International Women's Day

Deepika Kundaji receiving the NARI SHAKTI Puraskar, the Highest Civilian Award for Women in India, from Hon. President Shri Ramnath Kovind.

KSA Celebrates Chitrapur Saraswat Women’s Day

KSA’s President Shri Praveen Kadle welcoming Dr. Smt. Geeta Koppikar, Chief Guest

Two of the ladies felicitated speaking on the occasion

Smt. Mrinalini Kher

Smt. Sonali Savkoor
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Letters to the Editor

Dear Editor, The article - “To read or not to read” by Ms Puja Padbidri was indeed very interesting. The views about “Reading Habits” expressed by her are to be highly appreciated. I opine, we, along with the coming generations should inculcate not only the habit of reading but also writing as both regular reading and writing enhances our thinking capacity vis-a-vis our vocabulary and skill in expression.

Gauri Deepak Mudbidri, Virar

Dear Editor, The Senior Citizen’s Get-together was a great success. We all enjoyed every minute & it will remain in our memory for the rest of our life. We congratulate you for the excellent presentation which made the program very lively. We really appreciate the efforts you all have taken for making this gathering a memorable event.

Wishing you all the Best in your future endeavours.

Vrinda & Vinod Talgeri, Matunga

Dear Editor, Hearty congratulations for the success of the beautiful program on P.L. Deshpande. I really appreciate the efforts and hard work of you all.

Lata Kamad - Ullal, Chennai
Felicitation Programme of Mr. Amit Masurkar

Kanara Saraswat Association is pleased to announce that Mr. Amit Masurkar—National Award Winner for Best Hindi film ‘Newton’, Winner of CICAE Award at Berlin International Film Festival, Jury Prize at Hong Kong IFF, Official Selection at Tribeca Film Festival, AFI Fest, Palm Springs FF, Winner – Best Screenplay at Asia Pacific Screen Awards - Brisbane, Winner – Best Screenplay at Asian Film Awards - Hong Kong, Filmfare Awards - ‘Best Original Story’ and ‘Best Film Critics Award’, India’s official selection to the Oscars -2017 will be honoured on Saturday 26th May 2018:

Venue: Shrimat Anandashram Hall, Association Building, Talmakiwadi, Mumbai 400007.
Time: 5.00 PM.

Mr. Shyam Benegal Producer, Director, a very senior and well known film personality has kindly consented to be the Chief Guest on this occasion.

All are are cordially invited.

Shivshankar Murdeshwar
(Hon. Secretary)

Sunil Ullal
(Jt. Hon. Secretary – Socials and Sports)

Going Rural – The Story of Huli-De-vana
A Talk on Organic Farming

Kanara Saraswat Association is pleased to announce an Audio-visual talk by Shri Vivek Nadkarni and Smt. Tanuja Nadkarni of Shirali on Saturday 2nd June 2018 at 5.00 PM

Venue: Shrimat Anandashram Hall, Association Building, Talmakiwadi.

Shri. Vivek Nadkarni, an Electronic Engineer and Smt. Tanuja Nadkarni, a Software Engineer have changed their line to Organic Farming in Shirali since the last 6 years. They will present the story of their success with a Power-Point Presentation. This will be followed by an Interactive Session with the audience.

All are invited to attend this function and listen to their unusual and successful story.

Shivshankar Murdeshwar
(Hon. Secretary)

Sunil Ullal
(Jt. Secretary – Socials and Sports)
From the
President’s Desk....

Dear Friends,

How difficult it is to keep your life simple with no tension, fears, uncertainties, stress and anxieties!

"Keep life simple. It will make life easier to live and you can then enjoy your life fully." This was the advice given to me by one of my earlier bosses who died few years ago. He was a professionally well-qualified person, quite successful in his career, but he never chased success. He never got involved in petty office politics and tried to keep his life simple. Of course, he had his frustrations, but he never allowed his disappointments to control his life. He was highly respected in his professional circles. He died a happy man.

Over the years, I have tried to follow his advice, but I do not think I have succeeded. This is true for most of us. Our aspirations, goals and objectives get the better of us; and in the pursuit of these aspirations, we make our life more complicated and difficult. The problem with simple living is that though it can be joyful, rich and creative, it is not so simple.

During my professional career, I met this lady economist, Sandra Martyres, who apart from being a successful banker is also a poet. Sandra has written a poem – ‘Simple Life’ which I think captures the essence of why we should try to live a simple life.

“Life is a beautiful dream
Though it may not always so seem
Look at the flowers that surround us
They appear and disappear without a fuss
As do the birds in the sky
They just continue as long as they can to fly
I watch in awe as the cows lazily graze
They are in no hurry to reach fields of maize
The juicy grass is good enough
They are not chasing after better stuff
It is only we who are not satisfied
Until we have all life's luxuries tried
We go far and wide in search of fun
And when we face problems we just run
This is a lesson we need to learn
From lesser creatures how to earn
Happiness from the simple things in life
Leaving aside complexities and strife”

A simple poem – but it is very difficult to follow the essence and message of this poem. Keeping a perfect balance between our aspirations and at the same time leading a simple life is very difficult. It is always a great struggle.

I also came across this famous statement of the American psychiatrist Morgan Scott Peck who says “abandon the urge to simplify everything, to look for formulas and easy answers, and to begin to think multi-dimensionally, to glory in the mystery and paradoxes of life, not to be dismayed by the multitudes of causes and consequences that are inherent in each experience – to appreciate that the life is complex”.

As I was writing this piece, I suddenly stopped writing as I realised that these two different viewpoints are confusing. I pondered for long to get an answer to this dilemma. I finally came to the conclusion that – Try to keep Life simple. But in Life, you need to have good aspirations that will keep you going. Without these aspirations, Life has no meaning. You need to make your own destiny, you need to strive for the best. Do your best, if necessary even struggle for your aspirations. But beyond a point, Life is not just a struggle – a struggle for something which is not yet fully known.

Finding a perfect balance is difficult but what is Life without some uncertainty? Can you enjoy Life if it was very simple? So, enjoy Life along with its anxieties while keeping it simple. But do not keep your Life so simple that at the end of it you are bored with it.

Regards,
Praveen P Kadle.
ANNOUNCEMENT

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

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

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

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

These applications seeking scholarships with all the supporting documents should be sent in a sealed envelope marked

‘PARIJNAN FOUNDATION Scholarship-Overseas Studies’ to the following address not later than 31st July, 2018

The Trustees
Parijnan Foundation,
C/o The General Manager, Shri Chitrapur Math, Shirali, Uttar Kannada Pin:581354

THE CO-ORDINATION COMMITTEE OF INSTITUTIONS GRANTING AID

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

AID DISBURSED BY CO-ORDINATING INSTITUTIONS DURING 2017-18.
(The figures in brackets indicate the number of applicants receiving the assistance)

<table>
<thead>
<tr>
<th><strong>Institution</strong></th>
<th>Education Aid</th>
<th>Distress Relief</th>
<th>Medical Relief</th>
<th>Total</th>
<th>% of Total</th>
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<td>1. C. S. E. R.</td>
<td>15,65,000 (138)</td>
<td>9,91,000 (155)</td>
<td>7,91,500 (50)</td>
<td>33,47,500 (343)</td>
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<tr>
<td>2. S. E. P. C.</td>
<td>2,67,000 (17)</td>
<td>2,54,000 (58)</td>
<td>1,67,440 (11)</td>
<td>6,88,440 (86)</td>
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<td>3. K. S. A.</td>
<td>2,35,000 (26)</td>
<td>1,40,000 (24)</td>
<td>1,25,000 (09)</td>
<td>5,00,000 (59)</td>
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<td>4. S. M. S.</td>
<td>2,60,000 (10)</td>
<td>1,00,000 (14)</td>
<td>1,20,000 (07)</td>
<td>4,80,000 (31)</td>
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<tr>
<td>5. ANAND</td>
<td>28,874 (04)</td>
<td></td>
<td></td>
<td>28,874 (04)</td>
<td>0.57</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>23,55,874 (195)</td>
<td>14,85,000 (251)</td>
<td>12,03,940 (77)</td>
<td>50,44,814 (523)</td>
<td>100.00</td>
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** C. S. E. R. - Chitrapur Saraswat Education & Relief Society, Santacruz.
S. M. S. - Saraswat Mahila Samaj, Gamdevi.
ANAND - Shrimat Anandashram Ordination Golden Jubilee Fund of Shri Chitrapur Math, Shirali.
Heartiest Congratulations on Your Golden Wedding Anniversary!!!
Smt Sangeeta (nee Geeta Bijoor) and Shri Sudhir Narayan Gangolli

1st May 1968                          1st May 2018
We pray to Kuldevata Shree Shantadurga, our Holy Guruparampara and His Holiness PP Shrimat Sadyojat Shankarashram Swamiji to bless you both with good health, happiness and peace.

With lots of love and best wishes
Meena and Kishore Gangolli
Swati and Ajay Mavinkurve – Aditya and Anuj
Michelle and Sameer Gangolli – Shreyas
Avni and Ashish Gangolli – Aashvita
Akshata and Mihir Wagh – Ishaan
All relatives and friends

May 2018
Dear Papa And Amma,

Today, As You Look Back
With Happiness And Pride

Upon The Sixty Cherished Years
You’ve Spent Side By Side

May Every Happy Memory That You Share
Of Dreams You’ve Seen Come True

Help Make This Special Diamond Day
A Very Happy One For You

Happy Diamond Anniversary!

Sharad & Shreya, Pramod & Ujwala
Vinod & Vindhy, Subhod & Soumya
Suraj, Sagar, Vipin, Varsha, Preran, Pranay
Entod
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Hubballi-580 020 Email : shivakrishnamandir@gmail.com

Centenary Celebrations

100
1918 2018

We are very happy to announce that the Shri Shivakrishna Mandir, Hubballi is celebrating its Centenary Year. In this connection, many religious and cultural programmes are arranged for that celebrations from 6th June until 12th June 2018 at the Mandir premises.

Parampujya Shrimat Sadyojat Shankarashram Swamiji, the Eleventh Guruswami of Shri Chitrapur Math, Shirali has honoured us, the devotees of Shri Shivakrishna Mandir, Hubballi, by consenting to bless us all by their Divine Presence during these celebrations.

Hubballi in the late 19th Century and until the middle of the 20th Century was a bustling town with a large Amchi population, thanks to the Southern Maratha Spinning Mills, where a large number of them were employed and the Southern Maratha Railways which had also employed many of them. To meet their spiritual needs, idea of this temple was conceived and the then elders of the community headed by the late Shri Subrao Ubhaykar (Ajoba) along with late Shri Sitaramappa Chittar and late Rao Bahadur Venkatrao Koplikar who by their unique Mushti Fund, collected sufficient funds to start construction of a Krishna Temple.

The work started with the sanctum sanctorum, was completed in 1918 with the construction of the Sabha Griha and Sandhya Mantap. In 1922, a marble statue of Lord Gopalkrishna (or Muralidhar, by which name this temple is famous in Hubballi) and a Shivaling were installed. The Gopalkrishna or Muralidhar statue is standing as it was installed.

Subsequently in the latter part of the 20th Century the temple was expanded with the installation of statues of Lord Ganapati, Shri Sharadamba, Lord Hanuman, Guru Dattatreya, Naga and Navagriha, thus making the temple a hive of activity for all Amchis.

Parampujya Sadyojat Shankarashram Swamiji has blessed this temple by selecting it as Shivalaya and has made it a place to conduct Mahashivaratri Anushthana every year.

Come all Chitrapur Saraswat Samaj Baandhavas to Hubballi to join us in large numbers in these celebrations.

VIKRAM SIRUR
President
Shri Shivakrishna Mandir Shatamanotsav Committee

NANDAN BALWALLI
President
Shri Shivakrishna Mandir
Our Cover

Deepika Kundaji awarded the Nari Shakti Puraskar

Deepika Kundaji, second daughter of Shri Anand Kundaji and Smt. Jaya Kundaji was awarded the Nari Shakti Puraskar 2017, the highest civilian honour for women in India. She received the award from the President of India on 8th March 2018 on the occasion of International Women's Day.

Deepika Kundaji was given this award for 24 years of work in the field of land regeneration, biodiversity and seed conservation. In 1994 she started working on 8 acres of severely eroded land in Auroville, north of Puducherry, together with her partner Bernard. Known as Pebble Garden, this devastated land, is now a forest of indigenous trees vibrant with birds and small wildlife, seasonal water bodies, a fruit tree area and a seed conservation garden.

On the most degraded land you can imagine, with no topsoil whatsoever, the duo worked without hired labour and no external inputs, using hardy plant varieties as ‘pioneers’ to raise a forest of indigenous species and build up soil for a cultivable area of half an acre. On this small plot Deepika conserves more than 90 endangered traditional varieties of vegetables as well as other hardy plants good for home gardens. She multiplies their seeds which she shares with organic farmers across the country.

An active member of the seed revival movement in India, Deepika has been participating in national and state level seed fairs and organic farmers’ conventions for several years. Through talks and workshops, on why diversity matters and how to preserve it, she shares her seed saving techniques with interested farmers. She promotes seed production as a livelihood option, especially for women in rural areas. Her book “Reviving Vegetable Diversity: a Seed Savers’ Guide” has sold more than 3000 copies and been translated in Hindi, Bengali and Odiya.

“Every traditional variety has a specific use, taste or value or is uniquely adapted to an environmental condition such as drought or flooding or has some special desirable quality. To give an example, there is a red lady’s finger which apart from its stunning colour, is not slimy, can be eaten raw and is resistant to a viral disease that commonly affects the crop.” Deepika grows and shares seeds of several traditional varieties of Brinjal (20), Lady’s finger (8), Beans (23), several kinds of Gourds (12), Chillies … all of which are almost extinct.

Apart from Deepika, two organisations (Vanastree & Millet Network of India) and one other individual (Sabarmatee of Sambhav) working on seed and organic farming revival also received the Nari Shakti Puraskar. “Contributions in the fields of agriculture and seed almost never receive such high recognition from the Government. Over the centuries, peasant women have selected the best crops and seeds each season, and the value of those seeds is immense: losing these seeds is losing hundreds if not thousands of years of work. This diversity is a living heritage of our country. It is encouraging that the Government of India has honoured the efforts of ordinary people in preserving our national heritage.”

When she was in her early 30s Deepika left her Academic Career and City life to pursue her calling to live and work close to nature. She joined Auroville in 1994 and ever since the start of Pebble Garden, despite all the hard work it has entailed, never once has she looked back.

—in conversation with KS

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ELECTION NOTICE-2018

Nominations are invited for 3 vacancies on the Managing Committee for the year 2018-2019 of the Kanara Saraswat Association arising due to the following.

Vacancies caused by retirement under Rule 13
1. Shri Mavinkurve Yatin Shantmurti
2. Shri Murdeshwar Shiv Shankar Dattanand
3. Shri Nadkarni Anand Ramchandra

Vacancy caused by Rule 16 (a)
Mr Kombrabail Hemant Raghuvir

Nomination paper containing the candidates name in full and his consent to contest the election and subscribed by not less than two members of at least one year’s standing as proposed and seconded should reach the Hon. Secretary at the KSA Office on or before June 09, 2018 by 7.00 p.m.

By order of the Managing Committee
April 01, 2018

Jairam Khambadkone
Chairman
May 2018

KANARA SARASWAT

12

चिंतापुर सारस्वत महिला दिन २०१८

(आयाम, दिनांक ११ मार्च, २०१८ हा दिन आम्गोल्या श्रीमती आनंद्राम नंबर २, "चिंतापुर सारस्वत महिला दिन २०१८" हा कार्यक्रम समाप्त होता. उद्देश्य करताना हा कार्यक्रम सुरुगमिलून, ताजीं बुद्धादि)

आचार्या कार्यक्रमाची अध्यक्ष डॉ. मोतीपांचलक शोभन कौर, कंगना सारस्वत मोतीपांचलक आत्मनी सोसाइटीमध्ये अयोग्य प्रवेश करून, मानानायकांनी प्राणित कराली. कार्यक्रमाचे इतिहास उल्लेख करताना मालिकाने हा कार्यक्रम सुरुगमिलो झाला, येंदूनच वेंदू विशेषांकनांना जवाबदेखील माहिती नव विनेंती.

सत्कार मूलतः समाज कार्यक्रमांत एकादी, एका बुद्धात, प्रतिपादपंचम चालियांक, आर्थिक, वित्तव्य स्वल्प प्रत्यक्ष विश्वासी प्रदान करतील आस्ाससती. ही बौद्धवाचन प्रयत्नात आम्गोल्या समाजात एक लेखक प्राण कोणून दिली हजारी आमाची काहीत आस्सत. दिली आम्गोल्या भाषी माहिती साधणे.

लागत विधायक/विधायकीण मेकिन्स हा ९ ते १० लाख स्वतंत्र वार्षिक शिक्षणवृती श्री. प्रथम दिव्य आतील कुळवाची, विभेदता शाळी उजाळ वार्षिक शिक्षणवृती प्रदान करतील आस्सती. ही चौथी विभवांत आम्गोल्या समाजात एक लेखक प्राण कोणून दिली हजारी आमाची वाचने आहारी आस्सत. दिली आम्गोल्या भाषी माहिती साधणे.

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Disasters, riots, epidemics

Director

Medical Director

National Scholar

MBBS, MD

Pathology

Microbiology

Microbiology

13
हिंदी समाचार वर्दना है।
Pelvic Bone Fracture  
Bedridden  

KANARA SARASWAT  

Indian Institute of Management, Ahmedabad
Blessings for Academics हा प्रथम प्रकल्पाच्या शुभारंभात जाही. स मैनसंरक्षण चेंबर-मैंजेंटी संख्या 30 जाही. आमने हांड्रे जंगल्याच्या प्रथु निर्माण जाही. ग्रामीण सरकारी बांधक वाग्यांतरूप विनियोजन सल्ला विनियोजन जाही. सोनलिपाठीची राजक विकास संघ सततराज्यात्त्वांच्या विनियोजन सल्ला विनियोजन जाही. 1994 ते, गुरुसद्धार्य तवकालीन Deputy Commissioner गेल्या हस्ते सोनली पापेकलो वर् माजी. माणिक Haryana Govt. ने अलंकारातून तांत्रिक जागी दिली. KWS व्यावसाय सदस्यांती "Be A Brick" मोहीम कोर्सने निधि वडू कड्या हाँच कलाकृती माहिती अशोकमामागले स्वार्थसाठी विचार जागत्यासाठी लागलो आणि तातूचे तामागे दुख निधन जागी. सोनलिपाठी एकडी जाही. जालविली गुरुकृतीने आम देवगेल्या देखील संकटांतरिके, समस्यासंगती मात कोर्सं शाळा शिक्षा मैट्रिक्सी.

दोने वस्त्रभंडारी संस्थेची स्वतंत्र ईमारत तयार जाही आमने 2003 ते, नामांकन क्रिकेटटर श्री. कॅपिटल देखील हस्ते हा वास्तूचे उद्घाटन जाही आणि आपल्यांना मुहावर्धदाते चेंबरीं तांगुल्या नवीन वाग्यांतून दुख जाही.

दोनी वस्त्रभंडारी, Carrier Aircon कंपनीचे, KWS व्या The Nightout at the Respite Care Facility आणि Assistive Technology हा दोनी नामकरणात्त्वात मदत करून मात्र केलेला. दोनी वस्त्रभंडारी KWS क पंचवीस वर्ष पूर्ण जातली. त्यानिकल्याने Home for special Children with residential facilities लागू करून मानस आसास. एकदा Special वेकेंद्राणे हा कृतवात साधील करोयने आम माणिक सरासरी. त्या दृढीने KWS चे अवलोकन लागू जातली. ह्या पुरवहनीवाच्या कायद्यात करतीली कसू विवेचनाची ना हो बंगले निर्देश जाणून आला. बंगले हो लागू मनोदय सर्वांनी सफल जाही, अशा आमगेली सर्वांगी सदिच्छा! सोनलिपाठी, तुम्हेला हा महान कार्यक आमगेलें बदन!

हाल उपस्थानात डा. हिंदी कोर्सलेट हिंदूले अवकरण भाषण जाणून आणि केल्यासे तो कार्यक्रमाच्या जयांग्रे खव्वडकृत होणाऱ्या क्षणानिदेशात्त्वात भाषण जाणून KWS व्या कार्यक्रमाची संगती अनुप्रवाहाने जाणून.

(अवकरण/मानवसंरक्षण भाषण/मनोरंग 'केंद्र सार्वजनिक मालिकांचा जुन मैन-वाच्या अंकांतून प्रकाशित जातली.)

‘अपले आवडते पु. ल.’ या आमच्या कार्यक्रमातील कल्ल्यांनी वाचलेल्या गोष्टी ......

अवश्य श्री. प्रवीण कठले यांनी कार्यक्रमाच्या प्रारंभी विविध स्वागत केले.

उपवाच्य श्री. किंगर गाढूकर यांनी मुंबई शहरी माहिती मंडळाचे व माग्नत वेळखं विवाह स्वागत केले. किंगर गाढूकर यांचा गुप्त देखील देणाऱ्या केला.

माजी उपवाच्या श्रीमती गिटा वेंडेंकडी व्याख्या “टिप्पणी” या अभ्यासाच्या व्यवस्था करतानाचा एक भावपूर्ण क्रम .

‘अपले आवडते पु. ल.’ या कार्यक्रमाची उकसांत जाहिरात “Printering” व्या श्रीमती बुपत्री सांवत यांनी अवकरण करल्यास केली होती. लाग्नी तयार केलेल्या वेंडेंकडी व्याख्या कोणतीही खुप कोणतें केले व्यावहार माहितीही खुप खुप धन्यवाद !
Why am I Interested in Acquiring a Business Degree?

Soumya Koppi Kar

Essay by Soumya Koppi Kar as part of the requirements for the Shashi Ullal Scholarship

"As a leader, I am tough on myself and I raise the standard for everybody, however, I am very caring because I want people to excel at what they are doing so that they can aspire to be me in the future." – Indra Nooyi.

I begin with this quote by Indra Nooyi that defines what I believe in. Quality leadership gives direction that can make or break a situation, an organization or even a nation. Currently I am pursuing PGDM Finance from Welingkar Institute of Management, Mumbai. A business degree will help me develop my skills and teach me to strategize to determine the direction of any organization I will work with.

I have completed my Engineering degree in Electronics from K. J. Som aiya College of Engineering, Mumbai. I acquired the technical skills to work in an organization. I got an opportunity to utilize these skills in Accenture as I worked there as an Associate Software Engineer (ASE). My profile entailed procuring business requirements from the clients and working on test cases and scenarios that the developers could code and simultaneously the testers could work on. Working as a business analyst, I interacted with all the stakeholders to understand the working of the organization. Also, the exposure was limited with the work restricted to the procurements and translation. This would at times set in monotony. To break the monotony, I completed certifications in Capital Markets Fundamentals from NSE and Accenture as the project client was the German Stock Exchange. This brewed a keen interest in understanding the working of the organization. This understanding stems from the concepts taught in the MBA program.

While working, I was intrigued how the negotiations with clients took place. I was a resource allocation for the project that was in the bidding stage. It was unfortunate that we had begun work and we lost the project bid to a competitor. This also exposed me to Project Finance, which is one of the most important lessons taught in Financial Management. While working on the business requirements, derivatives in capital markets always fascinated me and I started reading about investing. Since some of my friends were already pursuing their MBA post their engineering degree, the innumerable opportunities in terms of corporate competitions, internships, corporate interactions with various companies came their way. I was looking forward to my share of these.

Why I wanted to pursue my education in management was a question posed in the Welingkar Admission form. My answer was that with a degree in Engineering, I got wings to fly but a career in Management will only strengthen them to fly at higher altitudes coupled with the right attitude.

At Welingkar, the foundation fortnight gave me an opportunity to interact and learn lessons from the industry stalwarts including Raamdeo Agrawal of Motilal Oswal, Jamshed Daboo of Trent Hypermarket Ltd, among others. I always wanted to work on business problems in live projects since my days as a junior associate did not give me a direct chance to provide solutions to the client. The Global Citizen Leader program provided me with an opportunity to work on the Branding of M2All, an e-commerce website of Mahindra & Mahindra. At the end of the project, all the recommendations were implemented with the changes reflecting on their website and it encouraged me to pursue my passion for providing business solutions. The next opportunity came during my Summer Internship at Yes Bank. The business problem was to evaluate their Premier Banking HNI program- ‘Yes First’ and to benchmark it with competition. At the end of the internship, I got an opportunity to present it to the Senior Management. They were thoroughly impressed and notified me that the suggestions and recommendations will be implemented. In September 2017, YES Private Banking program was launched which was one of my recommendations.

These kinds of situations only enhance my confidence in solving business problems which are not just restricted to the finance domain. It is important to have a sound understanding of the business environment. This understanding stems from the concepts taught in the MBA program.

One of the most important reasons to pursue an MBA was to work with a core team comprising of likeminded people. Startups actually flourish with the ideas that come through during your course. Working for nine hours daily hardly leaves any time to sit with likeminded friends and think of a business venture. Having a core team of individuals who thrive to achieve their potential only ignites the fire in you to go well beyond your goals.

A large part of the MBA program requires students to work in teams, to develop management skills by constantly running after deadlines, to come up with solutions, to develop leadership skills and to always strive to be on top. I feel this experience is going to help me in my corporate career to build leaders for whichever organization I am able to contribute to.

Corporate Competitions are an important aspect of the MBA program and I was part of the team of the National Finalists chosen among the 54 B-schools participating in the Motilal Oswal "Think Equity Think QGLP" Contest. This was among the several competitions that I have been part of, which exposed me to other opportunities which without pursuing an MBA would have been difficult to come by!

This MBA is just not a degree; it has given me a way of life. It will prove to be an invaluable asset when I begin my Corporate Career as a Manager.

Soumya Koppi Kar is studying PGDM Finance at the Welingkar Institute of Management, Mumbai.
A grand and melodious programme was held at the Bharatiya Vidyabhavan Auditorium, Chowpatty on 10th March 2018 to celebrate the 100th birth anniversary year of two stalwarts of Hindustani classical music Pandit Chidanand Nagarkar and Pandit S.C.R. Bhat. Both were born in 1919. 2018-2019 thus marks the centenary year of both these artists. We owe it to ourselves that we celebrate the year in a manner befitting their contribution. Pandit Mukul Shivputra gave a vocal recital accompanied by Dnyaneshwar Sonawane on the harmonium and Deepak Garud on the Tabla.

Normally, admirers arrange for festival in a big auditorium. But he said that it would be more befitting if we arrange events which will represent their special contribution as teachers in particular and should involve as many of the institutions and individuals as possible. They were both students at Lucknow, they taught at various institutions such as Vanasthali Vidyapeeth, Bharatiya Vidy Bhavan, and Shri Vallabh Sangeetatalaya. They were intimately connected with the Kanara Saraswat Association, Chitrapur Math (Shirali), Canara Union (Bangalore), Suburban Music Circle (Santa Cruz), and several other institutions.

Smaller, more intimate concerts or discussions will be more appropriate to mark their birth centenary. Students of Bhatsaheb are very much active and a few who learnt from Nagarkar may also be active and enthusiastic.

Chidanand Nagarkar (b. 28th November 1919) was born in Bangalore. He showed keen interest in music from an early stage. G.N. Bhave, a disciple of Paluskarbuwa gave him some early lessons. Later he went to Lucknow for further training under Srikrishna Narayan Ratnjanjark. Even in his student days he was a much sought after singer. When Bharatiya Vidy Bhawan started its activities he was entrusted with building the Music section. From 1946 till his premature death in 1971 he piloted this into the leading music institution in Mumbai. Chidanand Nagarkar became the first Principal of this Institution in 1946 at the very young age of 26. He had the able support of dedicated scholar-musicians such as Sitaram Pant Mody (a guru-bhai of Acharya Ratnjanjark), Pandit K.G. Ginde, Pandit C.R. Vyas and Pandit S.C.R. Bhat (Shukla Chandrasekhar Ramchandra Bhat) (the senior ‘guru-bhai’ of Nagarkar), as faculty members. Nagarkar having accepted the onerous responsibility of shaping the future of the institution in transforming it into one of the most prominent and premier institutions in India imparting training in the arts of music and dance, ensured the affiliation of the Shikshapeeth to the Bhatkhande Sangeet Vidyapeeth in Lucknow. He was a composer, who composed nearly 50 bandishes including some in Ambica Sarang, Janaranjani and Kayshikiranjani, all ragas created by him. He influenced many artists such as Dinkar Kaikini, Vasant Panshikar, Vasanti Kodikal, Durgesh Chandawarkar, Nityanand Haldipur and Omkar Gulwady.

Proposed items of celebrations-

1. Continuing S.C.R. Bhat Smruti fellowship to deserving candidates from North Kanara district through Kala Saurabh.
2. Continuing annual event at Karnatak Sangh to mark birth anniversary of Pandit Chidanand Nagarkar.
3. Workshop for Vocalist regarding compositions of Nagarkar and Bhat.
4. Seminars on various musical topics at different centers.
5. Producing a short film regarding life and work of Bhat and Nagarkar.
6. Major concerts in Mumbai, Pune, Bangaluru, Hyderabad, New Delhi, Lucknow and Shirali.
7. Minor concerts at various centers for students and budding musicians.

We will be publishing details of further events. Do keep reading to keep informed.
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May 2018  KANARA SARASWAT  20
Military Musings

What’s In A Name?
MAJ GEN B N RAO, AVSM, VSM & BAR (RETD)

Army-Air Cooperation

Soon after commissioning as a 2/Lt, I reported to 19 Rajput (Bikaner) for my infantry attachment in the Jammu Sector in July 1961. An army-air cooperation exercise at the divisional level was scheduled to be held in my Brigade Sector and it involved a lot of preparation as the battalion was being deployed for the exercise and special duties were allotted to some of us young officers. I was deputed to the Brigade Operations Room as a Liaison Officer.

One morning, when all the officers had gone forward to witness an air strike, I was alone in the Ops Room monitoring communications and maintaining the log book. Needless to say, as a young officer I was feeling very self-important amidst all the maps with the multi coloured marking pins and a host of telephones.

Just then the telephone rang. I picked up the hand set and said "Rao". A string of instructions followed and I hastily interrupted to say that I was 2/Lt Rao, the LO speaking. "Where is the G-1?" asked the authoritative voice. "Sir, he has gone forward to see the air strike." "Tell him to call me as soon as he returns." The GOC put down the phone at the other end and I took out my kerchief to dab the sweat on my forehead. He wanted to speak to Lt Col Krishna Rao, then GSO-1 of 26 Infantry Division (later Chief of the Army Staff).

That brought me back to earth.

Visit to the Army School

Our common surname was to cause confusion yet again in later life when after retirement General Krishna Rao was Governor of J&K and I was serving as a Major General in HQ Northern Command. I was also Chairman of Army Public School at Udhaspur. The Chief of Staff had visited an Army School at Kalu Chak, near Jammu, and was very impressed with the way they were running things there. He asked me to go and have a look at that school in order to bring about some improvements in the Udhaspur APS.

A message was sent to the Kalu Chak Principal from the Command Headquarters that General Rao would be visiting the school on the following Monday.

I arrived in the school to a grand welcome. The red carpet had been rolled out; the teachers were lined up for the introduction, a group of girls was waiting to sing 'Swagatam'. The Principal was holding a large bouquet. I was very impressed. However as I got out of my staff car, I could sense consternation on their faces. Apparently they thought it was the Governor-General Krishna Rao who was to visit them. They were gracious enough not to roll up the red carpet there and then. They still gave me the bouquet and the girls welcomed me with a song.

General Singh

The nurses in the Officers’ Ward of Eastern Command Hospital at Calcutta were, however, not so magnanimous when they discovered that the patient they were waiting for was not Major General Singh but Major Jarnail Singh. Expecting a Major General, the nurses had spent a large part of the morning freshening up the VIP room, swobbing the floor, changing the sheets, puffing up the pillows, checking the oxygen cylinder, giving it a thorough airing and disinfecting the attached toilet; and even putting fresh flowers in the flower vase. The room was finally inspected by the Medical Officer in charge of the ward. The Major’s bag which had been brought up earlier was placed with due care in the VIP room.

When the real identity of the patient was discovered, the bag was unceremoniously dumped in the junior officers’ ward where Major Jarnail Singh was ultimately admitted after a long wait.

Shirdi Ke Sai Baba

FROM A COLLECTION BY SANJAY MUBDIBUDRI, MANGALURU

It was 15th of October of the year 1918, on Tuesday at about 2.35 in the afternoon that the Supreme Master, Sai Baba of Shirdi breathed His last. His self-allotted labour of love and his gross body was perhaps finished. The last words that he uttered were that he should be taken to an adjoining “wada” (building) as he did not feel well in the masjid. As the master shed his gross body all men and women plunged into agonizing grief.

Baba had given indication of the approach of his “Mahasamadhi” (shedding his mortal body) in as early as 1916 on the same day, which is the day of Dussehra (a festival in India marking the victory of Good over evil). A few weeks before his passing out of gross body he sent a message to a Muslim saint in Aurangabad, “Allah is taking away the lamp he placed here”. On hearing this that fakir shed tears. Surprisingly, the 15th October 1918, which was a day of Hindu festival Dussehra also happened to be the day of Moharram (a Muslim festival). The departure of Baba on such a day was symbolic of his universal approach to human problems cutting across all religions, nationalities, castes, social differentiation and all such manmade barriers.

His final rest is in Samadhi Temple, which is open to all caste, creed and religion as a Gateway to God.

October 15, 2018 marks the centenary of Mahasamadhi of Shri Shirdi Sai Baba. However this year as per the Hindu calendar Vijaya Dashmi falls on 19th October 2018. Airports Authority of India has recently put Shirdi on the aviation map of the Country and we hope the Indian postal authorities comes out with a commemorative stamp and a first day cover on this occasion. Shirdi Sansthan can also bring out a gold coin on this great occasion.
Chitrapur Satsang - Our Beloved Gurus' Everlasting Love
Contributed by Shashank Udyawer and Gayathri Bantval

Jai Shankar! Chitrapur Saraswats have lived in USA since early 1960s. Though far from our motherland, Amchis here have sustained the age-old culture and traditions as Chitrapur Saraswats. It is a testament to the love and blessings of our revered Guru Parampara, that enables us to transcend extreme rigor of time, age and space, and realize that without our Guru's blessings, nothing is possible.

To honor our glorious Guru Parampara and to cherish our Chitrapur Saraswat heritage, 'Chitrapur Satsang' was started as a monthly event in 1992, on the first Samadhi anniversary of our Param Pujya Swami Parijnanashram III. Bhanaps from New Jersey, New York and Pennsylvania, all came together to start Chitrapur Satsang and it has become a tradition here.

The monthly Chitrapur Satsang is hosted by different devotees at their residence. A beautiful Prabhavali with pictures of Chitrapur Guru Parampara has now become an iconic part of Chitrapur Satsang. Every Satsang includes pujan, recitation of Deepanamaskar, singing bhajans, Shankar Narayan geet and Mangalarati, reading religious texts, and listening to our beloved Guru Swami's discourses. Under the humble guidance of P.P Sadyojat Shankharashram Swamiji, Chitrapur Satsang has flourished and has become more structured. In 1999, as per P.P Swamiji's guidance, formal Puja was introduced. A prayer book consisting of Chitrapur Math traditional prayers and bhajans was printed in the year 2008. It also includes meanings of the shlokas and bhajans. It is printed in Devangari and English to encourage devotees of all ages to actively participate. Chitrapur Satsang continues uninterruptedly, every month, around the year for more than 25 years now.

Additionally, Chitrapur Satsang celebrates each festival with traditional pomp and grandeur. Activities include Shiva Puja/chanting/meditation for Mahashivaratri, Ram puja for Ramanavami, Dahi-handi (chocolate handi) and Shri RamaVaibhadas "mhanit" for Gokulashtami, Guru puja for Guru Poornima, Ganesh Chaturthi Ganahome, Navaratri Devi puja and Geeta Vachan for Geeta Jayanti.

Until 1997, Chitrapur Satsang held annual spiritual retreats in USA. These were blessed with august presence of H.H Mahamandaleshwar Swami Nityanand Saraswati of Shanti Mandir (Magod) and H.H Tadatmanand Swami of Arsha Vidya Ashram of H.H Swami Dayananda Saraswati. Now we look forward to shibirs and kar-seva in India, with our beloved Param Pujya Sadyojat Shankharashram Swamiji.

We have been blessed with pious darshan of many Saints here. The amchis who were here in 1979, have prized memories of our beloved P.P Parijcanashram Swamiji III’s visit to USA. They recollect memories of hosting P.P Swamiji at their home. Every evening, P.P Swamiji performed Puja followed by Deepanamaskar. Ashatavadhan and bhajans were sung by Vijay Bhat mam (Sudhatanay), which the devotees feel blessed to have experienced. In addition to giving discourses at homes of devotees here, P.P Swamiji also gave an Aashirvachan at the Hindu Center in New York. Our beloved P.P Swamiji treated everyone alike, displayed complete detachment to all things good and bad, and with His simple ways and loving presence He preached how to be unaffected by worldly pleasures and/or pain.

In 2001 P.P Ishwaranand Giri Swamiji (Bade Swamiji) visited USA and celebrated Shankar Jayanti with us. He gave a discourse and a joyful vimarsh session with devotees at the Hindu Center in New York. P.P Bade Swamiji shared His love and grace with all alike, through His joyful presence. Amchis in USA now look forward to our beloved P.P Sadyojat Shankharashram Swamiji’s visit to bless us.

Through Chitrapur Satsang we continue to seek everlasting love and blessings of our Guru Parampara. Anyone residing in the NJ-Tristate area, interested in receiving monthly evites for Chitrapur Satsangs, can send an email to chitrapursatsang@gmail.com. Jai Gurudev.

Parama Pujya Swamiji,
we offer our heartfelt gratitude to You for inspiring our community to help the underserved in education and health, render our services in Woman and Village Empowerment projects, and for guiding us in our spiritual growth.
Our koti koti Pranaams at Your lotus feet.
The Kulkarni Foundation
San Jose, CA, USA
Chitrapur Heritage Foundation
711 Daylily Court, Langhorne, Pennsylvania, USA
Connecting US Amchis to Chitrapur Math

Chitrapur Satsang - 25 years of Honoring our Glorious Guruparampara

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.
80th Birthday of Subhash Koppikar
on 8th May, 2018

WE CELEBRATE YOU, DEAR ANNU

A man who has lived 80 years on this earth, they say, has seen a record-breaking 1,000 full moons and such a life ought to be celebrated.

We can’t say if you definitely saw those many full moons in your lifetime but we do know

That you lived your life with a rare passion, a generous spirit, and an admirable enthusiasm for people, places, food and theatre

That you thoroughly revelled in the large and little joys life brought you from our achievements to teaching us to polish shoes and reading to us as children

That you took the vicissitudes of life with enormous courage and much forbearance, and smiled through surgeries and setbacks

That you always chose to live a life of honesty, integrity, dignity and generosity, these values we uphold and now pass on to your grandchildren

That you teemed up with the most important partner in your life, our Amma, to make a home with democracy, independence and a voice for all

That you treasure moments spent well, that you take delight in connecting with people, that you are a mini-encyclopedia of amchi families

That you started in Karnatak Press in Hubli, found yourself in Talmakiwadi, took yourself to Bhopal, Solapur and Bangalore, moved to Hyderabad and Bombay, and made every place your - and our - home

That you have seen so much of India and travelled the world, and are ready to pack your bags again

HAPPY 80th BIRTHDAY, DEAR ANNU

And wish you and Amma many years of joy, peace and good health

Smruti, Swati, Samir,
Gopal, Sajid, Vaishali,
Sarah, Ananya, Samiha,
Pratik, Suhail, Saniya,
Koppikar and Harite families
Golden Wedding Anniversary
Mr. Mohan G. Padbidri and Mrs. Shaila M. Padbidri
(née Ullal)
on 7th May 2018.

“Wishing Amma and Pappa a very happy
50th wedding anniversary
and many more years of togetherness, good health,
happiness and peace”

With Love from,
Gauri, Rohit, Arati, Brinda and Tanay!
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History Of Bombay - Part 2
(Sequel to part 1 published in March 2018 issue)

Ancient Dynasties To Portuguese Rule

GAURI DEEPAK MUBIDRI, VIRAR

In the last issue we read about the history of Bombay from ancient times up to the end of the 15th century. We now come to the years under the Portuguese rule and thereafter.

The story of the Portuguese rule in India began at the end of the 15th century when the Portuguese explorer Vasco-da-Gama landed at Calicut on the west coast of India in 1498. For several years after their arrival in India, the Portuguese had been consolidating their power in north Konkan. They had established a strong foothold in Goa, which they had captured from Sultan Adil Shah of Bijapur in 1510. Although the Portuguese explorer Francisco de Almeida’s ship sailed into the deep natural harbour of Bombay in December 1508 on his expedition from Cannanore to Diu, the Portuguese paid their first visit to the islands on 21st January 1509, when they landed at Mahim after capturing a barge of the Gujarat Sultanate in the Mahim creek. As the Portuguese rulers got mesmerized by the scenic beauty of Bombay, they were keen to conquer the islands.

Between 1513 and 1514, they requested Sultan Bahadur Shah to allow them to build a fortress at Mahim. In 1517, during the viceroyalty of Lopo Soares de Albergaria (1515-1518), Joao de Monroyo entered the Bandora creek (Bandra Creek) and defeated the Gujarat commandant of Mahim. Between 1522 and 1524, when Duarte de Menezes was the viceroy of Goa, the Portuguese were constantly prowling about Bombay for the ships of the Gujarat Sultanate.

In 1526, the Portuguese established their factory at Bassein (Vasai). During 1528-1529, Lopo Vaz de Sampaio seized the fort of Mahim from the Gujarart Sultanate, when Sultan Bahadur Shah was at war with Nizam-ul-mulk, the emperor of Chaul. Bombay came into prominence in connection with the attempt of the Portuguese to capture Diu in 1530-1531. Nuno da Cunha, the viceroy of Goa, commanded the largest fleet in India, which passed through Bombay Harbour. In the year 1531, the Portuguese torched the towns of Thana and Mahim. As a consequence of this success, and later of Nuno da Cunha’s capture of Bassein in January 1533, the islands of Bombay and Mahim, together with Bandra, became a tributary to the Portuguese.

At the same time, the Mughal empire which was founded by emperor Babar, was the dominant power in the Indian subcontinent. Sultan Bahadur Shah of Gujarat sultanate had grown apprehensive of the power of Humayun, the son of Emperor Babar. He dispatched his chief officer Shah Khawjeh to Nuno da Cunha with an offer to hand over the seven islands of Bombay together with Bassein, its dependencies, and revenues by sea and land. On 23rd December 1534, the Treaty Of Bassein was signed between Sultan Bahadur Shah and Portuguese empire on board the galleon “San Mateos” (Saint Matthew). Bassein and the seven islands of Bombay were surrendered later by a treaty of peace and commerce between Bahadur Shah and Nuno da Cunha on 25th October 1535, thus permanently ending the Islamic rule on the islands.

The Portuguese were enthralled by the scenic beauty of Bombay. They named the islands as “Bom Bahia” (Good Bay). Bombay was also called by other names such as Mombai, Mombayn, Mombaym and Bombai, and finally took the written form Bombaim. During the Portuguese rule, the islands were leased to several Portuguese officers during their regime. Between 1545 and 1548, during the viceroyalty of Joao de Castro, the four villages of Parel, Wadala, Sion and Worli were granted to Manuel Serrao; Salsette was granted for three years to Jao Rodrigues Dantas, Cosme Corres and Manuel Corres; Trombay and Chembur were granted to Roque Tello de Menezes; island of Pory (Elephanta Island) to Joao Pirez in 1548 and Mazgaon was granted to Antonio Pessoa. In 1554, during the viceroyalty of Pedro Mascarenhas, the seven islands of Bombay were leased to Garcia de Orta-the Portuguese physician and botanist. Garcia de Orta was responsible for building the Manor House (Bombay Castle) in Bombay. Bombay remained in Orta’s possession until his death in 1570.

The Portuguese were actively involved in the foundation and growth of their Roman Catholic religious orders in Bombay. The Portuguese Franciscans and Jesuits built several churches in the city, prominent being the “Saint Michael’s Church” at Mahim, “Saint Andrew’s Church at Bandra and “Gloria Church” at Byculla. They also built other prominent churches like: Nossa Senhora do Bom Conselho (Our Lady Of Good Advice, affiliated to Igreja de Sao Miguel/ Saint Michael’s Church in 1596) at Sion and Nossa Senhora da Salvacao (Our Lady Of Salvation, popularly known as “Portuguese
Church”) at Dadar in 1596. The Portuguese also built several fortifications around the city like the Bombay Castle and the Madh Fort. In 1640, they built Castella de Aguada Fort (Fort Of Water point) at Bandra, as a watchtower overlooking the Mahim bay, the Arabian Sea and the southern island of Mahim. It was armed with seven cannons and other smaller guns and defence.

The immense natural advantages of Bombay aroused the cupidity of the English who recognized its value as a naval base. The British were in constant struggle with the Portuguese vying for hegemony over Bombay, as they recognized its strategic natural harbour and its natural isolation from land-attacks. In November 1612, the British fought the “Battle of Swally” with the Portuguese at Surat for the possession of Bombay. The British emerged victorious in the battle, and the Portuguese defeat was a significant event in marking the beginning of the end of their commercial monopoly over western India. Later, the British burnt the Manor house built by Garcia de Orta in 1626. By the middle of the 17th century the growing power of the Dutch empire forced the British to acquire a station in western India. In 1652, the Surat council of the British empire urged the British East India Company to purchase Bombay from the Portuguese. In 1654, the British East India Company drew the attention of Oliver Cromwell, the lord of protector of the short lived commonwealth, to this suggestion by the Surat council, laying great stress upon its excellent harbour and its natural isolation from land-attacks. The directors of the council of Surat reported in 1659 that all efforts should be made to obtain Bombay from King John IV of Portugal. On 11th May 1661, the marriage treaty of King Charles II of England and Catherine of Braganza, daughter of King John IV of Portugal, placed Bombay in the possession of the British Empire as part of Catherine's dowry to Charles. Even after the treaty, some villages in Bombay remained under Portuguese possession but many were later acquired by the British. This led to the beginning of British rule in Bombay and the city was named as Bombay.

THE SARASWAT CLUB (REGD.)

Is Proud to celebrate
THE BIRTH CENTENARY YEAR
OF
SHRI SHANKERRAO RAKSHE (BHAI)

100 Years

Born on 10th July 1918, “Bhai”, as he was fondly called, was a compassionate soul, selfless and dedicated to the core. Passionate about sports and physical fitness, Bhai was accomplished in various sports like Wrestling, Malkhamb, Lezim, Gymnastics and much more. He was an active instructor at the Swastik Samarth Vyayam Mandir, where he trained several generations of Saraswat Colony residents. Respected by all for his friendly nature and intellectual bent of mind, ‘Bhai’ was truly a gem of his kind!

The Saraswat Club will be celebrating the life and achievements of Bhai with a programme on 17th November, 2018 at Saraswat Colony Grounds, Santacruz (W).

We invite all of Bhai’s students, acquaintances, and well-wishers who wish to participate and make monetary contributions towards this joyous celebration to contact one of the committee members mentioned below.

Shri Kishore Nayampalli – +91 9869006120
Shri Jairam Khambadkone - +91 9819720185
Shri Narendra Hattikudur – +91 9820245909
Shri Deepak Hemmady - +91 9820825098
Hinduism - Suicide, Euthanasia and PAS (Physician Assisted Suicide)

SATISH BURDE, MUMBAI

It is generally pointed out that in Hinduism, the word for suicide, "atma-ghatana", has the elements of intentionality. The intention to kill oneself voluntarily for selfish motives is condemned in Hinduism. Subjectively, it means that the evil intention sprang from a product of ignorance and passion; and objectively, it means that the evil encompassed the karmic consequences, which impeded the progress of liberation. It was in this context that the Dharmasutras vehemently prohibited suicide.

Nevertheless, Hinduism venerated enlightened people, who voluntarily decided their mode of death. Thus, the Pandavas took the "Mahaprasthana" or the great journey through their Himalayan sojourn, when they walked as pilgrims, thronging on air and water till they left their bodies one after another. Crawford lists fasting, self-immolation and drowning at holy places as other examples of such venerated deaths. Such deaths by enlightened persons have never been equated with the popular notion of suicide in the Indian tradition. It has always been considered that suicide increases the difficulties in the subsequent life.

Can the Hindu stance, as mentioned above, be extended to the question of euthanasia? Here, the Indian attitude towards life and death needs special mention.

In the Hindu tradition, death acts as a prefiguring and a model, through which, the ties that bind the person's self or soul to cosmic impermanence can be completely broken; and through which, ultimate goals of immortality and freedom can be finally and definitely attained.

A good Hindu would consider "spiritual death" in the Indian context to be synonymous with a "good death," i.e., the individual must be in a state of calm and equipoise. To ensure such a noble death, the concept of active euthanasia would not be unacceptable to the Indian psyche. However, this view has been criticised by authors, who claim that "spiritual death" or "iccha mrityu" can only be possible, when the evolved soul chooses to abandon the body at his/her own will. It is also claimed that the evolving soul cannot be equated with mental tranquility; as it is at a higher level of consciousness. Thus, though less dogmatic than other religions, Hindus would traditionally remain sceptic in their view about euthanasia. It has been proposed that a strong objection to euthanasia might arise from the Indian concept of "Ahimsa." However, even in the Gandhian framework of Ahimsa, violence that is inevitable is not considered as sin. This emphasizes the flexibility of the Indian mind. Hence, though a little sceptic, the Indian mind would not consider the thought of euthanasia and PAS as a sacrilege.

Euthanasia and so on from an Indian Perspective and the Reality

In our society, the palliative care and quality of life issues in patients with terminal illnesses like advanced cancer and AIDS have become an important concern for clinicians. Parallel to this concern, another controversial issue - euthanasia or "mercy-killing" of terminally ill patients has emerged. Proponents of physician-assisted suicide (PAS) feel that an individual's right to autonomy automatically entitles him to choose a painless death. The opponents feel that a physician's role in the death of an individual violates the central tenet of the medical profession. Moreover, undiagnosed depression and possibility of social 'coercion' in people asking for euthanasia put a further question mark on the ethical principles underlying such an act. These concerns have led to strict guidelines for implementing PAS. Assessment of the mental state of the person consenting to PAS becomes mandatory and here, the role of the psychiatrist becomes pivotal. Although considered illegal in our country, PAS has several advocates in the form of voluntary organizations like "Death with Dignity" foundation. This has got a fillip in the recent Honourable Supreme Court Judgment in the Aruna Shaunbag case. What remains to be seen is how long it will take before this sensitive issue rattles the Indian legislature.

It can be argued that in a country, where the basic human rights of individuals are often left unaddressed, where illiteracy is rampant, where more than half the population does not have access to potable water, where people die every day due to infectious diseases, and where proper medical assistance and care is only for the few people, issues related to euthanasia and PAS turn out to be irrelevant. However, India is a country of diversities across religious groups, educational status, and cultures. In this background, the debate on euthanasia in India is more complex; as there is also a law in this land that punishes individuals, who even attempt suicide.

The Medical Council of India, in a meeting of its ethics committee, pertaining to euthanasia, opined in February 2008 that practising euthanasia shall give rise to unethical conduct. However, on specific occasions, the question of withdrawing life supporting devices / gadgets in order to sustain cardiopulmonary function even after brain death, shall be decided only by a team of doctors and not merely by a certain treating physician alone. A team of doctors shall declare withdrawal of life support system. Such team shall consist of the doctor in-charge of the patient, Chief Medical Officer / Medical Officer in-charge of the hospital, and a doctor nominated by the in-charge of the hospital from the hospital staff or in accordance with the provisions of the Transplantation of Human Organ Act, 1994.

In India, euthanasia was until recently considered a crime. Section 309 of the Indian Penal Code (IPC) deals with the attempt to commit suicide and Section 306 of the IPC deals with abetting to suicide – both actions are punishable. Only those, who are brain dead, can be taken off life supporting system with the help and consent of the...
family members. Likewise, the Honorable Supreme Court is also of the view that the right to life guaranteed by Article 21 of the constitution does not include the right to die. The court held that Article 21 is a provision guaranteeing protection of life and personal liberty and by no stretch of imagination can extinction of life be read into it. However, various pro-euthanasia organisations, the most prominent among them being the Death with Dignity Foundation, keep on fighting for legalisation of an individual’s right to choose his/her own death.

A major development took place in this arena on 7 March 2011. The Supreme Court, in a landmark judgment, allowed passive euthanasia. Refusing mercy killing of Aruna Shanbagh, lying in a vegetative state, in a Mumbai Hospital for 37 years, a two-judge bench laid down a set of tough guidelines; under which passive euthanasia can be legalised through a high-court monitored mechanism. The court further stated that parents, spouse, or close relatives of the patient can make such a plea to the high court. The chief justices of the high courts, on receipt of such a plea, would constitute a bench to decide it. The bench in turn would appoint a committee of at least three renowned doctors to advise them on the matter.

Conclusion

Medical science is progressing in India; as in the rest of the world. And, hence, currently, we are having devices/gadgets that can prolong life by artificial means. This may indirectly prolong patients’ terminal suffering and may also prove to be very expensive for the families of the patients. Therefore, end-of-life issues are becoming major ethical considerations in the modern days’ medical science in India. The proponents and the opponents of euthanasia and PAS are as active in India; as in the rest of the world. However, the Indian legislature does not seem to be sensitive to these issues. The recent landmark judgment by the Supreme Court has provided a major boost to pro-euthanasia activists. All the same, there is still a long way to go before it is passed as a law in the parliament. Moreover, concerns about its misuse remain a major issue, which ought to be addressed thoroughly before it becomes a law in our country.
A Unique Musical Experience: The Fado

SADHANA KAMAT

Whilst sojourning in Portugal, Sadhana Kamat gets bowled over by the Fado

Since I got married, I used to hear about the “Fado”. My husband, Narendra, a Goan, would often talk about this form of music and tell me that Prof. Lucio Rodrigues (Elphinston College) had done a lot of research on this subject. I also remember having read some of those articles. I was curious to hear these songs and often, while travelling through the greenery of Goa, we would hear some distant strains of soulful music drifting along with the breeze. Narendra would turn to me and say, “See, this is Fado”. But somehow I had never got the opportunity to attend a live performance of Fado.

Now, I must consider myself fortunate for having heard the authentic Fado in its very birthplace. My sister-in-law, Kunda, and I stayed with our niece, Nitah, in Lisbon, for two weeks. Nitah had set us a busy schedule of sight seeing and shopping. I was also interested in the cultural activities of Portugal. Nitah’s daughter Moira, offered to take me to a “Fado House” for a live performance. She was to go with two of her friends. Though I was interested, I wondered if someone of my age would be welcome in a younger group. So tried to make excuses to avoid going. But Moira was really enthusiastic and I realized that she wanted me to go. She steered clear of all the potential impediments I had mentioned (the distant venue, the scarcity of space in the car, the cold weather, late at night etc). So I decided to go with them.

And how happy I was for this unique experience.

The Fado-House was situated in Alfama, an old locality of Lisbon, with narrow by-lanes, uneven, cobbled roads and the young cheerful crowds, wandering at leisure on the moonlit pathways. The romantic ambience was an ideal backdrop for the music I was so eagerly looking forward to.

To my surprise, it was not an auditorium, but an ancient restaurant named “Mesa de Frades” (Table of Friars). Perhaps, previously it was a meeting place for the monks. It had a serving counter in a corner and tables with chairs laid out in the open space. All the tables were occupied and the rest of the audience stood huddled close to the walls. As it would have been difficult for me to stand during the entire programme, a young couple was requested to share their table with me, and they readily offered me a chair (my saree, grey hair, or just geniality?). Moira and her friends, Nuno and Joana stood at the back.

Nuno is an event manager, and a great Fado fan. He organizes programmes and has studied this special branch of music. He explained to me the form and the content of the Fado, its history and its present status.

Fado in Portuguese means destiny, fate. It is a genre of music, which can be traced back in 1820 in Portugal, but which probably has much earlier origins. In popular belief, it is characterized by mournful tunes and lyrics. It must follow a certain structure. The music is usually linked to the Portuguese word “saudade” (longing or nostalgic felt while missing something). It appeared in Lisbon after 1840.

Fado, during the 20th century, included only a singer, a Portuguese guitar player and a classical guitar player. More recent settings range from singer and string quartet to full orchestra. I asked Nuno whether there were any efforts to modernize the Fado. He said there were many attempts towards the fusion of the traditional and the modern by the younger musicians, but they were frowned upon by conventional hardcore Fado artists (as I expected it to be)

Unlike the other performances, the accompanists, (guitarists) sat in the middle surrounded by the audience in the Mesa de Frades. The artist, a female singer-Ana Sofia Varela-entered and stood in the centre. She was tall and slim, with long dark tresses falling on her shoulders and was wearing a dark coloured pleated skirt, touching her ankles, with a long sleeved cream blouse with frills round her collar and sleeves.

Without any fanfare she started singing her song and her soulful, piercing voice, the melancholy notes and the words expressing longing and grief filled the air. The lyrics seemed to talk about separation, betrayal, heartbreak, agony, yearning and pining. Though I did not understand the meaning of the Portuguese words, the melody itself was heart rending. (Later on Joana said, not knowing the language is the blessing in disguise, otherwise it would be too depressing) The singer was standing close to us and slowly turned around while singing, to face each and every person in the audience surrounding her. We could appreciate and empathise with the expressions on her face from close quarters, and this made the impact all the more effective. She sang a few songs and each number received a thunderous applause. Even after she concluded, the listeners seemed entranced.

During the interval I asked for a cup of coffee, to refresh myself, not knowing that it was not available at the restaurant. But Nano quietly fetched it for me from elsewhere. I felt guilty when I realized it, but the children had no complaints, and looked after me cheerfully.

The main singer left during the interval and later it was a “free for all”, One of the members of the was celebrating his birthday there. Everyone sang to wish him. Though the singing was in Portuguese, it had the same universal tune, so even foreigners like me could understand. Then he too was asked to perform and he regaled the audience with a Fado (though he was not a good singer). It turned into a homely affair with others also joining the bandwagon. When the event came to an end Nuno told me that there were other Fado houses quite close by and music there would go on until dawn, They offered to take me there too, but I had to decline.

Whatever I had seen and heard had filled my heart to the brim and longed to return home. I knew I would cherish this dream like experience all through my life. But for the enthusiastic and comforting company of Moira, Nuno, and Joana, it would not have happened.
With the Blessings of Parama Pujya Swamiji, a three-day Vocational Skill Training Workshop was conducted on 29th, 30th March and 1st April 2018 at Srivali High School, Shirali. Twenty four Yuva-s from Bengaluru, Mangaluru, Mumbai and Shirali registered for the workshop. We were divided into 3 groups and reached Shirali, not knowing what was in store for us. Anxious, curious, unsure - we assembled at the workshop on the 2nd floor of Srivali High School where Harin Hattangady mam, Jyoti Hattangady pachi and a bunch of excited Srivali High School students of the 8th and 9th standards were waiting for us.

We started our workshop by remembering our Revered Guruparampara with the Sabha Prarambha Prarthana. After a round of introductions, Harin mam told us that the school students would mentor us and help us with the tasks. After the safety and waste segregation instructions, we set to work on the bed-side lamp which was our first task. Harin mam’s precise and step-by-step instructions, patient guidance and help from our Srivali friends helped to breakdown the final goal into smaller tasks. Our first doubts evaporated when these young students took us under their confident wings! Measuring, sawing and chiselling to make finger-lock joints, which attach one slab of wood to the other, like intertwined fingers in a jigsaw puzzle without the use of nails, was a new concept for all of us.

The electric saws, hack saws, drills, chisels, sanding machines, hammers, circular saw blades, and angle blades were a bit intimidating at first, but when we saw the young 13-year-olds using them with such ease, we were motivated to try our hand at them. Once we got over our initial hesitation and gained confidence under their watchful eyes, we were on our toes trying to keep up with the Srivali School students. Sanding, cutting, polishing saw the bed-side lamp taking shape. Their enthusiasm and keen eye for detail motivated all of us Yuva-s, to give our best to accomplish our goal. By the end of the first day we had finished making the lamp holder. On the following day we learnt how to wire the bulb. It was such joy and a sense of accomplishment when the bulb glowed at the click of the switch! What an added bonus for us, when Harin mam told us that we could take the polished bedside lamps home!

There were a number of visitors at the workshop who came to see us working together with the Srivali students.
Some Standing Committee members and special invitees came to see the young mentors of Srvali School helping the Chitrapur Yuvaadhara to learn this new skill. It was an unexpected but pleasant sight to see this role-reversal where young students meticulously checked and corrected the work of the older Yuva-s.

Parama Pujya Swamiji arrived at the school at 5:30 pm on 30th March, 2018 and was given a tour of the Art Gallery and the Vocational Skill Training Workshop. The students of Srvali High School explained how they worked the instruments and what they had accomplished in the last 1 year since the workshop started under Harin mam and Jyotipachi. After the tour, the Valedictory function commenced. A welcome address with an introduction to the Vocational Skill Training Workshop was given by Harin mam. He shared his experience of teaching the students of Srvali and the Yuva-s. Alekal mam and the Headmistress of Srvali High School Mamatapachi applauded Harin mam for his tremendous work and dedication. Alekal mam expressed how this school was one of its kind, as the students were being trained in practical ways to earn a living. Mamatapachi shared her joy with the audience on how the children had the advantage of learning life-skills apart from excelling in academics and extra-curricular activities. Jyothipachi told us how the children and Harinmam’s passion for this workshop gave her the energy which drives her to do more. Abhijit Kabad and Sanjana Balse spoke about their experiences at the workshop and how this will help them in the future. The vote of thanks was given by Sanjana Hervatte. Parama Pujya Swamiji blessed us with a wonderful Ashirvachana.

On the 1st of April, Gaurish Padukonemam taught us Yuva-s the intricate Sanjhi art using handmade paper manufactured at Samvit Sudha. This work was then creatively put together to make colourful lamp shades for the bedside lamps. Single-shelf racks to keep spice bottles and key chains to complex shelves to keep potted plants were made by the third Group. They were helped by some of the Yuva-s of the 1st and 2nd Group who by now had mastered the use of equipment in the workshop.

Sumptuous lunch, tea and snacks were provided by the staff of Srvali High School for all the students and Yuva-s who attended the workshop. A cup of gadbad and anjeer ice cream sponsored by the Yuva-s helped melt the distance some more! It was our way of saying thank you to our new friends for coming to mentor us despite their tight exam schedule. On behalf of Chitrapur Yuvaadhara, notepads and Parijna books were given as a token of thanks to every student for helping with the workshop.

It was a great learning experience where all Yuva-s actively participated and enjoyed themselves. We are now looking forward to participating in more such activities regularly!

We are extremely grateful to Parama Pujya Swamiji for Their Blessings and for allowing us to experience working with our hands to learn new skills. This Workshop would not have been a success without the main initiators - Harinmam and Jyotipachi, plus constant guidance and support from Dilip Basrur mam and Archana Kumtapachi. We thank all of you from the bottom of our hearts!

Photo credit: Gurudutt and Sharmila Kadle.
Cooking Seafood – The right way
CHEF PRATHAMESH KUMTA

I have observed that most of the places where I get invited to for lunch or dinner with seafood in their menu, the seafood is usually overcooked or not done the right way. I thought of sharing some knowledge about cooking seafood the right way which might help all of you in your cooking endeavours.

Fish are rich in Omega-3 fatty acids and a great source of proteins. They don’t have a lot of tough connective tissue and heavy skeleton like land animals, because the water provides buoyancy, and they can remain almost weightless by simply storing a layer of oil or gases lighter than water in their bodies. This makes their flesh leaner, milder and softer than land creatures. (Courtesy: Fish Tales by Madhu Menon) This is the reason that fish gets cooked very quickly, rather overcooked. There is a thin span of time for a fish to get soft, juicy and succulent to hard, dry and rubbery. People usually cook fish in the same way they would cook chicken, lamb or other meat which is disastrous.

If you are using a dry heat method such as sautéing that is searing in a pan with some oil, make sure your fish fillets are 1/2 to 3/4th inch thick. Heat the pan and add oil. If you’ve marinated the fish, shake off any excess marinade before you put the fish in the pan. This is necessary because something called the Maillard reaction happens only when the surface of the food is dry. In layman’s terms, that’s the browning of the meat surface when dry meat meets a surface hot enough. This browning creates flavour compounds that make the fish taste good and delicious. Excess marinade won’t let the fish brown quickly and by the time it browns it will already be overcooked.

Once inside a pan, the ideal cooking time for fish fillets is about six minutes - three minutes on each side. After three minutes, flip the fish and cook it for another three minutes if it is with bone. The bone acts as an insulator and increases cooking time slightly. The kind of fish you use will also affect cooking time. Fattier fish will take a little longer; leaner fish, not so much. “Cook’s instinct” plays a big role in turning good food into great food. There is a simple method to check the fish while it’s cooking. When you’re nearing the total cooking time and have about a minute to go, poke a small corner of the fish with a fork or a toothpick. Properly cooked fish will be opaque all the way through and should flake into nice chunks. It will also appear moist. Fish that’s not quite done won’t be fully opaque. Fish that’s overcooked will be opaque but will flake into small, dry bits.

If you use a wet method of cooking such as in Indian curries, your fish will take a little longer to cook because it’s not in contact with anything hotter than the boiling liquid gravy, but it will still cook fast enough and long cooking times such as an hour will dry out the fish. While thinly sliced fillets will still cook in a few minutes in curries, larger pieces will not take longer than 10-15 minutes. If your curry needs to be simmered for a long time to bring out flavour, I suggest you do that without the fish at first, and add the fish only towards the end.

Prawns are ideal for quick cooking methods like stir-frying because they get done in no time at all. That they taste good even with just a bit of salt and pepper. If you throw prawns into a hot pan and stir them around with some seasoning, they are usually done in about a minute and a bit. If you are stir frying them, it’s closer to 30 seconds. You can simply watch for them to change colour. When they are done, their flesh will turn opaque and there will be a bright orange hue to their tails.

“Carry over cooking” refers to the phenomenon that food retains heat and continues to cook even after being removed from the source of heat, so they will continue to cook slightly even when removed from the heat for some time.

Vinay V Gangavali
Phone: 2380 0460
Mobile: 9892407934

3-5/18, 2nd Floor, Talmakiwadi, Tardeo, Mumbai - 400 007.
Deported for his heavenly abode peacefully on 26th February 2018 (Falgun Shuddha Ekadashi) at Virar.

Dear Pappa,

We still can’t believe that you are not with us today. Everything happened so suddenly that no last words were spoken and no time to say Good-Bye.

Pappa, we will always be proud of you for your special qualities. You were one of the senior most and respected Purohits in Bhanap community and well versed with all rituals and always insisted on perfection. Many Bhanap Families wanted you to perform the rituals. So apart from Mumbai you have travelled outside Mumbai also at this age. We respected you for your knowledge as well as selflessness, simplicity and pure heart filled with love for each and every person you met during your life journey. You never expected anything from anyone but always satisfied with whatever God had given.

We all know you were an ardent lover of classical music & natya sangeet. We will always remember you for the lovely bhajans in your pahadi voice. Thank you so much for guiding us as a music teacher. Your strong faith in God, particularly Lord Dattatraya gave you tremendous energy to travel from Virar to Dahisar in a crowded local train to attend and sing bhajans at Datta Mandir in Dahisar that too at the age of 84. This kept you healthy and fit to work till the last day of your life.

We still wanted you with us for many more years. You will always be remembered for your lovely sense of humour and sporting spirit. If God granted us a boon, we would ask him to please give us our Pappa.

Deeply Mourned by
Sushila D. Bhat Kaikini (Wife)

Children:
Vasant & Jyothi Bhat Kaikini; Amita & Ramchandra Baindoor; Mangala & Sandip Nagarkatti

Grand Children:
Akshay & Aditya Bhat Kaikini; Archana Baindoor; Aniruddha Nagarkatti

May 2018
Golden Wedding Anniversary
Prasan (nee Balse) & Sadanand Mundkur
16/05/1968 ～ 16/05/2018

With Love & Best wishes from
Shreeya Mudur, Mundkurs, Balses and extended families

Happy 50th Wedding Anniversary,
MURLIDHAR and SHEELA CHANDRAGIRI
May 17th 1968

“\[I seem to have loved you in numberless forms, numberless times...\]
\[In life after life, in age after age, forever.\]
\[My spellbound heart has made and remade the necklace of songs,\]
\[That you take as a gift, wear round your neck in your many forms,\]
\[In life after life, in age after age, forever.\]”

With unending love from Chandragiris and Golikeris, and Friends and Family
GOLDEN WEDDING ANNIVERSARY
Of
Panemanglore Manohar Rao and Aruna (nee Idgunji)
10.05.1968 To 10.05.2018

Congratulations Aayee Papa!
May the love you have shared for over half a century continue on forevermore.
Happy Golden Anniversary

With lots of love and best wishes
Nikhil, Tanushree, Anirudha and Anushka
Gautam Vaishali and Aadvik
Panemanglores and Idgunjis

GOLDEN WEDDING ANNIVERSARY
Shri Arvind Shantaram Sthalekar and Smt. Aruna Arvind Sthalekar
We pray to our Kuldevta Shri Shantadurga to bless you both with good health, happiness & peace.

13.05.1968
13.05.2018
Congratulations on your 50th Wedding Anniversary, Pappa and Aai!!
May Gold turn to Diamond!
Sthalekar Nilesh, Vaishali & Atharva
Burdे Anay, Mamta & Prajwal
Best Wishes from Sthalekars, Burdes & Relatives
Kiddies' Corner

Paper Boats (Collage Art)

Vanshikaa Shyam Udbhakar - 6 years

My pet Dog

Prathamesh Amembal - 13 years

Cardinals in the Winter

Aashna Adur - 7 Years

Aashna Adur's artwork - 'Cardinals in the Winter' was the only one selected to represent her school, Shortpump Elementary School, Richmond Virginia, USA. Her painting along with other artworks from different schools in the Henrico County will be on display at The Henrico County School Board Office, Henrico, Virginia for one year.

A Cartoon

Jeetesh Amembal - 7 years
I have a dream of becoming a singer. Singing and playing guitar are my passion. My journey started off at the age of seven. I liked watching cartoons and I clearly remember the title song which played before the starting of the episode. I never used to miss that part. I always tried to sing that song as it was played. I learnt the song and used to sing it loudly. When my Mom Anisha heard my voice, she become very happy as she herself sings. We are a Lineage of singers with my Great Grand Aunt (Late) Smt. Krishnabai Udyawar – Parulekar singing at the All India Radio and my maternal Grandmother Dr. Aruna Udyawar – Narayanan (Retd. Principal of K.P.B. Hinduja College).

Mom took the initiative to train me at home. She made me practise many songs. I always received encouragement from my family. After practising regularly for a year, Mom told me to participate in the singing competition that took place at the State level in St. Andrew’s School Bandra, Mumbai. I was glad to participate but was nervous at the same time as it was my first Inter School competition at the State Level. I sang the song “Bade Ache Lagate Hai Ye Dharti Ye Nadiya Ye Raina Aur Tum”. The Judges were so impressed with my song and the way I sang, that I won the First place in the competition. My school teachers were very proud of me because I brought a prize and a name for my school. They, therefore, encouraged me to take part in various other music competitions for singing.

I kept on winning prizes at Inter School Levels and State Level. I made my grandparents (Aruna and Narayanan) very proud. They were so happy that they purchased a guitar for me. However, after this achievement, I started feeling that I was the best. I stopped practising for about six to eight months. Mom was extremely upset with me and she always told me that I should dedicate time for practice daily. But due to my overconfidence (I am ashamed of the same though), I lost two big competitions. I realized my mistake and decided never to repeat the same mistake again. I was so disturbed at that time that I could not concentrate on anything, not even on my studies. My behaviour changed. I would not talk to anyone for almost three months. Mom counseled me that thinking about the past was a waste of time. My Grandparents and Mom supported me through everything. I worked really hard to get my voice back. I again participated in one of the competitions, which took place at the Global Academy at Gorai, Mumbai. No doubt, I was nervous. However, I told myself “This is who I am”. I was getting back to doing what I always loved “singing and playing guitar”. Then I won a Gold medal and an award of Excellence in the Field of Music at the Indian Development Foundation. After all these achievements, I was selected as a singer and a guitarist in the Rock Band of our school which we have named it as “Nirvana”. Our band was considered as the best among all other rock bands of our age group. It has been a great challenge for all of us to keep not only our name and also our school’s name up too. The pressure has been tremendous.

Our School, St. John’s Universal were selected in a competition at Bandra by “Furtados” which was indeed a big competition. We were excited as we were competing with fifty other schools. We had faith in ourselves but the other schools were much better than us. We lost the competition. We were sad but we realized that we had to work hard on every single note of ours. We practised regularly for more than two to three months. Thereafter we not only participated in the other competitions but also won them. As a solo performer, at many inter schools, I have bagged prizes as “Best Singer”.

Even though my Grand Mother retired as a Principal at K.P.B. College, my Grand father Mr. V. Narayanan is a Senior Counsel for Union of India, my mom also a Counsel for Union of India, I have never been discouraged with my decision of being a Singer and a Guitarist.

I wish to perform in many other places not only in India but also other countries so as to make my India and my family proud. My ambition is to become a play back singer and I want to record my own Albums and perform at many concerts worldwide. I believe with the blessings of Our Guru Parampara, my family and genuine well wishers, I will achieve my dreams.

Kiddies’ Corner

My Musical Journey
RUDRA PARULEKAR – 15 yrs

A Name that spells its class!

WINOVER CATERERS
Marriages, Thread Ceremonies, Engagements & Birthday Parties, etc.
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WE DELIVER FOOD / SNACKS FOR PARTIES AT HOME
WINOVER - PARTY HALL A/C - NON A/C AVAILABLE AT VILE PARLE (EAST), NEAR STATION, CAPACITY 100 PAX.
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Mobile: 98208 43392 Ph: (022)2618 2689
As we travel further towards comprehending the various alphabets that make up the word ‘ACTOR’ let us focus upon the letter ‘O’. This letter or alphabet represents the word “Optimism”. To be very honest, people keep talking about Positive Attitude and how to stay positive in all situations. However, what I firmly believe is that, it is about being ‘OPTIMISTIC’ which is rather more pertinent and practical than simply staying ‘POSITIVE’.

It is said that an optimistic person is one who develops the attitude to search for ‘Opportunities’ in every ‘Difficulty’ and a pessimistic person is one who searches for ‘Difficulties’ in every ‘Opportunity’! We therefore have a choice between being an optimist or a pessimist. I wish to share a very practical example related to the word ‘Optimism’.

A biscuit-making company in India was doing extremely well. It’s sales had increased manifold and therefore it was making huge profits. This was going on for many years and eventually the company became one of the most successful companies not only in India but also almost all over Asia. However, things began to change, especially after the government decided to allow organizations from other countries to sell their products in the Indian market. With a multitude of companies entering India and offering their products to the Indian consumer, the Indian biscuit-making company started facing very stiff competition.

Due to this, the consumers were now being given the choice to buy biscuits of these international brands as well. This began having a negative impact on the sales of the Indian biscuit company and thereby its overall profits suffered. The company was in confusion as it was not used to this kind of competition especially the ‘International competition’.

It was a Friday afternoon and as usual the weekly review meeting among all the Heads of Department was going on. The Managing Director was also present in the meeting. He normally wouldn’t attend these meetings but under the given circumstances he felt it extremely essential to be a part of this meeting. The Marketing and Sales Heads of Departments made their presentations respectively and indicated to the audience the shocking drop in ‘sales’ which was more than 30 percent. Looking specifically at the Managing Director, the General Manager-Sales spoke in a nervous tone, “Sir, we have not only seen the sales drop by 30 percent but even more shocking is the fact that we have lost a significant ‘Market Share’ especially due to the international brands which have entered our markets. The rate at which we are going, I am not sure if we can reach the level of sales and success like before”. Saying this, he almost slumped into his chair with a morose expression. It was as though all the Heads of Departments were depressed about the present state of affairs of the company. However, there was one person in that room who did not seem depressed or disappointed at all. He was Avinesh, or fondly known as Avi, the person who had been in the room to serve tea, coffee and sandwiches. In fact while the meeting was going on, Avi was keenly listening to all the presentations being made by the various heads of departments, but the presentations that truly caught his attention were the ones made by the Marketing Head and the Sales Head. However, rather than getting upset about the drop in sales and market share, Avi began thinking about it - but not in a negative way. Avi was an intelligent person but more than that he was an OPTIMIST! It was in his nature to look at everything in a positive manner, rather, to find an ‘Opportunity’ in every ‘Difficulty’. Unfortunately due to certain financial constraints Avi was unable to complete his education and ended up as an assistant in the company’s canteen.

“Can we have some tea and sandwiches for everyone?” the Managing Director politely requested Avi. Immediately Avi got into the act and started preparing tea and sandwiches along with coffee. Within minutes he began serving tea and coffee to everyone seated in the room. As the Managing Director had his first sip he looked immediately towards Avi with an expression of ‘SURPRISE’. “What is this?” he exclaimed to Avi and before Avi could react the Managing Director continued, “This tea is out of the world! Very different! What you have done to this tea Avi? The taste is amazing and I love it!”

Avi responded with a very relieved expression, “Sir, the tea is the same that I offer you and others every day. However, today I decided to do something else with the same tea. While you were waiting for me to make tea, I asked one of my colleagues to bring me some cardamom sticks and some special herbs that I normally use for adding flavours in specific juices. Sir, I thought this time I will serve you the ‘SAME’ tea, but with a ‘DIFFERENCE’. I took a calculated risk because I wanted to make a difference. Sir, we could do the same with our biscuits. If we can add a new or additional flavour or an ingredient to the biscuits, I believe it could make our biscuits totally unique and different not only from the local brands but also from the international brands. I would say this is an opportunity to give to our local customers something new and differently tasty. By doing this we can increase our sales as well as our market share. We could at least give it a ‘go’. No harm in trying!” These words from Avi got almost everyone pleasantly stunned. It seemed as though the Managing Director was completely energized and moreover ‘OPTIMISTIC’.

The meeting got extended and there was a strategy made to create a ‘difference’ - a ‘variation’ in the biscuits. A ‘Creative and Ideas’ group was immediately created and this group was entrusted with the task of developing the ‘new and creative biscuits’! The marketing team was asked to make different and positive Marketing Strategies that would be completely unique. The atmosphere was now positively charged up and there was a feeling of excitement and enthusiasm. The meeting concluded with the Managing Director saying the famous words, “LET’s DO IT”.

Optimism in Difficult Situations

Mayur Kalbag
As everyone stood up and were about to leave the conference room, the Managing Director requested all of them to wait and then turned to Avi. He began speaking to him. “Dear Avi, I have learnt something very special today and I have learnt it from you. I have learnt that in the most difficult times it is only the attitude of OPTIMISM that can help us create positive solutions. While all of us had left hope, you stood thinking about ‘solutions’ and not the problems. The tea was amazing only because you took the risk of preparing it differently. We are going to do the same thing with our biscuits. More than thanking you for changing our attitude from pessimism to ‘OPTIMISM’, I wish to do something more. I want to relieve you from your responsibilities in the canteen and place you in the Marketing group and especially in their Creative & Ideas special team.”

The entire room resonated with loud claps for Avi. I would say all of them were applauding not just Avi but his ATTITUDE of OPTIMISM!

I am sure that we too can learn something from Avi and that ‘something’ is ‘OPTIMISM’ in DIFFICULT SITUATIONS!

“Adulthood is like looking both ways before you cross the street and then getting hit by an airplane.” — Unknown

It’s not all that bad either.

Losing both your parents even before you touch thirty is not a good place to be in. Being the youngest in the family, it was initially all about the pampering and living life to the fullest. Mind you, these terms and equations change once you encounter the actual responsibility called “Life”. After my mother’s demise, my ailing father and I switched roles where he was a stubborn kid who wouldn’t eat his grub and I was the strict, disciplining parent who fed him no matter what, just to make sure that his heavy medication worked. After I lost my father too, I was on my own. The label of being a complete adult was something that I adopted pretty soon but it’s really not a cake-walk. Every day is a new revelation!

For someone who has looked up to her parents or her elder sister for every single “approval” or for constant “validation” of every action she was expected to do or was naturally led to, it wasn’t easy to take certain decisions. That is where the millennial term ‘Adulting’ comes into picture. Here’s a gist of what the Urban Dictionary says about Adulting:

**Adulting (v):** to carry out one or more of the duties and responsibilities expected of fully developed individuals (paying off that credit card debt etc). Exclusively used by those who adult less than 50% of the time.

It began with the most simple and miniscule decisions like - which veggies should I purchase or which bedsheet should I pick for the month, keeping track of groceries, paying off bills etc. Every single detail had to be taken care of. Mistakes are a big part of Adulting. Do make mistakes but nothing that harms you. Have that kind of judgment. Trust me, it will come with every small mistake and a certain amount of contemplation.

Realize that there are many chapters of life that tagged along till you began Adulting. Adulting is to finally realize that you’re responsible for your actions. It is to be answerable to yourself and your conscience. It is to continue to live with dignity in the society that you’re a part of. Adulting is to maintain the values and traditions your parents instilled within as you grew up. Okay, this was about the bigger picture.

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**Our casual advertisements are as under (+5% GST):**

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*Editorial Committee*

Kindly note that from this month onwards, it will not be possible for us to print colour quarter page advertisement.
Living on the moon (continued)

SANJAY GOKARN

We have been and will always be seeing only one face of the moon (barring any highly unexpected catastrophes). This means that the earth neither rises nor sets, on the moon because the moon takes the same time to revolve around the earth and to rotate on its own axis (approx. 27 days). Thus at any given time the earth appears to rotate in the same position, as if fixed in the "sky" just like the ceiling fan (rotating slowly at one revolution per day and without blades).

Hence moon has thus two sides, one from where earth is visible and the other from where it is not visible; only the sun rises and sets, every 24 hours. I just imagine sitting on an easy chair staring at the earth..."Yes that is India..." just doze off a bit. "and yeah that is middle east there.. Africa ..Atlantic ..now America..." Around the world in 24 hours on an Amavasya of the earth, just like sitting and watching rotating the models of the globe in our schools but here it is the real one. After a few days, come the poornima on the earth and you will be sitting with a binocular and you have the earth by night with the bright lit megacities looking like the stars on the earth’s surface (as in Fig.1). Sit quietly and try to spot the night skies of Mumbai... Pune... Bengaluru... Delhi ... (or London... New York... for those who think "international") and then remember the “Travelogue Scandinavian sojourn" on p.34 in the Oct, 2017 issue of Kanara Saraswat. You can see thecolourful silken curtains of the Aurora Borealis, at the northern end or the Aurora australis at the southern end, crowning the earth. These can have interesting hues and shades of green, crimson, pink and orange colours. Ohh! That would be just the heaven on the otherwise totally barren landscape of the moon with no flora or fauna!

Back to Science, last month, we talked about the angular size of moon, earth etc. We shall see the ways to measure them. In order to measure the size of the moon, we need a two feet (60 cm) long scale or a flat wooden strip or even a flat plastic conduit used for electrical wiring will also serve the purpose and a small 15 cm long scale or even a broken part of it (about 4 cm long is enough). Fix the small scale at a distance of 57.3 cm from one end of the two feet long scale using fevikwik or any suitable adhesive as shown in Fig.2A and B and that’s it. Our instrument is ready. Hold it as shown in Fig.2C and read the values on either edges of the moon on the small scale. The difference in readings will measure the angular diameter of the moon directly in terms of degrees. (1 cm on the scale is 1 degree and 1 mm is 6 arc minutes). For my lazy friends, I suggest to use the stretched arm as the long scale and the digits of the fingers as the small scale, just like the artists estimating the proportions of the distant objects (Fig.2D). Measure the length of the stretched arm and width/length of the digits to improve reliability of the estimates.

How did I arrive at these figures, 57.3 and 1 cm? The discussion below can be followed by those who have learnt about (and remember) the angle measurements and some trigonometry. Others may need some little effort to appreciate the techniques but still they can use it.

We know that a full circle has a circumference of $2\pi r$, which is the length of its periphery. Here $r$ is the radius and $\pi (=3.14159)$ is a universal constant representing the ratio of the circumference to diameter of a circle. We also know that arc is a part of the circumference as shown in Fig.3. The arc AOC subtends an angle of about 19 degrees at the centre O. The length of the arc AB is determined as a fraction of the total circumference $(2\pi r)$ corresponding to the angle 19 degrees as shown below:

\[
\text{Length of arc ABC} = \frac{19}{360} \times 2\pi r \quad \text{or} \quad \frac{(19/360)}{(2\pi)}
\]

Similarly if the arc corresponding to one degree will be,

\[\text{Length of 1 degree arc} = \frac{1}{360} \times 2\pi r, \quad \text{or} r/57.3
\]

This is same as saying, if radius (which in our case is the length of the long scale) is 57.3 cm then one cm corresponds to one degree.

Thus if we place the small scale at a distance of 57.3 cm, one degree corresponds to 1 cm on the small scale.

As discussed earlier, the actual size of the moon does not change and hence the observed (apparent size) tells us whether the moon has moved away from or come close to the earth. In fact this kind of studies helped us know that the moon orbits around the earth in elliptical paths and also to compute the ellipticity of the lunar path. If the moon were to revolve in circular path, the apparent size of the moon would not change.

We shall now work out the diameter of the earth. We do know that the earth is indeed spherical in shape. Eratosthenes in the third century BC, before Christ, i.e., 2300 years ago did not have it so easy to prove this. Let us try to measure its diameter. These days, there are several ways to determine this as we shall see now.

For knowing our position uniquely on the surface of the earth, an imaginary grid is ‘marked’ on the entire surface of the earth, known as latitude (Lat) circles placed parallel to the equatorial plane as shown on the left part of the Fig.3, and longitudes (Long) which are semicircular lines running from north pole to the south pole, with zero degree Long passing through Greenwich in London, UK, (not shown in the figure) and counting eastwards. This convention was adopted by the international meridian conference in 1884 and since then it is accepted by all. The latitude of a place is the angle made by the radius joining the place and the centre of earth with the equatorial plane at zero degrees. (Lat are marked by the degree scale on the left in Fig.3). Thus the radius joining our building in Andheri with the centre (vide the right side of the Fig.3) makes an angle of 19° 06’ and hence that is the Lat of Andheri. We can calculate the circumference of the earth if we know the distance of Andheri from the equator.
We can simply look up the Lat and measure this distance from the maps in atlas or alternately use Wikimapia on the internet. This comes with a scale to measure distance as well as the co-ordinates of the places at the cursor. I get my society in Andheri at the cursor location and read the Lat Long. 19°06' 54"N and 72°50'29"E, (read as 72 degrees, 50 minutes and 29 seconds and the E for indicating East of Greenwich. Similarly N indicates northern hemisphere). Then I click on the distance scale move the cursor to (Lat = 0°,0', 0") and Long same as that of my societybuilding. I click the cursor again and get the distance between this point and my residence. The distance is 2114 km. Hence the distance corresponding to 19 degrees (ignore the extras) is 2114 km. What is the distance corresponding to 360 degrees (circumference of the earth)? Simple arithmetic leads to:

Circumference = (2114 X 360)/19 = 40054 km.
Diameter of earth (d) = 40054 / \pi = 12750 km. (since circumference = \pi d)
This is within the acceptable limits. I suggest you work this out for different locations. The actual diameter at the equator is 12742 km.

There are several ways to determine this value if you don’t wish to use internet. Observe the Indian flags fluttering at different places from Kashmir to Kanyakumari (vide Fig.4). All the flag poles and soldiers are vertical in their own locations but actually they are making some angle with each other because the earth is spherical. The angle becomes larger as the distance between the flags increases. Now the trick is to know the angle made by two of the flags with each other and the distance between them. We can determine the angles at different places in Fig. 4 by using the sun rays as the reference. Due to the large distance between earth and sun, the sunrays are parallel to each other at all places on the earth and can thus be used as reference to measure the angles of different flagposts with these rays. Now we should know the distance and then use the above method to determine the circumference. I leave it to you to think about the other methods for the purpose. Contact me if you need details. Bye.
The Tattvabodha teacher is in the process of describing the way this Universe was created. Let us recollect that Brahman, which is the causeless cause of this entire manifest Universe, in association with its Mâyâ Shakti, is the immediate cause of the Universe. The teacher therefore called Brahman-Mâyâ as the indivisible intelligent-material cause of the Universe."³AiBanna inaima³padana karNama³.

Creation begins with the birth of the five elements - space, air, fire, water and earth in their subtle forms. These subtle five elements are called the tanmâtras."³tnmaa~aiNa³.

As a product of trigunatmika mâyâ i~gauNaai%maka maayaaÊ every stage of the Universe has all these three gunâs.

Thus, in the last section we saw that the satva portion "³saai%vak AMSa³ of each of the subtle elements gave rise to each of the sense organs of perception in the order of the elements (ear, skin, eye, taste and smell) respectively.

The combination of the satva portion of all the tanmâtras gave rise to the mind with its four faculties of functions. Satvagunâ is characteristic of perception, learning and cognizing. So, naturally, the sense organs of perception and the mind being the perceiving and cognizing organs, are entirely made up of satvaguna of the five elements.

Now the teacher talks about what happens to the individual rajas portion "³rajaisak AMSa:³" of each of the tanmâtras and also the combination of the rajas portion of all the tanmâtras together.

The rajas aspect of space contributes to the organ of speech.

The rajas aspect of air contributes to the organ of grasping or hands.

The rajas aspect of the fire element contributes to the movement of legs.

The rajas aspect of the water element contributes to the organ of procreation.

The rajas aspect of the earth element contributes to the organ of excretion.

The combination of the rajas aspects of all the five elements contributes to the five-fold physiological system called the pânavâna: These five-fold physiological functions are Respiration (pâna:), Excretion (Apana:), Circulation (Vyaana:), Digestion (Samaana:) and the Reversing functions as in vomiting, coughing, sneezing and so on (Udâna:).

All the above have their own functionaries or devatâs which represent the cosmic counterpart of these organs as we saw with regard to the sense organs of perception also. Let us put it in a tabular form as before.

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<tbody>
<tr>
<td>Space</td>
<td>Organ of speech</td>
<td>Agni</td>
</tr>
<tr>
<td>Air</td>
<td>Organ of grasping or hands</td>
<td>Indra</td>
</tr>
<tr>
<td>Fire</td>
<td>Organ of movement or legs</td>
<td>Vishnu</td>
</tr>
<tr>
<td>Water</td>
<td>Organ of procreation</td>
<td>Prajâpati</td>
</tr>
<tr>
<td>Earth</td>
<td>Organ of excretion</td>
<td>Yama</td>
</tr>
</tbody>
</table>

The functions of the organs of action have been explained earlier in the discussion on the subtle body.

Now the tamas aspects of all the five elements contribute to the gross body and the gross world. This happens by a process of combination of the tamas aspects of the elements in a particular way called "³Pramãna: or five-fold 'grossification'.

We must remember that the tamoguna represents inertia or grossness. That means, no perception or action is possible unless pushed by the rajoguna.

From the tamas aspect of the five elements, with a process of five-fold 'grossification' the entire gross body and the gross world are formed.

1. The individual element's tamas aspect divides into two halves.
2. One half of each element remains unchanged.
3. The other half of each element divides further into four parts.
4. One portion of each of the divided second half joins the other four intact halves from the other four elements.

This panchikaranam can be summarized as below:

<table>
<thead>
<tr>
<th></th>
<th>1/2 Space</th>
<th>1/8 Air</th>
<th>1/8 Fire</th>
<th>1/8 Water</th>
<th>1/8 Earth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Space</td>
<td>1/2 Space</td>
<td>1/8 Air</td>
<td>1/8 Fire</td>
<td>1/8 Water</td>
<td>1/8 Earth</td>
</tr>
<tr>
<td>Air</td>
<td>1/2 Air</td>
<td>1/8 Space</td>
<td>1/8 Fire</td>
<td>1/8 Water</td>
<td>1/8 Earth</td>
</tr>
<tr>
<td>Fire</td>
<td>1/2 Fire</td>
<td>1/8 Space</td>
<td>1/8 Air</td>
<td>1/8 Water</td>
<td>1/8 Earth</td>
</tr>
<tr>
<td>Water</td>
<td>1/2 Water</td>
<td>1/8 Space</td>
<td>1/8 Air</td>
<td>1/8 Fire</td>
<td>1/8 Earth</td>
</tr>
<tr>
<td>Earth</td>
<td>1/2 Earth</td>
<td>1/8 Space</td>
<td>1/8 Air</td>
<td>1/8 Fire</td>
<td>1/8 Water</td>
</tr>
</tbody>
</table>

Anything in the Universe, including our own body, has all the five elements in it. Our own bodies have the earth element in the form of bones and muscles, water element in the form of blood and other secretions, air in the form of our own breath and space in the form of space within our hollow organs. Our bodies are warm due to the fire principle.

Thus, the oneness of the Total and the Individual is established in all respects.

(To be continued...)
Those Who Give So Selflessly.........
KISHORE SUNDER RAO (AMEMBAL)

This article was written for the Canara Union Newsletter where it appeared in the April 2018 issue. Since the subject could have a wider social significance to our Saraswat Community, especially in places like Mumbai, Pune, Chennai, the author requested the Kanara Saraswat to publish it.

Sometimes those who give the most are the ones with the least to spare. I am once again talking about the wonderful service a few of our dear volunteers give to our bereaved families when they lose a dear one. I have said this before and I am sad to say this again. Read on to see what I mean.

One of my very close friends, who is not a Chitrapur Saraswat, but who knows the community extremely well for over four decades, hit the nail on the head when he said “...it is only in your community that you find groups of volunteers selflessly coming to aid a family which is in shock and grief”. The sad part is that it takes a non-Saraswat to see our community's strength. It is we who ignore it. Not just that, we take it for granted and even deprecate it. How else do you explain a remark one such volunteer once overheard? The occasion was a funeral at which this selfless group was assisting. One voice was appreciating their service but the retort from another voice said “...but they make good money...!!” A member of this team has even talked about able bodied members of a bereaved family not lending a hand and expecting the volunteers to do all the physical work. Most times these volunteers arrive for the funeral in the hearse which they arrange. Many families do not even have the decency to enquire about their return journeys.

Serving someone who has passed away, purely on a voluntary basis, is the height of giving. An anonymous saying goes that ‘You have not lived until you have done something for someone who can never repay you’ - pun unintended. This is a saying that sums it all up.

Let me add some of what the President of Canara Union said a few days ago when they honoured these selfless volunteers. He reminisced over six decades of how this magnificent service has been made into a fine art of unquestioning service. He was remembering many stalwarts in our community who would drop all they were doing, many times take leave of absence from their jobs, and arrive to quietly take over all the arrangements for the funeral. Sometimes the family would not even have enough ready cash available and ATMs were not known then. These volunteers would spend money from their pockets to buy the funeral materials and pay at the crematorium, hopefully to be reimbursed later. In those days there was no mechanized way to carry the body to the crematorium and four stalwarts carried the body on their shoulders for long distances. Among themselves they joined up in teams of four people of similar height so that walking with a weight on their shoulders became easier. The funeral materials had to be purchased before the physical arrangements could be made. One of these volunteers owned a car (not so common in those days) and he would, without further thought, use it to go to Bamboo Bazar to buy what was needed, load the bamboos on the roof of the car and return. There have been times when news of a death came to the volunteer halfway through his meal and he would leave a half finished lunch to rush to render his service. The President named many of these stalwarts, past and present, but for lack of space, and for fear of inadvertently missing somebody, I shall not do so.

Some people might consider this a macabre subject. I agree that it is not pleasant but if I am writing about it again it is because I have had to see these wonderful people in silent action twice in the last two weeks. I am sharing my thoughts because I admire them so much. I am also hoping that at least some of you who might not have thought of this subject will move to join this elite group of Chitrapur Commandos. The present group cannot be expected to go on forever and new faces are required.

I wonder at people who, soon after they retire, approach me for suggestions on what they can do to serve the needy. Here is a service you can do to your utmost satisfaction. In fact, I would call this your fulfillment and not your satisfaction. I personally know at least three people who have retired recently and who live in a predominantly ‘amchi’ area who are yet to narrow in on an activity to keep them occupied. They have health on their side (bless them) and if they join I can confidently say that they will be blessed by the community - as I will always bless the current team.

Healing Miracle for burns
Sadhna Kaikini

Burns! Something we are terrified of! Here is some advice to tackle this problem.
First aid consists to spraying cold water on the affected area until the heat is reduced and stops burning the layers of skin. Then, spread egg whites on the affected area.
One woman burned a large part of her hand with boiling water. In spite of the pain, she ran cold faucet water on her hand, separated 2 egg white from the yolks, beat them slightly and dipped her hand in the solution. The whites then dried and formed a protective layer. She later learned that the egg white is a natural collagen and continued during at least one hour to apply layer upon layer of beaten egg white.
By afternoon she no longer felt any pain and the next day there was hardly a trace of the burn. 10 days later, no trace was left at all and her skin had regained its normal color. The burned area was totally regenerated thanks to the collagen in the egg whites, a placenta full of vitamins!
MEDITATION

Anantchand Mistry

Meditation, the art of living, is a way of living that helps one to achieve inner peace and contentment. It involves focusing the mind on a specific object or thought, with the aim of improving mental and emotional well-being. Meditation has been practiced for centuries in various cultures and religions as a means to attain spiritual enlightenment and to gain a deeper understanding of oneself.

MEDITATION FOR BEGINNERS

1. Find a quiet place to sit or lie down, where you can be undisturbed.
2. Sit comfortably, with your back straight and your feet flat on the floor.
3. Close your eyes and take a few deep breaths to relax.
4. Focus your attention on your breath, bringing your awareness back to your breath whenever your mind starts to wander.
5. Try to stay with your breath for a few minutes, and then gradually increase the duration of your meditation.
6. As you become more comfortable with meditation, you can add more advanced practices, such as visualization or mantra chanting.

MEDITATION BENEFITS

- Reduces stress and anxiety
- Improves concentration and focus
- Increases feelings of self-awareness
- Enhances empathy and compassion
- Boosts overall well-being

MEDITATION RESOURCES

- Meditation apps, such as Headspace or Calm
- Online meditation classes and videos
- Books on meditation, such as "Mindful Living" by Susan Blacker

MEDITATION IN MODERN LIFE

In today's fast-paced world, meditation offers a way to slow down and reconnect with oneself. By incorporating meditation into daily life, individuals can experience increased calmness, mental clarity, and a greater sense of well-being.

In conclusion, meditation is a powerful tool for personal growth and spiritual development. Whether you are a beginner or an experienced practitioner, there are many resources available to help you on your journey.

Anantchand Mistry
The power of transforming Midlife Crisis into Midlife bliss is totally in our hands.
अश्वी आश्रीली आमगेली आम्मा...

रिलाब्जी बनाबनी

आममा—महद्दारी मोली—श्री. शाशिनी मंदोनाथ बनाबनी. आममाने प्रभेद्या 07 वारसी 5 फेबरुवारी 2018 हा दिन देख दोळोली.

मोली सांबोकेकेले मोली आई केन्द्र पयये कोना आमगेलाई धारा वहू, आली, तालवदी माफा महाली, “हवासंग, ही सोयाने जाकडी यो बो जायले. इसकी की महाली तुम म्हणून मां एखाली.” एक्सीव्या इवेट तयार म्हणून देवाएजिकलिफ आशिबारणे म्हण्याविरो, आमामाची आमदी शांत आत आम मुंडा विविधमान राखाचित मार्गातून हाय वहू म्हणून नाडू लागली.

आमगेलाच्या मायत वस्माचे अनुभुव तिती सुवांक आणि जनव्याक आणला. आममा आमगेलरुप बऱ्याणु मानसोक गाणा मार्ताली, पतलेल्या वरुनवाळ बोहेचा सांगताली. तेठा म्या वया घरून दुःखयाक तिचे सादी आणली, तन्या जागणासुद्धा आमका म्हणून तेठा तेठे गाडी असातील. आमाने, “कोई होऊ नाही! होय घरव्या आताच सांगत नये? तसेच शक्तिकरी तुंड.” अशी म्हणून प्रेमप्रकट भांवाणी माणूसेत, आमामाच्या काम महवाळी आती फुटाची. धारा कोणी पाहूने सेतुमान आर्थिकीय, महाली, “असे यात्री, तुंडे रंज कोसळ जाऊल्या म्हणून कटाला, पडू पेटोविकाय.” इतरांनी टाप्पट आलाताली रंज वाचरू.

आमगेलाची स्मरणशाक्ती आमदी बरी आशीली. खऱेच नंतरचे बीएसटी बस खडून वगता हे अधूर्य संगताली. आश्री महाली आममाने स्वतः, व्हावचे भोवचे म्हणून नायली. तलाव्या आममा स्मरणासाठी विहार, “आश्रीमाली हाय मानसी, म्हणून दूसर्यासाठी तांब्या आमगेली चेकून तोडडा आ’ कोसळ पेटोविकाय रायली आमाम. आमगेलेचा तत्त्व भो सुरू आशीली. ताततांवंदं लार्जेतमा, नायलताना, नियतचं वेळामध्ये आममा मार्ताली बदलून, भावनी, भक्तीतिंत महाली, व्यापकैची तांब्या महाली गोडी नमुनेत जाईली. काय करतल्या आममा गुंगुणात आताली.

आमगेलेच्या माई, महाली मोली बामागेली आममा धारुनी उपचार चांग रसित नन्दी खडून. तिलं गाणी धारुनी करू आममाने उजाद होवेत देवीली, आमाकाळे शिकावली. इतलेची वरं तिरी, विजयाची होड्होड्होड पुरस्कऱ्या वाचविचऱ्याला, आममाला शिरोतुले अवर कहीर करतली, हेव्या आममाको गोदु आशितलो, आमाला मत्त हूला नायली, तिले तंतुरीच फिकलकी फाल आशीली खडून. आमाने एक व भाग तकर करतली, तलावी मनोरळ म्या केही, आमदी साची लेकरली संगत आताली.

तलावी नाटांवंद्यांलेला मस्त लाद, कोटुक केडू. मात्र गाज पडवोलित तालव्या, ताका दाटावाळी जावो दाळो होडध करतली आममा. भो चड लादवचून दरवाने हं आमाने नाव. आमगेलो वाखाण्यवागारी आती एक गुण महाली, सुग्रा घरून चेकून आममा—बामानुन हं गोली धालारी, आजव्या—आजव्या मंत्रुन पडतली, त्यातिंत चेकून त्या गोलीच कमत वस्ना. आममा मात केन्द्रच्या मंत्रुन पणलीली हं. आमदींची विकर जं दिसलेली, आमी मुख्यतेवढी गोली धालत महाली पूरी ती चेकूलाची इतरती नामले वेळाला आमलागली तालव्या म्हणून दूसर्यासाठी. आम काळ बामानुन म्हणूनच माळी खटाली जारलीच नये! जारलीच आलेला वेळाने आममाने मंत्रुन पोडच्या जावो कोसळ एक्स्युल्केली बाजू चेंबरले अशी केन्द्राचे करायले.

आमलागली कोसळ करायली गोली, ती मात्र सामाजिकाने प्रभेदायेच्या मानकातील. कोसळवानुका बाबतीच माणून कोसळ होणु चेंबरले म्हणून नायली, आमाने. हो गुण खऱ्या भो अभूं पदोविचकारयाचे.

अश्वी आश्रीली आमगेली आममा. आमगेलो धडकणुनु गुण आमाला येऊचे म्हणून आमगेला समस्त परिवाराने प्रभेद कोसळ म्हणून लक्ष्य केलेला. हिंदी आमगेला लेखकने आममक दिखेली भ्रमाली!
Vasant Mangesh Kulkarni
(16-04-1918 to 03-03-1990)

by Dr. Veena Chandavarkar (9892779299 doonmoon@gmail.com)

Born to the Kulkarni’s (Mangesh & Seeta) in Honavar on 16th April 1918, Vasant was the youngest child amongst 4 siblings. Life in those pre-Independence days were very trying to say the least, worsened by the loss of his father when he was just a child. Inspite of the days of uncertainty, struggle and scarcity, the Kulkarni sibs survived. Papa did his matriculation from a school in Karwar. Papa’s first job was that of a stenographer in the erstwhile Sachivalaya. Seeking better opportunities, he enrolled into the Police force. He started his journey after being trained at the Nashik Police Training school. He served at various police stations – Parel, Palton Road, Dadar, Colaba, Mulund to name a few. That also meant three yearly transfers. He had a huge responsibility in 1966-67 when he was in charge of the Mahim Police station – his team had to maintain law and order even as Mahim burnt in the language riots that hit the city. The positive side of the posting was as station chief, he had the honour and privilege of leading the prayers at the Mahim Urus. Though he was a hardcore policeman and very good at his work, the soft side of humanity never ever left him. Dealing with lumpen elements in the lockup, often they would understand only the third level of effective dialogue. Tired at the end of the day, Papa would apparently trudge in and sometimes tell Amma to send an iodex jar downstairs for the poor chap who was in pain.

In 1944, Papa married Vimal Vithal Shashital of Honavar. Amma had to balance the role of the wife, the mother, and was foster mother to a host of villagers - relatives and others. They would come to Bombay - their Vasant had a job in the police. His house was their house. He surely would look after them and help them to make it happen for them in the city. And he did. Their three daughters Aruna, Suvarna and Veena grew up watching their mother cook for an army. Papa or Ajapapa - a moniker given to him by his first grandchild Kanchan - was someone who never could say no. He also could not ignore the trials and tribulations of relatives, colleagues or friends. So it wasn’t a surprise for Amma to hear – Vimal, I have brought three guests for dinner – serve them. Amma slowly fitted into that role too.

Papa was involved in the special branch CID later in his career and retired from the force in 1976 as an Assistant Commissioner Police. Subsequently he was invited to be the Chief of Security at the Carona Sahu shoe factory in Jogeshwari and worked there for another decade. A patriarch in bearing, he was modernist in demeanour. Supporting a student who wanted to go abroad for his doctorate, when the family wanted the boy to join a secure bank job was just one more logical thing that had to be done. Clear in thinking and fast in execution, many youngsters would seek his advice knowing that it would be in their best interests. Papa wouldn’t dice words if he had to get a point of view across.

Fond of stylish living, Papa insisted that his children and their spouses also did the same. His clothes including night wear were always pressed. He always dressed neatly and his shoes were always gleamingly polished. He encouraged his family to be self sufficient in all matters of life – from sewing, bankwork, to travelling. Aruna and Suvarna remember how they were packed off to Bhosala Military School for a camp – in the quest of being confident and independent. Fond of his friends and relatives, I remember how he would indulge in a whirlwind tour of their residences. The visits were frequent but short – the thought not the time spent was of essence. Papa practiced yoga- that probably helped him digest rosogollas or mangoes which his sweet tooth loved. An avid reader, he was an encyclopedia of knowledge. Many of the recipients of Papa’s largesse do remember him fondly. As they live their now emancipated lives, nostalgia sometimes does bring a wave of gratitude and a silent tear of remembrance. As Papa would have been a hundred, it would be great to reconnect with them. Papa’s words still ring in my ears – Think before you give. But if you give, expect it not to return. If it does, it will be a bonus.

We fondly remember . .
Aruna & Kishore Kallianpur; Kanchan & Ashwin Rao; Ashwin & Akshata Kallianpur
Suvarna & Pramod Shedde; Priya & Rahul Dhareshwar; Mihir Shedde
Veena & Mohan Chandavarkar; Abhishek & Madhura Chandavarkar; Saili & Rahul Shah

May 2018

KANARA SARASWAT
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May 2018 KANARA SARASWAT 52
श्रीमती विजया गुरुनंदन भट (मंजेश्वर) (दुर्गा रामराव हेमादी)

सूनदा नाडकरणी

माधी प्रिय मैत्रीण दुर्गा ही रामराव ब नगरेजुबाई हेमादी यांची
क्षमा, या मुलांच्या पाठ्यपुस्तक जमतलेली महापूर्व सर्वोच्च लाइकी, २६
मात्रून १९२३ हा तिचा जम दिसून, धारावाळ्या जमतलेली आफ्नो तिथिमा
मोठी झाली. बंसल मिराबाई हायस्कुलमध्ये तिनं मटिकर्यांत शिक्षण
शाळा, पुढे कॉलेजमध्ये सर्व संगीतसंधारी ती भाग्यचर्ची व
तिला हम्बळा बहुसंस्कृत मिठाव्याचे. त्या दिवसानंतर त्या
मोठी हे निर्माण करत होते. पण तिला कोणत्याही मोठीचा गाव नव्हता.
तिचे लम्ब १२ मास उपवसाने हिरव्यांच्या बनाहनातील अनेकांच्या
(मुंबई) मध्ये राहायला आली. सामु-सामुसे, दोन
जंडाचा वांचणाऱ्या प्रेमातील मिळवून मिळवून आपल्यांना मागतांवर
इतर नाताला वांचणाऱ्या प्रेमातील मिळवून आपल्यांना मागतांवर
मची जिंकून घेतली. नव्हे बाहेर दोनही स्वाभावाने
चांगली अद्वितीय शहीद (सामुहिकता सुनेच फार कोटूक)
नाताला व पाणी राहणे व्यवस्थाकडे एकून राहतात.
आही मैत्रीणी तिथिचा घराला "राहायले पर" मृत्यु
अघो, त्यांच्या रेस्तरांमध्ये क्रमशायाचं रांग
राहत होतों. त्यांच्याकडे गणपती काळसार तार, तसेच बायकंदरी
स्पोर्ट्स चालते, जनरल नूलेबू, पर्यावरण खेळ बांधणे, व्यायाम टुलना
नेकीच्या बहुसंस्कृत मिठाव्याचे. 'डी वाही महापूर्व सर्वोच्च ती पुक्त कामा
करावाची, त्यांची एक गर्वांसारी शाळा होती, त्या शाळेच्या अङ्गी
ती पुक्त काम करावाची, सार्थक महिला समाज (गावदेखी) मेंढऱ्यां ती काम करावाची.
नव्हे बाहेर दोनही मोठमुळे स्वभावाची
असत्याचारं कोणालाची व्याकरणके पक्षकात वातावरण पावत नसे.

दुर्गा २६ डिसेंबर १९४८ मध्ये मुंबई झाली, कंटेब्ल मेंस शंकर वांचणाऱ्या तिचे लम्ब झाले. ती
पुनरावत रोगहरू. एप्रिल १९७३ मध्ये तिला मुंबई
झाला. त्यापासून १५ अगस्त २००६ मध्ये मुंबई
झाला एवढं पणजी झाली, ७ सप्टेंबर २०१०
रोजी गुरुनंदन यांचे निधन झाले, त्या बोध झाले
महापूर्व तिला एकेंद्रा मुंबई राहायला दिले नाही.
त्यापासून ती पुनरावत व्यवस्थाकडे राहायला गेली,
तिची प्रकृती चागी होती, चाहता करणे कौरे
तिथावस्त्राच्या कामेची ती करून होती.

१८ फेब्रुवारीला दुसऱ्या ११. व्या सुमारास तिचे
ठोक्याचे फार दूरावलोकन ठाले आणि तिचे ती कोठीस
झाला, दिक्के यादाव नेही, पण काही उपयोग झाला
नाही, बॅन हंसानं असे निवारण झाले आणि ता २०
मंगलवारी माझी प्रिय मैत्रीणी (स्वतः विराट अशी
होती) आहांचा सौंदर्य देखील गेली. त्या तिच्या आत्मावाला
शाळी देखी मातृप्रतीचा वर्णन.
हमने आवास ऋण की ब्याज दरें और कम की हैं
ताकि आप ले सकें बड़ा घर

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PERSONALIA

Pramod Karnad(58), who retired as Managing Director of Maharashtra State Co-op. Bank, Mumbai by superannuation recently resumed as Consultant to Mumbai Dist Central Co-op Bank (known as Mumbai Bank), a large sized DCC Bank having its Head office at Fort, Mumbai.

Pramod has also been appointed as President of Yashvantrao Chavan Pratishthan, Navi Mumbai Centre on his retirement. This is a renowned Trust involved in Cultural, Educational, Vocational, Sports activities conferring Awards to meritorious aspirants. It also holds International Films Festivals.

Pramod is a Trainer, Speaker for Banking fraternity & his sessions in E-Learningz are regularly transmitted by the prominent magazine, Banking Frontiers’ on their web channel Finbiz. He is a recipient of Best Chief Executive Award consecutively for last 2 years at national level amongst the State Co-Op Banks in India.

Widely travelled across the globe, pramod has scripted 2 marathi films, given playback in films, written 5 novels & 2 poetry books. He also recieved the Central Govt award for his book titled ‘Ambitious’ & Konkan marathi sahitya parishad poetry books. He also received the Central Govt award for his book titled ‘Ambitious’ & Konkan marathi sahitya parishad Award for ‘Athavatay na tula?’.

A music album ‘Bedhund Maz Hovu de’ written and composed by him was a great hit in which prominent singers Ravindra Sathe, Uttara Kelkar & Swapnil Bondodkar sung under his Music Direction.

Here and There

Bengaluru: On 1st March 2018, the Shishya Sweekara Diwas of Param Pujya Shrimad Parijnanashram Swamiji-III was observed with Deepanamasarak, Bhashya Pathan, Guru Pujan, Ashtavadhana Seva and Prasad Vitarana. On 18th March 2018, on the occasion of Ugadi, Bhashya Pathan was offered at our Math followed by few Bhajans and Aarti. Thereafter the laity participated in the Panchanga Vachana and Panak-Panwar at Canara union. On 31st March, the Rathotsava day at Shirali, Bhashya Pathan and Ashtavadhan seva was performed at our Bengaluru Math. Pujan was performed by Gruhashtas every Monday, Thursday and Friday. Samoohika Gayatri Japa Anushthaan was conducted on 2nd, 4th and 5th Sundays. The series of talks by Smt. Dr. Sudha Tinaikar on Mundakopanishad continued. A short 5 minutes Ninaada practice session was a part of all regular activities conducted at Bengaluru Math. Ashtanga Fitness sessions were conducted by yuva Shri Varun Mallapur and training sessions on rebounder by yuvati Smt. Kushal Bailur.

Chennai : We began the month with Guru Pujan and Bhajans on the Shishya sweekar day of PP Swamiji Shrimat Parijnanashram III. For Yugadi on March 18, Ved Goutham Bhatmam did Panchanga vachana which was followed by Paanak Panvaar. For Ramanavami, we had Bhajans. Monthly sadhana panchakam too was conducted.

Mumbai – Andheri: Andheri Sabha Yugadi celebrations were organised at Shri Ram High School on Sunday, 18th March 2018. Satyanarayan Puja and Panchang Vachan was followed by a brief, enriching talk on the significance of the Vilambi Samvatsara by Rajgopal Bhat maam. “Katha Kathan” .. a narration of witty and hilarious anecdotes, by Shivangi Naik pacchi followed, which everyone enjoyed.

Sumptuous refreshments which included Paanak, pachadi, prasada sheera, fruits etc were served.

Our cultural programme for the evening was based on the theme “Love”.. and ably compered by yuva Niyati Mavinkurve. 28 prarthana varga children and yuvas enthralled the audience with their performances .....dance, a rap performance, one man act, music and a Konkani skit based on the book in the Parijna series “Manga’s Task”. A display and sale of the beautiful Samvit Sudha products was arranged by Sonali Dhreshar pachi.

Dharmapracharak Shri Rajgopal Bhat maam was honoured by our Sabha President Vinay Masurkar maam. Satyanarayan Pandit maam compered the programme and proposed the vote of thanks. The evening ended with chanting Deepanamasark and Sabha Samapti Prarthana.

Mumbai – Grant road : On March 1st, Shishyasweekar day, we participated in the programmes at Karla Durgaparameshwari temple. March 18th Yugadi was celebrated in the Talmaliwadi garden. The programme started with Sabha Prarambha Prarthana. Ved. Sunil Nadkarni performed a puja followed by Panchangvachan. Deep Namaskar followed. A viewing of HH Shrimad Sadyojat Shankarashram Swamiji’s discourse at SDM Medical College, Dharwad was arranged for the benefit of the devotees. The programme ended with Panak Panwar & Sabha Samapti Prarthana.

Mumbai – Santacruz : As arranged by our Sabha, ‘Panchaang Vaachana’ was officiated by Ved. Shri Ulman Anandbhat maam on ‘Yugadi’. This was followed by Deep Namaskar, Ashtak and Mangalarati. The traditional prasad of ‘paanak and pachadi’ was served to all devotees present.

To celebrate the auspiciousness of ‘Shri Ramanavami’, our Sabha had arranged for a programme by ‘Parijna Bhajan Mandal’. The “Katha Kathan” by them was very interesting and melodious, which had a beautiful narration on Lord Rama, right from His birth, till how He righteously wins back His beloved Sita, with appropriate bhajans sung by all of them in between. The evening concluded with aarti of Lord Rama and this was followed by Deepanamasark. Prasad was served later to all.

Reported by Saikrupa Naik

Reported by Kavita Karnad

Reported by Smita Mavinkurve

Reported by Aditi Hattiangdi

Reported by Kavita Savoor
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Namaskar, Ashtak, Mangal Aarti and Prasad Vitaran. The programme concluded with Deepa Namaskar, Mangal Aarti and Prasad Vitaran. This was followed by reading Anushthan as per the custom followed on every third Friday of the month in our Sabha. This was followed by reciting Atharvashirsha with due understanding.

On Friday the 5th of February, 2018, Pattabhishek (Ordination day) of our Param Pujya Sadyojat Shankarashram Swamiji was commemorated by our Sabha at the residence of Shri Ashwin Bellare. Guru Pujan was performed by Smt. Nita Bellare. Melodious Bhajans were offered by our Sadhakas. This was followed by Deepa Namaskar, Mangal Aarti and Prasad Vitaran.

A few Sadhas from our Sabha attended Seva Saptah from 18th February - 25th February at Karla Math and on 25th February about 17 Sadhas participated in Sannikarsha. Guru Pujan was performed by two of our Sadhikas.

On 1st March, 2018, Shishya Sweekar Divas of P. P. Shrimat Parijananashram Swamiji III, about 30 Sadhas visited Karla Math and participated in various activities. The New “Vilambi” Nama Samvatsara was given a warm welcome by our sabha members in the Quadrangle of Guruprasad Society at 6 pm. Sabha Praramba Prarthana followed by Guru Paduka Stotram and Shri Parijananashram Trayodash started the programme. Shri Vedmurty Yogesh Honavar Bhatmam performed Panchang Pujan followed by Panchang Vachan & Rashiphala. Shri Krishnanand Mankikar Mam, President of our Sabha spoke on the importance of Vantiga collection and sharing such valuable information. The program ended with an informative session of 45 minutes wherein she explained the process of deconstructing and verifying messages which come on WhatsApp using Google. Shyamala Talgeri in her vote of thanks appreciated the lecture and thanked her for sharing such valuable information. The program ended with snacks sponsored by Vidya Kodial in memory of Smt. Premlata and Shri Kodial Shankar Rao. Overall it was an extremely informative session which was enjoyed by everyone.

All the members of Gamdevi Mahila Samaj had opportunity to watch the “Cookery Demo” of Delicious ‘Cabbage Ticky Canapes with Cabbage Dressing’ by Priya Badukulli on 24th March in the Samaj hall. Vijayalaxmi Kapnadak introduced her. Priya has retired from National insurance company and is now a fulltime housewife as well as a prolific writer writing short stories in Marathi and Konkani. She won the first prize in the Cooking competition held this year in the Mahila Samaj. As the dishes were getting ready she regaled the audience with a humorous konkani story. As a bonus she also served,missal and keshar bhat. Shrikala Vinekar gave the vote of thanks.

Donations given to Saraswat Mahila Samaj will be printed in our June Issue.
A son (Omkar) to Abhay and Lakshmi Manjeshwar was born on 28th December 2017 at Raleigh, North Carolina, USA. Grandson to Subhash & Shubhada Manjeshwar, Ramesh & Vathsala Prabhu. Great grandson to Sita Ramchandra Manjeshwar.

ACKNOWLEDGEMENT

Savita and Dinesh Tonsey, along with Kalpana and Arun Baindoor thank all their relatives, friends and well-wishers for their gracious presence, greetings, love, messages and blessings on the occasion of the wedding and reception of Radhika and Ashutosh on 5th March, 2018 at Mumbai and request that this be kindly treated as a personal acknowledgement.

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DOMESTIC TIDINGS

BIRTHS
We welcome the following new arrivals:
Mar 29: A son (Vikrant), to Kranti and Ajit Satish Naimpally at Dahisar West, Mumbai.

THREAD CEREMONY
We bless the following batu:
May 6: Prajwal, son of Anay and Mamta Burde at Dombivli.

MARRIAGE
We congratulate the young couple
2017
Dec 03: Anjali Kaikini with Madhab Pandey at Bengaluru.
2018
Feb 18: Shoma Kaikini with Harshvardhan Singh at Bengaluru.

BIRTH
Feb 03: A son (Mayor) to Ashwini (nee Kamath) and Poornanand Trikannad at Bangalore.
Feb 23: A daughter (Aadhya) to Yuvika (nee Poola Kamat) and Yatin Mavinkurve at Mumbai.

Mar 06: A daughter (Anvi) to Dr. Maitreyee (nee Mankikar) and Dr. Aaditya Kulkarni.
Mar 12: A son to Radhika (nee Nadkarni) and Prashant Dalvi at Mumbai.
Mar 29: A son (Vikrant), to Kranti and Ajit Satish Naimpally at Dahisar West, Mumbai.

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OBITUARIES
We convey our deepest sympathy to the relatives of the following:
Mar 7: Anant Annaji Hattangadi (91) in Ahmedabad (Gujarat).
Mar 20: Shanta Bhalachandra Talgeri (nee Karnad) (88) at Bangalore
Mar 29: Murlidhar Naimpally (88) of Bangalore at New Jersey USA.
Mar 29: Malati Mohan Nadkarni (90) at Karnataka Bldgs, Matunga, Mumbai.
Apr 4: Hattangadi Raghuvir Rao (78) at Udupi.
Apr 5: Anjali Ramesh Gulvadi (65) at Mumbai.
Apr 20: Gowrishankar Ramamohan Koppikar (90) at Mumbai.

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Donations Received
Kanara Saraswat Association is grateful to the following donor:

Emergency Medical Relief fund
Meghana B Baindur 25,000/-
Usha Satyanarayan Pandit 50,000/-
Sunil Ullal 5,000/-

Medical Relief Fund
Chandrakant L Basrur 10,000/-
Mr Ramcharan G Hattiangdi 10,000/-
Ms Sandhya Harite 75,000/-

Distress Relief Fund
Ms. Meghana B Baindur 10,000/-
Mr Ramcharan G Hattiangdi 10,000/-
Mr Nitin K Burde 5000/-

Scholarship Fund
Ms Meghana B Baindur 15,000/-
Mr Ramcharan G Hattiangdi 10,000/-
Konkani Charitable Fund (USA) 1,27,100/-

The amount is being donated by Meghana B. Baindur in memory of her grandfather Late Shri Vinayak (Vasant) Sadashiv Pandit on his first death anniversary on 02.05.2018
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