends.

**HAPPY 75TH BIRTHDAY
IN LOVING MEMORY OF**



**ARUN BHAVANISHANKAR
CHANDAVARKAR**
09.09.1941

No matter where we go
No matter what we do
No matter who we are with
YOU will always be the ROCK
That holds our life together

Fondly Remembered
and
Deeply Missed
by
Aai,
Ravindra and Maya
Reshma, Rahul and Rucha

**Celebrating
75th Birth Anniversary
Shri Satish Gopalkrishna Ullal**

(27th August 1941 – 29th June 2005)



Pearls of a broken chain.....

Pearls of our chain scattered 11 years ago. When you left, we were in tears as we lost a Grandpa, Dad and a peer..

You left the world but lived in our hearts ever since because well you know "Angels never leave".

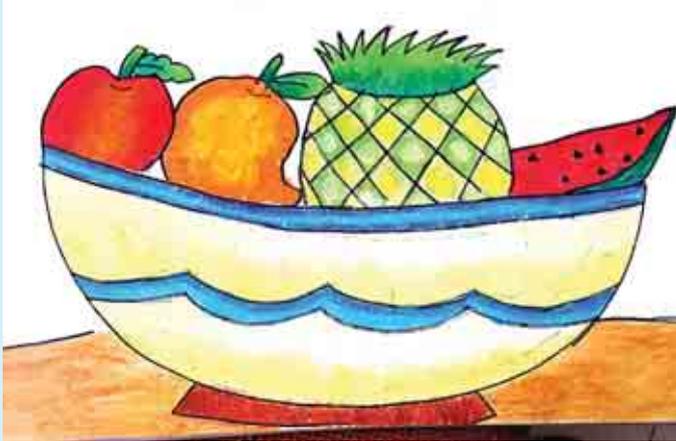
We hear people say, "Ajjuaastashilotari..." but in our family we say "Aaju is ..."

The memories you gave us, the values you taught us, the immense love you showered on us is what keeps your spirit alive in each one of us.

Today you are 75 years young and I will light a candle instead of blowing out one for, my Aaju is a beacon of hope in our lives that keeps us going.

Fondly remembered by:

Geeta and Gourang Chikermame,
Vinita and Nilesh Engineer,
Gaurita Ullal,
Grandchildren: Soumya and Rishabh



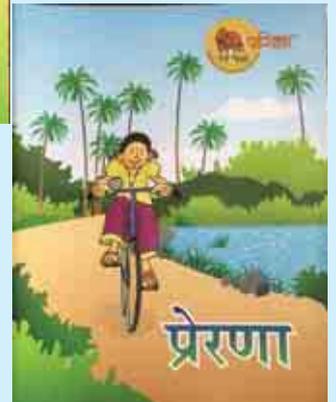
Samiksha Hattangadi, Pune
8 years



Nanhe munhe gathered for Flag hoisting at
Talmakiwadi on Independence day !
'Photo credit – Ashwin Gulwadi



PARIJNA
BOOKS IN
SAMSKRIT



On Gurupurnima Shri Guru Pujan was
performed by devotees from all age
groups at Santacruz Sabha



Walt Disney's "JUNGLE BOOK" CHARACTERS

Dhruv Chandavarkar
24th March, 2016



MOwGLI
(THE MAN CUB)



BALOO
(THE BEAR)



BAGHEERA
(THE PANTHER)



COLONAL HATHI
(THE ELEPHANT)



KING LOUIE
(KING OF MONKEYS)



SHEREKHAN
(THE TIGER)

Dhruv Sachin Chandavarkar - 8 years

Monkeynapped

BY AAARIN KUNDAPUR-PEREIRA, 9 years

There is chaos at the zoo. Bubblegum, the world's only blue monkey, has been monkey-napped. Everyone is running around like headless chickens, but for me it's yet another mystery to solve. I can see the headlines now, "10 year old Sam rescues blue monkey."

You are probably wondering who I am, I'll start from the beginning. I am Sam Bond, aged 10, a spy and detective. Actually, I'm Sam Timworth. My uncle Henry Timworth owns the R.A.Z. (Rare Animal Zoo) with ligers, black rhinos, Siberian tigers and most importantly Bubblegum, the blue Cuban monkey. Now he's been stolen. I have solved many mysteries, such as the liger's lost eating bowl (which he ate himself!). There's no time to blabber, let's solve this mystery.

I list the evidence:

An image of an old man (gathering from his hunched back, grey hair with balding scalp) seen last on the security camera which then was knocked out!!

Suspects;

- Sarov Blunet - Rhino caretaker
- Johnny Clark - Siberian tiger trainer
- Dr Alan Rensfield - Zoo vet

Sarov has an alibi, his girlfriend said they were home. Johnny was with his mates drinking beer. Dr Rensfield was at the zoo trying to feed the dieting box turtle. I

head to Bubblegum's enclosure and find a business card fragment with words "nsfield"

It's Dr. Rensfield, I dash to tell my uncle, but he says, "It's a coincidence, why would Dr Rensfield want to take Bubblegum?"

"He's about to retire and needs money", I protest.

"Ok, but who has hired him?"

Good question, who?

I quickly arrange for Goldie, my retriever to have his 'check-up'. While I wait, Dr Rensfield takes Goldie into the examination room. I peek into his calendar and notice "Meeting with Professor Perthgus 2:30pm, clinic". Professor Perthgus, the world's second best scientist researching cancer drugs. Now my brain is ticking fast, blue monkeys have the closest DNA to humans. That's the motive! Quick look at my watch, I have five minutes! I quickly call 999; I will need to keep Perthgus and Rensfield busy till they arrive.

I hear footsteps so I dash back to my chair. With fake smiles on their faces Rensfield and Perthgus enter. "Too late for the police to help, Bubblegum is going to test my cancer drug and there's nothing you can do about it", says the Professor.

"Yes there is!" I interrupt.

The Scorpion Sting (Part One)

Awakening Leadership CORE Values

MAYUR KALBAG

“In today’s world we must not use yesterday’s methods to be in tomorrow’s business”

Leadership development is, in today’s world about not just the different styles and approaches but more so about ‘awakening CORE VALUES’ from within. It is for this reason that I wish to share or rather awaken these core values not only within me but also within all my readers. Let us explore these learnings through the concept of the SCORPION and in a way let the scorpion sting us with these core leadership values.

Stress management- to be a good and a highly effective leader what is important is that he deals with the emotions of stress and other similar emotions like anxiety, impatience, anger and tension. I say this because there have been many leaders who have found themselves in stressful situations caused by failure or pitfalls and have been unable to deal with it only because of their inability to deal with their own stress. A leader with his team will go through the ups and also the downs and it is when they are going through the ‘downs’ or the ‘rough patches’ that he should not only manage his own stressful emotions but also what he must do is motivate or inspire the team to bounce back from their own feelings of disappointment and dejection stress. We must remember that one of the most critical qualities of a leader is also to be a motivator to his team and the biggest barrier to this quality is STRESS. If the leader is stressed the entire team’s productivity can suffer!

Communication- a leader must possess those skills of communication which will be able to create a very positive and a strong impact upon the team and also upon the other people like customers, clients etc. I have come across leaders who speak but don’t make much sense. And this is because many of them do not speak with speech clarity or are not properly ‘structured’ in their expressions. We must understand that a leader has to have the right communication skills to help motivate his team. The ability to convince others is a much required quality and this will happen with strong communication which not just includes the verbal communication aspect but also through the skills related to BODY LANGUAGE or better known as Non-Verbal communication. Remember we must, communication

is always going to be the face of your attitude as well as your knowledge.

Openness to change as well as openness to criticism makes a leader a successful leader! Whether the leader is leading a team of five people or even the entire organization he must have the right attitude towards the manner in which he deals with the large as well as the small changes. Some leaders do not like to accept change even if they know that it is going to be good for them and their teams and may be good for even for the organization. And this negative attitude is because he is so used to the old ways even though those old ways may not be good for him. The attitude of Openness is important. Openness does not mean acceptance to the change. It only is the attitude of understanding the reasons and the positive effects of the change and not rejecting it outright. Also important it is for the leaders to listen to criticism about themselves; at times these criticisms are actually helpful towards bettering them. If you are open to criticism you will be able to understand yourself and even make constructive ‘Improvements’.

Respect- showing respect to people in your team for their achievements as well as for their efforts can help a leader develop an excellent rapport or bond with them. In my own career I have felt extremely encouraged and inspired when my leader came up to me and respected my efforts towards getting a big client though it may have taken me more time do so than some of my other team members who were probably more effective than me. Leaders who show their respect to their teams through words and actions are actually able to enhance their overall productivity and organizational excellence. This happens because people feel charged up and motivated when their efforts are recognized and respected. The leaders of today must in fact initiate something like the **Performer of the month award** for his team and in doing this he will be not only recognizing them but also respecting them. Appreciation of results and acknowledgement of efforts are excellent tools for showing sincere respect!

We will explore the other FOUR qualities through the SCORPION next month!

<<<>>>

|| Shree Shantadurga Prasanna ||

Shree Shantadurga Saardh Chatuhshatabdi Mahotsava

At Shree Shantadurga Devasthan, Kavlem, Ponda, Goa – 403401. Tel-0832-2319900

(Completion of 450 years of Shree Shantadurga Devasthan at Kavlem Ponda Goa)

Dear Friends,

You must be aware that our Shree Shantadurga Temple at Kavalem, Ponda, Goa is completing 450 years on 4th December 2016 i.e. on Margasheersh Shuddha Panchami and this huge ceremony – **Shree Shantadurga Saardh Chatuhshatabdi Mahotsav**- has been planned between **25th November 2016 and 4th December 2016** to commemorate this occasion.

During this 10-Day Mahotsava the following programmes have been scheduled

- Making a Suvarna Kavach of Shree Shantadurga and Offering it at Lotus Feet
- Sagraha Ayutchandi Hom VIDhan
- Atirudra Swaahakar
- Mahaprasad – Annasantaparn everyday to everyone visiting the Temple
- Shree Devi Bhagwat Parayan and Pravachan
- Cultural Programme

It is estimated that the total expenditure of the Mahotsav will be more than Rs 7 crores, out of which around Rs 3 crores will be for the making of a new Suvarna Kavach of the Deity.

We owe it to ourselves that we make this proposed Celebration event a stupendous success. It has been decided not to use existing monies from Devasthan coffers, as otherwise it would be mean using HER own money to fund our oblation to HER. So it is the foremost duty of us devotees of Shree Shantadurga to fund the Mahotsav ourselves. Should we be able to collect and contribute this considerable amount towards the Mahotsav, such kind of Seva would really be unparalleled. We therefore urge you to contribute generously towards the Mahotsav.

H H SHRIMAT SADYOJAT SHANKARASHRAM SWAMIJI WILL BE GRACING THE OCASSION ON 2ND DECEMBER 2016 AND PERFORMING MAHA POOJA FOLLOWED BY ASHIRVACHAN IN THE EVENING

You can contribute by sending us an ‘Account Payee’ cheque or via bank transfer (via NEFT/RTGS) in the name mentioned below. In case of direct Bank transfer you please inform us about the same so that we can ensure that the amount has been properly received and that later ‘Prasadam’ is properly delivered to you. **(Also quote your PAN Nos. please in your communication)**

- **Name of the Account: Shree Shantadurga Saardh Chatuhshatabdi Mahotsav**
- **Bank Name: NKGSB Bank**
- **Branch : Ponda, Goa**
- **IFSC Code: NKGS0000017**
- **Account Number : 0171001000005523**

We sincerely urge that in case each of the family contributes at least Rs 25,000/- (or its multiples) to the event, the contribution would truly be from one and all and the target will be easily achieved. In case you are **NRI** , or currently living abroad and wish to contribute to the event, you may please send at least **1000 USD** to your relative / friend in India and he can easily transfer the same in the Mahotsav account, the details of which are given above.

The above mentioned donation amounts are merely indicative with a view that involvement of the families is ensured and the donation amount too is not too heavy for any individual. Therefore larger and immediate donations, if any, too are very much welcome and necessary to take care of smaller donations. And in case of smaller donation amount, all amounts shall be gracefully accepted.

The Managing Committee and the Celebration Committee are working on the precise details of the Mahotsav and the arrangements for stay and accommodation of the Devotees during the Mahotsav. We shall share the same with you as soon as it is ready.

Please feel free to Contact for any other details / information and again, we welcome you to be a part of this Celebration.

With Warm Regards,
Shri Riddesh Sukhtankar, President (Mobile- +918379008999)

PLEASE CONTACT FOR MORE DETAILS

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Never Underestimate the Power of Prayer

MAHESH KALAWAR

A poorly dressed lady with a look of defeat on her face, walked into a grocery store. She approached the owner of the store in a most humble manner and asked if he would let her charge a few groceries. She softly explained that her husband was very ill and unable to work, they had seven children and they needed food.

The grocer, scoffed at her and requested that she leave his store at once. Visualizing the family needs, she said: "Please, Sir , I will bring you the money just as soon as I can." The Grocer told her that he could not give her credit, since she did not have a charge account at his store.

Standing beside the counter was a customer who overheard the conversation between the two. The customer walked forward and told the grocer that he would stand good for whatever she needed for her family.

The grocer said in a very reluctant voice, "Do you have a grocery list?" The Lady replied, "Yes Sir ." "O.K." he said, "put your grocery list on the scales and whatever your grocery list weighs, I will give you that amount in groceries."

The Lady, hesitated a moment with a bowed head, then she reached into her purse and took out a piece of paper and scribbled something on it. She then laid

the piece of paper on the scale carefully with her head still bowed.

The eyes of the grocer and the customer showed amazement when the scales went down and stayed down.

The grocer, staring at the scales, turned slowly to the customer and said begrudgingly, "I can't believe it." The customer smiled and the grocer started putting the groceries on the other side of the scales. The scale did not balance so he continued to put more and more groceries on them until the scales would hold no more.

The grocer stood there in utter disgust. Finally, he grabbed the piece of paper from the scales and looked at it with greater amazement. It was not a grocery list, it was a prayer, which said:

"Dear Lord, you know my needs and I am leaving this in your HANDS"

The grocer gave her the groceries that he had gathered and stood in stunned silence. The Lady thanked him and left the store.

The other customer handed a fifty-dollar bill to the grocer and said: "It was worth every penny of it ... Only God knows how much a prayer weighs. Never Underestimate The Power Of Prayer..."

Lure Of “Chandralekha”

SHIVSHANKAR N SURKUND

Once upon a time Gemini Films and Studio of S.S. Vasana, the legendary producer-director from South who produced box-office blockbusters like “Chandralekha” “Sansar” and “Insaniyat”, was landmark of the erstwhile Madras. Today, in the city now transformed into Chennai, skyscrapers dominate the landscape, with no sign of the studio. Though the landmark name remains.

The entire credit of dubbing hit Tamil films into Hindi (songs included) and breaking all box-office records goes to Vasana and his brainchild Gemini Films. In the fine art of using aesthetically seemingly out-of-sort ingredients like a circus (monkeys, tigers, elephants etc.) or hundreds of huge drums in a dance sequence, Vasana really took the cake. It is really worth recalling that in “Insaniyat” he extracted better acting performance from chimpanzee-a legend by itself on the silver screen than the then matinee idol Dilip Kumar!!

It was during my school days at Udupi in the 40s. Ramakrishna Theatre was the one and only picture house in Udupi, screening films in all languages. It had nothing to do with the Government’s “National Integration”, being prior to 1947. The people preferred Tamil or Telugu films as they always offered best and lengthy fare than Hindi, English and Kannada films. For example, Telugu movie “Bala Nagamma” and Gemini’s Tamil Classic ‘Chandralekha’ offered almost a four hours treat.

The news of Gemini’s grand release of “Chandralekha” in Mangalore had reached Udupi. The film was running to packed houses in four theatres for more than 10 weeks- a record by itself then. Many of my classmates made it for the weekend and Cholayya of Jungamara Mutt made a detailed presentation of the film in our class. Gramophone records were much in demand and some of the songs had become quite popular among the students.

Soon “Chandralekha” arrived at Udupi’s Ramakrishna Theatre too. Heralding the event, the frontage of the cinema house got a facelift. Multi-coloured handbills with T R Rajkumari and M R Radha peering at the real world were distributed generously through Imam Saab’s jatka. There was an unannounced competition among us youngsters as to who would collect the largest number of handbills!!

At last the D-day arrived. Sheena Shetty , the manager of the theatre, could manage to hire an elephant from the famous Krishna Temple to move around the main road heralding ‘Chandralekha’ . The show timings had to be changed to conduct two shows on weekdays and three on weekends to comply with police restrictions.

Even days before the premier, the upper class tickets

were all sold out. People from as far off as Karkala, Coondapur, Kalyanpur, Udyawar, etc. had cornered them in advance. My classmate Mark Machado was one of them flashing the ticket proudly in the class much before the release.

On the premier day, there was a huge crowd thronging the cinema theatre mainly to see the stills displayed near the booking window. Hawkers did brisk business selling peanuts, kurmura upkari, watermelon and sugarcane juice, to name a few. Being short of Vitamin M, I did not venture to go near the theatre for a few days, though I had collected over two dozen handbills.

I would dream of seeing the film and wake up only to be disappointed. A couple of times, I even went to the theatre, saw the stills and listened to the sound track , particularly of a couple of songs sung by the heroine. Weeks passed by with no opportunity knocking on my door.

As fate would have it, my cousin from Karkala visited us with her two children. Since I was 12 years old then, I took the initiative of looking after her kids so that she could visit her friends in the neighbouring compounds.

While in Karkala, she had heard about ‘Chandralekha’. So one day, hearing me humming a tune from the film, she enquired as to when did I see the film. When I replied in negative, she quietly placed a 4 anna coin on my palm and said smilingly, “ See it now”. My happiness had no bounds.

“Chandralekha” was a lengthy film, but Ramakrishna Theatre was running on a single projector; the show had three intervals, as against the normal one. Those viewers who were coming out during intervals were given a cardboard pass on which, the rubber stamp of the theatre on one side, and the date of issue were stamped.

It so happened that there were no reserved seats for the lower class (free seating). So I thought of an idea to see the magnum opus more than once-in-portions. A valid reason: all important thrilling scenes and hit songs were between the first and third intervals.

A few months before, my sister from Bombay had sent me a Winsor-and-Newton colour box with a set of three brushes. The thinnest brush, if handled carefully and steadily, could easily draw the thin lines to match the dates stamped on the cardboard pass. Only the colour had to match. But then, when hundreds of cardboard passes were being collected, where was the time to match the colour or even to check the date. That was my logic.

To put my plan into action, one day I purchased the ticket and entered the theatre. During the third interval,

I came out with a pass and returned home. The next day, after executing my trick, I waited till the first interval and , along with the crowd trooping in I re-entered the theatre, holding a papercone full of peanuts!

The plan worked wonderfully well. This went on few weeks, resulting in my mastery over "Chandralekha". I could recite all important dialogues and hum quite a few songs to the utter surprise and admiration of many of my classmates.

During this period, many classmates and friends saw me in the theatre more than once. Surprised and jealous, they managed to bring this to the notice of my father.

Now, even though I don't like very much patting myself on the back, I had prepared myself for this eventually. So, when my father confronted me , I responded to him with a counter question: if I had gone to see the film so often as alleged, I would have come home only after 9.30 p.m., whereas I was always back home by 8.30 p.m.!

In those days, I used to go to the library regularly to read "Chandamama" and other magazines to get general knowledge. That accounted for my absence from home the rest of the time.

There was no further questioning over my suspected filmy fad after that utterly disarming defence I put up. All the same, after viewing the entire matinee show the next Sunday, I pulled up the curtain down on "Chandralekha".

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Summer Vacations at Dharwar

SUMAN SHIRALI

This was in the 1950s!! After our hectic schedule to make all the "pavsaa samaan", it was time for us to go out of Bombay for a couple of weeks to enjoy our summer vacations. Appa (my father) used to take us to different places each year but my favourite vacations were at our grandparents' place at Dharwar. As soon as Appa mentioned "Dharwar" it brought a smile on my face and a twinkle in my eyes.

The excitement started as soon as we started for the railway station at Bombay to take the train to Dharwar. First we had to take a train to Pune and then from Pune we got on the train to Dharwar. There used to be no reservations then and no fixed seats. Being the slimmest and smallest in the family, it used to be my job to block a seat for the family. Appa used to lift me up and as soon as the train rolled on to the platform I used to slip through a window and lie down on a seat, blocking it for our family. I only got up when Aayi and Appa got in to the compartment!

The train journey to Dharwar used to be very eventful. We used to carry snacks and food from home as Appa had a strict rule of no outside food. We invariably made friends with other families in the compartment and played antakshari, cards, shared food etc till we reached our destination. By the time we got to Dharwar, it was as if we had always known the other families in the compartment! Some of these people became friends for life.

From Bombay we used to carry items like badami halwa, sutarfeni, mahim halwa etc which Hodi Aayi found difficult to get in Dharwar. At Dharwar it was always a laugh and be merry atmosphere. Bhayya (my Aayi's father) and his wife Hodi Aayi used to live at a centrally located place just across the highway and opposite Saraswatpur Road. On one side of the house was Basel Mission School for boys and on the other side was a huge playground.

Bhayya had a large independent house. It had 2 floors and there was a ladder to go to the higher floor. This higher floor was like a large hall with no pillars etc and could easily accommodate at least 20 people. We lived in a one room kitchen in Bombay and used to be thrilled with the amount of space in Bhayya's house!

Bhayya was a lawyer and his office, the court, was a minute's walk from their house. Bhayya was a fun person. He used to write plays which used to be read out on the radio, THE source of entertainment and information for us then. When Bhayya wrote new plays

he called all of us and read the play to us. At every "critical" point in the play he paused to check our reaction and asked "kasshi dista??" And only after we showed our appreciation did he resume his reading. Bhayya did a lot of social work at Dharwar.

Once when there was a strike by the municipality employees and there was garbage all over the city, Bhayya took a picture of himself holding a broom standing in front of his bathroom. This picture was printed in the local newspapers. The real story that only we knew is that Bhayya had never ever done any housework in his life!!

Hodi Aayi was very sweet. She looked serene like a goddess, smiling, soft spoken and good natured. No gossip or back biting for her. She had a cute little tulsi vrindavan in her house and lots of flowers in her garden. The backyard had a vegetable garden which had alu, tendli, curry leaves, mayalu etc which she used for her daily cooking.

Every week Bhayya took us to the local market where we bought sugarcane, groundnuts, guavas, kurmura, pedhas and mangoes. Hodi aayi was a super cook. Apart from the mouth watering lunch and dinner, she used to give us roasted groundnuts or just boil groundnuts in salt water which tastes delicious. She made a simple sukka bhel with kurmura, coconut oil, green chillies and onion which was my favourite snack. Dharwar mangoes used to be juicy and sweet, ideal for aamras. Sometimes we collected fresh tamarind and got it home. Aayi cleaned the tamarind and pounded it with jaggery and chilli powder. From the paste she made lollipops which we loved. Some of you would remember Jet Airways used to serve similar imli sweets - Aayi's lollipops beat these hollow!! And above all we feasted on Dharwar Pedhas - these are famous even now. So when we were at Dharwar, every meal was special.

My end of May it used to start raining in Dharwar. The first rains were usually hailstorms which was a rare sight for us Bombay walas. There used to be a sudden burst of hail and for 5-10 minutes there were little ice balls like marbles. The ice balls falling on roof tops made a deafening sound. Hodi Aayi kept buckets to collect the ice and this made a small musical sound. It sounded like an orchestra!

When it was first week of June it was time to return to Bombay. We used to board the train armed with jackfruit, dharwar pedhas, hand embroidered sarees etc which were the Dharwar specialities. The thought of

returning to Bombay to school and studies and exams and above all, the thought of missing the fun times with Bhayya and Hodi Aayi used to bring tears to our eyes. Hodi Aayi and Aayi used to console us assuring us that the next visit was only a year away!!

When I see most of us going to five star hotels in places like Switzerland or London or even Rajasthan and Manali for vacations, the natural beauty and luxuries apart, I wonder if these vacations come anywhere close to our Dharwar vacations in terms of the warm and friendly atmosphere and camaraderie.

Travelogue

The “Mag- Lev” Experience

JAIRAM KHAMBADKONE – MUMBAI.



During our trip to China in June 2016, we had a unique experience of travelling by Mag-Lev Train, which is supposed to be the World’s fastest train as on today. Mag-Lev is nothing but Magnetic Levitation, under which principle this train travels. The principle is that the wheels of the trains are lifted and rotated simultaneously, with the use of strong electro-magnets and the wheels do not touch the ground at all. With this kind of movement, there is no friction during the movement, which you have in the conventional trains and you have hardly any noise during travel. The train is operating between Longyang Road Metro Station and Pudong International Airport (Shanghai). The peak speed of this train is 430 Kms per hour.

This is the first time, we travelled by a train with such high speed. We have travelled by a high speed train from Geneva to Paris in 2006 and the maximum speed of these TGV High Speed Trains is approximately 320 Kms per hour. Similarly, during our same China trip, we travelled from Beijing to Xian by a High Speed Train which travels at a speed of approximately 280/290 Kms per hour.

In fact this Mag-Lev Train was not a part of itinerary of our trip organised by Thomas Cook. There are few optional items, which the Company normally agrees, but at an extra cost. We checked with our local guide and he said that this can be organised at an additional cost of Chinese Yuans 100.00 for a return trip per person. The cost was a bit too steep, but it would have been an experience of one time and that we would not have come to Shanghai to experience this again. The distance from Pudong (Shanghai) International Airport to Longyang Road Metro Station is 30 Kms and it is covered in 7 Minutes and 10 Seconds. When you travel by this train, if there is one more train which travels on the other track in the opposite direction simultaneously, then we get a heavy jerk just for about 2 to 3 seconds and it immediately disappears.

But I made one odd observation about this train.

Inside the train there are “electronic displays” on both ends of the compartment, where you can see the time spent in travel and speed at which the train is travelling. One can agree that the train reaches a peak speed of 430 Kms per hour and it is really appreciable. But the acceleration of this train (the rate at which the speed increases) is nothing great compared to its peak speed. In a total journey of 7 Minutes and 10 Seconds, the peak speed of 430 Kms per hour is reached only when the travel time of 3 Minutes and 20 Seconds is completed. The speed of 430 Kms per hour remains just for maximum 25 to 30 Seconds. Immediately after this, the train starts decelerating and it takes another 3 Minutes 20 Seconds before it stops.

I am not sure, what is the real purpose and utility of this train, except that China may have the distinction of running the fastest train in the world at this moment. According to me, China may be wanting to prove to the World that their Country is using this High Technology in ground transportation as well and nothing more. Probably it is a question of prestige for them. We travelled by this train around 3.00 PM local time and there were hardly any passengers using the facility. I could notice only one or two passengers, who were travelling with their luggage and all other passengers appeared to be Tourists like us. I remembered my joy ride by our “Mono Rail” in Mumbai from Wadala Depot to Chembur and back, when the same was started 18/20 months ago and all passengers were like me only, who had come just to experience the ride and hardly any office goers. My assessment is that Mag-Lev trains will be more useful for long distance travel of 800 to 1000 Kms or more.

I must thank Mr. N. Jayavanth Rao of Bangalore, who advised us not to forget to take ride on Mag-Lev Train in Shanghai, when I had spoken to him on phone before we left for our China trip. **But I can say one thing loudly - that I along with my family and our relatives from Pune have the distinction of travelling by the fastest train in the world, at least as on today.**

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Narada Bhakti Sutras - Part IV

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

KRISHNANAND MANKIKAR

We saw, having experienced Bhakti as pure love, i.e. having experienced Bhakti in her highest form, what transformation takes place in a devotee. We also saw what is अनन्यता.

In this part, we see different opinions of sages on Bhakti and the opinion of Narada viz. laying everything at the feet of Lord is true Bhakti, and forgetting him gives rise to terrible pain.

Sutra 9 (1.15)

तल्लक्षणानि वाच्यन्ते नानामतभेदात् । १.१५

तत् लक्षणानि वाच्यन्ते नाना मतभेदात्

Meaning:

तत् (तस्याः) of the Bhakti-devotion लक्षणानि distinguishing features, signs वाच्यन्ते are spoken about नाना मतभेदात् due to different opinions –of various Masters

Comment:

Now Narada proceeds to enumerate the different opinions cited by the other worthies, contemporary or earlier sages.

नानामतभेदात् Narada is not shying away from citing the definitions given by others.

Sutra 10 (1.16)

पूजादिष्वनुराग इति पाराशर्यः । १.१६

पूजा आदिषु अनुरागः इति पाराशर्यः ।

Meaning:

पूजा in Puja आदिषु etc. अनुरागः attachment इति thus says पाराशर्यः VyasaMuni, son of Paraashara.

Comment:

Parasharya is Vyaasa, the son of Saint Parashara. According to Vyaasa, Bhakti is defined as love for activities like Puja etc. Thus, many manifest their devotion by engaging in puja-paatha completely and that is Bhakti, defines Vyasa.

Now opinion of Garga Muni:.

Sutra 11 (1.17)

कथादिष्विति गर्गः । १.१७

कथा आदिषु इति गर्गः ।

Meaning:

Garga (says) इति it is in stories कथा etc. आदिषु)

Comment:

Whereas, Garga muni says, it is recounting and listening to the stories of the Lord. Bhajana, Keertana, This path is propagated by Narada himself.

नाहं तिष्ठामि वैकुण्ठे योगिनां हृदयेऽपि वा।

मद्भक्ताः यत्र गायन्ति तत्र तिष्ठामि नारद॥ is a famous saying.

Oh Narada, I am neither in Vaikuntha, nor in the hearts of the Yogis, but wherever my devotees sing my praises, I am there, says the Lord

In the Geeta, the Lord says,

मच्चिताः मद्गतप्राणाः बोध्यन्तः परस्परम्।

कथयन्तश्च मां नित्यं तुष्यन्ति च रमन्ति च ॥१०-१॥ this is Keertana

Their heart and soul are within me, their very self is embedded in me, thus endowed, they teach each other (by recounting my virtues), they tell my stories constantly, thus they are happy and they enjoy (my anecdotes)

तेषां सततयुक्तानां भजतां प्रीति पूर्वकं।

ददामि बुद्धियोगं तं येन मामुपयान्ति ते ॥१०-१०॥

Of such ones, who are always connected with me, and who do their Bhakti with love, (This is Bhakti with love – please see सा त्वस्मिन् परप्रेमरूपा । २-१.०२ above)

I impart them the union with budhdhi—the intellect, with which they reach me, says the Lord. And the culmination of this is Buddhi and jnaana as is seen below.

तेषामेवानुकम्पार्थम् अहम् अज्ञानजं तमः।

नाशयाम्यात्मभावस्थो ज्ञान दीपेन भास्वता॥१०-११॥

And, with compassion towards them, I, who am residing (or steady) in my own Self, dispel the darkness arising out of ignorance, by the ever shining lamp of knowledge.

Thus here we have the greatness of कथा आदिषु.

Again, please note the brevity of the Sutra and the fact that the more one contemplates upon the Sutra, the Sutra reveals its true and inner meaning to us!

Sutra 12 (1.18)

Shandilya muni gives another interpretation of Bhakti.

आत्मरत्यविरोधेनेति शाण्डिल्यः । १.१८

आत्मरति अविरोधेन इति शाण्डिल्यः ।

Meaning:

Shandilya Muni says (इति शाण्डिल्यः) आत्मरति Being in one's own self अविरोधेन non-impediment

Comment:

Aatma rati here is uniting with the Supreme Soul and avirodha towards that i.e. shunning anything that is in opposition towards unifying with the supreme Soul, i.e shunning all activities which come in the way of unifying with the supreme Soul. Shandilya muni says, that which facilitates your being one with the Supreme Soul is Bhakti. Here, Shandilya Muni, does not specify any one particular method, but exhorts us to avoid all that which is an impediment towards आत्मरति being at peace with oneself, internally. Pl see यथा दीपो निवातस्थो नेङ्गते सोपमा स्मृता above.

After these three opinions, Narada Muni gives his definition:

Sutra 13 (1.19)

नारदस्तु तदर्पिताखिलाचारता तद्विस्मरणे परमव्याकुलतेति । १.१९
नारदस्तु तद् अर्पित अखिलाचारता तद् विस्मरणे परम व्याकुलता इति।

Meaning:

नारदस्तु However, Narada इति says तद् अर्पित Offered to “That” अखिल complete आचारता behaviour तद् of “That” विस्मरणे forgetting परम व्याकुलता extreme discomfort

Comment:

Narada Muni states that, the prime definition of Bhakti is “offering of all Acts to HIM and the feeling of acutest pangs of separation on occasions of losing remembrance of Him” Please note, Narada himself is the greatest exponent of “कथा आदिषु” stated above. However, he concludes differently. तद् अर्पित अखिलाचारता – This is what has

been repeatedly told by our Swamiji in almost all their aashirvachans viz. “Samarpana”. PP Swamiji has told us that every act should ultimately culminate in offering the result at His feet. At the end of each function organized by the laity, PP Swamiji concludes by saying “We offer all this at the feet of Lord Bhavanishankara and at the Lotus feet of Guru”

In Gita, Lord Krishna says,

यत्करोषि यदश्नासि यज्जुहोसि ददासि यत्।

यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम्॥१९-२७॥ i.e.

तद् अर्पित अखिलाचारता

Whatever you do, eat, offer in yajnas, donate, and whatever penance you perform, offer all that to me. = तद् अर्पित अखिलाचारता

Furthermore. The Lord reemphasizes in chapter 11,

मत्कर्मकृन्मत्परमो मद्भक्तः संगवर्जितः।

निर्वैरः सर्वभूतेषु यः य मामेति पाण्डव॥११-५५॥

One who does all the works only for me, who does not see anything other than me, and one who is my devotee, one who has no malice towards anyone, such is the one who (Truly) attains me.

In this Sutra, two points are worthy of note. One, Narada Muni does not say “I say so”, he refers to himself as a third person, Secondly, the definition by Narada muni is far more expansive and wide as compared with the earlier three opinions cited, and this again is what Lord Krishna states in the Gita, (Ch 12 verse 11)

अथैतदप्यशक्तोऽसि कर्तुं मद्योगमाश्रितः।

सर्वं कर्म फलत्यागं ततः कुरु यतात्मवान्॥१२-११॥

The Lord further states in the end, after listing various means of attaining Him, that if you are not able to do as I said before, forsake the fruits of all your actions सर्वं कर्म फलत्यागं (same as तद् अर्पित अखिलाचारता) and do this with constant effort कुरु यतात्मवान्.

The second part of the Sutra is equally important: तद् विस्मरणे परम व्याकुलता इति।

Narada further rounds off his submission by stating that the Bhakti in her true form, makes the Bhakta terribly upset by the mere thought of forgetting the Lord.

He says,

तद् विस्मरणे परम व्याकुलता इति

In case I forget him, (I would) experience extreme pangs of separation. Remember the story of the Gopis when Akrura, the then ruler of Dwaraka, was ordered by Kamsa to bring him to Mathura. Entire gopivrund assembled virtually surrounding the Chariot.

There is a line from one of the songs of yester years, about this episode of Akrura taking Krishna away to Mathura at the behest of Kamsa. The line goes,

अक्रुरा नेऊ नको मथुरेला, प्रियकर अमुचा श्याम

Here, the gopis are not able to bear the separation and the Lord is referred to as beloved!

Saint Meerabai has said it in one line:

मीरा के प्रभु कब रे मिलोगे, तुम बिन रह्यो न जाय।

All these depict the परम व्याकुलता.

Sutra 14 (1.20)

अस्त्येवमेवम्। १.२०

अस्ति एवम् एवम्।

Meaning:

It is अस्ति So एवम् it is so एवम्.

Comment:

This sutra concludes whatever said above. Literally, this sutra means “So it is so it is” Thus Narada sets at rest all possible “controversies” if any, in listing the opinions of other “Purva Suris” and politely states that though whatever are the opinions of the others, the point stated by him is the final one.

The hidden meaning in this अस्ति एवम् एवम्। is,; Thus it is, Thus it is, so. Therefore, you, the reader contemplate on this. Think over these above definitions so to say of Bhakti, which have emanated from नाना मतभेदात्. At the end of this, we the Sadhakas have to make our own interpretation, our own analysis and our own choice, is the inner meaning of this अस्ति एवम् एवम्.

However, if we look closely, all the above interpretations point towards one only and that is the love for God. प्रियकर अमुचा श्याम!

To be continued.....

Comments/corrections most welcome on
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कार्लामठदर्शने काव्यकुसुमशुभाशयाः।

शोभनम् मन्दिरम् एतत् रम्यं पुण्यसरोवरम् ।
श्री परिज्ञानरूपेण चिरंजीवत् सरोरुहम् ॥१॥

प्राङ्गणं शोभितम् एतत् सूर्योदयो मनोहरः ।
सद्गुरुणां निवासेन स्थानं पुण्यकरं खलु ॥२॥

स्वागतम् अस्ति सर्वेषाम् आगतानां मठे मुदा ।
धार्मिकभावभक्तानां हर्षकरे शुभे दिने ॥३॥

मौञ्जीबन्धाः क्रियन्तेऽत्र गायत्री जननी भवेत् ।
बटुर्भवेत् द्विजः सार्थः ज्ञानविज्ञानकोविदः ॥४॥

आचरन् ब्रह्मचर्यं च युक्ताहारविहारकः ।
नियमोपासनां नित्यं स्वाध्यायान् स्वविकासकान् ॥५॥

प्रीतिं कुर्यात् स्वकर्मै च शुश्रुषेत् सद्गुरुन् सदा ।
जीवनं रचितुं योग्यं प्राप्तुम् आशीर्वचांसि च ॥६॥

अस्माकं प्रार्थना नूनं भक्तिभावसमन्विता ।
गुरुपदद्वये लीनाः प्रदीयतां शुभाशिषः ॥७॥

– नारायण शिराली
मुलुंड, मुंबई.

अशी वसाहत, अशा आठवणी!

परिणिता माविनकुर्वे

‘भारतीय नागरिकांचा घास रोज अडतो ओठी सैनिक हो तुमच्यासाठी!’

ही बाब जितकी अभिमानास्पद आहे तेवढीच एक महत्त्वाची गोष्ट म्हणजे आपल्या सैनिकांना व त्यांच्या कुटुंबांना अन्न व इतर घरगुती सामुग्री पुरविणारा भारत सरकारचा एक विभाग आहे, ज्याचे नाव कॅन्टीन स्टोअर्स डिपार्टमेंट ऑफ इंडिया म्हणजेच सी. एस्. डी (आय). या विभागात नोकरीत असलेल्यांच्या मुलामुलींचा एक स्नेहभेट मेळावा अलीकडेच पार पडला. ही भेट होती ५१ वर्षांपूर्वीच्या प्रथम भेटीच्या वर्षपूर्ती निमित्तानं...

घाटकोपर येथील लालबती या डोंगराखाली छोट्या टेकड्या आहेत. आता होत्या म्हटलं तरी चालेल. सर्वोदय हॉस्पिटलच्या बाजूने जाणारी गल्ली तेथे आपणास घेऊन जाईल. या भागात आर्मीच्या बटालियन बॅरक्समध्ये राहात असत व गोळीबाराचे शिक्षण घेत असत. म्हणून आजही हा रस्ता गोळीबार रोड किंवा रायफल रेंज रोड या नावाने परिचित आहे. येथेच सी. एस्. डी. (आय) विभागाची स्टाफ वसाहत निर्माण झाली आहे.

माझे वडील श्री. रा. गो. वराडकर या विभागात नोकरीस होते म्हणून १९६४ साली आम्ही येथे राहावयास गेलो. आमच्या पूर्वी येथे भारताच्या विविध भागातून बदली होऊन आलेली २५-३० कुटुंबे राहात होती. अगदी काश्मीरपासून कन्याकुमारीपर्यंत बहुतेक सर्व राज्यातील कुटुंबे गुण्यागोविंदाने राहात होती. प्रत्येक घरात ४ ते ५ भावंडे अशी आमची १०० मुलामुलींची एक मोठी गँगच होती. आम्हा सर्वांचे ते एक मोठे कुटुंब होते व त्यात मिनी भारतच सामावला होता.

आमच्या पालकांना (वडिलांना) सीमाभागात कामा-निमित्ताने जावे लागत असे. सीमा विभागातील स्टॉकचे चॅकिंग करणे असे काम असे. त्यामुळे बदली किंवा काम संपवून आलेल्या वडिलांकडून आम्हांस नेहमीच सैनिकांच्या गोष्टी ऐकावयास मिळत. कॉलनीतील वातावरण कॉस्मोपॉलिटन असल्याने आम्ही मुले अनेक भाषा बोलत असू. सर्व मध्यमवर्गीय कुटुंबे एकमेकांना सहकार्य करीत राहात असू. त्याकाळी कुणाकडेही फोन किंवा गाडी नव्हती. पण आमची श्रीमंती होती, सुशिक्षित पालक व सुसंस्कृत शेजारी. सुदृढ-आनंदी असे वातावरण वसाहतीत होते. डोंगर उतारावरील झाडीमध्ये आमचे चेअरमन कॅ. हटंगड्डी यांच्या मार्गदर्शनाने नव्या सुसज्ज इमारती बांधल्या व आम्ही सर्व बॅरक्समधून नवीन घरात गेलो.

इमारतींची नावेही पारिजात, पंकज, कॉसमॉस, सिलोसिया

व गुलमोहर अशी फुलांची ठेवली होती. प्रत्येक इमारतीला कुंपण, रस्त्याला अशोकाची झाडे, शिवाय आंबा, माड याची झाडे यामुळे हवा शुद्ध खेळती असे. शहरापासून ही वसाहत खूप दूर वाटे.

कॉलनीत स्वातंत्र्यदिन, प्रजासत्ताकदिन थाटात साजरे होत. पुढे ‘मनोरंजन’ हा सांस्कृतिक हॉल बांधल्याने गणपती-नवरात्र-दिवाळी-ख्रिसमस हे सणही उत्साहात साजरे होऊ लागले. दर शनिवारी आम्हांस आर्मीच्या डिफेन्स थिएटरकडून जुन्या सिनेमाचे रिळ देत व आम्ही सर्व हिंदी सिनेमा पहात असू. त्याकाळी तेवढाच विरंगुळा!

सांताक्रुझ एअरपोर्टला उतरणारे प्रत्येक विमान आमच्या कॉलनीवरून इतक्या खालून जाई की आम्ही मुले गच्चित जाऊन त्याला हात लावण्याचा प्रयत्न करीत असू. कॉलनीच्या गेटवर एकच फोन व वॉचमन प्रत्येकाचा निरोप घरी येऊन देत असे. कॉलनीत झोपाळे, घसरगुंडी इत्यादी असल्याने प्रत्येकाचे नातेवाईक शनिवार-रविवार रहावयास येत.

या सगळ्या आठवणी जागवित जवळजवळ ५० वर्षांनी आम्ही सर्व ५० ते ७० वर्षांकडे झुकलेली मित्रमैत्रीणी २९ मे २०१६ ला भेटलो. नव्याने ओळखी-गाठीभेटी झाल्या. गाण्यांची मैफल जमली. अंताक्षरी, हाऊजी खेळलो. एकत्र जेवलो व आनंदात न्हाऊन निघालो.

व्हॉट्सअॅपमुळे एकमेकांचा शोध घेऊन बरीच मंडळी जमली. कॉलनीतून फेरफटका मारताना आपापले जुने घर पाहून मंडळी गत आठवणीत बुडाली. प्रत्येकाने आपापल्या इमारती समोर फोटो काढला. आई-वडिलांचे स्मरण केले. कॉलनीची त्यावेळी असलेली स्थिती आठवता नववधूची पिकल्या केसांची आजी झाली होती. अनेकांनी आपापल्या भावना व्यक्त करून दाखविल्या. पत्ते-फोन यांची देवाणघेवाण झाली. मुंबईबाहेरून कोल्हापूर-मेंगलोरहूनही मंडळी जुन्या ओढीने आली होती.

निरोपापूर्वी मनोरंजन हॉलच्या पायऱ्यावर एक ग्रुप फोटो झाला. ज्या वातावरणाने आम्हाला धीटपणा, आत्मविश्वास मुंबईच्या मिश्र वातावरणात सहजपणे मिसळून जाण्याचे बळ दिले, आमच्यातून एक संयमी, सहकार्य करणारा व पुढे सुसंस्कृत सुदृढ तन-मनाच्या नागरिकांची पिढी निर्माण करणारा माणूस बनविला. त्या वसाहतीचा निरोप घेताना मन गहिवरले.

परिसराचा फेरफटका मारताना सर्व जुन्या मित्रमैत्रीणींच्या सहवासाने सर्वजण भारावून गेले. भेटीची भावनाच धन्य करणारी होती. घरी परतायचे होते पण या जुन्या व जाणत्या मौल्यवान मैत्रीणींच्या आठवणी उराशी साठवत!

आम्मी शिपाय आमगेल देशाच्ये

आम्मी शिपाय आमगेल देशाच्ये
आम्मी शिपाय आमगेल देशाच्ये
आम्मी तणाच्ये न्हई, मेणाच्ये न्हई
आम्मी शिपाय मजबूत हाड्याच्ये
आम्मी शिपाय आमगेल देशाच्ये ॥

देश आमगेल धन
देश जीव प्राण
घेतात गळ्याची आण
आम्मी दास याचि धुळीच्ये ॥
आम्मी शिपाय आमगेल देशाच्ये

ही भूमी घालता घासु
हॉ हवो दिता श्वासु
आमकां आमच्येर् विश्वासु
हें राष्ट्र रक्षण कोरच्यें ॥
आम्मी शिपाय आमगेल देशांच्ये

लाखो लाख जानं
तांका एकचि एक मन
आम्मी चेरडवं सात्रं
दाक्कोऊं मार्ग भविष्याच्ये ॥
आम्मी शिपाय आमगेल देशाच्ये

– अरुणा राव कुंडाजे

आषाढ-कार्तिक एकादशी

कृष्णशिला सगुणमूर्ति जाल्ला पांडुरंग ।
निजरूप कोळका तरि कोर्का संतसंग ॥१॥
श्रद्धेने-भक्तिने जात्ता पापभंग ।
प्रेममूर्ति प्रकट जात्ता शुद्ध अंतरंग ॥२॥
आवडीने नामस्मरण करि नित्यनेम ।
सर्व चराचर देवरूप धरि प्रेम ॥३॥
पुरुषार्थ कर्त राब सर्व देवकाम ।
कर्मफल दित्तलो तोचि आत्माराम ॥४॥
जगद्रूप प्रपंच हे तागलेंची नाटक ।
आम्मि सर्व पात्रधारी तोचि निर्देशक ॥५॥
पंचभूत देहचि वेषभूषा-रंग ।
पात्रकाम जालकी निराकार संग ॥६॥
तेंचि निराकार आम्चें सत्य स्वरूप ।
सत्-चित्-आनंद व्यापक श्रीभूप ॥७॥
हावं-हावं, मगले-मगले हेंचि अज्ञान ।
विवेक-विचार करि जाल्लो तुं सुज्ञान ॥८॥
सुख-दुःख सर्व तुगलेची कर्मभोग ।
कृष्णार्पण करि जाल्लो निष्काम योग ॥९॥
कस्लि येवो परिस्थिति देवालीची योजना
शांत-मन कोर्नु धरि तागलीचि कामना ॥१०॥
दक्षतापूर्वक करि प्रपंच सेवन ।
करुणा सागर देवाले प्रेम-पूजन ॥११॥
देवु सर्व-व्यापक सदा तुज्जे संग ।
ध्यान-चिंतन करी, नित्य प्रेम रंग ॥१२॥
होचि अनुभव घेता तोचि वारकरी ।
आषाढ-कार्तिक एकादशीक पंढरपुरी ॥१३॥

– चैतन्य उभयकर, वास्को

कर्कशः राजपुत्रः।

सौ. विजया धनंजय नाडकर्णी

मैसूरनगरे एकः राजपुत्रः आसीत्। तस्य नाम रजतः आसीत्। सः अतिकर्कशः आसीत्। तस्य वाणी अति कठोरा आसीत्। राजपुत्रस्य एतादृशीं वाणीं तथा संवादान् श्रुत्वा राजमाता अतीव दुःखिता भूतवती।

गच्छता कालेन राजपुत्रः नृपः भवेत्। तद् मङ्गलदिनं तु न अतिदूर इति राजमाता अचिन्तयत्- 'यदि राजपुत्रः एवं वर्तते तर्हि प्रजा बाह्यन्ते। एनं नृपरूपेण जनाः न स्वीकुर्युः आदरेण न पश्येयुः।

किमपि उपायं कर्तुं राजमाता वने निवसन्तम् ऋषिं मेलितवती। सः ऋषिः परमज्ञानी, कुशलः आसीत्। राजमाता अजानत् यत् सः ऋषिः राजपुत्रम् उचितां दिशं दर्शयेत्। राजमाता वनं गतवती तथा ऋषिं राजपुत्रस्य समस्याम् अवदत्। ऋषिः अग्रिमे दिने तस्य आश्रमे आगन्तुम् न्यमन्त्रयत्।

राजपुत्रः मातृनिर्देशस्य पालनं कर्तुम् ऋषेः आश्रमं गतवान्।

आश्रमस्य प्रवेशद्वारस्य समीपे एकः श्वानः बद्धः आसीत्। राजपुत्रं दृष्ट्वा सः श्वानः उच्चैः अभषत्। राजपुत्रः आश्रमं प्रवेष्टुम् असमर्थः अभवत्।

श्वानस्य भषणं श्रुत्वा ऋषिः आश्रमात् बहिः आगतः। राजपुत्रं दृष्ट्वा तेन सह आश्रमं प्राविशत्। तदा राजपुत्रः ऋषिम् उक्तवान्- 'एषः श्वानः यदि एवं भषति तर्हि जनाः उपदेशं पातुं कथं आगन्तुं शक्नुवन्ति? भयम् अनुभवन्तः ते जनाः अत्र न आगच्छन्ति।' ऋषिः स्मितमुखेन उक्तवान्- 'राजपुत्र, एवं रित्या भवान् यदि कठोरया कर्कशया वाण्या सम्भाषणं करोति तर्हि प्रजाजनाः अपि भवतां समीपे न आगच्छेयुः। भवन्तम् आदरं निष्ठां च न दर्शयेयुः।' ऋषेः वाणीं श्रुत्वा राजपुत्रः ऋषेः चरणयोः अपतत्। तेन स्वदोषः ज्ञातः। प्रतिज्ञाम् अकरोत्-कठोरां कर्कशांवाणीं न उच्चारयामि।

गच्छता कालेन रजतराजा एकः चतुरः निपुणः शूरः करुणामयः नृपरूपेण सुप्रसिद्धः अभवत्।

बिलाव कथा

विजयालक्ष्मी (चित्रा) कापनाडक

बिल्ली शेरकी 'मौसी' कहलाती है। शकल में शेर जैसी परन्तु आकार में छोटी। शेर जैसे शातीर पेड के सबसे उपरी टहनीतक आसानी से चढ जाती है। उपर से गिरने पर भी जमीन पर पहुंचते समय अपने चारों पैरों पर सीधी खडी रहती है।

लोग कहते हैं कि कुल्ता समझदार और होशियार होता है, लेकिन बिल्ली भी कुल्ते से कम नहीं। वह हमेशा साफसुथरी रहती है।

मैं रहेजा विहार में बेटी के घर रहने गयी थी। उनकी सोसायटी मैं आदमी के अलावा दुसरे पशू दिखाई नहीं दिये। तब मैंने बेटी से पूछने पर उसने मजाक मे कहा, 'PETS ARE PROHIBITED'

एक दिन गार्डन लेवल पर एक सफेद काला खाते पिते घर का तगडा बिलाव दिखाई दिया। बाहर से आकर मैं लिफ्ट के पास खडी हुई, तो वह दौडकर मेरे पास आया। जैसे ही लिफ्ट का दरवाजा खुला, वह लपककर मुझसे पहले लिफ्ट में घुसा और दरवाजे की तरफ देखते आराम से बैठा। (जैसे हम सब खडे रहते है।) पांचवी मंजिल पर लिफ्ट का दरवाजा खुला, तो मैं बाहर आयी, लेकिन वह हिला नहीं। मैंने उसे बाहर निकालने की कोशिश की, लेकिन वह टस से मस नहीं हुआ।

बाद में पता लगा कि वह तीसरी मंजिल पर रहता है, दुसरी बार वह लिफ्ट में मेरे साथ था। मैंने जानकर दूसरी मंजिक का बटन दबाया। दूसरी मंजिलपर दरवाजा खुला। बिलाव ने अपना सिर आगे कर देखा और फिर शांत जैसे थे हो गया।

थोडेही क्षणों में तीसरी मंजिल पर दरवाजा खुलते ही बडे शांती से बाहर जाकर उसने अपनी पूंछ हिलाई जैसे वह धन्यवाद दे रहा हो।

अब मेरे साथ उसकी दोस्ती हो गई। आज मैं बाहर से आ रही थी। वह मुझसे काफी दूर था। मैंने उसे बुलाया "बिलू चलो कम."

वह दौडकर मेरे साथ लिफ्ट में आया और मैंने उसे गन्तव्य

मंजिलपर छोडा।

वहां के बच्चों से पता चला कि वह चढने उतरने के लिए लिफ्ट का वापर करता है। सीढियों से वह कभी नहीं चढता या उतरता है।

है ना मजे की बात...

छः माह पूर्व मैं मेरी बहन ज्योती के घर मुलुंड पहुँची, तो दरवाजा खुला था और सामने चिकबरे रंग का शेर का बच्चा आराम से सोफे पर सो रहा था। मेरी आहट से उठकर उसने खुँखार नजरों से देखा, तो मैं सिंहर गई। मैंने बहन को आवाज दी, तो अन्दर से आई। उसके बाद न वह वहां से हिला और न उसने मेरी तरफ देखा। लेकिन हम बहने साथ बैठी थी, तब वह बहन की गोद में बैठ गया।

रात को हम दोनों बहने एक पलंगपर सोई, तो यह महाशय हम दोनों के बीच में घुसकर अपने पैर फैलाये और हम दोनों उसकी दो तरफ दुबककर सोये।

दुसरे दिन मैंने उसे घी चुपडी गरम रोटी के छोटे छोटे टुकडे कर बच्चों को खिलाते है, वैसे खिलाया और गुनगुना दूध पीने दिया। अब वह मेरा दोस्त बन गया। शाम को टी. वी. देखने बैठी, तब मेरी गोद में बैठा। वह काफी भारी था। शायद पांच किलो से कम वजन नहीं था उसका। रात को उसने जगह बदलकर अब वह सिरहाने तकियेपर सोया ओर मैं नीचे सरककर दुसरा तकिया लेकर सोई।

तिसरे दिन रात को मैं ज्योती की जगहपर सोई। करीब तीन बजे किसी ने मेरी बाहों पर थपकी दी। मैंने घबराकर अंधेरे में इधर उधर देखने की कोशिश की, तो बगल से आवाज आई 'म्यांव'। तब ज्योती ने उठकर बाल्कनी का दरवाजा खोला और बिलाव राजा शिकार के लिए बाहर गये। सुबह सात बजे बाल्कनी का दरवाजा खोलते ही एकदम साफ सुथरे 'म्यांव' (GOOD MORNING) के साथ घर में हाजीर।

यह सब उन्हे कौन सिखाता है भगवान ही जाने।



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A Prevention Plan for Alzheimer's Disease

DR. KENNETH S. KOSIK, MD, A LEADING NEUROSCIENTIST

- CONTRIBUTED BY C. G. HEMMADY, USA

If someone told you that there was a pill with no side effects and strong evidence showing that it helps prevent Alzheimer's disease, would you take it? Of course, you would! Alas, the truth is, there is no such "magic pill", but most adults do have the ability to dramatically decrease their risk for this dreaded disease.

A Window Of Opportunity: According to the latest scientific evidence, slowing or blocking Alzheimer's plaques (buildups of dangerous protein fragments), which are now known to develop years before memory loss and other symptoms are noticeable, could be the key to stopping this disease. I have incorporated these habits into my daily routine to help prevent Alzheimer's....

Step 1: Make exercise exciting. You may know that frequent exercise, which promotes blood flow to the brain—is the most effective Alzheimer's prevention strategy. Unfortunately many people become bored and stop exercising.

Scientific Evidence: Because exercise raises levels of brain-derived neurotrophic factor, it promotes the growth of new brain cells and may help prevent shrinkage of the hippocampus (a part of the brain involved in memory).

What I Do: Most days, I spend 35 minutes on an elliptical trainer, followed by some weight training (increasing muscle mass helps prevent diabetes—another Alzheimer's risk factor).

To break up the monotony, I go mountain biking on sunny days. I advise patients who have trouble sticking to an exercise regimen to try out the new virtual-reality equipment available in many gyms. While riding a stationary bike, for example, you can watch a monitor that puts you in the Tour de France.

Also Helpful: To keep your exercise regimen exciting, go dancing. A recent 20-year study found that dancing reduced dementia risk more than any other type of exercise perhaps because many types of dancing (such as tango, salsa and zumba) involve new steps and aerobic activity. Do the types of dancing that appeal to you most.

Step 2: Keep Your Eating Plan Simple. A nutritious diet is important for Alzheimer's prevention, but many people assume that they'll have to make massive changes, so they get overwhelmed and don't even try. To avoid this trap, keep it simple—all healthful diets have a few common elements, including emphasis on antioxidant-rich foods (such as fruit and

vegetables)...not too much red meat...and a limited amount of processed foods that are high in sugar, fat or additives.

Scientific Evidence: Research has shown that people who consume more than four daily servings of vegetables have a 40% lower rate of cognitive decline than those who get less than one daily serving.

What I Do: I try to eat more vegetables, particularly broccoli, cauliflower and other crucifers—there's strong evidence of their brain-protective effects. Helpful: I'm not a veggie lover so I roast vegetables with olive oil in the oven to make them more appetizing. Whenever possible, I use brain-healthy spices such as rosemary and turmeric.

Step 3: Guard Your Sleep. During the day, harmful waste products accumulate in the brain. These wastes, including the amyloid protein that's linked to Alzheimer's, are mainly eliminated at night during deep (stages 3 and 4) sleep.

Scientific Evidence: In a long term Swedish study, men who reported poor sleep were 1.5 times more likely to develop Alzheimer's than those with better sleep. Regardless of your age, you need a good night's sleep. While ideal sleep times vary depending on the person, sleeping less than 6 hours or more than nine hours nightly is linked to increase risk for cardiovascular disease—another Alzheimer's risk factor. If you don't feel rested when you wake up, talk to your doctor about your sleep quality.

What I Do: I often take a 10-minute nap during the day. Brief naps (especially between 2 pm and 4 pm, which syncs with most people's circadian rhythms) can be restorative.

Step 4: Don't Be A Loner. Having regular social interaction is strongly associated with healthy aging.

Scientific Evidence: Older adults who frequently spend time with others—for example, sharing meals and volunteering—have about a 70% lower rate of cognitive decline than those who don't socialize much.

What I Do: To stay socially active, I regularly Skype, attend conferences and stay in touch with other scientists and post-doc students.

If you're lonely, any form of social interaction is better than none. One study found that people who used computers regularly—to write e-mails, for example—were less lonely than those who didn't. If you can't connect in person, do a video chat or Facebook update at least once a day. Also helpful: Having a pet. Pets are

sometimes better listeners than spouses!

Step 5: Stay Calm. People who are often stressed are more likely to experience brain shrinkage.

Scientific Evidence: In a three-year study of people with mild cognitive impairment (a condition that often precedes Alzheimer's), those with severe anxiety had a 135% increased risk for Alzheimer's, compared with those who were calmer.

What I Do: I go for long walks.

Other Great Stress Reducers: Having a positive mental attitude, deep breathing, yoga, tai chi, meditation—and even watching funny movies. Practice what works for you.

Step 6: Push Yourself Intellectually. So-called "brain workouts" help prevent Alzheimer's—perhaps by increasing cognitive reserve (the stored memories/cognitive skills that you can draw on later in life)...and possibly by accelerating the growth of new brain cells.

Scientific Evidence: In an important study, older adults (including those with a genetic risk factor for Alzheimer's) who frequently read, played board games or engaged in other mental activities were able to postpone the development of the disease by almost a decade.

But don't fool yourself—if you're an accomplished pianist, then banging out a tune won't help much even

though a nonmusician is likely to benefit from learning to play. Push your mental abilities—do math problems in your head, memorize a poem, become a tutor, etc.

What I Do: To challenge myself intellectually, I read novels and practice my foreign language skills—I do research in Latin America, so I work on my Spanish.

Kenneth S. Kosik, MD, the Harriman Professor of Neuroscience Research and codirector of the Neuroscience Research Institute at the University of California, Santa Barbara, where he specializes in the causes and treatments of neurodegeneration, particularly Alzheimer's disease.

PHOTOGRAPHS IN KS

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Impressions in Stockholm

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The work scene is relatively tension free with employees encouraged to spend time with families and to take holidays with them. June to August everything seems to come to a standstill. Even some shops and establishments are closed. These are the sunny days when you have bright sunlight from 3.30 am to 10.30 pm. You see people of all ages, out in the streets, enjoying the sunshine. Quaint sidewalk cafes and more elaborate eateries serving every type of food and drink you can think of.

Sweden is steeped in history. The old city has some of the most magnificent architecture and imposing buildings like the Royal Palace built in the 17th century, The City hall where the Nobel Prize Banquet is held very year, the Parliament house, museums and churches. For those on a short visit, boat rides are the ideal way to get across because Stockholm is built on 14 islands. You can discover rare delights roaming the narrow cobbled streets of the old city, shopping for curios or pick up something rare and unique at the Sunday flea market. Stockholm has countless number of arched bridges and tunnels - the tunnel close to Gautam's apartment is 3.5 kms long in which traffic moves on 4 lanes at 100 Kms speed. The vehicle population is dominated by Volvo - the popular local brand in a hundred variants - followed by VolksWagen, BMW and many French makes like Peugeot, Citroen and Renault, a smattering of Japanese and Korean makes like Toyota and Hyundai but no American cars. Fuel is very expensive. Private cars are used for weekend and family use. The majority use public transport which is faster and less expensive. Two wheelers - scooters and motor cycles are seen often but the bicycle is a very popular mode of transport especially during the sunny days.

The Swedish Kroner is the local currency, is equal to about 8 Indian Rupees. Cost of living is very high. A cup of coffee costs 30 SEK.

This visit is all the more memorable to me as I crossed my 75th milestone in the company of my son Gautam, his wife Sulatha and their two sons Sachin and

Karan. The day full of revelry, photography and laughter was rounded off with a visit to the Ganesha temple in the evening and a superb dinner at which I was presented with a chocolate -ice cream-cake, specially prepared for me by my 11 year old grandson Sachin.

My notoriety as a foodie always precedes me. The very first contribution of mine, published in Kanara Saraswat, way back in late 90s was about food. I never yearn for home food or the idli, dosas of Bangalore. I love tasting the local fare. But I cannot leave one gastronomical experience unrecorded - rediscovery of a childhood delight, later reminded of during our occasional visits to Shirali.

My daughter in law, Sulatha's cooking is marked for its simplicity, originality and variety. To me, each meal at her table is one that makes me thank the Lord for the gift of life. What she gave me the other day was the humble ukkde tandla pyaz. A generous drop of homemade ghee, lime pickle and I was in seventh heaven, far far above the gentry enjoying the sights and smells and cuisine of Sweden.

God has his own way of rewarding. I wonder what made him choose me - the least deserving.

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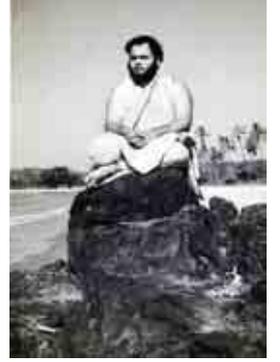
“I ----- WE”

“Haanv - Aammi”

By Parama Pujya Swami Parijnanashram III

(Part 23)

Here is the twenty third 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



ने... पैले अद्वैत मताच्या प्रसाराक ताननें आय सौरका. आमि नेक्लिनीं कार्ये आजि जारि जायनीति आनि केन्नाई जायशाशिळें. शंकरानें आतं जारि पुढाकार घेनि, आनि नंतर कौणैई पुढाकार घेतले पृथ्वी वगि येथ्नाशिळें. असंख्य मताच्या ह्य जगतांनु मतेच्या दृष्टिनें शंकरानें कार्ये तत्पर जायनि, अद्वैत मताचे ऐक्य प्रसारक जडी श्रुत जायद.... जायद न्हें एदोडु जाल्यां.

अनादि कालु धोर्नु चोलनु आयल्या ह्या मताक अनेक लोखनीं रचंडन कोर्नु शून्यं प्रतिपादन केल्यां. तांगेल्या निरर्थक निश्चारांच्या मंडनाच्चीतीं अद्वैत मत थंई थंई शंडन जायत आस्स. चार्नीकागल्या तर्काक तेमई प्रस्त लोकनीं स्वीकृत केल्यांति. क्वचित् कुमारिल महागल्या प्रतिपादनेच्चीतीं कर्मकांडात्मक कर्तव्यांक बहुतेक सर्वांनीं दिननित्यांनु उपयोगांनु हावु अनेक बनि होम, बालि हवनं हाज्जे अकांडांडब घडत आस्स. नित्य हजारां वय्रि पयुहच्या हवना नेवनां ने जायत आस्स. जैनांगल्या मतप्रसाशनें अनेक जैनमतांनु वताति अथवा अद्वैतावद्दल मीन घेताति. अयल्या मतांच्या परस्पर शगड्यांनु अद्वैत मताचो विस्सरु, विस्ताररुप धारण कर्त आस्स ह्या विस्ताराक बांधु घालका जाल्यांति शंकराक प्रचोदना दिंवका. तागल्या परिपक्व बुध्दि शक्तिचो, असामान्य तार्किक शक्तिचो उपयोग कोर्नु घेवका आमि. हें आमका आमका म्हव्यांति सर्वांकई आजि जाय जावु आस्स. देव संकल्पाचो स्फुरवाई हीचि जावु आस्स. मात्र न्हें... व्यासमहाभुनींगली तीं उत्रं अजुनि आमि विस्सनीति. अद्वैत मताचे सार वेद-उपनिषदं. हीं बुध्दि-चानुयीप्रमाणीं अर्बु कोरुके साध्य आदिशक्तिनीं विद्विष्ट अर्थ-निष्पत्ति प्रवाणिर आमि अक्षुत्रं विस्तारु

निर्माण कोर्की जाळें. हाज्जे अर्धुई आजिक अनर्थांनु वृत्तऽ आस्सति... जेनिंद्याच्ये
 तुम्ही पारंपारिक जाळु आयकी आम्हाली ही विद्या मेळोळु घेतल्या. आम्हाली
 सतशिष्यु शुक्रदेवु, शुक्रदेवागली सतशिष्यु गौडपादाचार्यु-तुम्हाली गुरु-आणि
 आतं ही विद्या तुम्हाल्या हातांनु आस्स. जाल्याचीई आम्हालें हृद्गत अजुनी सतऽ
 व्यक्त जांवच्याक वेळु आस्स. तुम्हालोचि एकु वनीस्वी शिष्यु आम्हाल्या आंतर्गोचो
 शोधु घेळु, प्रज्ञांत जंश्रीर शीलिनें आम्हालें स्वरेऽ विचार उदयाक हाडइतलो.
 त्या सूत्रांच्या शाखांनु आम्हा समाधान दिस्तलें. आतांचें प्रचलित अर्थ-अनर्थ
 इत्यर्थीक न्हर्तलो तो. ह्या शिष्याक सामान्य मुळु लेकूनाक्याति. निरतिशय विचार
 सामर्थ्य आशिल्ल्या ह्या शिष्याक आत्मसुरवांतुचि वत जांवच्याक दीनाक्याति.
 पुनः बहिर्मुख कोर्नु ह्या विषयांनु सूचना ~~ही~~ मात्रां सन्यासुई दीळु तुम्हा
 बचनं तुम्हाला आशेनु दवोर्नु घेयाति...'

“ हंवे - आमि ”

श्रीहर्ष.

हे... ही व्यास मुनीगली आज्ञा परिपालन कोर्की आमि. उदयीक प्रातःसमयाशि
 शंकराक सन्यास दीक्षा दिवका. ह्या दीक्षा द्वारा आम्हाल्या कर्तव्यांनु बध्द कोर्की. योग-
 विद्यांनु प्रकाशनेने लक्ष घालत आस्सतो, मात्रां हे लक्ष्याक पावत आस्सतो. शवाशवांत
 आत्मविश्वासाच्या बळारि ही विद्या आत्मसात करत आस्सतो. हे... आतई ध्यान
 लावनु नीयसूनु आस्का. तागली सन्यास ग्रंथांचि इच्छा प्रातःसमयाशि पूर्वलाक
 प्रवता ही सुरबध्द सूचना आजीचि दिवका ताका... शंकराऽ....

आमि शवात् हंवे मगल्या शरीरांनु पुनरपि स्थान मेळोळु घेतिलें. मनयुक्त
 अहंवृत्तीक गुरुगल्या शरीरगत अंतःकरणांनु पेटोळु थंड ऐक्य पाविलो हंवे, तांगल्या
 हृद्गताक मगले अनुभव दो अनुभव केल्ले हंवे. तांगले मन विचार इच्छा संपूर्ण
 ज्ञान कोर्नु घेतिले हंवे. दोन शरीरांच्या एकात्मतेनु विशीष्ट सुख, ज्ञान पटले हंवे.
 हो अनुभव गुरुंक विदित कोरुंक आमन सोडतनांचि गुरुंगाले सवारी मगल्या
 गुहेंतु पाविली.

“ चैडी... इतलवगी नुंवे इतली प्रगति केडेकी आप्मी जावणु घेतल्या. मज्ज मुरगारे वच्युगली नुं. जाव्यारि आमंगल्या तत्वाक जावणु घेवच्याक ह्या अंतःकरणांतु वच्युनु प्रगोजन जं. आमंगल्या तत्वांतुनीं चिचवृति लीन केव्यारि मात्र तें साध्य. होचि माग्नु न्नु अनुसरुनु वच... आतं आमंगल्या अंतःकरणांतुने विचार पुनः पुक्का विशद कोर्चे वसने... फाट्टीच्या प्रातः काळारि सन्यास ग्रहणाच्या निधि शास्त्राक पूर्ण कोर्चे सोड्यां. अंतर आमंगल्या स्वर्ग कर्तव्यांक सुरु जातली. ”
 आनंदाच्या प्रसंगांतु गुंननींची मगल्या गुहेंतु येवु सांगील्या ह्या वाक्यानीं हांवे प्रसन्नांतःकरणाचे तांगल्या चरणां चेरि मस्तक इतर्लेले.

“I ----- WE”

“Haanv - Aammi”

By Parama Pujya Swami Parijnanashram III

(Original in Konkani)

ENGLISH TRANSLATION AND EXPLANATORY NOTES BY DR SUDHA TINAIKAR

Now onwards, Guru Govinda Bhagawad pâda plans Shankarâ's duties as Shankarâchârya. One must remember that still our Shankarâ is secretly recording all these thoughts as they arise in his Guru's mind.

“The first duty of Shankarâ would be to uphold Vaidika dharma and he should start traveling across the country. If Shankarâ does not take the lead in this aspect, there will be nobody in the near future who will take the leadership in reviving the Vaidika dharma and propagating Advaita. In this world of many systems of philosophy, Shankarâ has to strongly establish Advaita philosophy. Ultimately, the core of the entire Vedâ-s is Advaita. Advaita philosophy is already in danger of extinction and Shankarâ needs to do this work of reviving it quickly.”

Notes:

At that time, a number of philosophies especially nâstika matâ-s and some âsthika mata-s - which never believed in Îshwara as the very cause of the Universe - were establishing themselves. This will be explained by Swâmiji as we go further. Shankarâchârya is considered to be the very Avatâra of Lord Shiva - who came for the resurrection of Advaita Vedânta.

“This timeless philosophy of Advaita has been attacked by the Bouddha-s trying to establish their shûnya-vâda philosophy. The Carvâkâ-s have successfully managed to even lure many, thinking people about the body being the ultimate. They have managed to convert people into sheer materialists. The Bhatta system of Kumarila Bhatta managed to engage people in only karma-kânda and made the society only ritual- oriented. Animal sacrifice - advocated by this system- is killing hundreds of animals daily. The Jainâ-s have their own philosophy - where they have no acceptance of Îshwara. Not only are these philosophies confusing people, there is tremendous infighting among the proponents of these systems of philosophy. In this confusion, the ultimate truth of Advaita is losing ground.”

Notes:

At the time of Shankarâ, there were many schools of thought. There were six âstika philosophies - sânkhya-yoga, nyâya-vaisheshika, pûrva-mîmâmsâ, uttara-mîmâmsâ. These systems believed in the validity of Vedâ-s. Except the uttara-mîmamsâ system (Advaita system), others did not believe in Îshwara - as the saguna-Brahma manifestation of that attribute-less Brahman. The Yoga system to some extent believed in the presence of a regulator of the entire Universe -

Îshwara. There were other Nâstika philosophies who did not believe in the very validity of the Veda-s. They were Bouddha-mata with its different offshoots – Jaina-mata, Cârvaṅkâ-s, Shâktâ-s - who did not even accept the presence of the all pervading Âtman/Brahman. The Vaidika-dharma which was being supported by the pûrva-mîmâmsakâ-s and uttara-mîmâmsakâ-s had a difference of opinion with the former giving validity only to the karma-kânda of the Veda-s and considering the Vedânta portion of the Vedâ-s to be only an appendage. Uttara-mîmâmsakâ-s or Advaitin-s had the view that the attribute-less Brahman is the very cause of this Universe and this is the very source of scriptures. They gave enough validity to the karma-kânda as a preparatory phase of the mind in understanding the Ultimate truth.

Though Advaita Vedânta is the very purport of all scriptures, the other systems were trying to discard this and make their own theories prominent. It was the very purpose of Shankarâ's life - to establish the Advaita system of philosophy, acknowledge the valid point in other systems – and at the same time, strongly discard the nâstika-mata-s.

“Shankarâ's highly mature intellect and his scholarship will give the right impetus in establishing Advaita-mata (mata means a system of philosophy). I still remember the words of Vyâsa Muni. He had said that the very essence of Advaita was in the form of Vedâ-s and Upanishad-s. To interpret the Upanishad-s correctly, Vyâsâchârya had written the great Brahma Sûtra. The same Brahma Sûtrâ-s are being misinterpreted today by all the various systems according to their tenets. Vyâsâchârya had reminded me, at that time, that I belonged to his paramparâ... Shukamuni was the disciple of Vyâsâchârya, Gouda Pâda, my Guru, was the disciple of Shukamuni and I was the disciple of Guru Gouda Pâda. I was instructed by such an illustrious paramparâ. Vyâsamuni had told me then that his heart-felt task was yet to be done. I remember him clearly telling me that one of my shishya-s would understand the deepest sense in which he (Vyâsamuni) had written the Brahma Sûtrâ-s. This shishya would write a commentary on the very sûtrâ-s in his profound yet simple style - revealing the exact meaning of these sûtrâ-s. He would sort out the confusion between the different interpretations of these sûtrâ-s. But did he not tell me, that this shishya of mine would be totally absorbed in contemplation and that I need to bind him with the obligation

of sanyâsa-dîksha so that the karma to be done by him will be completed?”

Notes:

Guru Govinda Bhagawad Pâda belonged to the illustrious tradition of Vyâsamuni –Shukamuni -Gouda Pâda Acharya. This paragraph is glorifying this paramparâ. Guru Govinda Bhagawad Pâda remembers the dialogue he had with Vyâsamuni - where he was highly disturbed due the misinterpretation of his work - Brahma Sûtra, which, in 550 verses , gives a logical analysis of all the Upanishad statements and proves that there is only one indivisible reality to the exclusion of others and it is the same reality which is the very warp and woof of this entire Universe. It is the very same reality which manifests as millions of Jîva-s. The point is proved by logically arriving at the accuracy of the Upanishad-s and discarding the other systems of philosophy. It is said that Vyâsa is an incarnation of Lord Vishnu - who could be more appropriate in writing a commentary on these sacred aphorisms - than Lord Shiva, Himself?

“Yes, now I clearly remember this instruction of Vyâsâchârya. I have to follow his instructions. Tomorrow itself, at sunrise, I should bestow sanyâsa-dîksha to Shankarâ. With this dîksha, I have to make him commit to the task that Vyâsâchârya has given me. He is progressing very fast on the path of yogic practices and I should not wait any longer. Where is he? He must be sitting in contemplation – Shankarâ, where are you...?”

With Gurudev's voice reaching me, I was able to bring my aham-vritti back into my own body-mind. By blending my "I" thought inseparably with my Guru's thought, I experienced his thoughts, as if, my own. Two bodies were bridged by one thought. I wanted to share this experience with Gurudev and just then I heard his voice.

Gurudev said, "Child, you have progressed so well, in such a short time! But to know the Self in me - there is no point in entering into my mind. Unless you become Me, the very Self, it is not possible. Continue your practice. Now I need not tell you what I have in my mind. We will complete the ritual of sanyâsa-dîksha tomorrow at sunrise. Then your real work will start." Gurudev. had himself, come into my cave and given me this news. I prostrated at His feet with a cheerful mind.

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Personalia

Deepali Khambadkone (MJF) has been elected as President of the Lions club of Kankanady- Padil in Mangalore for the Year 2016-17. It is 100 years since the Lions Club started. So she is the Centenary President.

Deepali held various posts in the Club such as Treasurer in VARNA Lioness District Meet as Community Director. She was the Lioness President in the year 1986-87 and again in 1992-93. She was the Coordinator and Service Director to the Governor in the year 2013-14.

She has won numerous awards for the Club as well as for the District for her service to the community.

She is now also the Super Guru for a Dance Performance titled "Dare to Dance" which is broadcasted on Namma TV. We wish her all the best as President of the Lions Club this year.

Soumya Chikermame daughter of Geeta (nee Ullal) & Gourang Ramesh Chikermame, has successfully completed her M.S.degree in Health Outcomes Research from the Albany College of Pharmacy and Health Sciences (ACPHS) Albany, New York in May 2016.



She did her B.Pharm from M.E.T.College, Bandra and went to US to pursue her Master's degree at ACPHS. All through her stay in the US, she was actively involved in carrying out research with her advisor to improve the public housing scenario in the city

of Schenectady and has been working closely with Medicare system in NY state . She has also been listed on the ACPHS Dean's list for securing a perfect GPA.

The holistic experience in the US has moulded her into an independent and confident person. The urge to improve the quality of healthcare coupled with her grit, determination and willingness to work harder has made her take the next big step in her life. She has been admitted into the University of Houston, Texas for a PhD program in Pharmaceutical Health Outcomes and Policy starting August 2016. Here she has been conferred the Presidential Fellowship Award and been offered a Graduate Teaching Assistantship.



Here and There

Bengaluru : Yuvadhara performed Shrama Seva at Bengaluru Math on 3rd July. Shayani Ekadashi was observed on 15th July with Akhanda Bhajan, Deepanamaskara, Devi Pujan, Vithoba Aarti and Prasad Vitarana.

On 19th July, on the auspicious occasion of Guru Purnima and the commencement of Chaturmasa, there was an inspiring talk on the topic 'Guru Chintan' by Smt Malini Madiman. This was followed by Deepanamaskar, Bhagavad Gita, Upanishad and Brahmasutra Bhashya Pathana, Guru Pujan , Ashtavadhan Seva, Aarti and Prasad Vitaran.

On 23rd July, Swami Muktanandaji of Anandashram, Ramnagar (Kasargod Dist) visited Bengaluru Math and sadhaka-s from Bengaluru Sabha participated in the Satsang held on this occasion.

As a part of the Chaturmasa Programmes from 20th to 31st July, there was an interesting talk by Smt Dr. Sudha Tinaikar on 'The Significance of Sahasranama'. Bhajan Seva was rendered by Ved Shri Baddukulli Radhakrishna Bhat and his students, sadhaka-s from Vijayanagar, Chitrapur Bhajan Mandali and Guru Shakti Bhajan Mandali constituting the Purusha varga.

Samoochika Gayatri Japa Anushtaan was conducted on the 2nd, 4th and 5th Sunday along with the weekly Pujan on Monday/Thursday/Friday by Gruhasthas , a talk on 'Vivekachudamani' by Smt Dr. Sudha Tinaikar on Tuesdays and sessions on Swara Sadhana by Smt Meera Balsaver, Smt Udaya Mavinkurve and Smt Manjula Jamalabad.

Reported by Saikrupa Nalkur

Chennai : We had quite a few programmes apart from the Monthly Sadhana Panchakam in July. Vittal Rajagopal Bhat mam's talks from 7th to 10th July was one of them. His talks were well attended. His explanation on Sabha Prarambha and Sabha Samapthi Prarthana, Math logo gave us a better understanding so also his selected verses from Bhagavad Gita Chapter IX, which were a favourite of HH Anandashram, who often quoted them.

Shayani Ekadashi Bhajans on 15th July as also Puja and Bhajans on 19th July – Guru Purnima, were well attended. Mahila Samaj organized Swara Sadhana from 27th – 30th July. Meera Balsaver pachi of Bengaluru came to teach this module. There was a good response, the 4th day after the session, concluded with a few bhajans.

Reported by Kavita Savoor

Mallapur : Digital Education System Launched - It was a surprise for the Higher Primary School teachers of Mallapur when they saw that they could use Digital System to teach English, Science, Maths etc.

in the class room using a pen drive. It was a gift of Shri Mohan B. Hegde who is now a C.E.O. of Selco Solar Co. Ltd. with the financial assistance of Menda Foundation, Bangalore. In the morning programme this Digital Education System was launched by Smt. Parvati B.Hegde, the mother of Mohan Hegde by switching on the button. Later the function was inaugurated by lighting the lamp. Smt.Sadhana V.Hegde ,the Chairperson of the S.D.M.C. who presided over the function thanked Mohan Hegde for his exemplary contribution to his alma mater. Smt.Chaya A. Ubhayakar, Member of Chandavar Gram Panchayat, praised Shri Mohan Hegde for his generosity and his interest in the development of this institution where his father had worked for many years with great dedication. At first School Head Mistress welcomed all. Shri Mohan Hegde in his address said that Mallapur has produced great personalities like Anant Nag, Shankar Nag, Sir Narayan Chandavarkar etc. and that he has great attachment for this place due to sweet memories of his childhood. Programme ended with the vote of thanks by Smt. Yamuna Naik.

The same evening a similar function was held in Guruprasad High School which was attended by hundreds of students and blessed by H.H.Sadyojat Shankarashram Swamiji. He was received in a procession by the students and the teachers and taken to the Lab where in he launched the Digital Education System by switching on the button. In the function held later Arun Ubhayakar welcomed all and introduced Shri Mohan Hegde and Chatur Menda ,the M.D. of Menda Foundation which has supplied these education gadgets to thousands of Educational institutions in Karnataka. Both Hegde and Menda were honoured at the divine hands of H.H.Swamiji. Both expressed their happiness to be blessed by Swamiji. In his Ashirvachan H.H.Swamiji expressed that the installation of this System will go a long way in raising the quality of education in the schools and hoped that the teachers will utilize the same to the fullest extent and prepare children to face the new technology with confidence.

Reported by Arun Ubhayakar

Mumbai – Dadar : July signalled the aagaman of Chaturmas and taking inspiration from Swamiji's maargadarshan, many of our Sadhakas took up their own personal sankalpas, of being a part of "Vratanushthana" – either by doing Devi Anushthana, GayatriAnushthana or Shri Gururparamparapathana.

16 Sadhakas performed Devi Anushthana on 1st at Shri Arun Chandavarkar's residence. 8 Sadhakas perfomed Gayatri Anushthana on the 3rd at Shri Shashidhar Gulvady's residence. On the 12th, Sadhakas conducted a Swadhyaya on chapter 9 of the Bhagawad Gita.

Come the occasion of Gurupoornima, Sadhakas who visited Shirali for the Mandal Poojan and the start of Chaturmas attended the inaugural Dharmasabha. It was a matter of pride for all our Sadhakas when Shri Aditya Chandavarkar was declared as the new Yuvadhara Chief Co-ordinator. The Dharmasabha ended with Swamiji's inspiring Ashirvachan and had many Sadhakas longing for more visits to Shirali and more opportunities to take Swamiji's ujjwaldarshan.

Once again, on the 28thour Sadhakas met to have Swadhyaya on chapter 9 of the Bhagawad Gita and a short snippet of Swamiji's Ashirvachan on "Japa". The month concluded with 6 Sadhakas meeting at Shri Gautam Puthli's residence on the 31st to perform Gayatri Anushthana.

Reported by Mohit Karkal

Mumbai – Goregaon : Samaradhana of H.H. Shrimat Shankarashram Swamiji II was observed on 10th February with Bhajans being sung by the Sadhakas.

A discourse of Dharmapracharak Shri Rajgopal Bhatmam was held at Masurashram on 14th February. Rajgopal Bhatmam took up a few select shlokas from 'Manache Shlok' by Swami Samarth Ramdas. Here through his lucid style of oratory, he explained the meaning of each shloka. The shlokas were distributed to all Sadhakas present through handouts brought by Rajgopal Bhatmam himself. The discourse was continued on 27th March where Rajgopal Bhatmam completed the shlokas taken up.

Mahashivaratri was celebrated with Panchamrut Rudrabhisheka offered and Bhajans being sung by the Sadhakas at the residence of Shri C.G. Kallianpur on 7th March.

Ugadi was celebrated on 8th April at Masurashram. The program began with Samuhik Prarthana for the Atharvasheersha Havana that was to be performed. This was followed by Devi Anushthana by female Sadhakas and Gayatri Anushthana by Purusha Varga. Panchang Vachan was done by Ved. Yogesh Honavar Bhatmam followed by Panak Panwar. The Havan began with Sadhakas chanting 21 Avartans of Ganpati Atharvasheersha. An offering of 1000 modakas was made to the Havana. The Pradhan Purnahuti of the Havana was offered followed by a cultural program of Prarthana Varga kids of Goregaon Sabha.

The program hosted by Kartik Kalbag and Swati Mavinkurve had many participants - Soumya Sashittal, Swati Mavinkurve, Ayush Kalyanpur, Tvisha Kadle, Pramit Irde, Kartik Kalbag. This variety enriched program concluded with a dance by all the kids. The entire programme was conceptualized by Varada Soukooor Pachi with inputs from Manasi Kalyanpur and choreography by Paridnya Kallyanpur.

Pranav Nagarkatti

Mumbai – Santacruz : 19th July, 2016 : To celebrate the auspiciousness of Gurupurnima Shri Guru Pujan was performed by devotees from all age groups. This day indeed is a very special day for all, and many had assembled in the hall to seek blessings from Lord BhavaniShankara, our Revered Guru Parampara and our Beloved Guru ! This was followed by Deepa Namaskar, Mangalarati and prasad.

Our Sabha male laity members perform Gayatri Anushthan on every first and third Sunday of the month. The response has been good and a lot of participation has been observed by the devotees.

(See pic on page 36)

Reported by Kavita Karnad

Our Institutions

Saraswat Mahila Samaj, Gamdevi: 'Ashadhi Ekadashi' was celebrated on 15th July 2016, as is done every year, with a beautiful musical presentation by Saraswati Vrinda Gaan, sub group of Saraswat Mahila Samaj, Gamdevi.

A programme of devotional music "Bhakti ki Mahima" was performed. Melodious bhakti geets from different states of North India were sung by the group composed by the lead singer and composer Mrs Geeta Yennemadi . Lively commentary was given by Mrs Kalindi Kodial in a lucid manner in chaste Hindi of songs in Hindi, Bhojpuri and Avadhi and some written by great saints like Sant Tulsidas, Sant Kabir etc. The audience was enthralled and it was time for the bhairavi. The music programme concluded with a chanting of Vithalnaam, thereafter followed the aarti and prasad.

Prasad was sponsored by Mrs Geeta Yennemadi and Mrs Shyamala Yennemadi in memory of Smt Varadabai Mulky and Smt Lalitabai Yennemadi. Refreshments were served and sponsored by Smt Geeta Yennemadi in memory of Smt and Shri Krishnamurti Nadkarni and Smt Lalita and Shri Devrao Yennemadi

Introduction was done by Mrs Usha Surkund and Vote of Thanks was done by Mrs Shyamal Talgeri

Reported by Geeta Suresh Balse

Forthcoming programme

Sun. Sep 25th : Foundation Day : A musical programme titled 'Gypsy' based on poems written by Kavivarya late Shri Mangesh Padgaonkar . Venue -Yashwant Natya Mandir, Matunga at 10 am on Sunday 25th September 2016. Free Entry Passes will be available from September 1st. More details are given on page 16.

Wed. Sep 28th : Annual General Meeting at 3.30 p.m. at Samaj Hall

Wed. Oct 5th at 3.30 p.m. at Samaj Hall – Music Program by Smt. Chitra Nirody. Prasad sponsored by Smt. Suman Kodial

How well do you know our Puranas?

COMPILED BY GAURI D. MUDBIDRI,
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As we are celebrating Gokulashtami Gouri poses some questions to refresh your memory about Lord Krishna

1. According to the Bhagwat Purana, in which month of the Hindu calendar was Krishna born ?.
2. Which family priest of the Yadavas presided over Krishna's naming ceremony at Vasudeva's request?.
3. What name did Krishna obtain after Yashoda bound him to a mortar with a rope around his stomach?.
4. Which demoness tried to kill Krishna when Nanda went to pay his taxes in Mathura?.
5. Which sage's curse prevented Garuda from entering the waters of Yamuna?.
6. Which serpent fled from Ramanaka to the Yamuna for fear of Garuda?.
7. Which celestial animal bathed Krishna with milk calling him "Govinda"/"the Lord of Cattle"?.
8. What form did the demon Trinavarta assume when he went to Gokul?.
9. For what length of time did Krishna hold Govardhan when attacked by Lord Indra?.
10. Which devarishi cursed Nalakuber and Manigreeva to become trees until freed by Krishna?.

Answers: 1. Shravan 2. Gargacharya 3. Damodar 4. Putana 5. Sage Subharti 6. Kaliya 7. Kamadhenu 8. A cyclone 9. Seven days 10. Sage Narada

CLASSIFIEDS

MATRIMONIAL

Alliance invited for a Chitrapur Saraswat Boy, aged 30 years, 5' 11", fair BE (Computers) working in Pune from smart looking, educated working girls aged between 25 and 29 years. Those interested may please send e mail along with photos, horoscope and bio data to psg1081956@gmail.com or contact 9822495711.

Alliance invited for a 28-year-old (height 5'3") graduate bhanap girl working in a bank. Response in confidence through email at lagbhan@gmail.com giving details of the boy (age, family details, qualifications, location, profession/employment details and more importantly horoscope) will be highly appreciated.

CSB Boy DOB 20/01/1987 B.Com from Mumbai University, height 168 cms working in SVC Coop Bank, looking for alliance. Preference:- Educated, working girl, under 27 years, Caste no bar/ Contact: Elder Sister on :- 9819114582 or manasi.trasikar@gmail.com

ENGAGEMENT

Bajekal – Gundil: Mihir, son of (late) Smt Anuradha & Shri Shyam Bajekal of Karad engaged to Shruti, daughter of Smt Vidya and Shri Shekhar Gundil of Delhi on 10th July 2016 at Pune.

FLAT FOR SALE

3 BHK flat with balconies and attached bath rooms measuring 1445 sq. ft. with garage, lift etc on 18th Cross, Malleswaram, Bangalore- FOR SALE. Interested parties please contact on Phone No -080-23458115 or Mobile No – 91-8762401947

3BHK, 1566 Sq. Ft., Next to Canara Union, Malleshwaram, Bangalore with car parking, lift and generator. Please contact : 9845443546.

PHOTOGRAPHY

32+ years experienced Function Photographer available (Video and Still Photography) coverage of Social / Corporate Functions at Competitive Rates. Assignments also taken in Karla and Pune. Tel no:- 022-28992235 and mobile no:-8097047644 / 9220490362

OBITUARY

Mavinkurve Aparna (nee Suvarna Nadkarni), wife of Arvind, mother of Anuja and Atul passed away on 24th July 2016 at Pune. Deeply mourned by relatives and friends.

DOMESTIC TIDINGS

BIRTHS

We welcome the following new arrivals:

- Aug 2 : A daughter (Sanchi) to Dhanashree (nee Nagarkatte) and Hrithik Bagade at Bangalore.
Aug 5 : A son (Shaurya) to Cdr Chinmay and Shivani Kallianpur at Vishakapatnam, Andhra Pradesh.

Thread Ceremony

We bless the following batu:

- May 02 : Nimay Nitin Ullal of Chennai at Shirali.

MARRIAGE

We congratulate the young couple

- Aug 07 : Pankaj Shivshankar Murdeshwar with Shrikala Ganpati Patkar at Mumbai.

OBITUARIES

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

- Jul 20 : Radha Shyamrao Madiman (87) at Shivajinagar, Pune.
Jul 24 : Aparna Arvind Mavinkurve (nee Suvarna Nadkarni) at Pune.
Jul 25 : Pandurang Shivrambhat Baidur (99 years) at Bangalore.
Jul 26 : Yash Ajay Shirali at Kamshet.
Jul 27 : Dr. Praful Ray at Santacruz, Mumbai.
Jul 27 : Nagesh Shirali of Matunga at Santacruz.
Aug 8 : Shri Dattatraya (Kamaal) Laxman Bijur (90) at Mumbai.
Aug 14 : Koppikar Nalini Balkrishna (85) at Pune.
Aug 19 : Meera Talgeri (85) at Vile parle, Mumbai.

KSA Health Centre

We welcome Dr. (Mrs) Shweta Kallianpurkar Nayampally, MS (Ophthalmology), Consultant Ophthalmologist to the KSA Health Centre. She will be available for Consultations on Thursdays 11.00 am to 12.00 Noon .

Dr Harish Kodial will be available at the Centre on Tuesdays 11.00 am to 12.00 Noon .

(Please note that since a part of the Centre Premises is under renovation, Ophthalmology Consultations will start only after the work is over. Other Consultations and Path Lab blood collection will continue as usual.

Dr. Prakash Mavinkurve
(Hon. Secretary, Health Centre)



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