

Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

Vol. 23 Issue 2 Mumbai

February 2018

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Kanara Saraswat

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 Office: 13/1-2, Association Building,
 Talmakiwadi, Near Talmaki Chowk,
 J.D. Marg, Mumbai 400007

Website: <http://www.kanarasaraswat.in>

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e-mail: editor@kanarasaraswat.in
kanara_saraswat@hotmail.com
 (For Publication in the Magazine)

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

President: **Praveen P. Kadle**
 Vice President: **Kishore Masurkar**
 Chairman: **Jairam Khambadkone**

MEMBERS OF THE EDITORIAL COMMITTEE

Managing Editor: **Gurunath Gokarn**
 Editor: **Smita Mavinkurve**
 Associate Editor: **Uday A. Mankikar**
 Editorial Committee:
Usha K. Surkund
Computer Composing:
Sujata V. Masurkar

KSA Telephone: (022) 2380 2263

TELEFAX: (022) 23805655

KSA Holiday Home, Nashik:

Tel: 0253-2580575 / 0253-2315881

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Announcement on GST

Kanara Saraswat Association is now registered for GST with effect from 23.11.2017 and its applicability of GST is effective 01.07.2017. Our GST Registration Number is:

GSTIN: “27AAATT0071E2ZS”

GST will be applicable for all Vendors, Service Providers, Sponsors, Advertisers – both Corporate Advertisers and Casual Advertisers, Printers, Caterers, Contractors etc. who give service to Kanara Saraswat Association, within the purview of GST Rules.

Similarly, GST will be applicable for the following areas of Services from Kanara Saraswat Association:

- Hiring of the Halls in Mumbai, including on other amenities connected with it.
- Hiring of Rooms in KSA Holiday Home in Nashik as per applicable rules.
- On any events viz Dramas, Music or any other entertainment programmes organised through KSA.

This announcement is for the information of all our Members, Advertisers, Service Providers, Contractors etc. and GST rates will be as applicable from Government from time to time.

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International Women's Day 2018

The Kanara Saraswat Association will be observing **International Women's Day** on **11th March 2018**, when the following women will be honoured for the outstanding work done in their respective field for the community and the Society:

1. Smt. Kamla Talcherkar - Posthumously
2. Smt. Laltithadevi Hattangadi (Mauli) - Posthumously
3. Smt. Mrinalini Kher (nee Gangoli) - Mumbai
4. Smt. Sonalee Savakoor - Bangalore

Venue: Shrimat Anandashram Hall, Association Building, Talmakiwadi,
J. D. Marg, Mumbai 400007.

Time: 5.00 PM Onwards.

Shri. Praveen Kadle, President of Kanara Saraswat Association will preside over the function.

All are cordially invited.

Shivshankar D. Murdeshwar, Hon. Secretary

Saraswat Sangeet Sammelan

Kanara Saraswat Association is pleased to announce that the **Saraswat Sangeet Sammelan** will be held at the Shrimad Anandashram Hall, Talmaki Wadi on **14th and 15th April 2018**.

There will be sessions in the morning and evening on both days.

Details regarding the performing artists, ticket charges and exact timings of the sessions etc will be announced in our next issue.

Shivshankar Murdeshwar

Dilip Sashital

The Talmaki Health and Education Society

Reg. No 02823 dtd 30 September 2006, under MCS Act

SVC Tower, Jawaharlal Nehru Road, Vakola, Santa Cruz (E), Mumbai 400055.

The management of the Talmaki Health and Education Society (THES) will henceforth be handled by the Kanara Saraswat Association (KSA).

Applications for Financial Assistance for Medical and / or Educational purposes should be submitted to the KSA Office. We have authorized the managing committee of KSA to process these applications as per the rules of THES for timely disbursement to needy persons.

Any person of our Community can request a form by sending request by email to admin@kanarasaraswat.in or can call KSA office on 022-23802263 / 23805655 between 11.00 am – 1.00 pm or 5.00 pm to 8.00 pm.

Smt. Sadhana Kamat, Hon. Secretary, Talmaki Health and Education Society



From the President's Desk....

Dear Friends,

Most of us live in a cocoon of our own personality. In our cocoon, if we are generally pessimistic by nature, life seems dark with uncertainty and we think that we cannot escape. But we can tear open this cocoon if we want to. We can push ourselves out and see the light of the world. We can learn to fly.

Generally, most of us live trapped inside our own personalities for our entire lives, never knowing that we can free ourselves from the shackles of our pessimism, lack of confidence and uncertainty. We can reinvent ourselves. We can learn to break-out from our cocoons, take control of our lives and become owners of our individual human spirit.

As you look back on your life, you will observe that you always have had two basic ways of being. At any point of time, you were either a victim of circumstances or an owner of human spirit. When you take ownership of your life, you reinvent yourself outwards, in an ever-expanding circle of compassion, vision and courage. On the other hand, if you think like a victim, life shrinks you down.

A victim is someone who sees power as something beyond his or her control. Victims have a habitually lonely and pessimistic way of viewing the world and its people. Heredity is not the cause for this habit. They think themselves into it. Victims think that all power lies outside of themselves. They are easily discouraged and they always talk with pessimism.

Owners on the other hand take complete ownership of their own lives. They continuously tap into the power of the human spirit. They use this fire to invent and reinvent themselves. They do not seek outside support for motivation. They are self-motivated. This spirit of reinventing is an eternal flame which can only burn brighter. An owner will change his personality on the spot without any fear to keep his commitment. A victim will break any commitment to safeguard his personality.

The true owners have a personality of a 'verb', basically a doer. They are constantly in action as they strive to live-up to their personality whereas victims are convinced that they are nouns and remain non-doers. An owner spends his energy in problem-solving. A victim uses his energy in problem-avoidance. But life is full of problems. One needs to constantly solve these problems and not run away from them.

The biggest intellectual breakthrough in the life of the great poet William Yates came when he realised that happiness and growth were the same thing. He realised that he was happy when he was growing. He needed to be an owner of his life, and not a victim when due to his pessimism, nothing grew and he remained unhappy.

Being an owner of your life is a disciplined approach. Reinventing yourself is a continuous process of introspection of what you need to do. This is not an easy process and is not meant for faint-hearted people. One needs constant determination and discipline to succeed. The road is difficult, but it will finally lead you to a sense of fulfilment and achievement.

So, be a 'verb' and not a 'noun' in life. Be a re-inventor of your life and attain success, growth and mental satisfaction.

**Regards,
Praveen Kadle**

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Letters to the Editor

Dear Editor, Thank you so much for the January 2018 issue of KS. I hold it in my hands with great pride to see the cover. There are no words for me to describe how happy and overjoyed I feel to see my son Shantish Nayel sitting as an Utsavmurthi in the KSA Hall at a felicitation ceremony held by KSA in November 2017.

First of all, I would like to thank Jairam Khambadkone for inviting us to attend this great function where all these Utsavmurthis were honoured and felicitated. I cannot describe with what pride I sat in the audience to see my son Shantish Nayel being honoured by Kanara Saraswat Association for his work with Jaishankar Bondal on the Chitrapur E-books. He showed the slides on the screen which KS had made arrangements so kindly. The audience was so appreciative of this display and about all the information about our Chitrapur Books written by scholars of our community.

It's a matter of great pride to be honored for one's efforts and recognized for one's work. But it's a matter of the GREATEST PRIDE when the honour comes from Kanara Saraswat whom I hold as my rightful Kular. A pat on the back by a Mother is priceless. Thank you so much Kanara Saraswat for this honour bestowed on Shantish Nayel and Congratulations to all the others who were honoured for their work.

Another admirable note about this function: The variety of work that was honoured very admirable. We enjoyed the function and felt extremely proud to be there to see our Utsavmurtis being felicitated.

Again Congrats on the cover of January 2018 KS issue, I feel very proud to see my son Shantish there being honoured by our Mother Community. It's like a National Award from the President of India.

With best wishes to KS and a very Happy New Year to all.
Kumud Nayel and Wg Cdr.Mohan Nayel

Dear Editor, I would like to thank you for the cover story on Shri Anant Nag in December 2017 issue. Belonging to a different generation I had limited knowledge about him. My father shared fond memories about Shri Nag as a neighbor at Talmaki wadi and a few years ago I had seen him in Ankur and an advertisement by Tanishq. It was nice get to know him as an actor and as an individual through the story and it feels good to belong to a community with revered individuals like Shri Nag.

Sanika Balwally.

Dear Editor, I read the article by dear Uday Mankikar. Am very happy to know that the article coincided with the observation of Chidmaam's & Nandamaam's (Acharya S. C. R. What) birth centenary year-2018/2019. I just want to add that Chidmaam was conversant quite well with Basuri, Violin & Sitar also. Regards & Complements of the season.

Gurudatt Heblekar

Dear Editor, The article 'Military Musings' by Maj. Gen. B. N. Rao was most interesting and informative. I have known 'Nagesh' (as we called him) since he was a child and I am related to him in a slightly involved fashion so that he called me 'Maloopacchi'. He has visited us a couple of times in Talmakiwadi. During the 1971 Indo-pak War he and his men had crossed the border and entered Pakistan. After the war he sent us a most unusual gift, "A thousand Good Wishes" on a cheque of the Bank of Pakistan. We laughed over it but treasured the cheque for a long time as a souvenir. Though the Bank of Pakistan does not honour the cheque, we honour you Nagesh for your service to the country!

Malati Kati, Mumbai

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**With due respect to your Encouraging Attendance
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onwards

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TWENTY SEVENTH VARDHANTI CELEBRATIONS

The Annual Vardhanti Celebrations will be held at the Khar Math on
Saturday 3rd March and Sunday 4th March 2018.

P R O G R A M M E

- Saturday, 3rd March 2018** : Religious ceremonies including "**DURGA HOMA**"
9.00 a.m. to 12.00 p.m. followed by Kumarika Pooja, Aarti and Prasad
- Sunday, 4th March 2018** : **VARDHANTI DAY**
9.30 a.m. to 10.30 a.m. : **Discourse By Dharmapracharak Shri V. Rajagopal Bhat**
10.45 a.m. to 12.15 p.m. : **"Geet Ramayan - Nivdak Moti"**
by Parijnananand Bahajn Mandal, Goregaon Sabha
Welcome Speech By Managing Trustee
12.30 p.m. : **Pooja And Aarti Followed By**
PRASAD BHOJAN

Permanent Sevas: Rs. 1000/- (As Corpus. To permanent seva fund):

Devotees are provided with the opportunity of having sevas performed every year on such day as may be special to them, such as Punyatithi of parents or other near and dear ones, Birthday, Wedding anniversaries or in token of memorable events.

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Pada-Pooja	Rs. 50/-
Panchamrita-Rudrabhishek	Rs. 50/-
Kumkumarchan	Rs. 50/-
Day Pooja	Rs. 50/-

DONATIONS OF ANY AMOUNT ARE WELCOME:

Donations of Rs.1000/- and over will include 'Panchamrita Rudrabhishek'

.....

BOOKS AVAILABLE ON SITE

1. Shri Chitrapur Guru Parampara (2nd edition)
by Shri Amembal Sundar Rao Rs. 50/-
2. Chitrapur Saraswat Temples and Shrines
(including Saraswat Saints) by Shri Ugran Sunder Rao Rs. 40/
3. "Anand" by Dr. Gopal Hattiangadi Rs. 10/-
4. "Anandi-Anand" by Dr. Gopal Hattiangadi Rs. 25/-

(The above books are Shri Anandashram publications)

CLEANLINESS! PURITY! CLARITY!

Aiming for cleanliness of our surroundings empowers us to take the first step towards inner purity and thereby, clarity in thought and action. About 100 bright and enthusiastic Yuvas of the Parijnan PU College, Someshwar-Kotekar did *kara-seva* to contribute their mite to the *Swachh Gram –Swachh Bharat* Mission. Here is a report -

The **Swachh Bharat Abhiyan** or **Clean India Mission** is a nationwide campaign that aims to clean up the streets, roads and infrastructure of India's cities, smaller towns, and rural areas. It is a massive movement that seeks to create a Clean India.

In accordance with this, the Sri Ramakrishna Mission, Mangaluru launched a Swachh Mangaluru, Swachh Gram and *Swachh Manas* programme and approached many educational institutions to carry out their Mission.

The management, staff and students of the Parijnan PU College of Science and Commerce based at Someshwar-Kotekar and managed by Saraswat Education Society, pledged gladly to be associated with this national activity. About 100 students (both boys and girls) committed themselves to this noble task of spreading the message of *swachhata* for 10 consecutive Sundays commencing from 9th October, 2017.

Swami Ekagamyandji of Sri Ramakrishna Mission inaugurated the program at 7.00 a.m. on 9th October in the Parijnan PU College of Science and Commerce Campus by flagging off the event. From then on, approximately 70-80 children used to be present in the campus every Sunday to take the message forward by cleaning and removing weeds on the roads in and around the campus. They undertook cleaning of the Ullal Railway Station too and also the surrounding areas of Kotekar Panchyat and Someshwar Panchayat, Kotekar Junction Bus Stand, as well as the area outside JS Hospital.

Every Sunday we had the flagging-off ceremony attended by various dignitaries - M/s Chandrashekar, Secretary of Anandashram High School Alumni Association, Ravishankar -member, Taluk Panchayat, Kavya- alumna of Parijnan PU College, Mamatha Vasugopal – member, Someshwar Panchayat, Nithin Norbert - IRTS, Guruswami Lingappa Gatty of Swamy Ayyappa Temple, Harishchandra Adka – member, Someshwar Panchayat, Ajith Kumar Shetty - Alumna of Anandashram High School and member Someshwar Panchayat, Dr. (Ms.) Ajanya of JS Hospital and so on.

This enthusiastic work and cleaning activity undertaken by the students was appreciated greatly by the local residents. It was widely reported in the local press as well. Parents too encouraged the children to go regularly and do their bit for their city and country.

On 24th December, 2017 there was a Mega Swachh Programme at the Mangaluru Central Station, Attavar in which about 175 Yuvas and children from Parijnan PU College and Ganapathy English Medium School participated. This was attended by Swami Ekagamyandji of RK Mission and the Hon'ble Commissioner of Police, Mangaluru - Mr. T.R. Suresh I.P.S. The Commissioner appreciated the initiative of our children who were involving themselves in this novel venture and wished them a bright future !

<<<>>>



Flagging off the Swachh Mangaluru Mission on 9th October, 2017 at the Parijnan PU College, Someshwar-Kotekar



Dr. Sheetal Savur, Assoc. Prof. Ophthalmology, Yenepoya Med. College handing over Participation Certificates to the students on the final Sunday

Speeches of the Dignitaries felicitated on 26th November 2017, KSA's 106th Foundation Day

Shri Jaishankar Bondal

My Namaskars and greetings to all members of the Samaj! I feel privileged to stand before you, and would like to thank the Committee of the KSA, headed by the President, Sh. Praveen Kadlemam and Vice President, Sh. Jairam Khambadkonemam, for their kind invitation to attend this event.

First off, my congratulations to the KSA on its Foundation Day, completing 106 years of continued service to the Samaj, a laudable activity in bringing everyone on one platform for common good. I would also like to pay a tribute to the vision of Rao Bahadur Talmaki and his "lucky 13", the pioneer flag bearers of this venerable institution, and all those who have followed them in the succeeding generations, to build up a self help organization that has transformed many lives over generations in the community. We pray for more strength to your elbow in realizing your objectives.

I have been asked many a time how the idea of Ebooks germinated. A chance conversation with some community members at Shirali in 2012-13 had sparked off a thought in my mind regarding reprints of rare and out of print books on our community, so that this vital part of our heritage is not lost. I had also broached this idea to Pujya Swamiji during His Delhi visits in this period, and Swamiji had blessed the project. However, the economics of reprints, maintenance of inventory would have made the project unviable even before its commencement. Further discussions at the Delhi Sabha, and in particular with Sh. Shantish Nayel, my collaborator, brought out that the only viable method in the circumstances would be to adopt the digital path, so that we keep costs down, avoid an inventory and at the same time make books, articles accessible across national and international boundaries, and spread awareness about our community across a spectrum of age groups and nationalities.

This has proved to be a win-win situation not only for us but also for the readers at large. This is a work in progress over the last 4 years, and the response we have got from *Aamchis* and non *Aamchis* has been heart warming. While the stand alone Ebooks on the site constitute the backbone of material, the "Aamchi Lore" section where we carefully select and digitize articles from vintage KSA magazine issues since its inception, constitute a veritable "Popular history" of the community, that will not only make for enjoyable reading for contemporary generations, but also be a valuable resource base for future generations, preserved in cyber space in a non degradable form for many years to come. The Ebooks website, www.ChitrapurEbooks.com extends the span of accessibility exponentially, to preserve knowledge about our community and its precious heritage.

This recognition, therefore, is good news not only for us personally, but also for the website, as it gives us yet another opportunity to introduce it, through the good offices of the KSA, and make members of the community, young and old, aware of books and articles that comprise the corpus works of our heritage, in its holistic sense, both secular and religious. As the

material is accessible on Android and other hand held devices, it has convenient access for anyone, anywhere in the world, regardless of geographic boundaries.

We hope this material will help our community [and indeed those outside the community, who are interested] to keep in touch with our culture

and way of life. It is my firm conviction that we can chart our future better if we are more alive to our past. What holds good for nations, also holds good for communities, however large or small. And this is our aim in creating this resource base of knowledge and awareness for present and future generations.

I quote from the website "*We do not tell stories, we let the stories speak for themselves. The site offers a spectrum of writings and commentaries, chosen carefully, that are iconic in the collective memory of the community. Our focus is on quality, not quantity. In an age of instant word and sound bytes, we hope that this collection will promote and sustain your interest over time and space, and refresh memories across generations. Equally important, it will educate those outside the community about us and our institutions.*"

*It is also my belief that there never was an ideal time, a Golden Age, except in imagination. Each phase in time has seen its struggles, efforts and successes. We chronicle them all in the hope that those who read them will find the word pictures mirror the state of the community in different stages of history, and bridge gaps, creating hope for the future. After all, hope is the spark plug for our mental engines"*end of quote.

Shantish and I would like to take this opportunity to thank all of you for your support and encouragement to this community project in diverse ways, and hope that just as you take in the here and now, you would also continue to log in and dip into our past.

I would further like to convey our thanks and gratitude for their continued help and encouragement in our project to

• The Guruparampara and Param Pujya Swamiji, whose Blessings have helped us, and stayed with the project in ways too numerous to mention.

- Sh. Kadle Praveenmam, President, KSA
- Sh. Pandit Raja mam, immediate past Chairman KSA
- Sh. Khambadkone Jairammam, present Chairman
- Smt. Mavinkurve Smita pachi, Editor KSA
- All members of the Committee, KSA

I would also like to express our gratitude to the following for their cooperation and assistance in securing different titles for digitization over a period of time, and background assistance, without which this project would not have reached fruition.



• Sh. Ramcharan Hattiangdi, Smt Sudha Shah and Smt Mira Hattiangdi, son, daughter and wife respectively of the late Dr. Gopal Hattiangdi, who have backed our ideas from the very inception, and continue to do so through their action and words, thank you once again.

• Sh. Hattiangdi Vasantmam, earlier of the "Sunbeam", and still earlier an important functionary of the Math, who reached out to lend me, in 1997, his copy of Dr. Frank Conlon's *magnum opus* on our community. Reading it awakened my historical curiosity about our community. Today Vasantmam is all of 94 years, and still corresponds with me on email. We pray the Almighty grants him many more fruitful years.

• Dr. Frank Conlon, aka Conlonmam, earlier of the UCLA, and now Professor Emeritus in History at University of Washington, Seattle who made the first, and as yet, the only definitive study of our community from a socio economic perspective. He very patiently and graciously responded to our queries, and even gave an update interview. However, I must mention that it took me 2 years of correspondence to get him to agree to our digitization of his work.

• Sh. Mudbidri Sudhir mam who works on the Family Trees project has encouraged us in numerous ways by facilitating our contacts with different authors, or their estates.

• Sh. Golikeri Abhaymam from Bangalore who helped us pin point many titles.

• My late uncle, Benegal Balasubramanya mam and his wife Vinaya mami for their assistance in locating elusive titles.

• Sh. Shantish Nayel and his wife Sandhya for their perseverance, application and understanding throughout the last few years. Our thanks also to Shantish's father, Wg.Cdr.(rtd) Nayel Mohanmam, VSM, for his sterling work in singlehandedly translating the Chitrapur *Panchang*, circa 1896, from Kannada to English for benefit of a wider audience. A labour of love indeed.

• Members of our Delhi Sabha for their continued and enthusiastic encouragement, and for spreading the word regarding the website in many quarters.

• And finally, my dear wife Nirmala for always putting up patiently with my brooding activities on the computer, and my idiosyncrasies all along, and sometimes, a short fuse.....

THANK YOU ALL!

And to all of you, dear members of the Chitrapur Samaj, those present here, and also those not present—we appreciate your continued support. Our war cry, as always, is "Do log in and read us, you will be reading about yourselves".

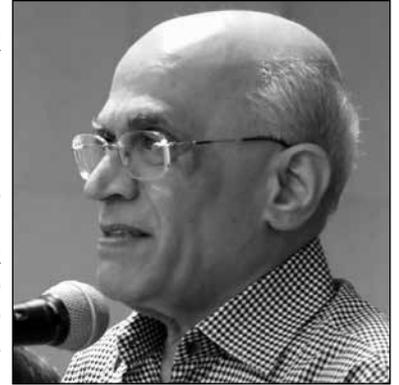
Thank you.

Shri Kuldeep Kalawar

Thank you, Udaymam. Thank you all for having given me this honor.

Till the age of 45 I didn't know what being a Saraswat meant. In my childhood I was studying in a Protestant Missionary School. There they taught us the Bible. Later on when my father passed away, I asked my mother why I didn't know anything about Hinduism. And she said that when they inquired with my School why they didn't teach anything about Hinduism, they were told that they could shift the child to a Hindu School.

Anyway, so after I passed out of school I took admission in a college run by the Ramkrishna Mission as a residential student. I was the first non Bengali student there. I had two tasks – one was to learn to read, write and speak Bengali and the second to do my B.Sc. studies. I came in touch with the Swamijis of the Ramkrishna Mission and was exposed to Swami Vivekananda's teachings. This had a tremendous impact on me.



Later I got involved with making a living and in my personal life. I still didn't know where Shirali was! The only connection I had with Amchi culture was the Ganpati festival that we would celebrate every year and the Kanara Saraswat Magazine which would come regularly and was looked forward to by my parents.

As a child my parents had taken me to HH Shrimad Anandashram Swamiji who had blessed me. When I shifted to Pune I came to understand that HH Parijnanashram Swamiji was camping in Pune. I went to meet Him there and then shared a very beautiful relationship with His Holiness. I was in Cairo when Parijnanashram Swamiji took Samadhi. My wife informed me on the phone and I really grieved for the loss.

When HH Sadyojat Shankarashram Swamiji became our Mathadhipati I was really enthralled. My whole heart and life was at His feet. I was happy to be involved and to serve the Samaj. AS Vice President of the Standing Committee there were turbulent times. But today after seeing and understanding what HH has done, remembering the confision which reigned before He came, I feel I am blessed to be a Saraswat. The depth of Their Vision, Understanding and Experience astounds me. Over the past 20-30 years I have met heads of various missions. I have also met Swami Chinmayananda, one of the greatest people I have ever come across. But I feel our Guruparampara is beyond compare.

The honour I have received from the KSA, our own premier institution is an icing on the cake for me!. Thank you for honouring me!

Shri Shantish Nayel

Thanks to all of you for this honour. Chitrapur Ebooks is a forum, a place, a website from which you can download books related to Chitrapur Saraswats and books written by Chitrapur Saraswats. You can download these and read them on your mobile phones, tablets, desktop computers and even ebook readers. The idea is to make this possible wherever you are as long as you have internet access.



Our basic criteria for putting any title on this website is that

it should be either written by a Chitrapur Saraswat or it should be about a Chitrapur Saraswat.

But we are doing something more than this. We are putting together a catalogue of every such title irrespective of the language it is written in.

This started in a tiny way. 2 years ago we came across a directory brought out by the KSA in 1933. In it we came across a small list of books written by Chitrapur Saraswats - about a 100 titles. So we thought we will try and get these books. We found that many of these are in Kannada and many are not available at all. So we started searching. On the Internet we stumbled on catalogues of different libraries from all over the world. After a lot of searching we got about 3000 titles! But we are just scratching on the surface. There have been so many books written in the past using adopted names like Rao, Shukla and so on. Worse till many names are spelt in different ways. How can we identify a Chitrapur Saraswat? The number we have are only those who are confirmed as Chitrapur Saraswats.

Also the books are in about 40 languages and on analyzing we found that about 75% are in English, 11% in Kannada and the rest in Marathi, German, French and Hindi. But this is about the books which are majorly on the internet. What about the others? And where do we want to take this? What, where and how? KSA has been doing a lot to preserve this work. If we study the first Census of our community – the Chitrapur Panchang published in 1850 – and the census published by the KSA almost every 20 years or so. We will know how our Community has moved. How Mumbai, Bangalore which only

had a handful of Chitrapur Saraswats have today become major centers.

Our major source for names of titles are the digitized catalogues of university libraries. These are available on the internet. But the internet is a recent phenomenon. The first book we know is the Chitrapur Panchang published in 1850. But there are books before this too. They are mostly spiritual and religious. They will never find their way into the catalogues. Another problem is that without a physical copy of the book there is nothing much that we can do. Their intellectual content is lost forever for us.

The Kanara Saraswat Magazines have been digitized since 1997 and the previous ones have been scanned and digitized. But this is a miniscule part of our heritage. We must preserve whatever we can for our future generations.

Sometimes when we are going through these old papers we hit upon interesting things. Some time ago I came across a photo of my grandmother who was a satyagrahi and was being released from jail!

Recently I had gone to Bangalore and wished to look through their collection of books in the library. Very graciously they allowed me to do so. The earliest book was of 1894!

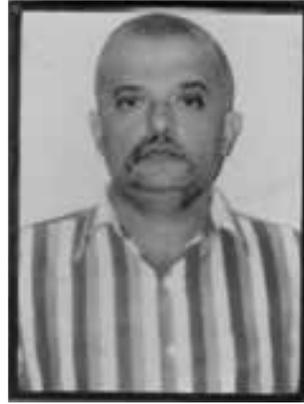
How can you help? When you go home today, please go through your own pile of old books and tell us about any old book you find. Contact us at info@chitrapurebooks.com.

Spread the word about our site and encourage your relatives and friends to access our site. Together we can preserve our heritage.

Thank you all!

14th Death Anniversary

6th February 2018



Mr. Nandan Soumitra Trasikar

(27th August 1951 to 6th February 2004)

Each day of the fourteen years that have passed, has made us realize all the more that you are always with us to support and guide us throughout our life.

Fondly remembered by

Son: Nachiket

Daughter: Manasi, Son in law: Ajit

Grandson: Shaurya

A Synopsis of the Convocation Address by Prof. Dr. Suneela Mavinkurve KSA's Students' Convocation 2017

Dr. Suneela Mavinkurve started her talk in Konkani congratulating the students for their success in their studies. She said that their efforts, hard work and studies were instruments (कारण /साधन) and success in Exams and the knowledge gained by them was the goal साध्य . The very साध्य, i.e. acquired degree/ high marks become a कारण /साधन for the next साध्य e.g. finding a job / admission to higher studies etc. This chain of साध्य साधन continues throughout life.

It is therefore a fruitful exercise to see at this stage how we proceeded to achieve today's success. Whilst working hard, some small attractions which give immediate happiness प्रेयस् (preyas), such as parties, meeting friends, catching up on sleep etc, tend to distract us. However hard work done, keeping in mind our long term gains makes us successful and happy in the long run श्रेयस् (shreyas).

What we are at present and have gained today is because of inputs from various sources. In Taittiriya Upanishad, it is said that we owe ऋण and ought to be abundantly grateful to them –God, ancestors, parents, teachers and अतिथि (unannounced arrivals). Quoting from the Upanishad

देवपितृभ्यां न प्रमदितव्यम् |
मातृदेवो भव | पितृदेवो भव |
आचार्यदेवो भव | अतिथिदेवो भव |

Presently, in the education field, there is a tremendous explosion of subjects of specializations and Institutes offering degrees. Subjects for higher studies should therefore be chosen as per one's liking / inclination without depending on extraneous factors. This also reminds me of the advise by Lord Krishna in the Bhagavad Geeta योगः कर्मसु कौशलम् When we see the events taking place around us and reported in the news some questions come to the mind. Collapse of New/ under construction buildings / bridges, accidental injuries/ improper attendance to the work etc. regularly feature in the news. Is it due to an undue importance to exam oriented education? Is the pursuit of specialized branches of studies diverting the attention from fundamentals /basics?

Today's news was leakage of exam papers by students. Strong moral values जीवनमूल्य /तत्त्व is a basic need for a happy and fruitful life. An alertness is needed all the time. When we hear of a person spending lakhs for admission to Medical / Engineering college, we wonder whether he will be tempted to recover this money through unethical means.

Suicides/ depression etc. are the results of the mental weakness so also the outlook on happenings in one's life. A positive attitude helps a lot. Once again Bhagavad Geeta says appropriately, 'कर्मण्येवाधिकारस्ते मा फलेषु कदाचन' Strong conviction that whatever happens is for good only and that God / Guru is always with me, helps to come out of the deepest agonies. Daily prayers/ japa strengthen these beliefs. We, the Chitrapur Saraswats are fortunate to get the guidance from our Math, Guruparampara and Swamiji. The Yuvadhara, Karaseva and

Prarthana activities etc. held regularly, constantly guide us.

Besides our daily studies, bread and butter, we, as **BaartIya** have a duty to know, understand and wherever possible to practice our rich Indian Culture **BaartIya saMskRtI**. For Example, we go for walks, to a gym etc. for keeping fit. Today Patanjali Yoga known all over the world is not so much in vogue in India. The Bhagvad Geeta, is a management guide to westerners, Sanskrit our original language need to be understood/ studied. For these, we have to find time. Would it be possible to steal some time from our Social media activities?

Dr. Mavinkurve concluded her talk thanking the audience for their patient hearing, and KSA for giving her this opportunity to interact with youngsters.



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"Palliative Care" – The Right To Live With Dignity

In the last 6 months, two members of the KSA had organised talks along with Power point presentations, one by Dr. Rajam Iyer of Bhatia Hospital and the other by Dr. P. Jayrajan of PALCARE, in order to bring awareness on Palliative Care. Palliative Care is the care which can be given to terminally ill patients in their last few weeks by their family. This concept was in existence in hospitals like Tata Memorial Hospital and is slowly catching up in other hospitals.

It is gathered from the talks, that there are very few doctors across the country who are trained in this treatment. Hence, such patients either land up in hospital, in a clinical environment where the doctors at the hospital are not specially trained in this line of treatment, or if hospital care is beyond their financial means, they most often pass away in excruciating pain at their home, without expert medical care.

Unfortunately, Palliative Care is little known in our country though it can make a significant difference to a patient's wellbeing. What this line of treatment does is to manage pain and provide relief for the symptoms of the condition (such as nausea, febleness, muscular weakness, indigestion, oozing wounds, etc.). With this care, patients are gently, but rapidly, brought into the realm of a pain-free and comfortable condition, allowing them to spend quality time peacefully and serenely, in the last stage of their lives. While palliative care is crucial for patients for whom cure is no longer an option, it can also go hand in hand with curative treatments such as chemotherapy and radiation, and reduce the trauma that patients tend to experience while undergoing such curative treatments.

Palliative care service is available in very few hospitals in Mumbai at present. However, such services are now slowly available from privately run Public Trusts, who bring such service right into the patient's home, so that the patient may be in a familiar environment, surrounded by loved ones. The team of doctors, nurses and psychologists, make home visits to patients in need of the care, bi-weekly, weekly or fortnightly, depending on the seriousness of the patient's illness.

This short note has been made by KSA to bring awareness amongst its Members, Community at large and readers of the Magazine, that such facilities are available locally in Mumbai City at present and without any charge, at least for the time being, They have 24 x 7 Helpline managed by well trained nurses who can manage the patients. In case of any need of such facilities, they may contact the Trust Office at the following address directly:

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7C, Trust House, Next to Global Hospital,
Dr. E. Borges Road, 35 Hospital Avenue, Parel,
Mumbai 400012
Telephone: 022-6551-2551
E-mail: contact.palcareindia@gmail.com

For the benefit of readers, the Foundation's Board of Trustees include Mr. Deepak S Parekh, Chairman HDFC Ltd.,

Mr. Ishaat Hussain, Mr. Keki Dadiseth, Mr. Rustom B Mehta and Bilimoria family members - Mrs. Pheroza Jimmy Bilimoria, Mr. Rishaad Jimmy Bilimoria and Mrs. Leila Bilimoria-Surti.

If any of our Members or Readers are aware of any such Centres, they are requested to give us the details, so that we can print the same in forthcoming issues of KS Magazine for every one's benefit.

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Due to steep increase in the foreign postage charges (approx 100%) we are compelled to increase the Airmail Charges from Rs. 1000/- to Rs. 2000/-

The Airmail Refundable Deposit for posting of KS Magazine has also been increased to Rs. 25000/- from the current Rs. 15000/-. Those who have already paid Rs. 15000/- will have to give additional deposit of Rs. 10000/-.

These charges have been effective from January 2016.

We request members to subscribe for Airmail Refundable Deposit Scheme to avoid inconvenience of paying Airmail Charges every year by paying Refundable Deposit of Rs. 25000/- . The deposit will be refunded at the time of cessation of Membership.

**Jairam Khambadkone,
Chairman KSA**

॥ OM ॥

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संपर्क : श्री दिलीप सशीतल ९९२०१३२९२५ / सौ शोभना राव ०२२ २३८०५६५५ / २३८०२२६३

Chitrapur Heritage Foundation

711 Daylily Court, Langhorne, Pennsylvania, USA
Connecting US Amchis to Chitrapur Math

New and Mobile Friendly CHF Website Launched! www.chfusa.org



Mobile Phone Screenshot



Laptop PC Screenshot

Jai Shankar!

Chitrapur Heritage Foundation (CHF) joyously launched its new and enriched website www.chfusa.org on the auspicious day of Makara Sankranti, January 14, 2018. The website provides easy access to secure information regarding its Vision, Mission, and Activities. Designed to be mobile, laptop and desktop friendly, the responsive website provides secure and convenient means for US laity to participate and donate for Poojas, Vantiga, Projects and Causes initiated and supported by Shri Chitrapur Math. A key feature of the website is its ability to support secure online financial transactions via encryption for the above mentioned activities, including projects such as Sponsor-A-Student, Parijnanashram Vidyalyaya, Samvit Sudha, and other Math-sponsored projects, using credit/debit cards or PayPal.

We request US laity to visit www.chfusa.org, register, explore the website, actively participate and donate towards its worthy causes. CHF is grateful to Milind Gokarn and his team for the responsive design, testing and timely release of this new website!

Arun Heble, Pramod Mavinkurve, Santosh Gunavante, Mangesh Hoskote, Sudhir Golikeri, Milind Gokarn, Ashok Kulkarni, and Kiran Mundkur

– **CHF Board**

Founded in 2005, Chitrapur Heritage Foundation (CHF) is a Section 501 (c)(3) not-for-profit charitable organization. The mission of CHF is to provide a vital link for Amchis in the US to stay actively connected with our Chitrapur Math and our Guruparampara. Currently, CHF Chapters are located in four main regions across the US. Over the past decade, Amchis in the US have supported students' education, temple restoration & cladding, and promoted women's empowerment in the villages of Chitrapur and Shirali.

The activities of CHF include:

- Facilitate the collection of annual "Vantiga" payment from every earning Saraswat in the US - "Vantiga" supports and maintains the upkeep of our spiritual centers in Bengaluru, Gokarn, Mallapur, Mangaluru, and Shirali;
- Promote cultural heritage by supporting temple restoration projects and maintenance of Chitrapur Museum archives;
- Support education of 100 students at the Srivali High School through the "Sponsor-A-Student" Scheme; and
- Preserve the rich cultural heritage of the Chitrapur Saraswat community in the US through Monthly Satsang and Prarthana Varga for children, and by celebrating festivals like Yugadi, Ram Navami, Gokulashtami, Ganesh Chaturthi, Navratri, Diwali.

For more information, please contact Arun Heble (arheble@yahoo.com) Tel: +1-215-666-3200
or Pramod Mavinkurve (pmkurve@gmail.com). Tel: 908-616-1497.

Those Small Gestures

GURUDUTT MUNDKUR

Common courtesies are small gestures that makes a big difference and need be practiced as often as possible. The gestures can be practised if we become aware of what is happening around us. Like helping an elderly person needing help to cross the road in heavy traffic. Like distracting a crying child from the problem he has imagined that led to his crying. Like not ignoring a person who has met with an accident due the bad condition of the roads.

We often feel that we don't have the time or energy to extend ourselves to others with the small gestures that compose what we call common courtesy. It sometimes seems that this kind of social awareness belongs to the past, to smaller towns and slower times. Yet, when someone extends this kind of courtesy to us, we always feel touched. Someone who lends a helping hand when we are struggling with our groceries makes an impression because many people just walk right by. Even someone who simply makes the effort to look us in the eye, smile, and greet us properly when entering a room stands out of the crowd. It seems these people carry with them the elegance and grace of another time, and we are

always thankful for our contact with them. Common courtesy is a small gesture that makes a big difference.

An essential component of common courtesy is awareness and common sense—looking outside ourselves to see when someone needs help or acknowledgment. As courteous persons, we need to be aware that when we walk into a room full of people or that the waiter has arrived to take the order. Then, awareness leads to action. It is usually quite clear what needs to be done—open the door for the woman holding the baby, move the car up two feet so another person can park behind ours, acknowledge our sister's shy boyfriend with a smile and some conversation, apologize if we accidentally bump into someone. A third component is to give courtesy freely, without expecting anything in return. People may not even take notice, much less return the kindness, but we can take heart in the fact we are creating the kind of world we want to live in with our actions.

When out in the world, we need to remember to be aware of others, lend our hand when needed without an ulterior motive. Through these small actions, we make this world a better place in which to live.

Less Thinking and More Feeling

If only we begin to listen with our hearts rather than our heads, our whole world changes and becomes softer. Messages do not take, even occasionally, the tone of retorts. Retorts, if any, take the form of messages.

Most of us were born and raised in cultures that value the head over the heart. As a result, we place our own hearts below our heads in a sort of inner hierarchy of which we may not be conscious. What this means is that we tend to listen and respond from the neck up, often leaving the rest of our bodies with little or no say in most matters. This is a physical habit, which sometimes feels as ingrained as the way we breathe or walk. However, with effort and awareness, we can shift the energy into our hearts, listening and responding from this much deeper, more resonant place.

The brain has a masterful way of imposing structure and order on the world, creating divisions and categories, devising plans and strategies. In many ways, we have our brains to thank for our survival on this planet. However, as is so clear at this time, we also need the wisdom of our hearts if we wish to continue surviving in a viable way. When we listen from our heart, the logical grid of the brain tends to soften and melt, which enables us to perceive the interconnectedness beneath the divisions and categories we use to organize the world.

Many agree that this is the most important work we can do at this time in history, and there are many practices at our disposal. For a simple start, try sitting with a friend and asking him to tell you about his life at this moment. For 10 minutes or more, try to listen without responding verbally, offering suggestions, or brainstorming solutions. Instead, breathe into your heart and your belly, listening and feeling instead of thinking. When you do this, you may find that it's much more difficult to offer advice and much easier to identify with the feelings your friend is sharing. You may also find that your friend opens up more, goes deeper, and feels he has really

been heard. If you also feel great warmth and compassion, almost as if you are seeing your friend for the first time, then you will know that you have begun to tap the power of listening with your heart.

AMAZING FACTS

Today, children learn in Science that the sun is 93 million miles from the earth and that the speed of light is 1,86,000 miles per second.

Professor Subhash Kak of Louisiana State University recently called my attention to a remarkable statement by Sayana, a fourteenth century Indian scholar. In his commentary on a hymn in the Rig Veda, the oldest and perhaps most mystical text ever composed in India, Sayana has this to say: "With deep respect, I bow to the sun, who travels 2,202 yojanas in half a nimesha." A yojana is about nine American miles; a nimesha is 16/75 of a second. Get out your calculators! $2,202 \text{ yojanas} \times 9 \text{ miles} \times 75/8 \text{ nimeshas} = 185,794 \text{ m. p. s.}$ Basically, Sayana is saying that sunlight travels at 186,000 miles per second! How could a Vedic scholar who died in 1387 A. D. have known the correct figure for the speed of light? If this was just a wild guess it's the most amazing coincidence in the history of Science! And Sayana was merely commenting on Rig Veda which was supposedly composed 9000 years ago !!

Contributed by Sadhana Kaikini

As we go to the Press, we have received the good news that **Amit Masurkar** has won **two Filmfare Awards for the year 2018** for his film **NEWTON** – the **Critics' Award** for the Best Film and the **Best Original Story Award** as well.

Congratulations Amit! We are proud of you! We wish you many more successes in future!

PAPPA – Our Salutations



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Burde**
4th Jan 1927 - 8th Jan 2018

“Pappa” word, evokes a myriad of feelings within me and fills me up with happiness, joy and a surety of a warm & secure tomorrow. Right from the day of my engagement, he had never looked on me as a Daughter-in-law, but accepted me with warmth as their daughter.

Pappa, a self made man, walked through life with positivity and was known for his practicality and pragmatism. He was a man who practised the Gita and led a life of detachment yet loved his family dearly. At the age of 85, he learnt computers and was active on facebook and twitter. His companions were the TOI & ET and Youtube.

Pappa had joined the State Bank of India formerly known as Imperial Bank and served the institution for 42.5 years. He was a go getter and would passionately work in things he believed till they were brought to their logical conclusion. He along with four other colleagues were instrumental in taking loan from the bank and constructing the first ownership housing society in the history of SBI. The buildings stand out in their quality of construction and has been home to the 4th generation with little signs of wear & tear.

Pappa was pragmatic and developed a relationship as the Hon.Secretary of the society with the nagarsevak (corporator) to resolve long standing water supply issues. This led to replacement of all the 50 year old water pipes at no cost to the society. Today the society members enjoy 24 hours of water supply. A leading bank's refusal to issue passbook to its clients led to Pappa dedicatedly follow up the issue with the bank management and the ombudsman for 6 months, post which, they stopped giving print outs and issued passbooks. The same bank had a branch in Nashik. There were several steps leading to the bank but no support for senior citizens to climb the steps. His consistent follow up with the bank resulted in erection of a banister for senior citizens. There are several such issues he had taken up with different authorities to make life simpler for senior citizens.

Pappa was born in a middle class family in Hubli in the vicinity of Shree Krishna Temple in the Bhanap neighbourhood. He had to trudge 3 km daily to reach his municipal school and is symbolic of his struggle to reach the high point of his career in the bank prior to his retirement. He had sacrificed his education to take up a job so that he could ensure the graduation of his two younger siblings. He had also sacrificed a lot to ensure that both his sons had the best of education in a private school which charged fees almost three times that of the neighbouring schools. His determination led to both the children becoming engineers, despite severe financial constraints. His dream that they could have a better life style and not face the hardships that he experienced came true. My mother in law Shalini Burde supported him at every stage of life and was a pillar of strength for him. To support his elder son's engineering college fees she was compelled to take up a job at the age of 47, as there were no easy finance schemes or educational loans.

The training in Imperial bank led him to be very systematic in documentation. His banking transactions, society records and other correspondences were neatly filed and maintained. This led to immediate alerts when the banks had erred in passing the correct amount of interest or the need to reach out in the archives for old society records etc.

He was at peace with himself when the calling came on the 8th Jan 2018, just 5 days after we celebrated his 90th birthday. It's my hope and wish that my children too follow and lead their life in the spirit and path set by Pappa.

ANITA BURDE

Vasant Amladi – The *Dronacharya* of Indian Cricket

NITIN GOKARN

Our miniscule community has produced an array of sportsmen who have made a big mark in the sporting firmament. In the field of Cricket we know of names like Shishir Hattangadi



(Mumbai Ranji Trophy Captain and Opening batsman), Bharat Nadkarni (Ranji Trophy Opener) (Cricket) and Ms Shobha Pandit (Women's Cricket Opener). In Badminton there are Prakash Padukone, Kiran Kowshik, Narendra Ubhayakar, Mugwe Brothers, Gajanan Hemmady while in Snooker there

is Arvind Savur and in TT Badakere Saikumar and Kabad Jayant. There could be many more.

However, there is one name which many people may not know, a person highly respected in the Cricket arena as a player but more prominently as a super star coach – **Shri Vasant Raghvendra Amladi**. It is very necessary that the present generation of our community knows about the greatness of Vasantmam as a coach who coached several outstanding players, many of whom represented India at the highest level.

Vasantmam was born in Cochin in 1919 and passed away in 1998. He joined Tata group and was connected with cricket – as a player, manager of the team and selector (who also enrolled new cricketers into the company) as long as he was in the company.

During his younger days, in school, he was a sprinter – 100 & 200 metres. He used to play good badminton as well – mainly doubles. Another facet of his persona was that he was a great ballroom dancer during his hey days. He won the best dancer's trophy 3 years in a row. As a part of his fitness regime, he used to run 10 rounds of the Five gardens located at King's Circle, Mumbai every day. He used to be an all-round sportsman in those days. This was in the late 30s and early 40s.

He started his career as a fast bowler. When people who had seen him bowl saw Jeff Thomson, immediately called his son Shyam and said ; "that is your father's bowling action". He played for Bombay from 1946 to 1950 and certainly deserved to play more. He scored a century batting at No. 9 and had tremendous control over swing.

Vasantmam's son Shyam recalls an incident in his last year as an active cricketer 1961. It was in a Tata Sports Club Vs. ACC, Times of India Shield Inter-offices final played at the Parsee Gymkhana, Marine Lines. During those times, it was like an India – Pakistan match in Mumbai Cricket Circles. Tata's had Nari Contractor, Farokh Engineer, Rusi Surti, Vasu Paranjpe, Hoshi Amroliwala and many Ranji Trophy players playing under him for Tata's. A.C.C. had Madhav Mantri leading the

side, with Polly Umrigar, Bapu Nadkarni, Ramakant Desai, Dilip Sardesai, and the like in their side.

When, he won the toss and elected to bat, Vasantmam asked Nari Contractor and Farokh Engineer to don the pads to open the innings. Both refused to face Ramakant on a green top. There was another character Behram Irani who used to open for Tatas in case of emergencies. He agreed to open with Vasantmam. Vasantmam was furious about what had happened in the dressing room. He vented it out on Ramakant Desai (also known as Tiny). Those days there were no rules for curtailing bouncers. Ramakant Desai was bowling 2, 3, sometimes 4 bouncers in an over.

Vasantmam used to hit the bouncers into the Petrol Pump at the end of Parsee Gymkhana towards Marine Drive. He scored 98 runs before lunch. Vasantmam was around 40 and the test cricketers including Ramakant Desai were just selected to go to the West Indies Tour – 1961. People who have played that match or who have watched that match still remember it. Shyam remembers



late Dilip Sardesai saying vividly "एकच माणूस बघितला ज्याने रमाकान्तला चोपलाय. हा म्हातारा साला ४० वर्षाचा होता पण २५ वर्षाच्या पोरसासखा खेळत होता." He led the side for 14 years in the Times of India Shield Tournament (which was and still is the premier inter-offices cricket tournament in Mumbai) and won the Times Shield 8 – 9 times.

In 1961 after retirement from local cricket the secretary of the Bombay Cricket Association recognised his talent as a teacher and sent him for six months to the National Institute of Sports Patiala, to take training and qualify as a cricket coach.

As a highly rated coach Vasantmam's contemporaries felt he had following attributes

- Ø Thorough in-depth knowledge of the techniques of all aspects of cricket –, captaincy, man-management etc.
- Ø Thorough knowledge of the human anatomy. He studied and gathered that knowledge from his family doctor Dr. G. S. Koppikar.
- Ø Spot the subtle and not so subtle mistakes his ward is making and the most important aspect of coaching;
- Ø Way to rectify the mistakes with reference to

that ward's body structure and mental ability to grasp the information.

He had that uncanny ability to spot a flaw in his wards. If he knew them, he would go and tell them and they would try what he had advised and would – more often than not – succeed.

Due to the phenomenal success of Sachin Tendulkar, his coach Ramakant Acharekar became very famous. However, in the bygone days when social media was not so prominent coaches did not get the kind of prominence they get today. Vasantmam perhaps did not catch the attention mainly on this count. But if one were to talk to Sunil Gavaskar, Ravi Shastri, Shishir Hattangadi, Mohd. Azharuddin, Kailash Gattani or Vengsarkar, all of them do talk of Vasantmam with great respect and admiration.

Unlike now, when there is a plethora of famous coaches conducting nets with handsome monetary returns, between the 1960s and 1980s, there were very few coaches, who were renowned for their proficiency. They enjoyed a good reputation because their only desire was to produce good cricketers and give back to the game what they got and they worked tirelessly at that.

Sachin Tendulkar's coach Ramakant Achrekar himself rated Vasant Amladi, as one of the best coaches he has seen. When Achrekar was asked, why he rated Vasant Amladi so highly, he said: 'Almost every batsman hits a full toss or a half-volley to the fence. Amladi would hit even good-length balls to the boundary frequently. He had exceptional skills in imparting cricketing knowledge and played a huge role in turning some young boys into fine cricketers.'

His first student to play test cricket was Eknath Solkar in 1969. He helped "polish" Sunil Gavaskar, the world batting legend, during his stint at the advanced coaching nets conducted for prospective Ranji Trophy Players at the C.C.I. in the late 1960s. He has helped him thrice throughout his career. Sunil has acknowledged this very gracefully.

Other prominent cricketers to benefit from his knowledge were Venkatpathy Raju, Hemant Waingankar, Ajit Naik, Sandeep Patil, Milind Rege, Shishir Hattangadi, Ravi Shastri, Sanjay Manjrekar, Raju Kulkarni, Sanjay Bangar and later on DilipVengsarkar to name only a few.

Another player is former Indian captain Mohammad Azaruddin whom he coached. Sometime during his career, he developed a kink in his technique. He could not drive on the off side. Anything driven on the off side used to go towards mid-on or mid-wicket. And he was not getting runs. He had come to Thane to play a benefit match. He went all the way to Thane (when he was past 70) to correct him and Azhar was successful again as a batsman. Once Azharuddin said "Sir, aap kuch maangte nahin baaki logon ke jaise? Kuch to?" Vasantmam replied "I don't want anything from you. My greatest happiness is when my students are successful.

Many young cricketers in Mumbai felt that coach Vasant Amladi had a magic wand. There was no fancy technology, no software applications to analyze technique. The coach, like everyone else, had to rely on naked eyes to spot the problem areas. He voraciously studied and analysed technical aspects of the game, read books and discussed technicalities with an open mind.

Former Bombay captain Shishir Hatangadi was one fortunate

trainee. "If ever there was a coach vigilant in identifying flaws and finding pragmatic solutions to it was Amladi. Technically sound and clear about the art of coaching, one never caught him on the wrong foot. He always remained a student of the game, strategizing within a player's given strengths and skills on one hand and trying to maximize them on the other. A firm believer of the maxim that solid technique would eventually deliver results, he made boys practice and saw that they were comfortable with his suggestions."

Watching a match with Amladi was like taking an advanced tutorial on cricket. When others would applaud a brilliant shot or superb bowling, Amladi's critical eye would point a fault. After the match he would show his young coaches how those faults could be dealt with.

Vasu Paranjape, his former teammate from the Dadar Union, says, "He was a terrific all rounder. Some players of his time felt he was as quick if not quicker than Dattu Phadkar. He had one of the best bowling actions that I have seen in my life. I feel as a coach there were not many better than him".

Amladi was certainly a man much ahead of his times. His thought process was unparalleled. "He trained himself in Hindi, Marathi and English equally well to make sure there was no communication gap in his coaching" says Shishir Hattangadi. Coaching in an era when coaches wanted their word to be taken as 'gospel truth', Amladi wanted his boys to challenge and ask "why". Says Shishir, "He was a democratic teacher in an era of feudal systems."

Amladi was indeed a coach with a big open heart, always ready to accommodate different views and opinions. He had no magic wand, only a sharp eye, a great mind and most importantly faith and respect in his players.

The greatest of all Sunil Gavaskar has paid glowing tributes to Vasantmam in his autobiography "Sunny Days". On the occasion of a felicitation function Sunil said " I have been fortunate to have Shri Amladi talk to me about batting techniques and his observations about the slight faults that creep into a batsman's technique unknown to him have been truly remarkable. It is only good coaches who have an eye for such minute details and Vasant Amaldi has been one such. There are coaches and coaches, yet some coaches are made (famous) by the players and there are some who make the players(famous). Vasant Amladi belonged to the second category, the one that counts. Players progress from coaches to earn name and fame, but coaches often remain unheralded".

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The Day Of The Hurricane

NAKUL KULKARNI

"The earth we abuse and the living things we kill will, in the end, take their revenge, for in exploiting their presence, we are diminishing our future"..... Marya Mannes

It was a date with the inexplicable...

I have always wondered what the true essence of the idiom, the 'lull before the storm', could be. Little did I know that I was going to experience its meaning firsthand and the idiom would have a whole new perspective, literally. Something that I'd remember and always see as one of life's inexplicable, mammoth experiences.

It began, in the island of St Kitts and Nevis, like any other day—hot, humid, partly cloudy. It looked like yet another long day at work. There was also a kind of numbness, stillness and silence in the air. Even the sound of vehicles was muffled, voices almost muted. The hotel lobby was buzzing with activity—guests being checked out, evacuated. We could hear the sounds of sand bags being aligned in anticipation of securing the hotels' contours from what was expected to be one of the deadliest storms. Hurricane Irma was fast approaching our



piece of paradise in the Atlantic.

In times such as this, I reckon everybody becomes either a meteorologist or a pastor. So, each had their story to tell, either from past such experiences or predicting what was to come. All the others could do is trust their faith in the Lord and be glued to updates from the government on the latest of what path the deadly hurricane was taking. With storm warnings issued to the island, it was certain that Irma was headed our way at around 2.00 a.m. on 7 Sept 2017 as not just a Category 5 hurricane but something worse, a superstorm that had never been experienced before in history. News reports stated that the storm was to bring with it sustained wind speeds that were at a whopping 180–200 mph. With speed, and after we had attended to everyone, we followed the hotel protocol on hurricane-preparedness and left work a little after midday to arrange and make way for our own personal safety and survival.

With storms, we could also expect power outages probably for months together, no running water, no drinking water. But with superstorms, sadly, we feared having no roofs, no home and the worst—losing life. Nonetheless, preparations had to be made. We scampered around for canned foods which would stay without refrigeration, non-perishable foods, torches, candles and plenty of drinking water.

Within no time, we were approaching zero hour and I suddenly realized that it would be wiser and safer to weather the storm with people around than all by myself as this would cause more panic and stress to my family back home in India. It was then that a guardian angel descended in the form of an Indian family who gladly welcomed me to their home. After getting our acts together of sealing windows etc. we decided to move into a little room below the main house. We had to anticipate the worst—we may not have a home or a roof after what was coming our way in the wee hours of the night. We could already hear and sense the rain in the air and the force winds that started hours before, probably from the outer bands of the hurricane.

At this point an overwhelming fear took over. The only remedy seemed to be to say our prayers, think of all the loved ones and have faith that there would be a divine intervention.

It all unfolded a little after 10.00 p.m. when the power went off and the candles came on. Luckily, phone networks still functioned and I made my final quick call to my family here in Bangalore urging them to pray harder. I now put on my headphones and listened to Antarangini to shut off the horrific sound of the howling winds and the absolute downpour. There was no question of trying to sleep. Peering out of the window, I realised that Irma had arrived. Trees were bent with strong winds almost trying to topple them from their roots. Coconut trees looked like paper pellets. The horrific experience seemed to last forever. With the violent, tossing movement round us,



the only thing that seemed still was time!

The ordeal lasted for four hours and the incredible realization finally came to us that we were alive! We then came to know that the eye had passed. Irma seemed to have turned from its said path and missed our island by 70 miles. Prayers for our safety had worked, miraculously, but we heard rumours—later confirmed by reports—that our neighboring islands of Barbuda, St Marteen and Anguilla were battered and razed to the ground. Their governments now declared these islands uninhabitable as ninety per cent of the houses and buildings were all destroyed by Superstorm Irma.

(Continued on page 24)

IWOTY 2017

BY GOPINATH MAVINKURVE

It is again that time of the year when Dictionaries and Language watch organisations announce the Word of the Year (WOTY). The choice is supposed to be reflective of the ethos, mood, or preoccupations of the past year, but also possess lasting potential to be a word of socio-cultural significance.

The Oxford Dictionary's WOTY 2017 is "**Youthquake**", which it defines as 'a significant cultural, political, or social change arising from the actions or influence of young people'. Although it sounds like a new word to most of us, the word was coined in 1965, when emerging from a post-war period of tumultuous change, Diana Vreeland, editor-in-chief of Vogue, declared the year of the *youthquake*.

Merriam Webster Dictionary has announced "**Feminism**" to be the WOTY 2017. Although the rising influence of youth has been witnessed in India too, and the wave of feminism touched our social lives in our country, would we choose some other word that reflects the ethos, mood and preoccupation of Indians in the year gone by?

"**Aadhar**" is a worthy contender for the IWOTY 2017. Although it has been metamorphosing from the "unique identification" card to the "direct benefit transfer instrument" for government payments and later to a perceived "surveillance mechanism" to identify tax evasion, the card now plans to touch the lives of the haves, the have-nots and the minimally-existent non-entities struggling for identities alike. If one can break the rule here, how about a question as IWOTY 2017 instead? The question in point being:

"Have you linked your *Aadhar*?"

Another word that caught the youngster's attention and perhaps changed their financial habits this year is **SIP** – an acronym for Systematic Investment Plan. The financial awareness campaigns by the Mutual Fund (MF) industry to inculcate the habit of investing regularly and spreading across good times and bad have resulted in a surge in SIPs. For the first time, the equity markets witnessed domestic fund flows of magnitudes which were hitherto seen only from Foreign Institutional Investors. Certainly a good habit to have for young earners, if done wisely and consistently over a long period of time. Needless to say the investment flow into Equity MFs has been a result of the current low interest rates prevailing on fixed income instruments. **SIP** hai to sahi hai!

All through the year, that "*Mitron*"-evoked announcement made in November last year was the talk of the town, gullies, public gardens, pantries, buses, trains and chai corners across the country – Demonetization or more popularly, "**Notebandi**" is being talked about with the same wonderment even to this day. While, the what-hit-us feeling is yet to wear off for some, one cannot deny that it is the only worthy contender for the IWOTY 2017.

Notebandi it is, I guess.

(Unless you have *Aadhar* ideas)

The Author can be contacted at g_mavinkurve@hotmail.com

<<<<>>>>

THE SILVER LINING

BY MUKTABI CHANDAVER

It seems just like yesterday. Hmmm..."Yesterday, all my troubles seemed so far away..." That famous song by the Beatles was lingering in my mind when I looked into the mirror. And what did I see? A few silver hairs standing out. I horrified. How could this happen to me? Am I growing old? No! I definitely won't!

That night as I lay on my bed, trying to put my uneasy head to rest, a beautiful lady came by my side, smiled and held my hand. She led me to a beautiful garden with plants full of pretty flowers, lush green trees standing tall and a sparkling stream flowing. The moon was shining brightly in the sky amidst twinkling stars. Such a beautiful sight and along with it, a cool, fragrant breeze blowing. It was pure ecstasy.

While I was still enjoying the beauty and serenity of nature, the lady turned to me and said "Look at these flowers, even as they are blooming, how silently they are spreading their fragrance around them. And the trees? They keep standing all their life only to give shade to others. The fruits too...they grow and ripen sweetly so that others may eat and enjoy. And, not to forget the stream. She flows along tirelessly, offering water to anyone that comes to her, be it sinner or saint.

The lady added softly, "A bud will never say 'I shall not bloom because I have to fade away' but will continue to exude fragrance and happiness as long as it is in bloom. The river or stream will not stop flowing because they know that if they stop, none will come to them to drink the stagnant, dirty water. The trees give soothing shade to all that come underneath them in the hot sun, irrespective of caste, creed or race."

Turning to me, the sweet lady said, "Be like these flowers. The bud has to turn into a flower to give fragrance. So also, you have to grow.....grow not only in age, but you have to mature to spread sweetness around you".

"Who are you?" I asked, overwhelmed by her words. "I am Mother Nature. These are my laws and you must follow them".

"Yes, I shall", I replied. A big load was off my mind and there was a spring in my step as I was suddenly awakened from my dream.

(Continued from page 23)

It's sad to see, as I narrate this episode, that there is now a definite and big change in the topography and geography of the Caribbean. Spare a thought for those people who lost everything but still live with hope, as their lives were spared.

It doesn't end here. The disturbing part is that this was only the second chapter amongst one more to follow in that week when three back-to-back hurricanes and one superstorm hit the Caribbean.

After all, it wasn't just the rums, the carnivals and beaches this time round for me in the Caribbean. Little did I know or expect that I was in to witness Nature's fury. Many of us are so fortunate to be alive and to be able to say, on a lighter note, 'Hurricane Seasons Greetings' to others on the islands of St Kitts and Nevis. Like they say in the Caribbean 'be blessed and give thanks for the life we live'. Be sure to count your blessings each day because we live life only once.

Animal Crackers (Part 2)

BY MAJ GEN B N RAO, AVSM, VSM AND BAR

Horses

Horses are truly military animals. For ages, they have been used for multifarious activities - as chargers in battle, for towing guns and carriages and even for sending dispatches. Horses, which are comparatively easy to breed and train, have been used for centuries by almost every army in the world. Horses have been used in the American Civil War, in the Russian snow clad plains, in the Arabian Desert, in the Burmese Jungles. Horses can function in all types of weather and literally, wherever man can go, so can the horse.

Alas! Like the elephants, horses have also been overtaken by mechanization. Today, the Indian Army has only one horsed cavalry regiment left. All other horse regiments have long since been converted into tank regiments of the Armoured Corps. Today, horses play a more ceremonial role. The President's Bodyguard still has horses. Otherwise, horses are only found in the officer training academies and a few regimental centres. Some units having mules also have a few horses authorized to them.

No military parade is complete without horses. Horses participate in military tattoos, polo matches, horse shows, tent pegging events and the like. They never fail to excite. Horses such as the ones used by the Adjutants of the National Defence Academy and Indian Military Academy are truly special steeds. These magnificent animals can stand still in one place for hours or march in step with band tunes. They respond unflinchingly to the slightest signal from the rider.

Their loyalty to the owner is as phenomenal as is the loyalty of dogs. They are obedient and can be ridden hard, to death if need be. Army steeds are beautiful creatures to behold. Huge animals, strong sinewy bodies, muscles flowing, the skin shiny, mane and hair trimmed and groomed, hoofs shod and bearing well-polished harness and saddlery. They make civilian horses appear puny, dishevelled and underfed in comparison.

There is one scene, which is etched indelibly in my mind. Readers will recollect that Gen B C Joshi, when he was Chief of Army Staff, died in office. The image is of his funeral; his horse with empty saddle following behind the gun carriage bearing his master's body. The General's empty riding boots were reversed in the stirrups and the horse was walking, head bowed, in step with the beat of muffled drums.

Dogs

A dog is everybody's favourite animal mostly because they can be trained to do tricks and make lovely pets; also there are several beautiful breeds to choose from. The Army uses dogs for the serious work of sentry duty, as guard dogs and for detecting people and explosives. This detection work is done by specially trained dogs categorized as trackers or sniffers.

Dogs are held by Army Dog Units and dogs (along with their handlers) are assigned to various units for various tasks for the duration required.

The handler's love for his animal is a universal phenomenon.

Man and animal understand each other perfectly; dogs particularly can act on verbal orders or on signs. They sense the mood of the handler. One handler in a drunken fit kicked his dog and injured it. The handler was tried summarily and punished. The Army demands and enforces that the handlers deal with their charges with kindness, understanding and patience.

Dogs are thoroughly reliable as night watchmen because of their acute sense of hearing and smell. In many static installations, the army sentries adopt little stray pups. They feed them and look after them. The dogs get used to them and grow up in the guard post which becomes their home. At the slightest sign of anything untoward, they bark their heads off in the direction of the threat, alerting the sentries. They surely earn their keep.

Mascots

Units adopting an animal for a mascot, is not an unknown phenomenon. There is generally some story about how that particular animal came to be associated with the unit. Horses, dogs and even Billy goats have been adored and maintained by units. Some of the better trained mascots have even participated in parades.

Brig F T Rangwala, a retired ASC officer, narrates how one day, many years ago, when he was Adjutant of ASC Centre (South) at Bangalore, the Subedar Major, after giving the morning all-correct report, stated that it was Jasper's birthday that day. "Who's Jasper?" he enquired.

It transpired that the wife of a retired ASC officer, Brig Masters, who had settled in Bangalore, was a great animal lover. She had a menagerie of dogs, cats and birds. Amongst her animals was a pet donkey. Unable to keep the donkey with her at home, she offered the animal to ASC Centre and the then Commandant kindly agreed to accept and look after the animal. The ass was named Jasper.

And on his birthday every year, Mrs. Masters would make an appearance, garland him and feed him cake and make a fuss over him. While Jasper never participated in any military activity, he had the free run of the Centre and all the jawans were familiar with the animal and its history. Jasper was spoiled thoroughly and he enjoyed being fussed over and caressed. He was a truly loved unit mascot all his life. Children loved him for his gentle nature.

A year later, when young Major Rangwala was selected for Staff College and he had to relinquish his appointment, he unflinchingly mentioned 'looking after Jasper' as one of the points in his handing/taking over notes to his successor.

Pigs

Many units maintain a piggery to breed pigs for pork and bacon. Being army units, with adequate land and resources, many have well maintained piggeries with a wallow, kept in hygienic condition; and generally one soldier who has a way

with the swine, is detailed to look after the lot of them. The waste food of the many messes in the unit, provide food for the pigs which grow to become healthy and heavy animals.

In the Ammunition Depot that I commanded, we had a piggery too. The pigsty was grandiosely named Blandings Castle - the name taken from a PG Wodehouse novel. The fattest and biggest sow was also dubbed Empress of Blandings. She was a prolific breeder and regularly produced a litter of 10 piglets or more. Often she would roll over one or two of her own off spring and snuff the life out of them; soon after delivery; she would even eat one or two of her babies. Her handler had a hard time to ensure survival of the piglets.

One day, my Administrative Officer came to me. I could tell from his serious countenance and hesitant manner that something was amiss. He haltingly informed me that the Empress was missing. She was last seen in the pigsty the previous evening but had escaped and vanished during the night.

A small search party was organized by the unit. The jawans generally knew all her favourite hiding places. The empress had not wandered far off. She had taken shelter under a culvert near the depot to deliver her latest litter.

Wild Animals

Ammunition depots have huge acreage of wooded scrubland within their perimeter wall, necessitated by mandatory safety distances; the tens of acres of land is ideal for breeding wildlife, free of any danger of predators. The Army has enough wild life lovers and nature conservationists who are ever ready to render advice and lend a hand. The depots make elaborate arrangements for the animals in their depots from planting trees and shrubs with foliage that can provide shade and

also which they can eat, grass that they can feed on, water ponds for their exclusive use and yes also salt licks at suitable locations. Animals often water at the large open water tanks located all over the depot for fire fighting purposes.

Animal lovers can easily spot hordes of nilgai, spotted deer, buffalo and monkeys. The monkeys can be a veritable nuisance. One can also spot small animals like rabbits, monitor lizards and peacocks by the score. Central Ammunition Depot, Pulgaon was famous for its table birds (teetar and bater) and wild boar which often found their way to the dining tables in the Officers' Mess. The practice of shooting wild life inside the depot, as sport, has long since been discontinued.

My elder son, Col Ashwin Baidur, whose passion is ornithology and is an active bird watcher, studied and documented the birds in my ammunition depot. He spotted everything from crow pheasants, to golden oriole to woodpeckers; owls, blue jays and bee-eaters; 47 species of birds in all.

Snakes invariably find their way into the grassy areas, which are a real danger for the security personnel patrolling the grounds and perimeter at nights. For many years, Commandant of Ammunition Depot, Bharatpur in Rajasthan even had a python for a pet.

In my depot we had a peculiar case of one jawan being bitten by a snake. He was promptly administered first aid by the unit medical officer and evacuated to the Command Hospital at Udampur. The jawan was a bit shaken by the experience. After some months, the same jawan suffered a second snakebite. Though he was saved with timely medical treatment, he needed psychiatric treatment to recover. He strongly felt that this posting was jinxed and the snakes were out to get him. We had him posted out to a relatively 'snakeless' peace unit.

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Pride Runs Deep!

AMEETA SHIROOR

Imagine being stuck and enclosed in a modern lift for four hours. Further imagine that the lift is enclosed on all sides with sea water! Frightening, and tough even to imagine, isn't it? Well, that and much more sums up the life of a Submariner.

The Submarine arm of the Indian Navy just completed 50 years on the 8th of December 2017. The Submarine Arm of our Navy was born with the commissioning of our first submarine INS Kalvari on 08 Dec 1967 at Riga, erstwhile USSR.

To commemorate these 50 glorious years, 2017 was declared as "The year of the Submarine Arm" by the Chief of the Naval Staff, Admiral Sunil Lanba. A grand celebration spanning over four days was held at Vishakapatnam – the biggest base for Submarines. The highlights of the celebrations were the award of prestigious "President's Colours" to the Submarine Arm and the release of the First Day cover by Shri Ramnath Kovind, the Honourable President of India. [The President's Colours (The National flag) are awarded to those regiments/formations which have done exceptionally well in safeguarding our country].

The Senior most Submarine Officer to be present for the celebrations was Cmde Subramaniam, who was the Commissioning Commanding Officer of our first Submarine INS Kalvari. Aged 91 years, he had specially flown in from the USA to attend the festivities. Still looking as fit as a fiddle, he attributes this to his submarine training !

What makes the Submariners special? It is not just the rigorous training but a personality capable of withstanding not just physical but mental hardships as well. The Submarine Arm is a voluntary Arm. The Naval Personnel who opt for this Arm are required to learn all the systems on the submarine, unlike in the surface ships where you are required to know only those systems that pertain to your specialisation.

An aspiring submariner is first imparted class room or theoretical knowledge in the training base INS Satvahana – a store establishment located at Vishakapatnam. This is followed by escape training (also at INS Satvahana) through the "Escape Tower" where the prospective submariner is taught the technique of escaping from a Submarine which has sunk at sea. In this, the sea conditions are simulated by way of a 30 metre high water tower. The trainee wears a special suit, crawls through the narrow confines of a 10 metre long Torpedo tube and exits into the 30 metre column of water. This is followed by practical training on a Submarine. On completion of this practical training, the Trainee appears before a Board of Officers who grill him in all aspects of Submarining. It is only after clearing by the Board a Trainee is awarded "the Dolphin badge" and he becomes a full fledged Submariner! The Dolphin badge is very symbolic, because it symbolises the way in which the submarine dives and surfaces exactly like a Dolphin ! The Submarine is an elongated shell like structure made of steel. The thickness of the steel determines the depth to which the Submarine can dive. The Diving and Surfacing of Submarine is achieved by means of flooding into and blowing out of Ballast tanks. The entry into and exit from a Submarine is only through two hatches. Unlike a Ship, the Submarine does not have any Portholes (windows) to see outside and hence there is no

access to sunlight or fresh air for days together. The amenities on a submarine are minimum and frugal. In a Diesel Electric Submarine, there are severe restrictions on consumption of fresh water and this can only be used for drinking purposes. Shaving and bathing is totally out of question! The crew is given fresh clothing called as "Disposables", to wear every four days! Utensils and Plates are first rinsed with sea water and only the last rinse is with very little fresh water in so that it can be conserved for essential use! Owing to restricted space on a Submarine there are limited number of bunks to sleep. Therefore the crew has to resort to "Hot Bunking", in which there is no assigned bunk for the crew and one occupies any vacant bunk after completion of his watch (Duty hours). In addition, they are continuously subjected to high decibels of noise from the whirring machinery within this confined space. These prevalent conditions make the Submarine very claustrophobic and not all are able to adjust to this tough way of life. However, if one commends a Submariner on his surviving these tough conditions, he laughs it off in his characteristic sense of humour saying "At least we do not have to suffer bouts of sea sickness!"

On the Domestic front, the "Submarine wives" hold fort! Since most submarine sailings are secretive, a wife gets to know that her husband is going to sea at the last moment or at best a day earlier. She is absolutely clueless about after how many days her hubby would return or if.... With nerves of steel and an Iron will, she keeps her fingers crossed at all times, because once he is in the deep devil sea, there is no communication whatsoever! This brings the Submarine wives infinitely close to each other, as they understand each other's emotional mindset and predicament very beautifully.

Chaitanya, my husband was the commissioning crew of our Country's first Nuclear Submarine – INS Chakra. INS Chakra was taken on lease from erstwhile USSR and was with us from 1989 to 1991. He was also involved in the design and construction of the indigenous Nuclear Submarine – INS Arihant. In fact, he's the one who has helped me with the technical inputs for this article. We have two more "Amchi" submariners – Surg. Cdr. Chaitanya Kodange and Cdr. Chinmay Kallianpur.

The initial lot of Diesel Electric Submarines (8 Submarines) were all named after Sharks found in the Indian Ocean. INS Kalvari was commissioned on 08 Dec 1967 and was in service upto 31 May 1996. Therefore, on the occasion of Golden Jubilee of Submarine Arm, another Submarine with the same name was commissioned by our Honourable Prime Minister Shri Narendra Modi on 14 Dec 2017 at our very own Shipbuilding Yard – Mazagaon Docks Ltd.

It is very rightly said that the Submarine Arm is not for the faint hearted and hence the motto – Dare Deter Destroy! It was Winston Churchill who has aptly said – "Of all the branches of men in the forces there is none which shows more devotion and faces grimmer perils than the **submariners**"

And for a Submariner's wife – Pride certainly runs deep!



The prestigious "President's Colours" being awarded to the Submarine Arm by Shri Ramnath Kovind, the Honourable President of India.



India's first indigenous Nuclear Submarine – INS Arihant
A proud and poignant moment for all indeed!

More pictures on page 29

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Pride Runs Deep! (Article on page 27)



The proud badge which submariners of the Indian Navy wear above their line of medals shows one dolphin on either side of the emblem of the Indian Republic - the lions atop the Ashoka Pillar.



Badge of the INS Chakra



First Day Cover released on the occasion of the award of 'President's Colours' to the Submarine Arm



Badge of the INS Kalvari

Kiddies' Corner

See the Love in his eyes



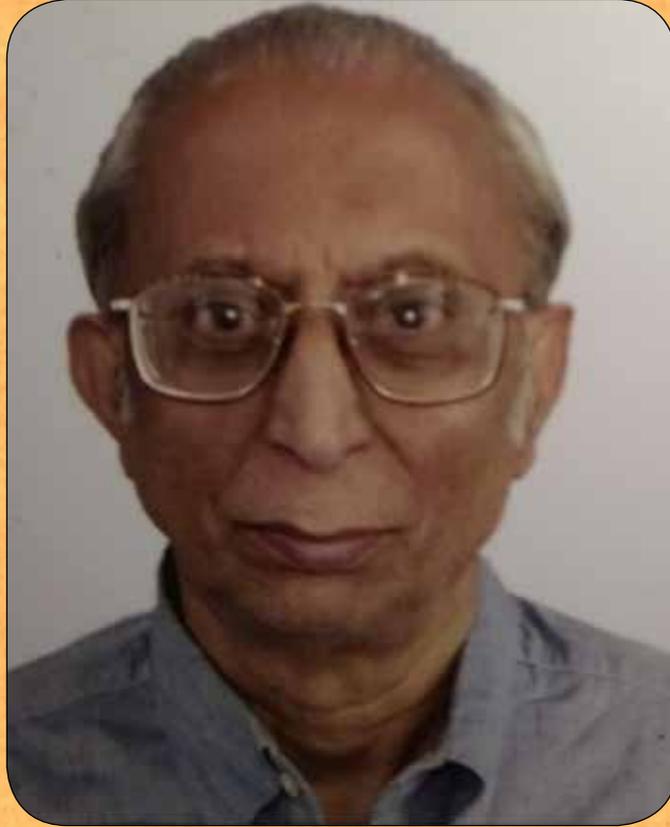
Aditi Mohan Ullal (Age 11)

Happily flying with the kite



Vanshikaa Shyam Ubhayakar
Age: 6

80th BIRTHDAY REMEMBERANCE



Suresh Ananthrao Nayampalli

07-02-1938 – 06-03-2012

YOUR LIFE WAS A BLESSING, YOUR MEMORY A TREASURE, YOU ARE LOVED BEYOND WORDS AND MISSED BEYOND MEASURE

What moves through us is a silence, a quiet sadness, a longing for one more day, one more word, one more touch, we may not understand why you left this earth so soon, or why you left before we were ready to say good-bye, but little by little, we begin to remember not just that you died, but that you lived. And that your life gave us memories too beautiful to forget.

Wish you a very Happy 80th Birthday on 7th February 2018.

Fondly remembered by :

Dr. Sunanda Nayampalli (Wife)

Jaidev Nayampalli (Son)

Deepa Shirali (Sister)

Anushree Shirali (Niece)

Grand Children – Pranav, Divya, David

Padmaja Nayampalli (Daughter)

Ujjwala Nayampalli (Daughter-in-Law)

Usha Nayampalli (Sister-in-Law)

Sheila Nayampalli (Niece)

Kumble, Kaikini, Shirali, Manjeshwar, Nolasco Families and Friends

GOLDEN WEDDING ANNIVERSARY

Shri. Ramesh Ramchandra Sajip and Smt. Radhika Ramesh Sajip (nee Heranjal)



February 25, 1968



February 25, 2018

We pray to the Almighty to bless you both with good health, happiness & peace.

Congratulations on your 50th Anniversary, Pappa and Amma!!

May Gold turn to Diamond!

With Lots of Love and Best Wishes,

Sajip Ashwin, Medha & Sujay

Kaushik Nitin, Neha (Anju), Niraj & Nirmit

Best wishes from Sajips, Heranjals, Kaushiks, Gulvadis, Relatives & Friends

Happy Sapphire Wedding Anniversary

Shri. Yerdoor Niranjana Rao and Smt. Nirmala Niranjana Yerdoor (nee Balvally)

Prayers to our Kula Devata, Sri Shantadurga and our Guruparampara to bless you both with good health and happiness.

May this Sapphire turn to Golden!



19th February 1973



19th February 2018

With lots of Love and Best Wishes,

Daughters and sons-in-law: Gowri (Sandhya) and Girish Kapnadak

Nayana (Sushma) and Prashant Haridas

Son and Daughter –in-law: Santhosh and Arathi Yerdoor

Grand Children: Aniruddh Kapnadak, Avanti Haridas, Grishma Yerdoor and Neeraj Yerdoor

Best Wishes from: Relatives and Friends



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Mindfulness Meditation, Focus And Health

DR. D.V. KAUNDINYA MD

Wellness is a word very commonly heard today. What does it mean? **Wellness** is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, social and spiritual well-being. The spiritual dimension plays a great role in motivating people's achievements in all aspects of life. In the article that follows Dr. D. V. Kaundinya, who has worked in the field of Spiritual Medicine for over 20 decades and author of the book "Spiritual Medicine For Modern Lifestyle Diseases" explains this concept in detail.

Dr. Richard Davidson, Professor of Psychiatry, Wisconsin University, USA has coined the term Mindfulness Meditation for the ancient *Dhyan* and *Dharana* taught by our Sages. Concentrative forms of Meditation like chanting a mantra gives relaxation. But Mindfulness of Inner silence oriented meditations give transformation of habit and Nature. Mindfulness means such controlling and ruling power of the soul or Atman that in a second it shall be able to focus on the present moment or a single positive thought. The mind is agile. So a practice of minimum three months is required. Then miracles happen. A quantum jump in the EEH value of Energy, Enthusiasm and Happiness happens. Stress, low self-esteem, doubts and diseases disappear. Self-discipline, self -dedication and self-determination [*mano-nigrah*] are enhanced. Success becomes easy and automatic. Spiritual vacuum which is responsible for the loss of power of differentiation and fatal Selfie syndrome or Internet addiction disappears.

There are four evidence based mindfulness Meditations- Brahma Kumaris Rajayoga, Vipassana, Preksha Dhyan of Jainism and Japanese Zen Meditation. A practitioner feels a total physical and mental relaxation along with exceptional single pointed focus of consciousness. An Out of Box Thinking gives creativity, intuition and innovative problem solving. This free of cost easy three step meditation is a boon for the modern man. Time is an unaffordable commodity for him. The Book, 'Spiritual Medicine for Modern Lifestyle diseases' published in 2017 December, discusses the current research in mind body medicine for supporting the claim for energy enhancing Cosmic Healing Vibrational Whisper, cure for the stress born NCDs i.e. Non-infections Chronic Diseases and transformation of consciousness from basal and harmful Rajasik-Tamasik consciousness to higher and powerful Satvik or Soul consciousness.

My colleague Professor V.W. Patil and I, have estimated the rejuvenating and healing neuro-hormones from brain released during Rajayoga Mindfulness in the practitioners. Enkephalins, endorphins, melatonin, Anandamide, GABA, DOPAMINE, acetyl choline esterase for "Feel Good Status and cortisol for stressful state of mind were estimated using the state of art chemiluminescence machine. The results are astounding. These drugs in God's pharmacy can guarantee conquest of ageing and diseases. Personal experience has shown that BK-Rajayoga cures the incurable diseases like cervical spondylitis, Hyperthyroidism, Low back pain because of the spondylolisthesis, chronic cough and complete and remarkable healing of hundred per cent Tendo-achilles tear.

Neuro-Physiology is Spiritual Medicine. Today Biochemistry is so advanced that it can demonstrate "Feel Good Hormones"

in mindfulness. I and my wife Professor Dr. Mrs. Kaundinya have tried to give a dissertation topic on Mind Body Medicine or Spiritual Medicine for consecutive three batches of postgraduate students. Once spiritual Medicine becomes a part of the syllabus then postgraduates shall be more inclined to take up research in this upcoming branch of Medicine. An independent wing of NCD [Non-infectious Chronic Diseases] was opened in 2012 with great foresight in Directorate of health Services, Maharashtra. It has recorded a paradoxical rise in Diabetes, High B.P., Asthma, Heart attacks, obesity, Attention Deficiency Hyperactive Disease in children, Depression, Burn out, suicides and cancers. However Medics can offer limited help to their patients to overcome these disorders because they lack the knowledge of Spiritual Medicine. USA became the first country in 2001 to include spiritual medicine in undergraduate and post graduate medical syllabi after W.H.O. added Spiritual Dimension of Health to the definition in 1998. Thus we are much behind USA and other developed countries!

I can only hope that our academicians in the Medical World realize this and take the country ahead on the right path of Spiritual Medicine. That is the way to go ahead for a country like ours.

Rajayoga is being taught free of cost in the unique Rajayoga Meditation Hut in Sir J J Hospital campus.

The Author can be contacted at drkaundinyadilip@gmail.com

Our beloved "Pappa"
Mr. Dinesh Ramrao Nadkarni
passed away peacefully on 30th December 2017.



[30.06.1941 to 30.12.2017]

Deeply Mourned by:

Wife : Nirmala

Son : Pavan Daughters: Ranjana & Mangala

Daughter-in-law : Archana

Sons-in-law: Pradeep & Nitin Sister-in-law : Aparna

Grand Children : Anchita, Nimay, Aditi.

Fondly remembered by:

Nadkarnis, Betrabetts, Ullals,

Maraballis & Gunavanthes

Why fear 'Stage Fear' - Part 2

MAYUR KALBAG

In the last month's issue we explored the role of Stage Fear in a person's growth and also understood how important it is to fight and defeat the Stage fear or Stage Fright. In today's world of growth and competition what is extremely important is the need to become a person of high Self-Confidence, Fearlessness and to become highly Impactful in each and every situation where you are expected to interact and communicate or present to an audience of listeners. I present here some of the tips and inputs to decrease the Stage Fear or Stage Fright and at the same time increase Self Confidence and inner Courage!

Become friends with 'MISTAKES & ERRORS'-

Most of us have this fear of 'What if I make some mistakes while I am communicating, presenting or speaking to especially my superiors, my boss or while I am attending a meeting with people seated all around me or while delivering a presentation to a group of people staring at me continuously?' This fear of making mistakes can affect your overall confidence. I remember there was an international client coming to visit our office. My boss politely instructed me to make a presentation to this client about our various products and services and told me that the presentation had to be the best especially since the client was an important one for the organization. However, despite my intense and accurate planning and preparation and detailed study about our products and services I started getting extremely nervous and jittery. Just a day before the presentation I walked to my boss and asked if someone else could do the presentation as I was feeling a bit scared.

Hearing this he laughed and asked me if I had planned and prepared well to which I answered yes. "If you have planned and prepared then why is there so much of nervousness and fear in you? Just feel that you are the best and that the client does not know anything about us, about our products and service. However what is most important is that you must never put pressure on yourself to not make any mistakes or errors. If there are some mistakes or errors just go past them and focus more on the next set of points in your presentation. If you don't have an answer to a query or a question that has been put to you by the client then all you have to do is be honest. Tell them that you will revert to them at a later point in time. We are not perfect but are trying our best to be, and hence we must accept that a few mistakes may happen and the only thing we can do is to ensure that we don't repeat them in the subsequent presentations or interactions. Make mistakes your friends, learn from them and try never to repeat them".

Saying this my boss wished me best and left. To be honest his words were sensible and practical for me and to my own surprise my presentation the following day to those international clients was extremely well received. It wasn't that it was perfect. However, while I realized some of the grammatical errors I was making while speaking in English and also some mistakes while stating the Product Specifications I still maintained my focus and enthusiasm on the subsequent points rather than getting nervous about the mistakes I had made. Of course, once the presentation was over I recounted those mistakes and began working upon them to improve

further.

The important thing I learnt that day was to never let the fear of making mistakes make me forego or let go of opportunities to interact, present or communicate.

PRACTICE make us PERFECT

Apart from developing the attitude of befriending 'mistakes and then learning from them, another powerful way to overcome Stage Fear is by simply following one rule and that rule is to Practice before a presentation, an important communication or interaction.

Have you ever seen a rugby team directly going to the grounds and playing a competitive match with its opponents? I am sure the answer is a big 'NO'! What can we learn from this? The answer is one word, 'PRACTICE, PRACTICE and more PRACTICE. Just as in sports each player and every team has to practice hard and correctly similarly we too as professional must practice regularly to become better presenters or communicators. We must understand that practice develops tremendous level of self-confidence and simultaneously reduces fear, especially Stage Fear. Practice and Fear therefore are inversely proportionate to each other. The more the practice the less is the fear! Well I would like to share a few tips regarding this.

- **The Mirror-** As a regular practice, you must literally stand in front of a mirror and then begin speaking for at least five minutes about a topic. This topic could be a tough one or an easy one, which is totally your choice! But then what is important is to stand in front of the mirror and speak as though you are speaking to an audience. Do this at least thrice a week and within a few weeks you will find your stage fear reducing steadily.

- **Mock-Practice-** Another way to practice is to do what is known as a Mock Practice. This means that you must try and get hold of some close friends or your close relatives or colleagues and make presentations in front of them and then seek their honest feedback to help you improve and enhance your confidence further!

Master your content

An important thing to always keep in mind is that our fear can decrease drastically the moment we increase our KNOWLEDGE. Hence it is important to keep strengthening and deepening your knowledge about the content on which you will be presenting to the audience.

Deep Breathing

You will be surprised to know that Deep breathing can quite literally reduce nervousness by increasing the quantity and quality of Oxygen in your entire body and especially in your brain. It brings down anxiety, stress and most importantly FEAR. There could many techniques to breath deep but the one I wish to share is just to inhale through your nostrils as deep as possible, then hold your breath for only four seconds and then exhale as slowly as possible. The practice of this simple and yet effective deep breathing process can easily reduce the stage fear!

Anticipate possible questions from the audience

Finally, I would like to suggest that as part of your preparations for the presentation it is best if you could try and explore or anticipate the probable and possible 'questions, queries and doubts' that could be asked from members of the audience. By preparing in this manner you will automatically feel less fear and more confident while making the presentation!

Dear readers and friends, I can sincerely assure you that if you can work upon the above tips and inputs you will surely see the stage fear decreasing steadily and thereby making you more impactful and successful in all your future presentations and interactions!

Travelogue

Sir Bani Yas Island

SHRIKAR TALGERI

To visit a new place is very interesting and exciting. We were lucky to get an opportunity to visit a destination called Sir Bani Yas Island, a remote, lovely, cool and pleasant place with a resort and a place to enjoy.

Sir Bani Yas Island is a natural island located 170 kilometers southwest of Abu Dhabi and is the largest natural island in the United Arab Emirates. It was originally home to Arabia's largest wildlife reserve. The reserve was established in 1977 by Sheikh Zayed Bin Sultan Al Nahyan. Thanks to decades of conservation work and ecological investment, it is now home to thousands of large free-roaming animals and several million trees and plants, a bird sanctuary as well as a wildlife reserve, It can be approached thru seaplane.

Tourists here come only to enjoy wildlife sanctuaries, captivating scenery, wadi walk, exhilarating adventure, to admire incredible nature both indigenous and endangered, archery, mountain biking, snorkeling and wild life walking. We could not venture into these as our stay was short - of three days only.

Monsoon's (very odd time here) exuberances were fast fading as stacked, grey clouds scattered in the brilliant sunshine. Thinking that the week end will gie us spare time to relax we planned a trip to this island. We started early morning to avoid heavy vehicular traffic so as to reach the ferry jetty by 10a.m. If we missed the at this time we would have to wait for another three hours. With God's grace we were on time and we could see the surroundings of the island in a safari jeep. The hotel where our arrangements had been made was a luxurious one "Anantara" and we had a very comfortable stay.

This island is owned by the Ruler of Abu Dhabi who has made all facilities to cater to tourists coming from all over the world. When the kingdom was handed over to the rulers by the British the island was already in the name of Sir Bani Yas and they have not changed the name since then.

Mangroves cover thousands of hectares of the land along the coast line of UAE and provide a rich natural habitat and safe breeding ground for several species of fish and aquatic animals. They contribute substantially to the preservation of the environment as they prevent erosion of the shoreline and

play an important role in reducing carbon emissions. The hotel allows you to participate in plantation mangrove planting.

Since we had enough time we booked on a Safari jeep with a British national as guide. We had some Russian tourists for company. We were able to see sharks, giraffes, lions, tigers, deer of various types. All of us watched their movements like children with great enthusiasm. By the time we completed this Safari tour it was 6.30 p.m. and we had almost travelled over 120 kms going into nooks and corners of the island.

Our visit to this island will remain memorable one for many years to come.

Writing

Writing is for Joy,
Writing is for Peace;
Write for the moment
A well-remembered piece!

Thoughts and feelings-
From a heart that flow;
Must be captured by a pen
Oh so very slow!



Veena Bantwal

Neither You Nor Me

All things bright and beautiful
The rising sun, it's golden hue,
Fly the birds, wings flapping,
Cock signaling the dawn,
Who created them all? Neither you nor me!

The sun slowly going down,
The sky in a glow of its own,
Night falls with darkness around,
Who created them all? Neither you nor me!

Law of gravity did Newton reveal,
How the apple came down none can tell,
Man and mammal land on moon
Who created apple and moon, Neither you nor me!

Tides of sea, high and low,
Come in a cycle of its own,
Sand dunes and oasis in deserts,
Who created them all, Neither you nor me!

Unscrutable are the ways of the Lord,
Who creates and mobilizes the world,
Invisible is the Hand that creates,
Wonders around You And Me!!

Saguna. R. Udiaver

Things you should know before your baby starts solids

APARNA BHAT, PHYSICAL THERAPIST AND CERTIFIED LACTATION CONSELOR

Confused about starting solids with your baby? I know I was! Should baby start solids at 4 months or 6 months? Did she need special baby food? How much food did she need? In this article, we are sharing the 6 most important facts you need to know when your baby is starting solids.

1. Solids should be started once the baby completes 6 months of age.

The World Health Organisation recommends that all babies get exclusive breastmilk till they are 6 months complete. No solids, semi solids or liquids (water, juice, daal pani, rice ka pani) should be given to a baby under 6 months old.

2. Your baby should be seated upright, in a high chair, booster seat or in your lap when eating.

Do not put your baby in a pram, bouncer, rocker, swing, or flat on their back when offering solids. That puts them at very high risk for choking, because they cannot lean forward and spit out food from their mouth. Try eating when you are reclined back? Not easy, right?

3. Focus on iron rich foods when babies start solids.

One of the main reasons why solids are started at 6 months is to get an additional source of iron in baby's diet. Thick daal (lentils), khichadi made with equal quantity of rice and daal (lentils), squashed cooked beans like kidney beans (rajma), baked beans, fermented daals like in dosa or idli and meat are all good foods to start with.

Vitamin C helps in absorption of iron from food, therefore add a good amount of lime juice to the food just before serving it.

Liquidy food like daal pani, juices, soups, watered down purees offer very little nutrition and should not be given to any baby just starting solids.

4. Letting your baby play with their food, from day one of starting solids and get messy is very important.

Yes! Babies learn a lot about taste, texture, flavour, and the motor skills needed to self-feed and eat.

(Picking up food, bringing it to the mouth, moving it around

in the mouth with their tongues, chewing and swallowing) by playing with their food. The food that is smeared all over their face and hands, and which the baby licks, squashes and smears on their tray and even spits out teaches them that food is safe to explore and eat.



Clean your baby only once, at the end of the meal.

5. Let your baby decide how much to eat.

Your baby has an internal hunger regulation mechanism. All healthy babies know how many calories they need to eat and they will eat that much. Do not try to force, distract (with media, songs, rhymes, stories, showing birds or animals, using aeroplane spoons), bribe, coax or threaten a baby or child to eat more than what they want. Our goal with starting solids is to get the exposure to solids foods started. It is not to "make" a baby eat any particular amount. Forcing a baby to eat more than what they want can lead to serious eating problems later.

6. Do not substitute any milk feeds with solids till your baby is 12 months old.

Till one year old, milk should remain the primary part of your baby's diet. Any solids that they eat should come over and above their milk feeds. Breastfeed/formula feed on demand and continue to do so, till your baby is 12 months old.

POSITIONS FOR FEEDING



Every Form of Refuge has its Price...

KAVITA KARNAD SAMUEL

These insightful words are from a song aptly describing the human condition.

Relatives, friends and well-wishers were appalled when I left the 'City of Dreams' – Mumbai, for good, and decided to settle down in a small town of Dharwad. More than the city, I left a promising legal career, a family, who is still Mumbai-centric, and prospects of earning big, only to choose the inconvenient life in a small town.

Besides the concern for the plummeting health of my mother, the thought was crystal clear: At age 50 years, I shall take Vanaprastha and withdraw from active life. The Universe conspired circumstances to manifest this reality.

Today, my mother and I are living in Dharwad, where everything from the water, electricity, transport, to basic facilities, is a struggle. The possibility of finding employment, even for a highly qualified person, is nearly impossible. The words, 'Every form of refuge has its price,' ring true.

Soon, however, the city pace was substituted with an easy rhythm of life; breath became steadier; restlessness evaporated; the constant mental static calmed down; lungs became cleaner; pretentiousness, a key to city living, became a needless burden. The result: A state of vacuum. And Nature abhors a vacuum.

Within a month of shifting here, Mum was feeling much healthier and happier. Early morning walks in fresh air under large trees are a beautiful start to a good day, notwithstanding the uneven roads. The food is farm fresh and organic, brought

straight from the fields by farmers. Atta chapattis are replaced by Jowar rottis and fresh white butter, churned out every day. Polished Basmati rice has made way for the humble local variety. Food has decidedly become more fibrous and substantial, ensuring lesser intake and better health. Even the dust from the road feels clean and pure, unlike its texture in Mumbai.

Contentment has settled in the mind and heart, erasing the restlessness of city life. Money is tight, yet all needs are more than fulfilled. The heart dances for joy at the song of birds every morning. Feeding the cows with one's own hands is an experience in felicity. Music has entered my life in the form of a wonderful teacher. Meeting random strangers at various places and being questioned in detail about one's life was odd at first, suspicious too. But shortly it dawned, that this was an innocuous exchange between people who are simple to the core, gentle and peace loving. Suspicion, so meticulously engraved on the heart by prolonged city life, has been healed to expand the circle of trust and amity.

Life has become simpler and living, bearable, after opting out of that 'bowl of toxins' as I prefer to call Mumbai. This not only helped my mother regain her precious health, it has made me a happier, simpler and a very content person. And once you are attuned to the taste of pure milk, water mixed in milk powder becomes unpalatable.

It seems to me, 'Every form of refuge has its rewards (too)...'

<<<>>>

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Our Electricity Bill

SANJAY GOKARN

Every month, we get a bill from the electricity supply company. Normally we read the amount to be paid and the due date by which to pay. Most of us have a scanty idea about the other entries in this "electricity bill". Perhaps we check that the amount to pay is similar to previous month's amount. If the difference is large (normally on the upside), we check with our neighbour and see if they have similar problem or we start screaming that something is wrong.

In this article we shall try and understand some terminology in this bill and also find out as to how the power company compute the bill. This should also help the reader deciding on how to reduce power consumption. For the description here I am using my own electricity bill for last month (Fig.1). It should not really matter which bill you use because I guess, all of them contain almost similar information. The bill (vide Fig.1) shows the total metered units (kWh) as 155. It shows that I have consumed 155 kilo Watt-hours of energy. Most of the devices we use show the power that they consume. Thus if you see the old tungsten filament lamps, it will have the wattage written on the glass bulb. In fact when you buy a bulb, the shop keeper asks "how many watts?". What the figure means is that using a 40 W bulb with your mains supply for one hour adds 40Wh (or 0.040 units) to your electricity bill. The televisions, set top boxes, the fans, all have the power consumption either printed directly or on a metal label on them. In general,

Energy consumed (in Wh) = power (power consumption in Watts) X (hours of use)

Divide this value by 1000 to get the energy consumed in kWh or what the power supply company terms "unit".

We shall see how we can estimate our monthly power consumption. As mentioned earlier, all devices used at home, procured from authorised sources clearly indicate how much power they consume. Some examples are listed here:

Tube light: A fluorescent tube light consumes 36 -40 W. An LED tube light consumes 18-20 W.

The more recent compact fluorescent lamps (CFL) or the LED (light emitting diode) lamps are available as 3,5, ... 20 watt lamps.

Ceiling fan: A normal (36 or 48 inch span) ceiling fan consumes about 60 W.

Thus if we use 40 W tube light for an average of 6 hours a day for 30 days, $40 \times 6 \times 30 = 7200$ Wh or 7.2 units (kWh). If you just replace this with a 20 W led tube light, the consumption is halved to 3.6 units per month. Similarly you could compute the consumption of a fan, a toaster, etc. which draw continuous power whenever they are switched on.

There are some devices such as refrigerator, air conditioner, room and water heaters, automatic electric irons, which have a "Duty cycle". Even when these devices are switched on continuously, they consume the rated power only intermittently. Thus their consumption needs some more observations. You may have noticed especially on quiet nights the ACs and Refrigerators making a shrill sound which is delimited by switching 'clicks'. These clicks are the switching of the compressor (or the heating elements in Irons and heaters) inside them. The ratio of the times for which the shrill sound

persists to the total duration of testing is the duty cycle, i.e., the fraction of time for which the full power is consumed. Thus refrigerator is on for 24/7/365 days but the power consumption is wattage X 24 (hours) X 30 (days) X the duty cycle. The consumption during the off duty cycles is usually negligible. Thus you need to spend a few patient hours to determine the duty cycles or use the BEE rating (Fig.2). Pl remember that the on duty cycle will increase if you frequently open the doors of the refrigerators or the AC rooms thus increasing the power consumption.

Another factor which decides the power consumption is the efficiency of various components used by the manufacturer in making these devices. In order to help consumers make a wise selection, a body known as the Bureau of Energy Efficiency (BEE), which operates under the ministry of Power, Govt of India provides ratings for several electric appliances such as, ACs, refrigerators fans etc. The devices which conform to these standards have a label pasted on such devices. One such label (pasted on the refrigerator in my house) is shown in Fig.2. This label indicates the consumption under "ideal conditions" with optimum amount of water, vegetables and other materials stored in them. These are similar to those made by the car manufacturers while quoting the mileage of the cars. They are useful in making a proper selection. This also brings about another point. A refrigerator stuffed with all unnecessary items can increase the power consumption and hence needs a regular cleaning. Again hot milk and other items directly kept inside also need additional energy to cool them, leading to high power consumption. Such actions also lead to overloading and thus decrease the life span of the gadgets

We shall do exercise of checking the electricity bill I received for the month of Dec, (shown in Fig.1.) But first, I will list the gadgets I used during this bill period and their estimated consumption pattern.

Tubelights	(4 lights of 20W): $(20W \times 4 \text{ numbers} \times 4 \text{ hours} \times 30 \text{ days}) = 9600 \text{ Wh} = 9.6 \text{ units}$ (five star rating, vide Fig.2, 383 units/year): $383/12 \text{ months} = 32 \text{ kWh} = 32.0 \text{ units}$
Refrigerator	
Microwave	$(1.4 \text{ kW half hour per day}) 1.4 \text{ kW} \times 0.5 \text{ Hour} \times 30 \text{ days} = 21 \text{ kWh} = 21.0 \text{ units}$
Ceiling fans	$(2 \text{ fans } 60 \text{ W, } 12 \text{ hours daily}) 2 \times 60W \times 12 \text{ hrs} \times 30 \text{ days} = 43200 \text{ Wh} = 43.2 \text{ units}$
Television 22 inch	$(60 \text{ W, } 6 \text{ Hrs daily}) 60 \text{ W} \times 6 \text{ Hrs} \times 30 \text{ days} = 10800 \text{ Wh} = 10.8 \text{ units}$
Television 32 inch	$(250 \text{ W } 3 \text{ hrs daily}) 250 \text{ W} \times 3 \text{ Hrs} \times 30 \text{ days} = 22500 \text{ Wh} = 22.5 \text{ units}$
Total consumption	= 139.1 units.

Thus the power consumption for my house should be 139.1 units, as against the observed 155 units. Reasonably close match I should say, considering that I have not included the mixer, mobile chargers etc in my calculations. Conclusion: My electricity meter is OK. This exercise when performed once in a year or two will help you ascertain that your electricity meters are indeed working OK.

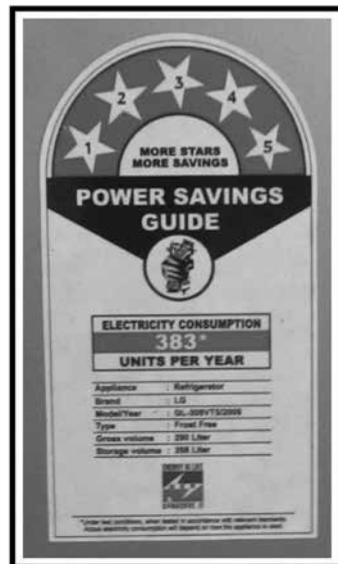
We shall not stop at that. The need of the hour is to reduce the power consumption. How can I do that? Do I need a 32 inch TV? Should I go for a bigger or smaller TV? Are any of the gadgets consuming idle power? These questions provide clues for optimising the power consumption.

What is this idle power? The TV, computers and several appliances (especially the remote controlled ones) all consume some power when switched off using the remotes (not from the wall switch) or left in "sleep mode". A mobile gets charged

in 3-4 hours but normally we put it on charging before we go to sleep and switch off only next day, whenever we remember. All such actions lead to "idle" consumptions and add to the electricity bill. Perhaps it would do a lot of good to minimise this idle consumption. Some of us leave the devices switched off using only the remote (not the wall switches) for months at stretch. This not only leads to excess power consumption but also reduces the life of the gadgets. Next month we shall study the other, more complicated terms in our electricity bill. Bye.

Meter Reading (मीटर रीडिंग)	Meter No.1 (मीटर सं.१)	Meter No.2 (मीटर सं.२)
Closing Rdg:	18,711.0000	
Opening Rdg:	18,556.0000	
Difference:	155.0000	
Multi.Factor:	1	
Adjustment:		
Units:	155	
TOTAL METERED UNITS (kWh) : 155		
TOTAL BILLED UNITS (kWh) : 169		

Copy of the electricity bill discussed in the text, showing the power consumption.



Certificate from the Bureau of energy efficiency on the gadgets.



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Tattvabodha

Here is the sixteenth instalment of Dr. Sudha Tinaikar's absorbing de-mystification of a small, but very comprehensive, spiritual text

The teacher of *Tattvabodha* continues with the topic of *sâdhanachatushtaya*. The four-fold qualification is unfolded in a very systematic fashion by the Guru here. Now, the discussion on the six- fold discipline is going on. *Shama* and *dama* dealt with the disciplining of the mind and sense organs. A mumukshu has to be an integrated person in both body and mind. *Shama* and *dama* talk about the discipline or the management of the mind and sense organs. Just disciplining them once is not enough. This is because they have a very natural tendency of constantly getting distracted towards the outward world of material objects. Hence, the mind and sense control need to be constantly assessed and they also need to be withdrawn from unnecessary exposure to the world of objects at least initially, till the composure of mind and senses becomes natural. With this in view, the next four disciplines are talked about.

Upamah is the next disciplinary practice which is very important for the *sâdhaka*.

उपरमः कः ?

What is upamah?

स्वधर्मानुष्ठानमेव |

It is following one's own prescribed duties as per one's status in life.

Though a single- word answer, it is extremely meaningful.

Upamah is given different shades of meaning depending upon the context. Withdrawal from what is not to be done and doing what is to be done is the meaning given here in this context. *Swadharmaanushthâna* means following the tenets of what the *Vedâ-s* prescribe for each *varna* and *âshrama* to be done on a regular basis (*vihita karma*) and not doing what is prohibited by the *Vedâ-s* for the same person (*nishiddha karma*). Thus, the mumukshu is not given to unnecessary exposure to the world and thereby, to wasting time.

Upamah is also defined as renunciation (*sannyâsa*)- dedicating one's time to the pursuit of self-knowledge. Renunciation need not be taken as a physical process. It can mean just withdrawing the mind totally from the scenarios where the mind and senses are likely to get distracted.

In the *Bhagavad Gîta*, Lord Krishna gives the example of a *sthitapragnya* who is able to withdraw his senses and mind like a tortoise (Chapter 2, verse 58). *Upamah* in effect means an individual being in control, or in charge of what has to be done and what needs to be avoided, to continue his/her pursuit unobstructed.

Now the fourth among the six disciplines is being discussed which is *titiksha* or forbearance.

तितिक्षा का ?

What is titiksha?

शीतोष्णसुखदुःखादिसहिष्णुत्वम्

Titiksha is the capacity to endure heat, cold, pleasure, pain and similar pairs of opposing circumstances with equanimity.

Sahishnutvam is the capacity to face difficult situations not just helplessly, but cheerfully. Life is full of situations which are sometimes very conducive and sometimes very difficult to deal with. Forbearance (*titiksha*) means going through unavoidable situations with the understanding that every situation is short-lived.

Is it possible to go through such inevitable situations cheerfully? According to our scriptures, it is possible if one understands that all experiences are temporary and therefore come and go. Lord Krishna says to Arjuna - "Contact between sense organs and the objective world cannot but give rise to various pleasant and unpleasant experiences and the only way to go through them is with forbearance, understanding the temporary nature of all experiences." (*Bhagavad Gîta*, Chapter 2, Verse 14).

Titiksha simplifies the mumukshu's life and a non-complaining mind, an undistracted mind is available to him. *Titiksha* is a great supportive quality complementing *shama* and *dama*.

The fifth value of the six- fold discipline is called *shraddhâ* or trust and faith.

श्रद्धा कीदृशी ?

What is shraddhâ and what is its nature?

गुरुवेदान्तवाक्येषु विश्वासः श्रद्धा |

Shraddhâ is the total trust in the words of the Guru and *Vedânta*.

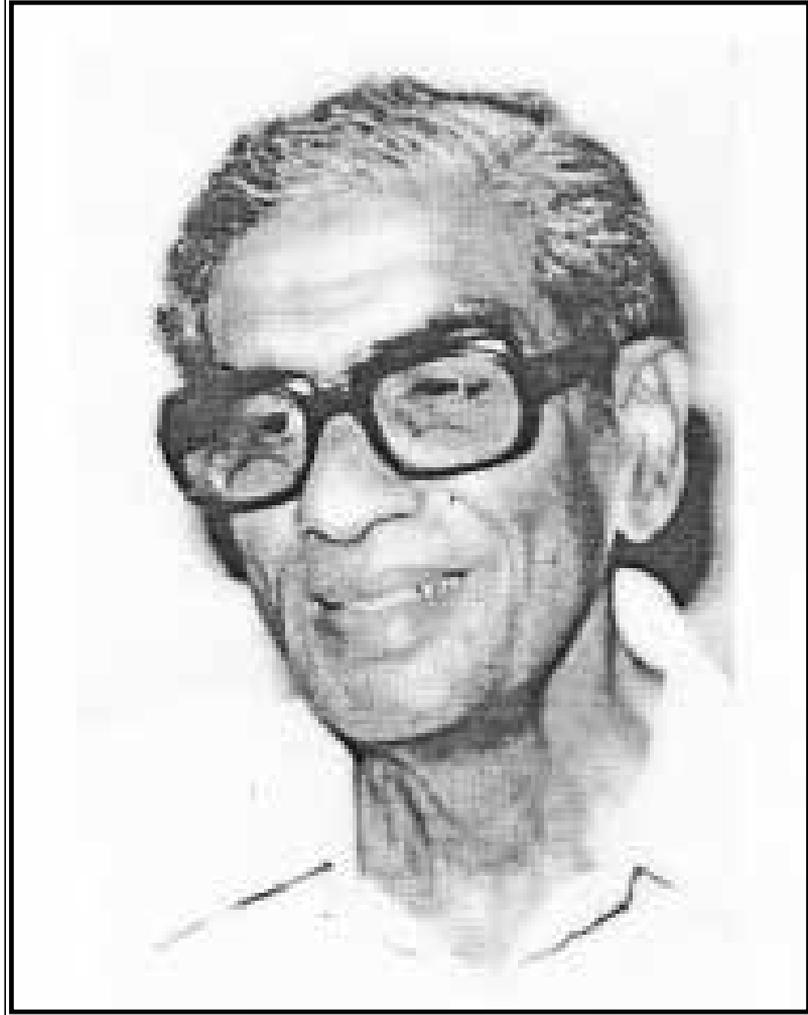
Every object in the world is available to a means of knowledge which is called *pramâda*. All our sense organs and the capacity to infer from them is enough to perceive and understand any object in the world. In *Atmajnâna*, what is to be known and understood is the very knower itself! The nature of this knower is not available for the usual *pramâda-s* like the sense organs and mind. The subject being subtle is entirely based on a *pramâda* called the *Vedânta* or *shabdapramâda*. The words of *Vedânta* have to be dealt with by an adept Guru so as to make them meaningful and to interpret them in the right manner to the *sadhaka-s*. Hence, a *mumukshu* should have unfaltering trust or faith in the words of *Vedânta* and the Guru, till he is himself able to recognise the truth in them. *Shraddhâ* is the understanding that the words of the scriptures are true and not mere speculation. *Shraddha* is also called *satyabuddhi* or *âstikyabuddhi*. It is not blind faith. Have we not seen that we need to have this trust and faith even in the pursuit of any branch of worldly knowledge?

Lord Krishna in *Bhagavad Gîta*, Chapter 4, Verse 39 enumerates *shraddhâ* as the first among the various *sâdhanâ-s* involved in the pursuit of self-knowledge.

Shraddhâ strengthens the conviction of a mumukshu in his pursuit.

(To be continued...)

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Anil & Asha Bhatkal

Arun & Pratima Bhatkal

Chaitanya & Amita Bhatkal

A N D

Grand children and Great grand children

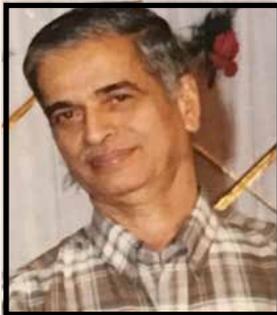
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BHARATI SUHAS RAO



Our Mummy who was not only looking beautiful but was having a beautiful and soft heart left for her heavenly abode on 16-Dec-2017. Though you are no longer with us, you will always remain in our hearts in the form of good memories till our last breath.

Husband: Suhas Venugopal Rao
Son (Aamod and Adieetyaa), Daughter-in-law (Arti)
Brother (Durgesh Hattikudur), Sister-in-law (Smita Hattikudur)
The entire Rao (Mankikar), Hattikudur and Chandavarkar family.

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Son-in-law: Salil Kallianpur
Daughter-in-law: Chitra Shirur
Grandchildren: Apoorva, Khyati & Keerti
Shirur & Kallianpur families

Mangalore Krishna Kumar

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“Grief is the last act of love we have to give to those we loved.

Where there is deep grief, there was deep love “

You will always be with us, like a handprint on our hearts.

Deeply mourned by:

Sheila and Bindu, Mangalores, Khurades, Basrurs, Kilpadys, Gulvadys, Chitra & Murali Saletore, Chitra Katre, Talgerys, Relatives and Friends



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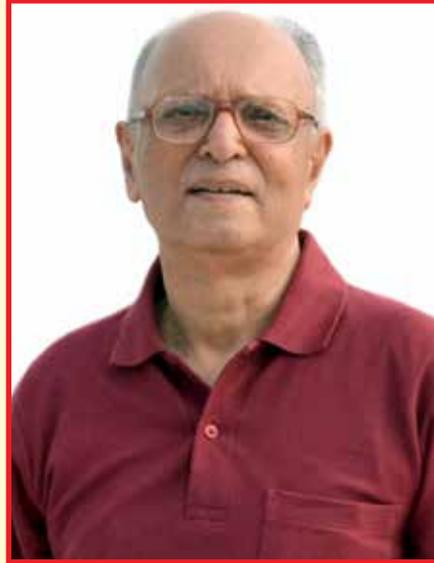


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Mr. Suresh R Karnad, Aged 82,
passed away on Tuesday, 2nd January 2018 at Mumbai.

Deeply mourned by:
his daughters, Kanchan & Aparna, sons-in-law Udayanand Sujir & Anand Halady,
grandson Aalok Sujir, his brother, sisters and friends.



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Good food makes Good Party

Konkani Sahitya Akademi – Kadambari Abhivaachan

(Report on adjacent page)



Sadhana Kamat (on the mike)
(l to r) Janhavi Balwally, Chandrama Bijur, Harish Chandavar,
Geeta Nadkarni, Vrinda and Vinod Talgeri

Konkani Sahitya Akademi – Kadambari Abhivaachan

On December 17, 2017, a classic program "Kadambari Abhivaachan" was held under the joint auspices of the Konkani Sahitya Akademi, Saraswat Mahila Samaj Gamdevi and Matunga Mitra Mandal. It was the reading of a Konkani novel written by Chandrama Bijur titled "एक विंगड वाट". Chandrama is a talented author having written and directed many dramas and has also shown her prowess in the acting field. She has also ventured into writing novels.

The program started with Sadhana Kamat welcoming Chandrama, the other participants and the audience, in her crisp and warm style. She introduced Chandrama and the other participants and requested Chandrama to start the programme.

Chandrama started by giving a synopsis of the story which revolves around a childless couple Leena and Dinkar, who take a decision to adopt a child from an orphanage – a move which in the present times is graciously upheld by society. But the "एक विंगड वाट" twist is: The heroine Leena, is an unwed mother – the mother of the child of her sweetheart and fiancé - an Air Force Pilot. Unfortunately, this young pilot dies an untimely death on the front, just before their marriage. In spite of the tragic circumstances Leena decides to give birth to the baby knowing fully well the difficulties she will have to face. Initially her parents object, but later they give in and get her delivery done at a remote place. In order to protect her dignity and future life, they give the baby away in adoption to an orphanage without Leena's knowledge, informing her that the child has not survived. Leena goes through terrible anguish and for many years keeps pining for her "supposedly" dead baby.

As years pass by – a family doctor and good friend suggests to the parents to get her married. Leena vehemently refuses, but then relents and gets married to a very understanding and loving person Dinkar. Leena, though seems happy, still goes through pangs of guilt and sorrow and one day takes courage to confess to her husband about her past and is prepared to face any decision he wants to take. Dinkar, who truly loves her, informs her that he accepts her in any situation (though he actually knows about her past at the time of marriage itself- a fact which Leena is not aware of) and he even suggests that if she pines for a baby they could both adopt a baby from an orphanage.

The concluding part was sublime without much melodramatic dialogues, with Dinkar underplaying his magnanimity, which left many with moist eyes.

The whole cast was seated. The presentation was done very well with emotions and voice modulation. The audience was spell bound and the characters could touch the hearts of the audience due to Chandrama's brilliant script. At the end Chandrama related some of her own experiences in her resonant voice adding a true life touch to her superb story. Well Readers, I think you will be tempted to read the novel yourself. So I leave it at that!

Geeta Nadkarni portrayed the role of the heroine with pathos and anguish. The other actors too did full justice to their roles – Harish Chandavar (Dinkar and Yogesh), and Vrinda and Vinod Talgeri (Leena's parents). Janhavi Balwally added melody with her musical support.

Heartly Congratulations to all the cast and especially to Chandrama Bijur and Kudos also to Sadhana Kamat, Member, Advisory Board of Sahitya Akademi for having selected such a beautiful theme.

Reported by Geeta Suresh Balse

Our Institutions

Saraswat Mahila Samaj, Gamdevi

Our picnic titled "Ladies Day Out" was held on 10th January 2018. The participants gathered at Malabar Hill, Hanging Gardens at the Senior Citizens Corner- a cozy place surrounded by greenery and flowering plants. This corner had 10-12 benches all round sufficient for the odd 36 members. It has been a novel idea for the past few years to go to nearby places to meet, play games, have fun and return by 3 pm., basically to make it possible for senior ladies to avoid long travelling hours and enjoy a few hours away from the normal humdrum life.

President Sharayu Kowshik welcomed all and our young committee members were quick to serve them a welcome drink. After the preliminary introductions Geeta Balse involved the audience in games such as naming pairs of legendary lovers, famous historical persons, cuisines of different states, and even inanimate objects like needle-thread, nail-hammer etc. She innovatively called this game "Rab ne banayi Jodi". The next game was a very hilarious one with 2 groups, each group choosing one alphabet and having to find articles whose name began with that alphabet, including jewelry worn etc.

Next two games were conducted by our 2 new young Committee members –Priya Bijur (Jt. Hon. Secretary) and Ashwini Prashant (nee Kulkarni). This was followed by a delicious lunch.

The 'youngest' participant Parvatipachhi Sharma (90 +) was sporting enough to participate and also brought til laddoos and a mouth-watering Amla pickle. A rocking 'Antakshari' followed and then it was time to say bye. We left at 2.30 p.m. and reached home in may be 15 minutes flat to take a good snooze. So the Ladies Day Out was a great success with many asking for more.

Reported by Geeta Suresh Balse

Forthcoming programmes

Mon. Feb. 19th 2018 at 11.30 a.m. at Smt. Indirabai Kallianpurkar Hall, Talmakiwadi - Puraskar Samarambh : Lekhan Puraskar to Smt. Shailaja Chittaranjan Vaidya (nee Masurkar), Sangeet Puraskar to Kum. Arya Dhareshwar and Smt. Ruhi Kuddyady-Kumta followed by Contributory Lunch.

Please register by 10/2/2018. Contribution Rs. 200/- per person. Spot registration Rs. 250/- per person. Contact Ms. Shubhangi 9702018744 – between 3.30 p.m. to 5.30 p.m.

Wed. Feb. 28th 2018 at 3.30 p.m. at Samaj Hall - Mothers' Day : Talk by Dr. Leena Gangolli on age related problems "Informative session on Alzheimers and related conditions" . Refreshments sponsored by Smt. Shaila Hemmady in memory of Smt. Srimati S. Hemmady and Smt. Sumitra G. Mankikar.

From Our Archives

An Extract from the KSA Golden Jubilee Souvenir 1961

The institution is a living symbol of the love and devotion of hundreds of honorary workers who toiled selflessly over the years to build it up to its present stature and status. Behind it, is a saga of achievement in co-operative endeavour and teamwork, in purposive planning and organized effort for collective welfare. In this beautiful creation, we see not only the bold vision and imagination of our early stalwarts but also the quiet faith and patient industry of the common people. In celebrating Golden Jubilee, therefore, it is no wonder that a sense of pride and joy overwhelms every one of us and a feeling of gratification wells up within our hearts that we have crossed the desert and are now resting at the watershed.

In order to appreciate the magnitude of the achievement, we have only to transport ourselves in imagination to the seventies of the last century and form for ourselves an idea of the conditions which the early batch of immigrants to Bombay faced at the time. Those were the days when the North Kanara District was a legendary 'sleepy hollow', with not a single High School to boast of. This compelled a small band of enterprising and ambitious youths of our community from that district to leave their homes in pursuit of higher studies and undergo the High School course at Ratnagiri. The next step for them, after finishing this course, was to move towards Bombay for higher studies or employment. Bombay was already becoming familiar to our people in Karwar, as the scene of activities of the Late Shri Shamrao Vithal Kaikini and his distinguished nephew, late Sir Narayan Ganesh Chandavarkar. The first batch did not fail to avail itself of the good offices of that distinguished pioneer and his worthy wife who were all kindness to the newcomers. Being strangers to Bombay, they set up a Club for boarding and lodging in the immediate neighbourhood of Shri Shamrao Vithal's residence in Kandewadi and pursued their studies under the fostering care of this couple. Later, on the death of the wife of Shri Shamrao Vithal, the club was removed to Shantaram's chawl in Mugbhat. The Club, however, continued to increase in membership as along with new batches of students, ambitious

youths in search of employment began to flock to Bombay. This rush was not much affected by the fact that a High School had been opened by then in Karwar. The Club included among its members some elderly gentlemen who were employed in the Government and mercantile offices and one of them was the late Dewan Bahadur Venkatrao D Yennemadi, who after a short stay in the Club, set up an independent lodging close to the club rooms. These elders exercised a wholesome influence on the youngsters who received advice and guidance from them. As years passed on, Bhanap families began to migrate to Bombay and the Club also changed its premises. An interesting account of this club life, how some kindly Bhanap ladies supplied the club members with tamblies and kadies, their patent preparations to relieve the monotony of the club food, what kind of dress they wore, how they studied by oil lamps at night, how they gradually started a cricket club, etc., is given in an article entitled the "Kanara Club, 1874-1892", by V. V. Kalyanpurkar and S.N. Koppikar, in the Chitrapur Saraswat Miscellany. As the Saraswat families increased in Bombay and also the hostel accommodation provided by the colleges for their students, the need of such a club declined and it came to a close in 1892.

Although the Kanara Club was dissolved, the exigencies of social life necessitated a more suitable organization for the purpose and the answer was the Chitrapur Club that was started under the initiative of the late Shri Shamrao Vithal Kaikini in about 1892. At his instance, this body undertook a census of the entire community. The result of this census, incomplete as it was, was published in the first issue of the Saraswat Annual of the Club – Chitrapur Panchang- as it was called. Unfortunately, the first issue of the Panchang also proved to be the last issue and with the outbreak of the plague in Bombay, the Club itself was dissolved. The surplus funds of this extinct Club were carried over to form the nucleus of the funds of the Friends' Social Club yet to come, the historic predecessor of our Association.

Wives!!!!



After a meeting I was coming out of a hotel and was looking for my car keys. They were not in my pockets. A quick search in the meeting room it wasn't there. Suddenly I realized I must have left them in the car. My husband has shouted many times for leaving the keys in the ignition. My theory is the ignition is the best place not to lose them.

His theory is that the car will be stolen. Immediately I rushed to the parking lot, I came to a terrifying conclusion.

His theory was right. The parking lot was empty.

I immediately called the police. I gave them my location, car number, description of car/place I had parked etc,

I equally confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all to my husband, "Honey," I stammered; I always call him "honey" in times like these." I left my keys in the car, and it has been stolen."

There was a period of silence. I thought the call had been dropped, but then I heard his voice. "Idiot", he shouted, "I dropped you at the hotel!" Now it was my time to be silent. Embarrassed, I said, "Well, come and get me." He shouted again, "I will, as soon as I convince this policeman I have not stolen your car!"

Root – Musing of a Teenager

ANANDITA BALSAVAR – 14 YRS

A day may come when I look into the mirror, to see someone staring back, yet that person will not be me, but just somebody else's idea of who I should be. And at that moment, I shall have finally lost that remaining strand of individuality that made me, me.

One begins their life as a sapling, tiny and weak yet willing to fight, willing to survive in this harsh world. Growing with time; my delicate stem strengthens into a hard bark, my branches mature and the flowers of my thoughts, my ideas and personality blossom. The sight is glorious, of swaying leaves and strong branches, of blossoms of every shade. Yet what make me are my roots, which keep me grounded, supported, nurtured. But still I hide them, showing the world what I think it wants to look at, yet burying my true self from their gazes. I conceal my roots and don't let them see the light of day; I keep out of sight the true being that I am, just because you fear what they may or may not like.

Breaking off pieces of myself just to fit the idea of who society wants me to be, little by little I shall change. My thoughts shall be my own, yet defined by the ideals of others. The opinion of others shall matter most before any actions. The stars, that are my thoughts, shall always form the same constellations that the world visualizes and the words I utter

shall be echoes of what others speak. The world accepts me the way I am, but little does it realize that this is not who I truly am! The 'me' that the world sees is the façade I show to appeal to their tastes, shaped by the stereotypes and labels that society brands on to me, I am gradually forgetting my roots.

My branches are laden with fruitful thoughts, my flowers bloom so beautifully and the leaves of my pretense are vibrant and colorful, but my roots are becoming weaker still, their grip on my world is loosening. My true self is fading away, simply because I fear that the world shall reject me, hate me. But those fears as real as they may seem, are just inside my head, aren't they? Born to fit a 'me' shaped hole in this world, why should I let my fears steal my ability to light up my life?

Shrugging off numerous personalities, have I become the person that I am today, I have been so many diverse people in one lifetime, just to fit into the mould society lays out for me. But how much ever my branches have grown and my flowers blossomed, my roots have always remained the same. Hidden deep within the ground, they still thrive. The real me lives, but only if I embrace myself, accept myself and love myself.

For when the root is deep, there is no reason to fear the winds.

New year..

The year finally ends,
The year finally descends,
A new year being born,
A new phase it tends.

The long past period,
Already sways away,
Past mistakes, past troubles
Begin to give a way.

New upcoming opportunities,
New achievements & gains,
Must be swiftly acquired,
As a new year sustains.

The past has passed,
A new turning point arrives,
A new chance at sight,
As the new year at rise.

A new beginning,
A strategic start appears,
A opportunistic era awaits,
In this New year.

- Dattatraya Koppikar, 15, Bailur



Through The Forest

I-The Child

Speed up my friends, don't be so slow,
For there is a long way to go.
Our road is covered with sharp stones,
But don't allow them to weaken your bones.
For the town of your life, only you can guard,
So come on my friends, let's work hard!

II-The Adult

The forest is covered with animals wild,
With danger standing beside.
And though it may seem we are all alone,
With no one to weep when we mourn,
We do have a Guide,
Who stands every moment by our side.
Our Guide is the strongest; the Leader of all,
One who would hold our back, whenever we fall.
One who will love us unconditionally,
One from whom, all our enemies will flee,
He is a million; He is one,
Superior to Him is none!

III-The Senior Citizen

So love and respect this Guide of ours,
For He has, and will continue to lead us through all the hours,
Of our beautiful journey through the forest,
And in this journey, let's do our best,
For we don't have a long way to go,
So speed up my friends; don't be so slow!

By Samvit Mavinkurve

पाऊस आला मोठा - एक अनुभव

सुधा हड्गडी

पावसाला सुरवात झाली आणि जुन्या अनुभवांची उजळणी सुरू झाली. १९७६ साली आम्ही वडाळा पूर्वेला रहायला गेलो. त्यावेळी त्याबाजूला खेडेच होते. कोणी येणारे दहावेळा विचार करायचे कारण रेल्वेचे पट्टे ओलांडून यावे लागायचे. नुसते हारबरचे नव्हे तर बॉम्बे पोर्टट्रस्टच्या मालवाहू गाड्यांचे पण होते. मालगाड्यांची वेळ काही ठरलेली नव्हती. एकदा येऊन उभ्या राहिल्या की कधी पुढे सरकणार नुसती वाट बघायची किंवा बरेच चालून पोर्टट्रस्ट कॉलनी संपल्यावर जो पायपूल होता तो ओलांडून जायचे. कुठूनही टॅक्सी केली तर ते आधीच सांगायचे 'वो बाजू नहीं आयेगा'. १९७७ साली पूर्व पश्चिम उड्डाण पूल होणार म्हणून कामाला सुरवात झाली. जड वहाने जाणार म्हणून भले मोठे स्तंभ उभे करणे जरूर होते आणि त्याप्रमाणे खोदकाम सुरू झाले. दिवे फारच कमी होते. त्यामुळे संध्याकाळी ऑफिसमधून येतांना पाऊल कोठे ठेवायचे विचार करायला लागायचा.

नेहमीप्रमाणे जूनमध्ये पावसाला सुरवात झाली. ऑगस्टपर्यंत पाऊस चांगला पडून गेला. सप्टेंबर सुरू झाला. पाऊस कमी होणार हे नेहमीचे गृहीत होते. तो शुक्रवारचा दिवस होता २१/३ च्या सुमाराला पावसाला सुरवात झाली पण फार काही वाटले नाही. ऑफिसमधून घरी जाताना बोरबझारमध्ये मासे खरेदी केले. प्लास्टिकच्या दोन/तीन पिशव्यामध्ये घालून वास येणार नाही ह्याची काळजी घेतली. व्ही.टी स्टेशनवर पोहोचले आणि पावसाला जी सुरवात झाली त्याचा काही सुमार नव्हता. जरासुद्धा कमी व्हायची चिन्हे दिसत नव्हती. उशीरा का होईना बांद्रा गाडी मिळाली. त्यावेळेला पूर्वेकडून नौकरीला जाणाऱ्या थोड्याच महिला होत्या आणि एकमेकींना ओळखत होतो, सोबत करत होतो. नेहमी भेटणाऱ्या महिलांपैकी बँक ऑफ इंडियामधली रिटा भेटली. आम्हां दोघींना बसायला जागापण जवळजवळ मिळाली. गाडी बऱ्याच वेळेनंतर सुरू झाली. हारबरच्या पट्ट्यावर पाणी तुंबणे हा नेहमीचा प्रकार. त्यामुळे गाडी हळूहळू जात होती. शेवटी कॉटन ग्रीन आणि शिवडी स्टेशनच्यामध्ये गाडी उभी राहिली. उकाड्यांत बसून रहाण्याशिवाय पर्याय नव्हता. गाडी हळूहळू पुढे जाऊ लागली. ९च्या सुमाराला वडाळा स्टेशनला आलो आणि रिटाला दम्याचा अॅटक आला. तिला मदत करणे जरूरीचे होते. डाव्या खांद्याला पर्स आणि माश्याची पिशवी आणि छत्री. तिला उजव्या हाताचा आधार दिला आणि चालू लागलो. पावसाने उचल खाल्ली होती आणि सोसाट्याच्या वाऱ्याची सोबत. पट्टे ओलांडायला चालत चालत फाटका जवळ येतांना आजूबाजूला काही दिसत नव्हते आणि तितक्यात 'थांबा' म्हणून ओरडल्याचे ऐकू आले. मी तिला जरा घट्टच पकडले आणि आम्ही जागच्या जागी उभ्या राहिलो तर फाटकाच्या दुसऱ्या कोपऱ्यात कामगार कंदिल घेऊन उभा राहिला आणि त्या उजेडात खाली पाहिले तर पुलाच्या आधारस्तंभासाठी ४ ते ५ फूट रुंदीच्या खड्यामध्ये भोवरासारखे पाणी जाताना दिसले. त्या भोवऱ्याच्या वेगावरून तो नक्कीच खोल होता. त्या कामगाराने जर इशारा दिला नसता तर आम्हां दोघींचे काय झाले असते विचार केला तरी अजून अंगावर शहारे येतात. देवच त्या कामगाराच्या रुपाने आला. 'देव तारी त्याला कोण मारी?'

पावसाचे विराट स्वरूप लिहून झाले आणि चार/पाच दिवसातच डॉ. आमरापूरकरांच्या निधनाची बातमी वाचून मन अगदी उद्वीग्न झाले. आणखी असे किती बळी जाणार आहेत? ४० वर्षांनंतरपण तीच अवस्था. कधी सुधारणा होणार? त्यानंतर शनिवारपासून चांगले उजाडले पण नंतरच्या शुक्रवारी सकाळपासून ऑफीसला जाताना रिमझीम सुरू झाली आणि दुपारनंतर पाऊस जो वाढला त्याला काही सुमार नव्हता. शेवटी ४ वाजता काम आवरून जा असा वरिष्ठांचा निरोप आला आणि पडत्या फळाची आज्ञा घेऊन निघालो. बरीच मंडळी आधीच निघून गेली होती. बँकेच्या इमारतीच्या बाहेर आल्यावर पाहिले तर V.T. स्टेशनवरून लोक परत येत होते. सेंट्रल आणि हारबर बंद झाल्याचे कळले. बरीच जण चर्चगेटच्या बाजूला जात होती. पण हारबरचा पास म्हणजे चर्चगेटला तिकीटासाठी रांगेत उभे राहण्यापेक्षा सरळ फिरोजशाहा मेहता रोड वरून ऑवरसिस कम्युनिकेशनच्या इमारतीजवळ 6 Ltd. थांब्यावर जाणे जास्त सोईचे वाटले. दादर T T ला उतरले की मग कसेही वडाळ्याला पोहोचु शकेन ह्या आशेने तेथे गेले. तर रांगेचा शेवट शोधता शोधता लक्षात आले, त्या इमारतीला दोन फेरे झाले आहेत पण दुसरा पर्याय नाही म्हणून रांगेत उभी राहिले. पण रांग पुढे सरकतच नव्हती. पाऊस आणि सोबतीला वारा सोसाट्याचा, छत्री घेऊन उभे राहणे अशक्य. तासभर उभे राहून रांग काही पुढे सरकत नाही अशात कोणी Share Taxi बोलतांना ऐकले म्हणून रांग सोडून मोठ्या रस्त्यावर फुटपाथच्या कडेला आले. पण कोणतेही वहान मिळायचे चिन्ह दिसेना. तितक्यात वडाळ्याला आमच्या इमारतीत राहाणारे एक जोडपे व गृहस्थ दिसले. त्यांच्याकडून कळले की चेंबूरहून बसेस येत नाहीत त्यामुळे उभे राहून काही फायदा नाही म्हणून त्यांनी चालत जाण्याचा निर्णय घेतला आहे. वाटेत जर टॅक्सी मिळाली तर शेअर करून जाऊ म्हणून मी पण त्यांच्याबरोबर निघाले. बरेच चालणे झाले पण वहान मिळण्याचे काही चिन्ह दिसेना. तितक्यात लांबवर एक बस दिसली आणि ताडदेव असे लिहीलेले वाचताच मी त्यांना माझ्या माहेरी जाऊ या असे सुचवले. शेवटी मी आणि त्या महिलांनी बसवर चढण्याचा निर्णय घेतला आणि उभ्याने का होईना आम्ही निघालो. लॅम्पिंगटन रोडवर बस आली आणि आम्ही दोघी उतरून ग्रॅटरोडच्या पुलावरून नाना चौकातून वाडीत आलो. जवळ जवळ ८११ वाजले होते.

वडाळ्याला घरात सासूबाई आणि २११ वर्षांची सोनल. कारण त्यावेळी हे कलकत्याला होते. त्यामुळे दोघींची काळजी वाटत होती. पोहोचल्या पोहोचल्या वडाळ्याला मजल्यावर बँकेश्वरांकडे फोन करून निरोप दिला. आम्हांला बघताच माहेरी आमच्या आंधोळीची, जेवणाखाणाची व्यवस्था झाली. तेथेच राहून दुसऱ्या दिवशी नेहमीप्रमाणे ऑफीसला गेलो. त्यावेळी मी श्री. पवार नावाच्या सद्गृहस्थाच्या हाताखाली काम करत होते. त्यांना मी सर्व घटना सांगताच स्वतःहून त्यांनी सांगितले तुमचे Balancing चे काम झाले की तुम्ही जा, काही लागले तर मी बघेन, घरी मंडळी वाट पहात असतील. मी १ वाजेपर्यंत घरी पोहोचले. त्या नंतरचा शुक्रवार येताच पवार साहेबांनी थड्डेने म्हटले, "बघा दोन शुक्रवारी त्रास झाला तर ह्या शुक्रवारी देवीला ओटी देण्याचा नवस करा म्हणजे तिच्या कृपेने सुखरूप घरी पोहोचाल!"

ऑफिस मगेलें दुसरें घर

उदय मंकिकर

ऑफिस आनि घर, एकमेकांक पूरक आशिल्लीं, मानवी जीवनांतुलीं दोनी महत्वाची स्थानं, ऑफिसांतु बरे रितीने काम केल्यारी मानसिक समाधान मेळता, बाँसाने कौतुक केल्लेलेमितीं एक प्रोत्साहन मेळता, पगारांतु वृद्धी जाता आनि ताज्जे फलस्वरूप संसारांतु सुख आणि आनंद प्राप्त जाता. आयच्या स्पर्धात्मक युगांतु लोक घरापशी ऑफिसांतुचि तड वेळु आसताती, घरांथावुनू वोचो वेळु मात्र निर्धारित आसता आणि वापस येवचो वेळु सांगुक जायना. एक नमुन्याचे यंत्रवत जीवन.

मगेल्या वेळारी अशशी नाशिलें. वीस वर्सांच्या प्रायेरी बँकांतु नौकरीक लागलो. आयच्यावारी चड संधी उपलब्ध नाशिल्यो. त्यामितीं हांगाथावुनू थंयि, थंयिथावुनू आन्नेकडे उडकी मारचो प्रश्नुचि येने. चाळीस वर्स नौकरी कोर्नु सेवानिवृत्त जाल्लो. राष्ट्रीयकृत बँक आशिल्लेमितीं कामाची सुरक्षितता आशिल्ली. विविध नमुन्याचीं कर्ज, कर्मचाऱ्यांक कम्मी व्याजाने उपलब्ध आशिल्लेमितीं, घराक जांवका जाल्लें सर्व घेल्लें, संसारू आनंदाचो जाल्लो. प्रति दोनी वर्साक विंगविंगड गांवचो प्रवास केल्लो, सृष्टी सौंदर्याचो आनंदु घेल्लो. बदलीच्या निमित्ताने मुंबईभायर काम कोरची संधी मेळ्ळी. अनेक लोकांगेल्या संपर्कांतु आयिल्लेमितीं परिचय वाडलो, अनुभव मेळ्ळो, व्यक्तिमत्व विकास जाल्लो. ह्या सर्वांचो आत्त सेवानिवृत्त जीवनांतु उपयोगु जात आस्स. बँकावतीने विविध स्पर्धांतु सहभागी जावच्याक मेळ्ळेलेमितीं, कलागुणांचोयि विकास जाल्लो. मस्त शिक्कूक मेळ्ळें. बरें काम केलेल्याचि योग्य दखल घेतिल्लेमितीं काम कोरूक प्रोत्साहन मेळ्ळें. हातांथावुनू मस्त बरीं कामं जाल्लीं. एकची बँकांतु चाळीस वर्स काम केलेले मितीं, बँकेविषयांतु आदरू आपलेपणाची भावना निर्माण जात गेल्ली आनि हें बँक म्हळ्यारी मगेलें दुसरें घर आनि हांतु काम कर्तले मगेले सहकारी, हे मगेल्या परिवाराचोचि एक भागु अशशी दिसुक लागले.

घरांतु काँणाकई हुशार ना जाल्यारी, एकयि कोणेंई घरांतु ना जाल्यारी, घरांतुले इतर, तांगेले काम वांटुनू घेवू कर्ताति. तशीची आम्मी बँकांतुयि काम करताले. सर्वांक बँक हें आपणागेलें दुसरे घर अशशी भावना आशिल्लेमिती, हें चडावतेचें काम अशशी कोणाकयि दिसनाशिलें, हें दुसरें घरसुंदांयि कामादृष्टीने फुट्ची दव्वोरचो प्रयत्नु आसतालो. कामाविषयांतु कस्लीयि समस्या आसल्यारी, आमगेले वरिष्ठ, मार्गदर्शन कोरूक सदैव तयार आसताले, अगदी घरच्या म्हालगड्यांवारी. एकमेकाविषयांतु ईर्षा, जाळ, अशशी कस्लेंयि नाशिलें.

१९८४-८५ तुं, हांव एका विभागाचो प्रभारी अधिकारी (officer in charge) म्होणू कार्यरत आशिल्लो. मे आनि नोव्हेंबर म्हैन्यांतु मस्त काम आस्तालें. "clearing" नित्याचें नित्य कोर्काजची, कारकून संवर्गांतुल्यांक मेळचो overtime बंद जाल्लेलो. त्यामितीं तांका चड वेळ बैसुनू काम करी म्होणू सांगूक जायनाशिलें. कस्लें कोर्चें? हांव मार्गदर्शन घेवच्याक आमगेल्या आंचलिक प्रबंधकालाग्यी (Zonal Manager) वचुगेलो. तागेली, समस्या समाधानाची एकी खासियत आशिल्ली- A person who comes with a problem, should come with his solution to the problem, too. त्याप्रकार तात्रे माक्का निमगिलें, "What is your solution?" हावे म्हळ्ळें "Finish the work and go home" अशशी सांगले. That is the only incentive we can give to the staff अशशी माक्का दिसता. तात्रे सांगले "Go

ahead." बस्स, सगळें काम ससार जाल्लें. वेळेभित्तरी पूर्ण जातालें. हांवयि खुश मगेले सहकारीयि खुश. घरांतुल्या म्हालगड्यांनी, समस्येचें समाधान सांगूनु, बरे रितीने काम जालेल्याची विलक्षण अनुभूति.

१९८६ तुं मगेली प्रधान कार्यालयांतु (Head office) तुं बदली जाल्ली. दोनी दिसभित्तरी रिपोर्ट कोर्कार्ज म्होणू सांगलें. पेंडींग कस्लेंयि दव्वोरचें ना हें मगेलें तत्त्व. जाल्यारि, एकळयाने दोनी दिसांतु काम पूर्ण कशशी कोर्चें? मगेल्या सहकाऱ्यांनी कस्लें जाल्लें म्होणू निमगिलें. हांवे सांगनाफुडे ते म्हणाले, "इत्ले काळ तुंवे आमकां सुविधा दिल्यो, कुटुंबप्रमुखावारी सांभाळलें, तेंवई कस्लीयि अपेक्षा दव्वरनातिलें. आत्तं आम्मी सर्वजणं तुक्का मदत कर्ताती. आणि आम्मी सर्वांनी मेळुनू पुरायि काम दोनी दिसांभित्तरी पूर्ण केल्लें. हुसक्यावरित हांव प्रधान कार्यालयांतु रुजू जाल्लो. घरांतु आम्मी एकमेकांक सांभाळुनू घेताती न्हंयी, अगदी तशशी जाल्लें, हाज्जें उत्तम उदाहरणं!

१९८८ तुं, प्रधान कार्यालयांथावुनू एका सान्न हळयेंतुल्या शाखेंतु मगेली बदली जाल्ली. नोव्हेंबरांतु बदली जाल्लेली. त्यावेळारी मगेलो चलो तिसरींतु शिकतालो. एप्रिल १९८९ पैले कुटुंबाक व्होरूक जायनाशिलें. त्यामितीं, त्या हळयेंतु हांव एकळोची राबतालो. ही हळयेंतुली शाखा १९६९ तुं सुरू जाल्लेली, एका बंगल्यांतु. बंगल्याच्या गैरेजांतु, Old record Room केलेलें, वीस वर्सांची आड्डावण आशिल्ली. नियमाप्रकार, old records नष्ट कोरूक जाताती. जाल्यारि, तशशी कोणयि प्रयत्नुचि करनेशिलो. आमगेलो एकु शिपाईबंधू माक्का म्हणालो, "साहेब Record Room स्वच्छ केल्यारी, आपणाक काम कोरूक बरें जातलें. हांव गावांतुचि राबतां, हांवयि मदत कर्तां." हांवयि एकळोचि आशिल्लो, सांजे चारी घंटेभित्तरी काम जातालें, मागिरी कस्लें कोर्चें. हांवयि जायद म्हळ्ळें. एका म्हैन्याभित्तरी सर्व चकाचक जाल्लें. ताक्कायि बरें दिस्लें. एकी आपलेपणाची भावना निर्माण जाल्ली. शाखेंतु वट्टु मेळुनु ६ जणं, एक कुटुंबशें. नित्याची कामं नित्य पूर्ण कोर्नु तीं घारा वत्ताली. House keeping uptodate आशिल्लें. शाखेचो समय आशिलो ९.०० धोर्नु ४.०० थायी. एक दिसु साडेतीनी घंट्यारी क्षेत्रीय कार्यालयांथावुनू (Regional office) एक अधिकारी Surprise visit क आयलो. हांव आनि आमगेल्या गावांतुलो शिपाईबंधू मात्र आशिले. बाकीचे घारा वचुगेलेले. तात्रे निमगिले, "स्टाफ खंयि आस्स?" हांवे सांगले "मगेली परवानिगा घेवू घारा वचुगेलें." तो म्हणालो, "अर्द तासु एकळाक? हांव क्षेत्रीय प्रबंधकाक रिपोर्ट करतां." आनि वचुगेलो. मागिरी कळ्ळें की, त्या शाखेंतुले लोक एक परिवारसो काम कर्ताती, shortage म्होणू मदत निमगिने, House keeping uptodate आस्स. असले वेळारी प्रबंधकाने स्टाफाक वग्यी वच्ची परवानिगा दिल्ली, तांतू कस्लें जाल्लें? अशी क्षेत्रीय प्रबंधकाने म्हळ्ळें म्होणू, ताज्जे उप्रांते मगेल्या शाखेंतु, हांवे आस्ससरी केदनाई Surprise visit जायने. घरचे म्हालगडे कशशी आमगेल्या योग्य कृतीचें समर्थन कर्ताति अगदी तशीची दिसलें!

अशशी अनेक अनुभव आस्सती. बँकांतु मस्त सायबांवडु काम कोरची संधी मेळ्ळी. सर्वांनी अगदी परिवाराचो एक सदस्यु अशशी वागणूक दिल्ली. त्यामितीं ऑफिस हें दुसरें घर अशी अजुनिकेयि दिसता.

माणुसकी

विजयालक्ष्मी सुरेश कापनाडक

सकाळी साडेसहाच्या सुमारास गुरुदत्त आपल्या तिचाकी गाडीतून ऑफिसच्या दिशेने निघाला होता. पोलिओमुळे त्याला झालेल्या विकलांगतेचे प्रदर्शन सर्वासमोर होऊ नये, म्हणून तो ऑफिसच्या वेळेच्या अर्धातास आधी जातो. आज रस्त्यावर वर्दळ नव्हती. कचरा उचलणारी डम्परगाडी अजून या भागात आली नव्हती, त्यामुळे फुटपाथवर ठिकठिकाणी कचऱ्याचे ढीग होते.

अचानक त्याचे लक्ष एका वृद्धावर गेले. गाडीचा स्पीड कमी करून तो पाहू लागला. साधारण सत्तरी ओलांडलेली एक व्यक्ति पाठीवर एक मोठी-पोलिथीन पिशवी घेऊन कचऱ्याच्या ढिगाजवळ येत होती. त्या पिशवीचे वजन जास्त नसेल, पण आकारमान जास्त होते, ती पिशवी घेऊन चालताना होणारे कष्ट त्याच्या चेहऱ्यावर दिसत होते. न राहवून गुरुने आपली गाडी त्या इसमाजवळ नेऊन त्याला विचारले, “काका, कुठं चाललात? दूर जायचे असेल, तर माझ्या गाडीत बसा. केवढी मोठी पिशवी घेतलीत ती? वृद्ध चपापला अन् म्हणाला, “या समोरच्या कचऱ्याच्या ढिगाजवळ जातोय हे डबे फेकण्यासाठी.

गुरु - घरात इतर कोणी नाहित का हे फेकण्यासाठी?

वृद्ध - नाही, मुलगी सासरी, मुलगा विदेशी अन् बायको मला एकट्याला सोडून देवाघरी गेली. घरात कोणीच नाहीत. रात्री झोप आली नाही म्हणून कपाट स्वच्छ केले अन् हे पुड्याचे जुने डबे फेकायला आलो.

गुरु - अहो, पण त्यात काही दागिन्यांचे जुने डबे आहेत ते फेकण्याआधी व्यवस्थित रिकामे केलेत ना?

वृद्ध - “हो, हो, सर्व डबे रिकामे केले.”

गुरु - “अहो! पण ते नातेवाईकांनी पण चेक केलेत का?

वृद्ध आता वैतागले - “अरे! मी सांगितले ना मी एकटाच आहे. मी सर्व डबे उघडून त्यातील सर्व सामान एकत्र करून व्यवस्थित ठेवले. काय रे, तम्हां यंगस्टर्सना आमच्यावर विश्वास नसतो का?

गुरु - बरं हे तुम्ही कसे फेकणार?

वृद्ध वैतागून म्हणाला - पिशवीचे तोंड उघडून (एक्शन करून) असे भिरकाऊन देईन.

गुरु - अन् तुमचा तोल गेला तर?

वृद्ध - तुम्ही मुलं आम्हाला कमजोर का समजता? आता तू बघच म्हणून त्याने ढिगाऱ्याजवळ ती पिशवी भिरकावली, पण त्यातून फक्त तीन डबे बाहेर पडले. पण ते स्वतः गुरुने गाडीतून त्यांचा हात पकडल्यामुळे सावरले. ह्या अनपेक्षित प्रकारामुळे ते घाबरले अन् बोलले, “पण तू मला का अडवतोस? हताश होऊन वृद्धाने गुरुला पाहिले.

गुरु - काका, तुम्ही माझ्या मामांच्या वयाचे आहात. तुम्हाला मी मदत केली, तर मामाला कोणी दुसरा मदत करेल अन् माझा मामा सुरक्षित राहिल. हाच माझा स्वार्थ. सॉरी काका, मला तुमची काळजी वाटते, पण प्रत्यक्ष आपण दोघे हे डबे चेक करूया चालेल?

वृद्ध - “कुठं करु?” गुरु - “माझ्या गाडीत”

वृद्ध - “तुला उशीर होईल” गुरु - “चालेल”

काका गाडीत बसले व दोघांनी डबे हालवून, उघडून पाहायला सुरवात केली.

अचानक गुरुला एक डबा किंचित जड वाटला. त्याने तो हलवला, तर त्यात काहीतरी खुळखुळले. उघडला तर रिकामा-त्याने त्यातील मखमली आवरण फाडले, तर त्याच्या आत अंदाजे पाच तोळे (पन्नास ग्रॅम) चा जाड सोन्याचा गोफ होता.

त्या वृद्धाचे डोळे विस्फारले. तो आ वासून ते बघतच राहिला.

दोघांनी इतर डब्यांची झडती घेतली. त्यात वीस ग्रॅमची साखळी मिळाली. वृद्धाने ती चैन गुरुला देऊ केली. पण गुरुने ती नाकारत म्हटले, “काका मला हयापेक्षा मोठी वस्तू द्या, तो तुमचा फक्त आशिर्वाद असा की, मला आमरण दुसऱ्यांची मदत करण्याची शक्ति असू दे.”

गुरुने ते दागिने एका रुमालात बांधून तो त्यांना खिशात ठेवायला लावला.

त्या काकाजवळ बोलण्यासाठी शब्द नव्हते. फक्त होते त्यांच्या डोळ्यांतून झरझर वाहणारे अश्रू..

Food For Thought

१) जगाशी बोलायला “फोन”
तर देवाशी बोलायला “मौन”
फोनवर बोलायला लागते “धन”
तर देवाशी बोलायला लागते “मन”
पैशाला महत्त्व देणारा “भरकटतो”
तर देवाला महत्त्व देणारा “सावरतो.”

2) My thoughts also run on the same lines :-
The people in the IT Field are always on "Call"! Well! We in the Sadhana Field are on "call" every day and for some on every breath! How? Let us see!!

They are on call, We too are on call!!!!

They connect to their Superiors; we to the Supreme!!!

They are paid rich dividends for their in-puts;
And WE ARE REWARDED THE ULTIMATE!!!
How is that for Manthan, Chintan and Manan?

प्रेम से बोलो जय शंकर
जय मातादी
जय श्रीकृष्ण

- Chandrama Bijur

बारसं (naming ceremony)

शैलजा वैद्य (मासुरकर)

बारसं म्हटलं की, आधी सुंदर साड्या, शालु नेसून दागिने घातलेल्या बायका, जरीचे परकर-पोलके, दोन वेण्या घालून त्याला रुंदशा रिबिनीचे फुल करून लावलेल्या गजरे घातलेल्या मुली व नंतर बाळाचा फुलांनी मस्त सजविलेला पाळणा, त्याला छान सजविलेली लांबशी दोरी, बळजबरीने जरीचे/सॅटीनचे कपडे, टोपडे घातलेले बाळ, त्याच्या कपाळावर व डोळ्यात घातलेले भरपूर काजळ, गळ्यात कंठी, हातावर मनगट्या व पायात वाळे, असं दृश्य डोळ्यासमोर दिसायला लागतं. हो आणि रेशमी कापडात गुंडाळलेला वरवंटा देखील! थोड्या वेळाने त्याला व बाळाला आलतून पालतून पाळण्याच्या खालून वर व वरून खाली दोन बायका एकमेकींच्या हातात ते जपून देताना “कोणी गोविंद घ्या, कोणी मुकुंद घ्या” असं म्हणत असतात. ही झाली बऱ्याच पूर्वीची कथा. सुदैवाने हल्लीच्या बाळांना अशा प्रकारातून (दिव्यातून) जावे लागत नाही. हल्लीच्या मातांना देखील असलं काही करणे म्हणजे भयानक व गावठी प्रकार वाटेल ह्यात शंका नाही आणि त्यांना एवढा वेळ तरी कुठे असतो म्हणा!

तर आता मी ज्या बारश्याची गोष्ट सांगणार आहे ती १९५४ सालची आहे. मी त्यावेळेस सहावी सातवीत असेन. पहिल्या दोन मुलांच्यानंतर मुलगी झाली म्हणून नाईक काका-काकी अगदी खूष होते. ते राहत होते ती वस्ती (वाडी म्हणत असत कंपनीवरचे लोक) साखर कारखान्यापासून जरा दूर असल्याने तिथे वीज पोहोचली नव्हती (आणि अशा कितीतरी वाड्या आजूबाजूला पसरल्या होत्या), त्यामुळे दुपारी लवकरच हा सर्व बारश्याचा कार्यक्रम उरकायचा असा बेत होता. बारश्याला किती जर्णीना बोलवावे, काय काय करावे, फराळाचे जिन्नस कसे, कुठे करावे/वाढावे, छोटीला बारश्याचे कपडे/दागिने (बाळंत विडा) कुटून, कसे, कधी आणायचे इ.ची जोरात चर्चा झाली असणार पण शांतामावशी (नाईक काकींची बहीण व आम्हां सर्व विद्यार्थ्यांच्या लाडक्या अंबिकेबाई) ह्या कुटुंबाच्या मागे उभी असल्यावर फिकीर कसली? त्यांनी त्या समारंभाची आखणी (planning) अगदी व्यवस्थित व वेळेवर केलीच.

कंपनीवरच्या काही ठराविक बायकांना बारश्याचे आमंत्रण गेले व त्यांनी कसे यायचे, कुठे/कधी जमायचे, किती वाजता हे ही सर्वानुमते ठरले, माझ्या आईची तब्येत त्यादिवशी ठीक नसल्याने मी अेकटीच जाणार होते. प्रथम मला घेऊन नवेरानचा (त्या वाडीवरचा) नवा टांगा कॉलनीतील रेडकर काकी, त्यांची सुधा, चितळे/वाळवेकर/कुलकर्णी व चारी काकी ह्यांना गोळा करून नवेरानला बारश्यासाठी कुच करायचे असा एकंदर बेत होता. त्यानुसार नाईक काकांचा सजन नावाचा गाडीवान टांगा घेऊन आमच्याकडे पहिल्यांदा आला. मी तयारच होते. मी

टांग्यात बसले आणि टांगा पोस्ट ऑफिस ओलांडून कॉलनीच्या मुख्य दरवाजाकडे जायला लागला. घोडे जरा जोरातच होते. दरवाजातून आत गेले की, लगेच उजव्या बाजूला थोड्या अंतरावर वाट पाहत उभ्या असलेल्या वरील काकी मंडळींना घ्यायचे होते म्हणून लगाम खेचून घोड्यांचा वेग कमी करून टांगा थांबवायचा सजनने प्रयत्न केला पण ते आणखीच जोरात पळायला लागले. तो जसजसा घोड्यांना चुचकारून जोरात लगाम खेचत होता तसतसे ते जास्त जोरात पळायला लागले. गांगरलेल्या सजनला बिचाऱ्याला कळेचना काय चाललंय तें! टांगा नवा होता पण घोडे तर जुनेच होते ना! मग त्यांना असं बिथरायला काय झालं! त्याक्षणीं विचार करायला तरी कुठे वेळ होता! म्हणता म्हणता जमलेल्या त्या बायकांसमोरून टांगा भरधाव पुढे गेला. त्या “अरे थांब, अरे थांब” असे ओरडून सांगायला लागल्या. थांबण्याऐवजी घोडे आणखीच भरधाव पळत आहेत, सजन त्यांना थांबवायचा केविलवाणी पराकाष्ठ करतोय आणि मी भेदरून आत एकटी बसले आहे, हे काय गौडबंगाल असावे त्यांना उमजेना. सजन आधी मला सांगत होता, “ताई काही आधार धरून बसा” पण धरायलाही काहीच नव्हते. जुने टांगे, बैलगाड्या हयांच्या छपराला मोठ्या शिवणी असत व त्या जुन्या झाल्याने थोड्या ढिल्या झाल्या की, हाताने त्या पकडता यायच्या. पण हा टांगा नवा असल्याने सर्व व्यवस्थित होते आणि शिवणीपण घट्ट होत्या. बैलगाडी किंवा टांग्याच्या मागच्या बाजूला म्हणजे जिथून चढून आत बसायचे तिथे अेक रुंदशी मोठी फळी आडवी बसवलेली असते कोणी मुले/माणसे वा सामान पडू नये म्हणून. पण ह्या नव्या टांग्याला ती फळी बसवायची राहिली होती; (पण ते माझे मोठे सुदैवच होते हे नंतर लक्षात आले.)

बायकांना ओलांडून आमचा टांगा थोडा पुढे गेला. तिथे वळण होते आणि त्याच्या पुढेच थोड्या अंतरावर अेक मोठा आडवा चर खणलेला होता. सजनच्या हे लक्षात आले नि घाबऱ्या घाबऱ्या आवाजात तो मला विनवून नाईलाजाने सांगायला लागला “ताई उडी मारा लवकर.” तोपर्यंत मी घसरत बरीच मागे गेले होते. शेवटच्या क्षणीं मी उडी मारली की, तशीच घसरून पडले ते काही आठवत नाही पण माझे धरणी मीलन दणक्यात झालेले माझ्या लक्षात यायला वेळ लागला नाही. पुढच्या बाजूला असलेल्या सजनने पण हातातला लगाम सोडून उडी मारली. टांग्याचा धाडधाड आवाज झाला. चरामध्ये पडून. क्षणभर मला अंधारी आली. टांग्याच्या पाठोपाठ सुधा व तिच्यामागे काकी मंडळ अशी आमची जणू शर्यत लागली होती! सुधाने धावत येऊन माझा हात धरून मला उठवले. सुदैवाने मला थोडे खरचटण्यापलिकडे काही लागले नव्हते. तोपर्यंत सजनही उठून

आला. सुदैवाने तो पण सुखरूप होता. उभे राहिल्यावर दोन गोष्टींबद्दल देवाचे किती आभार मानावे तेच मला कळेना. एकतर आई त्या दिवशी आमच्याबरोबर नव्हती नाहीतर काय झाले असते ह्याची कल्पनाच करवत नव्हती. दुसरे म्हणजे मी जिथे पडले त्याच्या जेमतेम दीड फूट अंतरावर चुबुक काट्याचे मोठे बेट होते म्हणजे तीन-चार झाडांचा पुंजका होता. थोडी उशीरा पडले असते तर त्या काट्यांवर पडले असते नि मग माझी काही खैर नव्हती!

लगाम सुटल्याबरोबर मोकळे झालेले घोडे पुढे जाऊन उभे राहिले होते आणि माना हलवून एकमेकांना जणू प्रश्न विचारित होते की, ह्या माणसांना झालंय तरी काय! टांगा सोडून जमिनीवर काय बसलेत! तोपर्यंत कंपनीत कामाला जाणारे-येणारे व आजूबाजूचे लोक गोळा झाले होते. त्यांनी मिळून चरामध्ये वाकडा पडलेला टांगा सरळ करून रस्त्यावर आणला. घोड्यांनाही पकडून आणले पण आतां त्या टांग्याने जाणे शक्यच नव्हते. लगाम ओढला तरी थांबण्याऐवजी घोडे आणखी जोरात का पळत होते ते आता सगळ्यांच्या लक्षात आले. घोड्यांच्या मानेवर असलेले आडवे

जू व टांग्याचा मधला दांडा पक्के बसले नव्हते. त्यामुळे लगाम ओढला की, जू सकट घोडे मागे यायचे आणि त्यांच्या पृष्ठभागावर टांगा घासला किंवा टोचला जायचा व ते चुकविण्यासाठी ते जोरात पुढे पळायला लागायचे.

शेवटी नवेरानला काकांकडे निरोप पाठवून ही घटना कळवली तेव्हा त्यांनी मोठी बैलगाडी पाठवली व आमची “बारसं” स्पेशल संध्याकाळच्या चार ऐवजी सात वाजता पोहोचली. वाड्यावर वीज नसल्याने कंदीलांच्या मिणमिणत्या प्रकाशत उर्वरीत समारंभ पार पडला. अर्थात तोपर्यंत आधी हजर असलेल्या इतर बायकांनी बाळाला मुहुर्तावर पाळण्यात घालून तिने नाव “सुनीता” ठेवले गेले होते.

सर्वांचे दैव बलवत्तर होते म्हणून बरें नाहीतर ह्या बारशाच्या समारंभा पाठोपाठ माझे किंवा सजनचे “बारावे” घालावे लागले असते!

सुनीताची आता साठी झाली आहे आणि मी व सुधाने पंचाहत्तरी पार केली आहे. पण तरीही ती भूतकाळातील थरारक घटना आजही जेव्हा मला आठवते तेव्हा अंगावर काटा आल्याशिवाय राहत नाही.

From the Cookbook of Vokethur Shantabaipacchi

Cabbage Bhat

(A Dish for all seasons, this is an answer to the Chinese Fried Rice)

Ingredients: Shredded Cabbage- ½ kg, Rice 2 cups, finely chopped onion-1 medium, peeled and minced garlic-3 cloves, ginger grated – 1", finely chopped green chillies-2 (optional), pav bhaji masala 2 tsp, salt to taste, oil- 3 tsp

Ingredients for garnishing- Finely chopped coriander ¼ cup, + ginger skinned and chopped thin long sticks juliennes.

Method:- Cook the rice and cool. Heat a thick bottom pan, add oil, onion and garlic, sauté till onion is translucent. Then add green chillies, ginger and sauté for 10 seconds. Add shredded cabbage and pav bhaji masala and cook covered for 5 minutes, the cabbage should be tender but crunchy as in Chinese fried rice. Add salt powder and mix well and take off the flame. Mix in cooled rice. Reheat on a low flame and garnish with coriander leaves and ginger juliennes.

Potato High Jump.

Ingredients: small potatoes boiled and skinned – 20, tamarind pulp- 1 tblsp, udid dal, chana dal and coriander seeds each 1 tsp, red chillies – 5-6, curry leaves 5, rai ¼ tsp, oil ¼ cup, salt to taste.

Method:- Flatten the potatoes slightly and set aside. Heat 1 tsp oil in a pan add udad dal, chana dal, coriander seeds and red chillies. Fry till golden and grind to a fine paste with tamarind pulp. Heat oil in a pan. Add rai, curry leaves. When rai splutters add the potatoes, ground masala paste, and salt and few spoons of washed water of the masala paste, and cook till dry.

Enjoy the potato high jump with pooris, chappatis, bread and even as a side dish.

Koki

Ingredients: wheat flour 2 cups, finely chopped onion ½

cup. Finely chopped coriander leaves 2 tblsp, finely chopped garlic cloves-3, finely chopped green chillies- 2 or 3, oil -2 tsp, jeera 1 tsp, salt to taste, oil for frying kokis – according to your choice.

Method: Mix all the above items except oil for frying kokies with water to a soft dough. Make thick roties and while frying the roties prick holes in them adding oil in the holes and all round the koki and fry till golden spots on the koki.

Enjoy hot KOKI with tomato sauce, hot coriander chatni or even hot garlic chutni.

Rice Shevai

Ingredients: Rice flour- 2 full cups, salt to taste.

Method:- Fry rice flour in kadai till it becomes little hot. Sprinkle little salt powder and lukewarm water and mix well and make a soft dough, Make small balls and put in a shevai mould. Press the shevai on idli moulds, the bottom 2 or 3 plates (do not use the top plates) and steam cook for 10 minutes. Then when the plates become cool you can remove the shevai

1) Shevai Usli- Ingredients: oil- 1 ½ tblsp, rai ½ tsp, urad dalm chana dal 1 tsp each, ground nuts 1 tblsp, (optional) red chilli pieces 2 or green chillies – slit into 2, curry leaves 5, lime juice ½ tsp, hing a big pinch, coriander leaves chopped 1 tblsp and coconut gratings 2 tblsp, salt to taste.

Method:- Keep oil in the pan and add rai, when crackles add urad dal, chana dal, curry leaves, ground nuts (optional), hing, red chilli pieces or green chilli slits and shevai, lime juice salt and mix well and lastly add coriander leaves and coconut.

Method no 2:- Add coarsely ground green chillies, little salt and hing and mix with coconut and add to ready rice shevai.

Method no 3:- You can add the remaining oil after you fry papads or onion vadios or Mirchi Kachri etc., to the rice shevai and add the oil and mix and enjoy the Shevai.

A Unique Get-Together of All Old Residents

REPORTED BY JAIRAM KHAMBADKONE

When we talk of a get-together, we always get a feeling of youngsters coming together for fun, frolic, cocktails, music, dance etc. But we had a totally unique get-together in the last week of December 2017. On Sunday the 24th December 2017, about 53 residents of Old D Block Chawl of Saraswat Colony, Santa Cruz, Mumbai got together in Anandashram Hall (Saraswat Club) for old time's sake. This probably was first of its kind of get-together of old residents and the criteria for joining this get-together was that one of the participants should have stayed in this Old Chawl one time or the other in the past. No doubt, the family members of such participants, their children and grandchildren could join. Surprisingly, nine out of these 55 members were in the age-group of 80+ and the senior most person was 92 years old. About 25 participants were in the age-group of 70 to 80.

What more could be a better event, than having such a get-together, when the Saraswat Suburban Cooperative Housing Society Ltd, in Santa Cruz West, which is an integral part of Saraswat Colony, is completing 100 years of its existence in the year 2019. One can always consider this event, as a beginning of Centenary Year Celebration for this landmark 100th Year of the Society.

This concept was visualized sometime in June 2017, but it was not possible to implement it because of the impending monsoon season right up to end September 2017. It was only in October 2017 that we formed a core team to plan such a get-together and the best choice of the time for this GTG was December, as it suits all from climatic point of view.

Communications were sent to as many persons as possible by Email, telephone and WhatsApp and this resulted into more excitement amongst the old residents of this Chawl. The ultimate result was that residents decided to come even from Ahmedabad, Pune, Dubai etc. The surprising part of this get-together was that persons who were 80+ age group had shown more interest, with an intention of meeting their old neighbours after many years. Though an initial estimate of participants was 35 to 40 to start with, the final figure was expected to be 55. The score finally ended with 53 participants.

It started with welcome from the core team and then self-introduction by all old residents. Then came the most interesting part of old anecdotes of 40s, 50s, 60s and so on. The anecdotes part of the function took all of us a few decades back and it was "down memory lane" for many of us and a bit of an "amusement" for the younger generation. The most interesting anecdote came from Gurudas Gulvady, who narrated an incidence about some elderly person from the Chawl, who had got into an argument with a Marathi speaking neighbour. Since most of the residents during early 40s and 50s were from South and North Canara, grammatically their Marathi language

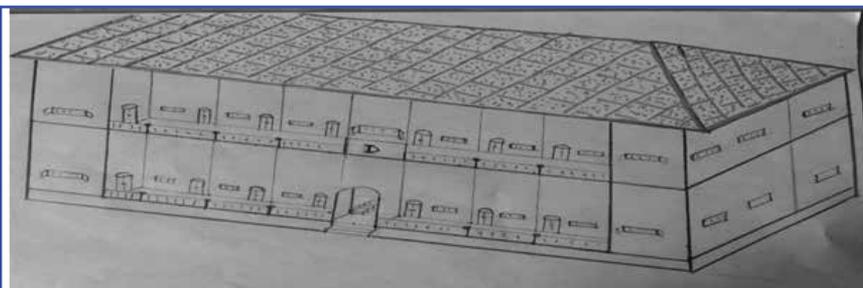
was not good at all and when spoken it conveyed an altogether different meaning. This anecdote sent the entire group into a big laughter. From all these anecdotes, there was a feeling of "those were the days" and many elderly persons were missing the Chawl system and better security in those days, in comparison with present day lax security in general. After hearing all this, one went to the extent of cutting a joke - that whenever there is one more redevelopment in Saraswat Colony, one should consider building a Chawl again.

Then of course, there was a bit of entertainment programme by Jayant

Hattangadi and Deepak Hemmady (Mama - Bhanja Jodi) on Harmonica, Jayant Nayampalli sang one old Hindi Song and the accompanist was Dr. Sharad Naimpally on Dholak. Few games were organised by youngsters like Arati Benegal, Aparna Amembal and Anita Kulkarni. They kept all seniors busy with two games for about 15 minutes.

Any function cannot be considered as complete, without a simple tasty lunch and a nice sweet dish and the credit for the same goes to Maya Mangalore who had made the catering arrangement. Overall, it was a fun filled day full of old memories, meeting all old neighbours and no doubt - "down the memory lane". Those ladies who got married and came to Saraswat Colony after marriage, enjoyed even more with all those old memories and a few jokes.

There was an informal vote of thanks - but not without a thought of - "when do we meet next" kind of feeling.



An Imaginary Drawing of our D Block Chawl, in absence of any old Photograph



<<<>>>

Personalia

Shri Mohan Hemmadi was honoured by the Academy of Music of the Chowdhia Memorial Hall on 5th November 2017 for his distinguished services to Hindustani classical music for nearly 50 years of his life.



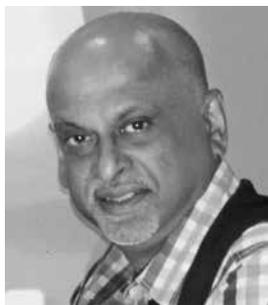
Chowdhia Memorial Hall is a cultural centre in Bangalore which provides a home for musical and theatrical performances as well

as competitions. Located in Malleswaram, it was built as a tribute to Tirumakudalu Chowdhia. It is possibly the world's only memorial in the shape of a violin. Built in memory of Late T. Chowdhia, the violin maestro who pioneered the use of seven stringed violin, the auditorium has blossomed into a National center for music, arts, drama and a myriad other activities.

Shekhar Hattangadi: Mumbai-based journalist, law professor and film-maker Shekhar Hattangadi—whose earlier documentary *SANTHARA: A Challenge to Indian Secularism?* on the controversial Jain ritual of fasting-unto-death won several film-festival awards—will fly to New Zealand for a month-long shooting schedule beginning late February 2018 for his latest documentary project.

Conceived as a retrospective look at "From the Ocean to the Sky," the jet-boat expedition in 1977 led by Everest hero Sir Edmund Hillary against the currents of the Ganga from the Bay of Bengal to the river's source

in the Himalayas, the documentary aims to recreate the thrilling—and sometimes chilling—moments of that expedition through archival footage and interviews with the surviving members of the 18-strong expedition team. Riding on three jet-propulsion boats under the supervision of the boat-inventor's son Jon Hamilton, the crew had traversed the entire length of the 2,400-km river including its treacherous rapids, and then trekked another 100-plus km before climbing Akash Parbat in the Himalayan range—all in less than two months.



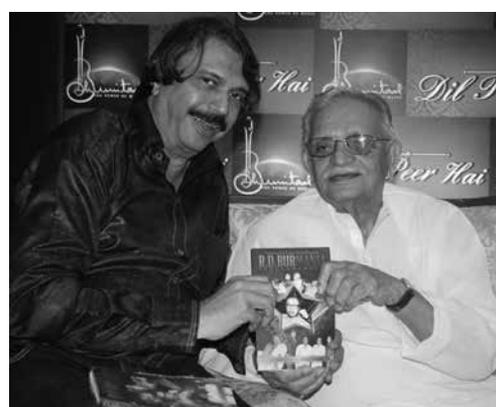
The New Zealand shooting schedule will be the retrospective project's longest since it's home for more than half the expedition team (including its charismatic leader) with Indians, Nepalis and a lone Australian cinematographer comprising the rest. The new documentary is being shot by the same cameraman who captured the original expedition on film—Michael Dillon of Melbourne, Australia, who ranks among the world's finest cinematographers of adventure and expedition documentaries. Two Indian members of the Ocean-to-Sky team—Mohan Kohli, leader of the first all-Indian expedition to climb Mount Everest in 1965, and the now-deceased award-winning Films Division director-cameraman Prem Vaidya—were interviewed during an earlier shooting schedule of the retro project.

Ocean-to-Sky's surviving veterans in New Zealand range from the suave inspirational speaker Peter Hillary (Sir Ed's son) to the bushy-bearded Jim Wilson who, armed with a doctorate in Hindu philosophy from Benares Hindu University after a stint as a Christian priest, mingled ever so easily with yogis on the river banks during breaks in the expedition. And the Hattangadi-Dillon Duo expect this motley bunch to unpack bagfuls of bitter-sweet nostalgia. Among the stories of riveting interest are those of facing tigers in the Sunderbans, and the never-before-told-on-screen account of Edmund Hillary's dramatic rescue after he developed life-threatening cerebral oedema in the expedition's final stretch.

Chaitanya D. Padukone: Recently, when the Ambassador of Brazil, His Excellency Tovar da Silva Nunes browsed through the popular book 'R.D.BurMania: PanchaMemoirs', the senior diplomat seemed very impressed. The popular memoirs book authored by distinguished senior film journalist Chaitanya D. Padukone, also highlights little-known info about the maverick maestro R.D.Burman's 'Brazilian connection.' "The contents of the book are very interesting and I am keen to know more about the Indian composer-singer RDB," reacted the Ambassador in his formal response letter. Earlier, at the Brazilian National I-Day celebrations in Mumbai, the Ambassador had personally complimented Chaitanya for the author's meticulous initiative in enlightening music-buffs about this Indo-Brazilian music fusion.



Meanwhile, illustrious Oscar Awardee poet-lyricist-writer



and Bollywood director Gulzar-saab (who was very close to R D Burman) also personally complimented Chaitanya for his diligent efforts in authoring the book 'R D BurMania' and also had a lively discussion on

music with him. That too in the presence of acclaimed veteran singer-guitarist Bhupinder Singh.



Acknowledgement

Shweta and Chaitanya Padukone sincerely thank all relatives and friends for their blessings at the wedding reception of their daughter Apeksha with Karan held at Juhu (Mumbai) on December 17th 2017..

Where Have They Gone?

By KUMUD NAYEL

We had them with us all along while we were little kids. Even later when we were bringing up our own kids. Gradually, they changed their names but the users used them the same way all along.

We had a huge Nhaani, a room for bathing, a little outside our house. We had to wait in a queue for our baths. Somewhere along while the queue grew longer and we grew up in size, the Nhaani changed its name and came to be called a 'Bathroom'. These Bathrooms even became attached to bedrooms while we grew older in age. The humble Nhaani got lost in that building where I grew up in Mumbai!

There was a longer queue for the Metmanne, which was common to all of us staying on the floor. We waited with a small bucket in the queue. I wonder how we could wait that long!!!! While we waited and grew up into adults, we learnt a new word for that room which was so important in the early morning. It came to be called the 'W.C.' or 'Toilet'. A feature film recently is with this Title!!!

The Nhaani where we had our baths in Mumbai was very small. But when I came to Bangalore, our Nhaani was as big as a bedroom. It had a huge Fireplace which enclosed a huge Copper Bhaan, a Water container which heated water for our baths. The fireplace kept burning below the Bhaan and even after the fire died down, the water kept warm the entire day. The Bhaan was red and shining bright and was like a well. The real well, Bnaayi, another forgotten part of our household has now been buried. It held a Rajju, not a petname for children like now. Rajju is a thick rope which held the Kalso, a round water holder. The kalso would be dropped into the well and when filled with water it would be drawn out with great skill and care so as not to spill the water..

The Nhaani held a stone seat for a person to sit and have his bath. There was a smaller Bhaan to hold the hot and leveled water. A brass tappil, a small round flat vessel, or copper chambu, a round vessel was used to pour the water for the bath. All these copper and brass wares in our Nhaani or Bathroom as it is called now, have been raided by colourful plastic buckets and mugs. Even toilet soap racks were metallic, sometimes even silver. There were no shampoo bottles in our bathrooms. We soaked Rintho, berries in hot water. That bubbling Rintho water was so frothy and cooling on our hair. And oh yes! It never had an artificial fragrance. The Rintho smelt of fresh garden leaves, trees and flowers.

We had never seen an ad for long hair to wash our hair every Sunday in the common bathroom. The entire family waited for each other. Each one of us had a particular place on the Manayi. a wooden plank seat on the floor. We all sat in a row while Ayi, my mother served us food as she sat next to the fireplace. Hot papads roasted on rainy evenings. They have never tasted that good no matter how many ads have appeared for Lijjat Papads. I wonder whether anyone ever sits on a Manayi anymore when the Dining

Table has usurped half of our dining room. Kayli, Tawo

,Polyna Kayli, Budkulo, Daulo, Dayi, Aadli, Kantne, Bharni, Chimto, Kailato, Ragdo, Daanten. All from the kitchen. While some of these helping tools have vanished and been replaced by electrical gadgets, names of the others have vanished from our vocabulary and been replaced by their English versions!

When I see old marathi movies where Sulochana is grinding on the Daanten and singing 'Sansar, Sansar, Jasa Tawa Chuliwar', it brings back memories of my grandmother who ground rice on the Daanten for the yummy Doddak, she made for us the next tiffin time. 'Arre Sansar Sansar', how soon we forget all those humble words which brought into our daily routine and life so much love and warmth!

Here and There

Bengaluru : On 10th December, the Punyatithi of Parama Pujya Shrimat Krishnashram Swamiji and on 11th December the Punyatithi of Parama Pujya Shrimat Keshavashram Swamiji were observed with Deepanamaskar, Bhashya Pathan, Ashtavdhana Seva, Aarti and Prasad Vitaran.

The recitation of Shri Shankaracharya Ashtottara Shatanamavali was started by sadhaka-s at Bengaluru Math, every Sunday, from 24th December. A short 5 minutes Ninaada practice session is a part of all regular activities conducted at the Math.

Pujan was performed by Gruhastha-s every Monday, Thursday and Friday. Samoohika Gayatri Japa Anushthan was conducted on 2nd, 4th and 5th Sundays. The series of talks by Smt. Dr. Sudha Tinaikar continued.

Reported by Saikrupa Nalkur

Mumbai – Dadar : On 3rd November, our sadhakas shared their memories associated with the festival of Deepavali at the Sanskrit Katta. On 10th November and 22nd December, we participated in Samuhik Devi Anushthanam. On 11th November, on the occasion of Samaradhana of HH Shrimath Vamanashrama Swamiji, some of our sadhakas performed Shri Guru Pujan.

On Sunday, 12th November, it was time for the annual Bhagawad Gita recitation competition and Abhivyakti. Participants from Dadar Sabha were also amongst the prizes as Mitesh Rajnani (1st Prize, Below 10 age group), Sanika Balwally (2nd Prize, 15-35 age group), Smita Mallapur (2nd Prize, 35-55 age group) and Supriya Hattangadi (2nd Prize, above 55 age group) did a fantastic job and did justice to the efforts taken by Smt. Shobha Puthli and Mitali Puthli in teaching them. The total tally of Dadar participants in the Gita competition was 17, while 22 participated in Abhivyakti, including 3 from the prarthana varga.

On 15th November our sadhakas participated in a swadhyaya session on Swamiji's Ashirvachana clip on "Shiva Sparsha" as well as the 11th chapter of the Bhagawad Gita. Regular Bhajan and Gita Pathan sessions were conducted by Smt. Shobha Puthli at her residence.

From 29th November, it was time for the Datta Jayanti Utsav at Talmaki Wadi. On the day of Gita Jayanti on 30th November, a short video of Abhivyakti was screened. Following this, the winners and participants of the Bhagawad Gita recitation competition, teachers, judges, as well as participants of Abhivyakti were felicitated at the divine hands of Swamiji.

Some of our sadhakas got the opportunity to offer Bhajan Seva at Swamiji's camps at Talmaki Wadi and Goregaon. Punyatithis of HH Shrimath Keshavashrama Swamiji and HH Shrimath Krishnashrama Swamiji were commemorated on 10th December. 35 sadhakas we present as Dr. Chaitanya Gulvady spoke about the mahima of both these great Gurus. He then went on to felicitate the Gita competition and Abhivyakti participants. Prizes were sponsored by Smt. Revati Gulvady, Shri Shashidhar and Smt. Suman Gulvady and Smt. Supriya Hattangadi. The programme concluded with Mangalarati and Prasad Vitarana.

On 26th December, over 30 of our sadhakas, yuvas included, arrived at Karla eagerly looking forward to the Sangita Karyakrama in the evening by none other than Shri Shankar Mahadevan. Prior to the music programme, the yuvas had an interaction with Shri Shankar Mahadevan himself, in the presence of Pujya Swamiji. This included a screening of the musical tribute to Swamiji, followed by a wonderfully heart-warming interaction, wherein yuvas asked many questions and also expressed their musical talent, which he truly appreciated.

Reported by Mohit Karkal.

Mumbai – Santacruz: On 11th December, 2017 at the Shrimat Anandashram Hall, Santacruz, Saraswat colony the Jod Punyatithies of HH Shrimat Krishnashram Swamiji and HH Shrimat Keshavashram Swamiji was observed. Devotees offered their Bhajan Seva.

This was followed by DeepaNamaskar and Mangal Aarti and prasad.

Reported by Kavita Karnad

New Delhi : On Sunday the 3rd of December, Delhi Sabha celebrated Gita Jayanti at Deer Park, Safdarjung Enclave, New Delhi. This was hosted and sponsored by Hemmad Dipak maam and Shyamala Pachhi. Our assembly on the verdant greens amidst the flora and chirping birds, gave us a different 'feel' altogether.

After chanting opening prayers, Gurupaduka stotra and Shri Parijnana Trayodashi, we read Chapters 5 and 12-15 of the Bhagawad Gita. 3rd December also being Datta Jayanti, Nirody Radhika pacchi read excerpts on Shri Dattatreya by Swami Sukhabodhanandji. We then listened joyously to an audio of our Parama Pujya Swamiji rendering Shri Datta prarthana Chatuskham. Yuvati Ishani Rajpal read out some Bhagwad Gita shlokas along with their translation. Balsavar Anu pacchi conducted the quiz where the menfolk came up with answers far quicker than the bhaginis. Our 5 Yuvadhara members lent support throughout the programme.

On Friday the 29th December 2017 a fulfilling Sadhana Panchakam was performed at the residence of Nayel Shantish and Sandhya. The readings of texts from Navaratri Nityapath led to the powerful chants of Devi Anushtan. The synch in text reading from Shri Lalita Sahasranama, the Bhagavada Gita chapters 12 and 15 followed by the Shiva Manas puja stotra, encompassed all participants with excellent vibrations. After the Mangala Arati sung with gusto, delicious prasada bhojan was served.

Reported by Vidya Kumtakar Kumar

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Bhanap parents invite proposals for their daughter aged 26 years, 5'6" employed as Software Engineer in the U.S . Educational Qualifications: MS in Computer Science from a reputed University in the U.S. Preference is for grooms settled in Seattle, California or in Texas. Please respond on Email ID : ksmatrimonyus@gmail.com

BIRTH

A boy (Avyaan) to Ajay and Chaitali Kallianpur on 19th October 2017 in USA. Grand son to Sandhya & Anand Kallianpur and Vidya & late Tulasidas Prabhu.

DOMESTIC TIDINGS

BIRTHS

We welcome the following new arrivals:

- Oct 19 : A son (Avyaan) to Chaitali and Ajay Kallianpur.
- Nov 7 : A son (Siddharth) to Varsha (nee Ugran) and Sameet Burde at Pune.

MARRIAGE

We congratulate the young couples

- Nov 23 : Tanvi Chaitanya Byndoor with Prasad Mayuresh Korgaokar at Mumbai.
- Dec 1 : Sneha Srinath Kalawar with Kartik Mohan Tadgajje at Dahisar, Mumbai.
- Dec 10 : Apeksha Chaitanya Padukone with Karan Pankaj Mahajan at Amritsar.

2018

- Jan 6 : Jahnvi Girish Sajip with Avesh Gyan Sharma at Delhi.

OBITUARIES

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

- Nov 22 : Jyotindra Manohar Trasi of Karnatak Bldg at Pune.
- Dec 5 : Atmanand B. Heble (86) at Dahisar, Mumbai.
- Dec 10 : Akshay C. Padukone (32) at Bangkok.
- Dec 13 : Aarti Krishnaprasad Gulwadi (nee Chitra Mola-halli), (67) at Chennai.
- Dec 17 : Meera Dayanand Basrur (Nee Taggarse) (93) at Vile-Parle (East), Mumbai.
- Dec 29 : Geetha Harishankar Gulwadi (87) at Chennai.
- Dec 30 : Dinesh Ramrao Nadkarni (77) at Bangalore.
- 2018
- Jan 2 : Suresh R Karnad (82) at Mumbai.
- Jan 2 : Nirmala Umesh Bijur (nee Badakere) (78) at Chennai.
- Jan 3 : Raghuvir S Biyar (86) at Vile Parle (East), Mumbai.
- Jan 7 : Kiran Taranath Arur (61) at Pune.
- Jan 7 : Mangalore Krishna Kumar (76) at Bangalore.
- Jan 8 : Krishnanand Atmaram Burde (90) at Santacruz (east), Mumbai.
- Jan 10 : Mohan V Shirali (91) at Deonar, Mumbai.
- Jan 11 : Anant Venkatesh Kadle (89) at Malleswaram, Bangalore.
- Jan 13 : Radha Jaykrishna Betrabet (90) at Pune.
- Jan 17 : Nalini Vasant Nadkarni (87) at Mumbai.
- Jan 18 : Radha G. Benegal (nee. Lila V. Kulkarni) (97) at Pune.

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