

# Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

Vol. 25 Issue 8

Mumbai

August 2020

Pages 44 Price ₹ 20/-

## Guruparampara (Painting)

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*Artists: Tara and Shanta Khambadkone*

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## 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. 25, No 8, August 2020

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### EXAMINATION RESULTS 2020

Students who have passed in various examinations held in Mumbai, Pune, Bangalore and other parts of the country, are requested to send their details in the following proforma to the Editor, Kanara Saraswat, before 15<sup>th</sup> September, 2020.

Name (in full):

Address and Telephone No.:

Examination passed and Board / University:

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

Merit or Prize/s obtained:

Photographs will be accepted only of those students who obtained 80% and above in SCE/HSCE/ICSE/CBSE, and above 75% for graduates.

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



# KANARA SARASWAT ASSOCIATION

## APPRECIATION FOR CONTRIBUTION TOWARDS A NOBLE CAUSE

KSA acknowledges and appreciates the good gesture of the following members who donated towards FINANCIAL AID being provided to members of our community under financial distress due to the lockdown imposed consequent to the COVID-19 pandemic (an initiative in association with Shri Chitrapur Math, Shirali):

A well wisher	Rs. 5,00,000
Shri Dhananjay Basrur	Rs. 30,000
Shri Jaishankar Bondal	Rs. 40,000
Shri Sunil Burde	Rs. 50,000
Kallianpur family	Rs. 3,00,000
Shri Ashok Kalyanpur	Rs. 50,000
Smt Sheila & Dr Vivek Savur	Rs. 1,00,000
Shri Vikram, Smt Jyothi & Shri Girish Shibad	Rs. 70,001
Shri Santosh Shiroor	Rs. 1,00,000
Smt Jaya Arun Talgeri	Rs. 10,000
<b>TOTAL</b>	<b>Rs. 12,50,001</b>

KSA wishes the above donors the very best for contributing towards this noble cause in bettering the lives of our community members.

## Letters to Editor

### Dear Editor:

Thanks a lot for publishing review of my book 'Maal'. I am honoured by your appreciation. This will help the book to reach maximum readers.

*Mira Ramdas Shirali*

### Dear Editor:

The virtual Mulaqat held on 25th July, 2020 organised by Kanara Saraswat and viewed on Facebook, Zoom, and YouTube was another progressive step by the KS which is admirable. The participating guests Ashok and Hema shared

their experience and knowledge for the benefit of everyone and especially for upcoming entrepreneurs! Some mool mantras for success that I observed from their talk are 1. hard work 2. team spirit to encourage team-mates 3. respect for employees' feelings 4. self-introspection through employees' point of view 5. giving opportunity to the staff to explore their ideas 6. caring for staff and many more. The program was well organised and conducted by Rajiv Kallianpur. Thanks to the team involved in bringing up an inspiring program that befits Kanara Saraswat.

*Regards, Chaitanya Nadkarni Goregaon West*

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## *From the President's Desk....*

Dear Friends,

As I start writing this article, the Central Government and the State Governments have already extended the lockdown till the end of August 2020. This means we will now be entering into the fifth continuous month of lockdown which for most of the people is quite frustrating. It is seriously impacting the sources of livelihood for the common people. The economies world over are seriously derailed and will continue to struggle for a much longer period even after normalcy returns. Most educational institutions have come to a halt except those which can impart education through the online medium. In many countries, the second wave of Corona virus has hit them, causing real panic. So overall, this presents a very gloomy picture across the world.

In this context, there are always comparisons drawn with the past. One such comparison is with the pandemic of Spanish flu which hit the world exactly 100 years ago. This flu started as the World War I was coming to an end and lasted for over two years from February 1918 to April 1920. It infected 500 million (50 crores) people, about a third of the world's population at that time, in four successive waves. While the death toll in the then just concluded World War I was around 16 million (1.6 crores) people, the estimated death toll due to the Spanish flu pandemic was around 50 million (5 crores), three times more than the death toll caused by the World War I. The pandemic of Spanish flu also hit India very badly with the mortality rate touching 5% of the population.

Just as India was experiencing the waning of the pandemic of the Spanish flu, we lost one of our greatest freedom fighters, Lokmanya Tilak, on 1st August 1920. On the 1st August of this year, we will be observing the centenary of Lokmanya Tilak's death anniversary. As historians state, it was a rain-soaked Sunday when Bal Gangadhar Tilak breathed his last in the early hours of 1st August 1920 in Bombay (or today's Mumbai). It was Lokmanya Tilak who gave the Indians the dream of Swaraj. After Lokmanya Tilak's death, the natural question in the mind of an average Indian was, who will now lead the Indian Freedom Struggle or the struggle for Swaraj.

Out of this gloom came a new leader, Mahatma Gandhi, who held the mantle to lead the battle for Swaraj. It was his struggle of Non-Violence that gave us freedom from the colonial subjugation and a new Free India on 15th August 1947. This period from 1922 to 1939, was also the time when Indian industrialisation saw a significant progress. The advent of Second World War in 1939 gave a great fillip to the Indian Industry to become a major manufacturing hub supporting the British war efforts. The growth of urban India happened from the 20s to 50s of the previous Century. The literacy rate which was only around 5% at the beginning of the 20th century grew close to 20% by 1950.

Why am I mentioning all these historic events that happened a century ago? it is because there is a proverb coined by the Spanish writer and philosopher George Santayana that says "History repeats itself" and I strongly believe in this proverb. While we are right now in a seemingly gloomy world order, the next 30 years are going to see a significant resurgence of India in a new post-Covid world order.

With a clear demographic dividend that we have for the next 30 years, as per the projections of the world economic order, in 2050, India will emerge to be the second most powerful country. It will be only next to China, with Indian economy contributing to 15% of the global economy from the current 7%. In fact, India is expected to dominate the global markets till the end of this century. The current pandemic effect of Covid -19 is expected to see a plateauing from the end of November 2020 with a clear declining trend from January 2021 as per the projections of scientists. With the new vaccine which is likely to be introduced in the market by the beginning of 2021, the pandemic of this Covid-19 is expected to be brought under control.

Hope is the best medicine as they say. So, during this period of gloom and doom, we should not lose hope. The practice of patience and perseverance is the key mantra that we need to follow in these difficult days. Believe in and follow the path laid down by our Gurus. Whatever may be the current difficult situation that we all are going through, we should strongly believe in the Good that is going to happen.

Life is all yours, my friends. Be positive and learn to live life fully.

**Praveen P. Kadle**

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## THE CSN PAGE

### KSA – CSN– June 2020 Update

(Kanara Saraswat Association – Chitrapur Saraswat Network)

[www.kanarasaraswat.com/csn](http://www.kanarasaraswat.com/csn)

GAUTAM AMLADI & RAJIV KALLIANPUR

**“If you want to go fast, go alone. If you want to go far, go together.”** *Goes an African Proverb*

KSA-CSN works towards getting Bhanaps together so they can help each other grow their businesses.

CSN now has it's own webpage: [www.kanarasaraswat.com/csn](http://www.kanarasaraswat.com/csn)

This site hosts a Database where Bhanaps in Business/Independent Professionals can register their businesses and post their details in the fields provided.

**Please register yourself on this database and also persuade your relatives, Bhanap friends and associates who are in business/Independent Professionals to register themselves in the Database. Registration is FREE.**

#### Activities in the months of June 2020 – An update

##### 2 WhatsApp groups

- a) BhanapCAs – A group exclusively for Bhanap CAs to interact on professional matters has 58 members.
- b) Bhanap Professionals – A group for Bhanap Entrepreneurs and self-employed professionals, featuring as an adjunct to the CSN database, to facilitate mutual personal interaction amongst CSN database Listees. Jairam Khambadkone, Chairman of KSA, posted opportunities in KSA for services required and one member was selected to offer services to KSA.

2 Proposed Joint Ventures between members of the group have been announced and discussions, we believe, are underway for formalizing the same.

Members have now started posting services required on the group seeking out Bhanap providers, which is a positive sign.

“1 with Many” meets continued to be organized

- c) 3 webinars were organized during the month of June 2020

- ✓ 7<sup>th</sup> June 2020 – Webinar on “**Cyber Crimes and Cyber security**” by Ravikiran Mankikar
- ✓ 13<sup>th</sup> June 2020 – Webinar on “**Emotional Intelligence to help Bhanaps become Successful Entrepreneurs**” by Shri Vivek Hattangadi from Ahmedabad
- ✓ 28<sup>th</sup> June 202 – Webinar on “**Financial Planning and Wealth Management**” by Shri Sandeep Bhat (Bijoor), CA

We propose to hold more such webinars in the days ahead. Domain experts, willing to contribute their expertise for the benefit of our Bhanap entrepreneurs, may please connect with Rajiv and/or Gautam

If you wish to contribute please send in an e-mail to [rajivkallianpur@gmail.com](mailto:rajivkallianpur@gmail.com) or [gautam.amladi@gmail.com](mailto:gautam.amladi@gmail.com)

If you wish to get to know more about CSN call up either of us: Rajiv Kallianpur (9821011667) or Gautam Amladi (9821007190) or message on WhatsApp.

## Guruparampara

KRISHNANAND KHAMBADKONE

Artists: Tara and Shanta Khambadkone

**(Editor's Note:** The beautiful painting on the cover depicts the artists' devotion and dedication to our glorious Guruparampara. Given below is the artists' articulation of the painting and its various elements.)

In their own words...

This painting is dedicated to our most divine and sacred Guruparampara and our "motherhood" the Shirali Math. Our Gurus have been the guiding light for our community for centuries. Our Shirali Math has provided that firm anchor for our community around which our other sacred Maths and institutions have grown and thrived.

### Here is the detail of each component in the painting



a) The Green strip denotes the Chitrapur Saraswats' roots, which are deeply embedded in our heritage.



b) The Indigo strip represents River Saraswati flowing down the Himalayas along the banks of which our ancestors resided, and their migration towards the south.



c) The Maroon strip is a symbol representation of the Guruparampara of our 11 Gurus, which is more than 300 years old - verses of the Guruparampara in *Devanagari* script are handwritten in this strip along with the divine auras (circles) of our 11 Gurus.



d) The Red thin strip has silhouettes of all our Maths and our Gotras' *kuladevata* temples.



e) The Red-Orange strip denotes our intellect, entrepreneurship and spirituality, which are never ending.



f) The Yellow ball denotes Lord Bhavanishankar, the Aradhya Devata of the Chitrapur Saraswats whose divine grace (sun beams) is always upon us.

## **Chitrapur Heritage Foundation**

**711 Daylily Court, Langhorne, Pennsylvania, USA**

**Connecting US Amchis to Chitrapur Math**

Founded in 2005, Chitrapur Heritage Foundation (CHF) is a Section 501 (c)(3) not-for-profit charitable organization and donors receive the maximum charitable deduction allowed by law. The mission of CHF is to provide a vital link for amchis in the US to stay actively connected with our Chitrapur Math and our Guruparampara. Currently, CHF Chapters are located in four main regions across the United States of America. Over the past decade, amchis in the US have supported students' education and promoted sustainable development of the village of Shirali.

### **The activities of CHF includes:**

- Facilitate the collection of annual "Vantiga" payment from every earning Saraswat in the US - "Vantiga" is used to support and maintain the upkeep of our spiritual centers in Bengaluru, Gokarn, Mallapur, Mangaluru, and Shirali
- Support education institutions administered by Math-sponsored trusts: Srivali High School, Kotekar Campus of Saraswat Education Society, and Parijnan Vidyalaya.
- Finance the post-primary education of 100 students at the Srivali High School through the "Sponsor-A-Student" Scheme
- Contribute towards the preservation of the rich cultural heritage of the Chitrapur Saraswat community in the US, by celebrating festivals like Yugadi, Ram Navami, Gokulashtami, Navratri, Diwali, monthly satsang, and Prarthana Varga for children

CHF is a philanthropic organization that provides an avenue for US-based "amchis" to support the operation and maintenance of Shri Chitrapur Math as well as support the post-primary education of students in Chitrapur, Karla, Mangalore, and Shirali, and women empowerment programs administered by Parijnan Foundation.

CHF is set up with many Corporations/Organizations such as Bristol Myers Squibb, Johnson & Johnson etc. to receive Matching Gifts. CHF has also registered with Benevity in order to make it easier to participate in workplace giving programs such as those at Apple, Google, and Microsoft.

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



## Obituary



### Surekha Vijayanand Basrur

Date of Birth : 20<sup>th</sup> September 1951

Date of Death : 24<sup>th</sup> May 2020

Surekha Basrur (nee Surekha Ullal) age 68 years, wife of Vijayanand Vithal Basrur and beloved mother of Aarthi and Tanmay left for heavenly abode on 24<sup>th</sup> May 2020. Deeply mourned by all family members of Basrur and Ullal family and all relatives

## Centennial Birth Anniversary



### Late Mr. Chandrakant Maruti Chandawarkar

Birth: 29<sup>th</sup> July, 1920

We fondly remember you today. Your values will be treasured by us forever.

Missing your cheerful presence

Chandawarkar, Nagarkatte, Bagde and Huded families

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## THE CSN PAGE

(Kanara Saraswat Association – Chitrapur Saraswat Network)

[www.kanarasaraswat.com/csn](http://www.kanarasaraswat.com/csn)

GAUTAM AMLADI & RAJIV KALLIANPUR

### THE ART OF GIVING

**“You can get everything in life you want if you will just help enough other people get what they want.” –**

Zig Ziglar, *American author, salesman, and motivational speaker*

सृष्टि का एक नियम है जो बांटोगे वही आपके पास बेहिसाब होगा फिर वह चाहे धन हो, अन्न हो, सम्मान हो, अपमान हो, नफरत या मोहोब्वत

– Author not known

The above quotes would also be relevant to Business Networking as they indicate the perennial importance of “Giving” in a networking relationship.

This may sound quite surprising and even quixotic to the uninitiated or novice networker. The common belief is that Business Networking is one of the best ways to catalyse one’s business growth. Of course it is, without a doubt. But just joining a business network, is it enough? Think... think again.

Why is it important to start with “Giving” than “Taking or Getting”? Why do we need to **HABITUATE TO GIVE FIRST**, while building a networking relationship?

**More often than not, the visible Giver is more likely to get faster connects than one who is perceived as only taking.**

**You GIVE You GET** - दित्तलो तो घेतलो

An anonymous quote goes like this

**“Don’t expect to receive if you are not willing to give”**

Networking is ALL about positivity. When I give, the other person feels positive about me and would at some point of time feel good enough to try and do something positive for me.

It is said “We can’t spell **S\_UCCCESS** without “**U**”. Concurrently, it is also said that “I” should be the least used word, as it indicates, maybe, arrogance, conceit, pride or what you may. But here it can be looked at differently...

**Networking may be the only place where “I” could be safely viewed as more important than “U”**. Use of “I” appropriately could be one of the most positive acts we could have.

If we are able to start or interject a conversation with “**What can I do for you?**”, or “**How can I help you?**”, it would be a very positive start. Why is this positive? Because it displays the intent to give - the best starting point for a good networking relationship.

**How does one start giving?**

Whenever one needs a product or a service, look up the KSA-CSN database to check if there is a Bhanap vendor listed for the required product / service.

We have a WhatsApp group “Bhanap Professionals” in which Members post their informative flyers or connects required. Check the feasibility of one being able to share the connect with the requesting member and if feasible, pass on the connect.

Attend maximum Club meetings (post lockdown), webinars as organized by the group. In short, be seen to be participating.

**Actively participate** in group activities like 1 with Many’s, volunteer for webinar activities – Speaker introduction, Vote of thanks, Prarthanas etc.,

**SEEK OUT MEMBERS & DO 1 on 1’s**

1 on 1’s represent one of the best avenues available for exchanging information about one’s business or profession in detail. More about this to come in future.

It is a stark fact of life that we may ignore a dying stranger on the road, but agitate over a mild fever of a loved one (family, friend etc).

(Cont’d on page 12)

Similar is the case in Business networking also. One can connect better with a person whom one knows or has known well for a reasonable period of time.

One may say I want to give, help others or at least try and help others get what they want. I can't get myself to start giving to a complete stranger or a new acquaintance.

#### **What is the basic tenet of networking?**

It is Building Relationships. Relationships are not built in a day, we have to work to start a relationship, work harder to improve and keep working harder to sustain a relationship.

How do we do this? ... More will follow... keep watching this space.

### *From Our Archives*

## **Dr. D. V. Chickermame- Educationist, Par Excellence**

BY UDAY MANKIKAR, MUMBAI

*Published in September 1988 issue*

Dr. Dattatraya Vinayak Chickermame was popularly known as "Anna" in the family circle and "Baba" at Mouni Vidyapeeth, Gargoti. A noble soul who lived his life in a simple way but with very high thinking, Dr Chickermame was from that rare breed who sacrificed his life for the upliftment of others, and refrained from publicity.

Born at Gokarn in 1905, he was a merit scholar throughout his career. After completing B.A. (Sanskrit) 1<sup>st</sup> class 1<sup>st</sup>, B.T. he started his career as a teacher in Government High School, Karwar and later worked as professor in B.T College, Belgaum, before being appointed as Inspector of Education at Dharwar and Dhulia. He retired in 1960 as Deputy Director of Education at Pune.

His main contribution to the educational environment as Deputy Director was, monitoring the progress of BASIC education a scheme suggested by Mahatma Gandhi. The Government wanted to implement this scheme vigorously.

After retirement from Government service in 1960, he joined Shree Mouni Vidyapeeth at Gargoti near Kolhapur and worked as Director of G.K. Institute of Rural Education and established a full-fledged Audio Visual Laboratory for educating rural children and adults. His thirst for knowledge and the speed of assimilating the same was to be seen to be believed. The example of this quality is the Audio-Visual Laboratory at Gargoti, which he built with his own hands and continuously searched the streets of Bombay for procuring the appropriate equipments which he carried personally. He assembled a number of Audio Visual Equipments himself by referring to the manuals and various books. In Gargoti, Dr Chickermame spent 22 eventful years after retirement.

He was a respected member of the community wherever he lived. At Gargoti when the Mouni Vidyapeeth was troubled by the internal strife, both the parties looked upon him as a trusted mediator. Even after he settled at Gokarn, his services were sought at Gargoti for mediation and settling the disputes.

After he left Gargoti finally to stay in Gokarn, he worked for the upliftment of "Agers" and "Hailers". Rural education was a subject very close to his heart and, therefore, he

started a school in his house at Gokarn, for the benefit of nearby peasant children. He published innumerable articles and papers, including papers in international magazines on the "Agers" and "Hailers" and their life style. He published a magazine from Gargoti on rural education of which he was the editor and at times he did all the jobs connected with the publication including proof reading. His zeal for work was phenomenal as was his complete disregard for standing on ceremonies and status. He was a living example of simplicity and hardwork. He practiced what he taught. He used to sit on Charkha regularly for over an hour a day and wore Khadi till the very last.

Dr Chickermame was B.A. (Sanskrit) B.T., M.Ed., Ph.D. He got his Ph.D. for the thesis on "Measurement of Arithmetic Ability in Primary Students". His thesis was sent to London and Switzerland for evaluation, as there was nobody in India, competent enough, to examine the same. He was the guide for many who did doctorate subsequently. Dr. Chickermame was selected for ICS, when the student himself had to arrange for the expenditure. But unfortunately, he could not do it due to lack of financial support.

One example is enough to establish Dr Chickermame's sacrificing nature. In 1949, he was selected by the Govt. for 6 months training in Switzerland, but it was not useful for the Govt. in the long run as he was to retire in 1960. He declined the precious offer and recommended his assistant for the same, who subsequently did his doctorate under the guidance of Dr Chickermame. He was on the senates of both the Pune and Kolhapur Universities for a considerable period.

Dr. Chickermame's intelligence, hard work, simplicity and sacrifice were rewarded when he was deputed to Bangkok for a period of 3 months as an Educational Consultant - the only Indian to get this recognition in those days.

Dr. Chickermame breathed his last on March 22, 1988 at Gokarn, leaving behind him was his wife, son, daughter-in-law, two granddaughters and a large number of students, including those whom he trained for Ph. D.

May his soul rest in eternal peace...

## Jyotsna Govil (née Mundkur)

*(Editor's Note: This article is Courtesy the New Delhi Sabha Quarterly Newsletter, Issue 8, May 2020. It appeared in the section "Lead Article—A Tribute" under the title of "International Women's Day, 2020-A tribute to Chitrapur Saraswat Women of Delhi".)*

**Jyotsna Govil** (formerly Mundkur) – married to (late) Adm. Suren Govil PVSM, AVSM, Vice Chief of the Indian Navy (1990-92). She lived a busy, fruitful life in the Navy as her husband followed his career, and more. She has written a lively account of that, following it up with an equally active role in the Indian Cancer Society (ICS), joining it in its early days in mid-1980s. She now serves as Chairperson, Delhi, and Vice Chair of ICS Natl. Mgmt. Committee. Newsletter requested that she put down her thoughts; she kindly obliged. The Newsletter wishes Jyotsna Pacchi the very best of health, happiness and satisfaction in her life and activities!

My childhood in the home of my surrogate parents Mundkur Srikar Rao and Radhe, who cared for me after my mother's demise a year after my birth, was idyllic. I grew up with their 4 children, and in a household that included my father Sripad, aunt Ramabai and grandmother (Varija). I was surrounded by love.

I was 18 years old when I married (then) Lieutenant Suren Govil, Indian Navy. A few months before our November wedding, I visited Bombay in the company of my cousins. Suren was Flag Lieutenant to the then Flag Officer Commanding Indian Fleet (FOCIF), Admiral B S Soman. I was invited by the Somans to a Reception on the Flagship INS Mysore, which was at anchorage off the Gateway of India. We were to proceed by boat. Nothing prepared me for the huge swell of waves tossing the Admiral's barge, and I grabbed the nearest hand to steady myself. The hand happened to be the Admiral's!

We proceeded almost up to the mighty "Mysore", when the Admiral gently disengaged his hand—"I need to respond to the salute", he apologized, placing my hand in my lap... At that moment, all apprehension about life in the Navy left me. If such a Senior officer could be so kind to a quaking little girl, this was the Service for me! Through my husband's progression up the hierarchy to Flag Rank himself, we made it our creed to welcome other young Officers and their wives, and indeed the Sailors whom he commanded, to feel at home in the Navy. The Navy was very kind. We made life long friends, it taught me self-sufficiency, gave me confidence, and a wide-ranging kaleidoscope of experience. Taking just his Flag appointments-in Vishakhapatnam, I addressed the challenge of identifying education and healthcare facilities for the Handicapped, situated in the 4 States— Bengal, Odisha, Andhra Pradesh and Tamil Nadu that formed the Eastern Naval Command, so that Navy parents could care for their disabled children. In the Andaman and Nicobar

Islands, I had the opportunity to make friends with the Negri tribes indigenous to the islands. I was the first woman to be permitted on the Contact party to meet the extremely reclusive Jarawa tribe. I learned the intricacies of filmmaking, to make 3 films for Doordarshan on the various aspects of life in the Islands. At the National Defence College, I had my little nook in the Library, where I heard lectures from some of the brightest minds in our country. When he was Vice



Chief, I had the opportunity of editing the Navy Foundation magazine 'Quarterdeck'; bringing to life old Sea Warriors to the current generation. I held that position well into retirement, for 13 years.

Our two sons grew up in this nurturing atmosphere to be fine, upright men, seizing opportunities that came their way. Neither followed their Father into the Navy.

In my husband's retirement, he headed the International Award for Young People (the Duke of Edinburgh Award) in India, as National Director and later, Chairman. I was handed the task of editing 'Award India', the fledgling newsletter of the Award in India for 6 years. We toured the country and the world, meeting dignitaries across the globe. A proud moment was being at his side when Her Majesty Queen Elizabeth II awarded him the Order of the British Empire (OBE). He had previously received the Ati Vishisht Sewa Medal and Param Vishisht Sewa Medals from 2 Presidents of India. He was truly one of those people who was at ease with both the highest in the land, as well as the *sabzi-wala* at our gate.

As is evident, my husband was an exceptional man. He believed in me and gave me every opportunity to shine. He was always there to support, advise and guide me. I started working with the Indian Cancer Society during his Service life and continue even today.

His death took away my 'Anchorhold'.

Indian Cancer Society grew from a Surgeon's frustration with lack of Cancer awareness in the country. It seemed appropriate that our Statement of Intent is "**The Conquest of Cancer by Choice not Chance**". The area we service

is a 100km radius from the heart of Delhi, with a population of 20 million people.

The first 'Choice' was to create Cancer Awareness, then to provide Cancer Screening. Patient Support followed as a natural corollary. All programs grew out of these 3 silos. The second 'Choice' was a conscious decision to work with Volunteer task force.

I have worked with Indian Cancer Society since 1984-85, when it was formed in Delhi. It has been a challenging and stimulating journey. Growing the scope of activity in the face of uncertain finances is even today a challenge. All Services are privately funded—an annual miracle, made possible by dedication of Volunteers and Staff. We dream big, and move from one milestone to another by **Choice, not Chance**.

### ANNOUNCEMENT

In an effort to know more about the authors and to build greater connectivity between the contributors of articles and the readers, the Editorial Committee has decided to add a new feature to our articles, from this issue onwards; in that, we have printed a brief and the email id of the author at the end of his/her article.

Since we plan to make it a regular feature, we request the authors to add 2 to 3 lines about themselves and their email id to their article, when they mail their articles to us.

We are looking forward to further strengthening our bond with this new feature.

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# Our Close Encounter with the New Dreaded 'C'

BY DR. PRIYA RAO, VIRAR

My perennial complaint to my husband Vinay across 25 years of my married life has been that he is mostly at work and rarely at home. But he recently gave me a chance to stop complaining. Not exactly how I would want to see him at home - but just to keep you all informed, we have been through one of the most harrowing times of our lives. My unwavering faith in the Lord probably kept us going through this period.

Vinay, who is a Consultant Physician-MD, has been working round the clock seeing all sorts of patients through the entire period of the lockdown, caught the Covid 19 infection himself, in spite of taking all work related precautions. It is impossible to trace the source however.

On Thursday, in the last week of June, he developed weakness followed by fever. That very instant, we took the immediate (now it seems like the most sensible) decision to self quarantine ourselves. Isha, my daughter, mostly took over the kitchen and 4 days later my husband tested positive to the dreaded C. Our hearts sank, but we tried keeping our spirits afloat with frequent audio and video calls across the quarantine rooms. The decision to home quarantine was taken after a conference call with Vinay's friends who are also Consultants, as the parameters were stable. Monitoring of temperature, blood pressure and oxygen saturation was done by Vinay himself.

Through those dark days, when Isha, who is also a budding Dentist herself, cooked with a face mask, face shield and gloves, it was just pure faith in the Almighty that kept me going. When the rest of us-Isha, my mother-in-law and I tested negative, it was a big shot in the arm. With due protection of course, I once again entered my kitchen after 6 days. And this has remained the norm now. We are now on the final day of our quarantine period today as I write this article. Hence I thought of sharing this with everyone. Like my brother Prashant Heble said, this is nothing to be ashamed of since Vinay hasn't shied away from work even on a single day, Sundays included. And that I should be proud of him when I tell the world.

The high points during this experience were the outpouring of good wishes all through the quarantine period when relatives, friends, well wishers and patients came to know. When our building got sealed that was a time that made one feel totally helpless. But I must count my blessings as help came from unexpected quarters. So many people came forward to get stuff for us and help us.

I want to stay positive with my article and therefore do not wish to refer to any social ostracism that is bound to happen when one is brave enough to admit that yes one has had the infection. All that I want to tell my readers is that when the patients are

being treated, they are not just individuals but they are human beings, they are part of a family and a whole lot of emotions are involved in it. You have got to give the proper and due respect to them.

For the record, our clinic has been fully sanitised and fumigated today. At the end of the recovery period, Vinay (Dr. Rao for his patients and Rao Sir for some others) who has been consulting patients throughout his quarantine period is absolutely raring to go. Yes, whenever I heard him talking and consulting behind closed quarantine doors, I wondered, if he really had the time to fall sick! Like they say, once a Doctor always a Doctor!

I must mention here, that 3 things worked in our favour – 1. Vinay being a Healthcare Professional himself could detect his own symptoms early 2. By God's grace, his symptoms were mild and self limiting and treatment began in the early stages and 3. He did not have any other major health issues (co- morbidities etc). These 3 factors made the decision of home quarantine possible. But the sleepless nights, the tension, the fear of the unknown, the despair and dark days were very real. This was because, when it happened, we didn't know how the disease condition would pan out in the days to come. I know other healthcare workers, patients and acquaintances who were not so lucky.

Hence my earnest and sincere request to all and especially senior citizens, is to venture out only if it is absolutely necessary and each time with a proper mask of course. Also stop attaching stigma to Covid19 however one may dread it. Please do not neglect even a day-old fever. If there are senior citizens at home, immediately self quarantine. Seek a medical professional's opinion and get yourself tested when it is advisable. You could be saving lives and preventing the spread in the community.

It would also be prudent to wear the mask in the proper way as well. I see a lot people have the habit of wearing the mask around the chin and not covering their nose with it at all. It serves no purpose that way. Fabric masks can be easily made or stitched and should be worn routinely. But this should be mandatorily combined with physical distancing, frequent hand washing and avoiding crowded spaces. We should remember that fabric masks do not protect the wearer much from the secretions or droplets of a person who is close by (hence the social distancing is crucial) but certainly can contain the droplets of the person wearing one from spreading around. Thus, if everyone is able to wear such masks, the collective effort could go a long way in controlling community spread.

On my part, being a Dentist myself, as most Healthcare workers don't work, I prefer to wear a N95 or a FFP2 mask over which a surgical mask is worn. But for routine use, a fabric mask is good enough.

**About the author:** Dr. Priya Rao is a Dental Surgeon. She holds a BDS degree from Nair Hospital Dental College, Mumbai and has completed a Certificate Course in Oral Implantology from ITI, Switzerland. She and her husband Dr. Vinay Rao maintain a private clinic - Dr. Rao's clinic in Virar for the last 25 years. Email: [drpriyavrao5@gmail.com](mailto:drpriyavrao5@gmail.com)

Only after the designated use, one should usually soak the cloth masks in boiling water with soap overnight and then wash them the next day. The same soiled and wet masks offer little protection.

These instructions would have looked out of place in the normal times. But since normal times have changed overnight for all of us, it makes sense to adapt to the new way of precautions accordingly. I hope a few of these tips will help the readers.

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## Navraa Asaavaa, Tar Asaa

BY NALINI NADKARNI, KANDIVLI, MUMBAI

The other day, I switched on a TV Channel and saw an unusual Marathi programme – *Navraa Asaava, Tar Asaa* (Such a husband is worth having!). It echoes the wish of every married woman.

The average Indian male feels that he is superior to his wife, and expects the wife to be subservient to him. Most girls, from childhood, are taught to believe that – and trained to be tolerant and to overlook all faults in a man. Fortunately, however, in the last two centuries, we have come across several instances where the husband has not only looked upon his wife as an equal and supported her, but has also encouraged her to be independent and successful in life. Let us look at some such instances:

Born in a Royal family in 1828, Rani Laxmibai of Jhansi was married at a very young age to **Raja Gangadhar Rao Nevalkar**, a man much older than her. Fortunately, noticing her capabilities, Gangadhar Rao arranged for her grooming that befitted her status, which included sword-fighting. It enabled her to take active part in the Mutiny against the British rulers in 1857.

**Madhav Rao Phuley** (popularly known as Mahatma Phuley) helped his wife, Savitribai in 1831 under the bitterest opposition to start a school for girls, a home for rape victims and a maternity home for unwed mothers. He also arranged widow remarriages!

**Gopalrao Joshi** not only saw to it that this wife, Anandibai, became a doctor, but also sent her to the US for further studies. When she returned to India on completing her studies, she was able to tend to many women who were reluctant to go to male doctors for medical treatment.

**Justice Mahdevrao Ranade** encouraged his wife Ramabai to start the first Girls's School in Poona in 1881. It was called *Huzurpaga*.

Closer home, in the late 1930s, Mrs Kamala Dongerkeri became one of the founder members of the Balak Vrinda Education Society in Bombay. It not only has Marathi and English medium schools but now also boasts of a Junior College! Apart from this, Mrs Dongerkeri had several social service organizations to her credit. She always gave credit to her husband, Sunderrao Dongerkeri for the success in her life. She was married when she was still in Secondary school. He arranged for English conversation classes for her to ensure continuity in her education. Besides that, he also engaged tutors to teach her the subjects then taught at High School level!

Mrs Nirmala Bellary, in her article, "Motivation" (KS, January, 2018) confessed that she had, in her childhood, developed an inferiority complex, comparing herself to her prettier, more confident twin sister. After marriage, the complex pursued her, as both her sisters-in-law held important positions in their respective professions. She herself lost her

identity, toiling hard all day for a growing family. Fortunately, her husband, **Vijay Bellary**, discovered her potential and sent her to classes which instilled confidence in her hitherto self-effacing personality. She soon became a member of several important organizations...

She says, "Today, I am able to walk straight, with a balanced head and heart. It is only because of the motivation of a wonderful husband who has understood and supported me".

I had known the late Mrs. Sadhana Kamat from her childhood. Though she excelled in her studies and wrote beautiful poems and stories for magazines, I had not seen her performing on the stage. While still in college, she married Advocate Narendra Kamat. She was an active member, and later, President, of the Saraswat Mahila Samaj, Gamdevi. *Saraswati Vrindagaan*, the Bhajan group formed by the Mahila Samaj, soon began to diversify, giving *keertan*-like stage performances on the lives of saints or eminent personalities. Sadhana Kamat provided the story line, narration and sometimes authored the songs while the whole group joined in with *bhajans*/songs in the backdrop. Having watched one of her shows, I called her up to congratulate her on her performance. She immediately confessed that it was her late husband, Mr. Narendra Kamat who had helped her overcome her stage-fright and face an audience.

In her tribute to Sadhana Kamat, her close friend Shaila Hemmady writes (KS, December, 2018), "Sadhana got a lot of support from Narendra. He was also interested in literature, drama and music and had many friends like Kusumagraj, Mangesh Padgaonkar and playwrights and actors from the Goa Hindu Association. They used to visit them regularly. I am sure this helped Sadhana in her writing. Narendra was always a source of encouragement, which helped in her career".

The key figure in *Saraswati Vrindagaan* is Geeta Yennemadi. She not only sings, but also composes music. Once when I congratulated her on her success in music, she gave the credit to her husband, Vivek Yennemadi and her late mother-in-law, Lalita Yennemadi. Geeta had wished to take music lessons from Shri Yeshwant Dev. He could allot her only the 8.00 a.m. to 9.00 a.m. slot – a slot which is an extremely busy time for any housewife. Undaunted, both Vivek and his mother promised to look after her little daughter while she attended the classes. She gratefully acknowledged that her husband and mother-in-law were largely responsible for her success!

In response to that, all I can say is kudos to these husbands!" - in other words, "*Navra aasaava, tar asaa!*"

Incidentally, I had once heard someone say that Sadhana Kamat and Geeta Yennemadi were the Bhanap "Ga.Di.Maa" (G.D.Madgulkar) and Sudhir Phadke. How true!!



## **Making A Difference**

BY MAJ GEN B N RAO, AVSM, VSM & BAR (RETD)

I had just stepped out of my house to buy a few essentials when I ran into Brig D J Gowadia, another retired officer, at the main entrance gate of our military residential colony, Salunke Vihar in Pune, where we both reside.

As old soldiers are wont to do, Brig Gowadia and I got talking about military matters and old acquaintances when he narrated to me a story that warmed my heart. Brig Gowadia was commissioned into the Naga regiment, a new raising at that time, and he later commanded the 2<sup>nd</sup> Battalion of the Naga Regiment (2 NAGA). After an eventful and satisfying career spanning 36 years in uniform, including active participation in the 1971 Indo-Pak war and other counter insurgency operations, he retired as Commandant of the Kumaon Regimental Training Centre at Ranikhet.

Brig Gowadia told me that he had recently met one of his old battalion officers, a Short Service Commissioned officer from Andhra named Capt Nagender Chilkuri, who after leaving the army embarked into the corporate world achieving a great amount of success over the last three decades. He had turned into a very successful businessman and was operating from Singapore. Brig Gowadia asked the officer what sort of business he, an infantryman with no business background, was involved in. He was surprised at the answer he received. Capt Chilkuri currently runs his own company with wholly owned offices in 15 countries, specializing in managing the travel logistics for the major shipping, off-shore oil and gas companies worldwide on a 24X7, round-the-clock basis. The critical nature of the venture requires the organization to be primed to meet changes at short notice and support the customers with advanced service solutions aligned with evolving business/environmental needs. But I digress.

Capt Chilkuri confided to Brig Gowadia that one day he got a call from one of his old battalion JCOs named Piju Mao who, at the time when Capt Chilkuri joined the unit, was a sepoy. In true Naga style, Piju Mao directly demanded his help: much needed by the children of his battalion personnel who were unsuccessfully searching for corporate/government jobs despite having the requisite educational and computer qualifications. He stated that they had no direction or assistance to guide them. Capt Chilkuri gladly promised to help out and assured Piju Mao that he would visit Nagaland at the earliest and see what he could do. Capt Chilkuri kept his promise and flew out to Imphal, Kohima and met Piju Mao and other battalion personnel and the affected youth.

To cut a long story short, what started off as an innocuous exploratory visit to Dimapur, Kohima, Mao Gate and Senapati in October 2018, ended into the creation of a well established training and recruitment institute for the Naga children. Aided by his (doctor) sister in Australia, Capt Chilkuri acquired over three acres of land in a village named Puni Pfosimai and

expanded the institute within a short span of time. As a joint effort, with Piju Mao being the foot soldier on the ground, the institute started in March 2019 with 20 young men and lady teachers appointed to put the aspiring candidates (both boys and girls) through a regimen of physical training and academic subjects needed for getting through in various job openings. Today, 17 children (including girls) have been absorbed into Capt Chilkuri's own business. They are based in Delhi, Mumbai, Dubai and Singapore. Four of the institute's candidates have already joined the Assam Regiment of the Indian Army. One boy has joined a major merchant shipping company.

The children are all performing so well, that Capt Chilkuri, heartened by the success of his venture, has started to leverage his fellow business colleagues and clients into providing job opportunities to Naga children passing through his institute

This narration brought to mind another success story, also from North East. My son Ashwin's NDA course-mate and best friend is Col Christopher Rego (Retd), son of an Air Force officer and settled in Bangalore. Chris has conceptualised and created the Sunbird Trust. Started with the help of family and friends, it has benefitted thousands of children in the North East in education and empowerment.

Chris is from the Corps of Engineers and also has a degree in Public Administration. During his service, he served for seven years in three states of the North East, in Assam Rifles and in Border Roads, where he got the opportunity to travel extensively in the area and interact with the population. As a result, he gained excellent insight into the socio-political-economic problems of the North East states. Post retirement in 2016, he took over as full-time MD of the Sunbird Trust; a secular, non-denominational, not-for-profit venture. The Sunbird Trust began its actions with establishing a school cum hostel in Ijeirong, a remote village in Manipur. The Pankriang Friendship Hostel provides schooling and boarding facilities to children from a dozen villages all around. Children from all tribes, ethnicities and religions attend the school as equals. Encouraged by the resounding success of the first school, the trust has now set up 7 such hostels, 5 schools, 4 Community Halls and basic nutrition schemes for 600 children. It now sponsors 2600 underprivileged children in four states in partnership with 41 organisations. It also supports the education of 50 undergraduates in Engineering, Law, Agriculture, Humanities and Science in colleges all over India. The initiative is so successful that delegations of tribal elders often arrive from remote villages/adjoining states asking for such facilities to be set up in their villages. God willing, may their well intentioned enterprising efforts continue to flourish. Yet another unique story is that of Maj Gen Shashikant Pitre

a retired Bombay Sapper. Since The Corps of Engineers has the exclusive expertise in large scale mine laying and de-mining operations, after retirement he created a private company for that specific purpose and offered its services to the UN. That was the time when anti-personnel mines were being frowned upon and Princess Diana was personally spear heading the anti-mine movement. To cut a long story short, Gen Pitre's boys (all retired Bombay Sappers) successfully removed or neutralised thousands of anti-personnel and anti-tank mines in Sri Lanka, Afghanistan and elsewhere. Many service officers do their bit in their own ways to help ex- servicemen get gainful employment. We have here in Pune an ex-servicemen's organisation called Goodwill of which I was a member. Soon after I had retired in 1996, I was aware that Vehicle Factory, Jabalpur (MP) was facing difficulty in moving the chassis of newly manufactured vehicles to different locations. I am glad that I could act as a catalyst to help Goodwill get the contract to provide former military drivers to move the newly manufactured Shaktiman chassis, numbering 40 to 60 at a time, from Jabalpur to army vehicle depots as far as Avadi (Chennai), Delhi and Panagarh (WB) on a regular basis.

The above are but a very few examples of retired service personnel helping ex-servicemen and the society at large and making a difference. There are scores of examples where retired service officers of all three services have set up schools, path labs, management institutions, training academies, dairy farms, logistic and transport organisations and several other enterprises which they might have not even have dreamed of when they donned the uniform. The Resettlement Directorate of the Ministry of defence has helped several retired officers/JCOs/NCOs to set up security agencies and is providing security guards and house-keeping services to several corporate organisations all over India. Cdr Srirang Bijur IN (Retd) has even set up an institute for challenged children in Pune.

I'll end this article by narrating the enterprising story of an Ordnance officer, Lt Col Iyer, who resigned in a huff from an army training establishment in Jabalpur over two decades ago, owing to differences with the Commandant. He suddenly found himself without a job, without a roof over his head and with no income. He moved to a rented flat in a civilian area and put on his thinking cap. He decided that whatever he did, it had to have a small gestation period with minimum financial investment while getting him a certain amount of assured monthly return. Yet it should be reasonably hassle free. And what he did stunned us all at that time.

Col Iyer adopted a small village on Sita Pahari and met the headman. He assured the village headman that he would give employment to 15 youngsters of his village by buying cycle-rickshaws. In return the headman was to ensure that he collected a certain minimum fixed amount from each of them daily and deposit the amount with Col Iyer. Over and above that figure, whatever they earned was theirs to keep and spend. After five years the cycle-rickshaws would become their personal property and they could keep all that

they earned. He further set up a cycle-rickshaw workshop in the village for repairing and maintaining his cycle-rickshaws: providing employment to four more youth.

To cut a long story short, Col Iyer became a 'Lakhpati' within the year. In due course he became the biggest cycle-rickshaw owner in Jabalpur and became a trade union leader and represented the rickshaw-wallahs association in meetings with the state labour department officers.

God bless all such veterans who have the courage to strike out on their own, establish start-ups and give back to society in their own way. They don't just make a difference, they are the difference!

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## That True Inner Voice

BY GURUDUTT MUNDKUR

The longer one listens to and believes in one's true inner voice, the stronger it becomes. Within each of us, there are numerous voices often that compete for our attention. It can be difficult to decide which one to listen to, particularly when their messages are all quite different, sometimes conflicting, and even alluring. One voice, however, is the speaker of truth. Among all one's inner voices, the true inner voice is the one which encourages, gives you hope, and pushes one to trust and believe in one. Conflict within oneself is often caused by duelling voices inside of each one of us. As we move through life, we get mixed messages from the various aspects of ourselves. Some of our voices, such as the naysayer or saboteur, can speak so loudly that they drown out the voice of truth. Listening to one's true inner voice – often the voice of understanding, support and self-assurance - can help lessen and even resolve internal conflict.

If one is looking toward the future but one's faith in one's ability to succeed in life is wavering, one will benefit from finding and listening to one's true inner voice. One can connect with it by remaining relaxed and alert, while listening carefully. If one has trouble distinguishing one's true voice from the others, meditation may be helpful. One may hear many voices as one meditates, but attention should be paid to the one that speaks with love, understanding, and compassion. It will bolster one's spirits and urge one to go after one's dreams. And it will never cause confusion, nor remind one of past mistakes, or cause one to doubt oneself.

The more you listen to and believe in what your true inner voice is telling you about your value and your potential, the stronger that voice will become. And the more you disregard the voices that can interfere with your resolve to succeed, the quieter those voices will become. Saying no to the voices that are judgmental and make you feel ashamed will help you stop being critical of your failures and afraid of success. By finding and strengthening your true inner voice, you will be able to ignore internal conflict and pick out the one that speaks the truth.

Care needs to be taken to dismiss all negative thoughts. For, one's up-bringing and environment during the early years of life can lead to a mindset which does not, in the long run, benefit oneself nor one's family and true friends.

## Lockdown Ponderings – Part 2

BY SUMA KAUSHIK, BENGALURU

Life has turned 180 degrees. What held good a decade ago doesn't anymore. This is an age of physical social distancing and cyber-socialising. When we moved to Manki in 2008, I felt like I had moved into an unknown vicinity. But shortly thereafter the Appworld invaded mankind. I found myself chatting with some like never before, not even as next door neighbors. Cyber-socialising had obviously taken over. Movies that we used to watch in the first week after release were soon available on TV. And I slowly and steadily stopped missing the city that shaped me.

With the divine grace we were able to set up a small 24x7 business with automation and surveillance from home. Thanks to technology, our business picked up well and I was beginning to get more free time. We enjoyed fresh air, open skies, fresh water, proximity to our family temple and our Chitrapur Math was the icing on the cake. We had ample time and resource to grow our own flowers, fruits and veggies. Adorning our Krishna with a combination of flowers differently everyday became a passion. We were getting accustomed to setting our lifestyle as per the Hindu calendar. And then came the canines and the bovines that also became part of our eco-system... Occasionally wood fire and gobar gas replaced the conventional cooking gas. Eating what was homegrown or locally available became the *dhaara*. We had stopped visiting malls hunting for Granny Smith. In summers we longed for the Gopal Ishaad and *kalapadi* mangoes, although *hapoos* still remained the all-time favourite. *Ekpanne (Brahmi)*, *vaali* (Malabar spinach), *ambado*, *bimbul*, *aankrepaan* and *kashaya* became soul food. Eating out became a rarity as good clean eating joints were not available. Thus all the favourite items were also cooked at home. I began to feel more rooted and closer to the *PanchhaTatvas*. So here, ours was transformed into a lifestyle that Corona demanded.

Meanwhile, our visits to the metro city began reducing. The traffic would unnerve friends, whom we could call on were available on Hangout. They would also spend hours returning home from their workplace and would make us guilty to visit them after their tiring day. Swiggy and Zomato were their favourite apps. *Pav bhaji* and *chaat* had become the soul food of the new millenials. So when Corona arrived, the new generation, especially, was caught unawares. Those who hardly spent a few hours of awake-time at home were now forced to stay in their pigeon holes. The high density population increased their susceptibility to contracting the disease. Working from home had become the norm. People in cities were also realising that it is safer to eat home food

and stay safe. But if this situation were to prolong for a while, what would the effects be?

Would it lead to a reverse migration of sorts?

Migration to hometowns where one could create one's own comfortable lifestyle in the midst of nature instead of the concrete jungle and yet maintain a small studio apartment in the city - a home away from home? Detachment and spirituality demand that the retired ones stay in such surroundings with an openness to return to cities when their children need help. The cost of living is cheaper and the lifestyle in rural areas is healthier. In case of emergencies, big hospitals are at an hour's distance owing to good dual carriageway highways. The irony is that children brought up in rural areas crave for a city life. Better educational standards and sports facilities are much needed in the villages.

Friends, my musing is my personal perspective and I fully understand that each individual's circumstance is different.

*(Editor's Note: This is a four-part series written by Smt Suma Kaushik. She can be contacted at +91 98924 49694.)*

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### What should I do?

If things don't work out the way I want them to...

Tear my dishevelled hair,  
Or sit calmly on grandpa's rocking chair,  
Patience, have patience,  
Says a voice within me,  
Everything will be alright,  
As it should be.

Just give Mother Nature  
Some time and space,  
She'll put everything  
In the proper place.

It's often said  
"Every dog has its day",  
We humans too  
Will have our way  
Keep alert, do not sleep away  
When opportunity and good luck  
come your way.

**By Sushila Savkur**

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## Kanara Saraswat Association

### ANNOUNCEMENT

#### BASRUR SHAMALA RAO & LATE BASRUR GURUNANDAN RAO EDUCATIONAL SCHOLARSHIPS

Scholarships shall be provided to students from the Chitrapur Saraswat community to meet expenses of educational courses. Students who fulfil the following criteria will be eligible for the scholarships.

- Applicants should have passed in the previous academic year with at least 50% marks or equivalent grades.
- Parents' Income of applicants should not be more than (a) Rs. 60,000/- p.m. for the School Scholarships and (b) Rs. 1,00,000/- p.m. for the College Scholarships.
- Applicants for the School Scholarships should be in Grades 9 to Junior College level (Grades 11 and 12) and for the College Scholarships should be admitted to any Graduate, Post-Graduate or Doctoral Research academic courses.

The quantum of grants for the academic year for the School Scholarships will be Rs. 15000/- each to two students and for the College Scholarships will be Rs. 35000/- each to two students.

Applications with details of mark sheets of previous academic year and/or qualifying/latest courses/examinations; Government/School/College issued photo identity; proof of admission to the course; proof of parents' income (IT Return or Salary certificate); and details of other financial assistance taken should be sent in sealed envelopes marked "**Basrur Scholarships**" to

**The Hon. Secretary, Kanara Saraswat Association, 13/1-2, Association Building, Talmakiwadi, J. D. Marg, Mumbai-400007 or in case by e-mail, you may send the same to**

**E Mail – [admin@kanarasaraswat.in](mailto:admin@kanarasaraswat.in)**

The applications will be scrutinized by KSA and successful applicants will be notified. The decision of KSA will be final. Preference will be given to applicants fulfilling the basic criteria with lower parental income.

Successful candidates will have to submit their final mark/grade sheets to KSA at the end of the academic year.

**(Editor's Note):** The Basrur Scholarship Scheme is being started based on an annual donation from Dr. Sudhir Rao, USA. Given here (pg 21) is a success story of a girl in Bengaluru, who was mentored through similar help from Dr. Sudhir Rao.

# A Most Wonderful Success Story

BY DR. SUDHIR RAO

I'm super happy to announce a most wonderful success story.

This is the story of a bright and confident girl. Her mother came from her village in Doddaballapur to Bangalore city to earn an income providing maid services to multiple homes.



**Dr. Sudhir Rao**

Her two daughters would sometimes accompany the mother to the homes where she worked and at times come to do the household chores themselves.

The elder of the two, Ramya, is the one I am talking about here. She was bright, chirpy, street smart and looked like a go-getter (in her own style). I took on

the task of sponsoring her college education right from PUC to her BCA degree and mentoring her throughout her education (selection of courses, preparation resume, purchasing prep books, preparation for aptitude tests, and interviews). In addition, we chatted over WhatsApp regularly - every day or every other day. She also became a recipient of my many WhatsApp forwards.

She performed well at college. She followed up on aptitude test preparation as instructed. She was #2 in aptitude test ranking for her college out of 58 students for an aptitude test conducted by one of the companies that visited her campus. Soon after, she got a job offer for BPO backend support in Emphasis - a multinational company.

Last week, she talked to me about her confusion in what path she should take next: job, MCA or MBA. I got her no less than 5-6 responses from executives to finance specialists to tech engineers to business majors. All recommendations were to first take up the job. One of the suggestions was to take the aptitude test for a company (that a friend worked for) that was to be held last Friday. When we discussed all this, it was Wednesday last week. I called her to convince her that she should take the test (to be held 2 days later).

The only Mac I had given her had stopped working. She went to a cyber cafe to take the test on the appointed day. She could not get a computer for her 2p.m. test. She talked to company people and she was allowed to take the test at 4 p.m. The company required webcam (camera) support and none of the cyber cafe webcams were working. She had to come home and borrow a laptop from a neighbor and take

the test.

Turns out she did well on the test. She was called a day or two later (Monday?) and told that someone from the company was going to interview her. She was outside trying to pay her electricity bill. She asked for time but the company person said that he will call her back at 5:30 p.m. Fortunately, she was able to take the call from home and finish the phone interview. Also, thankfully the neighbor's children were not hanging out in her home.

Today she was called and told that a second person will talk to her at 4:30p.m. She promptly texted me. I called her at 6:15a.m. my time (3:45p.m. her time) and told her how she should handle the call. Thankfully the company call went well.

Soon after the call, I talked to her about it and how it went. Pretty soon after my talk with her, I got a text from my friend in that company that she was being made the job offer for L1 support with an annual package of Rs3.5L and a bonus of Rs50K after 6 months with potential to graduate into L2 support with much higher salaries and some day end up in software development if she showed promise.

I called her promptly to tell her that she got the job but she should wait for the formal offer. We talked again after she received her formal offer and I also talked to her mother. All were happy.

This is a most wonderful success story of the promise, tenacity, intelligence and smartness shown by Ramya given her family's background. Just 8-12 weeks ago, I had wired money to her mother because they had no income because of the covid lockdown. What a turnaround of continuing to lay faith in education with a goal in mind.

I also personally believe that mentoring is a critical aspect and a differentiator in many success stories and I encourage everyone to mentor at least a few underprivileged kids on a long term basis to help make a generational difference.

*Sudhir Rao has a PhD in Computer Science and lives in Apex, North Carolina, USA. He worked in both Indian and American computer and software technology companies for many years. He is the founder of 7-year old KarmiKare Senior Care Services in Bangalore. He is a co-founder and head of operations of a month-old US-UK-Japan-India donor network that supported migrant workers and is now initiating livelihood enabling projects for such workers.*

# Musings of an Emigrant

DR. BY AJIT DIVGI

Friends, many of you might know me and I will leave it to you to characterize me. I am human and I have made mistakes in my life. Hopefully, they were in the earlier phases of my life and as I have grown older and perhaps less immature, I have tried consciously to minimize those mistakes and better myself... What has helped me grow is the study of the Scriptures. The Scriptures are what you make of them and are independent of the so called religions, because in my fairly exhaustive study of the Bhagwad Gita, and the very preliminary study of the Bible, the Koran, the Torah and the Granth Sahib, I have come to realize that all of them basically convey the same truth. Do good to as many people as you can (in the Gita, this is called *Saatvik*); be minimally materialistic (in the Gita it is called *Rajasik*) and I will freely admit I have a long way to go in this; and lastly, definitely avoid harming people (this is called *Tamasik*).

At the very outset, let me stipulate that categorization of human beings into any category of the body, mind, sense complex, without acknowledging that we have the identical ATMA or SOUL or CONSCIOUSNESS is wrong and is definitely the source of all conflict in the human race. Why do we have to categorize humans into white, black, brown, short, tall, Hindu, Muslim, Christian, or any other aspect of the body, mind, sense complex when we all know that we have the same consciousness? I would also be the first one to admit that, even though I subscribe to the theory at present, "it is what it is." My categorization of humans based on the melanin content of their skin as with various shades of pigmentation, while being totally inadequate and wrong, is the best I can come up till all the humans stop categorization and sub categorization of the human race, which I realize is totally unrealistic, but completely idealistic.

Taking a cue from Winston Churchill who famously said and I partially quote: "Democracy is the worst form of government except for all others", I would say this is the worst form of categorization of humans except for all others. Recent events have emphasized these principles, but I wish to recount some of the incidents in my life that have molded me.

Being brought up in the Indian society as a privileged member in a cosmopolitan city where I admit the privilege was an illusion, and the wrong understanding, I was really perturbed by my reception here in 1974, which was the year I came to this country...the United States of America.

I was lonely because my wife was still in India. My friend, who had been here much earlier and had finished his residency and had bought a fancy new car, invited me to his house, that he had newly built in Kansas City, to reduce that sense of loneliness and possible difficulty in adjusting to a new environment and decided to take me to the lake of Ozark in Missouri. It was a very hot day when we landed in

this area in a Holiday Inn. Naturally, when we saw the pool, we decided to get in: three brown (in my thinking at that time, which was only superficial and wrong) Indians. To my surprise the entire pool emptied out. This upset me and I asked my friend "Why?" He told me very clearly that if I did not get used to this type of acceptance or rejection in public, I better go back home and not stay there. In fact, he pointed out that the whole pool was left to just three of us and so we enjoy that. Obviously, most of the Americans have not treated me like this, which is the reason I am still here, but this did have a major impact on my life.

My next memory is going to a TV store. I asked the owner a few questions and after just a few questions, he told me clearly "You are Indian, I do not want to deal with you and get out of the store!" Being hard-headed at that time, I told him something which was definitely not abusive - I told him that my lawyer will talk to him! This had led to an argument then... Again, getting older and less immature, I have forgiven him.

An interesting part of my learning was that this kind of treatment was not limited to less pigmented people but would apply to all shades of "pigment"!! For example, when I was training in the VA in Bronx, New York, I was told by someone who had definitely more "melanin" than me that I had too much melanin and he would not want me as his Doctor and wanted somebody who had very minimal melanin. I have also encountered people from my home country refer to people with a significantly higher degree of melanin than us in very derogatory terms. In fact, I may have myself used some of those terms, something that I deeply regret now and I hope God will forgive me for that.

Amongst a multitude of friends, two of my close friends - one, an eminent cardiologist and the other, a world renowned researcher in hematology and the head of the Blood and Cancer division of a leading Medical College in the Midwest, had previewed this and also shared very similar experiences (as part of their *saatvik karma*, perhaps with an intent to comfort me, so that I would not be paranoid about these events). They told me of their experience in public transportation like people moving out of seats next to them, or not sitting next to them, even when there were open spaces. These have made profound impressions on them.

Another such episode that I am reminded of is when I visited a salon in Milwaukee, a hairstylist initially refused to cut my hair. Fortunately, I do not have that problem anymore since I no longer have any hair on my scalp!!

I will not recount any more such episodes because these were only directed at my body, mind and sense complex and not to my eternal SOUL, ATMA or CONSCIOUSNESS. The good thing about all these episodes is that they made me think of several things that I would not have thought of

before. I am optimistic that at this, hopefully, more mature age, I accept that the “melanin” (please see my discomfort with this term above, and I use this only because I cannot come up with a better term) is only a part of the body, mind, sense complex, which is different in everybody and the eternal soul called ATMA is the same in everybody.

A logical question then is why did I not only continue to stay here but also bring up my children here. There is no easy answer, but I think it's a combination of materialistic aspirations at an impressionable age, a desire to come out from under the shadow of influence of my illustrious father without meaning any disrespect to him, and a largely accepting population in which my medical practice did very well. I wish to stress on the last point that, I have been very well received both professionally and personally on a more holistic scale, to lead a very productive professional and social life, and the above anecdotes do not reflect the totality of my experience. At the risk of being misunderstood, I feel that I have done much better here than what I would have done in Mumbai. I am particularly proud of the way my children have fared well here. We have three daughters: the eldest is the Director of Cancer care at a leading University in Chicago, the middle one is a senior bureaucrat (in the best sense of that word) representative for the Federal Government of the United States, and the youngest is a mergers and acquisitions attorney for a leading healthcare organization in the Midwestern United States. Our grandchildren are also doing very well. Largely due to the success that I have had here, and at the risk of self-aggrandizement, I have been able to do some good *saatvik karmas* for my beloved people back home. I have no regrets for the decisions I have taken in this life.

Have I been a saint? Definitely not! Both personally and professionally, I have made a lot of mistakes which I do feel bad about. In particular, even though as a physician I tried to deal with people in the most humane way, what keeps me awake at night is the way I dealt with one particular patient, more than 25 years ago who had done no harm to me but whose son was very rude to me. I transposed my angry reaction from the son to the patient. Indeed, I should not have been angry at all to anyone because the patient and his family were going through a very difficult time. The patient has since passed away. But every night in my prayers, I ask him in his heavenly place to forgive me.

Indeed, in this Covid 19 era where handshakes are frowned upon, the Indian way of greeting somebody with folded hands, called *namaste*, (which in Sanskrit signifies “I see the divinity in you, which is also present in me”), is probably the best way to greet somebody. This has also led me to follow a small ritual at night before going to bed (that I am trying to be consistent at), where I forgive those who have offended me and ask for forgiveness for those who I may have offended. Hopefully, before I attain Moksha or liberation, in this or a future life, the latter will be numerically close to zero!!

*Dr. Ajit B Divgi grew up in Talmaki Wadi. He completed his medical education from Bombay University following which he emigrated to the US where he specialized in Hematology, Medical Oncology and Hospice and Palliative Care with Board Certification in all three. He practised in Milwaukee Wisconsin and retired in 2016. Currently, he enjoys the 3 “G’s” - Bhagwad Gita, Grandkids and Golf.*

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## Importance of Witness Protection

BY ARUN R. UPPONI

In our Criminal Justice System the “Witness Protection Scheme” is of extreme importance besides being an essential part of a Democratic System. The Supreme Court, on several occasions, reminded the Centre and the State Governments regarding its urgent implementation after passing a law in Parliament.

But, sorry to say, this needy scheme is yet to be enacted in Parliament, though the SC underlined its necessity in its several wise judgements. Due to the absence of such an assurance of safety and not getting proper protection, witnesses often turn hostile. They give wrong statements fearing that they would be beaten up by the goons of the accused person. The result is that many cases collapse and the culprits involved in odious crimes are acquitted. Ultimately the result is that the credibility of the Judicial System suffers.

It is the duty and responsibility of the State to protect the witnesses so that they can depose freely before the courts. The SC in the ‘Subodh Singh Vs State of UP’ case ruled that witnesses are the eyes and ears of the Courts, since on the basis of the Statements given by them (witnesses), the Court can come to the correct conclusion to punish the guilty.

The SC has also ruled that it is the duty of the Government to see that the witnesses can travel to the Courts and back to their homes safely after attending to the proceedings in courts. The Government has to reassure them, as witnesses face threats to the life and safety of themselves and their families. It is therefore a serious challenge to the Government and the Police to implement such a scheme effectively and ensure that witnesses can testify in courts without fear or pressure. This is an essential part of the right to life under Article 21 of the Constitution.

As we see more and more political crimes unfolding and criminals walking out freely we realize that to give full justice to the victims, it is imperative that witnesses are protected so that they too do not suffer at the hands of the goons of the criminals.

*Arun Upponi retired as Chief Technologist Khatau Dyes, International Division. He now pursues his hobby of writing legal articles especially on Constitutional matters and is attached as a Legal Journalist with ‘Goa Newsletter’. He has received appreciative letters from former Chief Justice of India Y. V. Chandrachud and former Attorney General of India Soli Sorabjee.*

# Get Well Soon! – Part 1

BY INDU GERSAPPE, BENGALURU

It was a perfectly normal day. The sky was blue and the early morning rays of the sun filtered light and warmth on the earth. There were even some birds chirping in the tree outside our window. A cool breeze was blowing... Then suddenly, I realized that I had started shivering and my head was throbbing. By the time I brushed my teeth, I could barely stand. I felt my bones had turned to jelly! I crept back into bed and blanked out.

Sometime later, I could hear a persisting voice calling me, "Hey, aren't we going to have breakfast?" That was my hubby, who could hardly make tea.

I usually don't fall ill. My mind raced back to a similar situation, years ago, when I was felled by a severe attack of flu and I was awakened by a cacophony of voices...

"Hey, who is going to make breakfast?" That was my son's voice.

"I have a P.T.A. meeting in school and you said you would come!" my daughter complained.

My husband intervened, "Let her sleep for some time."

A few minutes later, again the voices started...

"Is she awake?"

"Maybe she is tired."

"I hope she is not ...!"

"No! She moved her eyelids."

For a moment, the wife and the mother in me worried. How would the kids get ready for school? What about hubby's tiffin, his office? Then, daddy announced, "Don't worry, *baccha log*, I will make breakfast for you!"

Then, before the Master of the House, who had no clue where even the sugar was kept, took charge of the kitchen, I dragged myself out of my bed and stumbled towards the kitchen.

Yet, that was a good forty years earlier! The children had, now, flown out of the nest to distant shores, to make their own homes, while hubby and I, as senior citizens, preferred to stay in the ancestral home, in India. Today, I just couldn't get out of bed. I was aching all over. I drew the quilt over my head and passed out.

Suddenly, there were loud noises, a bang of the door and a flash of lights. A face hovered over me, talking loudly and chewing *paan*. She was scolding, cajoling, complaining and advising, all at the same time. It was *Parvatibai*, our house maid and a God send! Having worked with us for many years,

she believed she had every right to scold me.

"*Hey bhagwan*, touch her forehead! It is burning like a *tawa*!" she screamed. Brushing away all protests, she wiped my face with a wet towel. After a warm cup of tea, I felt far better. As I was in no condition to get up, she took charge of the kitchen, preparing breakfast for my husband, who was helplessly wandering around. He wanted to call up the children, but I forbade him, saying it was only flu.

After cooking some food and completing her work, *Parvatibai* left, threatening to come back in the evening. But, I had forgotten that she was the "Neighbourhood News Transmitter". At around three o'clock, the doorbell rang and my neighbourhood friends stood at the door, enquiring about my health. They all trooped into the bedroom and stood around, looking at the heap on the bed that was me!

One of them shrieked, "She just opened her eyes!"

There was a jabbering of voices, from which, I could make out a few words,

(To be continued...)



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## Bhagavad Gita

Here is our chapter-by-chapter analysis of an immortal text by our erudite contributor Dr. Sudha Tinaiker. The highlighted portions will enable you to realize that the gems of wisdom contained in this ancient treasury are an infallible guideline to living right

### CHAPTER 2....(Part 4)

Upto the verse 59 Bhagavân talked about the स्थितप्रज्ञः who has understood that, in reality, he is the very *Atma swaropa* with an incidental *upâdhi*, the body-mind-sense complex. He is a *jnâni* who has understood the teaching of the *Veda*-s. Bhagavân says that for such a person management of the mind and sense organs comes naturally.

“It is very difficult to manage the mind-sense complex for an ordinary person, as it is like a rogue elephant. It needs tremendous discipline, especially *Sama dma Jprma* One may fail initially, but needs to be alert and persistent. The mind can be easily distracted from one’s goal of मोक्षपुरुषार्थ Among the three, दम or sense organ management is given the greatest importance by Bhagavân. In a स्थितप्रज्ञः these disciplines are well established and effortless”(v60-61).

We must understand clearly here that mind-sense organ discipline does not mean suppression or control. It only means the right way of directing and channeling them by right understanding and practice.

Now Bhagavân points out what happens when such a discipline is not there. He gives an escalating chain of disaster and the spiritual fall in the absence of शम, दम, उपरम .

“As the thought of a desirable object arises, if one is not alert, the mind gets immediately hooked on to it. As the mind dwells on the object, the desire to possess it arises. The sense organs immediately go after it to fulfill the desire. If by any chance the fulfillment of the desire is obstructed by anything, the whole process turns negative towards anger. When the mind is deluded with anger, all discretion between right and wrong disappears. By this time, the person has fallen to an extent that inhuman acts may happen through him”. In *Viveka Chûdâmani*, Achârya Shankara compares it to a ball rolling down the stairs. The ball stops only when it reaches the bottom and a person under the grip of desire and anger will roll down to the deepest of spiritual falls (v62-63).

“Let the sense organs move in their respective fields in the world of objects, but let the mind be alert in directing the sense organs शमः . The trick here is to be aware of the very first thought of desire and before it cascades to the next stage, the mind manages the situation. Such a mind acquires equanimity, poise and balance प्रसादम् . Such a mind has two

benefits. a) It is not afflicted by sorrow and b) such a mind is fertile ground for the correct knowledge of the *Veda*-s to sprout. The teaching of the *Shâstra* gets well rooted in such a mind शान्तिः. Bhagavân compares such a wandering mind-sense organ complex to a boat being pulled away from its path by strong winds. “Arjuna, may you know that the one who has managed them well and has this knowledge routed well is a स्थितप्रज्ञः” ( v 64-68).

Bhagavan winds up this discussion by describing the state of mind of such a *jnâni*.

“A *jnâni* is always awake to this knowledge wherein he sees everything around him as that immutable *Âtma*. An *ajnâni* is compared to an owl who takes day for night and vice versa; whereas a *jnâni* has the right perception of the world. For an *ajnâni* duality is reality, whereas for a *jnâni*, duality is only an illusion”(v 69)

“A स्थितप्रज्ञः is like an ocean, full in himself. As an ocean does not depend on rain or rivers for its fullness, the *jnâni* does not depend upon the world of objects or situations for fulfillment. He is complete with the world around him and complete without it. He is an epitome of पूर्णत्वम्” .( v 70)

“पूर्णत्वम् or completeness being the very nature of such a person, all desires just drop away from him. He does not need to achieve anything. He rejoices when the world showers him with its bounty and rejoices equally when he is denied anything. There is no “me” and “mine” here, as the individuality of a separate entity from the rest of the world is dissolved. He no longer depends upon his own body-mind-sense complex, or the objective world for his fulfillment परमां शान्तिम् अधिगच्छति (v71).

“Arjuna this is called as बाह्यी स्थिति जीवन्मुक्ति or मोक्षः. Now the *jnâni* is no longer deluded. All his confusion is gone. He remains grounded in his true nature. He sees no difference between himself and the world. For him everything is that one and only *Âtma/Brahman*”.

“Even if this knowledge happens in the last moments of one’s life, such a person is liberated ब्रह्मनिर्वाणमृच्छति”.

The second chapter is thus an introduction to the entire *Gita* and gives a bird’s eye view of all that is to come in the future chapters.

(To be continued)

# The Need to 'BOUNCE BACK'

Dealing with STRESS successfully when faced with challenges and tough times!

By MAYUR KALBAG

I remember the time when one of my cousin brothers had been laid off from his job due to certain reasons over which he had no control. The company in which he worked had suffered a major loss and due to this they had to let go of some of its employees and those included some highly competent managers which included my cousin as well. He was extremely dejected and even angry at the suddenness of it but could not do much as the entire environment was such that many others from other organizations were also laid off. He had a family to feed and had just become a father of a cute little son. Pressures of losing a job made him do things he would have never imagined. Within a few days he started to drink a lot with his friends. He spent more time with them and less with his family, especially when they needed him more. Even his relationships with me and a few other cousins changed as he distanced himself from us. A few months passed by and my cousin was completely off the radar. Even his wife and parents would get worried and that is when I decided to do something about it.

I understand that losing a job, so suddenly, is extremely demoralizing and stressful, but does that mean that one has to give in to vices like drinking? The answer is a big NO. In fact, such things will ruin life all the more. I spoke to my father and urged him to do something. Few days later, my father and I went to his house early one morning because we knew that my cousin would be there for sure. As we entered, I saw him trying to go inside his room and avoid us. My father rushed towards him and gave him a tight hug. "Dear Kishnesh, you need to understand that we are there for you and nothing will happen to you. We all are going to support you." Saying this, my father and I took him for a drive and that is when he told Kishnesh that just because such things happen, it does not mean that we fall further down and get into vices. "You have been through something bad but you need to get out of this hole and bounce back with a bang. It is in such times where your own attitude can help you go to a higher altitude. I know this phase is extremely difficult for you and many like you who have lost their jobs and with that, their livelihood as well. But having said that, please understand that this is also the time to look at a crisis as an opportunity. The reason Mayur and I have come to meet you is to discuss about a business which we can start and in which you can play an important role. Drinking, smoking and wasting your valuable time in gossiping and self-sympathising are not going to make your situation better. Remember, when the going gets tough the tough get going!" Saying this, my father explained the business proposal to Kishnesh and even told me to sit and listen to him. I was still in college at that time but my father insisted that I learn

about the business aspects. It was about selling industrial products, especially for the packaging industry.

"In these times of crisis there is going to be a need for indigenously made packaging and that is where we can do something. I have another partner who already has a manufacturing facility and the relevant infrastructure including two specific machines for making the cardboard boxes. You and I will be looking after the marketing and sales. Many organizations need the cardboard boxes for their packaging requirements but are finding it tough to procure them from the existing suppliers due to the high costs especially in the present economic situation. I have worked out the costing, production planning and I know for sure, that by using your networking and sales experience, we will be able to generate good sales revenue and share the profits between my friend, you and me. Also remember, although there will be some initial investment in this business, my friend and I have decided to get the funding from the bank."

My father's words brought a big smile on Kishnesh's face. He felt like there was a ray of hope and he immediately went into his room and returned with a diary. "I am going to start making a list of all the possible buyers of our products." I could see a heightened sense of excitement in him. From that day onwards, he would meet my father and his friend almost every day and discuss about the new business 'plan'. Interestingly, within the next three months they had begun selling their cardboard products to their customers.

Well, sometimes when things get extremely tough, some people lose their positive attitude and a few even fall prey to vices. Some get depressed and get disconnected with their loved ones, but that is never the solution, right? What is required is to get mentally tough and sincerely start exploring ways and opportunities to start something new. Also remember, there will always be someone who will be there for you in a positive and an inspiring way just as my father was for my cousin!

*An International Trainer & Transformation Coach since 2001, Mayur conducts leadership seminars for the global corporate. He is on the panel of the Confederation of Indian Industry (C.I.I.) as well as the Bombay Chambers of Commerce & Industry (BCCI). He is also the Consulting Columnist with FIJI SUN Newspaper and has also authored three books namely Adventures of Poorna, Smile at Stress and The Rising Waterfall. Mayur recently won The Indian Literary Awards 2020 for Best Book-Jury for his work Adventures of Poorna. He can be contacted at [mayurkalbag@hotmail.com](mailto:mayurkalbag@hotmail.com).*

## “..... आणिक स्मृती ठेवुनी जाती”

नारायण शिराली, मुंबई

मार्च १९५४ सालची ही हकीकत ! आज मितीला सुमारे ६६ वर्षे उलटून सुध्दा त्यातील अनुभव चिरस्मरणीय झाले आहेत . तालमकीवाडी , मुंबईहून वसुधा माविनकुर्वेचे (लग्नानंतरची विजूर) आमच्या वेळगावच्या घरी पत्र आले . ती तिच्या तीन मैत्रिणी शालिनी चंदावर, शोभना दहिवावकर व वसुधा माविनकुर्वे (लग्नानंतरची कुंदापूर) यांच्यासह उन्हाळ्याच्या सुट्टीत एक महिन्यासाठी आमच्या घरी रहावयास यावयाचे आहे . भारतीय रेल्वेने चार जणांनी एकत्र प्रवास केल्यास तिकिटावर पन्नास टक्के सूट मिळणार आहे . आम्हा सर्वांना खूप आनंद झाला . तीन महिन्यांच्या लांबलचक सुट्टीत सर्वांना मजेत राहता येईल म्हणून आजोबा-आजी, बाबा-आई, भावंडे खुशीत आले . कॉलेज रोड, काळी आंबराईच्या आमच्या विस्तीर्ण बंगल्यात राहण्याच्या जागेची कसलीच अडचण नव्हती .

ठरल्याप्रमाणे ३ मे रोजी पुणे - वेळगाव जनता एक्सप्रेसने आलेल्या या चारजणींना स्टेशनवर बाबांनी उतरवून घेतले . त्या काळात टॅक्सी रिक्षा रस्त्यांवरून धावत नव्हत्या . आधीच सांगून ठेवलेल्या व वाट पाहणाऱ्या धमणीवाले पाटील बाबांच्या धमणीत बसविले . रंगरंगोटीने सुशोभित . पांढऱ्या शुभ्र उमद्या खिलारी बैलांची जोडी जुंपलेल्या धमणीचा गावांत बोलबाला होता . मुंबईत जन्मलेल्या व वाढलेल्या मुलींनी हे वाहन यापुर्वी पाहिलेले नव्हते पण उत्सुकतेने त्यांनी गाडीत पटापट उड्या मारून, सामान लावून झाल्यावर जागा पकडल्या . धमणीने आमच्या बंगल्याकडे कूच केले .

नवीन गाव पाहण्याच्या उत्सुकतेपोटी वाटेत दिसणारे टुमदार बंगले त्यांच्यासमोरील नीटनेटक्या वागा, उन्हाळा असूनही उंच उंच झाडे व हिरवागार परिसर, आणि लालभडक मातीवर पसरलेले डांबरी रस्ते पाहता पाहता त्यांना खूप आनंद झाला . घरी पोहोचताच सर्वांनी त्यांचे स्वागत केले . फराळ व चहानंतर आजी-आईनी त्यांना विश्रांती घेण्यास सांगितले . पण छे! बंगल्याच्या परिसराचे कुतूहल त्यांना थोडेच स्वस्थ बसू देणार? बंगल्यासमोरची फुलवाग, मोगरी, जाई-जुईच्या वेली, आबोली, रंगरंगीत जाखंदीची फुले याचा फेरफटका केला . परसदारी जाण्याच्या पायवाटे शेजारी ओळीने चाफा , शेवगा व पपई यांचे वृक्ष उभे होते . परसदारी तऱ्हेतऱ्हेच्या १५/२० गुलाबाची झाडे होती . अनंत , आबोली ते गुलबक्षी अशा अनेक फुलांची रेलचेल होती . तोंडली,भोपळ्याच्या वेलीचे मांडव होते . आंधोळीचे सांडपाणी पिऊन तट्ट फुगलेल्या केल्याची झाडे डुलत होती . शंभर फूट खोलीची पाण्याने भरलेली , लोखंडी रहाटाची विहीर होती . परसदाराच्या मागे गुरांचा गोठा होता . दोन म्हशी , एक रेडकू , सोनी गाय व तिचे वासरू त्यांना आवडले . गोठ्यातला आमचा मुक्त संचार कायम राहिला .

वेळगावच्या रेसकोर्सवर घोड्यांच्या शर्यती पूर्वीच थांबविण्यात आल्या होत्या . पण साडेतीन मैलांच्या सभोवतालच्या रस्त्यावर फिरणे हा उजाडण्यापूर्वीचा पेन्शनरांचा कार्यक्रम व सुट्टीच्या दिवसात मुलांचा विसंगुळा होता . लक्ष्मी टेकडी व गणपती मंदिराचे दर्शन घेऊन माथ्यावर जायला मिळे . तेथून दिसणारे शहराचे विहंगम दृश्य लोभस होते . धुक्यात गुरफटलेले शहर व कॅटॉनमेंट , चर्चसचे मनोरे, हिंडलगा जेल, ५ अरगन तलाव, जनरल लायबरी व पायोनियर अर्बन बँकेचे दगडी उंच मनोरे, इ . शहराजवळचा भुईकोट किल्ला, पायी फिरून पाहिला . माळ मारुती, रामतीर्थ इथे एक दिवसाच्या सहली केल्या .

रोजची दुपारची वेळ मात्र विश्रांतीसाठी ठेवली . पत्ते , पगडे, यांचे खेळ , वाचन , गावाच्या नावाच्या तसेच गाण्याच्या अंताक्षरीच्या भेंड्या खेळलो . मोठ्या हॉलमधील झोपाळयावर उंच झोके घेतले . मराठी भावगीतांचा तो बहरता काळ होता . उन्हे उतरल्यावर मंदीरात देवदशन आणि वाजरपेटात फेरफटका मारला . गावात ठिकठिकाणी उसाच्या रसांची गुऱ्हाळे होती व चरकात काढलेला रस मिळत असे . मिलिटरी महादेव मंदीर व शेजारचे रसवंती गृह हे सर्वांचे आवडते ठिकाण होते . मराठा लाइट इन्फन्ट्रीच्या अखत्यारीतील हे मंदीर व रसवंती गृह , स्वच्छता आणि टापटीपीमुळे मनांत ठसले .

पण ह्या महिन्याभराच्या काळातला सर्वात वैशिष्ट्यपूर्ण कार्यक्रम म्हणजे दीपनमस्कार, चित्रापुर मठाच्या “दिवटिगे सलाम” ची नित्यपाठ सायंप्रार्थना सर्वांनी मिळून म्हटली . भारतीय संस्कृतीने दिलेल्या संस्काराचे महत्व सारस्वत घरांमध्ये विशेषत्वाने दिसून येते . वसुधा माविनकुर्वेने या नित्यपाठात आरंभी दोन लहान मराठी श्लोकांची भर घातली . ते श्लोक होते :-

- देवा तुझिया चरणी नमितो अंतःकरणे तुज आठवितो  
कृपासागरा तुज विनवितो सांभाळी वाळा
- सदा सर्वदा योग तुझा घडावा तुझे कारणे देह माझा पडावा  
उपेक्षू नको गुणवंता अनंता रघुनायका मागणे हेचि आता

बहुधा मिरा माविनकुर्वे (तालमकीवाडी) यांनी आपल्या मुलीला हे श्लोक शिकविलेले असावेत . आम्हा सर्वांना तिने सुचविलेले श्लोक आवडले . रोजच्या नित्यपाठाला एक वेगळेच वजन प्राप्त झाले .

दररोज मुखमार्जनानंतर सकाळी व संध्याकाळी दीपनमस्कारापूर्वी ते म्हणण्याची पध्दत आम्ही सुरू केली . यथावकाश या मुलींचा रहिवास महिन्याभरात आटोपला व त्या मुंबईला परतल्या . पण या दोन श्लोकांनी आमच्या मनांत चिरस्थायी स्थान मिळविले .

आजही आम्हा भावंडांच्या घरांत रोज सकाळी व संध्याकाळी

प्रार्थना करतो . एवढेच नव्हे, तर आमच्या घरातील, भारत व परदेशवासी पुढची पिढी – बायका, मुले सुध्दा ही प्रार्थना देवासमोर म्हणून दिवसाचे कामकाज सुरू करतात . ही प्रार्थना आता मुला-नातवंडांच्या हाडीमासी खिळून हा क्रम गेली ६६ वर्षे चालत आहे .

म्हणून मनाला वाटते –

“अशी पाखरे येती आणि स्मृती ठेवूनी जाती

दोन दिसांची रंगत संगत जमली निरंतर नाती”  
या भावगीताच्या ओळी सदैव मनांत रूजी घालत आहेत .

श्री नारायण शिराली हे संस्कृत , मराठी ,कोंकणी व इंग्रजी या भाषांचे व्यासंगी वाचक व साक्षेपी अभ्यासक आहेत . संस्कृत व मराठी भाषांमध्ये त्यांनी काव्य , नाटय , साहित्य या क्षेत्रात , धार्मिक व ललित विषयांवर विपुल लेखन केले आहे . भगवान श्री दत्तात्रय लिखित अवधूत गीता या संस्कृत ग्रथांचे श्लोकवध्द मराठी अनुवाद कर्ते आहेत .

## स्पर्श हवा रे स्पर्श हवा.....

स्मिता बळवळी

मानव असो की मूक जनावर की असो ती वनस्पती  
स्पर्श हवासा वाटे सा.यांना, मनात जागे स्फूर्ती |  
उभे ठाकते पिल्लू देताच ऊब मायेची  
सुखावते बाळ मिठी मिळताच मातेची|  
स्पर्श असा हा स्पर्श असा

आनंदाच्या क्षणी मानव देई आलिंगन  
दुःख एकमेकांचे समजून घेण्या हवे नुसते हातांचे मिलन  
स्पर्श असा हा सुखावून जाई नको काही बोलणे  
सर्वश्रेष्ठ ही देणगी निसर्गाची, मग काही नाही उणे |  
स्पर्श असा आणि स्पर्श तसा

पण ..... हो एक पण आला आजच्या जगात  
एका जीवापूने पहा कसा तांडव.मांडलाय उच्छाद |  
प्रियजनांना वधु शकतो, बोलु शकतो  
पण स्पर्शापासून सर्व मुक्तो |  
आजी आजोबा आसुसले स्पर्शासाठी नातवंडांच्या  
प्लॅस्टिकच्या आवरणानुन गळे मिळत आहेत एकमेकांच्या |  
कारण मिठी मारायलाच वाटते भीती  
पहा कशी झाली आहे आजची स्थिती ||  
स्पर्श नको ना स्पर्श नको

निघून जाईल हाही दृप्पा  
संगे वसून लवकरच मारू आपण गप्पा |  
ह्या संकटाने मानवाला पटले असेल आज  
फारच चढला होता त्याला स्वार्थीपणाचा माज |  
एकमेकांची साथ आणि सुखावणारा तो स्पर्श  
सगळ्यांपासून वेगळाच असतो त्याचा हर्ष ||

जीवनात हवा असतो नेहमी अनुभव नवा  
पण मन आज म्हणते स्पर्श हवा रे स्पर्श हवा  
स्पर्श हवा रे स्पर्श हवा ||

## आम्ही आणि आमालो समाज

चैतन्य नाडकर्णी विरार

आजीक आमालो, भानप किंवा चित्रापुर समाजु, आंकड्यांतु लाखाचो एक चतुर्थांशु आशिल्लरी लाख मोलाचो आस्स हें निसंदेह जानु आस्स . देशाचे लोकसंख्येचे प्रतिशत प्रमाणांतु दिस्सुनु येनाजांवचो तिल्लो सानु आस्सुनुयी देशाचे विविध क्षेत्रांतु अभूतपूर्व योगदान केलिल्ले श्रेय आमाले समाजाक नक्कीची मेळता . श्रेय घेवचे किंवा ताज्जे प्रतिफलाचे अपेक्षा कोर्ची सारस्वतांगलो स्वभाव धर्मु नात्तिलमिती आम्ही सनातनांतु मेळनु वत्ताती .

उद्योग धंदो, आर्थिक क्षेत्र, कला क्षेत्र, विज्ञान, वैद्यकीय क्षेत्र, न्याय पालिका, सुरक्षा इत्यादी समाजाचे सर्वांगीण व्यवस्थेंतु अदृश्य रीत्या किंवा अनामिक जानु सहभागु घेतिल्लो आस्स आणी असले व्यक्तीमत्व जास्ती पचारांतु आयलें दिस्सना . आमालें समाजाचें मूळ इतिहासु काश्मीर आणी सरस्वती न्हैये सांगाती जोण्णु आस्स . सरस्वती न्हई लुप्त किंवा गुप्त जाल्ली आणी काश्मीर ऐतिहासिक संबंदाचे निशानि जानु उर्लें . जाल्यारी चित्रापुर सारस्वत जगभरी सर्व देशांतु वसुधैवकुटुंबकम् म्हणु विस्थापित जाल्ले . यवनांगले आक्रमण आनि हिंदूंचेरि जांवचे अत्याचारांथांनु आत्मसंरक्षण कोर्चे खातिर स्थळांतर कर्त कर्ता काश्मीर थांनु दक्षिणेक सरकतची येनु शिवभक्त रायांगले कालकिर्दीचे कर्नाटकांतु आश्रित जानु रावले . त्यादिवसांतुयी एक सानु समाज जानु आशिल्लरी सुशिक्षित आनी प्रामाणिक तशीची दैविक आचार विचारांचो समाज जानु आशिल्लमिती रायांगले दरवारांतु तांका एक मानाचें स्थान आशिले . त्यामिती कदाचित तांका काही जवाबदारीचें काम मेळनु आस्का .

आम्बिगेल्यांतु बहुतेक कर्नाटक गावांचीं आडनावं दिस्सुनु येत्ताती . आंकड्यांतु समाजु सानु जाल्लरी आमाले जानांनी समयाक समजानु सार्व जनिक व्यवस्थेक अनुकूल जानु चोलचे सामर्थ्य दवर्नु घेल्ले . सहकारी गृहसंस्था, शैक्षणिक संस्थान, बँक इत्यादी सामाजिक सुविधा अती कुशल रितीने चोलोनु दाखिल्ले . एकु आदर्श समाजु निर्माण केल्लेली ख्यातिक योग्य अशी आमगलो समाजु म्हळयारी अतिरेक कदापि जायशना . हाक्का सर्वांकयी मुकुट मणी जानु आमगले श्री चित्रापुर मठ आनि समाजाक उत्तम मार्गदर्शन कर्तले श्री गुरुपरंपरेच्या दयादृष्टीचे आम्ही सगळे धनी आनि ऋणी आस्सती!

## वास्तु...

विद्या कागल

कालची तारीख एप्रिल २० /२० सारा दिवस बेचैनीत गेला... कसली घालमेल होती हृदयात हे चांगलच माहीत होतं मनाला . बाहेर चालायला जावं म्हटलं तरी मनाची उदासीनता उठायला शक्ती देत नव्हती . वाल्कनीत गेले तर माझ्या मनासारखंच आभाळ देखील ढगाआड लपलेलं . तेवढयात फोन वाजला . नेहेमी प्रमाणे मुलीचा होता . तीन वाजले आहेत आता, पण सहा वाजता जेवायला ये ना ! ह्या Covid 19 च्या गोंधळात आपलं भेटणच होत नाहीना ! ..... मी भानावर आले . दुपारचे चार वाजले होते . कुठे हरवला मधला वेळ? ... मी तर अजून आंगोळ देखील केली नव्हती . गडवडीने मी मुलीला सांगितले, “ नाही ग, आज नाही येणार मी . नक्कोसच वाटतय” .

माझं मन थाऱ्यावर नाही आज ! हे ओळखले तिने . “अग, आज डॅडीचा वाढदिवस आहे, तर कशाला घरी एकटीच वसतेस? परंतु माझा नकार पक्काच होता . मी ऊठले आणि सारी कामे आटपून झोपायला गेले . त्या मरगळलेल्या मनाला आणि शरीराला, पांच मिनिटात झोप लागली . आज पहाटे पांच वाजता नेहेमीप्रमाणे ऊठले . पटकन् आवरून Kroger ला Senior hour असल्याने तिथे फेरी मारून आले . हव्या असलेल्या अन् नको असलेल्या भाज्या उचलून सवंध दुकानाला एक फेरा मारला . घरात येवून, दार बंद करते , तोंच मुलीचा फोन आला . वाटलंच होतं मला . विचारी काल आईच्या बोलण्याने विथरली असावी . गेल्या चार वर्षात असं कधी घडल नव्हतं . आईचा मूड नेहेमी up beat असतो... माम, चल तयार हो लवकर, आपण झईव्हला जाऊ कुठेतरी . अन् गरमागरम starbucks कॉफी घेवू . अग अल्पना, वेडी का तू ? मी ठीक आहे . कालचं सोडून दे ना ! ..... पण आजच्या तिच्या आवाजाला धार होती . मलाच नको म्हणवेना . मी तयार होऊ न बसले . टरल्यावेळी ती आली . आम्ही आमच्या मार्गाला लागलो . मी विचारलं , “कुठे जायचं टरवल आहेस” ..... “तू म्हणशील तिथे” तिचं उत्तर ! पटकन् माझ्या तोंडातून उत्तर आलं , “डॅटनला जायचं का? ....मला आपलं जुनं घर पहावसं वाटतंय” ..... अरे खरंच की! .... That's very good idea” अल्पना आनंदाने म्हणाली .

दुसऱ्या क्षणी आमची गाडी डॅटनच्या मार्गाला लागली . आम्ही दोघी बऱ्याच महीन्यानंतर ३५ north to Denton 19 miles हा बोर्ड पाहीला . आजुबाजुचा परिसर खूपच बदलला होता . नेहेमी cars आणि 18 wheelers ने गजबजलेला हा highway, आज आमच्या करता राजमार्ग बनला होता . त्यामुळे आमच्या गप्पांना चांगलाच ऊत आला होता . अचानक उजवीकडे “Denton Medical City” चा बोर्ड पाहिला ..... अन् “डॅडी” ..... माझ्याकडे पहात नकळत अल्पनाच्या तोंडून शब्द निघाले..... मन परत एकदा १२५ पेन्सलवेनिया समोर जावून थबकले . आमची गाडी South Ridge च्या subdivision मध्ये शिरली . गेल्या

सात वर्षात काहीच बदलले नव्हते . हिरवीगार झाडे, आनंदाने डुलत आमचं स्वागत करत होती . Texas wild flowers सर्वत्र आपले रंग शिंपित होते . मन प्रसन्न झाले . वाजुच्याच घरातील लहान पांच सहा वर्षाची मुलं बागडत होती . आम्ही इथे आलो, तेंव्हा निखील, अल्पना याच वयाची होती.....

पांच मिनीटांतच आमची गाडी आमच्या जुन्या घरासमोर थबकली . विश्वासच बसेना मला माझ्या डोळ्यांवर ! किती सुरेख दिसत होती ही “वास्तु” ... खरंच अडतीस वर्षे इथे राहिलो आम्ही . आमच्या दोघांकरता हे एक साधे घर नव्हे ते तर ती एक परमपूज्य “वास्तु” होती . माझ्या सासुवाई नेहेमी मला सांगायच्या , “विद्या , दिनेश, हे घर कधी सोडू नका . आपले स्वामीजी, तुमच्या घरांत आपल्या ईश्ट देवतांना घेवून आले होते . त्यांची पायथूळ लागलेली आहे . लक्षांत असु द्या . “ही वास्तु, सदा गजबजलेली असायची . कधी नातलग, कधी मोठमोठे संगीतकार, तर कधी अमेरिका पहायला येणारी, मित्र मंडळी ! एकही Christmas, new year असा गेला नाही की तीस चाळीस मित्रमंडळी नाहीत ! सारी मंडळी कामाला हातभार लावायची . दिवाणखान्यांत एकाला लागून एक गाद्या लागायच्या अन् घोरण्याच्या सप्तसुरांत सारेजण शांत झोपायचे . सारं काही त्या पांच मिनीटांत डोळया समोरून गेलं ..... आम्ही दोघी भानावर आलो . मी अल्पनाला म्हटलं, अग गाडी जरा गराजच्या वाजुने घेशील का? बघुया . आपल back yard कस मस्त दिसतय बघ ना ! अल्पनाने गराज समोर गाडी उभी केली . तिथे एक बाई खुर्चीवर बसून फोनवर बोलत होती . आमच्या गाडीकडे लक्ष जाताच तिने Hi, करून साद दिली . अल्पना लगेच म्हणाली, “ Oh good morning, we used to live here, so just admiring how beautiful this house still looks.” ती बाई हसत पुढे आली, अन् म्हणाली, “yes we are really enjoying this house. We have done so many changes to it. Our four grand kids are always here. We also enjoy the garden and the backyard. We love this house! By the way, did you not give notice to forward your mail? We used to get your mail here once in a while..... And some time back did some one from your family pass away ? Because we got beautiful flowers delivered at the front door! Since we did not know where to contact you , we enjoyed them...

आम्ही दोघीही सुन्न झालो . कालच ह्यांचा वाढदिवस होता . आणि आज त्यांनीच मला इथे बोलावून आणलं का? .....कालची माझी मनःस्थिती त्यांना समजली होती का? ..... का त्यांना मला सांगायच होतं, “अग अस निराश नको ना होऊस..... तूच माझा आधारस्तंभ

होतीस ना? ..... वध आपण इतका सुरेख वगीचा केला होता . आता आपली पोरं त्यांचा वगीचा तयार करताहेत.....” . जणू आमच्या गत आयुष्याची झलक दिली आम्हां दोघींना ! आयुष्यभर त्यांनी त्यांची सर्व प्रकारची कर्तव्ये सहजरित्या पार पाडली . अडल्या नडल्या मित्रांना, नातलगांना सदैव दिलासा घायचे . भारतातून आलेल्या कित्येक विद्यार्थ्यांना, पैशाची अपेक्षा न करता सढळ हाताने औषधांपासून ते व्यवस्थित वरे होई पर्यंत औषधपाणी आणि इतर लागेल ती मदत करायचे . कशाचा गाजावाजा नाही . सारं झरकून डोळयासमोरून गेलं .

आणि आज मात्र दिनेशनीच, मला आमच्या दोघांजवळ असलेल्या अनमोल “वास्तु” ची महती समजावून सांगितली . माझ्या मनात एक

विचार त्या क्षणी झळकून गेला..... अरेच्या , दिनेशच्या आणि माझ्या प्रिय “वास्तु” ला ही नवी मंडळी, आमच्या दोघां एवढीच प्रेमाने जोपासत आहेत ! आणि म्हणूनच की काय, त्यांच्या स्मरणास्तव आलेला फुलांचा गुच्छ १२५ पेन्सिलवेनियात ह्या पत्त्यावर, आम्ही घर सोडल्यानंतर जवळजवळ दोन वर्षांनी पोहोचला..... का..... जाता जाता ह्यांनी वास्तुला दिलेलं आभारपत्र? ..... तेथे कर माझे जुळती ..... मन परत एकदा शांत झालं . विचारांच्या लाटा परतून तरंग बनल्या . परत एकदा ‘आनंदाचे डोही आनंद तरंग’ सुरू झाले..... आजचा दिवस मल खूप काही शिकवून गेला.....

## आनंद

श्रीकला कौशिक , अंधेरी

जीवनांतु पदोपदी, प्रति एका स्तराचेर विंगविंगड रसस्वादाचे अनुभव जात आसतात . आनि आम्ही ताज्जे उपभोग घेत आस्तात . ह्या सर्व रसांतु “आनंदरसु” हो अद्वितीय जावु आस म्होणु दिसता . आनंद शब्दाचे उच्चारण ही एकी दैवी देणगी म्होणयेद . हांतु एकी विशेष शक्ती अंतर्भूत जावु आस, अशी म्हळयारि विशेष जावनयें .

सृष्टीच्या पंचमहाभूतांतु, कणाकणांतु निगळ आनंद भरलेलो दिसुनु येता . सृष्टीमाता, ह्या आनंदाच्या मातृत्वाने सौंदर्यवती जाल्लेली दिसुनु येता . पोळोंवया- कशिकी एक सुखद, शीतल वाऱ्याची झुळुक, एका क्षणांतु, नकळत स्पर्श कोर्नु आल्हाद दिवु वता, पक्ष्यांगेले मधुर गुंजारव, तांगेलो सुश्राव्य कलरव, निसर्गांतु फुललेलीं विविधरंगी फुल्लं, त्या फुल्लांचेरि नर्तन कर्तली नाजुक फुलपाखरं, घडियेभित्तरि विविध रूपं धारण कर्तलीं मांडं, झुळुक झुळुक अशी मंजुळ निनाद कर्तली अमृतधारा , अशी खवऱ्यो कोंणाक मोहित करशिनानि?

सृष्टिमाता, तिगेल्या ह्या सौंदर्यकोपांथान्न, भोर्नु भोर्नु आनंद दित आसता, जाल्लेतरिकेयि ती केदनायि रिती जायना . सौंदर्याची व्याख्या म्हळयारि “आनंदु” . चेईपणं म्हळयारि सुखाचें . कसलियि काळजी, चिंता नात्तिलें स्वच्छंद सानपण, फुलपाखरांवारि . जाल्यारि, मानवी जीवन, क्षणांच्या तागडेंतु दोलायमान जात आसता . असल्यावेळारि, मनाक समाधान जांवचे तसल्या कार्यांतु व्यस्त जाल्यारि, मन प्रसन्न जांवच्याक सहायु जाता अशी दिसता .

प्रत्येक व्यक्तिगेली, जीवनाची व्याख्या काळानुसार, प्रसंगानुरूप बदलत आसता . सावता माळयाने आपणागेले कृषीक्षेत्र पंढरपूरची म्होणु लेक्कुनु, तांतुचि आनंदु मानलो . “कांदा, मुळा भाजी अवघे विडल रखुमाई” अशी त्या क्षेत्रांतुल्या पिकांतुचि, ताका विडल रखुमाई दिसलीं . संत वसवेश्वरागेल्या उक्तीप्रकार “कायकवे कैलास” म्हळयारि, कामची कैलासु . अशी प्रति एका सान्न हॉड कामांतुचि

भक्तिरूप आनंदु, संतोषु भरलेलो आस .

निसर्ग कशिकी, पंचमहाभूतांनी निर्माण जाल्ला, तशिचि आमगेलो देह सुदांयि पंचमहाभूतांनी निर्माण जाल्ला . हांतु, अन्नमयकोष, प्राणमयकोष, मनोमयकोष अशी कोष आसति . ह्या सर्वांगेल्या अंतरांतु साक्षीभूत जावु आत्मा आस . ह्या सर्वांमितिं आम्ही आनंदमयकोपांतु आसति, अशी म्हळयारि सदोष जायशिना . प्रियत्व हें त्या आनंदमयकोपाचें लक्षण . जाल्यारि, हो आनंद कस्तुरीमृगावारि . म्हळयारि, आमच्यांतु आसुनुयि आमकां दिसना . मात्र, मदमदेंतु ताज्जी अनुभूति मेळत आसता .

प्रति एक घडी, क्षणु एकलक आसना, आनि आसुकयि नज्ज . म्हंई कशिकी अकडेचि राव्वनातिले, वैरि तग्गु पळेयिनातिले प्रत्येक प्रदेशांतु विंगविंगड रूपाने, आनंदु दित्तची व्हांवता, तशिचि कशिकशि बरेवायट प्रसंग येताति, तांका मर्याद दिवु, इद्रारि आयिल्या परिस्थितीचो स्वीकारु कोर्नु, मुखांरि वच्यांतुचि आनंदु आस . अशी आनंदाचे डोह तयार केल्यारि , त्या तरंगाचो आनंदु घेंवच्याक सहायु जाता . हेंचि जीवनाचें सार .

ह्या अनपेक्षित, असुगम परिस्थितींतु आमगेल्या मनाच्या मडक्या पोटलेंतु, थेंब थेंब कोर्नु प्रसन्नता भोरयां, मनोबल वाडोंव्या, आनि ताज्जो अनुभवु घेंवयां .

### Donations

*Kanara Saraswat Association is grateful to the following donors:*

#### Medical Relief

Nishant Durgadas Baidur	Rs 5000/-
Vikram Shirali	Rs 25000/-

# जर्मनीत गणेशोत्सव

स्मिता बळवळी

‘श्रावणमासी हर्ष मानसी हिरवळ दाटे चोहिकडे’ ही बालकवि ह्यांची कविता फक्त वाचत किंवा पाठ करत नव्हे तर अनुभवत आलो आहोत आपण, नाही का? श्रावणासह येणाऱ्या निसर्ग सौंदर्याचे आकर्षण असतेच. शिवाय आपण श्रावणाची आतुरतेने वाट पहातो कारण ‘श्रावण मास’ हा सणांची सुंदर शृंग्रला सोबत घेऊन येतो - नागपंचमी, नारळी पौर्णिमा, श्री कृष्ण जयंती वगैरे. मग पुढचे दोन, तीन महिने निरनिराळे सण साजरे करण्यात आनंदात जातात. भाद्रपदात येतो गणेशोत्सव. बालवयापासून माझं ह्या सणावर फारच प्रेम. शाळेतील ‘माझा आवडता सण’ ह्या निबंधातही ‘गणेश चतुर्थी’ डोकावयाचा.

आमचे आजोबा गणेश चतुर्थीला कर्नाटकातील आमच्या छोटयाशा गावात घरातच स्वतः हातांनी गणेशमूर्ती घडवून त्याची पूजा करित. पण आमची शाळा, आई बाबांचं ऑफीस ह्या ना त्या कारणास्तव दरवर्षी काही गावी जाणं जमून येत नसे. हो, पण मुंबईत गणपतीची मूर्ति तेवढी घरात बसवली नसली तरी आई सगळे नैवेद्याचे पदार्थ करायची आणि बाबा यथासांग पुजा करित असत. त्यांचा तो श्रद्धाभाव माझ्या बालमनात उतरला असावा कदाचित. शिवाय मैत्रिणींच्या घरी सर्व कुटुंबिय एकत्र येऊन गणेशोत्सव साजरा केलेला पाहायला मजा येई पण कुठेतरी मनात हेवा वाटत असे.

बालपणीचा पुरेपूर आनंद लुटला आणि तारुण्यात पदार्पण केले. योग्य साथीदार भेटला आणि नवजीवन सुरू झाले. नवीन घराबरोबर नवी असली तरी मनमिळाऊ माणसं लाभली. सासरी मोठया दिराने आणि जाऊबाईंनी त्यांच्या लग्नानंतर उत्साहाने घरात गणपती बसवायला सुरुवात केली होती. मग काय? सासूबाईंच्या मार्गदर्शनाखाली आमच्या घरात भक्तिभावाने साजरा होणाऱ्या दीड दिवसाच्या गणेशोत्सवाने माझं मन तृप्त होऊन जाई. हळूहळू घरात पाखरांच्या आगमनाने किलबिलाट होऊ लागला. दिरांना नोकरीनिमित्ताने मुंबईबाहेर व याच वेळा बदल्या होऊ लागल्या. परंतु आम्ही सर्वजण गणेश चतुर्थीला, किमान दोन दिवसांसाठी तरी एकत्र यायचोच. अर्थात मनात श्रद्धा आणि भक्तिभाव होताच. पण खरं सांगू तुम्हाला! एकत्र कुटुंब पध्दतीत काही वाबतीत मतभेद असले तरीही नाती घट्ट होतात, माणसं मनाने जवळ येतात. पण नोकरीच्या भ्रमंतीमुळे हे शक्य नव्हतं. त्यामुळे गणेशोत्सवाच्या निमित्ताने आमची पिल्लं एकत्र यावीत, त्यांच्यातील प्रेम, जिद्दाला कायम रहावा अशी आम्हा जावांची भावना. लोकमान्य टिळकांनी स्वातंत्र्य लढयात लोकांना एकत्रित करण्यासाठी सार्वजनिक गणेशोत्सवाचा प्रारंभ केला. तद्वत आम्हा बायकांचा, घरातील मुलांमधील वांधिलकी कायम रहावी म्हणून हा प्रामाणिक प्रयत्न. अखेर वाप्पा कुटुंबातील इतस्ततः विखुरलेल्या सर्वांना एकत्र आणून त्यांच्यात प्रेमाचा भावबंध निर्माण करतो हेच खरं! अगदी असाच अनुभव पुढे मी

जर्मनीत गेल्यावर घेतला.

हळूहळू आमची पाखरं उच्चशिक्षण किंवा नोकरीसाठी भरारी मारून दूर गेली. सासूबाईंनी जगाचा निरोप घेतला. तरीही आम्ही जावा एकत्र यायचो दर गणेश चतुर्थीला, कारण आता गेल्या पंचवीस एक वर्षात गणेशोत्सव एकत्र साजरा करायची सवय नाही तर ओढ लागली होती. पण अचानक ह्या वर्षी माझ्या नवऱ्याला नोकरीनिमित्ताने काही काळासाठी इथे जर्मनीला पाठविले. जुलै महिन्यात आम्ही दोघं डूसलडॉर्फ ह्या जर्मनीच्या सुंदर शहरात येऊन दाखल झालो. इथे जरा बस्तान बसतंय तोच श्रावण महिना लागला. माझं मन उल्हासित झालं खरं पण भारतात साजऱ्या होणाऱ्या सणांची खूपच आठवण झाली. सण साजरे करण्यासाठी सामग्री इथे मिळत नाही अशातला भाग नाही. पण सणांचा आनंद घ्यायला आपल्या भारतीयांना माणसांचा गोतावळा लागतो हे इथे आल्यावर प्रकर्षाने जाणवले. भाद्रपद येऊ न ठेपला. भारतीय घरांमध्ये गणपती वाप्पा विराजमान झाले आणि मनाला रूखरूख लागली.

दूरदेशी आले मी गं, वाप्पा बसणार तिथे घरात  
मनीच वळले भक्तीचे मोदक, येथुनच नैवेद्य केले वाप्पांस  
विडीयो कॉल करून पाहिली आरती  
मनात घेतली साठवून मुर्ति

आरतीचं नुसतं नेत्रसुख घेत, दुधावरची तहान ताकावर भागवली म्हणायची. पण गुरूकृपेने मनातील हे नैराश्य लवकरच दूर झालं. इथे स्थायिक झालेल्या भारतीयांकडून कळलं की डूसलडॉर्फ मध्येच एका रविवारी गणपती वाप्पाची मिरवणूक निघणार आहे. माझ्या तर आनंदाला पारावारच उरला नाही. जर्मनीत क्रेफेल्ड येथं ‘मराठी मित्रमंडळ’ नावाची NGO स्थापन केली आहे, काही मराठमोळया व्यक्तींनी. आमच्या सुदैवाने त्यांनी ह्या वर्षीच पहिल्यांदा असा सोहळा आयोजित केला होता. मला ह्या कार्यक्रमासाठी साडी नेसायची फार हौस होती. परंतु त्या दिवशी थंडी तर होतीच आणि नेमका पाऊसही लागला. त्यामुळे माझ्या साडी नेसण्याच्या उत्साहावर पाणी पडलं, असं म्हणायला काही हरकत नाही.

ट्रेनच्या प्रवासात दोन कुटुंबं भेटली. आपला भारतीय पेहराव आणि कपाळावरील विंदीमुळे लगेच आमच्यात संवाद सुरू झाले. माझ्या अतिउत्साहामुळे आम्ही दोघं तब्बल तासभर आधी पोहोचलो. परंतु तिथे आमच्यासारखी अनेक मंडळी पाहून, नवऱ्याची टोमणा मारायची संधी हुकली म्हणून हाससं वाटलं. कित्येकजण तर लहान मुलांना घेऊ न तीन, चार तास प्रवास करून ह्या कार्यक्रमासाठी हजर झाले होते. काही तरुणी त्या थंडीतही नऊ वारी साडी नेसून, नथ घालून आल्या होत्या. काही तर प्रेममधील छोटुकल्यांना धोती कुरता किंवा परकर

पोलका अशा पोषाखात घेऊन आली होती . कोड कौतुक वाटलं मला त्यांचं ! एव्हाना गर्दी चांगलीच वाढली होती . ल्युगप्लाटझ स्टेशनच्या बाहेर जर्मन सरकारकडून खास परवानगी काढून मराठी मित्र मंडळाने रहदारीचा रस्ता काही तासांपुरता बंद ठेवला होता हे विशेष . पण मुंबईतील आणि येथील मिरवणुकीत जमीन आसमानाचा फरक होता . मुंबईत हल्ली सार्वजनिक गणपतीच्या नावाखाली अश्लील गाणी आणि नाच असतो जे ऐकवतही नाही आणि बघवत तर त्याहीपेक्षा नाही . पण इथे हजारो मैल दूर आपल्याच बंधु भगिनींचं संस्कृतीवरचं प्रेम पाहून उचंबळून आलं .

मिरवणुकीला प्रारंभ झाला . पालखीत बाप्पाची रौप्यमुर्ती विराजमान झाली होती . मिरवणुकीतील सर्व कार्यकर्त्यांनी सफेद सलवार, कुरता परिधान केला होता आणि दिमाखाचे केशरी रंगाचा दुपट्टा कमरेला खोवलेला होता . हा देखावा पाहूनच आधी डोळे तृप्त झाले . देशापासून दूर आल्यावर इतकं साधं दृश्य इतका आनंद देऊन जाईल ह्याची कल्पनाही केली नव्हती कधी .

कार्यकर्त्यांनी पालखी खांद्यावर उचलली आणि बाप्पाच्या स्वागतार्थ युवकांचे एक पथक पुढे झाले तेही ढोल ताशे घेऊन . ढोल ताश्यांवर त्यांचे हात आणि उभ्याउभ्याच आमचे पाय ताल धरू लागले . इथं आजूबाजूचं वातावरण शांत असल्याने असेल कदाचित, ढोल ताशांचा आवाज आसमंतात घुमू लागल्याचा भास होत होता . फारच सुंदर आणि पवित्र वातावरणाची निर्मिती झाली होती . तेवढ्यात एक गट पुढे झाला, ज्यात युवती ते काकू , सर्व वयीन महिला होत्या . ढोल ताश्यांच्या तालावर त्या लेझीम करू लागल्या . मिरवणूक हळूहळू पुढे सरकत होती . इतक्या साज्या सोहळ्यात वर्षाला, अहो म्हणजे पावसालाही सहभागी व्हायची उत्सुकता असणारच , नाही कां! भक्तीरसात न्हाऊ न निघालेल्या जनसागराला आता जलवृष्टीने ओलंछिंब केलं की! पण त्या एवढ्या थंडीतही मनात श्रद्धेचा ओलावा असल्यामुळे कदाचित, ना ढोल ताश्यांचे सूर चुकले ना लेझीमचा ताल . तेवढ्यात जोशात मिरवणूक पुढे सरकत होती . दोन, तीन जर्मन तरुणीही ढोल ताश्यांच्या संगीतावर ताल धरताना दिसल्या . अचंबित होऊन त्या मिरवणुकीचे फोटो आणि विडियो काढत होत्या . भारतीय गोंडस छोटी मुलं आपली धोती किंवा चुन्नी सांभाळत नाचत होती .

ढोल ताशे वाजविणारे नक्कीच भारतातून मुद्दाम बोलावून आणलेले व्यावसायिक युवक असणार अशी जमलेल्या गर्दीत कुजबूज चालली होती . अर्थात मलाही उत्सुकता होतीच जाणून घ्यायची . पण सगळेच कार्यकर्ते इतके तल्लीन झाले होते की कोणाला आणि कसं विचारावं असा प्रश्न पडला . इतक्यात एक ढोल वाजवणारा तरुण, ढोलाच्या दोरीची गाठ घट्ट करण्यासाठी म्हणून घोळक्यातून बाहेर पडला . हीच संधि साधून मी त्याच्याकडे विचारपूस केली . तेंव्हा कळलं की ढोलांसाठी सर्व सामग्री पुण्याहून मागवली होती आणि युवकांनी इथे स्वतः एकत्र येऊन ढोल तयार केले होते . युवकांनी आणि महिलांनी खूप काळ मेहनत घेतली असणार हे स्पष्ट जाणवत होतं . मिरवणूक जवळ जवळ

तीन, साडे तीन तास अतिशय शिस्तबद्ध रीतीने चालली . ठरल्याप्रमाणे मग युथ होस्टेलवर प्रसाद वाटपाने सोहळ्याची सांगता झाली .

अश्या ह्या गणेशोत्सवाच्या सोहळ्याने मंत्रमुग्ध होऊनच घरी परतलो आम्ही . मनात आलं उच्च शिक्षण किंवा नोकरीसाठी आपण भारतीय परदेशात येतो . इथे सर्व सुखसोयी हजर असतात . घरात सेवेला वेगवेगळी उपकरणं , बाहेर रस्त्यावर टापटीप , सुखावणारी वाहतुकीची साधनं , मोटमोठे मॉल्स इत्यादी . मन सुखावतं खरं . पण तरीही एक ओढ , एक चुटपुट मनाला वाटतेच . इथे स्थायिक झालेल्या व्यक्तींनी, आपली संस्कृती , आपले सण जपण्याची ही तळमळ तारली, जाणली बहुतेक . एवढ्यावरच न थांबता, ते आपले सण इथे आपल्याच भारतीय पध्दतीने साजरे करत आहेत . खरंच त्यांचे मनापासून आभार!

इथल्या ह्या गणपति बाप्पाच्या मिरवणुकीत अंदाजे दोनशेच्या वर लोकं गोळा झाली असतील . अगदी मुंबईची आठवण झाली मला . कारण ह्यात मराठी , गुजराती, तामिळ, केरळी, कन्नड , बंगाली , हिन्दी भाषिक आणि शिख बांधव भगिनींचाही समावेश होता . हे माझं विधान मलाच खटकतंय . भारतात राहत असताना आपण एकमेकांना परंप्रांतीय म्हणत आपल्यातील केवळ वेगळेपणालाच महत्व देतो नाही कां! इथे देशापासून दूर आल्यावर मात्र एकमेकांमधील विचारांतील, मतांतील, मनावर झालेल्या संस्कारातील जे साम्य आहे, जे कुठेतरी मनाच्या कोपऱ्यातील अंधारात दडलेलं होतं . त्यावर बाप्पावरील श्रद्धेपोटी प्रकाशाचा झोत टाकला गेला जणू . म्हणजे बाप्पाने आपलं काम चोग्र केलं होतं! भारतात राहताना आपण जर अशाप्रकारे एकमेकांची साथ देत गेलो, तर आपल्या देशाचं भविष्य उज्वल होण्यास हातभार लागेल, नाही का?

*Smita Balvally is a Post graduate in Statistics and conducted home tuitions for Mathematics for Secondary school students for about 10 years. She has worked in honorary capacity for an NGO, 'Baal Prabodhini' and was involved in training students, teachers and in administration. She completed her Post graduation in Counseling Psychology in her second innings after her children chose their own careers. She has been pursuing her hobby of writing since 7 to 8 years, authored articles in Marathi and Konkani for KSA and presented some Konkani articles on AIR. She is currently residing in Germany which reflects through her recent articles.*

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“आम्कां पोपाक मेलुक वैटीकना वच्चें आस्स . . . ,”

**Guru Swami told an Italian gentleman who fully understood what was said and even showed Him how to get there! Memorable vignettes from the UK visit of our revered Parama Guru Parijnanashram III. Report from London by NIMISH JAGADISH UBHAYAKAR**

(Pictures on page 35)

**The Much-awaited Arrival:**

It is because of the *Apaara Karuna* of *Gurushakti*, that our most beloved *Brahmanishtha* Parama Guru- PP Shrimat Parijnanashram Swamiji III arrived at London Heathrow Airport in September 1979, upon completion of the Canada *Chaturmas* for a historic visit to the United Kingdom. This marked the end of PP Swamiji's *Digvijay* of the Western World, which saw Swamiji travelling the length and breadth of North America and blessing the Bhanaps there. Truly, our Sadguru was a *Paramahansa Parivrajakacharya* in every sense. Shortly after landing, Swamiji and His retinue encamped at the residence of the Nilawar family, London, where the Chitrapur Saraswats of the UK were to be blessed to witness Swamiji performing *Madhyana Seva* to Lord Bhavanishankar, *Ashtavadhan Seva* and *Mangalpada* for the next 8 days. It must be mentioned here that two legends of our Math and *samaj* were among Swamiji's retinue: Ved. Vijay Vittal Bhat mam (“Sudha Tanay”) and Ved. Baidur Shivanand Bhat mam (“Baidur Shastri mam”).

**A Multifaceted Mahatma**

Parama Pujya Guru Swami's versatility and perfection in each field of knowledge was phenomenal, whether it be music or modern technology, but lesser known is Their grasp of horticulture and botany which expressed itself in visits to the world-renowned Royal Botanical Gardens at Kew and the Cambridge University Botanic Gardens. On the latter excursion, the UK Chitrapur Saraswats were indeed blessed to accompany Swamiji, turning it into a family picnic, where the *Gurumauli* was accessible to one and all. Swamiji also found time to visit the famous Cheddar Gorge Caves, Somerset. Bailoor Shashi kaka recalls with amazement how Swamiji went inside the perpetually cold interiors of the Caves wearing only the light clothing that you see in the photos. When he asked Swamiji, ‘स्वामिजी तुमका शीन्क खायना वे?’ Swamiji just looked at him and smiled as if to say that One who has won over the elements is least affected by them.

Our *Dharmarakshaka Guruvarya*, ever-conscious of upholding and propagating our *sanskriti*, was also accorded a *bhavya swagat* at the Bharatiya Vidya Bhavan

in Kensington, Central London, where They blessed the gathering with an *Ashirvachan* in Hindi. Swamiji also visited the Ramakrishna Vedanta Centre, Bourne End, Buckinghamshire, where They met the recently- appointed resident head - Swami Bhavyananda.

**A Grand European Trip**

Guru Swami, with a party of 5 and a minibus, embarked on a 10- day trip from 17<sup>th</sup> September, 1979 to explore Continental Europe. Among the party were Mankikar mam (member of the Standing Committee), Hosangdy Ram mam, Mangesh mam (who was part of Swamiji's retinue), a young Goan Catholic (who was the driver) and a Gujarati gentleman. The latter two were non-Saraswats, but were very devoted to Swamiji. It was a packed itinerary that saw Swamiji travelling across France, Italy and Switzerland. Swamiji's first stop was Bologne and from there on to Paris. Apart from visiting the Eiffel Tower, Notre Dame Cathedral and other Parisian attractions, again Swamiji's keen enthusiasm for horticulture saw Them visiting the famous Versailles Palace and Gardens. Swamiji and the party then made their way through Rouen, Lyon, Cannes, Monte Carlo and Monaco. There was never a dull moment with Swamiji, who gave glimpses of Their divinity and legendary sense of humour and quick wit to the party members throughout the journey— truly this must have been a most heavenly road trip.

**The Italian Experience**

After France, Swamiji and party arrived in Italy. An almost unknown and sweet fact about our *Paramapriya* Sadguru is that Swamiji was very fond of pizzas (made to the strict dietary requirements of a true *Yateeshwara*). Swamiji's first stop in Italy was the Leaning Tower of Pisa and from here They were proceeding along a highway to Rome and the Vatican City as Swamiji desired to meet, discuss and debate with Pope John Paul II, whose appointment had made top headline news in 1979. The journey from Pisa to Rome saw two lovely incidents.

While halting for a pizza lunch, Swamiji astonished the group of devotees and the pizza vendor by recounting the full life history of the pizza vendor and his family members, right from birth till the present! Another beautiful *prasang*

## Parisevanam

saw Swamiji's legendary wit and keen sense of humour manifest itself. En route, the party lost its way. They were in the middle of nowhere, in the heart of the Italian countryside with not a soul in sight and no means of communication at all. Just then, an elderly Italian gentleman happened to be passing by. The Goan Catholic mam and the Gujarati mam decided that they would ask him and started asking him questions. But neither of them had any knowledge of Italian, while the old man knew no English. The two continued questioning, despite Swamiji telling both of them repeatedly that the old man neither knew, nor understood anything. This went on for quite some time when at last, our all-knowing Guru Swami intervened and asked in the most endearing Konkani, 'आम्कां पोपाक मेळुक वैटीकना वच्चें आस्स वाट कशी माम्मा' The villager must have understood what was asked, for he looked relieved and replied promptly, saying "Mi scusa Signor, Tutte le strade portano a Vatican!" (My apologies Sir, all roads lead to the Vatican!) Thus ended the troubles of the party and the journey was resumed. After Rome, Swamiji and party travelled further northwards to the "city of canals"- Venice and continued onwards into Switzerland, halting at the picturesque city of Lucerne, where Swamiji concluded Their Grand European Road Trip. Swamiji and the party later flew back to the UK from Zurich on 27<sup>th</sup> September, 1979.

### Return to India

It was now early October and after spending a few more days in London, Swamiji completed preparations to return to India. Among those blessed to accompany Swamiji to the airport were the Bailoor family. One cannot imagine how those *bhaktas* must have felt in parting from our cherished *Gurumauli*. As the plane took off, those hearts, filled to the brim with the Guru's love, must have been longing for more and ever more. Thus ended the historic UK visit of our Parama Guru, whose *Apaara Mahima* was visible throughout this most enchanting episode.

*Om Namah Parvati Pataye Har Har Mahadev!*

[This article is based on the presentation "Jai Guru Parijnan" by the UK Sabha in the Divine Presence of PP Sadyojat Shankarashram Swamiji during the NRI Shibir in December 2010. The author first offers shatakoti pranam-s at the Lotus Feet of the Guru. The author also expresses his thanks and acknowledges the help, valuable inputs in the preparation of this article and for the precious photos provided by Bailoor Chandru mam and Sujata mami, Bailoor Shashi kaka, Hosangdy Ram mam and Kunda pachi, who were among those blessed to be present during PP Parijnanashram Swamiji III's historic visit to the United Kingdom in 1979.]



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प्राण प्रिय जावु रमलो मनांतु ॥२॥

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धामागमना पैले उध्दव उध्दार ॥५॥

## Parisevanam



(L) PP Parijanashram Swamiji III's Arrival at Heathrow  
(R) Swamiji performing *Madhyana Seva* at the Nilawar residence



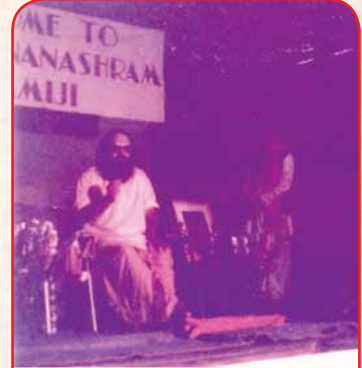
Parama Pujya Guru Swami and the UK Chitrapur Saraswats at Cambridge



Swamiji with the Hosangdys and Dr. Mankikar mam



The Spiritual Giant and a British Icon: Parama Pujya Parijanashram Swamiji III with a Royal Grenadier Guard



Swamiji's *Ashirvachan* at the Bharatiya Vidya Bhavan, London

### Four Generations



Sitting (L to R) : Sthalekar Srikala (Mother) with Baby Sthalekar Sachin, Padukone Kumudini (Great Grandmother), Nalkoor Smita (Grandmother)

### Three Generations



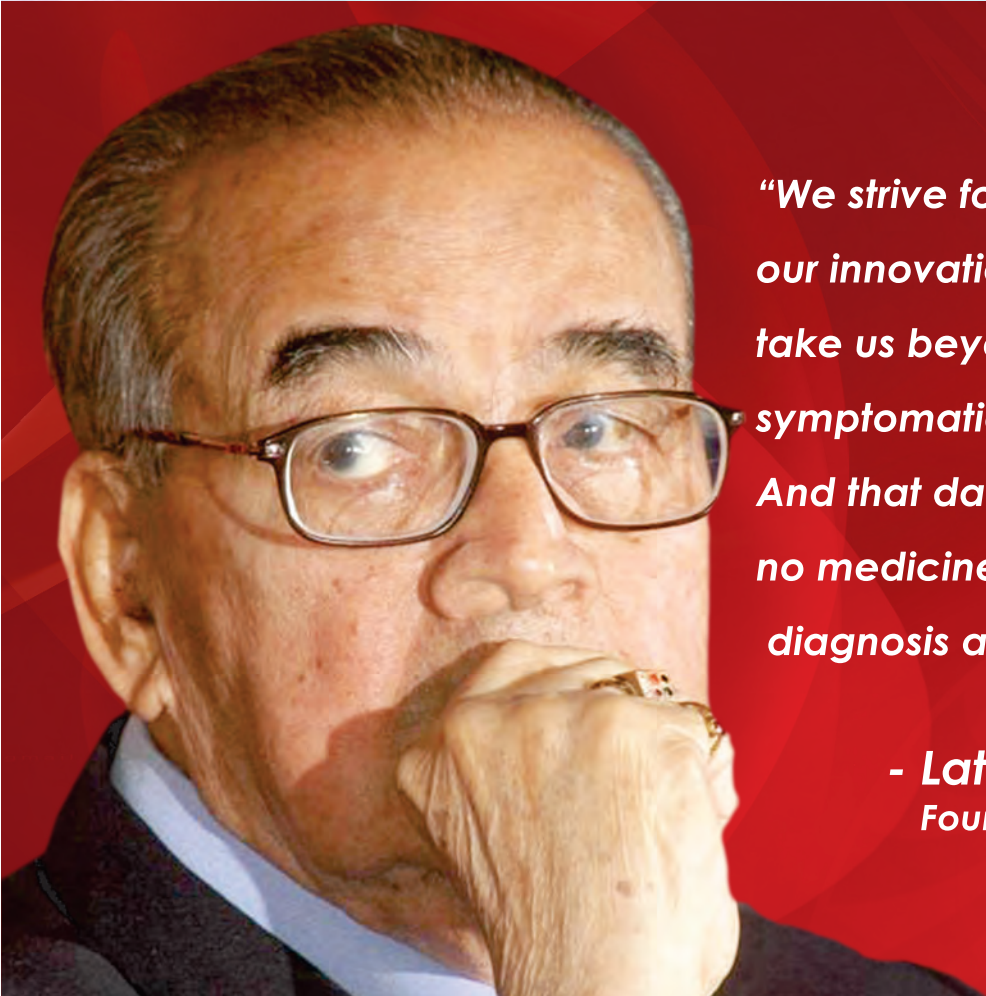
Sitting (L to R) : Sthalekar Suvarna (Grandmother), Sthalekar Srikala (Mother), Sthalekar Shashank (Father) with Baby Sthalekar Sachin, Sthalekar Sharad (Grandfather)



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### CRYOMATE - 5

AWS A 5.11 ENiCrMo3  
DIN 1736:ELNiCr20Mo9Nb  
ISO: 14172 E Ni 6625

A basic coated non-synthetic electrode for welding of NiCrMo alloys and super austenitic stainless steels.

### Duplex and Super Duplex Stainless Steels

SFA 5.4

**Silvershine-4462 E 2209-16**  
**Silvershine-4470 E 2594-16**  
**Silvershine-4475 E 2595-16**

Widely accepted and used in the Foundry Sector.

### CROMOMATE-91

(for welding of Gr. 91)

AWS A 5.5 2014 E 9015-B91 – H4  
DIN / EN 1599 E CrMo 9 1 B 42 H5  
ISO: 3580A E CrMo91

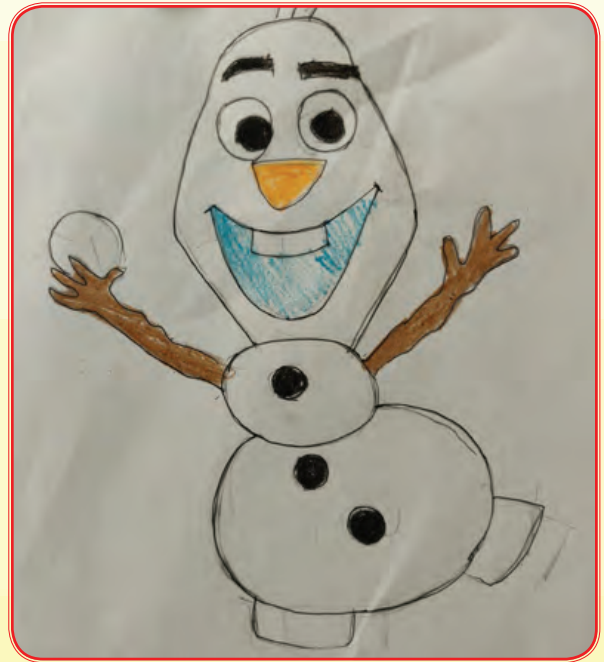
Highly successful in the foundry sector & power sector. Meets test requirement for creep rupture & for impact property with energy values of 45 – 75 joules at +20°C.

**Dream House of Anaha**



Anaha Mankekar, 5.5 years

**Happy Olaf**



Aadya Katre, 9 years

**Characters I like**



Avani Santosh Sajip, 9 years

**Savanna**



Arshia Arvind Chandragiri, 12 years

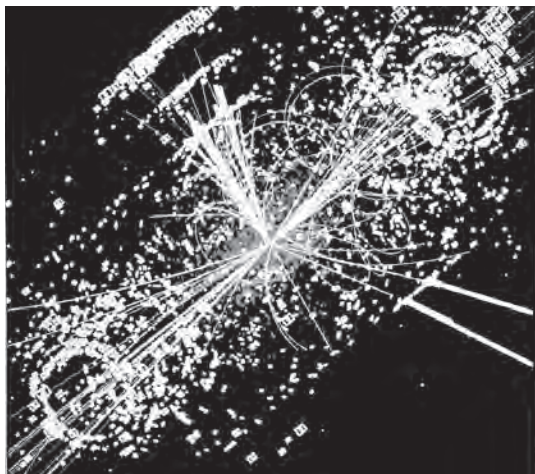
## Happy Higgs Boson Anniversary!

By Aman Vijay Tallur, 14 years

8 years ago, on 4 July 2012, in an auditorium in Geneva, scientists sat patiently as Ms. Fabiola Gianotti the Director General of CERN and a few other scientists announced the discovery of a new unseen particle. That day, the announcement of the discovery of the **Higgs Boson (God Particle)** completely shook the scientific community.

### What is Higgs Boson?

Scientists were trying to give a reason for the mass of elementary particles for a long time. It was not until 1964 when Peter Higgs and a few other scientists proposed a mechanism through which all particles gain their mass. The theory stated the existence of an omnipresent field, now called **The Higgs Field**, in which the particles interact to gain mass. After the publishing of the paper on Higgs Field, not many people believed in it, as its existence could not be proved. Therefore, Peter Higgs theorised that with enough excitation of The Higgs Field by providing excess energy into it, a particle called the **Higgs Boson** would be produced. Peter Higgs estimated the mass of the particle to be 125 GEV. The downside of the Higgs Boson is that it decays into lighter particles almost instantly. So, the Large Hadron Collider or LHC was created at CERN - Geneva to search for this particle.



Example of Simulated Data Model for the CMS particle detector on the LHC at CERN

The LHC smashes more than a billion protons per second hoping to get new particles out of the highly energetic collisions. The data of the collisions were captured by gigantic detectors called – ALICE, LHCb, CMS, ATLAS. This data was compiled for several years since the operation of the LHC had begun in the year 2008. The compiled data definitely pointed toward the existence of the Higgs Boson and the working of the Higgs Mechanism. The same year, Peter Higgs and other scientists won the Nobel Prize in Physics for the same.

We have just begun to understand the Higgs Field. Once

we understand it completely, some scientists believe that we can modulate the mass of objects. This will be extremely helpful in reducing fuel of automobiles or planes or even rockets.

### Why the name Boson?

In 1925, **Mr. Satyendra Nath Bose**, an Indian physicist, published a paper on a new type of interaction. He proposed a specific type of interaction between indistinguishable particles. This was later developed further by Bose and Einstein collaboratively. These statistics came to be known as Bose – Einstein statistics. And the particles which follow these statistics are called Bosons. The God particle also follows these statistics. Therefore, the God particle was named The Higgs Boson in honour of the scientists Peter Higgs and Satyendra Nath Bose.

### Why Higgs Boson is called the God Particle?

Although Peter Higgs himself did not coin the words “The God Particle”, this new unknown and elusive particle, which physicists could not discover for a very long time, proved the existence of The Higgs Field. The name was coined by another Nobel Prize winning physicist Leon Lederman who published a book by the same name in 1993. Thereafter, the Higgs Boson commonly came to be called as the **God Particle**.

(Pic credit: [https://upload.wikimedia.org/wikipedia/commons/1/1c/CMS\\_Higgs-event.jpg](https://upload.wikimedia.org/wikipedia/commons/1/1c/CMS_Higgs-event.jpg))

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## My Crowning Glory and Me

My mop of grey confuses me,  
Follows no laws of reflection  
nor refraction nor prismatic effect.

Appears a shiny grey at times,  
at times a diffused pink,  
sometimes a tinge of yellow to a faint orange too.

Wonder at the changes  
Without a rhyme or reason,  
Whichever be the colour  
I am comfortable with it.

Parted or tousled  
Getting sparser it may be,  
For me no dyes nor colouring  
Nor shades nor tints nothing

Just my natural soft and supple mop  
Crowning glory it is.

By Vanita Kumta

## Personalia

**Soumya Koppikar:** Soumya is working as a Contract and Commercial Manager at Capgemini. She represented Capgemini India in IACCM's (International Association of Contract & Commercial Management) Leaders of Virtual Future Program 2020. Soumya's team won the APAC regional finals on June 1. This was a global recognition for Soumya in the field of Contract and Commercial management for bringing laurels to Capgemini.



The participants in this program were under the age of 30 from different organizations and geographies. They were put in teams to work virtually for a month on a challenge statement

“As Leaders of Virtual Future, what do you believe must change to ensure that our virtual trading relationships are sustainable and deliver social and economic benefit?”

Apart from her role, Soumya is part of several Capgemini group level initiatives. Soumya is part of the company's Love Your Career Campaign. Her employee story has been published on the company's website. She was also part of Capgemini's Gradathon campaign for which her blog has been published on company's website as well. She has been nominated to be part of Capgemini India initiative to work closely with India Leadership team. She joined Capgemini through Chrysalis Program Hire for Premier Business schools. She has excelled in her role and received appreciation and awards for her contributions to managing accounts in Europe.

Soumya has excelled in her academics throughout and has been a consistent performer. She is an avid cricket blogger and maintains her blog “offthroughthecovers.wordpress.com”.

## Here and There

**Canada:** Canada Sabha of Chitrapur Saraswats (CSCS), Toronto, Canada has been conducting *Satsangs* since its inception. But this year, due to the COVID-19 pandemic, CSCS conducted its first online *satsang* on 17th May, 2020. The *satsang* started with the *Sabha Prarambha Prarthana* followed by the standard *satsang* protocol, a few *bhajans* sung by HH Sadyojat Shankarashram Swamiji were also played, which were greatly enjoyed by participants of 22 families. The *satsang* ended with listening to HH's recorded *Pravachan*.

**Prarthana Varga:** On May 31, 2020, by the grace of our holy Guruparampara and on the occasion of the vardhanti of H.H. Shrimat Shankarashram Swamiji II, CSCS started Prarthana Varga for children. Nine children aged 4 to 12 years across

multiple time zones participate twice a month using the online mode for learning. Children are learning the basic principles of spirituality and our religion through stories, *shlokas*, arts and activities, *bhajans* and reaffirming ties with our language. Children are showing great enthusiasm in learning and using their creativity in completing all the activities. The Prarthana Varga follows SCM syllabus and is led by Smruti Bailoor.

**Sadhana Varga:** The CSCS Sadhana Varga was formed in May, 2020, with a goal to develop proficiency in chanting *stotras* from the *Chitrapur Math Nityapatha*. The online sessions are conducted every Saturday from 5 PM to 7 PM. From a small group of 4, the *varga* has now blossomed to more than double its size with 13 regular sadhakas. Sadhana Varga is conducted by Lalita Dhareshwar.

- On 24th May 2020, CSCS Sadhana Varga paid tribute to our Revered HH Pandurangashram Swamiji on His Punyatithi. The session commenced with the *Sabha Prarambha Prarthana*, *Shri Gurupaduka Stotram*, *Shri Parijnanashram Trayodashiand Shri Devi Kavacha*, which was followed by the reading of excerpts from Dr. Gopal Hattiangdi's book “Pandurang Pandurang”, followed by the chanting of *Smaran: Digambara Digambara* and concluded with *mangalarati*. The event was well attended by 11 families.

- On 15 June 2020, Janmotsava of HH Parijnanashram Swamiji III was celebrated with great reverence and enthusiasm. In addition to the regular format, Shri Devi Anusthana was offered followed by a few select *Ovis* on HH Parijnanashram Swamiji's life events recited from *Shri Chitrapur Guruparampara Charitra*. The event was a well-attended one with 19 participating families. CSCS also held an online Gurupurnima *Satsang* on July 5, 2020. This time there were 28 families who attended from across Canada, and a few families from the USA. *Guru bhajans* were sung to mark the occasion, followed by HH Swamiji's recorded *Pravachan* (introductory section of the 2-part video on the *Guru Bhajan Stotram*).

- Further, the CSCS Sadhana Varga encouraged the laity to participate in one of the *Vishesha Sadhanas* that could be undertaken as per the convenience and comfort of the individual sadhakas during the *Chaturmas* from July 5 to September 2nd, 2020. Few families have made a *sankalpa* to undertake *Vishesha Sadhana* during *Chaturmas*.

**Reported by Kishore Kulkarni**

**Bengaluru:** On 7<sup>th</sup> June, 11 yuvas participated in a webinar on “Wealth Management and Financial Planning” by Sandeep Bhat Maam, which is part of अवकाश - a series of interactive knowledge and skills sessions with experts from that field. On 15<sup>th</sup> June, *Janmotsava* - Janma Divasa of Parama Pujya Shrimat Parijnanashram Swamiji III was observed with *Bhashya Pathana: Bhagavadgita, Upanishad* and *Brahmasutra* which was rendered by participants from their homes. *Shayani Ekadashi* was observed on 1<sup>st</sup> July by online *Akhanda Bhajan Seva* of pre-recorded bhajans sung by various bhajan groups of Bengaluru Local Sabha along with Bengaluru Prarthana Varga, Yuvadhara and Samvit Sudha



volunteers.

Daily morning puja-s and evening puja-s on Monday-s, Thursday-s and Friday-s were performed by *Grihastha-s*. *Durga Namaskar* was performed every Friday by VedShri Vijay Karnad Bhatmam with the assistance of Shri Dinesh Savanal mam. On account of COVID, *sadhaka-s* participated in *stotra pathana* and the regular activities which were otherwise performed at the Math from home. The series of talks "The Bhagavadgita Talks - by Smt Dr Sudha Tinaikar" commenced online on Shri Chitrapur Math website from 3<sup>rd</sup> June and will be held every Wednesday.

**Reported by Saikrupa Nalkur**

**Mumbai: Vile Parle – Vakola:** A few *sadhakas* from our sabha attended the Seva Saptah from 11<sup>th</sup> - 18<sup>th</sup> January, 2020. On 18<sup>th</sup> January, for Sannikarsha, about 26 *Sadhakas* visited Karla Math & offered various sevas at the sannidhi of Devi Durga Parmeshwari and samadhi of Shrimat Parijnanashram Swamiji III.

Samaradhana of H H Shrimat Shakarashrama Swamiji II was observed on 27<sup>th</sup> January, 2020 by reading verses from *Sadguru Bodhamrut*. This was concluded with group bhajans, *deepa namaskar*, *ashtak*, *mangalarati* and *prasad vitaran*. Devotees from our Sabha celebrated Pattabhishek Vardhanti of P.P Shrimat Sadyojat Shankarashram Swamiji with great fervor at the residence of Shri Ashwin and Smt. Nita Bellare. The event started with Guru Puja performed by Smt. Nita Bellare. *Sadhakas* expressed their love and devotion by singing melodious group bhajans. This was followed by *deepa namaskar*, *mangalarati* and *prasad vitaran*.

Our sabha had organized Upanyas of our Dharmapracharak Shri Rajagopal Bhat Mam for three days from 30<sup>th</sup> January to 1<sup>st</sup> of February, 2020 at the residence of Smt. Indu Nadkarni. The topic of Upanyas was Shiv Sankalpa Sooktam, 33<sup>rd</sup> chapter of Shukla Yajurveda. He began his Upanyas by illustrating the terms *Sooktam* and *Stotram*. About 30 plus *Sadhakas* were benefitted by his lucid explanation on *Shiv Sankalpa Sooktam*.

Mahashivratri was observed, inter alia, by a few *sadhakas* from our sabha by participating in the *Char Yaam puja* led by Dr. Chaitanya Gulvady at Karla Math. A few *sadhakas* performed Shiv Puja at their residence in Vile Parle on Mahashivratri.

On the auspicious occasion of Shishya Sweekar Day of H H Shrimat Parijnanashrama Swamiji III, (1<sup>st</sup> March) more than 50 *sadhakas* from our sabha visited Karla Math and participated in various activities.

From March 2020, due to forced lockdown, various planned activities of our sabha had to be cancelled. In place of those, the *sadhakas* performed various activities with religious zeal from their respective homes.

- Samaradhana of HH Srimat Parijnanashrama Swamiji I and HH Shrimat Pandurangashram Swamiji were observed on 21<sup>st</sup> April, 2020 and 24<sup>th</sup> May, 2020, at their respective homes by devotees, by reading verses from *Sadguru Bodhamrut*, relevant chapters from *Shri Chitrapur*

*Guruparampara Charitra*, *Guru stotras* from *Stuti-manjiri* and by singing bhajans.

- On the occasion of Shri Shankar Jayanti, 28<sup>th</sup> April, 2020, *sadhakas*, at their respective homes, chanted *stotras* written by Shri Shankaracharya, *Shri Shankar Bhagwatpad Stuti* and sang bhajans based on Adi Shankaracharya. A few *sadhakas* performed *Shri Shankaracharya puja*.

- Many *sadhikas* have performed *Devi anushthaan* on third Friday of every month, in their homes, instead of *Samuhik Devi anushthaan* which was practiced earlier.

- As a regular practice, every Tuesday, a *Stotravali* Group formed in our sabha, used to participate in *Samuhik Stotravali* sessions. Now, in the present circumstances, *Stotravali* practice is continued from their respective homes.

- Our sabha had organized a virtual 12-hour *Sampoorna Navaratri Nityapaath Shrunkhala* on 5<sup>th</sup> June, 2020, with enthusiastic participation of 29 *sadhakas* from their individual homes. The *Shrunkhala* commenced at 9 am with the first *sadhika* reciting *Sabha Prarambh Prarthana*, *Shri Gurupaduka Stotram*, *Shri Parijnanashram Trayodashi* and *Sankalp*, from her home. This was followed by the remaining *sadhakas* reciting *Sampoorna Navaratri Nityapaath* one after the other in given slots, from their respective homes. The *sadhika* who commenced the *Shrunkhala* completed the circle at 9 pm, by performing *Samarpan*, *Aarti* and *Sabha Samapti Prarthana*.

- Our sabha's *Seva Saptah* was scheduled for the week starting 14<sup>th</sup> June, in Karla. However, due to lockdown, our sabha decided that, this time, *sadhakas* may replicate and perform various *sadhanas* typically performed in Karla Math, from their own homes. On an average, daily for seven days about 12-15 *sadhakas* performed the entire *Sadhana Panchakam* in their homes and 10-12 *sadhakas* (gents) performed *Gayatri Anushthaan* daily, in their homes. On Sannikarsha day, 21<sup>st</sup> June, 2020 - Smt. Sujatha Mudur performed *Guru puja* at her home. The entire event was co-ordinated by Smt. Padmini Balsekar with help from a few *sadhikas*.

- On 15<sup>th</sup> June, 2020 for Janmotsava Day of H H Parijnanashram Swamiji III, many *sadhakas* from our sabha read relevant chapters from *Shri Chitrapur Guruparampara Charitra*.

**Reported by Radhika Chittar**

**Mumbai- Thane:** The virtual Standing Committee Meeting of Shri Chitrapur Math was held on 14th June. Twenty-three members of Thane Sabha were blessed with the opportunity to view this meeting live with their family members.

*Janmotsava* of Parama Pujya Shrimat Parijnanashram Swamiji III was celebrated by *sadhaka-s* on 15th June 2020 from their respective homes. Nine *sadhaka-s* recited the *Sabha Prarambha Prarthana*, *Guru PadukaStotram*, *Parijnanashrama Trayodashi* and *Sabha Samapti Prarthana* and performed *Devi Anushthana* between 9 AM and 11 AM on this sacred day.

**Report by Savni Haldipur**

**Mallapur:** The 73<sup>rd</sup> Janmadivas of P.P. Parijnanashram Swamiji was celebrated on 15<sup>th</sup> June 2020 at Shri Guru Math with great devotion by the members of Kumta-Mallapur Local Sabha. The photo of P.P. Parijnanashram Swamiji was decorated beautifully with garlands made of tulsi, mogra and champa flowers.

73 lamps (Diyas) were lit decoratively using coconut oil in front of P.P. Parijnanashram Swamiji's photo by the devotees assembled to mark the 73<sup>rd</sup> Janmadivas of P.P. Parijnanashram Swamiji. The programme started after Deepnamaskar with Sabha Prarambh Prarthana. The devotees then chanted the "Parijnan Trayodashi" and "Guru Paduka Stotra" followed by bhajans led by Omkar Bhat, Praveen Basrur, Shalmali and Maithili Mankikar and others, composed by Vasant Hattangadimam and Sudhatanaya. Arun Ubhayakar spoke about his sweet acquaintance with P.P. Parijnanashram Swamiji. Chandavarkar Durgeshmam and his family members were the special visitors who could get this chance of attending this rare function. Many Local Sabha members from Kumta mainly Anant Masurkar, Nandu Mavinkurve and Nagesh Turme etc who also attended with great devotion.

Ved.Shankaranandmam performed *dhoopa* and *deepaarati* and offered *naivedya* to our beloved Swamiji, consisting of *puranpole*, *sheera* which were Swamiji's favourites and about 10 varieties of items contributed by devotees such as *phanas*, bananas, mangoes, two types of *phovas*, *moogadali* and *chanadali ussali* etc. Then *mangalarati* was performed and the programme ended with the Sabha Samapti Prarthana. Everyone who attended the programme had a feeling of a great spiritual satisfaction and returned relishing sumptuous *phalar*.

*Reported by Arun Ubhayakar*

## CLASSIFIEDS

### BIRTH

**Baby** boy Sachin to Srikala & Shashank Sthalekar on April 25<sup>th</sup>, 2020 at Mumbai. Grandson to Suvarna & Sharad Sthalekar and Smita & Anant Nalkoor.

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## DOMESTIC TIDINGS

### BIRTHS

*We welcome the following new arrivals:*

Apr 25 : A baby boy (Sachin) to Srikala (nee Nalkoor) and Shashank Sthalekar at Mumbai

Jun 22 : A baby boy (Tej) to Kalyani (nee Hemmady ) and Sohil Anilkumar Koppikar at Mumbai  
 Jul 10 : A baby boy (Aaryan) to Prajakta and Aditya Anand Amladi at Dubai (UAE)  
 Jul 20 : A baby boy (Noah) to Shweta (Kalawar ) & Russell Rodrigues at Dubai

### MARRIAGE

*We congratulate the young couple*

Jul 12 : Meghana Vivek Kaikini with Ananth Maruthi Kamath at Mumbai

### OBITUARIES

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

Mar 26 : Mangalore Gajanan Bhat (92) at Mumbai  
 May 23 : Surekha Vijayanand Basrur (68) at Borivali, Mumbai  
 Jul 15 : Ramesh Srirang Molahalli (72) at Chennai  
 Jul 18 : Meera Ramesh Baidurkar (89) at Mumbai  
 Jul 19 : Ajit Murlidhar Gokarn (68) at Bandra, Mumbai  
 Jul 23 : Prakash Devidas Madiman (80) of Hubli, ex- DGM Union Bank of India, at Pune

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**Printer & Publisher** – Smita Prakash Mavinkurve on behalf of Kanara Saraswat Association

Printed at SAP PRINT SOLUTIONS PVT. LTD., Shankarrao Naram Path, Lower Parel (W), Mumbai - 400013, Maharashtra. [www.sapprints.com](http://www.sapprints.com)

Published at Kanara Saraswat Association, Association Building, 13/1-2, Talmakiwadi, Near Talmaki Chowk, J.D. Marg, Mumbai 400007

Editor – Smita Prakash Mavinkurve

RNI 61765/95