



Kanara Saraswat

A Monthly Magazine of the
Kanara Saraswat Association

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

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

Vol. 24, No 4, May 2019

e-mail: editor@kanarasaraswat.in

kanara_saraswat@hotmail.com

(For Publication in the Magazine)

e-mail: admin@kanarasaraswat.in

(For administrative matters)

President: **Praveen P. Kadle**

Vice President: **Kishore Masurkar**

Chairman: **Jairam Khambadkone**

MEMBERS OF THE EDITORIAL COMMITTEE

Managing Editor: **Gurunath Gokarn**

Editor: **Smita Mavinkurve**

Associate Editor: **Uday A. Mankikar**

Editorial Committee:

Usha K. Surkund

Devyani Bijoor

Computer Composing:

Sujata V. Masurkar

KSA Telephone: (022) 2380 2263

TELEFAX: (022) 23805655

KSA Holiday Home, Nashik:

Tel: 0253-2580575 / 0253-2315881

IN THIS ISSUE....

From the President's Desk	5
Letters to the Editor	7
<i>Our Cover:</i>	
चित्रपुर सारस्वत महिला दिन - २०१९	9
बृंदगानाच्या माउली(गीता येन्नेमडी)... नलिनी संग्रगिरी	14
Speeches of the Ladies honoured on the occasion of the Chitrapur Saraswat Women's Day	15
Late Pandurang N Kumtha - A Tribute to a Visionary ... Uday Mankikar	20
Report : Urvee -- 25 Successful Years... Anuja Kamat Mudur	21
Extraordinary People: Mother of Trees ... From the Internet	22

The Message the Wings Tweet (poem) ... Veena Bantwal	22
My Dream of a New India ... Sandeep Balvalli	27
The Time of your Life ... Indu Ashok Gersappe	35
Military Musings: The Eyes Of The Beholder ... Maj Gen B N Rao, AVSM, VSM & Bar (Retd)	37
Do Read - Books can open up your Mind! ... Gopinath Mavinkurve	38
<i>Kiddies' Corner: Drawings:</i>	
Clean India -Poorna Obiray Ulman, Mama and Baby Hen - Netra Ramnathan	40
Matruchhaya ... Nalini Nadkarni	43
Watermere - My Spirit Airline ... Vidya Kagal	44
My Foster Mother (poem) ... Shobha Amarnath nee Triikkanad	45
Bankamasha (poem) ... Vanita Kumta	45
Science Corner 20: Anatomy of a Fall ... Sanjay Gokarn	46
Success (poem) ... Kedar Kate	47
Atmabodh - VIII ... Dr. Sudha Tinaikar	48
Parisevanam: An Ongoing Miracle! ... Tanuja Nadkarni	49
पुस्तक परिचय ... उदय मंकिकर	51
सानपण दी देवाऽऽ ... रेखा राव	52
तालमकी वाडी- मला घडवणारी ... श्रीनाथ मुर्डेश्वर	53
ज्ञानप्राप्त्यर्थे अहंकारः तक्तव्यः ... अनुराधा कर्पे	54
जीवनोदय ... हेमंत कांब्रवैल	54
अहंकार ... श्यामला अशोक कुळकर्णी	55
खरे प्रेम ... विजयालक्ष्मी सुरेश कापनाडक	56
Personalia	57
Here & There	58
Our Institutions	60
Classifieds and Domestic Tidings	62

DONATIONS

Kanara Saraswat Association is grateful to the following donors:

EMERGENCY MEDICAL RELIEF FUND

Usha Satyanarayan Pandit Rs 50,000/-
(In M/O Smt Meera & Padmanabh Murdeshwar)

Kumud Mohan Nayal Rs 5,000/-
Monal Bhavanishankar Baidur Rs 10,000/-
(In M/O Parents Smt Laxmibai & Shri Nagesh
M Gokarn)

SCHOLARSHIP FUND

Monal Bhavanishankar Baidur Rs 10,000/-
In M/O In Laws Smt Krishnabai & Shri Mangesh S Baidur

EMERGENCY MEDICAL FUND

Gangolli Gangadhara Rao Rs 25,000/-
In M/O Father Gangolli Sakharam Rao
In M/O Mother Gangolli Seethabai Rs 25,000/-
In M/O Wife Usha Gangolli Rs 25,000/-

KANARA SARASWAT ASSOCIATION ELECTION NOTICE-2019

Nominations are invited for 3 vacancies on the Managing Committee for the year 2019-2020 of the Kanara Saraswat Association arising due to the following -

Vacancies caused by retirement under Rule 13

1. Shri Ullal Sunil Gopalkrishna
2. Shri Pandit Rajaram Dattatraya
3. Shri Surkund Krishnakishore Annaji

Nomination paper containing the candidate's 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 08, 2019 by 7.00 p.m. By order of the Managing Committee

April 01, 2019
Mumbai

Shivshankar D Murdeshwar
Hon. Secretary

New Scheme by KSA for “Differently Abled Young Adults”

The Managing Committee is pleased to announce a new scheme for the “Differently Abled Young Adults”, who have started a small Business Venture of their own, in order to be independent.

KSA will allow such Young Adults to insert a Quarter Page Free Advertisement every alternate month in our “Kanara Saraswat” Magazine.

Those desirous of taking benefit of this scheme, are requested to write to:

**Admin Manager, Kanara Saraswat Association, 13-/1 & 2, Association Building,
Talmakiwadi. Mumbai 400007**

or

E Mail:

**admin@kanarasaraswat.in editor@kanarasaraswat.in or
kanara_saraswat@hotmail.com**

Be a member of KSA & get monthly KS Magazine Free. Enjoy other facilities at concessional rates.
Contact: Dilip Sashital -9920132925



From the President's Desk....

Dear Friends,

We are always taught to be consistent. The society prefers to deal with people who are consistent and predictable in their actions, behaviour, emotions and expressions. Consistent behaviour creates a sense of comfort in the minds of people who deal with you. Being consistently predictable is important when you are building and maintaining a relationship whether in personal life or in business. Consistency develops routines and builds momentum. It forms habits that become almost second nature.

Consistency is very important in achieving goals. If you are not consistently focused on achieving your goals, you are bound to face failure. Success is neither magical nor mysterious. Success is the natural consequence of consistently applying the basic fundamentals of perseverance and hard work. Leadership Guru, John Maxwell has said, "Small disciplines repeated with consistency every day will lead to great achievements gained slowly over time". Predictably consistent behaviour is more important in your professional or business life. Clients expect a high standard of consistency. We all live in an unpredictable world. The last thing people would want is to be surprised. Therefore, when people get what they want, they are happy. In this way, a strong relationship is built, whether in personal life or in business.

Perception is everything in life. If you are not consistently predictable in your thoughts, actions, words and behaviour, how will the world perceive or trust you? Trust is built on the foundation of consistency.

But being consistently predictable makes one a boring person. Absolute consistency is repetitive to the point of boredom. Sometimes, you need some unpredictability in life which can make your life interesting, especially when something positive happens, unexpectedly. In business or in the commercial world, it is often found that people who are right are the people who frequently change their mind. Consistency of thought is not seen to be a positive trait in the business world, particularly when you are dealing with your competition, or in a war when you are dealing with the enemy. In business, predictable consistency can reveal your future strategy to your competitor.

So, it is to be better to be inconsistent, in certain walks of life. As Aristotle says, it is better to be consistently inconsistent as it also shows your consistency, especially when you are dealing with your adversaries in life, business or at battlefield. In a way your inconsistency becomes predictable which can be a very good tactic when you are dealing with your competitors.

So, what is my philosophy? Of course, be consistent and predictable. But, once in a way, I don't mind becoming inconsistent or unpredictable, if it brings an element of positive surprise to people with whom I deal regularly.

**Regards,
Praveen P. Kadle**

To book our Shrimad Anandashram Hall or Shrimad Parijnanashram Sabhagriha
Contact: Shobhana Rao 022-23802263, 022-23805655. Affordable Rent and Ample Parking Space.

Dear readers,

With the advent of Vikari Samvatsara, www.ChitrapurEbooks.com is happy to announce the release of a variegated selection of 14 digital titles.

- In keeping with the spirit of the times, included is a volume on the history of Chitrapur Saraswat participation in our Armed Forces, with a particular focus on their role in both the pre and post-Independence eras. It was produced by the Kanara Saraswat Association to mark the All India Chitrapur Saraswat Defence Convention held in Mumbai, 2004. It is hoped that apart from feeding the interest of those in "military" families, the writings and deeds would serve as a role model to all members of younger generations within the community. Separately, 2 essay-articles on significant contributions by particular Aamchi members of the Armed Forces, both in war and peace, bring to focus the difference they made to maintaining the security of our country.

This is complemented by accounts of lifetime contributions by civilian members of our community who made a difference to society around them, and more :

- The life and times of Nalkur Sripad Rao who introduced a new service line in India, pioneered best management practices and played a significant role in Math and community affairs;
- N.Deva Rao, Asst. Secretary to the government of (erstwhile) Mysore state, who adapted the world renowned system of shorthand script (invented by Isaac Pitman in 1837) to Kannada language, earning the sobriquet of "Bhanap Pitman"
- Ugran Sundar Rao`s painstaking and patient efforts that resulted in the compilation of a riveting book on the Shrines and Temples of the Chitrapur Saraswats in coastal Karnataka.
- An account of the wartime ordeals of Benegal Dinkar

Rao, who, along with many other Aamchis, trudged across Myanmar (then Burma) to India in the face of high danger from invading Japanese forces in the 1940s.

- Census Reports of the Chitrapur Saraswat community, harking back to the 1896 Panchanga, published by the Saraswat Club, Mumbai (forerunner of the Kanara Saraswat Association), leading on to increasingly sophisticated publications in 1912, 1933, 1956, 1971, 2001, and leading eventually to the one launched in 2016. Beginning 1956, the Census moved on from mere enumeration to analysis of trends, demographic changes and socio economic indices, presenting a holistic picture of the community. This collection of Census Reports brings together the story of a compilation of over a century of trends and data, that would interest many in the community, and outside.

2019 also marks five years in the life of our digital library, and as we pass that milestone, we have put together a retrospect (About Us) delineating our efforts so far, and visions for the horizon ahead. An initiative that started out on 14th April 2014 as a single webpage with a single book on offer has grown into a digital repository hosting over 160 titles totalling 8000+ digitised pages which have recorded over 37,000 downloads so far. We hope your support and good wishes are with us on our journey towards collecting and continuing this meaningful body of work. A rich bouquet of offerings awaits on the plate of www.Chitrapurebooks.com, and it is hoped our readers will find these not only informative, but also inspirational; a body of work that, with the blessings of PP Swamiji and encouragement from our readers, will stand the test of Time.

Jaishankar Bondal & Shantish Nayel for www.ChitrapurEbooks.com

Yugadi, Vikari Samvatsara, 2019 CE

KSA now using technology for an additional channel for two-way communication with members

WHATSAPP Messenger

WHATSAPP NUMBER +91 8879557536



Please include KSA in your whatsapp contacts & send us a message giving your details (full name, address, mobile number & email). We shall include you in the KSA WHATSAPP Group through which we shall disseminate information regarding events, activities, announcements etc. Having registered your mobile number as above, you may also send Short Text messages for matters requiring our urgent attention like updating information, change in address, classified advertisements etc.

- Do not send attachments like articles for magazines, photographs, paid advertisements etc. – email may be used for such matters and if you desire you may send Whatsapp message informing us that you have emailed details
- Please do not use this number to make phone/voice calls (phone on silent mode and may not be answered)
- Please refrain from sending any FORWARDS and unsolicited messages



<https://www.facebook.com/kanarasaraswatassociation>



<https://www.youtube.com/channel/UCmYx7Yvsd0TQrplxNVEbSAQ>

Letters to the Editor

Dear Editor, I was happy to go through the latest Kanara Saraswat magazine of April 2019, especially the reports on achievements and initiatives related to our young adults. At the outset, congratulations to dear Rishaan Hemady who won the All India Best National Cadet Award.

It is noteworthy that KSA has started a new scheme for young adults to promote their small business ventures. Its a timely and much needed inclusive approach adopted by KSA which will go a long way to strengthen the spirit of these young businessmen. Somehow I am reminded of my favourite program 'Shark Tank'. The first of such initiatives viz. Kabir's Kreations for torans is an interesting and auspicious beginning. KSA may consider making it a monthly feature, instead of every alternate month, as time is of essence in such ventures.

Further, the report on the wonderful and multifaceted platform of Yuvadhara created for young adults for self exploration was a delight.

Well done KSA. Keep it up!

Sanjay Subbarao Trasy, Andheri West, Mumbai

Dear Editor, It was heartening to read in the April 2019 issue of KS that Rishaan Sanjay Hemmady was adjudged the best NCC Cadet in India and awarded the coveted medal and baton by PM Narendra Modi. This is no small achievement.

On behalf of the entire Amchi Martial Clan, I would like to convey our heartiest congratulations to Rishaan Hemmady. He has not only done himself and his family proud but also the amchi community and the Maharashtra NCC. While he is

the cynosure of all eyes, he is also an inspiration to others desirous of joining the profession of arms.

Best of luck to him for his efforts to clear the CDS exam and we hope to see him as a full fledged regular commissioned service officer in the not too distant future.

We need more spirited youngsters like him.

Maj Gen B N Rao, Pune

Dear Editor, General Rao in his Sept. 2018 article "Moral Courage" had brought out the history created by the Indian Armed Forces during the 1971, Indo – Pak War.

No doubt the war was decisively won by the armed forces on the battlefield but it was lost on the table-field in "Prithviraj Chauhan Ke Aulad" fashion; witness the relevant chapter in P.N. Dhar's (PM's Principal Secretary) book "Indira Gandhi, the Emergency and Indian Democracy" published by Oxford University Press.

Today the Kashmiri Pandit's are suffering because of the cumulative policies followed by the governments who ruled us over the last seventy years. The Kashmiri Pandits may or may not agree.

C.A. Kallianpur

Dear Editor, The 2-part article 'Is South Asia the 'Sum Total of the World'?' which was featured in the March and April issues of Kanara Saraswat, first appeared in the Bhavan's Journal of the Bharatiya Vidya Bhavan.

Gayatri Madan Dutt

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 2018- 19. (The figures in brackets indicate the number of applicants receiving the assistance)

	** Institution	Education Aid ₹	Distress Relief ₹	Medical Relief ₹	Total ₹	% of Total
1.	C. S. E. R.	14,59,000 (121)	9,61,000 (157)	7,73,500 (47)	31,93,500 (325)	60.50
2.	S. E. P. C.	2,87,000 (22)	2,42,000 (40)	2,26,700(13)	7,55,700 (75)	14.39
3.	K. S. A.	3,47,000 (27)	1,89,000 (29)	1,37,000 (11)	6,73,000 (67)	12.82
4.	S. M. S.	3,20,000 (17)	1,20,000 (18)	1,60,000 (11)	6,00,000 (46)	11.43
5.	ANAND	28,000 (03)			28,874(03)	0.53
	TOTAL	24,41,000 (190)	15,12,000 (244)	12,97,200 (82)	52,50,200 (516)	100.00
**	C. S. E. R.	- Chitrapur Saraswat Education & Relief Society, Santacruz.				
	S. E. P. C.	- Saraswat Education & Provident Co-op. Society, Vakola.				
	K. S. A.	- Kanara Saraswat Association, Tardeo.				
	S. M. S.	- Saraswat Mahila Samaj, Gamdevi.				
	ANAND	- Shrimat Anandashram Ordination Golden Jubilee Fund of Shri Chitrapur Math, Shirali.				

With best compliments from:



STANDARD GREASES & SPECIALITIES PVT. LTD.

an ISO 9001 : 2000 Company
**Manufacturers of Lubricating Oils, Greases
& Specialities**

ROYAL CASTOR PRODUCTS LTD

an ISO 9001 : 2000 Company
**Manufacturers /Exporters of Hydrogenated Castor Oil,
12 Hydroxy Stearic Acid**

Regd./Adm. Office:

101, Ketan Apartments,
233, R.B. Mehta Marg, Patel Chowk, Ghatkopar (E),
Mumbai - 400 077.

Tel: 25013641-46 Fax: 25010384

Email: standardgroup@standardgreases.co.in

Web: www.standardgreases.co.in

(कॅनरा सारस्वत असोसिएशन आयोजित “चित्रापुर सारस्वत महिला दिन-२०१९” हो समारंभ, शेनवारू दिनांक ९ मार्च, २०१९ ह्या दिसु, सांजे ५.३० धोर्नु ७.३० ह्या वेळांतुं, कॅनरा सारस्वत असोसिएशनाच्या श्रीमत् आनंदाश्रम सभागृहांतुं संपन्न जाल्लो. उदय मंकिकरणे बरेयिल्या निवेदनाचेरी सुनील उल्लाळाने ह्या समारंभाचे सूत्र संचालन केल्लें, ताज्जो वृतान्तुं.)

नमस्कारू,

आयच्या कार्यक्रमाची अध्यक्षा डॉ. मीरापाची सवकूर, कॅनरा सारस्वत असोसिएशनाची माजी अध्यक्षा प्रा. कालिंदीताई मुझुमदार, माजी उपाध्यक्ष दिलीप सशीतल आनि कार्याध्यक्ष जयराम खंबदकोणमाम हांका, वेदिकेचेरी येवु विराजमान जांवकाज म्होणु नम्र विनंती!

नमस्कारू आनि सुस्वागतम्!

वेदिकेचेरी विराजमान जाल्लेली आयच्या समारंभाची अध्यक्षा, डॉ. श्रीमती मीरा वरलक्ष्मी सवकूरपाची, कॅनरा सारस्वत असोसिएशनाचे पदाधिकारी, आचच्यो उत्सवमूर्ती आनि हांगा उपस्थित आशिल्या तुमकां सर्वांक विनम्र अभिवादन कोर्नु, हांव सुनील उल्लाळ, आयच्या “चित्रापुर सारस्वत महिला दिन २०१९” ह्या कार्यक्रमांतुं, तुमगेलें सर्वांगेलें मनःपूर्वक स्वागत कर्तां.

कार्यक्रमु सुरु कोरच्या एकळाक ताज्जी पार्श्वभूमी सांगकाज म्होणु दिसता. कॅनरा सारस्वत असोसिएशन (KSA) ही १०७ वर्सधोर्नु कार्यरत आशिली, आमगेली, चित्रापुर सारस्वतांगेली एकी अग्रगण्य संस्था, आमगेल्या समाजाच्या विकासाखातिर, उन्नतीखातिर, सातत्याने विविध कार्यक्रमांचे, समारंभांचे, संमेलनांचे आयोजन कर्त आसता. तांतुलो एकु म्हळ्यारि, कॅनरा सारस्वत असोसिएशनाच्या वर्धापन दिनाक २६ नोव्हेंबराक जांवचो “चित्रापुर सारस्वत मान्यवरांगेलो सन्मानु” आनि दुसरो म्हळ्यारि, जागतिक महिला दिनाच्या धर्तीरि जांवचो “चित्रापुर सारस्वत महिला दिन”- मान्यवर चित्रापुर सारस्वत महिलांगेलो सन्मानु. २६ नोव्हेंबराक जांवच्या समारंभांतुं, २००३ धोर्नु २०१८ थायि १२८ मान्यवरांगेलो सन्मानु जाल्ला, तांतुं महिलांगेलोयि समावेश आस्स.

“चित्रापुर सारस्वत महिला दिन” ही ज्येष्ठ समाजसेविका प्राध्यापिका कालिंदीताई मुझुमदार हिगेली संकल्पना. ८ मार्च हो जागतिक महिला दिन. ह्या दिसु जगभरांतुं महिलांखातिर विविध कार्यक्रम जाताति, मान्यवर महिलांगेलो गौरवु जाता. त्यामितीं, जागतिक महिला दिनाचें औचित्य धोर्नु, त्याचि धर्तीरि, चित्रापुर सारस्वत महिला दिनाचें आयोजन कोर्नु, मान्यवर चित्रापुर सारस्वत महिलांगेलो गौरवु कोर्काज ह्या उद्देशाने, २००७ सालांतुं, कालिंदीताई कॅनरा सारस्वत असोसिएशनाची अध्यक्षा आसतना, ह्या समारंभाक सुरुवात जाल्ली. २००७ धोर्नु २०१८ थायि ६९ महिला सन्मानित जाल्याति. आजि तीनी महिला आनि एकी महिलांखारि कार्यरत आशिली संस्था हांगेलो सन्मानु जाल्लो-श्रीमती दीपिका कुंडाजी, श्रीमती ललिता लाज्मी, श्रीमती विमला पाटील आनि ‘संवित सुधा.’

एकळाक आयच्या समारंभाची अध्यक्षा, मुंबईतुल्या Haffkine Insitute च्या HBPC Ltd. च्या Vaccine Production Unit ची माजी विभाग प्रमुख डॉ. श्रीमती मीरा वरलक्ष्मी सवकूर हिगेलो, हांव परिचय कोर्नु दितां. ताज्जेउप्रांते, आडनांवाच्या आद्याक्षराप्रकार सत्कारमूर्तींगेलो परिचयु कोर्नु दितां. तांत्री मीरापाच्चेगेल्या शुभहस्ते बहुमानाचो स्वीकारु कोर्नु, आपणागेलें मनोगत व्यक्त कोर्काज ही विनंती!

डॉ. (श्रीमती) मीरा वरलक्ष्मी सुधाकर सवकूर :

मीरापाची ही पूर्वाश्रमींची मीरा सीताराम कुलकर्णी. ७ एप्रिल, १९४१ ह्या दिसु डॉ. सिताराम आनि निर्मला (मित्री) कुलकर्णी हांगेली धुव म्होणु जन्मु. मुंबईच्या क्वीन मेरी, सेंट तेरेसा आनि सेंट कोलंबा ह्या विद्यालयांतुं तिगेलें शालेय शिक्षण जाल्लें. १९५७ तुं माध्यमिक शालान्त परिक्षा उत्तीर्ण जाल्ली. ह्या तीनी विद्यालयांतुलो, मीरापाच्चेगेलो शैक्षणिक अनुभवु अत्यंत समृद्ध आशिलो, शिस्तींतुलें वैविध्य, शैक्षणिक स्तरांतुली विविधता आनि वातावरण हाज्जो अनुभव तिक्का मेळ्ळो. क्वीन मेरी विद्यालयांतुं तिगेलो शिक्षणाचो पाया (Foundation) उत्तम आनि घटमुट जाल्लो आनि सेंट कोलंबा विद्यालयांतुं तिक्का सर्वाथाने शिक्षणाचो आनंदु मेळ्ळो. मीरापाच्चेने, १९६१ तुं रसायनशास्त्र आनि वनस्पतीशास्त्र हे विषय घेवु, मुंबई विद्यापीठाक संलग्न जावु आशिल्या विल्सन महाविद्यालयांथावु पदवी परीक्षा उत्तीर्ण केल्ली.

B.Sc. जायनाफुडे मीरापाची मुंबईच्या Haffkine Insitute तुं Medical Technology through various departments with specialization in Department of Pharmacology खातिर (Trainee) प्रशिक्षणार्थी म्होणु रुजू जाल्ली. आनि जून १९६२ तुं, ह्याचि संस्थेच्या Department of Bacteriology तुं टेक्निशियन म्होणु तिन्ने कार्यकोरुंक सुरु केल्लें. हें कार्य कर्तनाची मीरापाच्चेने, Microbiology with reference to the Vaccine Manufacture विषय घेवु पदव्युत्तर (M.Sc.) शिक्षण संशोधनद्वारा पूर्ण केल्लें. ताज्जे उप्रांते "Pertussis Vaccine Production with Advanced Technology" ह्या विषयाचेरी प्रबंध बोरोवु, Microbiology विषयांतुं मीरापाच्चेने डॉक्टरेट मेळयिली. त्यामितीं, मीरापाच्चेगेली शैक्षणिक आहर्ता M.Sc. Ph.D

१९७५ तुं, Haffkine Insitute चे दोनी भाग जाल्ले. एकु प्रशिक्षण आनि संशोधन (HITRT) तरी दुसरो, Biopharmaceuticals च्या निर्मितीचो (HBPC Ltd.)

HBPC Ltd. ह्या जागतिक कितींच्या संस्थेतुं, तांगेल्या Bacterial Vaccines विभागांतुं मीरा पाच्चेने ३७ वर्स कार्य केल्लें. टेक्निशियन म्होणु रुजू जाल्लेली मीरापाची, Vaccine Production Unit ची विभाग प्रमुख म्होणु १९९९ तुं सेवानिवृत्त जाल्ली.

ह्या ३७ वर्सांच्या प्रदीर्घ कालावधींतुं मीरापाच्चेक अनेक मानसन्मान प्राप्त जाल्ले.

Advanced Technology of Vaccine Production संदर्भातु प्रशिक्षण आणि भेट दिक्केखातिर, विविध देशांतु वचुक WHO ची fellowship. Fermentation Technology Umam, Triple Vaccine निर्मिती खातिर, आधुनिक उपकरणांचो वापर कोर्नु नवीन प्रयोगशाळा HBPLtd. तुं स्थापन कोर्ची संधी. ह्या खातिर UNICEF ने भारत सरकाराक "National Immunization Programme" अंतर्गत आर्थिक सहाय केलेलें. ह्या प्रकल्पाखातिर UNICEF ने पांच संस्थाक सहाय केलेलें HBPLtd. तांतुलेपैकी एकी संस्था.

खपवेपशीळर तुल्या जकार्तांतु जालेल्या WHO International Vaccine Conference तुं सहभागी जांवची संधी.

“प्लेग लस” निर्मिती खातिर तशीची Plague antigen for diagnostic purpose खातिर, १९९५ तुं CDC, Colorado, USA वची संधी. हाज्जेखातिर, WHO Fellowship.

FDI Committee for Vaccine for the Indian Pharmacopeia तशीची FDI Committee of different Vaccine insitutes (भारत सरकार)ची सदस्य म्होणु निवड.

Haffkine Insitute ह्या, जागतिक कीर्तीच्या अग्रेसर Vaccine Insitute तुं, ३७ वर्स कार्य कोर्ची संधी मेळ्ळी, मानवसेवा कोरचो अवकाश मेळ्ळो ही ईश्वरी कृपा अशशी मीरापाचे गेली श्रद्धा आस्स. एक समृद्ध अनुभव मेळनु जीवनाचें सार्थक जाल्लें, अशशी धारणा आस्स. १९९९ तुं मीरापाची सेवानिवृत्त जाल्ली. ३७ वर्सांच्या ह्या कार्यकालांतु मीरापाचेक अनेक लोकांक, संस्थाक मेळचो अवकाश प्राप्त जाल्लो. जीवनाच्या विविध पैलुंचे आकलन जाल्लें. तिगेल्या कर्तृत्वाचो योग्य उपयोग जाल्लो. आयुष्य बरे कार्याखातिर सन्मानाने व्यतीत जाल्लें. हें सर्व गुरूंगेल्या कृपेमितीं आणि म्हालगड्यांगेल्या शुभाशिर्वादामितींची साध्य जाल्लें अशशी तिगेली समर्पित भावना आस्स.

मीरापाचेक तत्त्वज्ञान विषयक साहित्यांतु आणि अध्यात्म तशीची वेदांत विषयांवेली, इंग्लिश-मराठींतु जांवची भाषण आयकुंवच्यांतु रूचि आस्स.

तिज्जेलगगी कवी मन सुद्दाई आस्स. जीवनाचें वास्तव सांगतल्यो आणि समाधानी जीवनाचे मर्म सांगतल्या, तिन्ने बरेयिल्या कवितांचो संग्रह “ह्या जीवनसरितेची धाव ब्रह्मसागराकडे” ह्या नावाने प्रकाशित जाल्ला. अत्यंत आशयघन, अंतर्मुख कर्तल्यो कविता. तिगेल्यो कविता आमगेल्या “कॅनरा सारस्वत” मासिकांतु नियमित प्रकाशित जाताति.

ज्येष्ठ नागरिकांखातिर “स्वाध्याय” घेंवचे तत्त्वज्ञान विषयक साहित्य वाचचें, ताज्जेरि विमर्श कोर्चो हांतु मीरापाचेक आनंदु आणि समाधान मेळता.

मीरापाचेवारि उच्चविद्याविभूषित, उच्चपदस्थ, हळुवार कवी मनाची व्यक्ति आमकां आयच्या ह्या समारंभाखातिर अध्यक्ष म्होणु मेळ्ळी ही आमचेखातिर अगदी खुशीची खबरी जावु आस्स.

कालिंदीताईक विनंती की पुष्पगुच्छ दिवनु तिन्ने मीरापाचे गेलें स्वागत कोर्काज.

आतं मीरापाचेक विनंती की तिन्ने अध्यक्षीय भाषण कोर्काज.

श्रीमती दीपिका कुंडाजी :

२९ ऑक्टोबर १९६२ ह्या दिसु श्री. आनंद राममोहन कुंडाजी आणि श्रीमती जया कुंडाजी हांगेली धुव म्होणु मुंबईत जन्मु. राममोहन आणि सीताबाई कुंडाजी तशीची के. राजगोपाल अय्यर आणि कामाक्षी अय्यर हांगेली नाती. यशोधरा कुंडाजी म्हालगडी भयणी आणि विजय कुंडाजी हो सानु भावु.

दीपिकाताईगेलें शालेय शिक्षण नवी दिल्लींतु जाल्लें. (प्राथमिक शाळा) १९७८ तुं. बेंगळूरुच्या विद्यालयांथावु मॅट्रीक जाल्ली.

१९८३ तुं कर्नाटक विद्यापीठ धारवाड थावु इतिहास विषय घेवु पदवीधर जाल्ली.

१९८५ तुं पुणे विद्यापीठाक संलग्न जावु आशिल्या डेक्कन महाविद्यालयांथावु “पुराणवस्तुशास्त्र” (Archaeology) विषय घेवु पदव्युत्तर शिक्षण पूर्ण केल्लें.

दीपिकाताईगेले विशेष कौतुक सांगचे जाल्यारि, १९८३ तुं - २१ वर्स प्रायेरी, कर्नाटक विद्यापीठाचें “सुवर्ण पदक” मेळयिलें. तशीची, १९८८-१९९१ सालांखातिर, “पुराणवस्तुशास्त्र” विषयांतु संशोधन कोर्चे खातिर UGC शिष्यवृत्ती मेळ्ळी.

१९९१ तुं हैद्राबादच्या सेंट्रल विद्यापीठाने दीपिकाताईक, तांगेल्या Ancient Indian History विभागांतु अध्यापिका म्होणु नौकरी दिंवची तयारी दाकेयिल्ली, जाल्यारि तिन्ने ह्या नौकरीचो स्वीकारु करणे. जीवन परिपूर्ण कोरच्या शोधनेंतु तशीची योग्य प्रवर्तक कार्य कोरच्या ध्येयाने १९९४ तुं, दीपिकापाचेने आपणागेलें जीवनक्षेत्र, शहर, कौटुंबिक जीवन ह्या सर्वांचो त्यागु केल्लो आणि जून १९९४ तुं Auroville म्हळेकडे, लोकांमिती उद्ध्वस्त जालेल्या ८ एकर जमीनींतु पुनश्च सुपीकता हाडचें कार्य हातांतु घेतलें. आणि थंयिची कार्यरत आस्स. तिक्का २५ वर्सांचो समृद्ध अनुभव प्राप्त जाल्ला.

दीपिकाताईगेल्या कार्यक्षेत्राविषयांतु सांगचे जाल्यारि-

१. उद्ध्वस्त जमीनीचें, वनीकरण आणि शेतीखातिर पुनर्जीवन कोर्चे.
२. नष्ट जांवचे भय्य आशिल्या विविध प्रकारच्या रांदयकायांचे संवर्धन कोरचे.
३. शेतकऱ्यांक विविध प्रकारची मदत कोर्ची.

दीपिकाताईने, तिगेल्या कार्यक्षेत्रांतर्गत, भायरथावु मजूर, माती, खत कस्लेंयि घेनास्तना, संपूर्ण उद्ध्वस्त जालेल्या जमीनीचें अत्यंत कार्यसाधक आणि परिणामकारक पुनर्जीवन केल्यां. म्हळ्यारि, ह्या जमीनींतु विविध प्रकारच्या देशी रांदयकायेचें वनीकरण केल्यां. शेतीक जायि आशिल्या बियाणांचे संवर्धन केल्यां आणि Food Garden सुद्दांयि केल्या. Pebble Garden, Auroville तुं केवळ अर्द एकर जमीनिचेरि (तिवयि पुनर्जीव केलेली), अल्प खर्चिक, साध्या, जाल्यारि, नवीन प्रक्रियांचो वापर कोर्नु, हिंदुस्थानांतुल्या नव्वद दुर्मीळ पारंपरिक रांदयकायेचें संवर्धन केल्यां.

१९९८ धोर्नु २०१८ हा कालवर्धींतु, सेंद्रिय रसायन वापोरु शेती करतल्या शेतकऱ्यांक, दुर्मीळ बियाणांच्या साधारण ५०,००० पॅकेटांचे वाटप केल्या. पंधरापशीचड "National & Regional Seed & Biodiversity Exhibition" तुं सहभागी जाल्या.

Our Cover Contd.

शेतकऱ्यांखातिर धापशी चड प्रशिक्षण कार्यक्रमांचे आनि कार्यशाळांचे आयोजन केल्यां. हांतु मात्ती तयार कोर्ची, वनांचे पुनर्जीवन, अल्प खर्चिक प्रक्रियांनी बियाणांचे संवर्धन कश्शी कोर्चे, हाज्जो अंतर्भाव आस्स.

उदरनिर्वाहाचें एक पर्यायी माध्यम म्होणू, ग्रामीण भागांतुल्या महिलांक बियाणं तयार कोरचें शिक्षण दिंवचें.

"Biodiversity Conservation in Rural and Urban Areas" ह्या विषयांतु साधारण वीस व्याख्यान दिल्यांति सादरीकरण केल्यां. शेतकऱ्यांक योग्य मार्गदर्शन मेळकाज म्होणू "A Seed Savers Guide to Reviving Vegetable Diversity" ही पुस्तिका दीपिकाताईने प्रकाशित केल्या. हाज्जो चारी भारतीय भाषांतु अनुवादसुद्दांयि जाल्ला.

दीपिकाताई हें संपूर्ण कार्य विना वेतन, विना अनुदानाने करता. Pebble Garden चें कार्य दीपिकाताई आनि बर्नाई ही दोगजणचीं कर्ताती, खंचेयि कामगारांक कामाक घेनास्तना. एक ध्येयप्रेरित कार्य.

दीपिकाताईगेल्या ह्या कार्याक एक व्रतचि म्होणयेद-स्वेच्छा देणगीरूपाने निधी मेळता. खंचेयि बाह्य प्रतिनिधीकार्यालयाचो संबंघु ना.

ह्या संपूर्ण प्रकल्पाचो कार्यभारू दीपिकाताई आनि Bernard Declereq हीं दोगजणची सांभाळताति.

दीपिकाताईगेलो व्यासंगाविषयांतु सांगचे जाल्यारि-

Traditional seed conservation, Biomass based cultivation Practices, Training for farmers, Seed Exhibitions, Developing good Varieties for Home Gardens.

Bernard Declereq गेल्या व्यासंगाविषयांतु सांगचे जाल्यारि-

Foresry with TDEF species, Innovative Techniques for Soil Regeneration, Training and Guiding first generation farmers.

दीपिकाताईगेलो "Farmers as Seed Breeders" हो लेखु तशीची "Reviving Vegetable Diversity : A seed savers Guide" हें पुस्तक प्रकाशित जाल्यां. प्रथमावृत्ती २०१५ द्वितीय आवृत्ती २०१७ तुं. ह्या इंग्लिश पुस्तकाच्या ३००० प्रतींची विक्री जाल्या. ह्या पुस्तकाचो बंगाली, उडिया आनि हिन्दी भाषांतु अनुवाद जाल्ला.

दीपिकाताईगेल्या ह्या ध्येयप्रेरित कार्याची योग्य दखल घेव्नु भारत सरकाराने ८ मार्च २०१८ ह्या दिवसु भारताच्या राष्ट्रपतीगेल्या शुभहस्ते तिक्का, २०१७ सालाचो 'नारी शक्ती' हो सर्वोच्च नागरी पुरस्कार (Highest Civilian Honour for Women In India) दिव्नु तिगेलो गौरव केल्लो.

दीपिकाताई, तुगेल्या ह्या ध्येयप्रेरित, व्रतस्थ, महान, लक्षणीय कार्याक आमगेली मानवंदना! तुगेल्या ह्या कार्यांत यश मेळो ही सददिच्छा!

श्रीमती ललिता लाज्मी :

ऑक्टोबर, १९३२ तुं, श्री. शिवशंकर आणि श्रीमती वासंती पडुकोण हांगेली धुव म्होणु जन्मु. हें पडुकोण कुटुंब अगदी हॉड आशिल्लें, मूळ कन्नडचें. शिवशंकरामामाक धा भाव आनि तीनी भयण्यो. लालिपाच्चेगेली आव्सु बर्माची. ललितापाच्चेगेलो कलकत्तांतु जन्मु

जाल्लो. ती Ballygunge भागांतु राबतालीं. सुप्रसिद्ध सिनेव्यक्तिमत्त्व "गुरुदत्त" हो ललितापाच्चेगेलो म्हालगडो भावु, आत्माराम होवयि होडु भावु. तिक्का दोनी सात्र भयण्यो आस्सति. आठ वर्स प्राय म्हणसरी, ललितापाच्चेगेले शालेय शिक्षण कलकत्तांतु जाल्लें. मागिरी दुसऱ्या महायुद्धावेळारी ती आवसुवटु कन्नड आयली. थोडे काळाने, शिवशंकरामामागेली मुंबई बदली जाल्ली आनि ललितापाच्ची मुंबई आयली, आनि तिगेलें उर्वरित शालेय शिक्षण, माटुंगास्थित कींग जॉर्ज विद्यालयांतु जाल्लें.

एसएससी जायनाफुडे, ललिता पाच्चेने मुंबईच्या जे.जे. स्कूल ऑफ आर्ट हांतु तीनी वर्सांचो अभ्यासक्रमु आशिल्या Commercial Art खातिर प्रवेशु घेतलो. अठरा वर्स प्रायेरी तिगेलें निश्चिंतांबुल जाल्लें. तशीची लग्नयि जाल्लें. त्यामितीं तिक्का हें शिक्षण पूर्ण कोरूक जायने. लग्न जालेल्या दोनी वर्सांनी ललितापाच्चेक कन्यारत्नाचो लाभु जाल्लो. हें कन्यारत्न म्हळ्यारी सुप्रसिद्ध सिने निर्माती-दिग्दर्शिका कल्पना लाज्मी. शालेय जीवनांत धोर्नुची, ललितापाच्चेक, चित्रकला, रंगकला, स्केचिस हाज्जी आवडी आशिली. पांच वर्सांच्या प्रायेरि तिक्का चित्रकला स्पर्धेंतु प्रथम पुरस्कारू मेळ्ळेलो. पडुकोण कुटुंब हें अत्यंत प्रतिभावंत कुटुंब. तिची प्रतिभा ललितापाच्चेक मेळ्ळी. तिगेलो बाप्पुसु कवि, बापसुगेले भाव सुद्दांयि कवि आनि रंगकर्मी, आव्सु विविध भाषांथाव्नु लेखन कर्ताली.

१९५०च्या दशकांतु ललितापाच्चेने पेंटींगांतु विशेष रुचि घेवच्याक सुरुवात केल्ली आनि पुनश्च: जे. जे. स्कूल ऑफ आर्टांतु प्रवेशु घेतलो. आनि पेंटींग शिकुक सुरु केल्लें. त्याचिवेळारी, ती सुप्रसिद्ध पेंटर श्री. आरा हांगेल्या संपर्कांतु आयली आनि ताचे, ललितापाच्चेक, पेंटींग हो व्यवसायु करी म्होणु प्रोत्साहित केल्लें. १९६०-६१ धोर्नु ललितापाच्चेगेले पेंटींग क्षेत्रांतु नांव जाल्लें. मुंबईतुल्या जहांगीर आर्ट गॅलरींतु तिगेल्या पेंटींगजांची प्रदर्शनं जाल्लीं. (Group Exhibitions) मागिरी सोलो प्रदर्शनांक सुरुवात जाल्ली. गेल्या ५० वर्सांतु ललितापाच्चेगेल्या पेंटींगसांची राष्ट्रीय आनि आंतरराष्ट्रीय स्तराचेरी अनेक प्रदर्शनं जाल्यांती.

ललितापाच्चेगेल्या पेंटींगसांची प्रदर्शनं, हिंदुस्थानांतु मात्र न्हंयि तरी जर्मनी, णघ, णडअ ह्या देशांतु सुद्दांयि जाल्यांति, हिंदुस्थानांतु आनि U.K. तुं तिगेली भाषणंयि जाल्यांति. पेंटींगसांता, कोरीव चित्रकलेंतु (Etching) सुद्दांयि ललितापाच्चेक विशेष रुचि आस्स. १९८५ तुं, अमेरीकेंतु जालेल्या "India Festival" तुं तिगेल्या दोनी Etchings ची निवड जाल्लेली. ललितापाच्चेगेली प्रदर्शनं, अनेक सुप्रसिद्ध कलदालनांतु प्रदर्शित जाल्यांति- Prithvi Art Gallery, Pundole Art Gallery, Hutheesing Centre for visual Art, Max Muller Bhavan, Art Heritage, National Gallery of Modern Art in Mumbai, Delhi, Ahmedabad, Chennai, Kolkata etc. British Museum UK, Bradford Museum, Bradford. तिगेली आर्तांतुली पेंटींग, दारले आनि वायलांगेल्या गुप्त तणावाविषयांतु आस्सति. आवसु आनि चलियेगेल्या नैसर्गिक स्नेहसंबंधाविषयांतुयि तिगेली पेंटींग आस्सति. ललितापाच्चेगेली प्रतिभा पेंटींगसापुरती सिमित ना, तिचे आमीर खानागेल्या "तारे जमीपर" ह्या चित्रपटांतु "पाहुणी कलाकार" म्होणु भूमिका केल्या. अमोल पालेकरागेल्या नाटकांखातिर वेशभूषा केल्या आनि "आघात" चित्रपटाखातिर त्रैरहिळल Artiste म्होणूयि कार्य केल्यां.

Our Cover Contd.

ललितापाची अनेक पुरस्कारांनी सन्मानित जाल्या- Bombay Art Society, State Art Exhibition Award, ICCR Travel Grant to Germany, Oakland, California. १९७९-१९८३ ह्या कालावधीखातिर, तिक्का, भारत सरकारागेली Junior Fellowship मेळ्ळेली.

हिंदुस्थानांतुल्या अनेक राज्यांतु, ललितापाचेगेल्या पेंटिंग्सांचो संग्रह आस्स.

आजिसुद्दांयि, ललितापाची तिगेल्या क्षेत्रांतु सक्रिय आस्स. अनेक कला प्रदर्शनांतु उपस्थित आसता. तिक्का ह्या प्रदर्शनांक “मुख्य अतिथी” म्हणुयि आमंत्रित कर्ताति.

तुगेल्या चित्रकला/पेंटिंग/Etching क्षेत्रांतुल्या अविरत योगदानाखातिर आमगेलो मानाचा मुजरा!

श्रीमती विमला पाटील :

श्री. मंगेश गेरसप्पा आनि श्रीमती देवी गेरसप्पा हांगेली धुव, म्होणू मुंबईतु जन्मु. तिगेलो बाप्पुसु क्रांतिकारी विचारांचो आशिलो. तागेले विचार तागेल्या कृतींत सुद्दांयि दिसून येताले. हाज्जे परिणामस्वरूप, तांने त्या काळांतु (१९३०च्या दशकांतु) एका विधवेवटु लग्नू केल्लें. त्यावेळारि, अशशी विचारसुद्दांयि कोणेयि आयकनेशिलो. विमलापाची चर्डपणांतु मुंबईच्या गोवालिया टॅक विभागांतु राबताली. सानपणधोर्नु थंयि राबिलेमितीं, स्वातंत्र्य चळवळीचो प्रभावु तांगेल्या संपूर्ण कुटुंबाचेरि आशिलो.

विमलापाचेगेलें शालेय शिक्षण सेंट कोलंबा विद्यालयांतु जाल्लें. ताज्जेउप्रांते, मुंबई विद्यापीठाक संलग्न आशिल्या सिद्धार्थ महाविद्यालयांथाव्नु इंग्लिश साहित्य विषयघेव्नु ती पदवीधर जाल्ली. मागिरी, चर्चगेटच्या शासकीय विधी महाविद्यालयांथाव्नु LLB जाल्ली. तशीची, तिगेल्या बापसुने, पत्रकारितेच्या शिक्षणाखातिर प्रसिद्ध आशिल्या लंडनच्या Regent Ploytechnic तुं विमलापाचेक पेटेयिल्लें. वृत्तपत्रव्यवसायाचें प्रशिक्षण सुरू आसतनाचि, विमलापाची एकळाक "The Telegraph" हाजेखातिर अर्धवेळ (Part time) प्रशिक्षणार्थी म्होणू आनि मागिरी "The Office Magazine" ह्या व्यापारी नियतकालिकाखातिर कार्य कर्ताली. शिक्षण पूर्ण कोर्नु १९५८ तुं विमलापाची हिंदुस्थानांतु वापस आयली. तशीची दोनी म्हैनेभित्ती, लंडनच्या Imperial College तुं Civil Engineering चें पदव्युत्तर शिक्षण पूर्ण केलेल्या प्रभाकर पाटीलमामावटु तिगेले निश्चिंतांबूल जाव्नु लग्नयि जाल्लें.

१९५९ सालांतु, टाइम्स ऑफ इंडिया प्रकाशनाचो भागु जाव्नु आशिल्या “फेमिना” तुं मुंबईतु रुजू जाल्ली. शुभारंभाचो अंकु धोर्नु विमलापाचेगेले “फेमिना”च्या कार्यांतु संबधु आशिलो, अगदी १९५९ धोर्नु. एक-दोनी वर्स “फेमिना” खातिर कार्य कर्नाफुडे विमलापाचेक णडखड (United States Information Service) खातिर कार्य कोरची संधी मेळ्ळी. थंयि तिगेली जबबादारी आशिल्ली- अमेरिकेंतु येत्ल्या उच्च पदस्थ लोकांवटु संवाद प्रस्थापित कोर्चो, वैयक्तिक स्तराचेरि अथवा पत्रकार परिषदेंतु तांगेल्या मुलाखती घेव्नु, प्रकाशित कोरुंक त्यो प्रेस्साक पेटोवच्यो इत्यादि.

ह्या जबबादारीमितीं, विमलापाचेक, Mrs. Jacqueline Kennedy, Mr, Galbraith, Ms. Pearl Buck हांचे असल्या अनेक दिग्गजांक मेळून तांगेल्या मुलाखती घेवची संधी मेळ्ळी. अमेरिकेवटु उत्तम संबध प्रस्थापिता कोर्चो तो काळु आशिलो आनि हो संबधु "Press Reporting" थाव्नु प्रस्थापित कोरच्यांतु विमलापाचेगेली महत्त्वपूर्ण भूमिका आशिल्ली.

USIS खातिर, स वर्सांपशी चड कार्य कर्नाफुडे, १९६९च्या आखेरिक, “फेमिना”ची संपादिका जावची शक्यता निर्माण जाल्लेलेंमि तीं Times of India ने विमलापाचेक वापस आपेयिल्लें. १९७० तुं विमलापाची, वापस “फेमिना” तुं रुजू जाल्ली. आनि १९७३ तू “फेमिना”ची संपादिका म्होणू कार्यभाराचो स्वीकारू केल्लो. ताज्जेउप्रांते, तिन्ने HR, Finance, General Management इत्यादि विषयांतुले लघु अभ्यासक्रम पूर्ण केल्लें. ह्या अभ्यासक्रमांचो, तिगेल्या संपादकीय कार्यांतु तिक्का मस्त लाभ जाल्लो.

१९७५ सालांतु प्रधानमंत्री आसतना, श्रीमती इंदिरा गांधीने, "Equal opportunities for Women Bill" हो कायदो अंमलांतु हाळ्ळो. त्यामितीं, हिंदुस्थानांतुल्या लोकांगेलो, समाजादिकाक, विशेष कोर्नु बायलांगेल्या दिकाक. पोळोंवचो दृष्टिकोनु बदललो. मुख्यत्वे कोर्नु अनेक क्षेत्रांतु बायलांक समान संधी- “स्त्रीमुक्ती चळवळ” म्होणयेद. ह्या कार्यांतु विमलापाचेक एकी महत्त्वपूर्ण भूमिका आशिल्ली. ती म्हळ्यारि, देशांतुले, चर्चेचे विविध विषय, “फेमिना” मासिकामार्फत जनतेमुखारि हाडचे. निम्नलिखित पुस्तकांचो तिज्जेरी प्रभावु पळ्ळो अनि महिलांगेल्या समस्यांदिकाने सखोलदृष्टीने पोळोंवच्यांतु मदत जाल्ली.

"Sexual Politics" by Kate Millet

"Gender Trouble" by Judith Butler

"The Feminine Mystique" by Betty Freidman

"The Dialectic of Sex" by Shandmath Betty Firestone.

चरीजशीं ठशीशरीलह असशपलूने केलेल्या अभ्यासाक अनसरसुनु ‘फेमिना’ आनि विशेषकोर्नु विमलापाचेने, वाचकांगेल्या अभीरुचींतु आनि बायलांगेल्या “चूल आणि मूल” ह्या बंदिस्त विचारसरणींतु अमुलाग्र परिवर्तन हाडयिल्लें. तांका वैयक्तिक विकास आनि कार्यक्षेत्रांतु महत्वाकांक्षा दव्वोरची प्रेरणा दिल्ली. “फेमिना”ने "Miss India" स्पर्धे चें आयोजन कोरच्यांतु आनि "Miss Universe", "Teen Princess", "Miss Asia Pacific" इत्यादि स्पर्धांतु हिंदुस्थानाच्या प्रतिनिधीगेली निवड कोर्चे अधिकार प्राप्त कोर्नु घेवच्यांतु विमलापाची कारणीभूत जाव्नु आशिल्ली. भारतीय महिलांक जागतिक स्तराचेरि स्वतः गेलो परिचयु निर्माण कोर्ची संधी हाज्जेमितीं मेळ्ळी, विमलापाचेने, “फेमिना आनि "Miss India Contest" हांगेल्या सहकार्याने “महाराष्ट्रीयन महिला”, “पंजाबी महिला” ह्या विचारांचे “भारतीय महिला” अशशी लोकांगेल्या विचारांतु परिवर्तन केल्यां. १९९० सालाच्या सुरवातीक, सेवानिवृत्त जायनाफुडे भारतीय महिलांगेले एक प्रतिनिधी मंडळ, Teheran, Iran, Tashkent, Uzbekistan हांगा शांतता प्रस्थापित कोर्चेखातिर, विमला पाचेगेल्या मुखेलपणांतु वचुनु आयलें.

२५ वर्सांच्या प्रदीर्घ सेवेउप्रांते, १९९३ सालांतु, विमलापाची “फेमिना”च्या सेवेथाव्नु सेवानिवृत्त जाल्ली. जाल्यारि, व्यवसायांथाव्नु

Our Cover Contd.

केदनाई निवृत्त जायने. त्याची वेळारी, Internet चो विचारू जाभरांतु लोकप्रिय जात आशिलो. तशीची EPublishing, EBooks ह्या विषयांचो विचारू सुद्धाई जात आशिलो. विमलापाचेक ह्या विषयांचें तशी ज्ञान नाशिलें. जाल्यार, एका जाणकारमनुष्याक, हें कार्य कोचें खातिर मदतीक घेवन ह्या क्षेत्रांतु तिन्ने मस्त योगदान दिल्लें. Leela Hotels, Johnson & Johnson, Indian Express, Loksatta आनि इतर अनेक प्रकाशनांखातिर तिन्ने कार्य केल्लें. "Cookery" चेरी तिन्ने बारा पुस्तकं प्रकाशित केल्यांति, Food Festivals चें आयोजनसुद्धायि केल्यां.

वृत्तपत्र व्यवसायांतु, पत्रकारितेंतु विमलापाचेने एकी प्रतिष्ठा प्राप्त केल्या. विश्वास बैसशिना इतलो अनुभव प्राप्त केल्ला- Media person म्होणु, eventcreator म्होणु अनेक लेखांची लेखिका म्होणु. LifeStyle, Fashion, Interior decoration, food, art, महिला विषयक, travel मुलाखती घेंवच्यांतु विमलापाची माहिर आस्स. विकसनशील सामाजांतुले सामाजिक परिवर्तन, पुराणवस्तुशास्त्र (Archeology) आनि संस्कृती आदि विषयांतु तिन्ने विपुल लेखन केल्यां. तिन्ने पैरीपैरी थायि धा पशी चड वर्तमान पत्रांखातिर आनि नियतकालिकांखातिर विपुल लेखन केल्यां. तिगेली स्वतःगेली शुशलीळीश आस्स आनि ताज्जेरि, तिगेल्या विषयांतुले ६०० पशी चड संदर्भ आस्सति. गेल्ले ४-६ म्हैने धोर्नु, विमलापाचेने तिगेल्या कामाची गती कम्मी केल्या, हें समाजाखातिर आनि आम जनतेखातिर नुकसानदायक जावु आस्स.

विमलापाचेगेल्या वृत्तपत्र व्यवसाय आनि पत्रकारितेंतुल्या ह्या लक्षणीय कार्याक आमगेलो "मानाचा मुजरा."

संवित सुधा :

"संवित सुधा" हो 'परिज्ञान फाऊंडेशनाचो एक विभाग. त्यामितीं एकळाक परिज्ञान फाऊंडेशनाच्या विषयांतु थोडें उल्लोवया अशी दिसता.

जानांगेल्या आनि समाजाच्या उन्नतीखातिर, विविध उपक्रम सुरू कोर्नु तांकां आधार दिंवचो, शिक्षण, वैद्यकीय मदत, ग्रामीण कल्याण, गरीब जनतेगेलो विकास तशीची इतर विकासक कार्यांखातिर संस्था सुरू कोर्नु, तांका स्थैर्य दिवु, एकी शांतता आणि समाजोन्नति एकची वेळारी प्रस्थापित कोरची, ह्या कार्यांतु पुढाकारू घेंवचे खातिर, आमगेल्या श्री चित्रापुर मठाने आनि श्री चित्रापुर मठ चेरिटेबल ट्रस्टाने "परिज्ञान फाऊंडेशनाची" स्थापना केल्ली. ह्या ट्रस्टाच्या कार्यांतु धार्मिक आनि सामाजिक ह्या दोन्नी कार्यांचो सुंदर मिलाफ दिसुन येता. सर्व कार्य "विना-नफा" अर्थात "No-profit" तत्वाचेरि जात्ताति. परिज्ञान ट्रस्टाचे केंद्रस्थान म्हळ्यारि, निसर्गाचें वरदान प्राप्त जावु, सुंदर वनश्रीने गोमटाई आयिल्या शिराली गावांतुलो आमगेलो श्री चित्रापुर मठ. त्यामितीं ट्रस्टाचें सर्व कार्य हांगाचि जात्ता, आनि शिरालींतुले आनि आसपासच्या गावांतुले ग्रामस्थ ह्या कार्याचे लाभार्थी. जाती, धर्म करल्याचेंयि बंधन ना. आमगेले दशम गुरू, परंपूज्य श्रीमत परिज्ञानाश्रम स्वामीजी (तृतीय) हांनि समाजहिताखातिर मस्त विचारू केलेलो, सॉपनं पळेयिल्लीं. तीं सर्व पूर्ण कोर्नु तांकां वंदन कोर्चेखातिर, परिज्ञान फाऊंडेशनाची स्थापना जाल्ली. हांतुं चारि विश्वस्त आस्सति. तांगतांगेल्या क्षेत्रांतु निर्दोष कार्य केल्लेले दिग्गज. हे विश्वस्त, आमगेले एकादश गुरू परमपूज्य श्रीमत्

सद्योजात शंकराश्रम स्वामीजींगेल्या प्रेमळ आनि सतर्क मार्गदर्शनांतु कार्य कर्ताति.

"संवित सुधा" हो परिज्ञान फाऊंडेशनाच्या अनेक विभागांपैकी एक विभाग. ह्या विभागामितीं, शिराली आनि आजूबाजूच्या इतर गावांतुल्या लोकांगेली, विशेष कोर्नु महिलांगेली, अत्यंत गरीबी, प्रकृति अस्वास्थ्य, व्यावसायिक कार्यांतुली अपरिपक्वता, बेरोजगारी, आनि फायि कश्शी जाल्लें? हाज्जी चिंता भूतकाळांतु जमा जाल्या.

"संवित सुधा" हें शिवणकला आनि कशिदाकामाचें केंद्र. हांगा स्थानिक महिलांक, सौंदर्य आनि उपयुक्ततेचो सुंदर मिलाफ आशिल्यो वस्तु तयार कोरचें प्रशिक्षण दिताति. एक बहुगंगी, बहुदंगी इंद्रधनुष्यचि म्होणयेद. महिलांगेली आवडी, प्राय इत्यादी लक्षात घेवु, तांका शिवणकलेंतुलीं विविध कौशल्यं, म्हळ्यारि, शिवण, कशिदाकाम, फेब्रिक प्रिंटिंग इत्यादींचे प्रशिक्षण "संवित सुधा" तुं दिताति. प्रशिक्षण पूर्ण जायनाफुडे, प्रशिक्षित महिलां इद्रारि दोनी विकल्प आसताति. थोडी वर्स थंयिची काम कोर्चें एकेयि स्वतः गेलो स्वतंत्र व्यवसाय सुरू कोरचो. आतंथायि तीनशेपशीचड महिला प्रशिक्षित जाल्याति. तांतुले पैकी, पन्नास महिलांनी "Earn While you learn" हें लक्षांतु दव्वोरु तांगतांगेल्या गावांतु स्वतंत्र व्यवसाय सुरू केल्ला.

"संवित सुधा"चे उत्पादन केंद्र सुसज्ज आस्स, काम कोरुंक अत्यंत प्रसन्न वातावरण आस्स. काम कर्तल्या महिलांक, तांगेलो मेहनताना तांगेल्या कार्य कौशल्य आनि कार्यनिष्पादनाच्या प्रमाणांतु मेळता. म्हळ्यारि, Remuneration is in proportion to the output and even taken into account the skills required to make the product in question.

हांगा तयार जांवच्या वस्तुंक एकु दर्जा आस्स. त्यामितीं raw material ची खरेदी धोर्नु तयार वस्तुथायि, प्रतिएक प्रक्रियेक म हत्च आस्स. तयार जांवच्या प्रतिएक वस्तुची वीण (stitch) निर्दोष आसकाज, हाज्जेरि तांगेलो कटाक्ष आसता.

बेंगळुरू, हैद्राबाद, मुंबई, नवी दिल्ली, पुणे, कार्ला आनि शिराली हांगा "संवित सुधा"ची केंद्र आस्सति. ह्या शहरांतु जांवच्या प्रतिष्टीत प्रदर्शनांतु संवित सुधाचो सहभाग आसता. Corporate Social Responsibility अंतर्गत अनेक कॉर्पोरेटसांनी तांका प्रदर्शनाखातिर आमंत्रित केल्यां. आतं तेमेयि, कॉर्पोरेटसांगेल्या कार्यालयांतु "संवित सुधा" निर्मित वस्तुंची प्रदर्शनं हो प्रतिवार्षिक कार्यक्रमुची जाल्ला.

विविध शहरांथावु जानं, "संवित सुधा"च्या उत्पादन केंद्रांतु आनि इतर केंद्रांतु, स्वयंसेवक म्होणू, परमपूज्य स्वामीजीं गेली आनि मठाची सेवा ह्या भावनेने समर्पित कार्य कर्ताति.

"संवित सुधा"ने घेतिल्लो हो पुढाकारू, चित्रापुर 'Model Village' जांवच्याक कारणीभूत जावु आस्स. मात्र न्हंयि, इतर गावांक प्रोत्साहित कोरुंक एकु आदर्श जावु आस्स. शिरालींतुल्या विद्यालयांतु शिकतल्या विद्यार्थ्यांखातिर, कॉटन बॅज आनि गणवेश शिवोवचेखातिर, व्यावसायिक प्रशिक्षण दिंवच्याक सुरुवात केल्ली. आनि आजि, "संवित सुधा" शिवणकाम, कशिदाकाम इत्यादींचे एक सुप्रसिद्ध केंद्र जाल्यां. सिल्काचीं बॅगं, सान सात्र बटवेधोर्नु खांद्यारि घालचीं बॅगं तशीची विविध वयोगटांतुल्या लोकांक

Our Cover Contd.

जांवकाज जाळेल्यो विविधोपयोगी वस्तु हांगा तयार जाताति, अत्यंत सुंदर, कल्पक आनि दर्जेदार.

हांगा तयार जांवचि खंचियिवस्तु पर्यावरणाक बाधक ना. कशिदाकाम हात्ताने कर्ताति. हिंदुस्थानांतल्या विंगविंगड राज्यांतल्या खास कलाकुसरीच्या वस्तुंनी प्रेरित जावुन, “संवित सुधां” तु नानाविध वस्तु तयार कर्ताति - राजस्थान-कच्छचें मिरर वर्क बंगालचें कंथा धारवाडची नाजूक गोमटी कसुती. हें सर्व इल्लेंथायि गोमटें की, अगदी त्या त्या गांवचेंचिशें दिसता.

“संवित सुधा”चो आनि एक उपक्रमु म्हळ्यारि “Hand Made Paper Products Project” डिसेंबर, २०११ तुं, संवित सुधाने, तांगेले कार्यक्षेत्र विस्तृत केल्लें आनि ग्रामीण महिलांक तांगेले अधिकार, स्थैर्य तशीची आर्थिक स्वातंत्र्य मेळुन मर्यादेरि जीवन व्यतीत कोरुंक साध्य जांवकाज म्होणु Hand Made Paper Products Project उपक्रमु सुरु केल्लो. रदीचो वापर कोर्नु कागद तयार कोर्चो विचारु, देशाच्या सध्याच्या आर्थिक परिस्थितींतु अत्यंत महत्त्वपूर्ण जावुन आस्स. हांतु काँटन आनि होजियरी वेस्ट हाज्जो उपयोगु कर्ताति. ही सर्व प्रक्रिया, पर्यावरणाक बाधक ना. मात्र न्हंयि, ह्या कागदाचो अनेक जनोपयोगी वस्तु तयार कोरुंक उपयोगु जाता. वस्तुंच्या वेष्टनाक, व्हिजीटींग कार्ड, ग्रीटिंग कार्ड, प्रमाणपत्र, भेटवस्तु, एन्हवलप्स, बॅग, व्हो, डायच्यो, बोधचिन्ह आशिले फोल्डर्स इत्यादि तयार कोरुंक. महत्वाचे म्हळ्यारि, कॉर्पोरेटस आनि ग्राहक हांगेल्या विशिष्ट मागणीनुसार सुद्दांयि वस्तु तयार कोरच्यांतु ह्या कागदाचो वापरु जाता. आनि ह्यो सर्व वस्तु ह्या प्रकल्पांतु कार्यरत आशिल्यो महिला अत्यंत व्यावसायिक रितीने तयार कर्ताति.

महिलांक अधिकार दिंवचे, सामर्थ्य दिंवचे, ह्या उद्देशाचो आदर कोर्नु, ह्या उपक्रमांतुलीं सर्व कामं महिलाची कर्ताति. उत्पादन, रूपांतर आनि विक्री. व्यवस्थापकीय आनि मार्केटिंगाच्या कार्यांतु, स्वयंसेविका तांकां मदत कर्ताति.

“संवित सुधा”च्या स्वयंसेविकांगेल्या संकल्पनेंथावुन, लेखनांथावुन आनि चित्रकलेंथावुन साकार जाळेलो एक सुंदर उपक्रमु म्हळ्यारि, “परिज्ञा शृंखलें” तुली पुस्तकं. ह्या पुस्तकांचे संकलन इल्लेंथायि विचारपूर्वक केल्यां की, चेडवांक, तरुणवाचकांक एकी सकारात्मक उर्जा मेळता, इतरांगेल्या गरजांदिकाने संवेदनशील दृष्टीने पोळोंवचो दृष्टिकोन मेळता तशीची ह्या निसर्गाने बहाल केलेल्या अनेक उत्तम कृतींचे संवर्धन कोर्ची उर्मी मेळता आनि आमगेल्या परंपरेविषयांतु अभिमानु दिसता. प्रत्येक पुस्तकांतु सात महत्त्वपूर्ण वैशिष्ट्य आस्सति- काणि, कविता, शब्दांचो चक्रव्यूह, आमगेल्या परंपरेविषयांतु माहिती, वस्तुस्थिती विषयांतुली माहिती, संस्कृत सुभाषित आनि सर्वांतु महत्वाचे म्हळ्यारि, आमगेल्या परमपूज्य सद्योजात शंकराश्रम स्वामीजींगेलो आशीर्वादरूपेण संदेश.

ह्या पुस्तकांमिती, चेडवांगेल्या पालकांक, चेडवांक उत्तम काणियो सांगुन तांचेवटु उत्तम वेळु व्यतीत कोर्चो अवकाश मेळता मात्र न्हंयि तांका मनोरंजक माहिती सुद्दांयि मेळता. चेडवांगेल्या जीवनांतुल्या मार्गक्रमणेक एक अर्थ प्राप्त जावुन, ध्येयं साध्य जांवच्यांतु सहायु जाता. हो एक विलक्षण, अद्वितीय उपक्रमु. ह्या पुस्तकांच्या विक्रींथावुन आयिल्या उत्पन्नाचो विनियोग, शिराली आनि लागिच्या गांवांखातिर जांवच्या प्रकल्पांखातिर, उपक्रमांखातिर, संस्थांखातिर जाता.

परिज्ञान फाऊंडेशनाने, तांगेल्या बहुविध उपक्रमांमार्फत ग्रामीण महिलांक, तांगेल्या समस्या निवारणेंतु सहाय कोर्नु, स्थैर्य, आर्थिक स्वातंत्र्य मेळोवन दिवुन, एक स्वाभिमानी जीवनाचो आनंद प्राप्त कोर्नु दिल्ला. खरेंचि, एक महान, आदर्श कार्य!

“संवित सुधा” उपक्रमु सुरु जाल्लो त्यावेळारि, वासंती शिरुपाची आनि योगिनी पंडितपाची हांन्नी ह्या उपक्रमाखातिर मस्त कार्य केल्यां. त्यो दोग्गयि हांगा उपस्थित आस्सति तांगेल्या बहुमोल योगदानाचो उल्लेख कोर्नु, तांगेल्या कार्याची पावती दिंवकाजची. आम्मी, टाळ्यांच्या गजरांतु वासंतीपाचेक आनि योगिनीपाचेक, तांगेल्या योगदानाची पावती दिंवया. ‘संवित’ म्हळ्यारि ‘अत्युत्तम ज्ञान’ आनि ‘सुधा’ म्हळ्यारि ‘अमृत.’ आमगेले एकादश गुरु, परमपूज्य श्रीमत सद्योजात शंकराश्रम स्वामीजींगेल्या आशीर्वादने तशीची मार्गदर्शनाने, ह्या ‘संवित सुधा’ने ग्रामीण महिलांक अत्युत्तम ज्ञानामृत दिवुन स्त्रीशक्तीचो जो बहुमान केल्ला, त्या खातिर, स्वामीजींगेल्या पवित्र चरणकमलांतु साष्टांग प्रणिपात सर्व संबंधितांक विनम्र अभिवादन आनि “संवित सुधा”क मानाचा मुजरा! रूपाली हेबळेकरपाची, विनती उद्यावरपाची आनि लक्ष्मी शिरुपाचेक नम्र विनंती की, “संवित सुधा”च्या वतीने, तांन्नी, ह्या बहुमानाचो स्वीकारु कोर्काज!

आतंत कार्लिदीताई मुझुमदार आमकां सर्वांक संबोधित कर्तली.

आतंत राजेन्द्र कल्याणपूरमामु, ह्या समारंभाच्या यशाक संबंद पाविल्या सर्वांप्रति ऋणनिर्देश कर्तलो.

कार्यक्रमाची सांगता अल्पोपहाराने जाल्ली. तांतु सर्वांनी सहभागी जांवकाज ही नम्र विनंती.

धन्यवाद आनि शुभरात्रि!

वृंदगानाच्या माउली (गीता येन्नेमडी)

गीता वृंदगानाच्या माउली

आम्ही शिष्या तुमची सावली ॥

एकाग्रचित्तें तुम्ही आम्हां शिकविले

वर्ग न बुडविता आम्ही चीज केले ॥

पण गीता तुम्हांवर आमुचा भार

तरच स्वच्छ मिळेल त्याचे सार ॥

ना ऊन ना पाऊस त्याची केली ना तमा

म्हणून शिक्षण आले आमुच्या कामा ॥

काय मिळे तुम्हां केवळ आमुच्या सदृच्छा

पण तुमची न संपली भजन शिकविण्याची इच्छा ॥

शिष्यांस शिकविणे हीच तुमची तमन्ना

हे प्रभो अशीच राहू दे त्यांची कामना ॥

– नलिनी संझगिरी
मुंबई

Speeches of the Ladies honoured on the occasion of the Chitrapur Saraswat Women's Day

(THE SPEECHES ARE GIVEN IN THE ORDER IN WHICH THEY SPOKE)

Address by the Chief Guest – Dr. Mrs. Mira Varalakshmi Sudhakar Savkur

Honourable President- Shri Praveen Kadle; Vice President- Shri Kishore Masurkar; Chairman- Shri Jairam Khambadkone; Committee Members and the Respected Audience- I am grateful to KSA for inviting me to this prestigious function "The International Women's Day – and giving me the opportunity to personally honour the chosen four women for their outstanding work in their respective fields. My hearty Congratulations to all of them for adding to the knowledge in their own field and enhancing the cultural glory of our Community and Society. They have made their seniors proud and served as role models for the future generations.

I also take this opportunity to congratulate KSA on their excellent work and ceaseless efforts to serve our community and society with enthusiasm and vigour.

Celebration of the International Women's Day is the recognition and honour given to a woman for her significant role and outstanding contribution in life's journey through the various stages of life leading to the God intended Goal of God realization. A Woman- at any age and at any stage of life is seen performing her role to the best of her ability. Whole heartedly through stormy weather, against all odds, adverse conditions, over lofty obstacles withstanding serious social criticism and yet bravely struggling her way through with utmost love and care for her near and dear ones, family and people around her, she wades through rough waters, a turbulent ocean (Samsar Sagar) giving a helping hand as a daughter, a sister, wife, mother. She is a strong guiding, protective, influential, disciplining and above all a loving and caring force contributing towards a highly Moral and healthy society. She, being the 'soul' of a 'Happy Sweet Home' and a custodian of Dharma, cannot compromise on this aspect at any cost. She is the great performer on the world stage. She cannot be neglected nor should she underestimate herself. She should develop her confidence and get to know her own strength.

God as the Divine Mother is the recognition given to a Woman by the Vedas more than 300 years ago. So to start right at the top let us first bow down with faith and devotion to the first and foremost Divine Cosmic Power, the highest Principle of Godhood mentioned in 'Mahi Mata- the great Divine Universal Mother – Shakti of Brahman'.

Every individual is the Universal Mother's child born of the great Cosmic Power to perform and carry out the purpose of life, granted to each. It seems as though life is a 'Treasure Hunt' game with clues laid all along the journey leading to the final Treasure- 'Reality – The Truth'.

Shastras hammer our mind- "We are not the perishable body, this cage of flesh and bones, this restless mind filled with Ego, Ignorance, Selfishness, this little finite intellect subject to confusion and imperfections. Our holy Masters have been echoing the great teaching that we are beyond these finite instruments. We have to find out the Truth, our Real Identity- The Immortal Self ".

The highest and most revered personality in Life's journey is the Mother. On human level the Mother's love is the introduction to Life, the first divinity bestowed on man and it stirs in him the deepest feelings that penetrate the ground of his being. Even so the Motherhood of God becomes the main Root to the tree of Cosmic Life, the main conduct for the sap of life sustaining the Cosmic Evolution in its journey to perfection. She is the creatrix, generatrix and nourisher of the Universe.

It has been proclaimed that our Life moves in the direction of God realization through the very living of our life in the righteous manner. We are fortunate to have been born in a community with an established Math, Glorious Guru Parampara, and P.P. Shrimat Sadyojat Shankarashram Swamiji to hold us united in Dharma and guide us on the righteous path towards our Goal. Swami Shivanand says, "Woman is the mighty work of God. The wonder of Nature, the Marvel of Marvels Woman is the Energy aspect of the Lord."

Analysis states that a woman travels across Life's journey through four prominent stages of Life: 1st- Maidenhood, 2nd - Wifehood, 3rd - Motherhood and 4th - Selfhood. Swami Shivanand has condensed the essence of scriptures into six words- The practice of which leads to God Realisation through Life's journey:-

SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALISE

The Woman sincerely and enthusiastically climbs Life's difficult ladder progressively across the first three stages as mentioned above - Maidenhood, Wifehood, and Motherhood, qualifying herself completely in every way to full maturity practicing through Six words stated above.

For the benefit of this gallant Woman who has travelled all the way to the 3rd stage of Motherhood it is important that though tired, exhausted physically and mentally, she should not get frustrated and dejected but must remind herself she is very near to her Goal, the Sole purpose of a Human Life to know the Truth- her Real Identity- the Immortal Soul.

Thank you.

Deepika Kundaji –

For many years after I started working in Auroville I led a very solitary life, partly because the work demanded it and also because I felt that very few people would understand, leave alone appreciate, the work that I was doing, the way that I was doing it and the life that I had chosen to live. So it is very touching for me to be here today and see my work being so warmly appreciated by my own community. I thank the KSA and am really grateful to be here today. It's really difficult for me to express my feelings!

My upbringing was mixed – with a Tamil mother and an Amchi father! My mother learnt Konkani cuisine and so I had a multi-cuisine and a bi-lingual upbringing. Many years ago there was a group from Bangalore who had come to visit my farm and as I was showing them around one of the ladies asked me if I was an Amchi! Surprised I said, 'yes, but how did you guess that?' And she replied, "It's quite obvious! Who else would plant so much 'Pathrade Paan' and 'Haldi'? So the gardener in me was expressing my Amchi-ness!

Though we didn't stay much in Amchi neighbourhoods as children, my father used to be very proud of our liberal and progressive community and that struck us as we grew. My father Anand Kundaji was an amazingly talented and exemplary person with an incredible urge for adventure. He always balanced his family responsibilities with this urge to do the things he cared for. Often he did things that were different and that meant swimming against the tide. If it was not for his support and strength I do not think I would have been able to do what I do today!

At the age of 32 when people are settling down to a family life raising children, I brought the axe down on mine. I quit my academic career and I realized that I was not cut out for a family life. I was searching for something that I wanted to do. As a Persian Poet has said, 'Everyone has been made for something and the desire for that work has been placed in his heart'. All that I would say at that time when I made a break from my past is that I was longing for a simple life of hard work, close to Nature and down to Earth.. I couldn't say more and I am amazed at how life took me by the hand and I was almost guided to reach Auroville, working in 8 acres of eroded land! There was absolutely nothing there and even a

blade of grass found it difficult to grow! We started in 1994 and today we have a forest, more than 65 species of birds, jackals, porcupines, monitor lizards, reptiles – venomous and non-venomous and so on. The forest is one part of our work. On the other side we have built up half an acre of land where we wanted to cultivate. Cultivation needs at least 8" of soil. So what do you do on a land where you have no soil? Well, today we have continuously growing crops. Since 2001 I also do seed conservation work where I produce more than 90 varieties of indigenous seeds which I distribute to farmers all over the country.

There are 2 features which I wish to share with you. One is that we did this regeneration work without getting external inputs. We didn't bring soil or organic matter from outside because if we did that we would be depleting one place to regenerate another. Given the situation in our country we have 329 million hectares of land, out of which 93 million hectares are devastated, spoilt by erosion. We cannot think of solutions which make a desert in one place to regenerate another. Second is the Human Aspect. All this was done by my partner Bernanrd and me with just our hands and hand-held tools. All the work protecting the land, planting living fences, digging holes, deepening the ponds, planting trees- all was done by us. Now we have 2 young people coming to help us . Even the work of building the house – I live in a very simple structure – I was the architect, the contractor and the labourer of that structure!. Rather than making me proud, this actually helps me in cultivating humility! Because my days are filled with very simple tasks like collecting leaves, chopping wood, transferring soil from one place to another, harvesting vegetables, sowing seeds etc. These are jobs that women do every day. That's almost half the population. And once you start doing this kind of work, you realize how worthless your medals and degrees are. I don't even know where that gold medal is and it doesn't really matter.. On the contrary it helps me to cultivate a deep respect and awe for the occupation of farming and a respect for the creativity that farmers have and for this great tradition of Agriculture in India which has been praised by foreigners who traveled to India in the past. They all praised the agricultural wealth of India.

Today foreigners who visit our country only comment about the poverty and dirt! Unfortunate!

So it is with the sense of awe for our farming forefathers that I have taken up this work of seed conservation. and to revive our traditional farming. and that is what keeps me going.

There are many life's lessons that I have learnt on the way. But there is one thing I would like to say and that is that

we should have full faith in the capacity of our two hands and the power in an individual to make meaningful changes rather than lament about the problems that this planet is facing. As Mahatma Gandhi said "We should be the change that we want to see".

Lalita Lajmi -

I wish to thank all the audience for this honour. I have not really prepared any speech. As most of my work has already been talked about I thought I will speak about what this journey has been for me. I had to do a lot of study before I began painting because I am self-taught. I have not been through any formal course in the JJ School of Arts nor have I done any academic kind of work. I undertook this journey into Art on my own. It takes about 20 years for one to really find one's own way of painting, one's own language and style. It's as in any kind of art, be it Music, or Literature, Poetry or Cinema. Ultimately you have to find yourself. That takes a long time and it took me also a lot of time!

I have worked in 3 mediums – watercolours, oils and etchings. For etchings I used to go to JJ School in the evenings just to learn the technique. Later I got this fellowship from the Govt. – the Ministry of Education. That was a great help financially to buy the Press needed to make the etchings. In etchings the entire process is done by the artist. There is no help at all and even if you use a small press it is a very difficult medium.

Then I also graduated and started teaching in a school to augment the family income. Those were very difficult days. I used to work on my paintings from 9 pm to 2 am and then teach in the school during the day! But this hard work paid off. It is something philosophical! It ignites something and ultimately you get absorbed in your work.

Youngsters today want fame and name so quickly. We used to have a gap of 3 years between our exhibitions. Of course in the early years my painting never used to sell. But it was during my first show at the Jehangir Art Gallery that I sold my first painting for Rs,. 100/- and some drawings for Rs. 15/- ! The joy of selling those first works was so much! During the Centenary year of Pandit Rabindranath Tagore I had put up some paintings and a German Gentleman who came there came up to me and said , "Young Lady, Can I see more of your work?" At that time we, i.e. my husband and I were living in the Naval quarters near the Taj Hotel. So this man came to my house and picked up a painting. When he asked me what the price was, I didn't know what to say. I just said 'A hundred rupees'. And the painting was sold! But I didn't give him the painting right away as I had to exhibit it in an exhibition 2 months later. He became a friend who

would visit regularly and take paintings. He couldn't afford to buy, so I would give them free. He would send me books about famous German painters and I have still preserved those precious books.

Now, I still have the passion to paint but not the energy. A big painting takes almost a month to do. I had a show last year. Nowadays I do mostly watercolours. I think I have found my own language in watercolours. For me, painting is like breathing. And I can't give it up till the very end!

Vimla Patil –

Namaste and thanks for honouring me. My career was a 'dream come true' for me. I don't think I could have done anything else. It allowed me to travel around the world and meet various people. And in spite of all the 'khottes' and 'ambats' I have made, I have a husband who is very happy with me. My job has given me access to the best people in the world – Pearl Buck, John Kenneth Galbraith to name a few. On behalf of the USIS I had to interview all sorts of people from the USA and UK. I was able to handle that work in spite of having two wonderful children to care for . In our culture there is a misconception that women who work cannot do justice to their home and family. But Indian women have shown that it is not so. I want to dedicate this evening to all the women I admire and I am sure many more will come forward to take this torch ahead!

Rupali Heblekar – (spoke on behalf of Team Samvit Sudha)

We accept this award on behalf of every woman who has contributed towards making Samvit Sudha what it is today. First and foremost, my sincere pranaams to our Revered Guru Parampara and Parama Pujya Sadyojat Shankarashram Swamiji for giving us this opportunity of seva and standing behind us as the guiding force.

Samvit Sudha has made a huge difference in the lives of the women in and around Shirali as well as all of us volunteers from small and big cities. A large part of this credit goes to Yogini Pandit pachi of Shirali who spearheaded Samvit Sudha in its initial stages. Also, during the formative years and till recently, Vasanti Shirur pachi from Pune was actively involved in identifying and training of local talent who could be absorbed into Samvit Sudha. We are truly grateful to both Yogini pachi and Vasanti pachi for their immense contribution.

Being a part of Samvit Sudha and seeing it grow from strength to strength in the past few years has taught us multifarious skills- from management of people and operations, to learning a new language, overcoming language barriers in communication, accounts management, financial

planning, marketing strategies, learning and applying up-to-date technologies, etc..

Each day at Samvit Sudha has been a tremendous learning and more importantly it leaves you humbled with the experience, humbled to know that you are just a medium of giving back to society, realisation that we are just a small piece of the large picture. Each one of us has a unique role to play and our Guru's blessings guide us through every challenge that comes up.

Samvit Sudha has just made a beginning and there is surely a long way to go. There will be ups and downs just as with every other enterprise but at the end of the day, when you realise how it has channelized the skills of these rural women and empowered them, we derive a great sense of satisfaction that we at Samvit Sudha are the catalyst to the process of woman empowerment. It is our mission to see Samvit Sudha grow, develop and achieve more, to become a name to reckon with, as a supplier of various good value gifting options to the corporate world also.

We seek Parama Pujya Swamiji's blessings and guidance for our continued efforts. We also take this opportunity to thank the Kanara Saraswat Association for recognising the efforts of all our volunteers and honouring the Samvit Sudha team on this day. May I request all our volunteers to stand and acknowledge this honour.

Though International Women's Day is celebrated only on the 8th of March every year, for us at Samvit Sudha every day is Women's day!

Prof. Kalindi Muzumdar –

My pranams to our Holy Guruparampara and Lord Bhavanishankar.

I regret that I am so old because I hear so many things that these young ladies are doing now and I wish I could join them!

I would like to take this opportunity to express a few of my thoughts. Today we women are all educated. After doing our house work we still do have time and we must spend this in doing some social service – not social work (which is a profession today). You can teach children from the economically deprived section, help people who are not well. One can also do meditation and japa regularly. Keep your mind alert by reading the newspaper, editorials, letters to the editor. If there is something you are concerned about, write to the newspaper. You may start a thought process in the society. Exercise , take walks, read lives of great people but do not gossip!

My congratulations to all the women honoured here today!
May your tribe increase!!

Thank you.

The programme concluded with a vote of thanks proposed by Shri Rajendra Kalyanpur. He thanked all the 'heroes and heroines' who were the main people – heroes being the Managing Committee of the KSA and the heroines being the ladies who were honoured. He gave special thanks to Kalindipacchi, a past president and a person who had started the practice of celebrating Chitrapur Saraswat Women's Day at the KSA. He acknowledged Uday Mankikar's contribution – the entire introduction which the compere Sunil Ullal made was written in chaste Konkani by Uday Mankikar.

The programme ended with everyone partaking the refreshments.

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, full particulars of Parents' income, copies of their IT Returns, details of financial arrangements while taking admission to Overseas University etc., should be sent in a sealed envelope marked

PARIJNAN FOUNDATION Scholarship-Overseas Studies' to the following address not later than **31st July,2019**

The Trustees

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

**Chitrapur Saraswat Women's Day
Ladies leading the Samvit Sudha Team who were also honoured**



Smt. Yogini Pandit



Smt. Vasanti Sirur



Smt. Lakshmi Shiroor



Smt. Vinati Udiyaver

URVEE – Report on Page – 21



The group happily displaying their work



URVEE – The Leading Ladies – Smt. Rekha Mavinkurve and Smt. Nandini Karanje

Late Pandurang N Kumtha – A Tribute to a Visionary

UDAY MANKIKAR



Shri Pandurang N Kumtha, a visionary in the field of book-selling, breathed his last on 28th March, 2019 at Gamdevi, Mumbai. He was 97. I knew Pandurangmam as the owner of Bombay Book Depot since my college days (late 60s). I used to visit Bombay Book Depot every month to pay my monthly

subscription towards one of the unique schemes introduced by Pandurangmam, known as "माझ्या घरी माझी पुस्तक. I always found this simple, humble man, busy with his customers, as such, I never got the opportunity to talk to him.

In 2011, Kanara Saraswat Association honoured Pandurangmam for his outstanding contribution in the field of Book-selling. I was given the responsibility to introduce him to the audience, and it was then that I came to know about his exemplary life and my urge to meet Pandurangmam in person, developed. Finally, I got this opportunity in October 2016.

Akhil Bharatiya Marathi Prakashak Sangh, honoured Pandurangmam, popularly known as Kumtashet / पुस्तक पंढरीचा वारकरी with "जीवन गौरव पुरस्कार" on 18th September, 2016 at Pune, for his outstanding work/contribution in the field of Book-selling. Kanara Saraswat Association directed me to establish "सुसंवाद" with Pandurangmam, for the benefit of the readers of the "Kanara Saraswat" magazine and I grabbed this opportunity. Accordingly, I met Pandurangmam at his Gamdevi residence and talked to him for more than two hours. It was really a proud moment for me.

Born on 21st May, 1921, at Bailhongal in Belgaum district, Pandurangmam did his schooling at Benon Smith High School, Belgaum. B.A. and Ist term of M.A. from Lingaraj College, Belgaum. He came to Mumbai in December, 1943 to complete his M.A., for which he took admission in Elphinston College. He also got a job in C I D Office, Mumbai, in October 1944. Pandurangmam completed his M.A. with English and Kannada in 1945.

Pandurangmam, after coming to Mumbai, in 1943, after an initial stay at Saraswat Colony, Gamdevi, shifted to Kulkarni Dinkarmam's place in Talmakiwadi, who was Bhatkal Ganpatmam's brother-in-law. Dinkarmam's wife was Pandurangmam's niece. Ganpatmam and his wife used to visit Dinkarmam's home regularly and that is how Pandurangmam came in contact with Ganpatmam and got married to their daughter Meera, on 10th December, 1944.

Pandurangmam wanted to become a Professor. However due to some technical reasons he was required to do Ph. D. to become eligible for the Professor's post. The guides were not available for one year. Hence, Pandurangmam had no other option but to wait for one year. Ganpatmam requested him to join Popular Book Depot for one year, to get the feel of the book-selling business. Pandurangmam honoured Ganpatmam's request and joined Popular Book Depot,

though his wife Meera was not in favour of his joining the family business. During that year Pandurangmam prepared his notes of Ph. D. but he developed interest in book-selling, under the guidance of Ganpatmam. Ganpatmam had started his business in 1924 in a small shop at Nana Chowk. In 1932, he shifted Popular Book Depot at Lamington Raod, which was the best book shop in India.

Ganpatmam purchased Bombay Book Depot in April 1948 and gave its charge to Pandurangmam from 1st April 1948. He was required to look after accounts, sales and orders. Competing with Popular Book Depot was difficult, which Pandurangmam realized after working for two years with Bombay Book Depot. Hence, he felt like promoting something else. At this stage, his salesmen were conversant with Marathi books, which they were getting from local publishers, Hence, Pandurangmam contacted most of the Marathi publishers to send five copies each of the books published by them and expected some credit facility. Gradually, he contacted all the publishers in Maharashtra and increased the sales. Publishers also started sending their books, as soon as they were published.

Pandurangmam took a lot of initiative in increasing the book sales, by promoting various innovative schemes – "पुस्तक पंढरी" "Balsahitya Jatra", "Bombay Book Club", "Author's meet – Signature week" – every month etc. पुस्तक पंढरी was a booklet, giving details of Marathi books, published by various Publishers during a month, which was being sent to 2000 institutions, from which Pandurangmam could get response in selling Marathi books. "Balsahitya Jatra" which was started in 1964 continued till 1991. "Bombay Book Club" initiative started in 1969 continued till 1980. Bombay Club had 6000 members and I was one of them. "Author's Meet- Signature Week" scheme started in 1964 continued till 1980. Eminent authors like Acharya Atre, Poet Yashwant, Jaywant Dalvi. G.D. Madgulkar, B.B. Borkar, Vasant Kanetkar had attended this meet. Bombay Book Depot, under the guidance of Pandurangmam had also published Diwali issue of "पुस्तक पंढरी" from 1981 to 1986. Its very first issue in 1981 had received "Best Diwali Issue" Award, which was a very proud moment for Pandurangmam.

Pandurangmam had great respect for the publishers. He did a lot for them and also honoured them on various occasions. Also started "Grantha Prasar Kendra"- an activity to promote books of six publishers, by organizing exhibitions throughout Maharashtra. This activity continued for three years. One of these exhibitions which was in Delhi was organised by none other than Shri Y.B. Chavan.

Pandurangmam wanted to share his experiences. He used to write his personal experiences in a diary. His daughter Smt Kanchan Murdeshwar, edited these experiences and sent the same to the Editor of Popular Prakashan, as per their request. They serialized the same for their magazine "प्रिय रसिक" and subsequently, the book titled "पुस्तक पंढरीचा वारकरी" was published in 2011. He did not consider it as his autobiography.

Pandurangmam was the recipient of many prestigious awards, viz -

A Manapatra from "Mitra Mandali" – a group of writers, honours from Pune and Nagpur Publishers Association, "Lifetime Achievement" Award from Akhil Bharatiya Marathi Prakashak Sangha Pune.

Pandurangmam, from his rich experience in the field of Book-selling has given extremely valuable guidance to the young book sellers through the last chapter "ग्रंथ व्यवहार" of his book titled "पुस्तक पंढरीचा चारकरी"

Pandurangmam was a voracious reader and had read more than one thousand books. He always used to say, "Reading habit should be cultivated by everyone. I do not get sound sleep without reading and this sound sleep keeps me fresh

and active." This was the secret of his active life.

He had only two regrets in life- He could not do his Ph.D. and secondly, in the bookselling business, the publisher always remains in forefront and the book-seller, who promotes and sells the books always remains behind-the-curtain. His services do not get proper recognition. To support his statement, he used to say "I was honoured after 24 years of my retirement. Hence, at times I feel, I should have been a Publisher rather than a book-seller".

Pandurangmam's exit from this world is a great loss not only to his family, friends and admirers but to the entire Book World!

Urvee - 25 Successful Years

REPORTED BY ANUJA KAMAT MUDUR, BENGALURU

This was a journey worth celebrating. An achievement, an honour!

It all began 25 years ago when two childhood friends, Nandini Karanje and Rekha Mavinkurve decided to start this noble venture. They wanted to give back to the society they lived in and make a difference to the lives of the less fortunate. Their goal was to teach them a craft that was not only unique but eco friendly too...and one from which these maids who worked for them could learn something in their free time. Today URVEE stands proud as a manufacturing unit of handmade paper, cloth and jute products.

Here is their amazing story....

With the divine blessings and encouragement of P.P. Bade Swamiji and P.P. Sadyojat Shankarashram Swamiji, these two ladies embarked on their remarkable journey.

After completing a brief course in screen-printing, both took up printing assignments and trained other women in screen-printing.

Thus URVEE was born. In Sanskrit, URVEE means 'Mother earth...'. And that was their mission—to make the earth a better place to live in.

They first started printing Sri Chitrapur Math publications, visiting cards, wedding cards and other promotional items. A demand for hand-made paper led to a trip to Rajasthan and to a visit to a recycled paper making facility.

URVEE is a small team of enviro-friendly enthusiasts, specialising in handmade paper products. The women working at Urvee are given the liberty to exercise their creativity in designing some of the products. In addition to their work-related skills, they are also taught a number of life-skills to enhance their self-esteem, improve values in life, enjoy their birthdays and make it a fun place to work in. For them, URVEE is a home away from home.

They conduct free awareness workshops in schools, at institutes for the differently-abled, at elder enrichment centres, women's organisations and in rural areas too. They also hold block-printing and water-colour painting workshops.

A significant achievement is that URVEE has been a case-study for 7 consecutive years at the Seattle Pacific University.

Some of the products that URVEE can boast of are "bamboo diaries, corporate gift-packs, photo-frames and jewellery gift boxes." They also specialise in seed-paper wedding invitations which after use, instead of discarding, can be turned into a beautiful plant.

They have scaled great heights with their successful ventures, one of them being an assignment of 20,000 hand-painted terracotta diyas – an order placed by the Himalaya Drug Company. They have kept stalls at reputed institutes like the Indian Institute of Science, Bangalore, at the Infosys, Bangalore and even overseas at the Konkani Sannam 2016 in Atlanta. Various publications in India and abroad have highlighted 'Urvee's' success stories.

With all the noble work that they are doing, they have been recipients of the following awards.

- Winner of Priya Darshini Award 2012 by the Federation of International Women Entrepreneurs (FIWE)
- the WePuraskar Award Empowered Empowers Women 2018 and
- the Confederation of Women Entrepreneurs (COWE) Award 2019

On the 24th of March 2019, a function was organised at the Canara Union to celebrate the silver jubilee of this marvellous endeavour. The entire staff of Urvee was honoured for their services. The cultural programme consisted of a bharatanatyam recital by a young girl who was the daughter of one of the women working at Urvee. Nandini pachi and Rekha pachi also expressed their gratitude towards a few senior members of our community, whose constant backing and support helped them get to where they are. In return, these two women entrepreneurs received a big round of applause and a standing ovation from the audience for their dedicated service.

Personification of humility and positivity, here is a message from them... "We are happy to have brought a few smiles and to have done our bit towards the society we live in. Thank you for believing in us and being a part of our journey."

Our pranams and heartfelt thanks to these two ladies, who have brought so much happiness in the lives of so many others.

Mother of Trees

106-YEAR-OLD SAALUMARADA THIMMAKKA

There are rare moments in life when knowledge, education, degrees, achievements, post, designation, wealth, power, protocol. all bow down to the simplicity and purity of heart.

It was such a moment when the 'Mother of Trees' blessed The President of India!

The strict protocol of Rashtrapati Bhavan could not curb the motherly instincts of 106-year-old Saalumarada Thimmakka, who was awarded Padma Shri for planting thousands of trees in Karnataka, as she touched the forehead of President Ram Nath Kovind to bless him.



Thimmakka, who has earned the sobriquet of 'Vriksha Mathe (mother of trees)' for planting 8,000 trees including over 400 banyan trees, was honoured along with other personalities at Rashtrapati Bhavan on Saturday.

In a ceremony marked by strict protocols,

Thimmakka, dressed in a light green sari, with a smiling face and 'tripundra' on her forehead, approached the dias to receive the award from President Ram Nath Kovind. As the president, 33 years younger to Thimmakka, asked her to face the camera, the centenarian touched his forehead to bless him. Her innocuous move brought a smile on the faces of the President, Prime Minister and all the guests who burst into a rapturous applause for her.

Thimmakka's story is of grit and determination. Born in Gubbi Taluk, Tumukuru District in Karnataka. she received no formal education and worked as a casual laborer in a nearby quarry. She was married to Chikkaiah who was a laborer. She reportedly wanted to commit suicide in her 40's as she could not conceive, but with the support of her husband, she found solace in planting trees. The couple arduously worked in the fields during the day, planted trees and cared for them.

Ficus (banyan) trees were aplenty near Thimmakka's village. Thimmakka and her husband started grafting saplings from these trees. Ten saplings were grafted in the first year and they were planted along a distance of 5 km near the neighboring village of Kudoor. 15 saplings were planted in the second year and 20 in the third year. She used her own meager resources for planting these trees. The couple used

to carry four pails of water for a distance of four kilometers to water the saplings. They were also protected from grazing cattle by fencing them with thorny shrubs.

The saplings were planted mostly during monsoon season so that sufficient rainwater would be available for them to grow. By the onset of the next monsoons, the saplings had invariably taken root. In total, 384 trees were planted, and their asset value has been assessed at around 1.5 million rupees. The management of these trees have now been taken over by the Government of Karnataka. The trees have been planted along SH94 from Hulikal to Kuduru village

The name word Saalumarada (row of trees in the Kannada language) is how she was referred to because of her work. Her work has been honoured with the National Citizen's Award of India. Her work was also recognized by the Government of India and she was conferred with Padma Shri in 2019.

From the Internet

The message the Wings tweet

*The Sparrow's Wings are fluttering
Fluttering from the trees;
Fluttering back and forth –
Carrying twigs, carrying leaves;
Building a warm comfort.*

*The Sparrow's Wings are fluttering
Fluttering from the trees;
Fluttering from their comfort warm-
Building twigs, building leaves;
A nest now they have formed.*

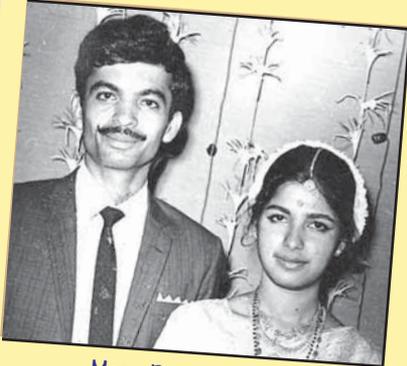
*The Sparrow's Wings now are resting
Resting in this comfort warm;
Resting Wings its home have made –
Sitting still, sitting warm;
Eggs now the Wings have laid.*

*The Sparrow's Wings soon are chirping
Chirping happy tweets;
Chirping with their young ones –
Happy chirps, happy tweets;
From the nest they start to come.*

*Now together the Wings are tweeting –
Tweeting a message green;
Tweeting from their cosy retreat –
Cosy nest, cosy home;
"Trees our Home we need".*

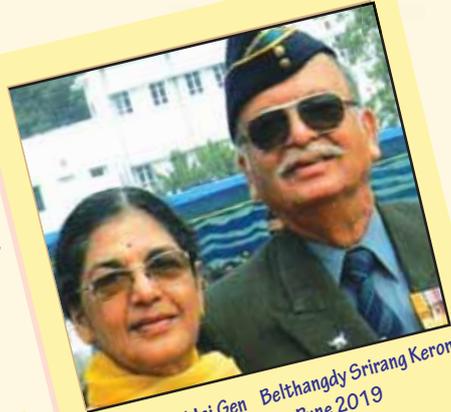
Veena Bantwal

*Golden Wedding Anniversary of
Meera and Maj Gen Belthangdy Srirang Keron*



Meera Ramesh Mundkur
wed Capt Belthangdy Srirang Keron
in Mumbai on 27 Apr 1969

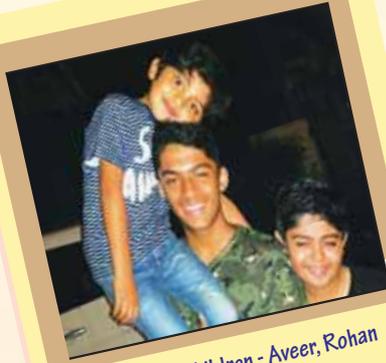
*May Gold turn to
Diamond and beyond!!*



Meera and Maj Gen Belthangdy Srirang Keron
now settled in Pune 2019



Meera and Keron with son Ranjan,
wife Smita, Rajat 19 and Rohan 13 at Pune



Our grandchildren - Aveer, Rohan
and Rajat



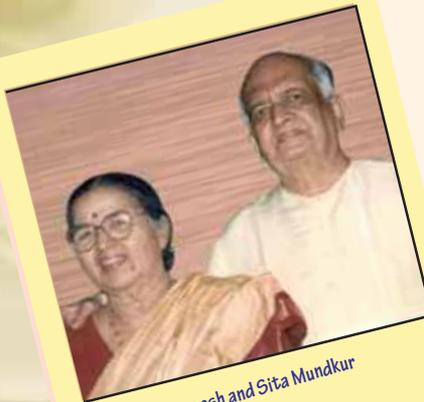
Renuka Keron with Vikrant Singh
and son Aveer Pratap Singh

*And all this would not have happened had our
respective parents not brought us into this world
and then brought us together in wedlock.*

*May their souls rest in Eternal Peace & Blessings
always upon us*



Srirang and Ratna
Srirang Belthangdy



Ramesh and Sita Mundkur

Chitrapur Heritage Foundation

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

The Konkani Association of California – Ugadi 2019 Function Highlights The Konkani Association of California – KAOCA, is a 35-year-old organization, comprising of several hundred Aamchigale families (CSB, GSB & others) in the San Francisco bay area in California, USA. KAOCA is like one large family, which gets together to celebrate major Hindu festivals, events and programs throughout the year. One such event is the KAOCA Ugadi celebration, which was held on March 23rd, 2019. About 600 Konkani people from all over SF bay area attended the event & it was a major success! Aamchi families come together several weeks & months before the event to practice for the traditional & Bollywood dances, skits & plays, magic shows, Bollywood karaoke & classical singing, musical performances & orchestra, etc.!



Kids from the ages of 4 to 74 participate in these dances! Lovely costumes, professional dance steps & moves & LOTS of FUN!! Unique, one-of-a-kind performances abound at the KAOCA Ugadi function! Yoga performance to gentle traditional music, Vagga Vesu, Marathi Vithoba Chi Dindi, Bollywood dance and singing medleys, silent skit, comedy skits, etc!

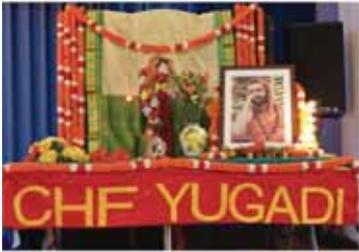


Aamchi folks from newborns to Mhalgadi in their 90's attend KAOCA events. Gatherings, prep & planning sessions and the execution is a huge team effort! The food for the attendees is lovingly & painstakingly prepared by Aamchi pacchis & maams! In typical KAOCA style through the years, traditional dishes are prepared: such as Shevaiyyan Rassu, Mixed-veggie Aamchi pickles, Kalvane-Sheetha with ghee, Poha Chooda, Churmundo, Pacchadi, Tendle Bibbe Upkari, Tori Ghasshi, madgane, masala taak, etc.! Incredible opportunities for generations of Aamchigalees to come together and pass on our traditions through our food, language, discourses, dances, music and get-togethers to our future generations, despite being continents away from our home country!



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

CHF YUGADI 2019 - another momentous event



20 glorious years - 21 Yugadis !!

bringing the community together,
nurturing Indian culture, instilling
'sanskaar' in our children,
creating ever lasting friendships,
memories and connections!



Our little stars '
Cute Chocolatcha
bungla &
foot tapping
Kannada folk
dance



Vibrant dances, colorful costumes,
synchronized productions !

Peppy Phulkaari from Punjab
spectacular Sambalpuri from Orissa
energetic Ganesh Vandana &
graceful Krishna Nee Begane Baaro.



Semi-classical music montage !
Maa Tujhe Salaam and Vaishnava Jana To



Classical Percussion montage -

Electrifying tabla ensembles,
impeccable recitation of 'bols'



Hindustani Classical

Melodious
Vrundavani Sarang

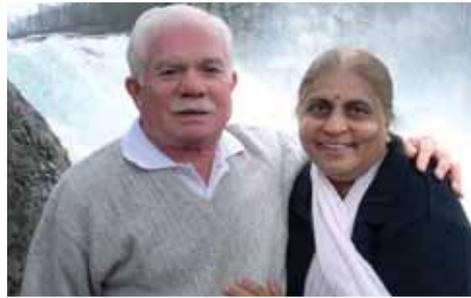


Golden wedding Anniversary



**Smt Sunanda (nee Balwalli)
and
Shri Dayanand Jaganath Udiyaver
2 May 1969 ~ 2 May 2019**

**Amma – Papa on their 50th
wedding anniversary**



With pranams to Kuldevata Shree Shiantadurga, our Holy Guruparampara and His Holiness P.P. Sfrimat Sadyojat Shankarashram Swamiji and our parents, we celebrate 50 years of togetherness surrounded by the ones who bring us joy. How precious to remember all the time we spent to lay a firm foundation of faith and family that stood the test of time. How we weathered many a storm but like they say "ships are meant to sail in rough seas" and not be at the harbour. Our story is a tapestry of love and labour woven together with threads of faith, trust, prayer. Our hearts beat as one and will continue for ever...



Ajay & Rajesh say ...

Blessed to be born to lovely parents like you who have showered love on us. There were times when we made it rough for you but you never let us down, scolding us, correcting us and helping us stand on our feet. We can't thank you enough. On this special day, we pray to Kuldevata, Grand parents and Guruparampara to bless you with ever lasting love for many more decades.

Zahida adds ...

Many congratulations on this milestone and for the everlasting love and support in all these years

Muskaan says ... Dear Aaju and Aaji

*To the best Aaju and Aaji in the world who always shower me with love, blessings and chocolates !!
As they say a grand child gets it's "awesomeness" from the grand parents .. you are awesome !!!*



We pray at the feet of our Kuldevata Shri Shiantadurga, our Guru Parampara and our Guru

*P. P. Sadyojat Shankarashram Swamiji to bless Papa and Amma
with peace, good health and happiness for many more years to come.*

Ajay, Zahida, Muskaan &

Rajesh



My Dream of a New India

SANDEEP BALVALLI

(Essay Competition - Group 3 – 2nd prize winner)



It was a cool and pleasant morning. As I was standing in the balcony of my house watching the clean blue sky above, there was a whiff of fresh air which refreshed my mind. I wanted to wait there longer but then I realized that I had to go to office. I quickly got ready and left my house.

While I was walking towards my bus stop I noticed that something had changed. The

footpath on which I used to walk every day was not in the same condition. Even the roads looked different and the vehicles running on these roads were following a different pattern. There were no uneven or dangerous footpath surfaces. It was smooth yet not slippery. The tree roots along the footpath were nicely concealed. It was also clean with no rubbish thrown. All the waste was thrown in the garbage bins placed at some distances on the footpath. All the pedestrians were walking on the footpaths and not on the roads. They had plenty of space to walk as there were no hawkers or any other encroachments on the footpaths. The pedestrians used zebra crossing to cross the roads. Even the roads looked smooth and clean with no potholes. There was no construction or repair work going on the roads. All the vehicles were driven in an orderly manner following the traffic rules. There was no unnecessary honking by the drivers of the vehicles. They allowed the pedestrians using zebra crossing to cross the roads first before moving on.

When I reached the bus stop I noticed there were fewer people than usual waiting for the bus. I asked a person who catches the same bus every day with me, whether there was any problem. He told me that there was no problem. In fact the frequency of buses had increased so there were few people remaining at the bus stop. While we were talking our bus also arrived and I reached my office much earlier than usual. On reaching office I noticed even my colleagues who normally used to come later than me had already come. On enquiring I found that even the trains were running as per schedule with no cancellations or delays. In short the public transport system was functioning properly and there was no inconvenience while commuting.

After completing my day's work I left office and returned home earlier than the normal time. I seemed to have more leisure time than before. So I switched on the television to find out whether there was any interesting program going on. While channel surfing I found that one of the news

channel was showing the development made by our country in various fields since independence. It showed the various population control measures undertaken by the government including educational and promotional measures to increase awareness among citizens of our country. It mentioned that the extraordinary population growth had been the primary cause of all the major problems in our country such as poverty, unemployment, etc. However due to the various measures taken by the government and support extended by the people of our country there was reduction in population growth to a great extent. It showed that only a small percentage of our population was below the poverty line and many welfare measures were undertaken by the government to support them.

The second major problem faced by our country was unemployment. It showed how the government not only created more jobs in the various public sector enterprises but also changed the educational system to promote vocational education and training. This enabled the young students to identify their area of interest and pursue appropriate education to either get suitable job or start their own business. The new educational system gave different options to the students to become more creative and productive thereby contributing to the faster economic growth our country. Admissions to educational institutions and employment in all organizations were purely on merit and there were no caste based reservations.

It also showed the various measures taken by the government to improve agricultural production. It promoted better farming techniques, proper use of fertilizers depending on the quality of soil, use of good quality of seeds for sowing, provided better irrigation facilities and uninterrupted electricity supply at subsidized rates. It also organized seminars for farmers to educate them on using the proper farming technique suitable to them and also to answer their queries. All these steps resulted in substantial increase in the farm income thereby preventing migration of people from the rural to urban areas. It thus reduced the burden on the infrastructure of the urban areas. Also it created good employment opportunities in both the urban as well as rural areas.

Another important development shown in the program was the increased number of roads, bridges, railway stations and airports built during the past ten years which improved our transport system and improved connectivity with even remote areas of our country. Improved storage and other logistical systems at the ports helped us to reduce costs involved in wastage of certain perishable items and procedural delays. This enabled our country to increase our trade significantly.

It also showed how our country progressively increased our exports through various export promotion measures and reduced our imports by encouraging and supporting industries producing import substitution products. This helped us to achieve favourable balance of payments i.e. our export receivables were more than import payable. It also helped us to increase our foreign reserves significantly.

All the above measures helped our country to keep inflation rate very low. Most of the people of our country were able to manage their expenses comfortably and also save their earnings for their future. The affordable housing scheme started by the government enabled most of the families to buy their own house. Moreover the increasing awareness of financial planning among the people of our country improved their standard of living. They started investing their money judiciously. They invested their money according to their risk profile for achieving their financial goals at different stages of life. As they invested in different financial instruments like bonds, debentures, shares and mutual funds, it helped development of good capital market in our country. Developed capital market is essential for any country, as it help us to attract foreign investment for various developmental projects. Accordingly the foreign investment increased substantially in our country during the past ten years.

The ease of doing business promoted by our government also encouraged foreign companies to start their business in our country. Every government office was computerized and all transactions were carried out through digital medium. This left very little or no scope for corruption. Simple procedures and faster clearances from various government authorities helped the foreign companies to set up their business in our country. This helped our unemployed youth to get employment. It also helped our country to reduce imports as the products which otherwise were imported by us were now manufactured here. This in turn helped us to save foreign exchange.

Another measure undertaken by the government aimed at finding better alternatives to the existing sources of energy. Our country had been a major importer of oil. Most our foreign exchange reserve was spent on oil imports. At the same time, use of petrol and diesel in vehicles created lot of pollution. Hence steps were taken to promote electric vehicles and plant more trees to reduce pollution in our country. All these measures yielded good results. Use of electric vehicles reduced pollution level in various cities of our country significantly. There were very few respiratory problems reported. People were able to lead healthy life. Planting more trees throughout the country helped to reduce pollution as it consumed carbon dioxide and released oxygen in the air. It helped in getting proper rainfall throughout the country and also retained water in the soil. It prevented soil erosion and kept the soil fertile. This in turn helped agricultural production. As the rainfall was scattered throughout the country there were few or no cases of drought or floods.

While watching the program there was commercial break. During the break I started thinking about the progress made by our country in infrastructure development which was comparable to the progress made by any other developed country in the world. Also the various measures taken to reduce population growth, creating jobs in public sector enterprises and promoting vocational education and training to encourage entrepreneurship were yielding good results. The various steps taken to improve agricultural production had resulted in doubling the farm income within five years of its implementation. This further prevented migration of people from rural to urban areas for earning their livelihood. It reduced the strain on urban infrastructure. People had become more disciplined and religiously followed the various rules and regulations. They maintained cleanliness in their surroundings. This helped in reducing pollution. It supported the various measures taken by the government to reduce pollution. The financial literacy of our people had improved considerably. Most of them were aware of their financial goals and had their financial plan in place to achieve them. The developed capital market helped us to attract foreign investment thereby resulting in rapid economic growth.

After the commercial break the program went on to show the development made by our country in the field of science and technology. It showed the various satellites launched during the last ten years which has helped us in improving our communication and meteorological systems. Improved meteorological systems predicted accurate weather conditions which not only helped our farmers, captains of ship and pilots but also prevented disasters. They were also useful in various military operations. We acquired some of the best defense systems in the world from Russia, France and USA while some were indigenously manufactured by our companies like Hindustan Aeronautics Ltd (HAL), Bharat Electronics Ltd (BEL), etc. Our Army, Navy and Air force were well trained and were provided with best in class weapons, tanks, aircrafts, warships, etc. to ensure that our country is well protected from any sort of attacks.

There was also no political uncertainty or tensions within the country as the number of political parties had reduced progressively over the years and there were only two parties competing for power. Most of the citizens of our country were evaluating the developmental steps taken by both the parties and were electing the best government. There were very less communal tensions as the people treated each citizen of our country as Indian and were not differentiating them based on caste, creed, religion or race. People gave more importance to the achievements or the work done by an individual rather than focusing on their caste or religion. This was mainly due to proper education given to everyone and direction given by the government that caste or religion will not be mentioned on any admission form of educational institutions or while applying for jobs. Measures were taken to introduce heavy penalties and punishments for crimes to discourage the offenders. This resulted in reduction of crimes

substantially. There was increase of police force to combat any violence and also to accelerate the pace of investigation of various crimes. The number of lawyers and judges were also increased for faster clearance of court cases as "Justice delayed is Justice denied".

Besides the progress made in the various fields mentioned, there were many measures taken to promote sports and yoga. Many sports academy were set up by the government throughout the country to train young talent in different sports like athletics, swimming, boxing, wrestling, etc. This helped us to increase our medal tally substantially in various games like Asian Games, Commonwealth Games as well as Olympic Games. Moreover the initiative taken by our country to start World Yoga Day, created awareness and interest among most of the people to practice it to lead a healthy and peaceful life. Many yoga centers were set up wherein people were trained to do yoga in a proper way. This in turn reduced the number of cases of depression, high blood pressure, obesity and other life style diseases. A healthy society helped us to build a strong nation developed in different spheres of life.

Our government also encouraged research in field of medicine. Many research centers were opened to discover and formulate new drugs for effective treatment of various diseases with minimal side effects. Generic medicine stores

were also opened throughout the country to provide medicines at cheaper rates. Steps were also taken to reduce the cost of medical implants and devices so that most of the patients could afford it. Medical insurance policies at cheaper premium were introduced by the government for all our citizens to reduce their burden of medical expenses especially for critical illness.

I was considering myself very fortunate to be born in such a nation which was not only strong and self sufficient but also helped most of the citizens to lead a healthy, peaceful and satisfying life. While I was pondering on this thought, I was shaken up and found myself lying on my bed. Alas! It was a dream I had about my country India.

About the Author - Sandeep Ramakant Balvalli, was born on 3rd july 1962 at Mumbai. He had his schooling and college education in Mumbai. After completeing his B.SC. he joined HSBC Ltd in Jan 1983 in clerical cadre and was promoted to officer in May 1986. He took early retirement in July 2014. During the 32 years at HSBC Ltd he worked in various departments and branches. He was a member of the team selected for setting up Bangalore branch in 1992 and worked there for 5 years. He played a key role in setting up of Financial Control Department at Bangalore. After returning to Mumbai in 1997 played a key role in setting up of Call Centre (Personal Banking).

:- With Best Compliments -:

From

ACME SOAP WORKS

Manufacturers of Industrial & Household Soaps & Detergents

Ram Mandir Road, Next to Ram Mandir,

Goregaon (W), Mumbai - 400 104

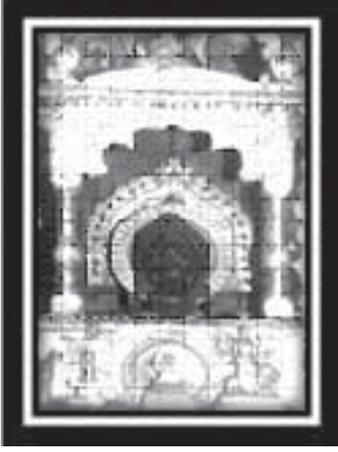
Telephone No.: 91 22 26762959 / 26762970 / 26794394,

Fax: 26762994

Email: acmesoap@vsnl.net Website: www.acmesoapworks.com

Sunkadakatte Shri Vinayaka Temple

(Shri Mahaganapathi Trust) Kallianpur- 576 114, Udupi Taluck/District



Sunkadakatte Sri Vinayaka Temple is a shrine that is over six hundred years old and one of the oldest Bhanap temples, situated at Kallianpur, Udupi Taluk/Dist. Devotees from all walks of life, from places in and around this town have worshipped Sri Vinayaka for centuries. All the prominent Bhanap residents who were managing the temple affairs for centuries have migrated elsewhere, disposing off ancestral properties and carried with them only Surnames prefixed to the family such as Kallianpur, Kalyanpur, Tonse, Tonsey, Naimpally, Golikere and Shashital etc. Over the years the Sacred Shrine suffered financial strain to the extent that even daily viniyogas were affected. Therefore, with sashtang pranams and humble prayers in the lotus feet of **Lord Vinayaka**, we have determined to endeavour in bringing back the glory of the scared and powerful Shrine to benefit millions with His Divine Blessings.

Further the Temple building was in an absolute dilapidated condition and totally beyond repairs. Hence our Managing Committee has planned to reconstruct the new temple building, with an **estimated cost of construction** in the range of **Rs. 75 Lakhs** and to raise a fund for **Nitya Viniyoga** amounting to **Rs. 50 Lakhs**, to ensure his worship with devotion on a regular basis. With the Divine Blessings of our **Parama Pujya Swamiji**, the foundation stone for the new temple was laid on 13th March, 2019 and the construction work is to start soon.

We, the members of the Management Committee, appeal to all the Bhanap devotees of Lord Shri Vinayaka to involve themselves in this sacred cause through Tanu–Mana–Dhana-seva. May the Lord bless us all in realizing and participating in this great task.

Donations of any amount are welcome and are gratefully accepted. Cheques, DD's or Bank Transfers may be drawn in the name of:

Sunkadakatte Sri Vinayaka Temple
A/c. No. 01442200022013, with Syndicate Bank,
Kallianpur Branch, Pin code – 576114
IFSC Code SYNB0000144

-Managing Trustee and all members of Management Committee
- President and all members of Jeernodhara Samiti
For any details/enquiry please contact:

Ganesh Kallianpur
Ajit B Masurkar
Anand A Karnad
H. Poornanand Shastry

Mob. +91 9900405352
Mob. + 919890957022
Mob +919980074365
Mob +91 9945799460

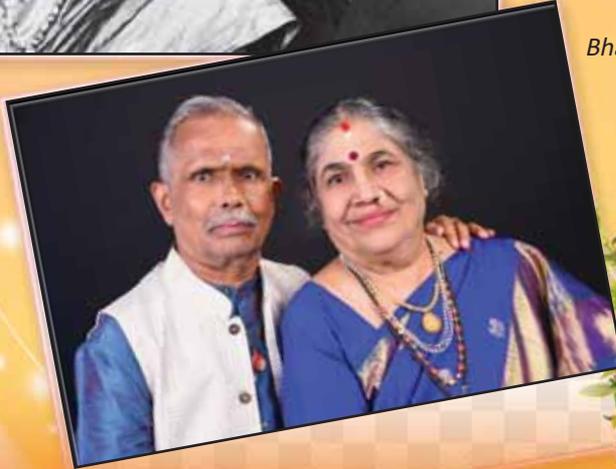


**50 Golden Years of Togetherness
on 20th April 2019**

**Vinod and Shyamala
Koppikar(nee Halady)**

*We seek the blessings of our Kuladevata,
Bhagawan Sri Satya Sai Baba and our Guru Parampara
for their good health, prosperity and happiness.
With lots of love and best wishes*

*Koppikars, Haladys, Amembals, Ullals,
relatives and friends*



******* GOLDEN WEDDING ANNIVERSARY *******

50 Years of Togetherness



**Sucheta (née Vidya Upponi) & Jagdish Mudbhatkal - were
bound together in Holy Matrimony on April 27, 1969.**

*As they complete fifty eventful years of wedded bliss on 27th April 2019,
we seek the blessings of our Kuladevta Shri Mangesh Mahalaxmi, Lord
Bhavanishankar, Our Guru Parampara and Param Puja Sadyojat
Shankarashram Swamiji for their continued good health, happiness and
prosperity.*



*****With Lots of Love and Best Wishes***
Gourita, Vikram, Soumya & Atharva Sashittal**

**Best Compliments from: Upponis, Mudbhatkals, Sashittals,
Someshwars, Marballis, Kinis, Karnads, Sthalekars,
Amladis, Tonses**

Relatives & Friends

IN LOVING MEMORY



Purnima Gurudas Koppikar
(nee Shalini RamMohan Kalavar)
26-09-1944 to 17-03-2019

With profound grief and sorrow, we regret the sad demise of our beloved "Aai"

Fondly remembered by

Husband: Gurudas S. Koppikar, Daughter: Aparna Shinari

*Son: Sanjay Koppikar, Daughter-in-law: Archana Koppikar
(nee Hemmady)*

Son: Sriram Koppikar

*Grandchildren: Sonali Shinari, Hrishikesh Shinari,
Sanjana Koppikar and Lochana Koppikar*

Relatives and friends

*Koppikars, Padukones, Kalavars, Samants, Kordes, Katres,
Chandavarkars and Shiralis.*

In Loving Memory Of
RAMESH DATTATREYA KUMTA (HONNEMADI)

[2nd June, 1934 – 5th March, 2019]



With grief, we regret to inform the demise of our beloved Papa, who passed away in Pune after a brief illness.

Deeply mourned by:

*Sudhir Kumta (son), Jobana (daughter in law),
Saumya (granddaughter);*

*Kavita Balse (daughter), Narayan (son in law),
Tanmay and Akshay (grandsons);*

*Ameeta Karnad (daughter), Nagananda (son in
law), Advait (grandson);*

*He will be greatly missed and fondly remembered by
relatives and close friends.*

Bagde Devdutt Rao



*Our beloved Annu passed away on 1st March, leaving behind a rich legacy of love, compassion,
and indomitable spirit.*

Dearly missed and fondly remembered by :

*Vandana/Ashwin, Sharana, Hrishi/Yamini
Gauri/ Prabodh, Sanjeev/ Dhruv/ Darsh/ Vedant
Arundhati (Jeevan)*

*Bagdes, Haldipurs, Benegals, Chandavarkars, Pandits, Sherbets, Murdeshwars
and extended families*



II MATRU DEVO BHAVA II

SHARADA MARUTI UBHAYAKAR

(1st October 1938- 4th April 2019)

*Your presence we miss, your memories
we treasure.*

*Loving you always,
Remembering you forever.*

May she rest in eternal peace.

Ubhayakars, Burdes, Basrurs,
Upponis , Murdeshwars,
Tendulkars and Kamats



**Smt. Sumathi Mangesh
Hosangadi
(12-12-1921 to 01-04-2019)**

*Dear Aai, Your passing away has left a big void in our lives
and only your fondest memories will fill this sorrow. We will
always cherish your motherly love when we needed it the
most and remember you forever.*

Deeply mourned by

*Satish Upponi (son-in-law), Sameer & Anuja Upponi (grand
son and daughter-in-law),
Sonali & Milind Pandit (grand daughter and son-in-law),
Anupama, Avantika, Neev & Nia (great grand children)
Upponis, Hosangadis, Pandits, Vaidyas, Haldipurs,
Chandavarkar, Mavinkurves and Burdes.*

The Time of your Life

Indu Ashok Gersappe, Bangalore

At the turn of the century, I phoned my niece for a favour, and she said, "Oh, sure! But I'm so busy now. No Time! Some time, later"! And when I did not answer, she said, "Aunty, where are you? It is the New Millenium! Nobody has Time, nowadays!"

Oh really, when did this happen? I was not even aware of the changing situation!

Time has no beginning that we can imagine and no end we can conceive. The Vedas proclaim that Time and Space are essential dimensions of Creation. There is no such thing as Time, there is only Eternity! Then, how did the idea of Time become so important to us? For us living beings, everything is now, everything is here. Time is endless.....as if we are standing in a river of moving waters. This continuous flow reminds us that a moment gone is a moment lost, and yet we are assured of new moments. In the words of Kalidasa, where he stresses the importance of the present Time, "Yesterday is but a dream and tomorrow is only a vision, yet today well-lived, makes every yesterday a dream of happiness and tomorrow a vision of hope." If we act well in our present NOW, we will then have had a glorious Past and a promising Future!

How did Time come to be? At first, it was the Day and Night which influenced human movements. They worked when it was light and rested when darkness fell. Later, the movements of the Sun controlled their movements. Then came Inventions of measuring Time - Clocks and Calendars, which divided Time into Units of seconds, minutes, hours, months and years. Although done to help our activities, they now control our very lives, leaving us breathless!

Well, this according to me, is the Quantity of Time! What about the Quality? How do we make the best use of our Time? Time has a wonderful way of showing us what really matters!

The Secret to Success, they say, is Time Management. From Corporate Offices to Housewives, everybody is busy making Time Schedules. As children, we too had Time-tables in School, but now, parents make elaborate Time Schedules to fit in their children's activities in the given time, so that no Time is wasted. Yes, idle minds are Devil's workshops. Yet, when do these kids have Time to themselves? Remember those lazy, summer afternoons, when we spent Time gazing at the clouds in the sky, daydreaming or playing on the Beach? Wasting Time? No, it is such moments that help us to find our individual selves, to dream, to imagine, to think.

Lin Yutang proclaims that the Art of doing Nothing for some period, nourishes your soul! In his words, "If you have spent an afternoon, doing perfectly nothing, then you have learnt the Art of Living". Yes, that's when your Mind starts to think! These are Imaginative, Creative, Problem-solving moments. Idle versus Busy? No, a good blend of both is advisable.

Strangely enough, working without worrying, makes you work better! Sosegado, as they say in Goa! Do your work in a relaxed manner. Relax! What's the Hurry?"

Of course, we realise that we cannot afford to dawdle around and that we should make the most of the Time given to us. Yet, this Digital Age is the Age of Anxiety! Look around you! People will be rushing around, muttering, fingers furiously fiddling with their phones.....In the Maximum City of Mumbai, everyone is hurrying, every moment is important; even the Suburban Trains tell you that! Ask anyone to do something for you, and he will say there's no time. NO TIME is the modern Mantra! So, we try to cram more into our lives. People have taken to Multi-tasking, like driving while holding a Video Conference, Cooking and working. By the way, ask Mothers! They have been multi-tasking for ages! Yet, research has shown that one Job done at a time, gives much better results. When Multi-tasking, actually the mind is flipping back and forth and thus it takes longer to complete a job well. Besides, the overload brings on mental and physical stress, too.

Actually, "No Time!" is a convenient way for getting out of jobs we don't particularly want to do. Remember, when Grandma wants you to do that one important thing, you are so busy doing umpteen unimportant things, you said you have "No Time!" Oh, how we love our busyness! Why, our neighbour's little three year old, when I called out to her, "Will you come to our house"? she answers, "Time nahi! Bahut kaam hai!" How we love to say, "I'm busy!"

No Time to relax, No Time to smell the flowers, No Time to think.....! Consider our ancestors, who led a simple yet relaxed life. They too, had hard manual work and the women in the kitchens had to undergo never-ending, back-breaking work, from grinding masala to drawing water from the well. Today, gadgets have been invented to make your work easy as well as fast and now, housewives have machines that work at the press of a button. And yet we keep saying we have No Time! Technology has even invented Robots to do our thinking! Artificial Intelligence! Are we doing the right thing by replacing ourselves? The very fundamental skill of Thinking is being challenged. Nobody bothers to learn mathematical tables like we did! They even write shortforms like GR8 for great and Urs for yours! Once I found myself arguing with a little boy about the spelling of Before as "B4!" LOL!

So much time saved and yet we say, "No Time!" 24 hours are not enough! What are we doing with the Time saved? Why, we now have Time-wasters like mindless T.V. watching and constant cell-phone fiddling! There are Time-pass films, Time-pass Jokes, Time-pass Snacks! Once, I heard a boy selling "Time-pass, Time-pass!" Then I realised he was selling salted groundnuts! Now, the Social Media has invaded our lives, stealing away our Time, creating a bubble around us, away from our real Social circle. So, in this Age of Communication,

we are losing touch with our own people! I wish the kids would come out of their virtual world and recognize the living, throbbing world around them. Life moves on and if you don't stop and look at the wonders of the world, you will miss Life altogether.

Thankfully, nowadays, we have become more aware and we are recognizing the true value of Time. Finding ourselves in a state of frenetic activity, we realize that it is more or less like a merry-go-round, taking us nowhere in particular. Instead of reducing Time to Mathematical units or Quantity, we should experience the Quality of Time, as in listening to Music or Meditation or spending Quality Time with our loved ones. Remember Einstein's Theory? Yes, we all want Time to last, yet Good Times pass so quickly! If you want to show your kids, the rainbow in the sky or the Butterfly at the window, will it wait for you, until you finish that para on your computer? We need to understand the nature of this priceless commodity called Time! The Message is clear! Time does not walk with you; you have to walk with Time!

The world has never been so exciting, so intriguing, so inspiring! NOW is the Time! We have been given a precious quota of Time to live. Not a moment more, not a moment

less! So, let's make the most of it! The Key Word is Prioritize! First, do all those things that you have to do; fulfil your duties. Then, do all those things that you have been putting off, saying, "NO TIME!". Go see your parents, phone a friend, visit a sick relative or an old teacher, play with your kids, Find Time to smell the flowers, to smile at a stranger! At the same time, don't neglect yourself! Relax, pause for a while! Sit with a cup of coffee, chat with your friends, take that long-deserved holiday! Take Time to listen to your inner voice.

Time passes you say? No, it is we who pass! Time stays. So, make good use of this priceless commodity gifted to you! You have to "Make Time" for things you really want to do! I am old enough to realise how little I have done in so much Time andhow much I have to do in so little!

In this New Year, let us make a commitment to reach out to the needy, the unfortunate, to share your resources, to bring a smile on a girl child's face, to wipe a tear, and in short, to make the world a better place than what it is ! In the words of Kahlil Gibran, "It is only when you give of yourself that you truly give". No amount of money or gifts will compensate for the valuable Time you spend with your loved ones. So, understanding its importance, let's have the Time of our Life!



Lily Caterers

Bringing to the table a unique blend of Tradition & Innovation!

Contact
Meera Shirish Wagle
9820256313/9819856313

Shibani Wagle
9619949982

Anand Rao
9833627501

D-5, Karnatak Bldgs., Mogul Lane, Mahim, Mumbai - 16

On the Panel:
Anandashram Hall, Talmakiwadi, Tardeo
Raja Shivaji Vidyalaya, Hindu Colony, Dadar

Visit us at
www.lily-caterers.com

THE EYES OF THE BEHOLDER

Maj Gen B N Rao, AVSM, VSM & Bar (Retd)

This is the story of Gunner Shardool Singh from Punjab and Havildar Abdul Hameed from Tamilnadu. Shardool Singh was from the Regiment of Artillery and Abdul Hameed from the Army Service Corps. They met each other in tragic circumstances.

The year was 1979. They were travelling in a vehicle which was part of a military convoy from Srinagar to Jammu. Both were proceeding on their annual leave. After crossing Ramban, their vehicle skidded in the snow and plunged into a deep gorge, 300 feet down. Most of the occupants of the vehicle were killed on the spot. But both Shardool Singh and Abdul Hameed survived, though very seriously injured. The army evacuated them immediately by helicopter to the Command Hospital, at Chandigarh.

Shardool had both eyes damaged but had otherwise escaped with bruises and contusions only. Hameed, however, was unconscious and in a precarious state. At the hospital he was placed on the DI List (Dangerously ill) and admitted in the ICU. By midnight he came to his senses and asked the Sister attending him, as to the fate of "the tall handsome Sardar Gunner?" She told him that he was out of danger but was likely to lose his eyesight since both his eyes were hurt in the accident. Out of curiosity she asked him as to how he knew him?

Hameed said "While travelling, that boy was quite anxious to get home fast because he told me that he was married just six months back. He wanted to present his wife the Pashmina shawl he had bought for her in Srinagar." After some thought he requested the Sister to kindly let him know of his condition in the morning.

After two nights, Sister Anusuya Theresa was on duty again in the ICU. Hameed's condition had further deteriorated. He was on life support system. With great difficulty, he gestured to her to remove his mask so that he could speak. The Sister placed her ear close to his mouth. Hameed told her that he wanted to donate his eyes to the "Handsome Sardar" if that could help him get his vision back. The Sister immediately rushed to the office cupboard and came back with the necessary form to enable him to do so. Hameed signed it. Then he made one more request. He wanted to meet Shardool immediately.

The Sister knowing from her experience that this might be the last wish of the patient, brought Shardool in a wheel chair. Shardool was overwhelmed and tears were falling from his bandaged eyes. Hameed was quite composed, like most human beings who reach their final moments.

"Shardool, I had an ambition to make a pilgrimage to Haj in my lifetime. Now it is impossible. Though you may (Allah willing) have my eyes, being a non Muslim you cannot make it either. But try and visit Nagoor Dargha once, anytime

convenient to you." Those were his last words.

The surgeons were able to restore eyesight fully in one of Shardool's eyes and were able to restore partial vision in the other.

Years rolled by. Indira Gandhi was assassinated in 1984. The anti Sikh sentiment led to much meaningless violence across the nation, reverberating even in the South as far as Coimbatore.

In December 1988, Shardool decided to fulfil the ambition of his benefactor. He found out about the Nagoor Dargha, which is visited by people of all faiths. He reached Chennai by train. Col Raman who was his Battery Commander in 1979, was in Chennai with the IPKF. Learning from Shardool, who was a Havildar by then, the purpose of his visit, immediately made arrangements for his onward journey.

Shardool returned from his trip looking emancipated. Shardool met and thanked Col Raman for his help. Shardool opened up after Col Raman enquired about the trip. "Sahib, after the accident, I felt that I also should have died instead of living as a blind man. Suddenly the Sister in the MH told me about the offer made by Havildar Hameed whom I befriended only during our short journey together. I could only hear his voice, since my eyes were bandaged. I felt that it was not Hameed but one of our own Gurus speaking. His last wish was so simple and practical, considering the great sacrifice he was making. I till today revere him as I do my Guru. To me, it was not a request. It was a command from my own Guru. But it has taken me nearly 10 years to fulfil his request. I am really ashamed. The visit to Nagoor Dargha taught me many great lessons.

In every religion, there are outstanding men, who live a normal, ordinary life, but full of pure thoughts. The man who is devoted to his own religion will never dare to insult other religions. In Nagoor I saw people from all faiths paying their homage, but none sacrificed his own faith. I went around the Dargha four or five times as if showing to Hameed through his own eyes, the place he revered so much."

Col Raman was impressed by this narration. Simple but great truth coming from the Sikh soldier. "Okay, Shardool. What have you resolved after your visit to the Dargha? Everyone who visits the Dargha, I am told, makes a vow".

"Sahib, I have taken two vows. First to follow in the footsteps of Hameed in helping others."

"That is commendable. And what is the second vow?"

"Sahib I will never trim my beard in future. I shall follow all the tenets of my Sikh religion scrupulously and try to become a better human."

Do Read - Books can Open up your Mind!

By Gopinath Mavinkurve

It is said that the word "habit" amazes us for being true to its very nature. If we remove 'h', a bit still remains; if we further remove 'a', bit still remains and if we remove 'b', it still remains! I wonder whether that applies to good habits too! If there is anything that is doing the vanishing trick over the past several years, it's the good habit of "reading".

Fewer among us are reading now, than ever in the past. Blame it on the extensive use of TV, movies, videos and more recently the advent of digital social media. The print medium has been struggling to stay relevant for some years now – and the struggle is getting intense by the day. We must admit that the visual impact of stories told through modern media tools are more effective and easier to grasp for the millennial generation. It appeals to all of us who suffer from the attention span deficit disorder.

What appeals to the younger generation is the speed with which the narrative can be absorbed in the fast-paced world necessitated by the current lifestyles. In the process, what we are missing out are the deep-delving thoughts, feelings, ideas, emotions and several such sensory aspects that an author can present in the written form. Explorative narration, detailing or deep-diving into related concepts are ruled out in a movie production, due to the paucity of time and high cost of production.

Have you read books of fiction, which have been later presented on the big screen? If you have both read the book and seen the film, you would be in a position to observe how several aspects of the character that an author can describe in great detail in his book, cannot be brought out succinctly in a movie production. There are thoughts, mannerisms, behavioral tendencies, emotional stress and various aspects of the characters in the narrative that a movie-maker grapples to adapt for the silver-screen production. Can the team maintain the essence of the work of fiction being filmed?

Thinking back, I had read a book, "One Flew over the Cuckoo's Nest" by Ken Kesey, which was later presented as a movie directed by Milos Forman. While the author excelled at his art and produced a book that featured in the "Times 100 Best novels from 1923 to 2005 list", the movie won 5 academy awards. The book offers in-depth insights into the methods adopted in psychiatric treatment and the controversies surrounding such practices prevailing in the 1950s, while the movie hurriedly skipped these aspects. The movie did tell the tale, while the book opened up the reader's mind!

I experienced this again, when many of the books that I read, later, got featured as movies based on them. Most recently I read "Life of Pi" by Yann Martel and then watched the movie. In fact, whenever I watched a movie that I liked very much, I felt I should read the book sometime soon! There was more learning awaiting me in those books. I am sure many of you would have experienced what I did too. As Yann Martel said in a recent interview to a leading newspaper, "Movies kidnap you, books free your mind". Well

said, indeed!

A recent phenomenon that I am observing is that inspirational real life stories are being written about and blogged for the benefit of the public. Many of these are proving to be a great inspiration to emulate heroic efforts of successful people in our society. Although writers may have to reveal personal hardships, obstacles and struggles that they have had to endure, such sharing helps the reader to overcome hurdles easily to succeed in their own lives. This trend has caught on in the visual media too – many 'biopics' are being produced about our athletes, social workers, activists for us to admire and applaud for their great achievements in life.

While these biopics do utilize all the best features that digital technology has to offer, there is a lot you would miss out if you do not read detailed accounts of the struggles that heroes go through and how they cope with them. My message to readers, especially youngsters, is to read more – fiction, non-fiction, genres of your choice. "Do read - Books can open up your mind!"

Some books that I recommend youngsters to read during their vacations:

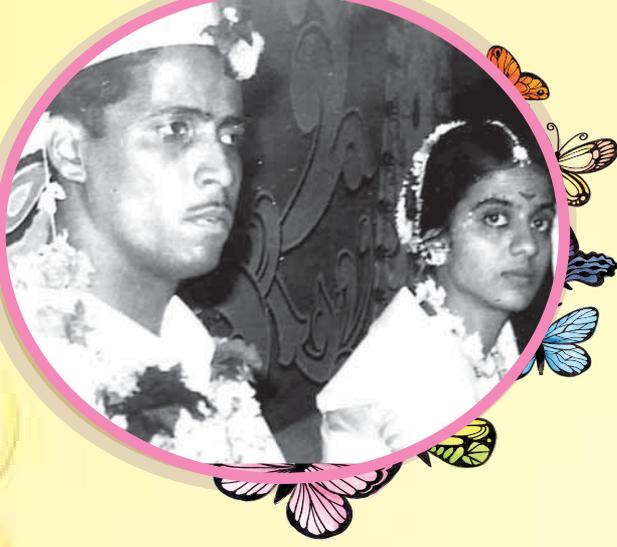
1. Epics like Ramayana, Mahabharata by various Indian authors especially "Jaya – An illustrated retelling of the Mahabharata" by Devdutt Pattanaik
2. Books written by Sudha Murthy, Rashmi Bansal, Raksha Bharadia
3. Any of the "Chicken Soup for the Soul" series – Especially the Indian ones (compiled by Raksha Bharadia)
4. "Gandhi Before India", "India after Gandhi" written by Ramchandra Guha
5. Any biographies, autobiographies of your favorite personalities that shaped this world
6. "The Alchemist" by Paulo Coelho and any other book by Paulo Coelho
7. Amish Tripathi's Trilogy – "The Immortals of Meluha", "The Secret of the Nagas", "The Oath of the Vayuputras", and other books by this author
8. "To Kill a Mocking Bird" By Harper Lee
9. "Three men in a Boat" by Jerome K Jerome
10. "Midnight's Children" By Salman Rushdie
11. "The Kite Runner" by Khaled Hosseini
12. Books written by Dan Brown, Jeffrey Archer (or any of your favorite author)

These are only *some of the books* that I would like to recommend but there are several more that I would urge youngsters to read in their spare time. There could be some other authors that may have already impressed you or your friends.

In case you have not got into the habit of reading, I strongly recommend you develop it. Get hooked to the right enriching habit of reading. This habit could be beneficial to you all your life ... even in your old age. Do read!

Happy Golden Wedding Anniversary

Jayant T Honaver and Jyoti J Honaver (nee Mallapur)



11/02/1969 - 11/02/2019

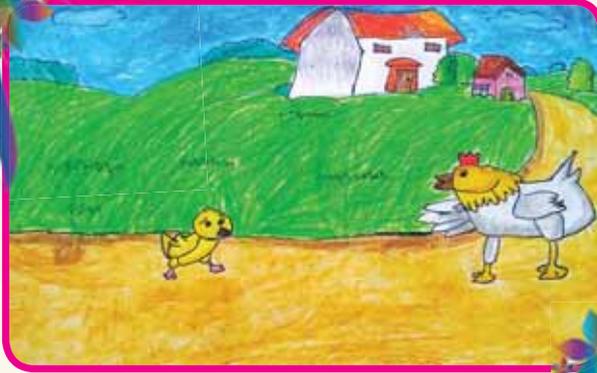
50 years of togetherness and many more to come.

May the blessings of Shri Shantadurga, Shri Mangesh, Lord Bhavanishankar and our Guruparampara shower your lives with robust health, peace and happiness forever.

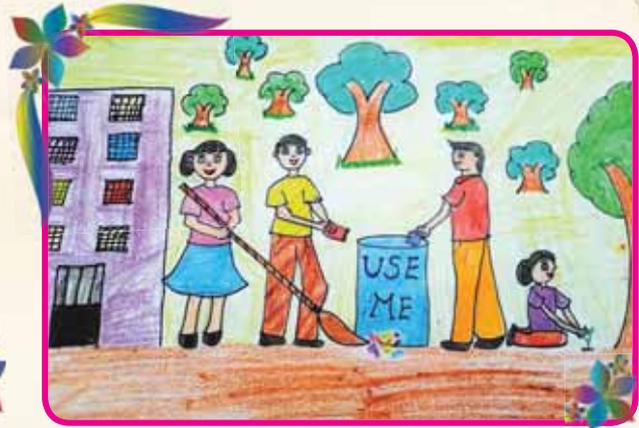
Best Wishes

Nitin, Maitreyi, Tarini Sachin, Poornima, Samarth Shloka

Kiddies' Corner



Mama Hen and baby chick
Netra Ramnatahan 7 yrs



Clean India
Poorna Obiray Ulman 12 yrs



*In Service of
Online Matchmaking...*



www.meetmatch.com

Register Now

Vrinda Rao's Online Marriage Bureau since 1999

Track Record with Testimonials of Successful Marriages.

Open to **CSBs, GSBs, Konkans, Marathis** and All Other Castes of Indians Worldwide.

Personalized Service at your request.

Search & Contact Your Matches on Your Phone.

Contact:

**Suresh Rao
Vrinda Rao**



+1 619 252 3519

 **+1 619 325 9592**

vrindarao16@gmail.com



HONAVAR ELECTRODES PRIVATE LIMITED

Regd. & Head Office : 305-309, 3rd Floor, Damji Shamji Industrial Complex,
9, L.B.S.Marg, Kurla (West), Mumbai – 400 070. INDIA

Tel. No. : 2502 0317 / 2502 1238 / 6500 8821

Fax : 91 - 22 - 2510 0048

E-Mail : hel@vsnl.com * Website : www.honavarelectrodes.net



**Knowledge is our Strength
it Keeps Increasing Steadily
By Sharing with Welding Industry**

ULTIMATE – 18M ET

SFA 5.5 AWS E 7018-G
IS:814-1991 EB 5629H3JX
DIN EN499 : E 42 5 B 42 H 5

An Outstanding electrode, approved by Indomag Steel Technology, for special application for steel plant. ULTIMATE-18MET displays remarkable weld metal properties:

Resistance to repeated thermal cycles.

Resistance to ageing.

CVN impact values upto 150 joules at minus 50°C.

Used successfully for LD CONVERTER VESSELS.

ULTIMATE – 18NC

SFA 5.1 AWS E 7018
IS:814-1991 EB 5426H3JX

FOR SOUR SERVICE

Meeting the test requirements of:

NACE standard TM-0284 for H.I.C. Test.

NACE standard TM-01-77 for S.S.C.C. Test.

Used successfully in welded fabrication out of HIC resistant steel plates.

CRYOMATE – 3

AWS A 5.11 ENiCrFe3
DIN 1736 EL-NiCr15FeMn

Nickel base alloy electrode gives outstanding performance in welding Inconel-600, Nimonic 75, Monel 400. Has high degree of resistance to hot cracking. Service temperature range 900°C to -250°C

CRYOMATE - 5

AWS A 5.11 ENiCrMo3
DIN 1736:ELNiCr20Mo9Nb

A basic coated non-synthetic electrode for welding of NiCrMo alloys and super austenitic stainless steels. Excellent electrode for 9% NiSteel (Q&T) for LNG services.

SILVERSHINE - 4462

AWS A 5.4 E 2209-16

Special electrode for welding "Duplex Stainless Steels" and "Duplex Steels to Mild Steel". Controlled Ferrite level with high resistance to pitting and stress corrosion. Also high yield strength of more than 500 N/MM²

SILVERSHINE – ZFU(PH)

AWS A 5.4 E 385-16
DIN 8556 E 20.25.5L CuR26

Fully austenitic, extra low carbon, resistant to corrosion in sulphuric, phosphoric and several organic acids. Suitable for welding tanks and process vessels, cast pumps and valves, in fertilizers plant.

CO₂ Wire
(ER - 70S-6)

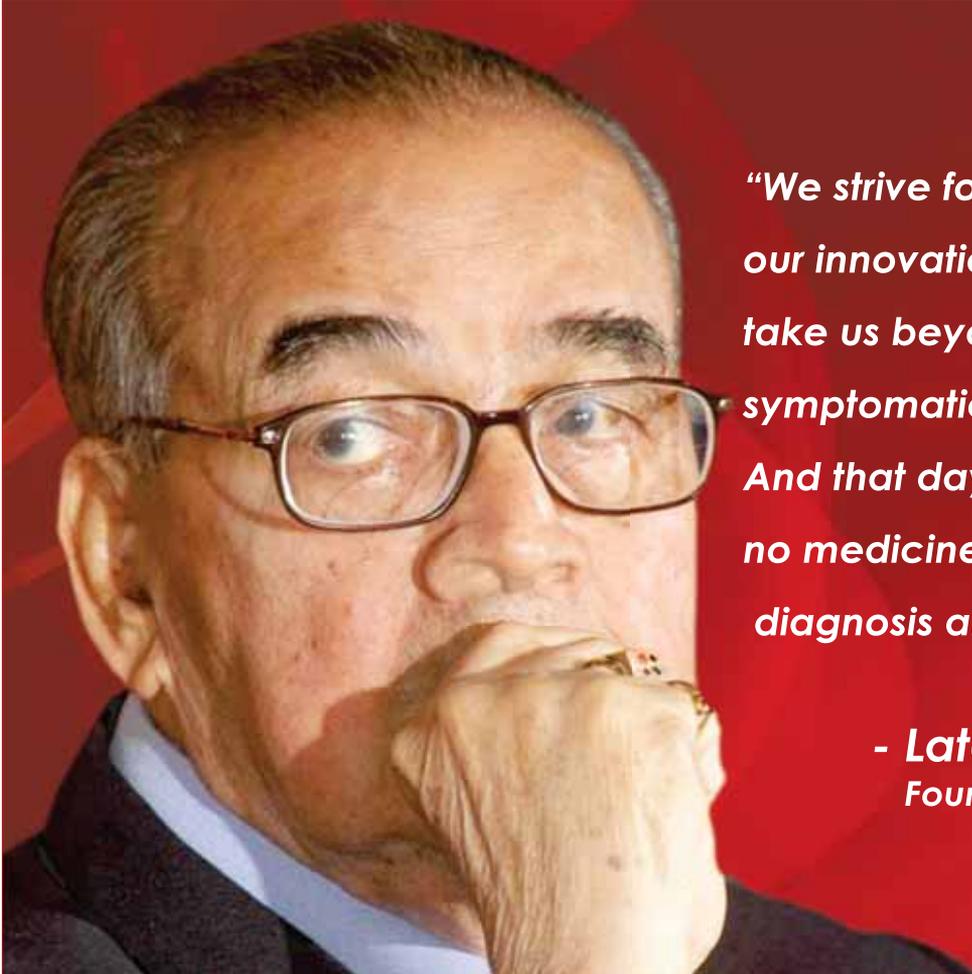
**OUR MARKETING
ACTIVITIES**

**TIG Filler / Flux
Cored Wires**



SINCE 1977

A **Speciality** Pharmaceutical Wellness Company like No other



*"We strive for a day when
our innovations will
take us beyond traditional
symptomatic therapeutics.
And that day, there will be
no medicines; only prophylaxis,
diagnosis and cure"*

**- Late G.V. Masurkar
Founder**

- ▶▶ Experts in Ophthalmic, ENT & Paediatric Pharmaceutical Wellness
- ▶▶ Over 130 Commercially Available Finished Products
- ▶▶ International Formulation R & D Centres

Patient-Centred Innovations since 1977

Scan QR Code:



ENTOD PHARMACEUTICALS LTD.

Head Office: Ashirwad Building, S.V.Road, Opp. Badi Masjid,
Bandra (W), Mumbai-400050.

Tel.: (+91) 22 - 26423608/ 22-226442052 Fax.: (+91) 22-26441056

E-mail: feedback@entodpharma.com • www.entodinternational.com

Part of
Entod
INTERNATIONAL

Maatru Chhayaa- a legacy from the ancient times

By NALINI S NADKARNI, KANDIVLI, MUMBAI

Before a child is born, its mother shelters it in her body for nine whole months- bearing the discomfort of pregnancy, and thereafter, the pangs of labour. After its birth, until it can fend for itself, she takes care of all its needs. No wonder then, that there is a great bond between a mother and her child.

Let us now look at some mother-child relationships over the years.

In the Ramayana, Lord Rama rescued Sita from the wicked king Ravana, of Lanka. However, though he was certain of Sita's innocence, Ram had to abide by the decision of his subjects, and not only to disown Sita as a queen, but also to banish her to the forest. (He was not aware that she was then pregnant). Sita then took shelter in Sage Valmiki's ashram; there, she gave birth to her twin sons Luv and Kusha. With the Sage's help, she brought them up.

Even Ravana, who was feared and hated by many, was loved by his mother!

Due to curse given by Durvas Muni to Shakuntala, her husband king Dushyant forgot the existence of Shakuntala, and disowned her. She then had to live alone in a forest. There, she gave birth to her son Bharat, and single handedly, brought him up!

In the Mahabharata, Bheem, (one of the Pandava brothers) was a tall, hefty person, with the result that he was a big eater; but however much he ate, his hunger would not be satisfied, until his mother Kunti fed him a morsel of food with her own hands!

At the time of a boy's upanayana(Moonji) there is a ritual called "Matru Bhojan", when the "munjyaa" is made to sit on his mother's lap, and she feeds him with her own hands. It is said that the ritual indicates that he will now be completing his childhood years, and attaining "bramhacharya", thus, his mother will feed him this. (thongan kartati) for the last time; that in future, as a bramhachari, he will have to fend for himself.

In the 17th Century, Chhatrapati Shivaji was successful in establishing the Maratha Kingdom. However, much of the credit of his success goes to his mother, Jijabai. Since Shivaji's young age, instead of pampering him, she not only moulded his character, but also taught him to be a good warrior, and to rule over his subjects wisely.

Shivaji used to live in fortress (called Gadh) built on top of hills; both, for safety, from enemies and also so that, from its height, the arrival of the enemy could be detected. In one such fortress a young maid servant called Heera used to work during the day, and go home in the evening. One evening, when Heera was ready to go home, she found, to her dismay, that the main gates of the fortress were already closed for the

night, and would be opened only the next morning. Heera was worried, as she had to reach home to feed her baby. She tried the other ways to go out, but there were none. At last, when she reached the place where the cannons were kept, (which in the local language was called "buruj"). She found a narrow opening in one of the outer walls. With difficulty, she squeezed herself through it, and found herself on a ledge outside the main wall.; but the height to jump from there to the ground below, was too much. However, urgency to get to her baby gave her courage; she jumped down and ran home!

When Shivaji heard of Heera's feat, he saw the necessity of closing the opening in the wall, lest the enemy could use it; so he sent for Heera, and asked her to repeat her previous performance of jumping; but try as she might, she had no courage to do it. She said to Shivaji, "Sir, please forgive me, but the other day, the necessity of feeding my hungry baby, gave me courage to jump; but today when the need to jump is not great, the height makes me dizzy." Shivaji understood her point, he gave orders to close the opening in the wall immediately; also, that henceforth, before closing the main gates for the night, a gong, should be sounded, so that, those who needed to go out could do so. Heera was rewarded for her timely warning. From then on, the place from where Heera had jumped, was called, "Heerkani Buruj"

History tells us that during the mutiny of 1857 against the British, Rani Laxmibai of Jhansi- while going to fight, against the enemies- had tied her baby son on to her back, so that, until her last breath, she could protect him.

It is said that this incident took place when Haridas Sitabaipachhi (Late P.P. Anandashram Swamiji's mother) was on her death bed, she had one last desire that her son Shantmoorti (the name of Swamiji before he took sanyas) should pour 'teerth' in her mouth, before she died; but according to the 'shastras' a sanyasi should be aloof from all "paash" – that he could not set eyes on his parents' face. The problem was solved when two bhajis held 'bhairaa's' across pachhi's face (so that Swamiji would not be able to see her face). Then Swamiji poured the 'teerth' in Pachhi's mouth. Soon after, Pachhi breathed her last. This shows that however the great personality he / she becomes, to a mother he / she is still the infant she had held, at her breast!

All the above mentioned instances indicate to what extent a mother will strive, for her children. In the Marathi movie " maaolakrINA" a song is sung by, and picturised on a mother, which proves this point

देव जरी मज कधी भेटला । माग हवे ते माग म्हणाला ।
म्हणेन प्रभु रे माझे सारे । जीवन देई मम बाळाला ।

Watermere

MY 'SPIRIT AIRLINE'

VIDYA KAGAL

Today is my Second Anniversary at Watermere. 9th Feb 2016 was a day that changed my life. From 52 years of 'our' life it was going to be 'my' life.... Even though I knew what was coming my way, that reality had not sunk in. How was my partner of 52 years sleeping so blissfully on his bed while I was awake, holding his lifeless hand.... I wasn't even aware that Dinesh was not going to be present with me that evening.....

The next few days went in a daze, no emotions, no feelings!

After a few days, the reality hit me. My friend from Philly stayed back with me to help me out. One thing was sure that, I did not want to stay in our new house, which we had moved into recently and where I had seen my loved one fight his last battle and lose it. So the next step was to look for a place, may be an apartment for a short while, till I got adjusted to my new life. In a new numb state of mind, I, along with my kids and my friend, started a cleanup of the house one more time. I got rid of so many things, that I would not need anymore. In a way that was a very good thing. I was left with bare essentials!

This was the big start of "LETTING GO" of the past and embracing the future. This is how our search for an apartment started. We could not find an apartment that I liked. Security was our top priority. We could not find one, that all of us liked, mainly me. In the midst of all this we stumbled upon 'Watermere' - Independent Senior Living.

This was like a blessing in disguise for me. The main reason was that my daughter Alpana's house was about couple of miles away and Nick's home was about 20 minutes away. This was good enough for me. Without much thought I decided to sign up the lease. At the signing, Brayan asked me to choose the apartment and showed me the blueprint of the building. ..Ohh..no! I literary froze! I had no clue. I had not studied the plan that was in front of me. I was seeing the blueprint for the first time. My daughter told me to go ahead and select the apartment. The only thing I was sure about, was that I wanted to be on the second floor, so that I would be able to climb the stairs. I just made sure that my apartment was close to the stairs. That was it. I blindly put my finger on the apartment that I chose. That is how I landed here. That was June 10th of 2016 exactly four months after losing Dinesh. The building was supposed to be ready by August but it got delayed and was ready only in the month of October. I got the keys to my apartment on November 7th and I moved in on Nov. 9th. "Wow!", I thought to myself, "This is it!"

My day started with going for a breakfast downstairs in the dining hall. I went down. I did not know a single soul there. Well, to my surprise Tracy and Debby (the staff) were in the lobby with a great smile to greet me! That was so

encouraging! This was the first time I was going alone to any eatery. Hmm....I looked around there was hardly anyone there. I guess, I was early for my breakfast. At one corner, one lady was sitting with a newspaper. I could see only her gray hair peeping above the news paper. She looked up and glanced in my direction and quickly went back to reading her paper. I poured myself a cup of coffee. I looked around. Since no one was there, I decided to go and introduce myself to this lady. I approached her and asked her if I could join her?

She looked up and said, "You can sit there but I am busy reading the paper!" I was taken aback! What was I supposed to say? I said, "Go ahead; I don't mind!" I felt a little awkward. I didn't want to get up and leave, didn't want to insult her! I started sipping my coffee feeling very uneasy. Well, a couple of minutes later, she appeared from behind her paper and said, "My name is Joann Smith!" Oh... wow...then I introduced myself to her and she put her newspaper away and we had good conversation. This was my introduction to my single life! I knew from then on that I would have to become strong and tough to survive and go on with the remaining journey!

One of my friends, Pam, later told me, 'Vidya, you need to be thick-skinned to be happy. Don't take life so seriously. Now is the time to stop and smell the roses! Slowly but surely I got used to my routine. 1 -going down for breakfast (even though I am not a breakfast person) just keeping in touch with other folks. 2 - attending the exercise class 3 - make my lunch. After that, here at Watermere, there is always some activity going on! Sometimes I wonder if our activity director 'Liz Patit' believes in relaxing at home!. Liz is so amazing that she finds so many activities.... it's just like kindergarten! Liz must be thinking if she lets us loose, she will have a hard time gathering us back from wandering around in our building!! Well, to tell you the truth, the architecture and layout of this building is so complicated, that I haven't been all around the building so far! May be the architect knew that, it was senior living and wanted to help us keep our memory sharp! Thanks a bunch!

For a while one gentleman used to try and open my front door! He always used to get confused and turn around. Every time I would open the door and tell him. Poor guy! He felt very bad. I don't see him anymore, maybe he left the place... Actually, my apartment faces the elevator and it is next to the activity center, so it is one of the busiest places in the entire building. I consider myself very lucky, because, even though, I have never lived amongst an all American community before, now I feel very comfortable and very much at home with my life here, that is in 'Watermere'. I had left my country 54 years back. My roots may be in India but I was nurtured outside my country. I had to keep learning and adopting good things that enriched our life. OR YOU CAN

SAY : Although I was born in India ,I have lived in the United States for the past 44 years. We assimilated the American culture and enriched our lives by learning and adapting to many new things. So at Watermere, I named myself 'LONE RANGER! Looking at life without boundaries and travelling around as health permits. This 'Lone Ranger' is turning in to a 'Travel Ranger' now!

Watermere was filling up fast, yet I remain the only Indian lady over here! I have learnt to take life as it comes. Keep smiling. Unless I am happy within, others will not join me or I cannot make others happy. So it has been good experiences so far. After all, as long as my heart is filled with happiness and peace that's what I will see around me.

My friend Betty , calls this place the "Watermere cruise ship". There is always something going on. I just get out my door and someone wishes me, there is smalltalk, somewhere in the front lobby I hear laughter.... some conversations going on.....without being part of 'Life' I feel the life!... does that make sense?...

But I call this place my 'Watermere spirit airlines'. It is my own airline. When I am alone, I fly high in the sky. Look at the earth below and wonder..... "Oh wow ...Did I really belong to that world, which now looks and feels so strange to me? Did I work in auxiliary hospice, Temple committee, Marathi mandal? Did I act in numerous plays, host world renowned singers and artists at our home in Denton?"..... .I have all these wonderful memories.....a fulfilling life..... yet do I want to go back to that life?....Not really.... I am satisfied with this life! I love traveling with my spirit now. He shows me amazing new routes to take. The less travelled path, where there is nothing but serene nature, blue clear sky, and I don't feel bound or inhibited by any of the old clutter. I can feel the gentle breeze caressing my mind as I listen to the soothing music of the wind chimes!

As I am sitting in my balcony, looking at the canal and the trees which are growing so fast, now they are lurking over my balcony, to thank me, for our precious friendship of past two years! They are rocking to the sound of wind chime saying..."Vidya Dear, no fear when Watermere is here....."

BANKAMASHA

Chokseys, Mallyas and Niravs galore
Being rolled out the red carpets
Whilst the commoner
Struggles with CKYCs, Aadhars and PANs

Photos and photocopies and forms to fill
That have squares so minute 
You see the teenagers squint
Trembling as they try to fit in the minute squares↓
Their alphabets that have enlarged like their hearts♥

The bankers wield their might 
Sticklers for meaningless rules.

Vanita Kumta

MY FOSTER MOTHER

When oft I walk down memory lane,
I feel the weight of locked up pain,
For no mortal could have done the same
That she did when the four of us came!

She took to us like fish to water,
Showered us with love
Treated me like her daughter,
I remember the moments we spent together,
They always were filled with laughter and banter.

The book of her life was filled with deeds,
She took care of all our needs,
She taught us the lessons we needed to know,
Virtues and values were nurtured to grow.

Many a sacrifice were made unseen,
To bring us up the right way she always was keen.
More than a mother she always had been,
To me and my siblings
Now a dream!

Mhave or Mobs my elder brother called her,
To me she was all of a mother.
Her life was hard but never did she wince,
Children of her own she never had since
We came like an army to invade her home,
To be accepted by her
As her very own.

Then came the day we went away,
To stay with our parents
And permanently stay.
We grew up and learnt to love our parents,
But never for a moment
Forgot this soul,
We truly cherish the memories of old!

Mhave missed us like her very own,
She eagerly waited to sight us on the bus
That carried us from school past her home.
She would wave to us and we would too,
But sometimes forget as children do!

She would often buy us lovely things,
With the money her meagre pension brings,
We now cherish those special memories,
And dwell in poignant and nostalgic reveries.

Shobha Amarnath nee Triikkanad

Anatomy of a fall

SANJAY GOKARN

"Jack n Jill went up... Jill came tumbling after: The professor entered and started singing this rhyme in our M.Sc. class to the amusement of us all. The knotty faced professor finished the recital and said "Now apply the laws of Physics to this"... All the amusement vanished. All that was left was a set of serious faces staring at each other, followed by some serious discussions. Both Jack and Jill fell down. Didn't they get fractures? Bruises? Dislocations? Why? Normally the river streams and lakes are down the hill right? Why did they go up the hill to fetch a pale of water? Really an interesting exercise this! We shall now apply Science to some aspects of the problem of fall here.

All of us have fallen some times in our lives. I would be surprised if someone says "No! No!!, I have never had a fall in my life. Some people fall while standing or walking at slow pace where as some fall while having a brisk walk or even while running mostly involuntarily. The small kids keep falling down many a times almost in all sorts of places but usually escape with very minor (if any) problems but the elderly normally suffer either fractures of dislocations of bruises after the falls. Again most of these seniors fall in the bathrooms or toilets. The cricketers, the soccer goalkeepers etc. fall voluntarily when they fling themselves in the air while playing in the interest of their teams and more often than not, they just get up and continue the game. Why do only the elderly suffer serious injuries during such falls? We shall analyse these issues.

Different branches of science may be necessary to understand the complete process but I will concentrate only on the physics part. For the sake of convenience, we shall classify the falls in to two categories. The first comprises the falls where a person walking slowly (at speeds less than 4 km/hour) stumbles and falls and the second where the person is either walking very fast at speeds of 6 or 7 km/hr or running. We shall now study these cases.

In the first case, the human body descends from higher level to the ground level under the influence of gravitational force. Although persons in all age group fall this way, most of them are kids (belong to the age group of 0-10 years) or the elders (age group 50 and above). In either case, the person in the standing position with feet on the ground suddenly goes in to the horizontal position at ground level. How suddenly? With what velocity (speed) and force does he/she hit the ground? To compute this, we shall first calculate the time taken by the person to fall to the ground after the fall is initiated (either by slipping or stumbling) and then we will calculate the speed with which he will be hitting the ground. We know,

$$S = u*t + \frac{1}{2} * g*t^2$$

Here S is the distance, u: initial velocity, g (=9.81 m/second²) is acceleration due to gravity and t is the time. Since the person is walking slowly, the initial velocity (u) is assumed to be zero. Hence,

$$S = \frac{1}{2} * g*t^2 \text{ or we can rearrange the terms as } t = \sqrt{2*S/g}$$

S is the distance by which the person fell during the fall. We also learn from Physics that any object (in this case the body of the falling person) responds to a force as if the force is acting on the centre of mass. The centre of mass of a standing person is located at the lower abdomen and hence the force (in this case the gravitational force) acts at this point. In the case of adults with average height of 1.65 meters (approx. 5 feet and 5 inch tall) the centre of mass is at about half height or approximately 0.8 meters high. Hence that is our S (distance from ground level). Knowing g and S, we can determine t from the above formula to be 0.23 seconds. Hence the time taken to fall down is 0.23 seconds. Now knowing the equation,

$$v = u + gt \text{ or } v = gt \text{ (because } u = 0)$$

where, v is final velocity, u is initial velocity, g is acceleration due to gravity and t the time, we can compute the speed at impact to the ground 2.26 m/s. This speed is comparable to the speed of your palm when you try to kill a mosquito sitting on the wall. In the case of a small kid (about 3 feet or 0.9 meters tall), falling down, the time taken to fall decreases to 0.13 seconds and the speed at impact is 1.6 m/s. This speed is comparable to the speed of the swinging hands or legs of walking person, which is slower than the speed of a falling adult. Now the force at the impact is again the mass of the person falling and the acceleration. But this time the acceleration is caused by the ground which stops the person from going down any further. Thus it is negative, (also known as deceleration and is determined by the velocity at the impact and the "softness of the ground surface. For example if you fall on a bed of sponge, chances are that you will not get hurt at all because, the soft sponge decelerates the falling body gradually. But when you fall on a hard concrete ground, you may get hurt more seriously because of high deceleration. The cricket players or the soccer goal keepers dive on playgrounds with a grass cover, which reduces the impact at the fall and hence don't get hurt. They would suffer similar fractures/bruises if they dive on hard concrete floors.

Again if you watch the sportspersons dive on grounds, they always fall on the sides of their shoulders, thus increasing the

area of contact with the ground at the time of impact (they practice such falls). Thus the force is distributed over larger area, whereas, generally the untrained fall on their palms or elbows which provide a very small surface contact and thus higher pressure at the time of impact, thus causing injuries.

Thus in general the following points emerge from the foregoing discussion:

- The taller persons experience almost twice or even four times the force experienced by the falling kids and hence the adults are almost four times more prone to get hurt than the kids.
- The falls on softer surfaces lead to lower deceleration and hence weaker impact than the hard surfaces, where the deceleration and the resulting impact is stronger.
- Larger areas of contact at the time of the impact can drastically reduce the chances of injury.

During the second category falls where the person falls while either running or walking fast, they continue to slide in the direction in which they are running or walking at the same time they experience the forces experienced by the stationary fallers. As a result, their bodies tend to rub across the ground and the chances of getting bruised are more than fracturing, unless their postfall movements are obstructed by any hard objects such as stone or brick walls.

Now we shall turn to the second problem. Why do the elderly people generally fall in the bathroom or the toilet? Water and soap coexist in these places and both make an ideal recipe for a free fall. The soap adds to the problem. When we walk, a force known as the friction helps our feet get a firm grip on the ground. The water and other liquids mentioned above reduce the friction and hence the grip of our feet with the ground. Thus even a little imbalance is sufficient to knock us down. This is because the water, soap water or oils and several viscous liquids form a thin layer reduce the friction between our feet and the ground. I will keep this topic for a later article. Only thing, when manouevring places where such liquids are spilled over the ground, we can improve the quality of the grip by trying to take small steps, maintaining almost a 90 degree angle between our legs and the floor.

I have been regularly sending articles for the last 20 months. It was indeed enjoyable talking to the Amchis through these columns of the KS magazine on different science related topics. However at present I am compelled to take a break for some time. Hence I may not be regular in sending these articles.

(I will keep sending them whenever time permits). My sincerethanks to the team KS magazine and readers. Special thanks to SmitaPachi for the encouragement I received. Hope some of you enjoyed reading them. Bye for now.

A Name that spells its class!

WINOVER CATERERS

Marriages, Thread Ceremonies,
Engagements & Birthday Parties, etc.
DJ / Music System / Games / Entertainment

**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.**

Contact:

Vinod Kaval

4, Andrea Apartment, Off. Azad Road,
Vile Parle (East), Mumbai - 400 057.
Mobile: 98208 43392 Ph: (022)2618 2689

SUCCESS

After me are you,
Won't you ever catch up,
Try as you can,
You'll end cut up.

Get close will you,
Still I will be far,
You'll keep losing me,
You'll never be at par.

As fast as the wind,
I'll race ahead of you,
Never will you go past,
Whatever you do.

When ignore me thou,
Stop will your chase,
Your neglect of me,
Stop will this rat race.

Race within shall you,
I'll lag behind always,
No match am I to your spunk,
Gone are my winning days.

Speed to your goal,
Get past me,
Your success am I ,
Your reward shall I be.

Kedar Kate

Atmabodh

The eighth instalment of the de-mystification of a compact and insightful spiritual text by our erudite contributor Dr. SUDHA TINAiker

We saw in verses 24 and 25 that the process of cognition is due to a superimposed association between the insentient intellect and the *chitta* aspect (चिदंशः) of consciousness. It was also explained that the actual association between *āt̄mā* and any other is not possible because consciousness is incapable of being tainted or blemished by *anāt̄mā*. The same is explained in detail in the next few verses with examples:

आत्मनो विक्रिया नास्ति बुद्धेर्बोधो न जायते
जीवः सर्वमलं ज्ञात्वा कर्ता द्रष्टेति मुह्यति ॥२६॥

Ātmā being a pure consciousness principle has no process of change in it. We should remember that only matter principle has inherent potential for change. Any change requires movement and *āt̄mā* being all- pervading and without any movement (सर्वगतः, अचलः, स्थाणुः in Lord Krishna's language in the *Bhagavad Gītā*), is incapable of any change whatsoever. If so, how can consciousness be involved in the process of cognition which involves constant changes in what is known?

In the same way, the intellect is matter principle however subtle a matter it may be. Being matter, it is *anāt̄mā*. Being *anāt̄mā* it is insentient (जडः). How can any sentient process such as "knowing" happen in the insentient intellect?

Vedānta says that this process of mutual superimposition of sentience on *anāt̄mā* and change on *āt̄mā* is called अन्योन्य तादत्त्यम्. This happens due to delusion or confusion between the two. Why does this confusion take place? *Vedānta* says that it is due to a very intimate closeness or proximity of *āt̄mā* and *anāt̄mā*. It is this confusion because of which "I" the *āt̄mā* is misunderstood to be a doer, an enjoyer. Therefore, anything else that is associated with this confused "I" becomes "mine".

Consciousness (*āt̄mā*) is the very perceiver and lights up all the perceived objects. No object can light up or indicate the perceiver consciousness. That means, the Self cannot be revealed as an object by the intellect. That which reveals the very intellect itself, cannot be revealed by it. Thus *āt̄mā* is not an object that can be defined and understood by any sense organ including the intellect. The very existence and functioning of the sense organs and the mind is revealed by the *āt̄mā*. The example given here in this verse is a very practical day- to -day example. A source of light like a lamp can reveal an object like a pot. Can the pot reveal the light? Why not? Only a subject can reveal an object and not vice- versa. If no sense organ or mind can reveal the nature of the perceiving

consciousness, then one needs a means of knowledge (प्रमाणम्) which can reveal the very revealer. Such a means of knowledge is *Vedānta* (शास्त्रम्). This has to be dealt with by a competent teacher who knows how to wield this instrument.

Now *Ātmabodh* says;

स्वबोधे नन्यबोधेच्छा बोधरूपतयाऽऽतनः
न दीपस्यान्यदीपच्छा यथा स्वात्मप्रकाशने ॥ २९॥

The perceiver consciousness does not need any other revealer to reveal it. It reveals itself and simultaneously everything else as well. A source of light does not need another light to reveal it. *Ātmā* reveals itself when the appropriate (प्रमाणम्) (means of knowledge) is used. *Vedānta* is that means of knowledge.

In this regard, the classic example of perceiving a snake on the rope is always quoted in almost all the *Vedāntic* works.

रज्जुसर्पवदात्मानं जीवं ज्ञात्वा भयं भवेत्
नाहं जीवः परात्मेति ज्ञातश्चेन्निर्भयो भवेत् ॥२७॥

When a rope is seen in dim light, there is always a chance of mistaking it for many other things. One may perceive it as a snake, a hose pipe, a garland of flowers, a stick, or a crack in the ground. This false perception is due to ignorance of the reality of the rope because of the dim light. If one perceives it as a snake, it can invoke a sense of fear and the person may run away. Once the reality of the rope is understood (rope is understood as rope alone) by bringing in light, the fear disappears.

Similarly, when the ever-free, blemishless tm is perceived as a doer, enjoyer and a bound *jīva* because of the ignorance of the true nature of "I" the *āt̄mā*, one suffers the bondage of *samsāra*. Bondage is nothing but fear and insecurity brought on by the superimposition of the ever-changing *anāt̄mā* on the changeless *āt̄mā*. Just as bringing in light shows the rope as rope, bringing in the light of knowledge by the study of *Vedānta* (शास्त्र प्रमाणम्) with the help of a competent teacher, reveals the true nature of *āt̄mā* (नित्य शुद्ध बुद्ध आत्माअहमस्मि). When one knows oneself to be the ever-free consciousness, all the superimposition disappears and so does the bondage and fear of *samsāra*. In the next verse the importance and the need of शास्त्र प्रमाणम् in knowing the true nature of the Self is explained.

आत्मावभासयत्येको बुद्ध्यादीनीन्द्रियण्यपि
दीपो घटादिवत्स्वात्मा जडैस्तैर्नावभस्यते ॥२८॥

(To be continued....)

With the Grace and Guidance of the Guru when your eyes open to receive the many blessings coming your way, the journey of life turns into

An Ongoing Miracle!

TANUJA NADKARNI's sensitive account traces the many welcome happenings that have convinced her that this move from Mumbai to Chitrapur was indeed a welcome gift from destiny!

Miracles happen all the time. We only have to be sensitive and receptive enough to recognise them! This abundance of our Guru's divine Grace that flows through our lives, enriching, strengthening, and giving us the equanimity to experience joys and sorrows alike, is something that can only be termed as miraculous!

Our lives back in Mumbai were the typical 'caught in the 9 to 5' routine for several years, with an annual holiday during which we would drive south through coastal Karnataka. We would always have a brief halt at the Math to pay obeisance. It was on one such trip in December '97 that we were blessed with our first Darshan of our beloved Parama Pujya Sadyojat Shankarashram Swamiji! It was one of our most memorable trips and that overwhelming joy resonated in our hearts even after we returned. In the year 2002, during Swamiji's camp at Killa Pardi, we were initiated into mantra deeksha. In the years that followed, we were blessed to have Swamiji's Darshan during the camps in Mumbai, we participated in the Guru Jyoti Padayatra and attend the Shivratri programs in Hubli.

All through, the longing to get away from the city and live in a rural set-up and try our hand at organic farming kept tugging at our heart-strings. We saw innumerable farms in our quest but this one just happened like a miracle and we moved to Chitrapur about eight years ago. Something deep inside tells me that this move was more than just a random cosmic aberration. Our wanting to move to a rural setting was probably a small spark of further initiation.

मांझी देव पूजा पाय तुझे गुरूराया

Parama Pujya Swamiji blessed us with a visit to our home in 2012. At the last minute I realised I did not have a new foot-mat for Swamiji to step onto after the *Padaprkshalan*. With a twinge of remorse that I had overlooked this, I placed a clean, new *bhairas*. As Parama Pujya Swamiji stepped onto the folded white *bhairas* and entered our home, the damp outline of His Feet was visible on the cloth. I reverently placed it aside. The next two hours were spent in a state of euphoric bliss as Swamiji blessed us with some invaluable moments, visited our cow

shed and walked around our farm. Later on in the evening I noticed that the outline of Parama Pujya Swamiji's Feet on the *bhairas* remained even after it had dried – a treasure for us, that we hold close to our heart.

गुरू चरणांची माती तीच माझी भागीरथी

Our lives have changed in innumerable ways after we moved here. Added to which there has been a change for the better in both of us too!

We seem to have done away with fear

With absolutely no background or experience of living in the wild, we were comfortable and at-home in the new setting from day one. The deafening silence, the total darkness during power outages which were very frequent in the early days, being totally cut-off from the mainland when the water gushed down the hillside during the monsoon, leaving or returning to the farm late in the night due to business demands, suddenly encountering wild boars and snakes that moved freely in our overgrown farm - none of these had the power to unsettle us. It felt as if we had always belonged here!

We are much more aware of the everyday miracles that take place all around us

Whether it is watching over the birth of a calf in a silent cow shed in the wee hours of the morning, or tending to a sick calf through the night and watching it pull through and recover at dawn, or have the vet reach just in time to see a cow through a difficult delivery, or impulsively choosing a different path to walk through the forest and then hearing the resounding crash of a giant tree falling onto our usual paththese are but a few of the innumerable moments when life's hitherto invisible blessings are revealed to us!

Our growing bond with the Math

Our connection with the Math and the *Guru Parampara* was always there, but after we moved here, with the Blessings of our Beloved Swamiji, this connection has definitely deepened. Our involvement with the Math activities has been steadily rising. Vivek's *Chaturmas* convenership and my involvement with the IT activities

~~~~~ Parisevanam ~~~~~

was just the beginning. Living in this kshetra we seem to be enveloped by this kavacha with our Math and our Guru protecting us all the time.

In all of this transformation, if there was any one thing that I missed after we moved here, it was my on-going sitar lessons which I used to take while in Mumbai. Sunday Mavinkur

and Shamala Mavinkurvepachi brought their sitars from Mumbai. We were able to make a car trip to Mumbai and brought my third sitar to Shirali. A person from Miraj skilled in repairing sitars (doing zavaari), who had a reputation for never arriving on a promised date actually turned up at Chitrapur and repaired all the unused sitars! And thus



mornings would be devoted to sitar practice and my teacher would come home once a week to teach me. Here, somehow I was not able to strike a balance between the burgeoning farm work, our office work and my sitar practice. Although my dexterity at milking the cows or transplanting rice saplings improved, I found it difficult to continue playing the sitar. I harboured a little pocket of sadness in my heart, but here too there was a miracle waiting to happen.

During the last Chaturmas, Anandmam and Vijupachi (Naimpally) were planning a skit on Krishna Sudama to be performed by the yuvas. Anandmam asked me whether I would play a small background piece on the sitar. Both he and Vijupachi guided me and I was able to perform the little piece as the yuvas performed their skit in the Presence of Parama Pujya Swamiji. During the practice sessions, quite a few yuvas had expressed a keen interest on learning to play the sitar. After the skit as we received Blessings from Pujya Swamiji, we mentioned about the yuvas' keenness, Swamiji gave His Blessings, and after that things just moved on like a breeze. There were two sitars lying in a state of disuse in the music room (Gandharva Raj). I had two sitars in Chitrapur and one in Mumbai. Shilpa Mudurpachi

'Srivalli Parijat' - a small humble attempt at teaching sitar to the yuvas of Shirali began. I was wondering if the initial enthusiasm of the students would last, since sitar is a difficult instrument to master and the lessons cause a lot of pain when the strings cut into the finger tips, but it is quite a few months now and the students look forward to and actually wait for the next class. I am truly grateful for this opportunity to offer sangeet seva to our Math.

The most rewarding part of our being in Chitrapur and our involvement with the Math is our interactions with Parama Pujya Swamiji. Right from His visit to our farm and home in 2012 and through the interactions during work, we are constantly motivated to rise above the ordinary and give of our best. It has brought about clarity in our thought and an ability to look at problems and day-to-day issues in a detached and unaffected way. The entire journey has been a continuous learning experience. The Guru leads and we follow in all humility.

ज्या ज्या स्थळी हे मन जाय माझे
त्या त्या स्थळी हे निज रूपु तूझे
मी ठेवितो मस्तक ज्या ठिकाणी
तेथे तूझे सद्गुरु पाय दोन्ही

पुस्तक परिचय

उदय मंकिकर

अप्रसिद्ध संतांच्या जीवनकार्यावरील अप्रतिम भाष्य.

प्रसिद्धीपासून दूर राहिलेले महान संत

लेखिका : नीला बलसेकर

प्रकाशक : झेन पब्लिकेशन्स

पृष्ठ संख्या : १३५

मूल्य : रु. २००/-

प्रस्तुत पुस्तकाच्या लेखिका नीला बलसेकर ह्या शिक्षणाने विज्ञान शाखेच्या पदवीधर पण मराठी साहित्याच्या प्रचंड व्यासंगी आणि संत वाङ्मयाच्या गाढ्या अभ्यासक. संत कबीर, संत कवयित्री जनाबाई, फलटणचे महान संत हरिबाब, काननगड आनंदाश्रम येथील पूज्य माताजी कृष्णाबाई यांच्या जीवनावर आधारित निवेदने व आख्याने, त्यांनी भजनांच्या कार्यक्रमांबरोबर सादर केली आहेत. अमेरिकेतील शिकागो येथे त्यांच्या कथाकथनाचे कार्यक्रम झाले आहेत.

श्रीसंत सोपानदेवांचे चरित्र त्यांच्या वाचनात आले आणि त्यांना आश्चर्य वाटले की, या थोर संतपुरुषाचे चरित्र, त्यांची थोरवी लोकांसाठी अप्रसिद्धच आहे. त्यानंतर, झेन पब्लिकेशन्सचे श्री. योगेश शर्मा यांनी लेखिकेला अशाच अप्रसिद्ध संतांची चरित्रे आपण प्रकाशात आणू या, असे सांगितले आणि लेखिकेने अशा लोकोत्तर संतजनांची माहिती गोळा केली. त्या माहितीवरून, अशा संतांच्या जीवनकार्यावर केलेले अप्रतिम भाष्य “प्रसिद्धीपासून दूर राहिलेले महान संत” या पुस्तकात वाचायला मिळते.

महाराष्ट्राला उज्ज्वल संतपरंपरा लाभली

आहे. या संतांच्या मांदियाळीमधील अनेक संतांचे जीवनकार्य, त्यांची महती अप्रसिद्ध आहे. त्यापैकी श्री. वेणास्वामी, माई सहस्रबुद्धे, श्री. गोविंदमहाराज उपळेकर, संत चोखामेळा, संत कवयित्री सोयराबाई, संत कवयित्री जनाबाई, संत सोपानदेव, महासाधू मोरया गोसावी, संत शिरोमणी भानुदास आणि श्री. रामकृष्ण जांभेकर महाराज अशा दहा संतांची संक्षिप्त चरित्रे आणि त्यांचे कार्य, या पुस्तकाद्वारे नीलाताईंनी प्रकाशात आणले आहे.

संत वेणाबाईंच्या जन्म कोल्हापुरात १६२८ साली, गोपाजीपंत गोसावी आणि माता राधिकाबाई यांच्या उदरी झाला. अत्यंत हुशार, वयाच्या १२व्या वर्षी लम झाले परंतु बालवयातच वैधव्य आले. विरंगुळा म्हणून अध्यात्मात मन रमविले. पुढे श्री समर्थ रामदासांच्या संपर्कात

आल्या. त्यांचे शिष्यत्व लाभले आणि त्यांच्या जीवनाचे सोने झाले. देवळात संन्याशांबरोबर चर्चा करते, भजन कीर्तनाला जाते म्हणून त्यांना लोकापवाद सहन करावा लागला. इतका की विष प्राशन करून त्यांना आपले पावित्र्य सिद्ध करावे लागले. वेणास्वामींची परमार्थातील प्रगती पाहून रामदास स्वामींनी त्यांना मठाधिपती केले. नंतर त्यांना निजधामी जाण्याची ओढ लागली आणि चैत्र वद्य चतुर्दशीला त्यांनी समर्थांच्या चरणी आपले अवतारकार्य संपविले. भक्तीच्या साधनेचा आणि आपल्या अभांगांचा वारसा सर्व भक्तांना देऊन. रामदास स्वामींच्या ह्या मानसकन्येच्या जीवनात आलेल्या कठीण प्रसंगांचे वर्णन अत्यंत हृदयस्पर्शी झालं आहे.

श्री. माई सहस्रबुद्धे या अलीकडच्या काळातील संत. त्यांनी अनेकांना त्यांच्या अडचणीत मार्गदर्शन करून त्या दूर केल्या. १९०० साली गुरुपौर्णिमेला जन्म आणि बरोबर १०० वर्षांनी, गुरुपौर्णिमेलाच त्यांनी देह ठेवला. त्यांची साधना श्री जांभेकर महाराजांच्या मार्गदर्शनात झाली. पहिल्या मुलीच्या वेळी दिवस गेले, तेव्हापासून माईना देवीचा संचार व्हायला लागला आणि त्यांनी भक्तांना संकटमुक्त करण्यास सुरुवात केली. अनेकांचे संसार सावरले. देहत्याग केल्यावर सुद्धा अनेक भक्तांना त्या दृष्टांत देऊन मार्गदर्शन करतात. धीर देतात. लेखिकेने त्यांना योगिनी म्हटले आहे. प्रपंच आणि परमार्थ यांचा योग्य समन्वय साधलेली साध्वी स्त्री.

श्री. गोविंद महाराज उपळेकर (फलटण) हे लष्करात डॉक्टर म्हणून रूजू झाले. पहिल्या महायुद्धाच्या निमित्ताने अनेक आघाड्यांवर जावे लागले. त्यांच्या मनात परमार्थाचेच विचार घोळत असत. अनेकदा त्यांना अवधूताचे दर्शन होत असे. श्रीकृष्ण देव हे त्यांचे गुरू. अनेकांच्या व्याधी गोविंद महाराजांनी दूर केल्या. फक्त नामस्मरण व हरिपाठाचे वाचन करून पुण्याईची कमाई करा

ही त्यांची शिकवण. त्यांची साधना, त्यांनी केलेली गुरुसेवा, त्यांचे लेखन, भक्तांची केलेली भलाई. त्यांना त्यांचे गुरू श्रीकृष्ण देव कसे भेटले, अंधारातील ज्ञानेश्वरीवाचन अशा अनेक प्रसंगांचे सुंदर रेखाटन झाले आहे.

चोखामेळा आणि सोयराबाई हे हीन जातीतील दाम्पत्य. निरक्षर, त्यांनी हीन जातीत जन्म घेतल्यामुळे, त्यांना त्या काळातील रुढीनुसार हाल अपेष्टा भोगाव्या लागल्या, पण त्यांनी भक्तिमार्ग सोडला नाही. विठ्ठलाची भक्ती केली. ‘चोखामेळा’ हे नाव कसे पडले, त्याने केलेले काबाडकष्ट, सवर्णाला स्पर्श झाल्यामुळे चोखोबांनी खाल्लेला लाथाबुक्क्यांचा मार, गावकुसाचे काम करीत असताना चोखोबांना आलेला मृत्यू, त्यांच्या हाडातून येणारा विठुनामाचा गजर ह्या सर्व प्रसंगांचे वर्णन मन हेलावते.

सानपण दी देवाऽऽ

रेखा राव

आंब्याचो सीझन सुरू जाल्लो. बाजारांतू पिक्कीले हळदूवे आंबे येवेच्या लागले कि ताज्या घमघमताने माका सानपणाचो उगडासू यात्ता. मगले मन थेट धारवाड गांवा वत्ता आनि थंच्या घरासुतू घुंवच्या लागता. सानपणाचे अनेक उगडास हांव मगल्या हृदयाच्या कप्यातू बंद कोर्नु दंवरल्याती. अशशी अनेक प्रसगांतुं ते उसळी मारनू वयरी याताती. धारवाडच्या सारस्वतपूर गुड्यारी आमगले हॉड घर आशिले. त्याज्या सुतू फुळांची बाग, फळांची अनेक झाडं आशिली. तांतू एक सानी आमराई आशिली. त्या आमराईतु हापूस, पायरी, तोतापूरी, मलगोवा, गांवठी अशशी अनेक आंब्याची झाडं आशिली. त्याशिवाय पेरू, पपया, फणस, आवाळे, जांभूळ, जाम, मशींगा सांगो, आंबाडे, चिक्कू अशशी विंगड झाडंई आशिली. सानपणांतू भूक लागली कि, आम्मी झाडामुळांतू वचुनू ती तरनी कडू फळं खावनू भूक भागयताली. त्याकाळांतु फास्ट फूड नाशिले. जाल्यारी ही आमशी गोडशी, तुरट फळं खांवच्याक भो मजा याताली. तांतुयि आवाळे आमली, चिंच, मीठ आनि मिरसांगी पीट्टी घालून खावंची रूची विंगड! झाडारी चोणू, फात्तर मारूनू, फांदी हालोवनू बडियेने मारनू उडक्यो मारतची झाडांवयलीं फळं काडच्यांतू मस्त गंमत याताली. तांतुयि काँण चड फळं काडता हाजी स्पर्धा असताली.

आम्मी पांच भावंड. आंब्या दिवसांतू मावस भावंड मामे भावंड सगळी रजेंतु याताली. मागिरी आनी गंमती याताली. ह्या झाडांतुई आम्ही भावंडानी मालकी हक्क वांटून घेत्तीलो. पायरी आंब्याचो, मस्त फांद्याचो होडू पाचवो रुक मगले मालकीचो आशिलो. ताज्जी एकी होडी आड फांदी आशिली. ताज्जेरी आम्ही सगळी लाईनीने बैसुन वयरि तोगू करतची घोडां, घोडां करताली. त्या झाडाक हाव माँगाने दोन्ही हाताने मिठी मारतालीं. कॅनाईपुणी लक्ष नासताना ताज्जे वयलो काळो मुंगळो हाताक जोराने चाबतालो. मागिरी हांव रोणू गोंधळ घालताली. घरची सगळीं भायर धावुनू याताली. मागिरी आमममाने केलेलें फुसकेपानाचे पाचवें मुलामु माका लावुनू हळूची फू फू तोंडाने वारा घालताली. त्या वेळारी बरें दिसतालें. झाडाच्या सांवलीतू आम्ही आंधळी कोशिंबीर, स्नेक अँड लॅडर सागरगोटे, गजगे-गुंजी पत्ते खेळतालीं. फांदीरी बैसुन बुक वाचताली. झाडा मुळांतुं आटकुळ्याचे रांदप करताली. प्रत्येकजण आपापणागल्या झाडाची मस्त काळजी घेतालीं. झाडामूळाचें तण, पान्नं काडची. झाडासुतू फावड्याने खणू वाफा तयार कोरचो ताका उदाक घालचे. काड्यो-बड्यो, सुक्कीली पानं, मऊ माती खत घालचें. अशशी झाडाची मस्त काळजी घेतालीं. ज्यावेळारी आंब्या झाडाक फूल येताले, त्यावेळारी आमकां मस्त खुशी जाताली. सगळें झाड सान सान धंव्या फुलांनी भोर्नु वत्ताले. ताज्जी पाचवी पानसुद्धां दिसनाशिली. वारा आयली कि ह्या फुलांचो घमघमाटू सगळे कंपाऊंडांतु भरतालो. कोणागेल्या झाडाक कित्लीं फुल्लें आयल्यांति, हाजी तपासणी करताली. मस्तफंथा वारे, गुडगुड पावसाने आंब्या फूलं तोगू पडतालीं. ताव्वळी आमकां मस्त दुःख जाताले. वसंतऋतू सुरू जाल्लो कि कोकिलेगले मंजुळ स्वर कानारी पडताले. डौलदार भारद्वाज पक्षी घुंघुं कोर्नु साद घालतालो. मागिरी आम्मी सगळी चेईवं पानाआड निपील्या भारद्वाज पक्ष्याक पोळोंच्याक झाडामुळांतु धांवताली. भारद्वाज पक्षी दिसचे भीतरी

खुशीने उडक्यो मारताली. कांयपुणि नक्की चांग जातले, परीक्षे पेपर इजी वतलो म्होणू खुशी पावताली.

थांडे दिवसांनी फूलं वचुनू त्याजागेरी सान सान पाचव्यो पाचव्यो आमलीच्या मिठ्या दिसू लागताल्यो. आम्हीं त्यो सान मिठयो मीठ-मिरसांगी पिट्टी घालून खातालीं. ताज्जी रूची विंगडी! इतली म जा याताली म्हणू सांगूऽऽ! धारवाड काळी तोंडाची, तांबड्या तोंडाची मस्त मांकडं! ह्या माकडांगेली फौज एक फांदीरी थावनू दुसऱ्या फांदीरी उडक्यो मारत असतालीं. आमली खाऊनू तोगू उडयताली. त्या वेळारी आम्मी आंगणांतु वचुनू तांका धांवडायतालीं. बड्डी घेवुनू फात्तर मारूनू तांका धांवडायताली. मागिरी ती माकड आमका पोळोनु चिडायताली. मस्तफंथा काँपाने आमगल्या आंगारी धांवू याताली. मागिरी आम्ही भिवून घराभीतरी धांवताली.

आंबे चिक्के हॉड्डु जावुनू पाडाक आयले कि आमगली गंमती आसताली. कोणागल्या झाडाक चड आंबे आयल्याती हें पोळोंच्या झाडामुळां वचुनू आंबे लॅक करतालीं. आंबे काडतलो मनुषु आयलो कि ताज्जे माकशी वचुनू आमगेले झाडा आंबे विंगड दंवरी म्हणू सांगताली. आनी काळेच्या आंब्याची राशी पोळोनु खुशी जाताली. कोणागल्या झाडाचो आंबो होडू हाजेरी थावुनू आमगले वाद जाताले. आंबो पिकोवचे एक विंगड कुड आशिले. थई आपणागले झाडाचे आंबे लाईनीने गोमटे रचुनू ताज्जेरी तण घालतालीं. हॉड्डु बरे आंबे एक बाजूक निपोवुनू दवरतालीं. नित्य सकाळीं उटायले कि आंबो पिकला कि ना हे पळयतालीं. ताँड धुईनासताना भायल्या नळारी ताँडाक उदाक लावुनू आंबा धुवुनू खातालीं. रुचेरि आंबा खातना कोपरालाग्गी थायि रसू गळतालो. मागिरी जीब्बेने पुसून लॅवाताली. जाल्यारी रसू वायट जावंच्याक दिनाशिलीं. आंब्या रसाने, दिक्काने कपडे वायट जाताले. ताव्वळी घरांतुली म्हालगडीं मनुष्यं गौजी घालताली. सकाळीं सकाळीं तान्ने-खावंच्या आंबे कल्ले खातिर म्होणू काँपताली. जाल्यारी आम्मी लक्ष दिनाशिली. आमचे खतीर आंबो म्हळ्यारी ATM, anytime चरपसे आशिलो. दिवसांथावनू ६-७ आंबे आम्मी फस्त करतालीं. जाल्यारी अजीर्ण असले कसले विकार त्यावेळारी जायनाशिले. आमकां सहज जीर्ण जाताले. आंबो कापून खावंचो आमकां त्यावेळारी गोत्तू नाशिलो.

आतं काळ मुखारी वत्ता तशशी अनेक बदल जाल्याती अनेक सुधारणा, प्रगती जाल्या. बदलत्या काळाप्रमाणे आम्ही म्हांतारी जाल्याती आमगल्या आंगणातूली झाडंयी म्हांतारी जाल्याती. थोडी झाड तरी मोर्नु गेल्लीं. त्या झाडांची काळजी घेवंच्याक कोगेई ना. त्यामिती पयले म्हणके ताका फळं यॅनाती. कामाक जानं मॅळनाती. ताजो पप्पाक बँजारू जातालो. जाल्यारी मगल्या पप्पाने इतली वरसं ते आज्जागले काळचे घर, आंगण सांभाळुनू दवरले. आम्मी खईपूणी रजेतुं वचुनू आमगले सानपण परत अनुभवतालीं. २०१० तू पप्पा ओल्ड एजाने गॅलो. आमगले म्हणके तें घर, तीं झाडं अनाथ जाल्लीं. आत्ता तेमयि तें सगळें नष्ट जावनू थई फ्लॅटस् आयल्यांति खई. हांवे अजुनी पळयनी. जाल्यारी आयकुवनुचि दुःख जाता. मात्र मगल्या हृदयाच्या कप्यांतु सानपणाचे अनेक उगडास कायम ताजे आसती.

तालमकी वाडी- मला घडवणारी...

श्रीनाथ मुर्डेश्वर

मध्यमवर्गीय चित्रापुर सारस्वत आपली गावाकडची एकत्र कुटुंबपद्धतीची घरे सोडून पोटा-पाण्यासाठी मुंबईत आले. ते सर्व मुंबईत विखुरले गेले असते. परंतु रावबहादूर तालमकींनी आशिया खंडात प्रथम मानली जाणारी सहकारी गृहसंस्था बांधून त्यावेळी ह्या लोकांवर जे उपकार केले आहेत, त्याची कल्पना आज आपल्याला करता येत नाही. त्यांनी मुंबईच्या मध्यभागी तालमकी वाडी नावाचा एक भव्य वृक्ष उभा केला व ह्या लोकांना आपली छोटीशी घरटी बांधायची सोय केली. त्यामुळे गावाकडून आलेले नातेवाईक पुन्हा एकत्र राहू शकले आणि ह्याच आपल्या घरट्यांत ३/४ पिढ्या लहानाच्या मोठ्या होऊन उडून जातांना पाहून आनंदी झाले. ७५ वर्षे झाली हा वृक्ष २५० हून अधिक घरटी पेलून आजही खंबीरपणे उभा आहे. असे ऐकित आहोत की ही वाडी शहराच्या मध्यभागी असून हिची सुरक्षितता उत्तम असल्यामुळे अनेक गुजराती मंडळीसुद्धा हातात कोट्यवधी रुपये घेऊन ह्या घरट्यांवर घारीसारखी नजर ठेवून आहेत.

ह्या वाडीने नाती-गोती सांभाळून ठेवली आहेत. आनंदाश्रम हॉल व कॅनरा सारस्वत ह्याच परिसरात स्थित असल्यामुळे अनेक नातेवाईक व सारस्वत समाज ह्या परिसरांतच एकत्र येऊ शकतो. माझा वाडीतला कालावधी अल्प असला तरी ह्या वाडीने मला लहानाचा मोठा केला. मला घडवले. मी राहायला आलो तेव्हा माझ्या वडिलांची चार भावंडे इथे राहत होती. आम्ही सख्खी, चुलत, आत्ये भावंडे आनंदाने एकत्र खेळत-खेळत लहानाचे मोठे झालो. पण आज वाडी सोडल्यावर सख्ख्या भावांना भेटायला सुद्धा एखाद्या समारंभाची वाट पाहावी लागते.

मी १९५८ साली वयाच्या ११व्या वर्षी वाडीत राहायला आलो. काही महिन्यातच म्हणजे १ मार्च १९५९ला शिवाजी पार्कच्या स्काऊट्स पॅव्हिलिनच्या मागे भव्य मंडपात चित्रापुर सारस्वत समाजाचा “न भूतो न भविष्यती” असा भव्य सोहळा पार पडला. आनंदाश्रमस्वामीजींनी परिज्ञानाश्रम स्वामीजींना शिष्य म्हणून स्वीकारून समाजाला दहावे गुरू दिले. हजारोंच्या संख्येत लोक उपस्थित होते. मंडपाच्या मध्यभागी व्यासपीठावर हा सोहळा संपन्न होत होता. माध्यान्हीचा सूर्य तळपत होता. उन्हाळ्याचे दिवस होते. व्यवस्थापकांनी पाण्याची तसेच उपाहार व शीतपेयांची व्यवस्था केली होती. लोकांना बसल्या ठिकाणीच उपाहार देण्यासाठी स्वयंसेवक सज्ज होते. मी वयाने लहान असल्यामुळे घाबरत घाबरतच त्यांच्याकडे गेलो व सर्व धैर्य एकवटून हळूच सेवा करण्याची इच्छा व्यक्त केली. त्यांनी मला पुढ्याचे पंखे दिले व ते बसलेल्यांना वाटायला सांगितले. अशा रितीने माझ्या मनात सामाजिक सेवेचे बीजारोपण झाले.

वाडीत २५०हून अधिक कुटुंबे असल्यामुळे बरेच निःस्वार्थ सामाजिक कार्य करणारे लोक होते. गोपाळमामा व मंजेश्वरमामा हे नेहमीच कोणालाही मदत करायला तयार असायचे. गोपाळमामा हे वाडीच्या रुग्णावहिकेचे चालक होते. पण कुठल्याही आपत्कालीन वेळेला ते धावून यायचे. विशेष म्हणजे ते एक चालता बोलता ‘सूचना फलक’ होते. एखाद्या अत्यावश्यक सभेची पाण्याच्या समस्येबद्दल किंवा काहीही

सूचना द्यायची असल्यास ते हातात एक घंटा घेऊन वाजवत प्रत्येक इमारतीसमोर उभे राहून आपल्या खणखणीत आवाजात ती सांगायचे. अशारितीने एखादी सूचना १०/१५ मिनिटात सर्व वाडीला कळायची. अशा कार्यकर्त्यांना बघूनच माझे मनोबल अधिक बळकट झाले.

कॅनरा सारस्वतने आम्हाला नेहमीच सेवा करण्याची संधी दिली. त्यांच्या बहुतेक कार्यक्रमात आम्ही स्वयंसेवक म्हणून उपस्थित असायचो. दीपावलीत तर वेगवेगळे सामने व शर्यती व्हायच्या. धनत्रयोदशीपासून भाऊबीजेपर्यंत रात्रीचे कार्यक्रम व्हायचे. तीन अंकी नाटके तर उत्तररात्रीपर्यंत चालायची. त्यानंतर खुर्च्या काढणे, सतरंज्या गोळा करणे ह्याची जबाबदारी आमच्यावर असायची. स्वामीजींच्या मुक्कामात तर अहोरात्र काम असायचे. महाद्वारापासून हॉलपर्यंत कागदीफुलांची सजावट करायची. लोकांची पादत्राणे व्यवस्थित ठेवणे. लोकांची बसायची सोय करणे. स्वामीजींच्या व्यासपीठावर फुलांची तोरणे लावणे रात्री हॉलच्या परिसरांत पहारा देणे. १९७१च्या भारत-पाक युद्धाच्या वेळी मुंबईत ‘Black out’ जाहीर करण्यात आला होता. त्यावेळी आम्ही अंधान्यारात्री वाडीत गस्त घालायचो.

व्यायामशाळेच्या व्यवस्थापनाखाली आम्ही ग्राहक पेठ सुरू केली होती. ग्राहकांकडून सामानाच्या याद्या गोळा करून ठोक बाजारांतून सामान मागवायचो व महिन्याच्या शेवटच्या रविवारी त्याचे वाटप व्हायचे. त्याकाळी लम समारंभात टेबलावर ताटे मांडून जेवणाची पद्धत होती. व्यायाम शाळेच्या व्यवस्थापनाखाली आम्ही वाढायची पण सेवा करायचो. अशा रितीने तालमकी वाडी मुळेच १९५९ मध्ये पेरलेल्या बीजाचे हळूहळू रोपटे झाले.

वाडीत तीनचार धार्मिकसंस्था व मठाची लोकल सभा असल्यामुळे वर्षभर धार्मिक कार्यक्रम होत असायचे. चैत्र शुद्ध प्रतिपदेला पंचांग वाचन शुद्ध नवमीला दत्तमंदिराच्या परिसरात नागानंद गुलवाडीमाम रामजन्माची कथा सांगायचे. ते असे वर्णन करायचे की खरोखर राम जन्मला आहे व त्याला आंधोळ घालून आता पाळण्यात घालतायत असे चित्र डोळ्यासमोर उभे राहायचे. नंतर श्रावण महिन्यात आठ दिवस ‘म्हणती’ व्हायच्या. आनंदाश्रम हॉलमध्ये रात्री ‘म्हणती’ असायच्या. आठव्या दिवशी कृष्णजन्म. नंतर बाळगोपाळांना लोणी व सुका मेवा देण्यात यायचा. नंतर दहीहंडीचा कार्यक्रम. त्यानंतर भाद्रपद महिन्यात गणेशोत्सव. वाडीत बरेच गणपती असायचे. आम्ही शेवटच्या इमारतीपासून गणेश दर्शनाला सुरुवात करत प्रत्येक इमारतीचे चार-चार मजले चढत २१ गणपतीचे दर्शन कोण आधी पूर्ण करतो ह्यावर पैज लागायची. काकांकडे गणपती विसर्जनाला २१ आरत्यांचे तबक सजवण्याची स्पर्धा व्हायची. काका आम्हाला लालबाग-परळचे गणपती बघायला घेऊन जायचे. आश्विनशुद्ध दशमीला (दसरा) आम्ही दोन्ही खिशांत ‘सोन्याची पाने’ भरून सोने लुटायला जायचो व सर्व नातेवाईकांचे आशीर्वाद घेऊन घरी यायचो. (पण आज व्हॉट्सअॅपवर फक्त शुभेच्छा पाठवतो व त्याच्याबरोबर एक सोनेरी पानाचे चित्र!) नंतर दीपावलीपर्यंतचे दिवस

सामने व नाटकांच्या तालमीतच जायचे. मार्गशीर्ष पौर्णिमेला दत्तजयंती. आम्ही दत्तमंदिरातून पालखी घेऊन १७नं. इमारतीपर्यंत जायचो व नंतर वाडीच्या महाद्वारापर्यंत येऊन पुन्हा देवळात परतायचो. लोकल सभा स्वामीजींच्या पुण्यतिथींना कार्यक्रम आयोजित करायची.

वाडी सोडून बेचाळीस वर्षे झाली. तरीही मला 'माझ्या' वाडीबद्दल

अभिमान आहे. ह्या वाडीने माझ्यावर चित्रापुर सारस्वत समाजाचे संस्कार घडवले. देव, गुरुपरंपरा, मठ स्वामीजींबद्दल आपुलकी निर्माण केली. रावबहादूर तालमकीचे माझ्यावर उपकार आहेत. त्यांनी ही सहकारी गृहसंस्था स्थापन केली. मी माझ्या आई-वडिलांचे आभार मानतो. ज्यांनी शिक्षणासाठी मला वाडीत पाठवण्याचा निर्णय घेतला.

ज्ञानप्राप्त्यर्थे अहंकारः तक्तव्यः

अनुराधा कर्पे

गोदावरीनद्याः तीरे शंकरपुर - नाम्नि ग्रामे एकः विशालः सुन्दरः च शिवदेवालयः आसीत् । तस्य महाद्वारं विशेषधातुयुक्तं दर्शनीयं च आसीत् । महाद्वारम् उभयतः द्वौ उन्नतवटवृक्षौ द्वारपालकौ इव तिष्ठन्तौ आस्ताम् । महाद्वारस्य पुरतः कोमलहरितृणांकुरयुक्ता भूमिः नेत्रसुखम् अददात् । तस्याः समीपे एव शुभ्रवर्णीयः शोभायमानः शिवालयः आसीत् । तस्य दक्षिणे स्थितः श्रद्धान्वितः बिल्ववृक्षः तस्य पर्णानां समर्पणस्य कृते सदैव प्रतीक्षमाणः आसीत् । गर्भगृहान्तगतस्य शिवलिंगस्य सम्मुखे कृष्णशिलया निर्मितः नन्दिः तपस्वी इव ध्यानस्थः उपाविशत् । शिवालयस्य भव्यता तथा तस्य शिखरस्य औन्नत्यं तत्रागतानां जनानां शिरः भक्त्या अवनतंकारितवन्तौ । शिवालयस्य प्रधानार्चकः अत्यन्त अनुशासनप्रियः । प्रतिदिनं प्रातः पंचवादने मंदिरे मंगलध्वनिवादनं भवति स्म । तदनंतरं शिवसुप्रभातं तथा अन्याः विधयः शास्त्रोक्तरीत्या संपन्नाः जाताः । शिवालये ये युवानः अर्चकाः आसन्, तेभ्यः सम्यक् मार्गदर्शनं प्रधानार्चकेन एव दत्तम् । मन्त्रोच्चारणपद्धतिः वेदोपनिषदाम् अध्ययनं, सूक्तानां स्तोत्राणां च कण्ठस्थीकरणम् इत्यादिषु विषयेषु युवार्चकाः महत् ज्ञानं प्राप्नुवन् । तेषु अर्चकेषु मेधावी नाम्ना अर्चकः विशेषबुद्धिमान् आसीत् ।

तस्य तीव्रग्रहणशक्त्या अल्पकालावधौ एव सः अध्यात्मविद्यापारंगतः अभवत् । गहनाभ्यासेन नैकाः सिद्धीः स्ववशीकृतवान् आसीत् सः । तेनैव कारणेन तस्य मनसि अहंकारः अपि उत्पन्नः । तस्य अहंकारः निवारयितुम् इच्छन् प्रधानार्चकः किंकर्तव्यतामूढः जातः ।

मेधावी स्वप्राप्तज्ञानविषये संतुष्टः कदापि नासीत् । पार्श्वस्थिते ग्रामे एव एकः विद्वान् सत्पुरुषः निवसति एतां वार्तां श्रुत्वा सः स्वस्य ज्ञानं वृद्धीकर्तुं सत्पुरुषस्य आश्रमं गतवान् । यदा मेधावी आश्रमं प्राप्तः तदा सत्पुरुषः सर्वेभ्यः भक्तेभ्यः चायवितरणं कृत्वा स्वयमपि चायं पिबन् आसीत् । मध्यन्तरे सः भक्तगणेन सह वार्तालापं कुर्वन् आसीत् । मेधावी तस्मै नमस्कृत्य स्वपरिचयं दत्तवान् । स्वस्य विविधशास्त्राणां ज्ञानं, सूत्राणां कण्ठस्थीकरणम् इत्यादीनां विवरणं कृत्वा स्वस्य पाण्डित्यं प्रदर्शितवान् । आप्रथमदर्शनादेव कटाक्षमात्रेण सत्पुरुषः तम् अभिज्ञातवान् । मेधाविनः वक्तव्यं धाराप्रवाहः इव चलत् आसीत् । मेधावी अवदत् अहं भगवत्गीताऋग्वेदः- सामवेदइत्यादीनां शास्त्राणां विषये भवता सह चर्चां कर्तुम् इच्छामि । अहम् अधिकं ज्ञानं प्राप्तुं कामये । अतः एव अहं भवत्समीपे आगतवान् अस्मि ।

त्वरया किम्? प्रथमं चायं पिबावः, तदनंतरं यथावकाशेन वदावः । इतिसत्पुरुषेण स्मितमुखेन उक्तम् । सत्पुरुषेण समीपस्थेन पात्रेण मेधाविनः चषके चायं पूरयितुं आरब्धम् । चषकः चायेन पूर्णः अभवत्, तथापि सत्पुरुषस्य

चायपूरणक्रिया चलन्ती आसीत् । चषकात् चायं भूम्यां पतितम् ।

मेधावी संतप्तः भूत्वा अवदत् “अरे!, किं करोति भवान्? चषकः चायेन पूर्णभूय उर्वरितचायं पतत् अस्ति। चषके यावत् रिक्तस्थानम् अस्ति, तावदेव चायं देयम्। बालकेनापि ज्ञायते एतत्! ईषत् ज्ञानमपि नास्ति भवति? कुत् गतं भवतः पाण्डित्यम्?” मेधाविनः अशिष्टभाषणेन किंचिदपि उद्विग्नः न भूत्वा अविचलचित्तेन सत्पुरुषः अवदत् “भवान् भृशं प्रज्ञावान् अस्ति, इति दृश्यते । अहं केवलं परीक्षणं कुर्वन् आसं यत् ज्ञानेन ओतप्रोतपूरिताय भवते अधिकं ज्ञानं दातुं किंचिदपि अवकाशम् अस्ति वा? भवान् आकण्ठमेव ज्ञानेन पूरितः अस्ति, तर्हि इतोऽपि ज्ञानस्य कृते अवकाशं कुत्रास्ति? यदा किंचिदपि रिक्तस्थानं नास्ति तथा कथम् अधिकं ज्ञानं दातुं शक्यम् मत्तः ज्ञानप्रापणस्य यदि इच्छा अस्ति, तर्हि प्रथमतः रिक्तं भूत्वा आगच्छतु । भवतः मनसि कामः, क्रोधः, लोभः, मोहः, मदः, मत्सरः एते षड्रिपवः सन्ति। एतेषां पूर्णतः नष्टीकरणानन्तरमेव सदुरोः कृपया यथार्थं ज्ञानं लभते । यतो हि 'न हि ज्ञानेन सदृशं पवित्रमिह विद्यते ।' सत्पुरुषस्य एतैः वचनैः मेधाविनः मुखभंजनम् अभवत् । स्वस्य मूर्खतां, लज्जास्पदं वर्तनं ज्ञात्वा मेधावी तद्दिनादेव अदृश्यतां गतः ।

जीवनोदय

शोधत होतो मम जीवनाचा अर्थ

आणि केला खूप वेळ व्यर्थ

जन्म आणी मृत्यु दरम्यानचे क्षण

जगतो पृथ्वीवर प्रत्येक जण

आपण जे घडवू त्या काळात

तोच असतो अर्थ आयुष्यात

हे जेव्हा उमजले मजला

सापडली मज खरी जीवनकला

मन माझे झाले शांत अन् आनंदीत

आणि दिवस झाले उत्साहित

- हेमंत काँब्रबैल

अहंकार

श्यामला अशोक कुळकर्णी

जगात दोन प्रकारचे अहंकारी लोक निदर्शनास येतात. त्यातील एक राजसिक अहंकारी व दुसरे सात्त्विक अहंकारी. राजसिक अहंकारी लोकांना त्यांचा अहंकार त्यांच्या जीवनात त्यांना पातकी ठरतो तर सात्त्विक अहंकार हा साधकाला परमार्थात घातकी ठरतो. म्हणजेच राजसिक अहंकारी माणसाला नेहमी क्षुल्लक कारणांनी मनावरील संयम सुटून तो लवकर क्रोधावश होतो. ह्या त्याच्या क्रोधी वर्तनामुळे व त्यांच्या कठोर शब्दांद्वारे समोरच्या माणसांची मने दुखवून तो हळूहळू नात्यांच्या व सहवासातील माणसांच्या प्रेमापासून दुरावत जाऊन त्या प्रेमाला त्याला एखादे दिवशी मुकावे लागते. ह्या त्याच्या दुष्कर्मांद्वारे त्याच्या पापकर्माची दुष्फळे भोगणे निसर्गनियमानुसार त्याला अपरिहार्य ठरते! त्यामुळे त्याचे जीवन अधिकाधिक दुःखी बनून तो सर्वांच्याच प्रेमापासून वंचित होतो.

राजसिक अहंकारी माणूस हा बहिर्गंगाने जरी आपल्या वर्तनात व बोलण्यात आपण शांत असल्याचा अविर्भाव आणत असला तरी त्याच्या अंतर्मनात अहंकाररूपी ठिणगी सुप्त अवस्थेत इतकी खोल रुजून व दडून बसलेली असते की कोणत्याही क्षणी क्षुल्लक कारणास्तव ती कधी पेट घेऊन समोरच्या माणसाच्या अंतःकरणाला ठेच पोचवेल याचा भ्रवसा नसतो. अशा वर्तनाने तो स्वतःचे जीवन स्वतःच उद्ध्वस्त करून घेतो.

राजसिक अहंकारी माणसाला त्याच्या जीवनात त्याच्या दुष्कर्मांद्वारे कितीही मोठी दुःख-संकटे आली तरी ती आपल्याच दुष्कर्मांचे भोग असल्याचे न जाणल्याने त्या दुःखांना तो सहजरितीने पार करून पुन्हा सर्वांशी अहंकाराने वागण्यास सज्ज राहतो. काही अहंकारी माणसे तर आपल्याला आलेले दुःख हे नात्यातील वा सहवासातील माणसांमुळे आल्याचा आरोप करून त्यांना दोषी ठरवतात.

सात्त्विक अहंकारी माणूस हा आपल्या सत्कर्मांचा व आपण इतरांपेक्षा जास्त परमार्थसाधना करित असल्याचा सात्त्विक अहंकार उराशी बाळगून जीवनात वावरतो. तो अहंकार त्याच्या अंतरात सुप्त अवस्थेत असल्याचे त्याला अज्ञात असते. परंतु ज्याने परमार्थमार्ग आचरून गुरुमंत्राद्वारे आपले जीवन सर्वस्वी काया-वाचा-मने सद्गुरूंना समर्पित केलेले असते, त्या साधकाला जेव्हा आपल्या अंतरात सात्त्विक अहंकार सुप्त अवस्थेत वास करित असल्याचे गुरुकृपेने उमजते व तो अहंकार आपल्या परमार्थ साधनेतील प्रगती खुंटवण्यास कारणीभूत ठरून परमार्थ मार्गाला घातकी ठरत आहे हे निदर्शनास येते, त्यावेळी तो जागृत होतो. ज्यावेळी गुरुमंत्र देऊन, सद्गुरू, शिष्याला आपलेसे करतात त्यावेळी त्या शिष्याची सर्वस्वी जबाबदारी सद्गुरूंनी स्वीकारलेली असते. जर शिष्याच्या गतजन्मीच्या कुसंस्कारामुळे किंवा त्याच्या गत आयुष्यातील कुसंस्कारी सहवासातील माणसांच्या स्पंदनामुळे तो शिष्य कोणत्याही आडमार्गाने जाऊ लागला तर सत्वर सद्गुरू त्या शिष्यावर कठोर कृपाद्वारे त्याच्यावर दुःख-संकटांचा भडीमार करून त्याला जागृत करतात. ज्यायोगे त्या शिष्याचा सात्त्विक अहंकाराचा समूळ नाश होऊन त्याने लीन-दीन व्हावे. त्यानंतरच तो सद्गुरूंचा प्रिय शिष्य बनण्यास पात्र ठरतो. त्यावेळी तो शिष्यही दुःख-संकटे आपल्याला आपले जीवन सुधारण्याची सद्गुरूंनी धाडलेला हा संकेत हे जाणून आपल्या अमूल्य

जीवनाचा अधिकाधिक समय गुरुस्मरणात व गुरुमंत्रात गुंतवून ठेवण्याचा प्रयत्न करतो.

आपल्याला ह्या सात्त्विक अहंकारापासून परावृत्त करून आपल्याला जागृत करणारा आपला सद्गुरू सदैव आपल्या पाठीशी राहून आपली किती दक्षता घेतात हे सात्त्विक साधक स्वानुभवाने जाणतो. त्यानंतर त्याच्या जीवनात आलेली प्रापंचिक कर्तव्ये असो वा पारमार्थिक साधना असो सर्व आपल्या सद्गुरूंच्या प्रेरणेने व त्यांच्याच कृपाशिर्वादाने होत असल्याचे जाणून तो आपले उर्वरित जीवन सर्वस्वी सद्गुरूंवर सोपवून निरहंकारी जीवन जगतो.

सात्त्विक अहंकारी शिष्याच्या पाठीशी सदैव सद्गुरू राहून आपला शिष्य अहंकाराला बळी पडू नये यासाठी त्यांचे निरंतर रक्षण करित असतो. त्यामुळे एक ना एक दिवस त्या अहंकाराचा नाश होऊन सात्त्विक अहंकारी हा निरहंकारी बनतो हे निश्चित! परंतु राजसिक अहंकारी माणसाला परमार्थाचा गंधच नसल्याने व तो स्वतः अहंकाराच्या नाशार्थ प्रयत्न करित नसल्याने त्याचा अहंकार नाश करून त्याला सन्मार्गावर आणण्यास त्याच्या पाठीशी राहून आधार देण्यास परमेश्वर शक्तीही वास करित नसल्याने त्याचा अहंकार नाश होण्याऐवजी दिवसेंदिवस वयोमानाने खास करून वृद्धावस्थेत जास्तच वृद्धिंगत होत जाऊन त्याच्या स्वतःच्याच नाशार्थ कारणीभूत ठरतो.

ह्या घोर कलियुगात निरहंकारी माणसे भेटणे फारच दुर्मिळ असते. अशी माणसे आपल्या गतआयुष्यात आपल्या माणसांनी प्रेमाने व निरपेक्ष भावनेने केलेल्या कर्तव्याची जीवनभर जाणीव ठेवून नाती आयुष्यभर घट्ट टिकवून ठेवतात. अशी माणसे सतत मरणाचे स्मरण मनात जागृत ठेवतात, त्यामुळे एका जन्मीचे नाते सर्वांशी प्रेमाने निभावण्यासाठी सतत झटत असतात, परंतु अहंकारी माणूस गत आयुष्यात आपल्या लोकांनी आपल्यासाठी केलेल्या प्रेमाची व कर्तव्याची जाणीवपूर्वक पूर्ण विसरून उलट न घडलेले प्रसंग घडलेल्याचा आविर्भाव आणून दिवसेंदिवस सर्वांच्याच प्रेमापासून दुरावत जाऊन एखादे दिवशी त्या प्रेमाला पारखा होतो. परंतु निरहंकारी माणूस स्वतः सर्व कर्तव्ये प्रेमाने व निरपेक्ष भावनेने चोख करूनही त्याचा अहंकार कधीच उराशी बाळगत नाही. काही निरहंकारी माणसे जर मनाने हळवी असल्यास आपल्यापासून नाती दुरावू नयेत म्हणून आयुष्यभर प्रयत्न करतात. समोरच्या अहंकारी माणसाने कितीही कठोर व निष्ठूर वागले तरी ते आपल्या प्रेमळ संभाषणाने व वर्तणुकीने वागून त्या माणसाला आपलेसे करून नाती जोडण्यासाठी व नाती टिकून राहण्यासाठी सतत धडपडत राहतात. तर काही त्या प्रयत्नांत अयशस्वी ठरल्याने त्यांचा नाद सोडून परमेश्वराशी शाश्वत प्रेमळ नाते जोडून जीवनभर आनंदाने व सुखाने आपले जीवन व्यतीत करतात.

परमेश्वराला नेहमीच निरहंकारी माणसे प्रिय असतात. कारण निरहंकारी माणसे ही सरळ-साधी व प्रेमळ असतात. जसे श्रीकृष्णाला मुरली ही अत्यंत प्रिय असण्याचे कारण हेच आहे. मुरली तयार करताना सुतार लाकडावर हातोडीचे घाव घालून आधी सरळ करून घेतो. त्यानंतर त्या नळीला आतून पोकळ करून त्याला छिद्रे पाडतो. त्यामुळेच मुरली

वाजवल्यावर त्यातून निघणारे मधुर स्वर दुसऱ्यांच्या मनाला निर्मळ आनंद देऊ शकतात. म्हणून ही मुरली श्रीकृष्ण आपल्या उराशी सतत बाळगतो. आपल्या अधरात धरून मुखावाटे त्यातील सुरेल स्वरांनी त्याच्या बाळगोपाळांपासून, गोपी व गाईगुरांपर्यंत सर्वांनाच मोहीत करून आपल्याकडे आकर्षित करतो.

त्याचप्रमाणे माणसाच्या जीवनात जेव्हा दुःख-संकटाचा भडिमार होऊन त्यायोगे त्यांच्यातील अहंकाराचा समूळ नाश होऊन तो मुरलीप्रमाणे आतून पोकळ बनतो, म्हणजेच त्याच्या अंतर्मनातील काम-क्रोध-लोभ-मोह-द्वेष-मत्सर ह्या विकारांवर तो गुरुमंत्राद्वारे व गुरुबोधाद्वारे मात करून त्याचा समूळ नाश करतो. तेव्हाच त्याचे अंतरंग शुद्ध होऊन तो निरहंकारी बनून मुरलीप्रमाणे आपले जीवन सुरेल बनवतो. त्याचवेळी त्याच्या प्रेमळ वागणुकीने तो सर्वांना निर्मळ, निरपेक्ष आनंद देऊ शकतो. मुरली जशी श्रीकृष्णाला प्रिय असते तसे निरहंकारी शिष्य गुरूंना प्रिय होतो. शिष्यही गुरुप्रेम संपादन करून आपले उर्वरित जीवन सद्गुरूंना समर्पित करतो.

चिखलाच्या डबक्यातच आपले जीवन व्यतीत करणाऱ्या बेडकांना निर्मळ पाण्याच्या सरोवरात आनंदाने विहार करणाऱ्या राजहंसाच्या सुखाचा व निर्मळ आनंदाचा अनुभव जसा भोगता येत नाही, तसेच जन्मभर फक्त प्रपंचातील राग-द्वेष-मत्सर-काम-क्रोध-लोभरूपी चिखलांतच आपले

अमूल्य आयुष्य व्यर्थ खर्ची घालणाऱ्या अहंकारी माणसाला आपली प्रेमळ, निर्मळ व निरपेक्ष नाती जोडण्याचा आनंद व सुख काय असते? हे तो आपल्या जीवनात कधीच अनुभवू शकत नाही. त्यामुळे तो धड निर्मळ पाण्यात विहार करणाऱ्या सरोवरातील राजहंसाचा निर्मळ आनंद अनुभवू शकत नाही की प्रपंचरूपी भवसागरात खोलवर डुबकी घेऊन प्रवाहाच्या सुख-दुःखरूपी लहान-मोठ्या लाटांना सद्गुरूंच्या आधारे पार करित स्वच्छंदपणे पोहण्याचा सत्शिष्यांचा स्वानंदही अहंकारी माणूस प्राप्त करून घेऊ शकत नाही.

त्यासाठी सर्वांनीच जर गत आयुष्यात घडलेल्या बऱ्यावाईट प्रसंगांची उजळणी करून आपल्या प्रेमळ नात्यांपासून दुरावण्यापेक्षा व नाती तोडण्यापेक्षा आपले उर्वरित आयुष्य जर आपल्या नात्यातील व सहवासातील निर्मळ व प्रेमळ नाती जोडण्याचा निर्धार करून त्या प्रेमाची गोडी चाखल्यास त्याला आपण इतकी वर्षे आपल्या अहंकारी स्वभावामुळे क्रोधीत होऊन सर्वांच्या प्रेमापासून व सहवासापासून दुरावून आपण आपले हे क्षणभंगूर असलेले आयुष्य व्यर्थ दवडल्याचा पश्चात्ताप झाल्याशिवाय राहणार नाही. त्यानंतर तो सर्वांशी प्रेमळ नाती जोडून सरोवरातील निर्मळ पाण्यात आनंदाने विहार करणाऱ्या राजहंसाप्रमाणे सुखी व आनंदी जीवनाचा स्वानुभव प्राप्त करून घेतल्याशिवाय राहणार नाही हे खास!

खरे प्रेम

विजयालक्ष्मी सुरेश कापनाडक

वरुण-वसुधाचे दिवस मजेत चालले होते... वरुणला अचानक कामात बढती मिळाली. पण त्यासाठी त्याने सिंगापूरला राहावे लागणार असे कळले. त्याने विचार करण्यासाठी मुदत मागितली. कारण वरुणचा प्रश्न नव्हता. पण वसुधेच्या नोकरीवर गदा येणार होती. वरुणची आई दादीला एकटी सोडणं योग्य नव्हतं. अनोळखी नवीन देशात नव्याने स्थायिक होणं अतिशय कठीण पण पुढील भविष्याची दालने उघडणार असतील तर ही ऑफर का सोडावी? यावर कुटुंबियांशी चर्चा करून दादी त्यांच्याबरोबर जातील व त्यांचे घर बंद ठेवून वरुण-वसुधेचे घर विकणे योग्य असे ठरले. त्याप्रमाणे एक डिसेंबर २०१८ रोजी ते सिंगापूरला निघाले. त्यांच्या घरी कामाला असणाऱ्या अर्चनाला वसुधेने तिच्या ओळखीने दुसऱ्या घरी नोकरी मिळवून दिली.

सिंगापूरला जाऊन दोन महिने झाले. हळूहळू तिथली घडी बसली. पण तिथला उकाडा आणि त्या उलट मुंबईची ओढ आणि गुलाबी थंडी दादीला खुणवू लागली.

वसुधा-अर्चनाचे मोबाईलवर संवाद होत असत. अर्चनाला नवीन नोकरी नाही आवडली व दीड महिन्यातच तिने ती सोडली.

ऑफिसच्या कामासाठी पाच फेब्रुवारीला गोवा व मुंबईला जावे लागणार असे कळले. दादीला मुंबई भेटीची खूप इच्छा होती. “इच्छाशक्ती प्रबळ झाल्यास कोणतेही कार्य सिद्ध होते.”

१ फेब्रुवारीला मुंबईच्या दलालाचा फोन आला की घरासाठी योग्य ग्राहक तयार आहे. तर पुढील आठवड्यात सहीसाठी दोघांनी यावे.

“आंधळा मागतो एक डोळा अन् देव देतो दोन”

पाच फेब्रुवारीला वरुण बरोबर सर्वांची मुंबई तिकिटे बुक झाली. पाच फेब्रुवारीसाठी वरुणबरोबर तिकिटे काढली अन् वसुधाने अर्चनाला दहा दिवसांसाठी येत असल्याची बातमी दिल्याबरोबर “मी तुमच्या घरी कामाला येते” असे अर्चनेने कळवले. त्यामुळे त्यांची काळजी मिटली.

आधी ठरल्याप्रमाणे पाच फेब्रुवारीला संध्याकाळी सहाच्या दरम्यान वरुणमंडळी दादीच्या घराखाली पोहोचले तेव्हा अर्चना त्यांची वाट पाहत उभी होती. सामान घरात ठेवून हातपाय धुवून बाथरूमच्या बाहेर येताना वसुधा विचार करत होती की “आता दूध व इतर जिन्नस आणायला बाहेर जावे लागेल”. पण बघते तर बाहेर डायनिंग टेबलवर छान वाफाळलेल्या चहाबरोबर बिस्किट तयार होते. “दीदी तुम्ही आधी चहा घ्या आणि नंतर इतर कामाला लागो.” सर्वांना अर्चनाचे कौतुक वाटले.

अर्चना एवढ्यातच थांबली नव्हती. तिने रात्रीच्या जेवणासाठी भाजी, गव्हाचे पीठ व स्वयंपाकासाठी लागणारे साहित्य थोड्या थोड्या प्रमाणात बरोबर आणले होते. त्यामुळे इतके दिवस बंद असलेल्या घराची झाडलोट करून रात्री जेवणाची सोय झाली. “तुम्ही दमून येणार अन् आल्या आल्या तुम्ही सामानासाठी बाहेर पडाल. हे मला आवडणार नाही. म्हणून मी सर्व साहित्य घेऊन आले. तेच गोड मानून घ्या”. ना नाती ना गोती पण घरकाम करणारी बाई एवढं प्रेम करू शकते त्यावर विश्वास बसेल का?

“प्रेमाला नाती, जाती, धर्म किंवा पैशाची गरज नसते.” धन देण्याने कमी होते, प्रेम दिल्याने वाढते हेच “खरे प्रेम”.

Personalia



Jagruthi Sakpal - 20th March 2019 was a Red Letter Day for Swami Parijnanashram Education and Vocational Centre for the Handicapped as on this day Miss Jagruthi Vinayak Sakpal, a student of our School won the Bronze Medal in Traditional Handball Tournament at the Special Olympics World Games held in Abu Dhabi.

Jagruthi was born a normal child on 16th Dec 1996 in a municipal hospital at Kandivali, Mumbai. Her father worked as a sepoy while her mother worked as a domestic help in 10 houses. Unfortunately when she was 9 months old she suffered a severe fit after which the doctors declared her as mentally disabled of the moderate category. Her parents admitted her in a normal school. But after 3 years as there was no progress they were advised to admit her in a school meant for 'divyaang' children.



Swami Parijnanashram Education and Vocational Centre for the Handicapped established under the auspices of the Shree Trust in 1985 at Virar works to provide education to all types of handicapped children between the ages of 5 to 18 years, especially from the weaker section of society. Children above the age of 18 are imparted vocational training like file and candle making, Book binding, weaving and flower making. The centre organizes games and physical activities for the children.

Jagruthi was admitted in our School in 2007. Her sports teacher realized that she had a special flair for games and dancing. She not only picked up the various rules and regulations but also started performing well in them. Games like table-tennis, basketball, athletics (especially sprint events like 100m and 200m running), handball etc. were her forte.

She has repeatedly won prizes in Sprint 100m and 200m, Long jump, throwing the ball, skipping, one-legged race,

relay race as well as Musical chairs, tug of war, table-tennis at the zilla Parishad level. She is winner of that the Special Olympics in 2018 conducted at Haridwar, Uttarakhand.

In Handball she was selected as one of 10 girls out of a group from 20 schools. In 2017 she was selected to represent Maharashtra at the National Games. She was again selected at the National Games held at Agra in the same year. She attended 2 training camps, one at Gurugarm, Haryana and another, an advanced training camp at Pilani. She was then selected with one more girl to represent India at the special Olympics World Games in Abu Dhabi in March 2019. On 20th March 2019 the Indian team was declared as a winner of the Bronze Medal! A fantastic Achievement indeed!

Well Done Jagruthi. You have done your parents and family, your School and our Nation proud! Keep up the good work. Our wishes are with you to win the Gold Medal in your next attempt!



Rahul Chandawarkar of Goa successfully completes Ironman 70.3 Triathlon in Colombo. Rahul Chandawarkar (56), former editor of the Sakal Times newspaper in Pune and presently, a communication strategist based in Benaulim, South Goa completed the Ironman 70.3 Triathlon endurance sports event in Colombo on February 24th, 2019.

The event saw Rahul swim 1.9 kms in the open sea followed by a 90 km cycle ride and a 21 km half marathon run which he completed in a time of 7 hours 19 minutes and 11 seconds. The cut-off for this 113 kms endurance sports event is eight and a half hours.

Rahul, who has been an active athlete throughout his life is today an active triathlete and trains six days a week under the guidance of Kaustubh Radkar, India's foremost Ironman Triathlete.

Rahul believes that to remain healthy and fit, everyone must pursue some sporting activity of their choice and spend at least 45 minutes on the same everyday.

Shresht Bhat, age 10, a grade 5 student of Smt. Sulochanadevi Singhanian School, Thane, is a budding mathematician. Recently he was awarded AIR (All India Rank) 3 for JMO (Junior Math Olympiad) examination held in February 2019. JMO is an intense and prestigious Math



Bhat Shresht
AIR (3) (Std. V)

examination for children across India from grades 5 to 8. This exam is considered preparatory level for Regional and Indian National level Olympiads (RMO and INMO). For Grade 5 and 6, Shresht stood third overall (Grade 5 & 6) and ranked first in Grade 5. He has been awarded the Ramanujan Gold medal and a scholarship of Rs. 1000 as well as a full waiver

scholarship for the 'Young Genius Program' conducted by Vidyalankar classes to encourage mathematical talent in youngsters. Shresht has been consistently getting top scores in all the competitive math examinations like IPM (All India 2nd Rank) and NSTSE (Rank 1 in Math All India and Rank 2 for his class – Math and Science).

Shresht loves mathematical puzzles, chess and playing the piano. He is a huge football fan and his favourite team is FC Barcelona. He is also fond of semi classical old Hindi songs, especially those of Mohammed Rafi. Shresht hopes to pursue a career in mathematics in the future and is inspired by the works of Prof. Manjul Bhargava and Srinivasa Ramanujan who are his role models.

Here and There

Bengaluru : March 2019 - Special programmes: On 1st March Vardhanti of Shishya Sweekar Divas of HH Shrimat Parijnanashram Swamiji III was observed with Devi Pujan and Ashtavadhana Seva. On 2nd March, a water colour-painting workshop was conducted by Smt Rekha Mavinkurve which witnessed enthusiastic participation across all age groups. On 4th March, on the occasion of Mahashivaratri, Chaar Yaama Shiva Pujan was performed by the gruhastha-s and the laity enthusiastically participated in the Stotra-Pathan led by Smt Sunanda Sagar. Bhagvadgeeta, Upanishad & Brahma Sutra Bhashya Pathan was offered on 16th March on the auspicious occasion of Vardhanti of the Sanjeevani Samadhi of Parama Pujya Parijnanashram Swamiji at Karla.

Varga activities: Yuvadharma: On 3rd March, six yuvas participated in the Pranaayam session and learnt the technique as taught by Parama Pujya Swamiji. Devi Anushthana was performed by yuvas on 17th March. Three yuvas helped in the waste management at Shri Chitrapur Math as part of Shrama Seva on 31st March.

Regular programmes: Pujan was performed by Gruhastha-s at Bengaluru Math, in garbha-gudi every day and in Anandashram Sabhagriha every Monday, Thursday and Friday. Sadhaka-s performed Samoohika Gayatri Japa Anushthana every Sunday. The series of talks by Smt. Dr. Sudha Tinaikar on Aparokshanubhuti continued on every Tuesday. Bhashya Pathana (Bhagvadgita, Upanishad & Brahmasutra) practice is held every Sunday morning. Bhajan classes are also conducted regularly every week. A short 5 minute Ninada practice was a part of all regular activities.

Reported by Saikrupa Nalkur

Chennai : We performed Guru Pujan to mark the Shishya Sweekar Day of HH Shrimat Parijnanashram III. This was followed by Bhajans. On 4th, for Maha Shivaratri Ved Goutham Bhat maam performed puja, Rudrabhishek,

followed by Bhajans. Monthly Sadhana Panchakam too was conducted.

The last week of March (Mar.28-31) featured talks by Shri V Rajagopal Bhat. He explained in depth "Shivasankalpa Suktam" from Shukla Yajur Veda, 33rd Chapter and its import on the mind. Later he dwelt on "Ishvaro Gururatmeti" and "Nandantu sadhaka" from our Math Prayers. On request he briefly touched upon "Mrityunjaya Mantra" which he had dealt with in detail earlier.

Trikannad Rajkumar maam gave a moving vote of thanks recounting Rajgopal maam's talks here over the past two decades and expressed the gratitude of the laity to him.

Reported by Kavita Savoov

Mangalore: Geeta Jayanti was celebrated on 19th December 2018 and Pratishtha Vardhanti on 22nd February 2019 at Venugopal Sannidhi of Samadhi Math. On both the days, programme started with Prarthana followed by chanting of 12th and 15th Adhyaya of Bhagavadgita. Guruprasad Bhat mam performed Tulsi Archana at Venugopal Sannidhi while Sadhakas chanted Vishnu Sahasranama. Bhajans of Sri Krishna were sung by devotees and after Mahapooja, Prasad was distributed.

On the evening of 16th Feb 2019, Parama Poojya Sadyojat Shankarashram Swamiji arrived in Mangalore for a 4 day-Camp. On 17th Feb morning, after Jalabhisheka at all the shrines of Samadhi Math, Parama Pujya Swamiji inaugurated Mahadwara of Shri Umamaheshwar Temple. Parama Pujya Swamiji also performed puja at Subrahmanya Sannidhi of Shri Umamaheshwar Temple to mark 22nd vardhanti of Punarpratishtha of Lord Subrahmanya. At noon, there was Dharma Sabha where Parama Pujya Swamiji blessed us with Aashirvachan. This was followed by Paduka Pooja, Teerth Vitaran ,Bhiksha Seva and Prasad Bhojan. Next day morning, Parama Pujya Swamiji briefed us on various Pranayamas

and Wimhof breathing technique. Volunteers of Shri Mutt held various training sessions for 3 days and trained the Sadhakas on various Pranayamas, Ninaad , Wimhof breathing technique and light exercises. This was an effective and enriching training for the Sadhakas to keep their body and mind healthy and composed for pursuing spiritual path. Very enjoyable and interactive Sanskrit conversation and storytelling classes were also held after the Pranayama sessions. Sadhakas benefitted immensely from the above classes and were grateful to Parama Pujya Swamiji and dedicated volunteers.

On the occasion of Shivaratri on 4th March 2019, Mahashivaratri -Anushthanam was performed at Vamanshram Sannidhi. Anushthanam consisted of four Yaama pujas. Yaama puja includes various Stotras, Ashthottaras, Archanas and Puja to Lord Bhavanishankar. Sadhakas enthusiastically participated in the above Anushthanas from night 10.30 pm to early morning 3 am.

Reported by Savnal Janardhan Rao

Mumbai – Dadar : On 1st March, some of our sadhakas attended the Shishya Sweekar Jayanti programme at Karla, which, as always, included an exuberant Palkhi Utsav within the Karla Durga Parmeshwari Temple parisar, and Grama Bhojan.

On the auspicious occasion of Maha Shivratri, 25-30 of our sadhakas took the opportunity to offer the Chaar Yaam Puja at the lotus feet of Lord Bhavanishankar in the Sannidhi of Devi Durga Parmeshwari and Parama Pujya Shrimath Parijnanashrama Swamiji. Dr. Chaitanya Gulvady, Smt. Suman Gulvady, Smt. Smita Mallapur, Shri Girish Honavar, Smt. Geeta Nadkarni, Smt. Sangita Pawar and Niyati Puthli performed the Pujan and the others accompanied them in the chanting of shlokas.

The monthly Devi Anushthana was conducted on the 8th of March. On 9th March, 2 yuvas from Dadar Sabha, Aditya Chandavarkar and Sanika Balwally, attended the session on Pranayaam techniques, conducted by Smt. Shilpa Mudur and Shri Tanmay Mudur.

The 15th of March saw 12 of our yuvas take a sankalpa to focus on physical fitness through different activities of their choice, in a similar vein as they do for their Japa. Thus began the Yuvadhara Fitness Challenge 2019 (#YFC19) which will be culminating in a special fitness activity on 15th June.

Reported by Mohit Karkal.

Mumbai – Grant Road: On 6th April 2019 Yugadi was celebrated in the Talmakiwadi lawns. The programme started with a melodious Sitar Recital in Raag Yaman by Sr. Smita Koppikar. Panchang Vachan was done by Ved. Sunil Nadkarni. The gathering of around 50 people than enjoyed the Panak Pachdi – the special Prasad for Yugadi.

Reported by Smita Mavinkurve

Mumbai - Santacruz: Following Programmes were celebrated in the month of April 2019.

Yugadi, on 6th April : Panchaang Vachan by Ved Shri Anand Ulman Bhat , which was followed by our traditional 'Paanak and Pachadi Prasad'.

Ramanavami, on 13th April : Ram Stuthi by Swara Sadhana Group was a melodious one and well composed with narration and apt bhajans on Lord Rama and Veer Hanuman. This was followed by Deepa Namaskar, Mangal Arati & Prasad.

Venue for both the above programmes was Shrimat Anandashram Hall in our Saraswat colony and was well attended by many devotees who were present from near and far.

Reported by Kavita Karnad

Mumbai – Thane : January 2019 - A new batch of Sanskrit Aradhana classes was started from 12th January by Smt. Sheela Kalawar at Thane. The All India Saraswat Sammelan 2019 was held on 19th and 20th January at Mumbai. The gathering was addressed by the Mathadipatis of 3 Maths: H. H. ShrimatSadyojat Shankarashram Swamiji (Shri Chitrapur Math), H. H. ShrimatShivanandaSaraswatiSwamiji (Shri Kavale Math) and ShrimatSamyamindra Tirtha Swamiji (Shri Kashi Math). Smt. Shailaja Ganguly of Thane Sabha co-anchored this event with Shri. Narasimha Prabhu of Mangaluru. SevaSaptaha was offered by Thane Sabha between 20th and 27th January 2019. Seven sadhakas had the privilege of participating in this and were led by Shri Uday Honnemadi. Sannikarsh was offered on 27th January by 11 sadhakas.

A recital by Pandit Hariprasad Chaurasia and his disciples, with Tabla accompaniment by Pandit Yogesh Samsi, was held at Karla on 27th January. Smt. Shailaja Ganguly compered this event and around 15 sadhakas of Thane Sabha attended the same.

February 2019- Samaradhana of H. H. Shrimat Shankarashram Swamiji II was observed on 7th February at the residence of Smt. Lalita and Shri. Mohan Madiman, Powai. The event saw excellent participation of 43 sadhaka-s across all age groups. They performed Stotra Pathan and sang bhajan-s. Shri Arun Dhareshwar and Dhruv Dhareshwar, ably accompanied by Shri. Prakash Haridas on Tabla, enthralled the audience with their bhajan-s. Not to be left behind, the children of Powai, namely Veer Balsekar, Dhriti Heranjali, Sanaa Mangalore and Dhriti Ulpe recited passages recounting the life of Pujya Swamiji from the book Anugraha. A special offering of paej was made on this occasion.

PattabhishekVardhanti of H. H. Shrimat Sadyojat Shankarashram Swamiji was celebrated with great fervour at the residence of Smt. Mekhala and Shri. Subhash Nadkarni, Vashi. Forty-one sadhaka-s gathered to express their love, devotion and gratitude to Pujya Swamiji. Yuva Sankalp Nadkarni performed Guru Pujan while many sadhaka-s sang soulful bhajan-s. The event saw the participation of 6 Yuva-s.

March 2019- H. H. Shrimat Parijnanashram Swamiji's Shishya Swikar Divas was celebrated at Karla on 1st March. Seventeen sadhaka-s participated in the celebrations and volunteered during the Gramabhojan. A month-long Yuvadhara Fitness Challenge was thrown open to all Yuva-s on 15th March. Seven Yuva-s of Thane Sabha have signed-up for this.

Yuvadhara's Yuvathon trek was held on 4th February at Karla. Five Yuva-s from Thane Sabha participated in this event. Under the able guidance of Shri. Vinod Balvalli, Yuva-s Nikhil Chandawarkar and Vijayalaxmi Chandawarkar cycled their way to Karla for this event. While Shri. Vinod Balvalli cycled both ways, Nikhil Chandawarkar and Vijayalaxmi Chandawarkar relayed one-way.

Reported by Namrata Heranjali

Pune : Nov 2018 to April 2019 – On Nov 28th 2018 we had a very interesting Sanskrit Shibir at SSD Dham in Aundh from 10 a.m. to 3 p.m. with a delicious potluck lunch break. There were 15 shibirathis, 6 men and 9 women and our guide was Smt. Vaishalipacchi Koppikar from Mulund. She was very inspiring as she stressed on building our confidence about our memory. We learnt quite a bit in sentence construction and were guided in Sambhashan. With great satisfaction and promises of meeting again soon, the session ended.

On Dec. 2nd and 23rd 2018, and on Feb 10th 2019 Sannikarsha at Karla Math was reasonably participated by Pune Local Sabha members and successfully concluded.

On 3rd Feb 2019, 14 yuvas from Pune went to Karla to join other yuvas from Thane, Mumbai and Bengaluru for a Yuvathon trek on Saturday. On Sunday early morning they first took Darshan of Devi Durga Parameshwari and then

started off to reach a spot near Kamshet. They walked the beautiful scenic 10 km. trek with a break for a packed breakfast. On reaching the spot, lunch was rustled up and jointly enjoyed by all the participants. During the lunch break P.P. Swamiji graced the occasion when some interaction with the yuvas took place. All in all, it was a blissful and memorable trek for the yuvas.

On 23rd Feb 2019, 10 yuvas and a few yuvadhara co-ordinators gathered at Dilipmam Basrur's residence to learn some new breathing techniques from Pritipachi Panemanglor. She had learned the Pranayam and WimHof breathing technique with P.P. Swamiji's guidance and blessings. With H.H.'s grace these techniques will bring positivity and well-being to students young and old.

On 6th April 2019 Yugadi was celebrated with great verve starting with the entire programme in a Konkani poetic form. First the Prarthana children recited the 12th chapter of the Bhagwad Geeta. Then a team of four conducted a quiz for the audience and then a 7 year old came on the stage and sang by herself with karaoke accompaniment. Excellent instrumental performances by two of our members were enjoyed by the audience. The panchang was interpreted by an experienced lady, crisply and to the point, with a touch of humour. Finally, the programme was rounded off by one yuva enlightening us about her kar seva experience and another about her yuvathon experience. The Panak, Pachdi, chanya upkari with some fruit and sweet rounded the evening off wonderfully. The Samvit Sudha stall was an added attraction.

All in all, a hundred plus attendees went home content with the good start to the year.

Reported by Bharati B Karpe

Our Institutions

Saraswat Club, Santacruz

Our picnic at Gorai - The Saraswat Club Santacruz west organised a picnic to Farrys Resort near Gorai Beach on 23 March 2019. A group of nearly 70 members made their way to the Resort, majority by bus, singing and enjoying on the way. What made this picnic special was that it was organised after nearly a decade. Held to bring residents and members of the Saraswat colony together and enjoy as a community, this picnic truly met its objective. Designed keeping in mind 'Fun for all age groups' - the children and adults enjoyed in the swimming pool for hours. In addition, adults and especially senior citizens were treated to a host of games all through the day. Smt Premlata Padbidri pachi age 83 years was honoured for being the senior most participant in the group. With finger licking breakfast and lunch organised by Mrs. Maya Mangalore, the picnic was a huge success amongst young

and old alike. The Saraswat Club takes this opportunity to thank its members for their warm participation and active support always.

Reported by Subodh Rao

Saraswat Cultural Forum, Pune

The most awaited event of our Saraswat Cultural Forum is the annual picnic which brings a sense of joy, happiness and togetherness.

TND Woods on the shore of the Kasarsai Lake & Dam, about 35 kms from Pune and away from the hustle-bustle of urban life, was chosen as the picnic spot – a rural site with greenery and fresh air.

On the morning of 24th February 2019, the enthusiastic group got together, formed a convoy of cars and headed off to the picnic spot. It was a truly wonderful ride on a

relaxed Sunday morning through undulating terrain and stretches of farmland.

Activities planned included group games, music, singing & dance. There was ample place to walk around with play areas for children.

On arrival at the venue everyone was given a welcome drink. The buffet lunch was a simple vegetarian menu.

In the afternoon there was a "cooling off" in the 'Fog Dance' area, followed by a magic show and ended with a "Hurda" party to absorb the rural atmosphere. The grand finale, of course, was a cup of hot tea with bhajias and biscuits.

The active participation of all members present, is what made the picnic so enjoyable. All in all a successful and fun-filled event for an age group ranging from pre-teens to octogenarians.

Reported by Sunil Mundkur, Hon Secretary

Saraswat Mahila Samaj, Chennai

We organised Bhajan Sandhya, an evening of devotional songs rendered by various groups on March 3rd, 2019. The groups which performed were Bhajanamrutha of Kashi Math, Gurukripa of SGS Sabha, Bhaktidhara of Maharashtra Mandal & Ragaa of Rotary Club of Temple City Chennai. The program went on from 3.30pm till 8.15 pm with the groups singing one after the other. Each group was given a token of appreciation which included an acrylic Shivalinga. All groups were brilliant and the audience was very appreciative, enjoying the variety of bhajans presented. The evening ended with a sumptuous dinner. The program was a huge hit & was aided by a few generous sponsors.

Reported by Kavita Savoer

Saraswat Mahila Samaj, Gamdevi

A variety entertainment programme was presented by the Yuvatis of the Yuvati Vibhaag in the Samaj Hall on the occasion of International Women's Day celebrated as Yuvati Diwas on 10th March 2019.

Ms Divya Vinekar compered this programme. She initially offered shraddhanjali to our dear (late) Sadhana Kamat and expressed their gratitude for initiating the Yuvati Vibhaag and including yuvatis in the Saraswat Mahila Samaj. The programme started with a Guru Vandana song by Nivedita Hattangadi to which Medha Karkal (nee Deolalkar) gave a beautiful dance recital. Thereafter Nivedita sang a Natya sangeet, a kannada song and an abhang in her mellifluous voice which was well appreciated.

Then followed an interesting talk by Mrs Vibha

(Kamat) Dsouza on her search for a good library in her neighbourhood. She informed in detail about how she went about searching for a place. After having luckily come across one in Bandra, her friends and she collected books for kids, adults and senior citizens. Furniture donated by well wishers and friends provided all the infrastructure to start a good cozy library and helped the place to develop into a full fledged library in no time. It also serves as a centre for senior citizens once in a month.

Then followed a skit "Tara" by the girls- a very interesting intense story presented with ready scripts in their hands and emoting their roles only through their dialogues with superb voice modulation and expressions. The participants were Divya Vinekar, Medha Deolalkar -Karka, Ketaki Mavinkurve, Pramila Mankikar, Mitali Puthli-Mallapur, Shruti Gokarn and Neha Hoskote-Dholakia

The programme was enjoyed by a packed hall. Vote of thanks was proposed by Ketaki Mavinkurve on behalf of Yuvatis and Priya Bijur thanked the Yuvatis on behalf of the Saraswat Mahila Samaj. Small token gifts were presented by President Sharayu Kowshik in appreciation to all the Yuvatis. Refreshments were sponsored by Smt Vidya Kodial in memory of Smt Premalata and Shri Kodial Shankar Rao. A day filled with music, dance, drama and fun with young girls along with the young at heart ladies.

Reported by Geeta Suresh Balse

On the 24th of March 2019, the members of the Saraswat Mahila Samaj had an opportunity to listen to the well-known versatile artist-cum-writer, Chandramma Bijur at the Samaj hall, Gamdevi. Smita Mavinkurve welcomed and introduced her and her co-artists from Matunga. Chandramma Bijur, along with eight other artists, then read out her novel 'Trikonachi Chauthi Baju'. The novel was based on the not-so easy life of a woman afflicted by Cancer through her fatal illness, her friendship with another man and how her husband stands by her, and helps her cope up with all the obstacles. It was a heart-touching story, which also posed certain queries in the minds of the listeners.

After the reading session, snacks were provided sponsored by Geeta Balse and Priya Baddukuli. The programme ended with a vote of thanks by Geeta Balse.

Reported by Chitra Kapnadak

Forthcoming Programs : Sat. May 4th 2019 at 5.00 p.m. at the Shrimad Anandashram Hall, Talmakiwadi – Sadhana and Advocate Narendra Kamat Memorial Lecture - Talk by Shanta Gokhale, renowned thinker and writer, on "Changing Trends in Indian Theatre" under the joint aegis of Kamat Family, Kanara Saraswat Association and Saraswat Mahila Samaj. All are cordially invited.

CLASSIFIEDS

MATRIMONIAL

Alliance is invited for an Arora Punjabi Delhi girl, age 35 yrs, working in GENPACT, height 5'2", wheatish complexion and good looking, from good looking Saraswat bhanap boys (height 5'9" and above) vegetarian or non-vegetarian. Contact nos: 9313278745/9833034717

VAASTU HOME CLEANING SERVICES

Vaastu Home cleaning services. We provide best services in Mumbai and Pune for Deep cleaning, Ayurvedic Pest Control, Sofa shampooing, AC services, Movers and packers Contact Leena Koppikar 9322163539

DOMESTIC TIDINGS

OBITUARIES

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

2018

Nov 2 : Vimala Umashankar Balsavar at Chennai

2019

Jan 9 : Satish J Rao (81) at Pimpri, Pune

- Feb 25 : Deepali Dnyanesh Chandavarkar (nee Suman Talgeri) (79) at Bristol, UK
- Mar 1 : Bagde Devdutt Rao (77) at Nashik
- Mar 5 : Ramesh Dattatreya Kumta (Honnemadi) (85) at Pune
- Mar 15 : Mahendra Bhavanishankar Hattangadi (67) at Hindu Colony, Dadar Mumbai
- Mar 17 : Purnima Gurudas Koppikar (nee Shalini Rammohan Kalavar) (75) at Mumbai
- Mar 28 : Vinesh Venkatrao Kalyanpur (71) at Goregaon, Mumbai
- Mar 28 : Pandurang N Kumtha (97) at Gamdevi, Mumbai
- Mar 31 : Balkrishna Rao (Gangolli) (92) at Mira Road, Mumbai.
- Apr 1 : Satish Rao (Jeppu) (77) at Bangalore
- Apr 1 : Sumati Mangesh Hosangadi (97) at Mumbai
- Apr 4 : Sharada Maruti Ubhayakar (80) at Goregaon, Mumbai
- Apr 8 : Shalini Shankar Nadkarni (90) at Mumbai
- Apr 8 : Kallianpur Raghunandan Rao (72) at Chennai
- Apr 13 : Devadas Rao (Mudbidri)(M D Rao of Canara Bank) (88) at CBD Belapur, Navi Mumbai.

Rates for Classified Advertisements in Kanara Saraswat

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

5% GST additional

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

Rates for Classified Advertisements in Kanara Saraswat w.e.f. 1st August, 2009

For the first 25 words: Rs. 600/-
for KSA Members and Rs. 650/- for Non-members.

For every additional word, thereafter: Rs. 20/-
Postal charges for Kanara Saraswat: Rs. 1000/-
p.a. for overseas Members. Overseas Members are requested to make payments in Rupees only owing to exchange difficulties.

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

Visit KSA's Nashik Holiday Home Your Home Away From Home

- Serene Atmosphere in Prime location of Nashik
- Easily accessible by regular mode of transport
- Clean and inexpensive accommodation including AC Units with Garden for relaxation.
- Morning refreshments, Lunch and Dinner provided at reasonable cost.
- Excellent for Family Get-together
- Good Sight Seeing sites as well as many Holy Shrines
- Can make daily up down trip from various Industrial locations.

Hon. Secretary Kishore A. Surkund

For Booking

**Please Contact: KSA Office,
Talmakiwadi, Tel: 022-23802263
23805655**

**Nashik Office-Manager
Mrs Ravikala Prakash Koppikar,
Tel No 0253-2580575/25315881,
Mobile No – 09623788879**