

Kanara Saraswat

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19th

Saraswat Sangeet Sammelan 2021

Dedicated in memory of Shri Gurunath Gokarn



Esha Hoskote Bijoor with
Paartha Ray



Nishtha Naimpalli with
Sagar Bharathraj



Jutika Nadkarni with
Prithvish Kumble and Sangeeta Bhatkal



Prithvish Kumble



Arya Dhareshwar



Dr. Mahima Pandit with
Ameya Deshpande and Sachin Shevade



Viha Nagarkatti with
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Kanara Saraswat

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Request for Author Details

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 encourages the authors to share a few lines about themselves and their contact details, when they mail their articles to us. This will be added at the end of the article. This feature is completely optional. We are looking forward to further strengthening our bond with this new feature.

- Editorial Committee



Kanara Saraswat Association

As per the Election Notice dated 1-4-2021 published in the April 2021 issue of Kanara Saraswat magazine, against **Seven** vacancies to the Managing Committee for the year 2021-22, the following

Nine valid nominations have been received as under

1) *Shri Amladi Gautam Durgadas*; 2) *Shri Bajekal Kiran Radhakrishna*; 3) *Shri Kalyanpur Mahesh Dinesh*; 4) *Shri Kelkar Satish Ramchandra*; 5) *Shri Kombrabail Hemant Raghuvir*; 6) *Dr. Mavinkurve Prakash Shantaram*; 7) *Smt. Narayanan Anisha (nee Udyawar)*; 8) *Smt. Prashant Ashwini (nee Kulkarni)*; 9) *Shri Shiroor Vandan Shantaram*

One of the two following options may be adopted by eligible members to cast their votes to elect 7 Members to Managing Committee 2021-2022:

OPTION 1: Eligible Patron/Life Members **may cast their votes in person on 11th JULY 2021 between 9:30 a.m. and 5:30 p.m. at KSA Office in Talmakiwadi.** Voters will be required to produce a valid Govt. photo ID to one of the two Returning Officers for verification. On successful verification, the Returning Officer will hand over the ballot paper after complying with required documentation to the Voter. The Voter will immediately fill in the Ballot Paper (as per instructions therein) and drop the same in the Ballot Box.

OPTION 2: this option shall be available only to those eligible Patron/Life Members whose email addresses have already been registered with KSA and those who will register their email addresses (by sending email from their email address to admin@kanarasaraswat.in) **NOT LATER THAN 5:30 p.m. of 08-07-2021.** Ballot papers will be sent to all eligible members by email to their registered email addresses from a designated KSA email address giving therein the instructions to be followed. The duly filled in ballot paper along with a scanned copy of a self-attested Govt. photo id shall be sent as an attachment to the designated KSA email address between 11/07/2021 9:30 a.m. to 12/07/2021 5:30 p.m. (IST). This designated email address will only be accessible to the Returning Officer appointed for the electronic ballots.

We are also considering outsourcing the e-voting process to NSDL, the preferred e-voting service provider for many prominent companies in which case the e-voting process will be revised accordingly and informed to Members.

The counting of votes shall commence on 18-7-2021 at 10 a.m. at KSA Office in Talmakiwadi. The candidate or his authorised nominee will be permitted to attend the counting which may also be done through Zoom.

For any further queries, please feel free to contact The Hon. Secretary at admin@kanarasaraswat.in



From the President's Desk....

Dear Friends,

In many business corporations, the Heads of Human Resource(HR) Departments put a continuous focus on maintaining optimum 'Work-life balance' between their employees' professional lives and their personal lives. The HR Gurus and the Management Gurus emphasize on maintaining a perfect balance between your work life and personal life. This, according to the Gurus, gives you great success in your professional life and maintains a harmonious personal life. These Gurus do not believe in you mixing your personal lives with business or professional lives and strongly recommend that one should give, more or less, equal time to both these aspects of life.

I have a different take on this. In my personal view, there should be a purpose in life. One should define the purpose for which one is living. This is irrespective of the family in which one is born, the social strata that one is born into and lives in. You may be a simple, average person with modest beginnings and with nothing to boast about your standing in social life. But, irrespective of the upbringing, every person can define his or her purpose in life. The purpose in life could be as simple as living your life with complete honesty or providing shelter to stray animals to make their lives better or inventing a new life-saving drug or even becoming a great sports person. The purpose so chosen should however be honest enough to achieve something positive and meaningful in life. One should strongly believe in what the famous Bruce Lee said, "the successful warrior is the average man, with laser-like focus".

Purpose without passion has no meaning. Once a person decides on the purpose, it is that person's passion to make that purpose a reality which makes the difference. Passion and relentless action to achieve that purpose marks the difference between dreaming and the achievement of the purpose. I believe that 'Nothing Is Impossible in Life'. The purpose that you want to fulfil may be extremely difficult, but not impossible, so long as it is an honest purpose. The passion, along with determination and discipline with which one dedicates oneself to that purpose, is what transforms the most difficult and impossible tasks into possible results.

There are many such examples where we come across ordinary people who have converted the most difficult purpose into reality with their passion and commitment. Years of hard work, dedication and a common base of beliefs, practices and routines that they adhere to consistently, make them realise their purpose. In fact, it is the relentless pursuit of purpose through passion which makes ordinary people great. History is full of such examples. Such people never give up, they embrace failure, they remain humble; they are not focussed on their personal wealth creation but only on their purpose.

It is this working with passion to attain the purpose which often decides how you achieve your work-life balance. I have come across many such people who are following their purpose with passion and who are perfectly happy with their lives. Such people prove wrong the theory of maintaining a perfect work-life balance.

In short, I believe that one should follow the principle which the famous Greek philosopher Galileo postulated – "Measure what is measurable and make measurable what is not" with your purpose and passion. That pursuit of 'make measurable what is not' will give you a perfect work-life balance.

Praveen P. Kadle

Letters to the Editor

Dear Team members, Editorial committee,

I read the 'Parisevanam' article published in May 2021 issue of the Kanara Saraswat Magazine.

Through the article, Jewels in hiding have surfaced. The article not only motivates our community but also makes us aware of the importance on the sincere approach towards life, humbleness in presenting self to Guruparampara, P.P. Swamiji, Math and the society. Working with the couple has it's own advantages which many of the members from Thane sabha will vouch for.

Many thanks to Kanara Saraswat Association for taking a note and publishing the article.

Shri Rajendra Koppikar, Mumbai

Dear Editor,

News of a lifetime achievement award to Kishore Rao Amembaal by the VCare Foundation is great and welcome news. He truly deserves the honour and we can all take pride in owning this worthy son of the community.

I have had the honour of interacting with Kishore very briefly when some years ago there was talk of setting up an old people's home for the community in Pune. Though that particular project never saw the light of day, I was very impressed with Kishore's sincerity of purpose and dedication to the cause.

Karunashraya, the hospice that he has set up in Bangalore is no small achievement. Soon after it was built, during one of my visits to Bangalore, (Late) Shri Gangoli Manohar Raw who was associated with the hospice, had invited me to see the place.

Several aspects of what I saw that day, I can yet vividly recall. The hospice is a very well designed modern structure with spacious open covered verandahs going all round it. It is set in very serene and green surroundings, befitting the purpose of the institution; namely treatment of terminally ill cancer patients. At one end of a verandah I noticed something and I could not quite make out its purpose. Manohar clarified that it was a small temporary morgue where they preserved the bodies till they were collected by relatives. It had four air conditioned drawers for storing the bodies.

The entire hospice was spic and span and spotlessly clean; that gladdened this army man's heart. I was also surprised to see nuns attending to the patients. Manohar told me that civilian hired staff lacked the dedication of the nuns hence they had approached the church authorities who extended their whole hearted cooperation. Does dealing with people dying every day affect them mentally? I asked Manohar. He replied in the affirmative and said the nuns were turned over every six months; they were first sent to NIMHANS for counselling and then posted to new and peaceful catholic institutions by the church authorities.

The whole place was very efficiently run with everyone quietly going about their duties. It was very well administered and every aspect of its running thoughtfully planned and implemented. I came away very impressed.

My felicitations to Kishore Amembaal. He had the conviction and persevered to convert a dream into reality. An inspiration to all social workers in our community.

Maj Gen B N Rao, Pune

Kanara Saraswat Association

ANNOUNCEMENT

"BASRUR SHAMALA RAO & LATE BASRUR GURUNANDAN RAO EDUCATIONAL SCHOLARSHIPS-2021"

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 Rs. 50,000/- p.m.
- 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-2021"** 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

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.

Four Generations



Great-grandmother Mrs Revati Gulvady (seated right), grandmother Mrs Shobha Puthli (seated left), mother Mrs Mitali Mallapur (centre) holding baby Taarini Mallapur

Commemorating 60 magical years of marriage Suresh and Nirmala Baidur



17 APRIL 1961



17 APRIL 2021

"ना सांगताच तू, मला उमगतं सारं
कळतात तुलाही, मौनातील इशारे
दोघांत कशाला मग शब्दांचे बांध
'कळण्या'चा चाले 'कळण्या'शी संवाद"

We, their happy children wish them many, many years of Joy,
Fulfilment, Good health and Abundance together!

In gratitude for the love, care and blessings showered on us,
Nitin, Chandrashekhhar, Sucheta, Sheetal, Siddharth & Shriram Baidur

|| Our Surabhuva Namaha ||

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in association with
THE KANARA SARASWAT ASSOCIATION



announce

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- We also request you to recommend details (name, phone & email) of any CSBs in financial distress (at below-mentioned whatsapp number / email) who may require such financial assistance
- High confidentiality will be maintained by SCM & KSA.

Please contact us by:

Email: covidsupport@kanarasaraswat.in
WhatsApp: +91 8879557536

HAPPY
ANNIVERSARY
60

Diamond Wedding Anniversary



Khambadkone Satishchandra Rao & Shaila Rao

07 May 1961- 07 May 2021

*One by one, each year flew by
Since your paths melded true
60 years of memories
Shared by the two of you
From big events to holidays
To simple daily pleasures
Some tearful times along life's way
Some joys that can't be measured
One by one each year now gone
But still they are yours forever
Each and every memory
Of 60 years together*

Source: Internet

Happy Diamond Wedding Anniversary

*From Raos, Koppikars, Rangachars, Waghs, Ajgaonkars,
Narsapurs and Bhatnagars*

19th SARASWAT SANGEET SAMMELAN – 26th to 28th March, 2021

By ARUN DHARESHWAR

The 19th Saraswat Sangeet Sammelan was organized under the auspices of the Kala Vibhag of the Kanara Saraswat Association (KSA) through an online broadcast on 26th, 27th and 28th March 2021 from 7:30 pm onwards. This edition was specially dedicated in the memory of **Shri Gurunath Gokarn**, a doyen of our Chitrapur Saraswat community, a pillar of the KSA in the past and a moving force in the Kala Vibhag organizing Saraswat Sangeet Sammelans. And as we recap this glorious event, we also remember venerable late **Vasant Hosangadi** mam who was instrumental in the successful conduct of this year's Sammelan providing his advice, insights and guidance.

Saraswat Sangeet Sammelan was started by KSA to promote talent in the field of performing arts, wherein the young and budding musicians are given opportunity to showcase their talent. This year too, KSA organized the Sangeet Sammelan, the 19th one in the series but with a difference. Due to the pandemic, this year's offering was online through YouTube Live on KSA's page. As if a blessing in disguise, the limitation due to the Covid-19 situation converted to an opportunity, offering the online option a viral venue to reach out to a much larger global audience which would not have participated 'live' earlier.

All the three days began with Sabha Prarambha Prarthana and Saraswati Vandana recited by the '**elegant**' **Esha Hoskote Bijur** and accompanied by the young talented Parth Ray. The 3-day musical odyssey was made enjoyable through a total of eleven performances, ten of which were vocal recitals, and one was an instrumental (Tabla solo). Let us take a vicarious tour of the musical extravaganza through a detailed day-wise diarized account of the 3-day festival encapsulated below:

Day 1 -Friday March 26, 2021

KSA Chairman **Jairam Khambatkone** mam officially opened the Sammelan with his welcome remarks inviting the Chief Guest **Vidushi Padmini Rao**, the committee members, the performing artistes, and accompanists and the viewers from all over the globe. He highlighted the uniqueness of this year's Sammelan giving opportunity to the millennial and young generation artistes who have never performed in KSA-organised Sangeet Sammelans.

Praveen Kadle mam, President-KSA, in his message traced the origin of this august event by recalling how it was started in 1971 by **Nalkur Sripad** mam. In 1972, the Kala Vibhag which was formed during the leadership of **Bhatkal Sadanand** mam and later developed and nurtured under the leading baton of Late **Gurunath Gokarn** Mam, held the Sammelan under its auspices. Kadle mam urged the viewers to give due recognitions, importance and encouragement to

the performers – all upcoming artistes and musicians over the three days.

Sunil Ullal in his welcome address, dilated further on how the prestigious musical event was organized regularly under the leadership of the trio- **Sadanand** mam, **Shantaram** mam (Dinu or A1) and **Gurunath** mam. He recalled how Gurunath mam commendably managed the Sangeet Sammelan for the next 17 years with the support of many leading lights of the music world from the Bhanaps community **Prakash Burde** mam, Pt. **Sadanand Naimpalli** mam, Pt. **Nityanand Haldipur** mam, Pt. **Omkar Gulvady** mam– to name a few. Our resident Konkani Scholar **Uday Mankikar** describes Gurunath Gokarn mam as a "*Sangeet Pandharicha Varkari*" for his contribution to the successful conduct of the Sammelan year after year.

He also introduced the multi dimensional musical personality of the Chief Guest **Smt. Padmini Rao**. Padmini Rao received her voice culture training under Ustad Zia Mohiuddin Dagar, the Dhrupad and Rudra veena maestro. She received her Master's degree in music from SNDT Women's University in Mumbai and has since been under the guidance of Padma Bhushan, Dr. Prabha Atre for over three decades. Her music is thus a blend of two of India's most enchanting musical streams: the dhrupad and the khayal. With numerous embellishments and recognitions to her credit, she is also an empanelled artiste of ICCR of Government of India.

In her Inaugural address, the Chief Guest, Padmini Rao stated how we as a community are blessed by Maa Saraswati delving on the integral relationship of Saraswats and the deity. The Saraswat Sangeet Sammelan, she said, is a fine testimony to our continued commitment to practice, promote and propagate music amongst Bhanaps. She recalled the tireless efforts and enthusiasm of Gurunath Gokarn mam. Addressing the performing young artistes, she exhorted them to be torch bearers in carrying forward the precious heritage of classical music.

The Compere for day 1, **Chetana Pachi Kadle** through her methodical introductions inspired the performers and enhanced their confidence level through her detailed summaries and compliments.

'Nifty' Nishta Naren Naimpally

The first artist to kick-off the Sammelan was Nishta Naren Naimpally. Hailing from Bangalore, she has learnt under Smt. Priya Purushottamanand Vidushi Aditi Kaikini Upadhyay and is a multi-talented persona in art, drama, debate and academics. She presented two *bandishes* in "*Raga Khamaj-Thaat Durga*", i.e., *Raga Durga* in *Khamaj Thaata* a truly unique and unusual Raga. One was a *madhyalaya* offering

in *jhaptal* and a *drut* composition in *teentaal*. The superb renditions of this a typical Raga were both compositions of Pt Dinkar Kaikini. She was accompanied on Tabla by Sagar Bharatraj. She effortlessly traversed the *Khamaj* terrain ranging over all its manner of melodic twists and turns and mining it extensively to the audience's delight. The other song was homage to our Guru Parampara.

'Jovial' Jutika Nadkarni

The next was a heartwarming performance by Jutika Nadkarni. A talented autistic singer, she has learnt the nuances of music from Pt. Pandit Kuldeep Sagar of Gwalior gharana. Armed with a Diploma in Hindustani classical vocal music, she pursues music under Vidushi Geeta Hegde of *Kirana gharana*. It is only apt that *Raga Durga*- Gurnath mams' favorite Raga was chosen by her, offering homage, as it were, to him. She sang a composition in *Raga Durga* – *Madhya Laya Jhaptal* followed by a *teentaal drut* and polishing it off with a *tarana* in *ektaal*. The concluding section was the popular bhajan "Payojimaine Ram Ratan Dhanpayo" rendered effortlessly. She was accompanied by Sangeeta Bhatkal on harmonium and Prithvish Kumble on Tabla.

'Patient' Prithvish Kumble

No music festival is complete without a tabla solo and this speaks of how popular tabla solos have become, giving tabla its due finally! The next performance Prithvish Kumble's Tabla solo - a spell binding performance was unmissable for the music connoisseurs. Having been under the tutelage of Pt. Prabhakar Betrabet and now under Pandit Ravindra Yavagal, he also offered his everlasting gratitude to guidance from late Shri Gurnandan Kallianpur. Accompanied by the melancholic strain of the highly pleasing Lehra, he chose "*TEEN-TAAL*" to meticulously accentuate all the four essential constituents of a traditional tabla solo viz., *Uthan* and *Peshkar*, *Kayada*, *Chakradhar* and *Rela*. Showed his rhythmic prowess and spontaneity, the speed and clarity of his sound production set the tone and tenor of the performance. His peshkar and Kayadas were fluid, and the brilliantly imaginative extendable compositions revealed his growing musical maturity.

'Adorable' Arya Anand Dhareshwar

The last and fourth performer of the day was Arya Anand Dhareshwar. Born in a family with musical background, she was initiated into music under Shri Milind Borwankar and later under Vishwajeet Borwankar. Her maternal grandfather Late Shri Gurnandan Kallianpur was also instrumental in influencing and inspiring her. Currently she is under the tutelage of Smt. Yashaswi Sarpotdar, disciple of Vidushi Padma Talwalkar of Jaipur-Atrauli Gharana. She has completed Madhyama Poorna from Gandarva Mahavidyalaya. Gifted with a mellifluous voice, the awesome Arya chose Raga Yaman for the performance through two compositions – one in *vilambit ektal* "*Jiyamaanatnahi*" and the other in *drut ektal* "*Aayi re milantore*". Preceded with a subtle *alaap*, rich with the nuances of the melodious '*Sampoorna*'

Raga, she did succeed to do justice with the *dhyaan* aspect of *Yaman* during the slowly progressing *alaapbarhat* traversing from *mandra pancham* to upper *Gandhar*, before proceeding to the *alankarik aakar* and *bol-taans* of varied patterns, closing the classical section with an exquisite *Taraana*. She ended her performance with a Tulsidas Bhajan "*Jaya jaya jag janani Dev*" in *Raga Charukesi* -a beautiful semi-classical composition in *Drut ektaal* as an offering to Goddess Durga Maa.

Day 2: Saturday March 27, 2021

In his welcome address, Kishore Masurkar, reminded the informed "*sangeet-rasika*" audience of the Bhanaps' love for music. Recalling the contributions of stalwarts of our community like Pt SCR Bhat, Pt Chidanand Nagarkar, Pt Dinkar Kaikini and others, he invited the "*Sangeet Premis*" to look forward to a lovely music evening.

The compere for the second day was Ms. **Ashwini Prashant** whose role was truly commendable. She masterfully announced the performers one by one citing their biographical details and musical achievements.

'Mesmerizing' Mahima Pandit

The first performer was Dr. Mahima Pandit. Dr Mahima comes from a musical family from Shuklas of Shirali. Blessed with a gifted voice, her formal Hindustani classical vocal training began with Pt Krishnaji Kurkodi of Gwalior *Gharana* and she now receives *gharanedaar taalim* from Pandita Shaila Datar of Jaipur Agra gharana. She is based in Satara in Maharashtra. Her chosen renditions in *Raga Nand* in *vilambit* and *Drutteentaal* were simply spellbinding. She inaugurated the classical segment with elaborate exquisite *alaap* followed by deft delivery of iconic *taans* which were beautifully calculated and executed to perfection, always in service of the Raga. Through her rendition, she proved that this beautiful *Raga "Nand"* is a product of the highest musical imagination, a masterful synthesis of melodic calculation and aesthetic imperatives. She displayed mastery of this melody through *lakshanas* and contours of *Raga Nand* which are not simple, linear *arohi* or *avarohi* tonal ribbons but are tantalising *chhayas* of 3 or 4 *Ragas* which have an independent personality all of its own. The finale section of *Natyageet* "*Chandrika hi janu*" from the immortal classic Marathi drama "*Manapmaan*" took the audience back to the hey days when *Natya Sangeet* ruled the hearts of the populace. She was ably accompanied on Tabla by Ameya Deshpande and on Harmonium by Sachin Shewade.

'Versatile' Viha Navin Nagarkatti

The second performer was the vivacious Viha Navin Nagarkatti, also from Bengaluru. A class 12 student currently, she has studied music under Smt. Priya Purushottaman, and Vidushi Aditi Kaikini Upadhyay of Agra Gharana. She has many prizes and recognitions to her credit. The most recent one being a finalist of the Red FM 93.5 online super

singing contest during the pandemic last year. She was accompanied on Tabla by Prithvish Kumble. She chose to elaborate on *Raga Khamaj* in *Madhya laya Jhaptal* singing the composition “*Sudhi bisar gaye*” and a *taraana*. She concluded with a *bhajan* “*Jehsumiratsidhi hoy*”. Perhaps one of the youngest lead performers in the 3-day event, she held her own amidst more senior stalwarts through her adorable performance.

‘Peaceful’ Prajna Mallapur Mavinkurve

The next artiste was Dr Prajna Mallapur Mavinkurve. She began her musical journey at the tender age of five and went on to learn music under Vidushi Vinata Haldipur of Kirana Gharana and was later guided by Pt. Vasant Karnad of Jaipur Atrauli Gharana. Dr Mavinkurve is a recipient of recognitions, awards and felicitations galore, too numerous to mention here. She is on the Panel of AIR Dharwar in the Yuva-vani section. Currently staying in United Kingdom, she is now pursuing her training under Smt. Apurva Gokhale of Gwalior Gharana. She chose to present *Raga Bageshri*. In the *Vilambit bada khayal* in *taal Tilwada* with a lyrical composition “*Dheerasameere*”, she leisurely explored the contours of the *Raga*, maintaining the slow tempo of *Vilambit Tilwada* which graduated so seamlessly to the *madhya laya*. The *drut* ‘*Jaag jaag re manava ...*’ had refreshing spurts of *aakar* and *bol-taans*. This was followed by an impeccable *taraana* in *Teental*. The concluding popular *bhajan* in *Bhairavi* – *Jai Durge Durgati Pariharini* literally energized the atmosphere.

‘Pleasing’ Priyanka Kalbag Baidur

The last presenter of the evening was Mrs. Priyanka Kalbag Baidur. Hailing from the Jaipur Atrauli Gharana and having learnt under Pandita Dhondutai Kulkarni and Smt. Manik Bhide, she is currently guidance from Smt Manjiri Asnare Kelkar. Amongst others, she is a winner of Akashwani AIR prize and recipient of national scholarship from Govt of India. Based out of Dallas Texas, USA she chose to regale the discerning audience with her melodious voice by choosing *Raga Bhoop* in *jhaptal* and a *Tarana* in *teental*. The first and longest portion of the concert was the *vilambit* of the *Raga Bhoop*. Her voice caressed every note, every melodic motive, every permutation with patient and loving care. A major third (*shuddha Ga*) would slowly bend toward a tender and exciting major second (*shuddha Re*); a few variations on that would lead us back to *Sa*. And as the long, a metric *alaap* proceeded, she used expanding melodic *pakads* to move slowly outward and fill out the *Raga*, one note at a time which then burst out into the *Sthaayi* and *Antara* in *Jhaptal* complete with the transitional orchestrations of *bols* and *taans*. The concluding *bhajan* in *Raga Bhimpalasi* “*Aatakothe dhaave man*” – a famous Tukaram abhang ought to have struck a spiritual chord in the listeners.

Day 3: Sunday March 28, 2021

The grand finale day finally dawned, and this was made even more enjoyable by the compering of Master of Ceremonies Extra ordinaire’ **Sunil Ullal**.

‘Passionate’ Prakruti Prakash Nadkarni

The ninth artiste of the Sannam was Prakruti Prakash Nadkarni. She has been trained in Carnatic vocal under Vidushi Smt Lakshmi Varun and performed in various classical concerts. She owes eternal gratitude to her grandmother Padma Nadkarni who initiated her into her musical journey. Her performance was punctuated by the following six powerful presentations:

- Popular *Vatapi Ganapatim* in *hamsadhwani taal Adi*
- *Jaya Jaya Saraswati Raga Patdeep taala Khandachaapu* composed by Shri Mahipati dasa
- *Devara Naam* by Purandaradasa in *Raga Swarasammodini* in *aditaala*
- *Gaana-murti* by Sage Thyagaraja set to *adi taala*
- *Pibare ramarasam* in *Raga Ahir Bhairav* composed by venerable Sadashiv Brahmendra in *Taal Adi*
- *Raga malika Kapi Raga Yamuna Kalyani* composed by Jagadguru Chandrashekara Saraswati and popularised by Bharat Ratna MS Subbalakshmi

‘Dynamic’ Dhruv Dhareshwar

Dhruv is a budding singer in his own right and has accompanied his parents in concerts with his distinctive style of singing. He is learning music under Guruji Pandit Murli Manohar Shukla of the Jaipur Kunvar Shyam Gharana. Having completed his diploma in vocal classical Hindustani music from Mumbai University, he is pursuing bachelor’s degree in music from Mumbai University. Having performed in various concerts in India and abroad, his distinctive singing and expressive stage presence make him an endearing performer.

Dhruv presented *Raga Puriya Dhanashri* in *Vilambit Ektaal* with the *Bandish* “*Re manalaago*” and *Drut bandish* “*Kara puranamoriaasa*” in *ektaal* too. He then took up *Raga Hamsadhwani* with a *bandish* in *Drut Teental* “*Hari gun gaavomana re*” and concluding with a *Taraana*. All these compositions are Guruji Murli Manohar Shukaji’s creations. The icing on the cake was the famous *Natya Sangeet* “*Devagharche gnyat kunala*”, a composition immortalized by its composer Pt Jitendra Abhisheki. The story goes that when Panditji arrived on the scene, as a composer, musical theatre was almost breathing its last. Abhisheki heralded a revival with his compositions for the Marathi theatre stage, combining both tradition and modernity. His debut-making play was ‘*Matsyagandha*’ staged in 1964. One of the famous songs from this famous Natak, ‘*Deva-gharache jnat kunala*’ composed in Yaman, reminds one of the traditional ‘*Nath ha majha*’; but the ‘*sum*’ resting on *teevra madhyam* proves to be a pointer to his modernity. And what a rendering by young Dhruv who did justice to the composition by his awesome presentation leaving the overwhelmed audience dance to his tunes at their own sweet homes and asking for more. Harmonium and Bansuri accompaniment during his performance was by Arun Dhareshwar.

'Smiling' Sampada Bhat-Marballi

An ace music performer, scholar, teacher, musicologist and composer- a multi-dimensional musical personality rolled into one, Dr Sampada is a brilliant shining light in the world of classical music. She received her initial training from Shadakshari Gawai and then under tutelage of Shri Shripad Hegde, disciple of Basavaraj Rajguru. She also studied under the Jaipur Atrauli Gharana specialist Shruti Sadolikar Katkar, late Kaushalya Manjeshwar and Panchakshari Swami Mattigatti of Dharwar. She was accompanied on Harmonium by Rishabh Hangal and on Tabla by Prakash Marballi

She initially explored *raag Madhukauns* through a stellar performance taking audience to a new musical high. The *raag*, which omits notes *Rishabh* and *Dhaivat* and puts emphasis on the *Pancham*, was presented in a gripping fashion. Embellishing this *Meend Pradhan raag*, she specially emphasized on its idiosyncratic ascent and descent to characterise the specialty of the *Kauns Raagang*. What began as a simple *bandish* "*Maanenamaanena*", flowered into a complex blending of two ragas constantly alternating between the two constituents, which, in this instance, are *raag Madhuvanti* and *raag Malkauns*. According to conventional wisdom, only experienced singers are capable of such musical jugglery. Her melodically mesmerizing *alaap* and dexterous *drut* provided a quick primer on Hindustani music. She then went on to the climax with a tantalising *tarana*, embellishing with rhythmic play and *sargam*, keeping the sanctity of complex notes intact. The intricate *taans* and *bols* together with its designs and decorations provided a gateway to understanding the sophisticated beauty of the *raga* for the discerning listener.

The biggest feast came when she unleashed *raag Bhairavi* with a scientist's precision and artiste's heart, through a Konkani composition "*Re manakornakka avichar*" and the final *bandish* "*Svetambari karunakari bhiareshwari sabhairavi*" – all written and composed by herself. The culminating offering in *Bhairavi* provided a fitting finale to the three-day Sangeet Sammelan.

Valedictory Session

Vidushi Padmini Rao, Chief Guest, in her concluding address, evocatively summarized the three day event, describing it as "a wonderful feast and music for our ears". Quoting Victor Hugo, "Music expresses that which cannot be put into words and that which cannot remain silent", she went on to paraphrase Music as the colour of sound; Music is what feelings sound like". Sharing insights from her Gurus, she quoted Ustad Zia Mohiuddin Dagar who said " Don't practice until you get it right. Practice until you cannot get it wrong." And GuruMaa Swarayogini Prabha Atre who said "सुगंभी साधना पाण्यावर ओढलेल्या रेशेसारख्या उमटत असताच मिटून जाणारी" to mean "A disciplined and dedicated practice of music is like lines drawn over water - disappearing as they are being formed". She complimented and thanked the artistes for transporting all into a world full of joy, harmony and a deep sense of peace. She

wished them lifelong commitment to the pursuit of musical excellence and perfection. To quote her- "Keep your dreams alive, dedication and determination will empower to realize those dreams. Soar ever higher in the musical firmament."

Finally, KSA managing committee member **Rajiv Kallianpur** offered a vote of thanks recognizing the contribution of each and everyone associated with the Sammelan.

a. Mahesh Nileshwar from Canada and Vasant Hosangadi mam decided the sequencing and daily events. Vasant Hosangadi Mam (may his blessed soul attain Sadgati) in fact, curated the entire Sammelan and offered his consultation at every stage of the preparation, planning and execution.

b. Vidushi Padmini Rao for accepting to be the Chief Guest.

c. Esha Hoskote Bijur for the Sabha Prarambha and Samapti prayers and Saraswati Vandana

d. President KSA, Praveen Kadle, Vice President, Kishore Masurkar, Chairman, Jairam Khambadkone for their warm welcome speeches.

e. Interesting and informative introductions by the Comperes on the three days – Chetana Kadle, Ashwini Prashant and Sunil Ullal.

f. The performing artistes and their accompanists for adding value to every singer's performance.

g. Rajan Kalyanpur for technical support.

h. Youthful irreplaceable Sunil Ullal for the overall masterful coordination

i. KSA's ever helpful Shobana Rao and Swati Nadkarni for their total support at all times

j. Rithwik foundation team for seamless broadcast of all three days - specially to Sudipta Manjit, Ameya Kulkarni, Abhishek Kolwandkar, Bhumija Chidambar and Falguni Kulkarni

k. All the VIEWERS who were a great source of energy and inspiration for talented artistes who put their hearts out.

The Sammelan well organized and appreciated by all the viewers ended with Sabha Samapti Prarthana. All in all, a remarkable Sangeet Sammelan to be part of! The whole program was aired on YouTube live and it feels good to go back and relive the performances that we heard by accessing the Kanara Saraswat page on YouTube. Truly an enduring, endearing, enrapturing, enthralling, enlivening and enchanting music feast for three days, one that will linger in our minds and hearts for a long time. Well done and Long

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

International Women's Day (IWD) Speeches

IWD was celebrated online on 13-03-21. We are ever grateful to Smt. Geeta Yennemadi who graciously accepted to be the Chief Guest for this program. In this issue, we bring to our readers the speeches given on that day by Smt Geeta Yennemadi and the women who were honoured - Dr Surekha Rajadhyaksha, Brig. Miss Vijaya Taggars, Smt Jyotsna Kamat and Smt Ruchi Nadkarni. Smt Geeta Yennemadi's concluding speech was the icing on the cake as it beautifully summed up the entire event and brought out the true essence of the International Women's Day.

Dr Surekha Rajadhyaksha

It is with sincerest gratitude that I accept this honour.

I was brought up in a Bhanap family, and got the best of education despite being the only girl child with two elder brothers. My parents were religious and my father would be up at dawn and would be reciting the Bhagwad Gita at our bedside. And we would often wake up hearing the chanting of stanzas of Gita. It was the most wonderful experience for us.

No compromises were made where education was concerned and being a ranked student at the MBBS examination, I was encouraged to pursue postgraduate training in medicine. After postgraduation, I was stimulated both by my teachers and seniors and my husband to pursue further training in Pediatric Neurology in the USA. It is really the extended family support which helps the modern woman to pursue her dreams.

Pediatric Neurology is an upcoming young branch in Medicine and when I started working in this branch way back in 1987, there were only a handful of us looking after these children.

There are many stigmas and wrong beliefs attached to conditions like epilepsy or mirgi or apsmar. Social awareness like how to handle a child who has epilepsy or fits, in his school, home or in the playground, should be spread by support groups and local bodies. Teachers esp should be aware and not run away from such situations and children should not be debarred from school and encouraged to pursue education.

Inclusion of such children in mainstream education is the call for the day. Children with cerebral palsy or with mental retardation do not get the right treatment or education in order to tap their full potential. Parents undergo a lot of hardships, socially and financially and seek guidance and move from pillar to post to get the right advice. Children and peers in school and neighbourhood should be aware of disabilities and not make a mockery of such children. We have started a comprehensive centre in Pune where under one roof all therapies and counselling is provided. Fortunately, recently many such centres have opened all over India and help guide these patients.

Medicine is progressing so fast that doctors should keep abreast of the newer methods of diagnosis and treatment. Our duty as a doctor is to keep upgrading our knowledge and we do conduct a lot of continuing medical education programs

to spread the message. We have started a fellowship program in Pediatric neurology, so these patients have access to trained doctors in smaller places. We also encourage, to form support groups for various conditions so parents can connect with each other and feel morally good.

Parents go through a lot of denial before accepting the situation. "Why me" should be removed from thought and we are special parents of special children should be the attitude. There are parents who move to bigger cities in order to avail of better facilities for their ward and undergo a lot of hardships and need constant moral support and guidance.

Ladies and gentlemen, I accept this award on behalf of the **numerous parents** of children with mental disabilities, who look after their ward with such sincerity, love and dedication.

Brig. Miss Vijaya Taggars (retired Nursing Officer)

Born in Hubli on 18th October, 1942, I came to Mumbai after completing Grade 6. My mother Leela Taggars was then herself under training as a nurse and she convinced me to take up the profession. On completion of the course I applied in December 1964 for military nursing service and was commissioned as Lieutenant.

I was posted to places like Pune, INHS Asvini Hospital in Mumbai, Udampur, Jammu, Mhow, Roorkee, Golconda, Hyderabad, Simla, Tejpur Tubercular Hospital, N.C.C. College Gwalior, INHS Dhanvantri, Port Blair, Andaman and many more places.

On my promotion to Brigadier, I was posted to Naval Hospital INHS Asvini Hospital, Colaba as a Principal Matron where I also took office of Northern Command as Deputy Director of Military Service for next three years. There were multiple hospitals under this command, which I visited once a year. I also visited the hospitals in Leh and Kargil. My final posting was to Western Command of Chandi Mandir, Chandigarh where I retired in October 2001.

In my entire nursing career, I came across a lot of soldiers, who were badly injured and we nurses worked day and night for their recuperation. One such vivid memory is of a soldier who was brought with all his limbs destroyed and we managed to treat him till he was shifted to the artificial limb center.

My life in the military has been an amazing experience where I got to serve the nation and feel proud that I have been part of this noble profession

Errata: We would like the readers to know that Brig. Vijaya pachi's father was alive during her growing up days. We regret this inadvertent omission in the Cover article of the May issue 2021 issue.

Jai Hind

Smt Jyotsna Kamat

Women always treasure the gift from their 'kulaar' the most. I was born and brought up in Kanara district and my culture is Saraswat. Kanara Saraswat Association, an institution created and nurtured by our elders is very dear to me. So, though as Ashwini said I have received some 8 to 10 awards from different institutions, the one from KSA is the closest to my heart.

Today we are celebrating International Women's Day. So I thought I will tell you about what I have learnt, what I have done for women during my service with *Akashwani*, in my research and writings.

My work with *Akashwani* took me to many states and I had the opportunity to work with different women as I used to be given the work of handling their programmes. Observing them, I realized how advantaged we, Saraswat women are. Women in all the states learn so many things, not necessarily in school, but at home itself. Looking after children, making home remedies for different illnesses, cooking a variety of food items, helping and looking after other women during childbirth and later etc. Women used to be fully involved in these things. And yet they had time to sing, write small songs and poems.

I did my Ph.D. on 'Status of Women' and I was interested in working for their upliftment. In my research paper I made a special mention of Women in Karnataka from earlier years to now. Being married into a family living in Honnavar, I moved around Honnavar in the many small villages. And there I found a huge treasure of simple couplets called 'Ovis, which these women had composed and they would sing these on various occasions – weddings, poojas and festivals and so on. I have compiled about 501 of these in my book titled '*Surgyancho Saru*'. '*Surgyo*' are small but very fragrant flowers which bloom in plenty in North Kanara. They remain fragrant even after they dry and it is common to tuck away small strings of these dried flowers among clothes. I would like to compare this '*SurgtyanchoSaru*' with our Konkani Sanskruti – it is drying in our cities now especially among the younger generation, but still retains its fragrance.

Shri M. V. Kamath, the famous writer had written a foreword to my book. Not only that, he also shared many songs which he knew and have now been forgotten - this added value to my book and I am grateful to him for this gesture. I got the 'TMA Pai Award' for that book. But what is more important is that the Konkani Akademi arranged a workshop to teach 20-25 women from Karnataka to sing these *ovis*. Smt. Anuradha Dhadeshwar, a highly graded *Akashwani* artist was also invited. Luckily, Anuradha's mother knew these

ovis, their tunes and the style of singing. This was a huge success and an old tradition was revived! Not only did the ladies learn the *ovis* but they also started going to different weddings to perform there!

I would like to give a flavour of some *ovis* to our audience today, which are especially sung during weddings. They reflect the hopes and fears of women, especially of a bride going to her newly wedded husband's house.

Jyotnapacchi then proceeded to sing a few –
Ganapati Prarthana – Ganpati is being called with such sweetness and love

1. सिध्दीविनायका नमन कर्ताऽऽतुक्का
स्वरू दीरेऽऽमाक्का ओवी म्होणच्याक
2. गणपतीदेवाऽऽवोचूनाक्का वैस
चित्तदीजू वैस कार्यालागी

Then calling the KulaDevi – she may be Mahalakshmi, Shantadurga, Mahamaya and so on. Just see how she comes -

आयल्या ती महामायी हाल्लत धॅल्लत
चांपी तीं गळयतची कारणाक

Then for the - उडदामूहूर्त
दातें मांडयिल्या दांत्या कराटी
पांचदेव उभे कारणाक
पांच हात लाय्या उडीदु भरडया
देवा कोरका दया कारणाक

To soothe the misgivings about the new bride to her mother-in-law –Shantekka

वाट्ट्यां वाळेली पॅज जेंवच्याक गेल्यारी हून
सांभाळतली सून शांतेक्काक

And so on...

In those days, weddings used to go on for 4 to 5 days and the entire family used to come together. How would people pass their time? So, after lunch, in the afternoons, the bride's family and bridegroom's family would sit face to face and there would be lots of laughs, jokes, songs and also mischief and taunts. Many *ovis* would be sung. The unwritten law was that there should be no hard feelings.

This occasion has given mean opportunity to meet so many people from all across the globe! I thank the KSA for providing me this opportunity to express myself. Thank you again.

सिध्दीविनायका नमन कर्ता तुक्का
स्वरू दीरे माक्का ओवी म्होणच्याक

Smt Ruchi Nadkarni

I am deeply humbled to be selected amidst so many great and accomplished women who have been honored today. In fact, I would celebrate these women everyday for their contribution to the society.

Coming from a very happy and content childhood, fortunate to have had good education, I am presently settled in the US after completing MBA and in pursuit of completion of my PhD in the coming year.

World For All was inspired by my younger sister Rhea

Nadkarni, who loved animals from a very young age and although as a family we all were kind to all living beings, she taught me empathy and concern enough to go beyond concern and help a person in need.

It was Rhea's dream that "One day every stray animal in India will be treated with love, dignity and compassion and will find a place in our homes, hearts and lives." This gradually became the core belief of "Co-exist", where finding a loving home via adoptions so street animals get a family to live with and people do not see them as a nuisance in the streets.

While I was pursuing a dream of being an intellectual property lawyer in the US, one evening in India I was walking down a street and came across a puppy dog that was injured by a passing car and I called for help but nothing came - for me it was like a small child in the street, and I would not leave a little child - so I did not leave the puppy with no help - and so a journey began and I have never looked back since then. That's the difference between what we plan to do and often, what is planned for us - whether you call it destiny, or God or whatever your belief and my path was always decorated with love and kindness and reaching out to help.

The organisation started in 2009 and over a decade plus, we have Ambulances, Honorary Veterinary Doctors with over 20,000 rescue cares and being in service to animals with adoptions, birth control, rescues, spay neuters to limit challenges, treating injured and sick, (log into our website www.worldforall.co). We today have a 1 acre animal farm in Karjat where animals live in peace in natural habitat, without fear of any kind. We today teach children in schools the principle of Co-exist and the children go home and tell their parents what they have learnt in school and develop kindness to all living kind, for they are our future.

I was fortunate and privileged to have worked with the ASPCA in the US and have brought some of their best practices to bear upon our work. We inculcate kindness, love and recognition that all forms of life have an equal opportunity to exist and live well. I would like to table my great appreciation of my team of WFA and recognise their dedication and effort over the last 11 years.

The two gifts my parents gave me were the gift of choice and the gift to make mistakes, and to learn well from each of them and to pave the way with the experience each gave me and open new vistas and avenues. I will be the torch bearer of my service-oriented work, continue to do so in memory of my sister, gratitude to my parents and to give back to society in the same measure as I receive -With love being at the centre of everything that I do.

My parents continue to feed over 45 animals each day in memory of my sister and a practice that she had adhered to for over 11 years. In these difficult times, my only appeal is that we should all spread empathy, look beyond differences and embrace each other - for everyone has a story to tell and you do not know of their trials, together we emerge in a position of strength. We should see past their indiscretions for they may be coming from a point of pain and my request would be to be kind to animals, and if you cannot do anything at least don't harm them.

It takes a village to make someone successful and my entire family, friends, teachers and everybody that endeavoured in my growing years contributed to a greater purpose... and of course, the greater power that has kept me going, safe and healthy.

Once again I am deeply humbled to be amidst so many of you who have achieved so much, and I hope to have your blessings - to be at least half of what you women have achieved.

Thank you.

Smt Geeta Yennemadi, Chief Guest of the event

नमस्कार... जय शंकर

आजी माक्का प्रमुख अतिथी म्होणु माक्का कॅनरा सारस्वत असोसिएशनाने हांगा आपेयिले . खरें म्हळयारी हांव हांगा पाहुणी न्हंयीची . के . एस . ए . ची किल्लेकी वर्सामाक्षी कमिटी मॅबर आशिली आनि मागिरी उपाध्यक्ष म्हणु ६ वर्स के एस ए कुटुंबाची एक सदस्य जावु आशिली . त्यामिती या कुटुंबाने माक्का अजुनी तांगेली सदस्य म्होणु लेक्काज ही मगेली विनंती . सगळ्या उत्सवमूर्ती भगिनींगेले कौतुक कोरची तांगेलो सन्मान कोरची संधी माक्का दिल्लेले खातिर हांव के . एस . ए . कुटुंबाची आभारी आस्स .



विविध क्षेत्रांतु विशेष काम कोर्नु समाजाचें कल्याण करतल्या वायलांगेलो सन्मान कोर्नु तांगेले कौतुक कोरुक के . एस . ए . तर्फे ने मुजुमदार कालिंदीपाचचीने सुरुवात केल्ली . आम्मी सगळीजणं तिगेली मस्त आभारी आस्सती इत्याक की म्हळयारी आमगेल्यो आमचीगेल्यो भगिनी अशशी विविध नमुन्यांची समाज कार्य करताती हें आम्का कळऽऽशीऽऽ नाशिले . स्वतःगेले घर, कुटुंबाची जबाबदारी सांभाळू समाजाखातिर कसलेंयि बरें कार्य ही काहीं साधीसुधी कल्पना न्हंयिं . खंचेई कार्य करतना मस्त अडथळे येताती . ते दूर कोरुक कष्टई कोर्का लागताती . तावळी आमगेल्या मुख्यावैल्या पिढीक मेळका नवें

ब्रिगेडीयर तग्गर्शे विजया पाचची पस्तीस वर्स बॉर्डरारी आशिल्या जवानांगेली नर्सिंग कोर्नु सेवा केल्ली . पैरीची थॉडें दिसां माक्षी गांवदेवीच्या सारस्वत महिला समाजाने तिगेलो सत्कार कॅल्लो . तिगेल्या कार्याबद्दल आयकुनु आनि तिगेली अजुनीकई आशिली उमेदी पोळोनु आम्मी सगळीं कृतकृत्य जाल्ली . स्वतःगेल्या आयुष्याचो विचार करनास्तना आमगेल्या देशाचे रक्षण करतल्या जवानांगेली सेवा कोर्नु तिन्ने मुख्यावैल्या पिढीक प्रेरणा दिल्या . तिक्का मगलो सलाम .

डॉक्टर ज्योत्सना कामत पाचची इलेक्ट्रॉनिक मिडिया साह्याने साहित्याचो प्रचार कोर्चे महान कार्य करत आस्स . कोंकणी आनि इंग्रजी भाषेंतु मस्त पुस्तक बरैल्यांती . आनि मस्त पुरस्कार मेळयल्याती आमचीगेल्यो ओव्यो, कविता, मुख्यावैल्या पिढीक कोळकाती म्होणु वांट काण्णु संग्रह केल्लो . त्याखातिर तिगलें कौतुक कोरुक मज्जेलागी शब्द नाती . तिक्काई मगलो आदरपूर्वक प्रणाम .

डॉक्टर सुरेखा राजाध्यक्ष चेडुवांगली डॉक्टर . तांतुयी neuro degenerative disorder आशिल्या चेडुवांक ट्रीटमेंट दिंवचे तिगले विशेष कार्य . जवळ जवळ ४५| ५० वर्स धोरु ती हें कार्य करत आस . मस्त कठीण काम आनि हें काम कोरुक मस्त संयम (patience) लागता . तिगेल्या ह्या कार्याकई मगलॉ आदरपूर्वक प्रणाम .

रूची मगली भाचची रविंद्र नाडकर्णी हागेली चुल्ली . तिक्का सानधोरु मूक पण्यांगेली आवडी . तांगले बदल भोऽऽची पापा पुण्य दिसचें . आवडीऽऽ म्होणु मस्त जणं घारा pets पोसताती . तांका अगदी आपणागेल्या चेडुवांवारी पोळोनु घेताती . जाल्यारी रस्त्यारी गल्लीगल्ली भोंवतल्या वेवारशी सुण्यांक माजरांक काँण पळैता? काँण तांका खांवच्याक दिता? काँण तांगेली दुखणी दूर कोर्चे प्रयल करता? रस्त्यावैल्या सुण्यांक हाडत हुदत कोर्नु धांवडायताती . थोडी चेडुवं गम्ती म्होणु तांका फातरयी मारताती . जाल्यारी तस्ले वेळी खांवच्याक, उद्दाक दिंवचें तांका माया दाककोंची तांगेल्या दुखण्यारी ईलाज कोरचे वगैरे रूची आनि तिगेली भयणी रियाने कोर्चे आशिले . हीची तांगेली hobby आशिली . त्याप्रमाणे रूचीने जीवनांतु आपणागेली प्रगती करतना तस्त्या प्राण्यांवातिरई धडपड केल्ली . वांट काळळे . तांचे खातिर NGO world for all for stray animals ही सुरू केल्ली . रूचीकई ह्या कामाखातिर आदरपूर्वक प्रणाम . I am proud of you.

आनि ह्या सगळ्या भगिनींक मगेल्यो शुभेच्छा दिता आनि खऱ्या अर्था ने जागतिक महिला दिन साजरो जाल्लो अशी लेकतां . धन्यवाद .



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Sonalipachi Savakoor—Remembering A Noble and Caring Soul

NIRMALA AND JAISHANKAR BONDAL

This May, we got the very saddening news from Bangalore of the untimely and unexpected passing on of Sonalipachi Savakoor. For those unfamiliar with her name, she was a former resident of Gurgaon (who came to live here in 1980s, long before its *avatar* as a glitzy 'Millennium City'), so this city became her *karmabhoomi*. With a large and compassionate heart, and dint of sheer hard work and persistence, she created an NGO called Khushboo Welfare Society, www.kwsindia.org (founded 1995) to educate, rehabilitate and train adults and children with mental and other disabilities to become useful members of society. She did this almost alone to begin with, using her personal resources, efforts and knowledge. Slowly supporters, skilled workers and volunteers gathered around her, drawn to her by the simplicity and the dedication she gave to her cause.

Her transformation from a normal homemaker, with usual responsibilities, to a Mother figure and Inspiration for mentally challenged children, is a saga by itself, which she narrated, with her characteristic simplicity and humility, in our Sabha Newsletter of May 2020, (where the lead article honoured several Chitrapur Saraswat women of Delhi, past and present, for their contributions to society). She notes that she initially started this very special school on humanitarian grounds "never realizing that this was the path shown to me by the Almighty and the Guru". She had early on realized that professional help and guidance would be needed to take care of such children, and joined the Spastic Society of North India to earn a post grad degree on special education to train herself. This soon led to the formation of the Welfare Society. Under her stewardship, and with "with inspiration from God and the Guru", the Society moved forward, acquired trained staff, infrastructure, transport and volunteer staff. Today, with help of individuals and the corporate world, the Society has a state-of-the-art building, they take care of over a 100 children and many adults with help of 30 trained staff.

Talking of her experiences over a lifetime of service, Sonalipachi wrote "I learned that it is easier to handle children, it is the parents who take longer time to accept, but once they do so, half the battle is won.....all this has energized me and strengthened my will power.....it is not

easy to overcome the many humps on the way, and convert them to stepping stones. *Many joined hands to help empower me and my team to overcome the challenges. What was sure, however, was that the Guru's Grace always engulfed my efforts, guided and transmitted the much needed energy, which made MY faith in HIM stronger.....so we could march ahead and achieve successive milestones"*



**(28.09.1947—7.05.2021)
(The beautiful pencil sketch of
Sonalipachi is made by
Shri Saiprasad Heranjal, Gurgaon)**

She went on to say "soon we shall be celebrating our silver anniversary and have planned a new project as a gift to the community, which is the need of the hour. Land has been purchased, and an aggressive fundraising is in progress to begin construction..... I have stepped down from the Chairperson's post, but remain an active member of the Society, and taken on the responsibility of helping in fundraising. I live in Bangalore, but travel to Gurgaon for meetings....."

We had never met her in person, only online over last year, and had promised to catch up when she visited next. Alas, that was not to be, as she succumbed (7 May)

to complications resultant of a bee sting at her residence in Bangalore.

We mourn the passing of a dedicated and compassionate soul, who sought inspiration from the Almighty and our Guru for all her efforts, and dedicated her success to Them. From her writings and talk she appeared as a quiet and a very determined soul, extremely pleasant and soft spoken. Her wards at the Society and all those who came in contact with her must have been be delighted and soothed by her caring attitude. Her determination to reach her goals was admirable, as was her faith in God and the Guru. Her own family and her extended family at the Khushboo Society can justifiably take pride in her lasting legacy. We personally did not have the good fortune to meet and talk to her, face to face, but we could feel her energy and humaneness through her words and deeds. We offer our deepest condolences to her immediate family and relatives and to all those who she helped and interacted within the course of her noble mission. We pray to Lord Bhavanishankar and PP Sadyojat Shankarashram Swamiji to grant her soul eternal peace.

Rest in Peace, Sonalipachi, and May your tribe increase!!



(22nd March, 1931 – 25th March, 2021)

In everlasting memory of

Shri. Mohan Nagesh Chikramane

Founder of Anita Medical Systems Pvt Ltd.

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He has left behind a rich harvest of memories
to cherish, honour and emulate

In reverence & remembrance

Chikramane / Bijoor / Hattangadi Families
& Entire Staff of Anita Medical Systems Pvt Ltd.

We love you, miss you and will continue to live life to the fullest
as you taught us all.

Nikhil Burde – The Amchi Ornithologist

BY SUDHIR BURDE

Nikhil Burde, my younger cousin at Mapusa, Goa has been an avid student of aves and wildlife. His passion takes him to distant places in search of birds in our subcontinent. His favourite line is “And into the forest I go. To lose my mind and find my soul”. In a Q & A on his photoshoots of birds of the feathered kind, he has this to say:

Q: When did you take up photo-shooting birds and how many places have you visited for this?

Nikhil: It's about more than a decade that I am into Birding and Wildlife photography. I have visited many places like Western and Eastern Himalayas, South India, Eastern coast of India and naturally Goa, being a resident of this State. In Karnataka, Ranganthittu near Mysuru again offers great birding, especially since it is Cauvery River backwaters. Karnataka has very high density of Wildlife and variety of birding spots like Dandeli, Bhadra, Sharavati backwaters, Hampi, Davangere and many more. In Maharashtra, Ujni Dam backwaters near Baramati offers excellent opportunity for Migratory Water Birds, Raptors and Grassland species. Near Mumbai, you have Sanjay Gandhi National Park at Borivali, Bhandup Pumping Station famous for the Lesser Flamingoes, Butterfly Park in Thane, Aarey Milk Colony, PenPanvel area.

I plan to cover Rann of Kutch once Covid settles down.

Q: What are the basic requirements to follow this passion in terms of selection of camera, software etc.?

Nikhil: You need to be passionate about Environment and Wildlife. With the Governments pushing for ill-conceived projects that destroy Forests and Environment, we forget that Planet Earth first belongs to them who evolved earlier than humans!!

If you are serious about photography as a means for conveying and recording the existence of birds and wildlife, then you need a good DSLR camera and adequately matched lenses to shoot. As regards software, there are many different types available and you can choose the one you are comfortable with, to enhance the images captured.

Q: How do you identify the birds you capture in your shoot?

Nikhil: You need to have a keen eye and observe the birds in their natural habitat. There are many handbooks available. Most popular are of Padma Vibhushan Dr. Salim Ali, the 'Birdman of India'. His 'Handbook of the birds of India & Pakistan', 'The Book of Indian Birds', 'Field Guide to the Birds of the Eastern Himalayas' and 'A Pictorial guide to the Birds of the Indian Subcontinent' are the textbooks for a student of ornithology.

Q: Anything else you would like to add?

Nikhil: Birds are seasonal, endemic and migratory.

Indian subcontinent has close to 1250 bird species. Tiny state of Goa has about 465 species. It's because Goa is bestowed with Forests - Our own World Heritage site, The Western Ghats, Grasslands, Wetlands formed by estuaries of Rivers & Sea, which has its own Pelagic species. Migratory birds in Goa come down during October to March.

Hence birding can be all year round activity that can keep you bewildered and stress free from daily rut and tensions. You become one with Nature when you are out there!!

For those interested in knowing more about bird spotting and photography may contact Nikhil Burde on his email id : revahgoa@gmail.com.



Asian Openbill Stork



Black-headed Ibis



B T Barbet



Himalayan Monal



Grey Heron



Khalij Pheasant Male

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Dr Sreesh Prabhakar Karnad

15-Oct-1937 to 09-Apr-2021



A Karma Yogi to the Hilt

A much loved and respected doctor, forever a teacher, philosopher and friend to all who were blessed to have interacted with him, a loving husband to Dr Amrit, father to Dr Sumant, Shambhu & Dr Anshu, father-in-law to Dr Aparna Karnad & Prabhash Gokarn and grandfather to Chinmay, Sachit & Richa, Dr Sreesh Karnad left this April for his heavenly abode after a brief illness.

Son of a renowned ophthalmologist of Mangalore, Dr Prabhakar Karnad, Sreesh was the youngest of six children. Having lost his father at a young age, life in his early days was no bed of roses. However, a lifetime of hard work and academic brilliance resulted in Sreesh topping his professional studies at the Calcutta Homeopathic College and securing the prestigious gold medal.

It is perhaps the lessons learnt by facing the challenges posed by adversity during his early life that shaped his desire to help anyone in difficulty throughout his life, both professionally and personally, even at great cost to himself .

He worked for a while at the Mangalore's famous Father Muller Homeopathic Medical College Hospital, where he developed his keen diagnostic skills to complement his natural aptitude in the medical field before settling in Nagpur. Cycling over 20 km daily and working almost 20 hours a day, he soon established his name and his practice grew spectacularly.

He then established the Institute of Clinical Research along with his wife, Dr Amrit, where not only would patients come from all over India to consult him but so would numerous fledgling doctors to learn from him before establishing their own practice in various parts of the country.

His home was a meeting point for his numerous patients, relatives, friends & students, also serving as place for them to stay, sometimes for months and even years.

At work almost till the day that God decided that his services were required in heaven, Dr Sreesh Karnad leaves behind an unparalleled legacy and a vast ocean of knowledge in his field that will continue to serve society through his numerous students.

His teachings, principles in life, hard work and devotion to his career, his family and his friends will continue to guide us all as we face the future without his benign presence.

- **Karnads & Gokarns**

*- in grief, Dr Amrit Karnad (wife),
Dr Sumant Karnad (son), Dr Anshu Gokarn (daughter),
Dr Aparna Karnad (daughter-in-law), Prabhash Gokarn (son-in-law),
Chinmay, Sachit and Richa (grandchildren),
and a host of loving students, relatives and friends.*

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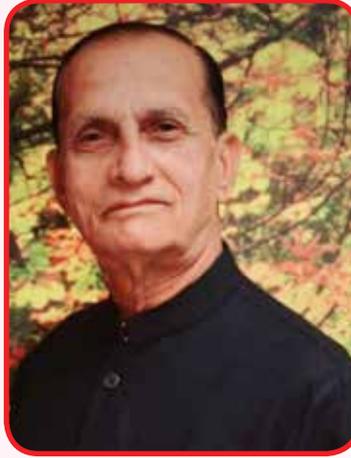


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MADHUKAR ANANDRAO MUDUR



November 11, 1938 to April 26, 2021

He was born in a fairly large family of eight siblings and was the youngest of the lot,
That he'd have to independently fight his own battles, very early in life he was taught!!

His brothers were like his father figures for which he was forever indebted with gratitude,
The struggles he went while through growing up laid the foundation of his humble attitude!!

His job at Bombay Oxygen involved many a hardship, but he worked with utmost loyalty,
Despite the trying times and limited means, he treated his daughters like sheer royalty!!

Having seen lows early in life yet retiring on a high, his life was such a rollercoaster ride,
He was able to achieve all that he hoped for as his loving wife stood firmly by his side!!

He was always known for his calm demeanor, generosity and his ever-so-helping nature,
He quietly gathered the respect of his friends and peers as his personality rose in stature!!

He immersed himself in social and community service soon after his retirement,
Yet he willingly moved cities to be with his children for their betterment!!

He often enjoyed the "Good Effect" of Rum and Coke, but two is the Limit, was his firm belief,
In the presence of his loved ones his face invariably wore a look of contentment and relief!!

Having relentlessly toiled hard all his life, playing a patient innings on life's sticky wicket,
Post retirement, he became an avid watcher of Marathi serials and a good game of cricket!!

Being remembered as a gentle, kind-hearted soul is the best possible legacy he's left behind,
Oh how we wish his caring presence was still in our midst, if only time we could rewind!!

It will be impossible to fill the massive void in our lives caused by his untimely demise,
But in only one point we take solace, that he now rests in eternal peace in God's paradise!!

Medha Mudur (Wife)

**Kuddadys (Yamini – Daughter, Shyam – Son-in-law,
Shivani & Ayesha – Granddaughters)**

Yennemadis (Nandini – Daughter, Milind – Son-in-law, Ishika – Granddaughter)

The Janma Divasa of our Beloved Parama Guru Parijnanashram Swamiji III falls on the 15th of this month. To commemorate this auspicious day we bring you Nandita Madhav's sensitive account of many precious moments spent in the sacred Saanidhya of Guru Swami and how much she learnt “...from every moment, every movement...”

From a very young age my grandparents and parents had drilled it into our minds that the Guru is a walking- talking God ! (*chaltaa boltaa Bhagawan*)

– In the year 1976, when we visited Shirali during Rathotsav, I got to see my walkie- talkie God at close quarters, dealing with the *bhattu-s*, *sadhaka-s*, the laity, volunteers Those memories of the Rathotsav are so vivid even to this day!! I had had the *darshan* of Swamiji earlier too, but the year 1976 stands apart and is still fresh in my mind.

Each visit of ours to Shirali was such a treasured event. First, we looked forward to His welcoming glimpse as we entered the main gate of the Math. We would see the radiant smiling face of Swamiji sitting against the window on the 1st floor, welcoming the laity and this was always our first *darshan* of Guru Swami.

Topmost among Guru Swami's many qualities that made me revere Him was His unconditional love towards the young and old, human beings and animals, the physically challenged and the fittest, his ardent devotees and most importantly, even the people who opposed Him ! He had the same *kripadrishti* towards one and all.

His exemplary patience, which every *sadhaka* experienced, was one other such learning for me. I try hard to implement this in my day- to- day life to date! This reminds me of one *satsang*, wherein a devotee- couple was reprimanded by an authoritative person about the time they had spent with Swamiji. When Swamiji was

updated about this incident He had asked- “Have you not learnt to have patience equivalent to even a single strand of my hair”? These words still ring in my ears.

Paraphrasing Guru Swami's loving nature, best of all was His compassion and concern whenever He interacted with Shukla Pandurang bappa. Pandurangbappa was mentally challenged, but always longed to be in Swamiji's Presence and seek His Attention. Swamiji, too would always look out for him whenever He returned to Shirali from any tour. Swamiji's actions were always louder than

words and hence, to document the love He displayed towards everyone is indeed, tough. All I can humbly say is, it was this pure and abundant love that He showered that transformed my thinking to believing, and then, from believing to practising, or trying to actually live His actions.

That is how I realised what true and unconditional love is...

Guru Swami's love for animals and people and the manner in which He treated both animals and human beings was one and the same. He never liked a dog being addressed in that fashion. He would always insist that it should be called by the name given to it, in other words, like any other human being. Dolla was the plump, cute, snow white Pomeranian and obviously, her name said it all! The black Dobermann, who made everyone smile at his antics and who anxiously awaited Swamiji's return each time He went away, was called Suraj! While the loving Kalyani at Karla was, without doubt, an ardent devotee from a previous birth. Then, of course, there were the loving pigeons who clustered all around Him and Dattabal - the horse who would fret all day till he saw Him.

Swamiji's entire way of looking at things was strikingly different. One example of this is the museum He set up at Shirali to house innumerable, centuries-old idols recovered from depleted old temples and given a safe place to be honoured with the reverence

which was their due! Why, why would Swamiji want to get into this act ? The very gesture and effort taken to give 'new life' to many a neglected idol revealed His unflinching Love and nurturing attitude towards all – even to the inarticulate!

As kids, whenever we visited Shirali, Swamiji loved to take us for a drive with Govinda the official driver, or with Swamiji Himself behind the wheel and we would be treated to a tall glass of ice-cream - the famous Gadbad, which we eagerly looked forward to. Children always felt that they were engulfed in His Love.



ॐ श्री परम गुरवे नमः



ॐ श्री भक्तवत्सलाय नमः



ॐ श्री करुणामूर्तये नमः

~~~~~ Parisevanam ~~~~~

We were fortunate to visit few temples in and around Shirali and Karla with Pujya Swamiji and experience the awe inspiring happenings which took place in the precincts of the temple during such visits. We went on such *tirtha yatra*-s to Dehu, Alandi, Pandharpur, Kollur Mukamabika, Kadavinakatti Durgaparmeshwari temple and many other pilgrim spots....

Whenever Guru Swami visited us at our residence, it became a very festive, Diwali-like occasion. The entire planning, the rising enthusiasm to receive God incarnate was enough to put us all in a state of deep wonderment! This is certainly not an experience that can be put down in black and white!! Our entire family, as well as extended family members, CYMA (Chitrapur Young Men's Association) members would plan meticulously from the very first act of receiving, to organising programmes, events, outings with the volunteers, *et al...* Each time, we felt that such a golden chance for the entire family to be in *seva* was in itself the opportunity of a lifetime and we hold these precious memories close to our hearts.

Swamiji had desired and expressed that each individual, each Amchi family should chant the *Deepanamaskar* daily so that every household remembers all our *Acharya*-s and bows down to the holy lineage of our great *Guruparampara*!! This advice, to inculcate the sacred value and purpose of chanting the *Deepanamaskar* daily at a specific time, has been followed reverentially in our home.

Speaking of *Guru-mahima*, or miracles experienced by devotees, I would like to share an experience narrated by the doctor who was blessed in this wondrous manner so that he could do his duty -

Swamiji was camping at a doctor-devotee's residence. One night, an elderly patient with his little grandson rang the bell of the doctor's residence! Upon opening the door, the doctor found the old man was in grave pain, needing the doctor's assistance immediately. It was well past 11pm... but, after examining the old man, doctor advised him to get admitted immediately in his hospital which was just next to his house. The old man got admitted and called his son to take his grandson back home, for he was to be operated immediately for the removal of an inflamed appendix. The patient was wheeled into the Operation Theatre and the hospital staff was readying everything for the operation, when there was a sudden power shut down! The disturbed doctor waited for some time for the inverter to take over, but there seemed to be some major problem! Feeling helpless, he rushed back to his residence and telling Guru Swami of his dilemma sought His Blessings.

"Just go to the OT, and perform your duty, our blessings are with you!" he was told. So the doctor rushed back, changed and when he went into the OT to operate what did he see – a bright beam of light like a huge overhead torchlight appeared right on top of the operation table, focusing on the area to be operated!! The doctor performed the operation, laid down the equipment, and then- the bright light just vanished! All the staff members present were astonished to witness such a miracle right there in front of their very eyes! The doctor rushed back and fell at Swamiji's

Feet thanking Him profusely, while tears coursed down his cheeks. He knew, without doubt, that it was none other than His Guru who had ensured the successful completion of the emergency-operation.

What spurred staunch *bhakti* in me was Guru Swami's down- to- earth attitude. You could easily think that He was like any one of us...and yet, He kept astonishing us with the vast range of His knowledge- be it spirituality, space and technology, the worlds beyond sea and skies, anything and everything. This continually made a mesmerising impact on my mind for each visit, each meeting with Swamiji was truly like a new beginning, a novel learning experience..

One of the most precious moments in my life was when I was initiated into *mantra-diksha*! I was keen to receive *mantra-diksha* from Swamiji, but I was told that one needs to be an adult (I was only 13 then!) to receive it. But when Swamiji was informed, He agreed to fulfil my wish and my joy knew no bounds! It was then that Swamiji stated - "Age is not the criterion, *mantra-japa* is given to the soul and not to the human body "

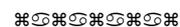
Exactly seven years after that, I was told that I would be given *mantra-japa* once again by Swamiji! He obviously knew this would help me in my life, and yes, it definitely did. It has been the spiritual force that has given me the strength to face reality, to offer my *seva* and do my *sadhana* ever since. It has helped immensely to overpower each big wave of adversity and prevented it from engulfing me. It has empowered me to face every disturbing incident with feeling helpless or forsaken.

Sometimes, Guru Swami would suddenly say - "Today so and so will be coming with the following requests to seek blessings I can see the person from top to toe like an X-ray machine and also his intention, the agenda with which he or she comes to meet me....." This was another profound experience.

Guru Swami loved musical instruments. He played the tabla, *dholak*, harmonium and I had the good fortune of being present on such memorable occasions. Swamiji was also immensely interested in operating His ham radio and in collecting stamps and rare coins.

I got to learn a lot from every moment, every movement and every action of Pujya Swamiji. Even a casual statement would set me thinking deeply and offer so much learning ... He had once told my parents casually, very casually that He would take His last breath at our home. This was foretold 12 years before He actually took *Samadhi* and yes, it happened at our home, just as He had said.

Swamiji had an amazing eye for detail, micro management, plus an astonishing memory. He could instantaneously recall when, where and in what connection He had met someone. The eternal spring of unconditional love that Parama Pujya Guru Swami showered on all *sadhaka*-s is now nurturing our spiritual growth and protecting us every minute through His devoted Shishya – our Beloved Mathadhipati- Parama Pujya Sadyojat Shankarashram Swamiji, for the *Guru-shakti* is one and the same!





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NURSERY SCHOOLS

BY (MRS) KAMALA S. DONGERKERY
(Published in February 1940)

The origin of the Nursery School movement in England is associated with the name of Robert Owen, who had unbounded faith in the influence of favourable environment in early childhood. He started the famous Infant School at New Lanark in 1816 to put his educational ideas into practice. From the middle of the nineteenth century, the infant School system in England to assimilate the ideas of the Kindergarten system of Freidrich Froebel by introducing greater freedom of activity, and the use of play-occupations for children. The first official recognition given to the movement was when the Consultative Committee of the Board of Education recommended the establishment of Nursery Schools, in its report in 1908 on the "School Attendance of Children below the age of five."

In 1913, Rachel and Margaret McMilan established the famous Nursery School in Deptford. The Education Act of 1918 empowered local authorities in England to establish Nursery Schools and thus gave a great impetus to the spread of the movement, which has been responsible for the benefits of improved health, good habits and self reliance enjoyed by the younger generation.

Instruction in its formal sense has no place in a nursery school. The nursery school takes its stand on the basic idea that the foundations of character are laid during the first four years of life. Parents must not expect their children to receive instruction in the three Rs at the nursery school stage. They must judge the progress of the child by an entirely different standard. They must rather look for a healthy and normal physical growth, an increase in physical control the development of the faculty of sustained attention, a multiplication of interests and an increase in creative activity – qualities which will prepare the child for adapting itself to the new environment in which it will find itself when it leaves the home and comes into contact with the outside world.

The nursery school is not a substitute for home. It is rather an extension of home-life which preserves its organic connection with the home. It is a place where the child is slowly and imperceptibly brought into touch with real life through playful activity. The nursery school teacher has therefore to work in cooperation with the home. She must welcome the help of the parents.

The nursery school provides the right type of environment for the development of the child's personality. In the home everything is planned according to the needs of the grown up people. The nursery is planned for the children only. Here, everything is adapted to the child- miniature furniture, pictures and objects of interest within its reach. The children in a nursery school have grown up friends who do not get tired of playing with them, or of answering their questions, or of teaching them their little daily duties, which is not possible in a normal household where the elders are pre-occupied with

their own work and have neither the time nor the patience to attend them. Again, the presence of other children of about the same age with whom they can share their games and other common activities makes life less irksome, and helps to inculcate self control and discipline and a spirit of give and take as a result of a community life.

An ideal nursery school must provide, among other things, conditions for free and healthy physical development. The school building must be well-ventilated, specious and clean and have good surroundings. The teacher must see that the children get healthy exercise and that their personal hygiene is attended to. Stories, conversation, music and play of various kinds are the means whereby the child's interests are awakened and enlarged, and it is encouraged to express its ideas, feelings, love and sympathy. There should be no rigid scheme or time table. Self-expression through creative play and the development of social relationships should be the main objects of a nursery school education. The details of the routine of a nursery school should be left to the teacher.

The cooperation of parents, as I have already said, is essential for the success of nursery school education. That co-operation may be given in several ways. On entering the school, the child goes through a complete physical examination, and the report is supplied to the parents. It is the latter's duty to see that any defects in the constitution of the child are removed by proper medical treatment. In the same way, the parents can do a great deal to inculcate habits of cleanliness in dress and personal hygiene when the child is at home. They should not hesitate to get into touch with the teacher if they want her co-operation in getting rid of any idiosyncrasies or awkward habits which they notice in the child. Frequent consultations should take place between the teacher and the child's mother so that they may compare notes to find out how far the child has progressed or whether it needs any special attention.

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How can I know if my child is growing well? - The Doctor Answers

DR. SMITA KOPPIKAR

In the May 2021 issue, I wrote about important aspects related to children's height. In this article, I will cover how you can estimate your child's growth correctly.

Whilst parents often ask their doctors "Is my child short?" it is common for them to get told "No worries, he/she is just following you both. Because both of you are short, he/she is too." Unfortunately, this often gets done without so much as any measurement, but rather, by just eyeballing the child and the parents. This is probably because of lack of time at the doctor's busy clinic.

Take this example, one of so many I see. 13-year-old Ankit's parents were concerned that he 'had stopped growing in height'. They noticed this since he was an 8-year-old boy. Since then, they had been running from doctor to doctor. They got told, "he is just like his mother, he will be short too because his mother is". When the parents persisted, they got asked to get Ankit to do skipping, cycling and hanging from a height. Hang from a height??? Are we treating our children or torturing them? 5 years and many doctor trips later, when they finally turned up at my consulting room, it was clear to me that Ankit was short. It turned out he had a hormonal problem. Treatment was started, but valuable time has been lost, apart from the hassle to the family.

I find that there is often not enough clarity on how parents can estimate their children's growth. The method of comparing the child with their siblings and peers is reasonable, but **(is)** only a visual estimate. One needs something more substantial and objective when estimating a child's growth.

This objective method is called 'Growth Monitoring'. This is a simple, cheap and effective tool used by doctors. This has been in use for several decades, all over the world,

and its utility has been proven time and again. In resource rich countries, for example in the United Kingdom, where I spent over a decade, there are excellent systems in place for Growth monitoring. Unfortunately, the practice of this method is not universal, especially in healthcare systems like India's. Whilst a lot of emphasis is placed on correctly feeding children, milestones, immunisations, diet, etc. growth monitoring is an often overlooked, but very essential and useful tool.

This is why, it is best that parents take ownership of this. In the next few paragraphs, let me take you through how you can do Growth monitoring yourself.

Growth monitoring has three important steps.

Step 1: Measuring height and weight

EVERYONE below the age of 18 years should be measured every 6 months, even if there are no current growth concerns. This is because growth monitoring will show you concerns even before you begin to notice them. It also helps reassure parents when the child is growing well. There are two things to be measured –weight and height.

Measuring weight:

- 1) Use a digital scale kept on a firm surface, like the floor, but not on a carpet. Use the same scale as far as possible.
- 2) Weigh at the same time of the day, preferably morning.
- 3) Weigh with minimum clothing on and no footwear.

- 1) Use a carpenter's metal tape (Figure 1).

I see many parents using tailor's tapes, height measuring charts (Figure 2) and pull-down tapes (Figure 3). And although these are seen at many doctor's clinics because of their flexibility, in my honest opinion, these can cause errors when used for measuring height.

Measuring height:



Figure 1: Carpenter's metal tape
(Image courtesy: Alibaba.com)



Figure 2 : Printable height charts
(Image courtesy: twinkl.co.uk)



Figure 3: pull-down tapes
(Image courtesy: flipkart.com)

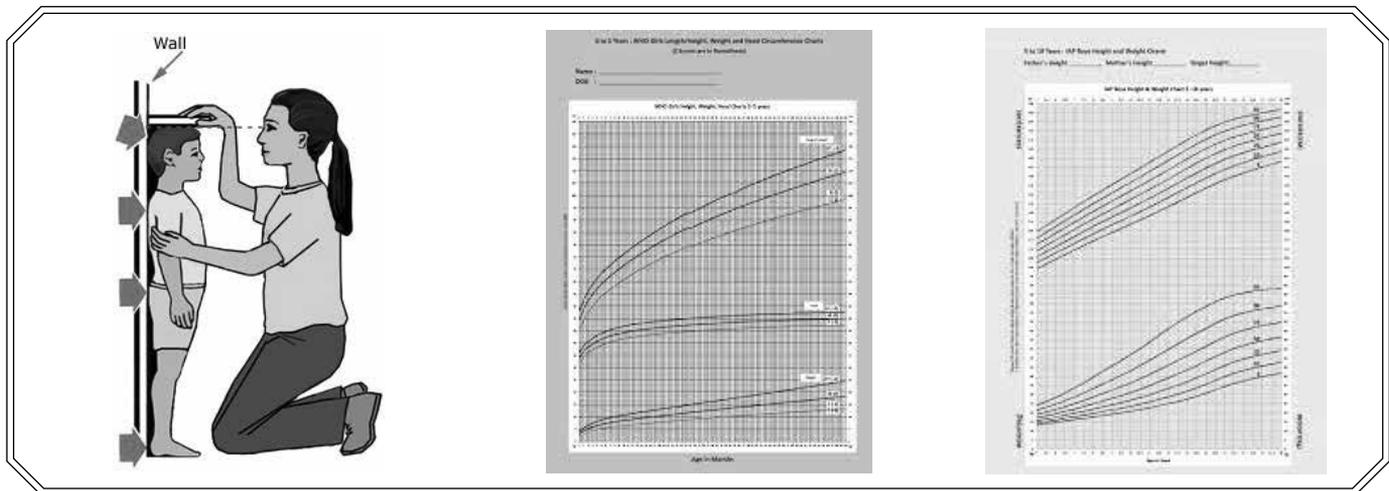


Figure 4: Measuring height correctly.

- 2) Stick the tape at the edge of a wall, ensuring the tape is always running right next to the edge of the wall. This will ensure that it is aligned straight and not tilted. This is because even a slight tilt in the angle will cause a big error in the measurement. Once stuck, leave the tape in its place.
- 3) Ensure the child is bare-foot and has removed hairbands and hair pins, to ensure an accurate measurement.
- 4) Make the child stand with feet together, back and knees straight and looking straight ahead.
- 5) The head should neither be tilted upwards nor downwards.
- 6) Use a firm surface, like a ruler, to measure the height. Record the height in centimeters.

Refer to figure 4 for steps 2 to 6.

Step 2: Plotting these values on a ‘Growth Chart’

The measurements you get make no sense until you put them into perspective. This means interpreting the measurements in terms of age, gender, and any individual child’s own growth trajectory. There are more aspects to this, but for now I shall keep this simple.

A special graph paper called a growth chart is used for this. There are separate ones for girls (pink background) and boys (blue background). (Figures 5 and 6)

Print out one chart each for each child from here:

<https://iapindia.org/pdf/IAP-Boys-Height-Weight-chart-5-18-years-1-746x1024.jpg> (for boys)

<https://iapindia.org/pdf/IAP-Girls-Height-Weight-chart-5-18-years-746x1024.jpg> (for girls)

Put one chart each in each child’s medical records. Whenever you take measurements, plot those measurements on these growth charts. The growth chart is like a graph paper, with age on the X axis and height and weight on the Y axis.

Step 3 : Interpreting the growth charts

This is best done by a children’s doctor and most preferably by a Pediatric Endocrinologist. At doctor visits,

Figures 5 and 6 : Growth charts

(Image courtesy: iapindia.org)

take this chart along and ask if your child is growing okay. With this, I wish you all the best for monitoring your children’s growth.

If you have any queries or wish to give me feedback, please send an email to me at shishuantahsraava@gmail.com.

Dr. Smita Koppikar, MBBS, DNB (Pediatrics), MRCPCH (UK), CCT (UK) Pediatric Endocrinologist

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FAREWELL MY FRIENDS REST EASY

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

The Corona pandemic brings news almost on a weekly basis of some colleague, some acquaintance, some relative or some member of the housing society having passed away. Not all deaths are related to Covid but the news never fails to remind us, especially people in the older age group that life is finite and one never knows when the clock will stop ticking.

The Amchi Matrial Clan in Pune has lost four distinguished officers within a span of six weeks. Lt Col Satish Mankekar and Brig Santosh Mankekars, both were my elder brother's coursemates in the Indian Military Academy and had been commissioned together in June 1956. The Mankekar brothers passed away due to natural causes. But Maj Gen Yeshwant Mundkur, a retired orthopaedic surgeon, and Gp Capt Ajit Mudbidri, a retired Air Force officer succumbed to post Covid complications.

Satish and I served in Northern Command together and he was an immense help when I was commanding 15 FAD in J&K in the early 1980s. Satish helped me a lot in resolving the communication problems we faced since we were located in a remote area. After command, I was posted to the Defence Services Staff College at Wellington in the Nilgiris, where Brig Santosh Mankekar was then posted as the Brig Adm. He helped me to settle in as a newly posted instructor.

Yeshwant Mundkur and I were also posted in J&K together but it was much later when we were both senior officers. After retirement we both settled down in Salunke Vihar, a military residential complex, in Pune. Many is the time we informally consulted Yeshwant for our aches and pains and he was always there for us. One of the most soft-spoken and unassuming human beings I have ever met. Ajit Mudbidri I met only after retirement after settling in Pune. We became very close friends after Uddhav Pandit, who is like a son to us, married Ajit's daughter Sangeeta. Ajit's son, Atul, followed in his father's footsteps and donned the uniform. He is currently serving as a helicopter pilot in the Air Force.

The greatest consolation is that they had all lived their full lives, had distinguished service careers, were men of integrity and led honourable lives. All were devoted family men and were ever ready to help in whatever way required. They were all my lifelong friends and as the saying in the army goes, old soldiers never die; they only fade away.

Those of us who have served in uniform have a special bond with our coursemates of the National Defence Academy, especially those who were in the same squadron as oneself. One has so many happy memories - of distinction in sports, the various camps we attended, the punishments we endured together, spills in the equitation school, firing on the ranges, cross country runs, sailing regattas, the annual Hunt Ball etc but all of us unflinchingly putting the Squadron before all else.

The squadron meant everything to us and the squadrons competed against each other. Whenever an Ex-NDA officer meets another, the first question always asked is which course, what squadron? News about a coursemate passing away is therefore, specially painful.

News of Cmde Debesh Bannerji, IN (Retd) passing away was a bit of a blow. No, he did not die because of Covid. His life was claimed by an inoperable, malignant tumour which was gnawing away at his brain. By the time the radiation and chemo sessions were over, Banner had completely lost his memory and required assisted living. But Shobha, displaying the indomitable spirit of a true Naval wife, refused to put him in a home and looked after him herself till he breathed his last. The last two years were truly painful to bear for both of them.

Debesh and I were both in the 18th Course, Easy Squadron, in the Academy. He always called me Baidur; never Nagesh nor Benny nor Rao as most others did. And to me, he was always 'Banner'.

Banner was a naval cadet and retired as a Commodore after decades of distinguished service. His last appointment was DG Coast Guard.

Banner married well. He won the heart and hand of Shobha, daughter of former army chief, Gen P N Thapar (and sister of celebrity TV news anchor Karan Thapar). After passing out of NDA, our careers branched off and we could only meet infrequently though we kept in touch with each other. It was after retirement that we met more frequently; at course get-togethers or whilst visiting each other.

Responding to an SOS call at the beginning of this century, I had taken a relief team from Pune to provide succour to the inhabitants of Hut Bay on the island of Little Andaman after the Tsunami. It gave me immense happiness to meet Banner and Shobha in Port Blair, where they had decided to permanently settle down. The help they provided my team and introducing me to influential residents of Port Blair as also the thorough briefing of conditions on the islands helped immensely in the success of my relief mission.

It pained me to learn though that their own bungalow which was built on the shore line facing the sea, got submerged and destroyed in the Tsunami. They lost everything and were staying in a small rented flat, striving to pick up the threads of life again when I reached there. Despite their own troubles they spent so much time in helping me and my team, I can never thank them enough for that.

Ultimately they shifted to Delhi and settled down in a large flat in a prestigious part of Delhi. We met them again some years ago when they visited Pune and we stayed with them for a couple of days one November when we once visited

Delhi to attend a regimental function. Banner had graciously organised a dinner party in our honour to enable us to meet some of our other course mates who had also settled in Delhi.

Shortly before his affliction became serious, Banner asked me to make some arrangement for his elder brother to help recuperate from a hip bone fracture. Banner warned me that his brother was going through a rough patch in his personal life and needed some time alone to think things through. We got him a suite in Punya Dham Ashram in Pune and tended to his needs. He left after three months, fully healed in body and spirit. But I felt honoured that Banner had approached me, his course mate, for help; which was only appropriate.

Thinking of Banner, my thoughts wandered to three other Naval course mates who had also passed away but much earlier.

Cmde Arvind Dabir had been cleared for flag rank but suffered a massive heart attack just short of donning the rank badges of a Rear Admiral. He was a Rimcolian (Ex-RIMC) and therefore adapted to Academy life more easily than those of us who had no boarding school experience.

One Sunday morning, when we were both first termers (freshers), we were caught by a sixth term and taken to his cabin where we were assigned the task of stitching all the missing buttons on his many khaki uniforms and civil dresses. It took us the better part of the morning while he (the senior) went to Gol Market to do some shopping. Arvind felt that revenge was in order. So we slashed all the brass buttons from his ceremonial blue patrols and the NDA blue blazer and threw them out of the first floor window. With innocent faces we showed the senior the work we had done and he said 'good show' and let us off. We made ourselves scarce and avoided him like the plague for the next few weeks. Arvind, the street smart optimist, helped in transforming me from a straight forward simpleton into a hardened NDA type. We learnt to dodge seniors, avoid extra work, never volunteered for anything and always had ready excuses if we were blamed for anything. Life was a laugh.

Arvind also had a younger brother named Ufuf Dabir in the Academy at the same time that we were there. He was an Air Force cadet and later became a transport pilot. He would always come to Easy Squadron to meet his elder brother and we inevitably got to know each other.

In 1968, while serving in Ladakh, I was given a task which required me to go to Daulat Beg-Oldi, a forward post on the Chinese border. It involved first flying to Pathankot and then getting an airlift to Thoise from where it was a ten day march over the glacier Saser Brangsa to Chung Tash and onward to my destination on the Depsang Plains. Ufuf Dabir happened to fly to Leh in his C-119 Fairchild Packet that morning. And he gave me a lift in his aircraft directly to Thoise before returning to Pathankot. He took an immense risk flying in the treacherous mountainous area without official permission, merely to give his brother's coursemate a lift. When I thanked him while deplaning he simply said "what are friend for?" and took off into the wind.

Mohan Verghese was the smart one of our course in Easy Squadron. He was excellent in English but weak in Hindi. Hindi was the language in which instruction was imparted by the NCO Ustads. It was a weapons training (WT) period. We were dressed in our dungarees and sitting cross legged under a shady tree, on ground sheets, with our rifles resting on our left shoulders. It was a hot day and getting close to lunch time. We were tired and hungry, and the monotonous drone of the Ustad made it difficult for us to keep our eyes open.

The subject was aiming; and the Ustad was explaining the purpose of Trigger Operation (TO) No. 5 which was "*dimag, aankh aur kalmewali ungli kamel- milapkarna*". Simply put – improving coordination between the mind, the eye and the index (trigger) finger. Just then we all heard a soft snore. The Ustad was quick to pounce on the culprit. "Cadet Mohan Veghese *batayenge* TO-5 *kamaksad kya hai?*" Caught flat footed, Mohan Verghese replied "Ustad – *dimag, aankh aur Kamala kiunglikamel-milapkarna*". While we all burst out in laughter the Ustad did not find it funny. He made us all lift our rifles and "WT ground *ka dochakkar – Go*" We never quite forgave Mohan Verghese for that.

In our sixth and final term Mohan Verghese became the Squadron Cadet Captain and I was a Divisional Cadet Captain. As cane appointments, we led the squadron in the march past in our passing out parade in June 1960.

Mohan Verghese became a naval aviator and after leaving the navy he was flying as a pilot for a Jamshedpur based steel company which had a fixed wing aircraft for ferrying their officials. Mohan made several trips to Delhi. I was a Colonel then and we were staying in NOIDA. Mohan visited us whenever he flew to Delhi and would have lunch or dinner with us as convenient. It was a grand time.

It was with great sorrow we heard the news of his getting killed in an air accident a few years later.

Akeel Shaikh was a Poona-wallah; as was I. So we got along famously, always getting into trouble together. Also since our academic categorisation was the same (Arts B, Science B) we attended the same classes together. Needless to add we always found desks next to each other, the good friends that we were.

Once when we were surreptitiously passing doodles to each other, the Geography instructor noticed it. "Akeel – you will stand in the right hand corner at the back of the classroom for the remainder of the class. And you, he said (pointing a finger at me) will occupy the left hand corner. I prefer to have harmony in the class".

Another time, during workshop practice, Akeel Shaikh walked up to the lathe machine on which I was turning a piece of steel rod, to borrow a tool he required. He picked up a large spanner and asked me "Nagesh, shall I throw a spanner in the works?" The humourless Workshop Officer heard it and both of us were charged with 'attempting to destroy government property'. We ended up doing extra drills for the rest of the term.

After retirement Akeel served in the Goa Ship yard as DyGM (Personnel and Administration) When posted at Bangalore I made a couple of visits to Goa since it was in my beat and I always found time to spend an evening with Akeel and his family. Akeel sought my views on a matter in which he and his wife found themselves in a bit of quandary. What advice would I give to the parents of a Muslim girl who fell in love with a Hindu naval officer?.

The parents should give them their blessings I suggested. They were both of age and should they elope and get married both sets of parents would be left twiddling their thumbs. We have a lot of mixed marriages in the armed forces so they need have no fear of them becoming social outcasts. They will be welcomed in the service environment just as any other married couple. I told Akeel that I knew of at least three Hindu army officers who had married Muslim girls. They never faced any problems in the units.

The problems were always from their own parents who had grave reservations and unbending attitudes about such marriages. In one case the couple got married and converted to Christianity. In the second case the couple got married

anyway with both retaining their own religion; but the parents of the officer found it very difficult to accept the decision. But in one case, both parents accepted the situation and the couple got married without any hiccups. But in all three cases, I emphasised, the marriages thrived and the couples prospered.

The bride will definitely have to make adjustments and fullest support of parents will be of immense help to her. So the parents of both the boy and the girl should meet, get to know each other, and resolve together any apprehensions or reservations that they may have. That would be the best course, I advised.

Akeel passed away over a decade ago. But I still remember all the laughs we shared, the scrapes we got into, the good times we had. His zest for life was infectious. For us life was always a breeze and never a dull moment.

I shall miss all my amchi and non-amchi friends named above, till the end of my days. Knowing them, I consider was one of God's special blessings to me.

In the meantime, all of you rest easy. Farewell my friends!

Book Review

KONKANI: THE MIRROR OF SAMSKRIT

REVIEWED BY: SHRI GURUDUTT MUNDKUR

AUTHOR: Dr Indukant Ragade

PUBLISHER: Dr Indukant Ragade

PRICE: India Rs 400/-; U.S.A: 14 Dollars; U.K. and Europe: 10 Pounds

At first perusal one is stunned at the tremendous work put in by Dr Ragade. It is double enhanced by the fact that he had not forgotten his early learning of Samskrit. One is therefore not surprised by the fact that our Revered Swamiji who terms the treatise as excellent and recommends that the book be read by every Konkani-speaking Indian.

As one reads the book page by page, and as one who had learnt nothing beyond a few basic words of Samskrit, it is a tremendous education and makes one wonder why one did not go beyond those few words... a genuine case of self-pity.

Dr Ragade has gone very deep into linking almost all words of Konkani to Samskrit.



Need one say anything more, especially when it has been endorsed by our Religious Head?

One does miss, though, the impact of some words of Marathi, Kannada and a few regional languages on Konkani.

Priced at Rs 400+shipping, it is extremely low priced! A must buy! It is unput-downable when taken to reading it, more so when one is keen to know more about one's Mother Tongue.

Available from the Author

Dr Indukant S Ragade,

A4, Prabhat Apartments,

1, Kamala Bai Street,

T. Nagar, Chennai 600017

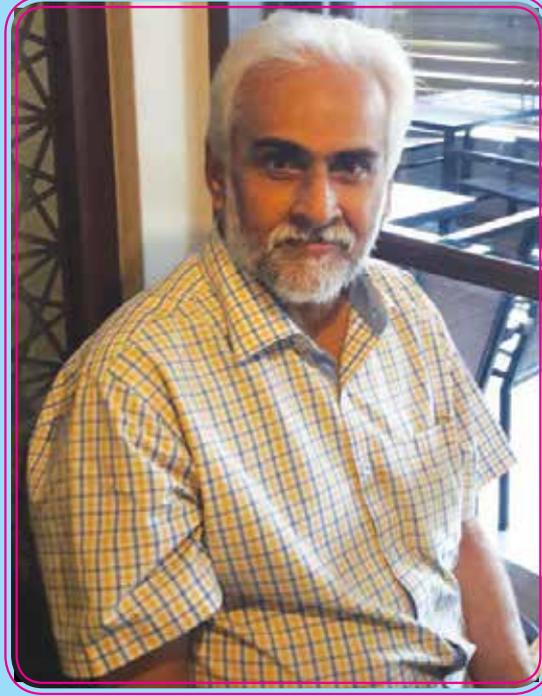
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With profound grief we wish to inform the peaceful demise of

Dr. Ranjan Mankikar

(72 years)

on 27th of April 2021

(son of Late Gita and Late Venkat Mankikar)

*You went away suddenly,
No time to say good bye,
But Brothers can't be parted,
Precious memories never die.*

Deeply mourned by:

Dr. Uma and Dr. Anil Kuber

Vivek and Smita Mankikar

Dr. Nina and Sharad Nileshwar

and

Dr Ravi Rohan Snehal Kashmiri Anand Swati Aishwarya

Myra Arnav Sameer

Family friends and all the lives he touched

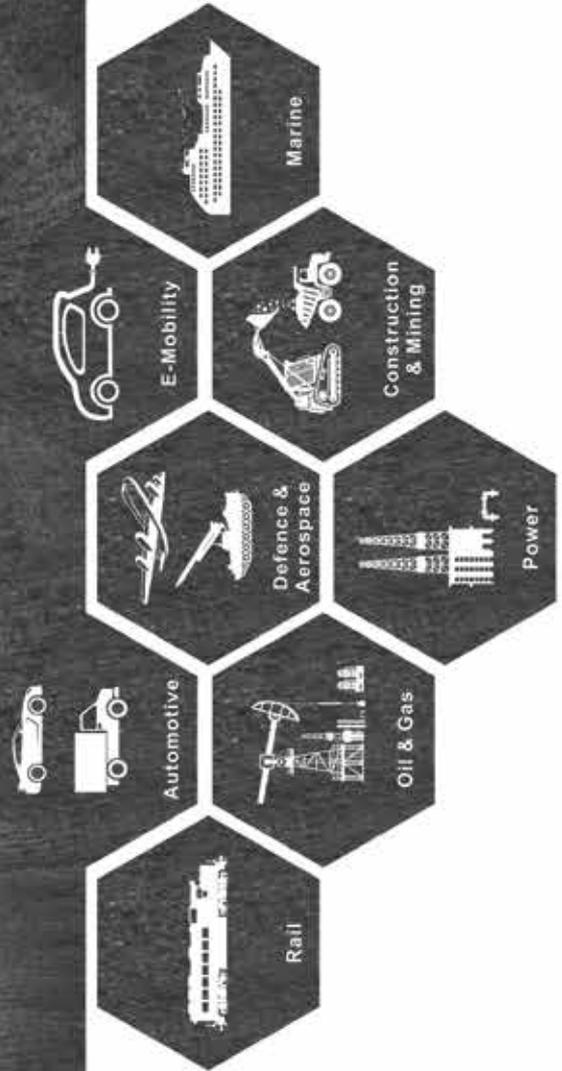
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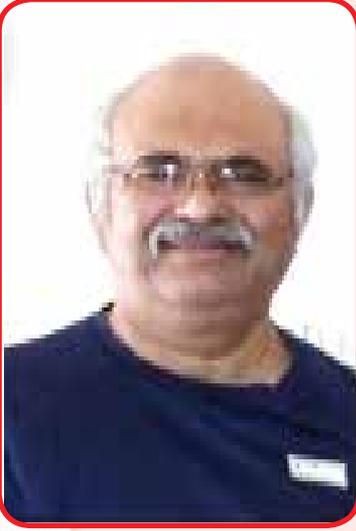
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Shri. Jayant Raghuveer Dhareshwar

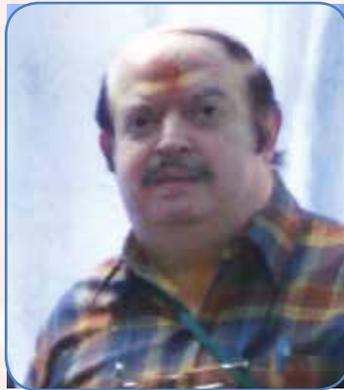


Jayant Dhareshwar was born on 30th August, 1954, he passed away on 21st March, 2021 at Mumbai. He is survived by his wife, Smt. Lalitha and his sons Aditya and Pranav. Jayant was a very charming, warm hearted, witty and an ever smiling person, full of zest for life. He was always ready to reach out, interact with people and impart spiritual wisdom from his three decades of experience from Heartfulness meditation practices. He was a member of Heartfulness Institute, a spiritual organization in which he served as a spiritual trainer, self-development facilitator & mentor. He had degrees in Science, Law and Management, as well as a Masters in Finance, from Bajaj Institute of Management, Mumbai. He worked at Godrej & Boyce Mfg. Co. for nearly 30 years, as an Asst. General Manager. Jayant was in the Middle East as Head of Marketing, Administration, HRD & Liaison, for a Group of Companies.

He will be fondly remembered forever by his wife Lalitha, his sons-
Aditya and Pranav;

younger brother Dr. Bharat Dhareshwar & his wife Krishnapriya,
nephew Chaitanya, his wife Suman and son Krishna and the entire Dhareshwar family;
sister-in-law, Dr. Sudha Tinaikar as well as the innumerable members of the Heartfulness family.

DURGANAND MULLERPATAN



Youngest son of (late) Shantabai & (late) Somshekar Mullerpatan
Passed away peacefully at Malleshwaram on 19th April, 2021

Deeply mourned by :

Vidyanand (Mobile: 98452 55447; WhatsApp: 76762 26691)

Vandana & Vinay Dinesh & Sushila

All Mullerpatans and all relatives and friends



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Obituary Chitra Kalle

A complete life lived, filled with love, compassion, and always 'giving' to those who needed help. You were the perfect wife to papa (Gurudutt Kalle), a doting mother to your sons Shyam and Vinay, loved your daughters-in law Geeta and Sangeeta, adored your grandchildren Vaibhav, Prateek, Mohit, and always the perfect host to many who graced our house. You always worried about other people's pain which you often put ahead of your own problems. Your ability to connect with people so easily was something phenomenal. Your simplicity in thinking left a lasting impression on all who met you.

But you went too soon!

Missing you a lot Amma, but we know you are happier there with Papa and free from all the worries and pain. We now only have your memories with us, and the goodness that you spread around to people, but you will always remain in our heart.

We love you Amma/Amana/Anama/Vahini. We miss you here !!

Fondly remembered by:

Children: Shyam/Geeta, Vinay/Sangeeta
Grandchildren: Vaibhav, Prateek & Mohit
Kalles, Bhatkals, Pandits and Relatives



2nd Dec, 1935 - 22nd Apr, 2021



With profound grief we regret to inform that

Mrs. Nandini (Pushpa) Ravindra Vaknalli

Left for her heavenly abode on 29th April 2021, after a tough battle against Covid-19.

Deeply mourned by –

Ravindra Prabhakar Vaknalli (husband)

Shirish Prabhakar Vaknalli (brother-in-law), Shubhada Vaknalli (sister-in-law), Siddharth Vaknalli (nephew)

Gautam Prabhakar Vaknalli (brother-in-law), Sharmila Vaknalli (sister-in-law), Vaishnavi Vaknalli (niece)

Relatives and friends.



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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

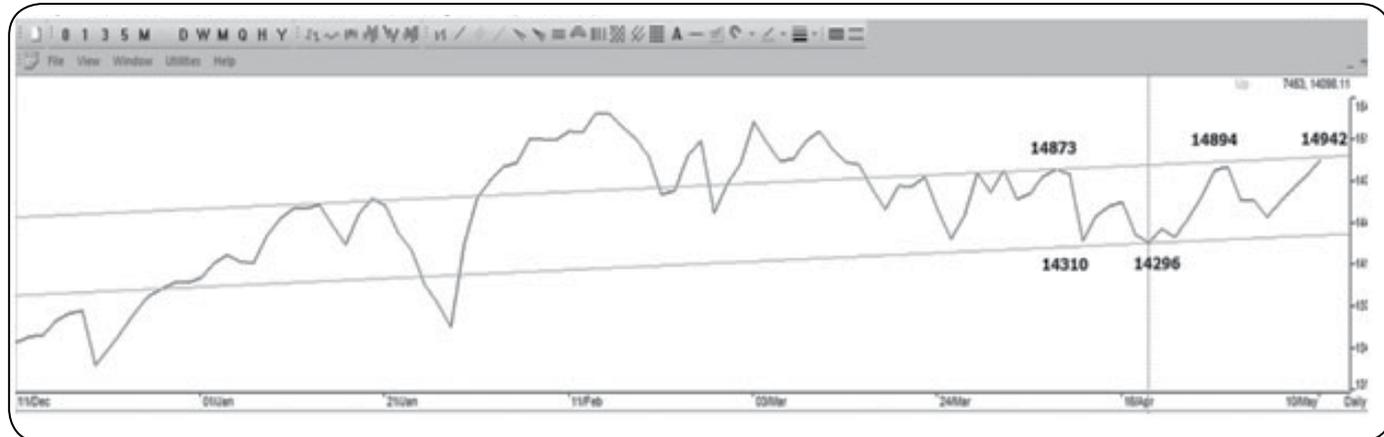
CHF is a philanthropic organization that provides an avenue for US-based "amchis" to support the operation and maintenance of Shri Chitrapur Math as well as support the post-primary education of students in Chitrapur, Karla, Mangalore, and Shirali, and women empowerment programs administered by Parijnan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

The Art of Goal Setting from Sixteen to Sixty and Beyond – Volume 7

BY SANDEEP BIJOOR BHAT



In Volume 5 (penned on 26.02.2021) & Volume 6 (penned on 12.04.2021), the topic on Inflation and “Yields” was discussed at length. In fact, 16.02.2021 was the very day on which the US 10-Year yields spurted from a low of 1.223 to move up to a high of 1.776 by 30.03.21 a jump of nearly 50 basis points (or 0.5%). This was the result of the fear that the US Federal Reserve might be forced to raise rates due to inflationary pressures.

What was the impact on the Stock Markets? On 12.04.2021, the Nifty at 15336 failed to break the previous top of 15431 made on 16.02.2021 [the day on which the US yields spurted and impacted the global markets - See Chart II]. However, the Federal Reserve kept status quo on the rates and further took a dovish stance. The economy in the US, though stabilized and the US markets did see an immediate higher top.

The conclusion in Volume 6 had projected that the markets could be in a band between 15200 and 14300 [See Chart I]. Why was this band not broken? This exemplifies the importance of the Technical Analysis tool. It is difficult to predict an event that would affect the market but Technical Analysis, does indeed provide you indications of the next move. Whereas the US markets along with the other global markets continued to rise, the NIFTY was still stuck in the band between 15200 and 14300. The event unfortunately turned out to be the horrific effect of the second Covid-19 wave in India. The shortage of the vaccines has only added to the woes and the setback could be much longer than initially expected.

A look at Chart I will indicate that the Nifty took support at 14,296 on closing basis on 22.04.2021 (and a low of 14151 the next day) before bouncing back to 14894 on 29.04.2021 (intra-day of 15044) before moving down again to make a low at 14416 (intra-day – the lower end of the channel) and then moving higher to the upper end resistance level of the channel at 14967 (intra-day).

What next? Movement of the Nifty in chart II clearly shows the channel with support at 14322 and resistance level at 15240. If the Nifty manages to go above the resistance level of 15240 it will add another 893 points; whereas if it moves below 14322, the Nifty will fall by 893 points from that level.

It would be useful to highlight another very important aspect at peaks or the bottoms for either the indices or the stocks. It is called the Volatility Index or **VIX**. For example, the Chicago Board Option Exchange (CBOE) is maintained by the CBOE Global Markets.

- The COBE VIX is a real-time market index representing the market's expectation for volatility over the coming 30 days.
- Investors use VIX to measure the level of risk, fear, or stress in the market when making investing decisions.
- The Volatility Value, investor's fear and the VIX index moves up when the market is falling, the reverse is true when the market advances when the index value, fear and volatility declines.

• Working out the VIX as an example is complex and therefore not considered appropriate here.

However, the VIX and the NIFTY makes for interesting reading (High/Low levels):

| | | | |
|-------------|------------|-----------------|-------------------------------|
| 30.12.2019: | VIX 9.6175 | NIFTY (C) 12286 | NIFTY HIGH 20.01.2020 - 12430 |
| 24.03.2020: | VIX 86.635 | NIFTY (C) 7511 | NIFTY LOW 24.03.2020 - 7511 |
| 12-05-2021: | VIX 20.877 | NIFTY (C) 14696 | NIFTY LOW 12.05.2021 14650 |

This indicates that when the VIX is low eg. 30.12.2019 peaks in the indices are normally formed and you need to be cautious. But as they approach the highest level you could find opportunities to add stocks in the expectation that a bottom is around the corner.

In Summary:

The events which are likely to impact the future movement could be:

• The Second Wave of Covid-19 and Vaccination in India. One has to note that the spread of Covid-19 has also started impacting South East Asian countries like Thailand and even Taiwan.

• The Inflationary pressures of commodities being felt globally and again the increase in the Yields

Both these events are likely to provide future direction to the markets and hopefully if these are kept under control there could be better days ahead. The VIX is hovering between 14-30 and in a zone of uncertainty. A clearer picture of the Nifty will emerge with a break of either the 15244 level on the upside or the 14322 level on the downside.

(Image credits: Analyst) - Disclaimer: The Article is for knowledge purposes only and does not aim to provide investment advice or research recommendation on buying or selling. All are requested to consult their investment advisors / stock brokers before investing or trading in markets.

The author Sandeep (Bijoor) Bhat is a CA and C.P.A (Aus) and Partner - Adan Corporate - London

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Parisevanam

Bhagavad Gita

Here is a 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 6 (Part II)

Dhyana Yoga

Lord Krishna introduced the *sâdhana*-s for an *arurukshuh* and an *arûdhah* in the form of *Karmayoga* and *Shama*.

Why does Bhagavân stress on *Shama-dama* for an *ârûdhah*?

We have already seen in the 5th chapter that the forces of *râga-dvesha* can manifest in a person at any time and one has to be alert about this. The individual *vâsana*-s, even though diluted by *Karmayoga* can often distract the mind. Therefore, **it is necessary for a *dhyānayogi* to have mastery over his mind and sense organs. The only way to achieve this is to refrain from unnecessary activities of the body and mind. Also, when there is no strong desire for an action or its results, the mind becomes equanimous and quiet.** Such a person is as good as a *sannyâsî* as he has given up all entanglement with *karma* and *karmaphala*. *Shama-dama* give the *dhyānayogi* steadfastness and staying power in *dhyānam*. (v4).

Now Bhagavân wants to stress upon the role of personal effort for a *mumukshu*. *Îshvara anugraha* is said to be important to seeding the desire for *moksha* in a *mumukshu*. However, without individual effort it is not possible to be either a *karmayogî* or a *nididhyâsaka*.

The body-mind-sense complex is an instrument for both transacting with the world and also for *moksha-sâdhana*. If that instrument is under one's mastery, it becomes useful in focusing on the object of meditation. If not, the mind and senses drag the person out of *dhyānam*. Thus, if one has to save oneself from *samsara*, only an integrated, disciplined body-mind-sense complex can help. That body-mind-sense complex which is mastered by the *dhyānayogî* is a benefactor and the unmastered body-mind-sense complex turns out to be an enemy. A *dhyānayogî* with such mastery is not disturbed by the pairs of opposites during *dhyānam*. (v 5,6,7)

What is the vision of a *nididhyâsaka* towards the world of inanimate and animate objects? Bhagavân says that he has the vision of 'same-ness' towards all objects - be it a clump of clay, a piece of rock or a precious metal (समलोष्टाश्मकाञ्चन).

He does see the superficial differences in them, but values them equally as *anâtma*.

Similarly, all the human beings around him, whether they

are good Samaritans (सुहृद्) friends (मित्रः), enemies (अरिः), unconcerned people (उदासीन) people who act as arbitrators (मध्यस्थः), people who are loathed by others (द्वेष्यः), relatives (बन्धुः), *dharmic* people who do not harm others (साधुः) and even the most *adhârmic* people who harm others (पापः), all mean the very same to him. None of them disturb the *nididhyâsaka* in any way. (v 8,9).

From now onwards, Bhagavân talks of the immediate preparations before sitting in *dhyāna*. It is often asked whether a sitting *dhyānam* is necessary. Of course, ***nididhyâsanam* should happen at every minute during the waking hours. For this, it has to be initially practiced as a sitting meditation for a length of time with regularity.** Once it becomes spontaneous, it is not necessary to sit in one place with all the elaborate preparations described here.

What are the preparations for *dhyānam*?

1. The right place : one should choose a place which is not frequented by people (रहसि स्थितः). Examples of caves, river banks, forests and so on, are given in our scriptures. In today's circumstances, any place without disturbance should suffice. It should be clean and conducive for *dhyānam*. One should practice *dhyānam* alone, in solitude (एकाकी).

2. The right time: *Sâttvic* times like early mornings are usually beneficial. Any time when the mind is active and keen on doing *dhyānam* is good enough.

3. *Âsanam*: The seat for this purpose should be comfortable to sit for a length of time. Bhagavân talks about an *âsana* made of *Kusha* grass, dead deer skin and a soft cloth in that order (चैलाजिनकुशोत्तरम्). In the present day, we can think of any comfortable mat.

4. Posture of the body : Keeping the head, neck and the spine in one line and sitting with a broad base is the right posture for *dhyānam* (समंकायशिरोग्रीवम्). In today's circumstances, any comfortable position is advised (सुव्रासनम्).

5. Breathing: Bhagavân does not talk much about *prânâyâma* here. In the 5th chapter He mentioned about making inhalation-exhalation slow and regulated to calm the mind.

6. Sense organs: The *jnânendriya*-s should be withdrawn from their respective objects outside. The eyes

are the most likely to be distracted and so Bhagavân instructs that the eyes should be half- closed and should look at the tip of one's nose. This is because closing the eyes fully may induce sleep, while keeping them open can distract.

7. Unnecessary movements of the *karmendriya*-s should be avoided.

8. Mind: Being the most important instrument, the mind

should be *shamânvita* as explained earlier.

Every *nididhyâsaka* should, with all the preparations as advised, connect with Me alone and be able to focus one-pointedly on Me (Brahman). Then, he remains undisturbed and abides in absolute peace (निर्वाणपरमांशान्तिः) . (V10-15)

(To be continued....)

International Father's Day

NALINI NADKARNI, KANDIVLI (E), MUMBAI

Father's Day is celebrated in the United States on the third Sunday of June, and is a national holiday. It is also celebrated in many other countries. Though International Women's Day and International Mother's Day are celebrated in India, Father's Day is not celebrated. So let us see how one Indian Family wishes to celebrate Father's Day...

I am Mrs Sushama Madhav Deshmukh, living in Mumbai. We have a ten year old, school going son, Akshay. Appa, my father-in-law who is a retired Government servant, lives with us. He is a strict, but a very good man and we love and respect him very much; so do all our colony residents.

A little while ago, there was a phone call, from my cousin Roopa, who has settled down in the U.S. with her husband, Shyam. She said that as it is Father's Day there, and they would be going to visit her father in law, who lives elsewhere.

After speaking to her, a thought came to my mind, and I said to Madhav, "Why don't we celebrate 'Father's Day' for Appa?" "Good idea!" said Madhav. "I'll cook something nice for lunch; in the meanwhile, you take Appa to play carrom in the society compound. In the evening you take Appa to the temple, or beach, or wherever he wishes to go, and have a nice time together, talking about old times." "I'll do that," said Madhav.

Fortunately, things went as per schedule. I cooked some of Appa's favourite dishes. I had nearly finished cooking and was laying the table, when Akshay came in, tired and hungry, after playing cricket. He came straight to the kitchen and said, "Wow, what a sweet smell! Basundi, poori, aaloowadi, bharli vangi! Is it anyone's birthday? Is anyone coming for lunch?"

"No, no one is coming for lunch, nor its any one's birthday. Some countries celebrate Father's day. In the USA, it is Father's day today. As we love and respect Appa, (and so do all the others who know him). We thought of giving him a surprise, by celebrating today in his honour. In the evening, your Baba will take him to the temple or beach or any place Appa wishes to go to."

"But why can't we join them?" asked Akshay.

"Because, once in a while, they would like to be alone together – share old memories, you too must be wanting to be alone sometimes, with your best friend Kishore, don't you?"

"Yes, and now, I understand."

"When you grow up, you will feel the same about your Baba."

"You know son, I had told you that in the Ramayana, when Lord Ram was to be crowned the king, he declined the honour, and went into forest for fourteen years, in order to fulfill a promise his father had given to Ram's step mother, Kaikeyi."

"Yes, I remember; Ram must have loved and respected his father."

In the 17th century, Chhatrapati Shivaji was a great king and warrior. He sometimes used to disguise himself as a common man, and visit in the night places in his kingdom to check whether the men who were assigned their duties were doing their duties properly. One night, when he went on horseback to the gate of a fort, to his surprise, the sentry was absent, and a boy of about twelve or fourteen years, was guarding the gate! Shivaji spurred his horse to enter the gate, when the boy stopped him, saying,

"थांबा पुढं जायचंहाय माझ्या वा ने कुणाला भी पुढजाऊ द्यायच न्हाय असं सांगितल हाय आनी माझ्या बाला दिलेला शबुद मी पाळणारच" then he started singing:- खबरदार जर टाच मारूनी जालपुढेचिं धड्या उ डविनराई राई एवढ्या ."

Shivaji was impressed and asked him who his father was. The boy replied that his father was a trust worthy sainik in Shivaji Maharaj's army; and when he grows up he too wanted to be a sainik in Shiivaji Maharaj's army. Shivaji patted him, and said "होय मुला तू चांगला सैनिक होशील" so saying Shivaji went back pleased." This shows how much respect the boy had for his father.

Soon, Appa and Madhav came in. Appa, smelling the aroma of food, asked, "Is it any one's birthday? My एकसप्टी was over five years ago, and my सहस्र चंद्र दर्शन is a long way off; then what is the occasion?"

Madhav then explained to him about Father's Day. Appa said, "I have an ideal son, and an ideal family!" Madhav replied, "I beg to differ. I have an ideal father, and my wife and son have an ideal parent and grandfather respectively. May our family remain thus for a long, long time!"

Nalini Nadkarni, 94 years, is passionate about writing stories, articles, poems in English and Konkani. Her work has been aired on AIR. She has contributed articles to the Women's Era Magazine and has been honoured by the Mahila Samaj for her literary work

“ अवयवदान श्रेष्ठदान ”

शीला शिराली, परेल (मुंबई)

ह्या पृथ्वीतलाचेरि, मनुष्य जन्मु हो सर्वश्रेष्ठ जावु आस्स. मात्र, सर्वाकयि मृत्यु अटळ आस्स. मृत्युउपरांते, मनुष्यदेह निर्जिव जाल्ले तरी, आपणागेले अवयव दान कोर्नु, अनेक गरजू, रुग्णांगेले प्राण वांचोवच्याक जात्ता, हाज्जो विचारु कोर्या.

मानवी अवयवांचे प्रत्यारोपण कोर्चे म्हळ्यारि, आधुनिक वैद्यकीय शास्त्राची एकी होडी उपचार पद्धती म्होणका. ह्या उपचारांतु खंचेयि जिवंत अथवा मृत व्यक्तिलेले अवयव, गरजवंत रुग्णांगेल्या शरिरांतु प्रत्यारोपित कर्ताति. कोणागेले खंचोयि अवयवु पूर्णतः निष्क्रिय जाल्ला, असल्या जिवंत व्यक्तिलेच्या शरिरांतु, गरजेचो अवयवु प्रत्यारोपित कोर्चो हो कायद्याने प्रमाणित केलेलो उपचारु आस्स. त्यामितिं, अवयवदान हें एक वरदान जावु आस्स.

जिवित व्यक्तिक आपणागेल्या लागींच्या संबधिकांक, म्हळ्यारि ध्रुव, पुतु, आवसु, बाप्सु, खासा भावंडं, बाम्मणु बायल हांका अवयव दान कोरुक जात्ता. हो व्यवहारु केवल प्रीतीभावनेचेरि जात्ता, अर्थिक न्हंयि हाज्जी खात्री जायनाफुडेचि, शासनाचि परवानिगा मेळता. जिवंत मनुष्याक दैनंदिन पद्धतीचेरि, तशिची तागेल्या स्वास्थ्याक बाधा येनातिलें, ताक्का स्वतःगेलें मुत्रपिंड एकेयि यकृताच्या कांही भागाचें, दान कोरुक जात्ता.

हृदयक्रिया पूर्णतः बंद जाल्लेच्या मृत व्यक्तिक, केवल दोळे आनि चाम (skin) दान कोरुक जात्ता. मनुषु मृत जायनाफुडे, बंद जाल्लेच्या

हृदयामितीं, इतर अवयवांक रगत मेळनातिलेमीतीं, तीं निकामी जात्ताति, आनि त्या अवयवांचे प्रत्यारोपण कोरुक जायना. श्वसन आनि चेतना हाज्जें मूल केंद्र, मनुष्यागेल्या मेंदुतुल्या मस्तिष्क स्तंभ ह्या भागांतु आसता. अपघातांतु, एकेयि मात्याक मार लागुनु रक्तस्त्रावु जाल्यारि, अथवा मेंदु शस्त्रक्रियेउपरांते, मस्तिष्क स्तंभाक कायम स्वरुपाचो मारु लागल्यारि त्या मनुष्यागेले मृत्यु जांवच्याक

फाव आसता. असल्या व्यक्तिलेगी हृदयक्रिया, आस्पत्रेंतुल्या अतिदक्षता विभागांतु उपकरणांच्या सहाय्याने कृत्रिम पद्धतीने सुरु दवरल्यारि, ३६ ते ७२ तासांच्या कालावधींतु, तागेले मुख्य अवयव, म्हळ्यारि, मुत्रपिंड, यकृत, स्वादुपिंड, हृदय, दोळे, आंतडी, चाम, हृदयाची झडप, कात्राचे ड्रम्स, हांचे दान कोरुक जात्ता. शासन प्रमाणित रुग्णालयाच्या अतिदक्षता विभागांतु मस्तिष्क स्तंभ मरण जाल्यारि मात्र ह्या अवयवांचे प्रत्यारोपण कोरुक जात्ता. मानवी अवयव प्रत्यारोपण कायद्याने मस्तिष्क स्तंभ मृत्यु आनि अवयवदान ह्या दोत्रीक आमगेल्या देशांतु मान्यता दिल्या. अवयव दानाउपरांते, मृत मनुष्यागेलें देह सन्मानाने, अंत्यसंस्काराखातिर, तागेल्या संबधिकांक दिताति.

थोडे जाणांगेली देहदानाची इच्छा आसता. देह दानांतु मृत व्यक्तिलेगें शरिर, वैद्यकीय महाविद्यालयांतु दवोर्नु घेत्ताति. हाज्जो वैद्यकीय शिक्षण घेतल्या विद्यार्थ्यांगेल्या प्रशिक्षणाखातिर उपयोगु जात्ता.

अवयवदानांतु जांवचे विवरण, गरजू रुग्णांक, तांगेली प्राय, रक्तगट, तांगेल्या व्याधीची तीव्रता इत्यादि पोळोवुनु, जी सरसकट प्रतिका यादी कर्ताति त्यानुसार शासनाने घालनु दिलेल्या नियमांक अनसरसुनु पारदर्शी जात्ता. मनुष्यागेले मृत्यु घरांतुचि जाल्यारि, दोळे आनि त्वचादान तासांभित्तरि कोरुक जात्ता. त्वचादानांतु फाट्टीचि आनि जांघेची त्वचा मात्र घेत्ताति, ही त्वचा काडतना जिवंत व्यक्तिलेगी

शस्त्रक्रिया कर्तना कितली काळजी घेत्ताति कि, तितलीची जाग्रता घेवु, जाल्लेली जखम शिवेयिताति, त्यामितीं मृत व्यक्तिलेगो देह विद्रुप जायना.

शारिरिक व्याधी अथवा नंबराचे कनडक आस्सो अथवा मोतीबिंदुची शस्त्रक्रिया जाल्लेली आशिले पक्षाकयि अवयव दान, नेत्रदान कोरुक जात्ता. नेत्रदान केलेलेमितीं, दोळ्यांक दिसनातिल्याक दृष्टी मेळनु, तागेलें उर्वरित आयुष्य स्वावलंबी कोर्चे पुण्य कितलें समाधानकारक, न्हंवे ! त्यामितिं अवयव दानाविषयांतु योग्य माहिती आनि जागृति जांवची अगत्य आस्स.

कोंणाक की, तांगेल्या मृत्युउपरांते, अवयव दान कोर्ची इच्छा आस्स, तांन्नी कायदेशीर संमतिपत्र कोर्चे आवश्यक आस्स. त्याखातिर, सरकारमान्य रुग्णालयांतु अर्जी कोर्काज आनि ताज्जेरि एक्का संबधिकांगेली सही घेंवकाज. प्रतिएक्का सरकारी रुग्णालयांतु हाज्जेखातिर एकु स्वतंत्र विभागु केलेलो आस्स. अवयवदानाविषयांतु जानांक माहिती दिंवच्याक आनि तांगेले शंका निरसन कोरुक ह्या विभागांतुले कर्मचारी तत्पर आसताति. वेब साईटारि सुदांयि अवयव दानाविषयांतु माहिती मेळता.

अर्जी कर्नाफुडे, डोनर कार्ड मेळता, तें दात्याने स्वतःलागी दवोरनु घेंवकाज, डोनर कार्डाचेरि, स्वाक्षरी आशिले तरिकेयि, दात्यागेल्या मृत्युउपरांते, लागी आशिल्या संबधिकांनी संमति दिल्लेविनाह अवयव दान कोरुक जायना. त्यामिती प्रतिएकळयाने आपणांगेली इच्छा संबधिकांक सांगुनु दवोरकाज. जन्माक आयिल्या प्रति एकळ्याक मृत्यु अटळ आस्स. त्यामितिं, मृत्युउपरांते पूर्ण शरिर अर्गींतु नष्ट कोर्चे पयलें, दोळे, त्वचा असले अवयव दान केल्यारि, जिवंत मनुष्यागेले जीवु वांचतलो, ताक्का दृष्टि मेळतली. तरी, मनांतुले

सर्व गैरसमज दूर कोर्नु, प्रति एकळयाने अवयव दान कोरुक मुखारसुयल्यारि, हें दान सहृद समाजाखातिर लाभदायी जाल्लें, अरशी माक्का दिसता.

अविस्मरणीय अनुभव

सुनंदा नाडकर्णी

“खंडाळ्याचा घाट तेथे गाडी झाली ताठ” हे माझ्या लहानपणी आम्ही गुणगुणत होतो. मजा वाटायची. पण जरा मोठी झाल्यावर मला त्याचा चांगलाच अनुभव आला. सन 1941 यावर्षी दुसरे महायुद्ध चालू होते. मुंबईवर अणुबॉम्ब टाकणार अशी भीती वाटत होती. त्यामुळे म्हातारी माणसं लहान मुलं व बायका यांना मुंबईबाहेर पाठवा असं सांगण्यात आलं होतं. त्यामुळे माझे वडील, माझ्या दोन बहिणी, त्यांची दोन छोटी मुलं, सासू, मी व माझा धाकटा भाऊ कमाल अशा सर्वांना घेऊन धारवाडला गेले. मी आणि माझा भाऊ तिकडच्या मिशन स्कूलमध्ये जाऊ लागलो होतो. मी दादरला मुलींच्या हायस्कूलमध्ये जात होते. त्यामुळे ती मुला-मुलींची शाळा आवडली नाही व मी परत दादरला यायचे ठरवले. सोबतीला शेजारी राहणारे दोन आजोबा होते. आम्ही पुण्याला पोचलो. मुंबईला येणारी गाडी पकडायची होती, पण गाडीच मिळेना. एक मोठा दगड खंडाळ्याच्या रेल्वे रुळांवर पडला म्हणून गाड्या बंद झाल्या होत्या. (पावसाळा चालू होता) मग आम्ही डॉक्टर आजोबांची चुलत भावाची मुलगी खडकीला राहत होती तिच्याकडे गेलो. त्यांच्या बंगल्यात आमची चांगली सोय झाली. आप्पा आजोबा आपण बसने मुंबईला जाऊ म्हणत होते. पण डॉक्टर आजोबा ऐकेनात. शेवटी तीन दिवसांनी गाड्या चालू झाल्या आणि आम्ही खंडाळ्याचा घाट ओलांडून मुंबईला आलो. आम्ही तालीमकिवाडीत जाणार होतो. डॉक्टर आजोबांची मुलगी तिथे राहत होती व समोर माझी बहीण राहत होती. आमच्या डब्यात माझ्या चुलत बहिणीचे याजमान दिसले. ते खारला रहात होते. ते दादरला उतरून खारला जाणार होते. त्यांना मी मला दादरला घरी पोचवाल का म्हणून विचारले. व त्यांनी मला घरी पोहोचवली. “खंडाळ्याचा घाट तिथे गाडी झाली ताठ” म्हणायला मजा वाटत होती पण अनुभव मात्र त्रासदायक झाला.

दुसरा एक अनुभव मजेदार, भयंकर! कुणालाच आला नसेल असा. दुसऱ्याच वर्षी 1942 साली महायुद्ध चालूच होतं. आणि पुन्हा मुंबईवर बॉम्ब टाकणार अशी बातमी आली आणि माझे वडील आमच्या घरच्या लेकी सुना, नातवंडे व माझा धाकटा भाऊ कमाल यांना घेऊन धारवाडला गेले. माझी परीक्षा (मॅट्रीकची) होती म्हणून मी गेले नाही. माझे तिघे मोठे भाऊ व मेहुणे यांना स्वयंपाक करण्यासाठी आई दादरलाच राहिली. मी पण परीक्षा होईपर्यंत दादरलाच राहिले. महिन्यांनंतर माझी परीक्षा झाली आणि मी, मामा-मामी गावाला जात होते, त्यांच्याबरोबर धारवाडला जायला निघाले. पळापळ जोरात चालू होती. गाड्या, बसेस वाटेल ती साधने घेऊन लोक मुंबई सोडून जात होते. आम्ही रेल्वेने पुण्याला पोहोचलो. पुढे गाडी बदलायची होती. पण झुंडीच्या झुंडी गाडीत बसायला जात होत्या. त्यामुळे

आम्हाला दरवाजाजवळ जाता येत नव्हते. मामा सामान सोडायला दरवाजा जवळ गेले. मी, मामी व आमच्या बरोबर माझ्यापेक्षा दोन वर्षांनी लहान मुलगी होती. आम्ही प्लॅटफॉर्मवर उभ्या होतो. एक वयस्क हमाल आला. म्हणाला साहेब दरवाजाजवळ आहेत, तुम्ही खिडकीतून आत जा, मी तुम्हाला चढवतो. माझ्या पायावर पाय द्या आणि खिडकीतून डब्यात जा. त्या दिवसात खिडकीला बार नसायचे, त्यामुळे खिडकीतून सामान वगैरे आत घालायचे, पण माणसं गेलेली पहिली नव्हती. पण इलाज नव्हता. मला भीती वाटत होती कि हा हमाल आमच्या वजनाने गचकणार तर नाही ना. पण जावेच लागले. प्रथम ती मुलगी चढली. हमाल पाय वाकवून उभा होता. मग मी चढले. आम्ही मुली बारीक होतो, पण मामी मोठी बाई चांगली जाड-जूड होती. मला भीती वाटत होती ती अडकेल की काय म्हणून. पण आम्ही जागा शोधून बसेपर्यंत मामी माझ्या पाठीमागेच उभी होती. आम्ही एकदाचे गाडीत शिरलो. हा विचित्र अनुभव सहसा कुणाला आला नसेल. अजून आठवण केली तर संबंध दृश्य डोळ्यासमोर येते व झोप उडून जाते.

“करुणा दाक्केयि देवा”

धग्गा दिस आयले
आंगा उद्दाक आड्नु गेल्ले
वत्ता रापू वाडले
वट पुरायि सुक्कुनू गेल्ले .

फेना मुळांतु वसल्यारि,
वारो खंयि वत्ता म्होणु कळना,
वाटल्यांनी उद्दाक पिल्यारि,
उद्दाक वत्ता खंयि म्होणु कळना .

हैराण जाल्लो म्हणता,
पैराण घालचें नाक्का दिसता,
भायर वच्चुक जायना,
घरांतु सुद्दायि वैसुक जायना .

कारुण्य दाक्केयि देवा, थोडें,
कोरोना मस्त दाक्केयिलें,
तापू दोर्नीचोयि राब्बयि आल्लें,
तापत्रय कम्पी जाल्ले .

चैतन्य नाडकर्णी, गोरगांव (प)

मातृ देवो भव

आई शब्द येता ओठी
आठवे मांगल्य त्यागमुर्ती ॥
आईचा चेहरा प्रसन्न, हासरा
भासतो जणू अमृताचा झरा ॥
आईची निरामय, निरपेक्ष माया
जीवनात कल्पतरुची छाया ॥
आई आनंद सुखाचा आगर
सारे दुःख पोटी घेणारा एक सागर ॥
घराचे कराया मंदिर आई झटते
समईमध्ये वात होउनी ती जळते ॥
जळतांनाही शांतपणे ती तेवते
चंदनापरी जीवनात ती झिजते ॥
बळ पंखात ती भरते भरारी घेण्याचे

फळ हे तिच्या ममता, वात्सल्याचे ॥
आईची ममता अमाप, अपार
कुणा ना येईल तिची सर ॥
आई होते उन्हामधली सावली,
बाळासाठी जणू विठूमाऊली ॥
पंखाखाली जिच्या ऊब ती आई
घर रक्षणा दैवी ताकद देते आई ॥
आई मांगल्य नि संस्कारांची खाण
न फेडू शके कोणी तिचे अमूल्य ऋण ॥
आई विना नाही सुखकर कधी जीवन
देव मानूनी आईचा आदर, करा वंदन ॥

विद्या दुर्गादास बेंदुर
(विद्या सीताराम भट)

You got to be 'C R A Z E E', if you want to be successful!

BY MAYUR KALBAG

"Oh yes! I do believe that apart from the wonderful qualifications and attitudinal attributes, if you want to be a highly successful leader, you must become completely 'CRAZEE'!" What! You want me to become mad and you think that is the way by which I can become a great leader of my team and grow in my organization?" I asked my CEO with a mischievous smirk. "Dear Mayur, I used the term, 'crazeee' and not 'mad'. I can empathize with the fact that, for most of us the terms crazy and mad mean almost the same thing. But then, in our organization the term 'crazeee' is not about being mad or senile. It actually means something more positive and extremely progressive. Do you know something? Each of our fifteen hundred employees has been encouraged to become **CRAZEE**." The CEO explained with a big smile. Before I could say anything more he walked towards the white board and with a black colored marker he wrote the word crazy. Interesting he spelt it as CRAZEEE and not the way it is typically spelt. After writing it he began explaining in enjoyable detail.

"To all of the new recruits seated in this conference room I wish to state that, for us, the word crazeee is a supreme representation of interesting and inspiring qualities. In fact, each alphabet of the word 'CRAZEE' opens up into a separate and special quality which can help us excel in our respective work. I wish to explain each of these to all of you so that you will understand them and start building them into your attitude. I wish that, like me and all the other employees, you too become CRAZEE!"

Chaser! Never give up easily

I don't mean the chaser that we have as food items at cocktails or at parties. In the context of being crazee the term chaser means that person who does not give up and keeps passionately persevering to achieve his short term objectives and long term goals despite small or big obstacles or barriers on the way. The chaser is the one who goes all the way through the 'finish-line'. He keeps his chase on to accomplish the targets he or she has set while others may lose their will to continue! If you therefore want to be successful in our organization then be that 'cheetah' who chases its 'prey' (target) in relentless pursuit.

Re-invent yourself

As a professional never become rigid or stubborn to a change yourself or to do something positively unexpected, especially if that change is going to be good for you and your eventual growth in the organization. What is extremely important is that you engage in the process of re-inventing yourself by learning new things at work, by developing new and positive qualities within you along with adding new technical and professional competencies to your existing ones. I have seen a lot of young executives and managers who have shown reluctance and dispassion towards re-inventing or transforming themselves for the better and eventually have remained at the same position in the department while their colleagues and that too, their junior ones have galloped ahead fervently.

Approachability in your attitude

Especially as you grow in your organization to higher levels of authority you must develop the attitude of approachability. By this, I mean that you must create the freedom and fearlessness in your subordinates and other colleagues to approach and interact with you without feeling the slightest emotion of nervousness, fear or subtle reluctance. I have seen a lot of managers who, for whatever reason create this negative and arrogant aura around them due to which their subordinates and even colleagues find it very uncomfortable to approach them freely. All I wish to say is that, even if you might be busy with important work or completely stressed out at that particular time, you must politely explain the same to the person and request him to meet you later. Please understand that your attitude of approachability will create more respect for you, in the eyes of all those working along with you at different levels. In fact, especially as a leader, it will help you strengthen 'team bonding' and awaken higher team spirit!

Express yourself

Please do not ever let go of an opportunity to express what you feel or what you believe. You may find yourself in sticky or tough situations and these may make you nervous or fearful to speak out in front of your boss or your colleagues, but then, you must never let such negative emotions become obstacles or barriers. You must gather all your courage and express yourself freely and fearlessly. Don't think about what others might comment or if there will be negative feedback about your perspectives. If you believe in your own thoughts and ideas then must simply communicate them and you will find that, eventually people at all levels will respect you for your attitude of confidence and courage to 'express'.

Empathize

There are people who will fail or who will make mistakes. There will be those who will get tremendously upset and begin scolding those people. Having said this we can be different from them and that difference is in the way try and first understand he reasons for their failures. This effort to listen and understand the reasons for failing and then helping the same person to improve is known as the emotion of 'EMPATHY'. You will be most happily respected if you begin to empathize and then respond with positive suggestions and eventually you will evolve to become a great leader.

Well! You may be wondering where is the 'Z'; of the CRAZEE? To be honest, I have purposefully decided to share my thoughts about it towards the end and that is because, to be able to achieve success in all aspects of life what we truly need to do is to awaken within us is 'Zeal'. It means a heightened sense of **enthusiasm, excitement and exuberance**. Zeal also represents a deep 'PASSION' towards wanting to execute your objectives and goals. Despite the tough and challenging times you may face in your professional or personal life, the most effective way to accomplish all your goals is by battling all the barriers with your attitude of ZEAL.

Other-worldly Loan

Some people are the morning sun,
Their love is without condition,
Steady as the ground beneath,
Constant like the air we breathe,
They see our flaws through a forgiving lens,
As potential for self-transcendence.
Their words, precious like the purest gold,
Fill scars sustained in a world, cruel and cold
There are those whose love is make-believe,
A hollow facade of niceties.
They use a special kind of lens
Which magnifies our imperfections.
You want no part in their crafty game
As an easy scapegoat, someone to blame.
You treat them as family or dear friend,
They see you just as a means to an end.

Both kinds of bonds were forged
In an ancient, cosmic fire,
Threads in a mysterious tapestry
Pulled by aversion and desire.
These bonds got embellished
In every subsequent life,
Some patterns were harmonious
Some were full of strife.
For aeons, we have been meeting
On this mortal plane,
Playing this incessant pastime,
Exchanging pleasure and pain.

Walking the tightrope of equipoise
Is a difficult art,
It's nudging ourselves with every breath
Not to take things to heart.
Like a complex math problem
Takes countless calculations to solve,
Who knows the mysterious ways in which
Our balance sheet will resolve?
Unknowingly, we planted
Each thought, word and deed.
Lush is our garden,
With the fruit of every seed.
The true love we receive,
As well as its poor clone
Is what we gave out at a different time,
As an other-worldly loan

Nivedita Master (nee Kilpady)

Nivedita is fond of writing since childhood and was a regular contributor to her school journal. She learnt classical music for a short while in Mumbai. Currently based in Singapore, she teaches bhajans and yoga to ladies, whenever she is free, as a hobby. She is mother to 14 year old Yohaana. She likes to call herself as a "life long learner on the path of self improvement."

Young Viewpoint



Samvit Mavinkurve, (age 16) won the **Story Mirror Author of the Week (Reader's Choice) Award** (April, 2021, Week 3) for his poem titled, "The Eternal Truth".

The Eternal Truth

The boy asked the man, most wise,
What is that which is the Divine above?
What pervades both humans and mice?
What is beyond hate and love?

What is beyond the senses five,
Which is beyond the beings, dead and alive?
What is that, which is Eternal and Great?
Who did this Universe create?

Fascinated by the question Divine,
The wise man spoke the following words:
"The Truth is beyond I and Mine,
The Truth cannot be expressed with words.

Neither can the Truth be perceived with our extremely limited mind,
The Truth indeed is difficult to find.
But O my boy most loved; remember always these Divine words,
For the nectar of The Divine Truth is indeed infused in these words:

I am That Eternal Being,
Who is The Creator of all,
I am that Witness present in all,
I am present in Thee and all else,
The All Pervading Bliss I am, Eternal and Limitless.

You yourself are the Truth which you seek,
Search ruthlessly for this Truth, don't be weak."
Influenced was the boy by these words divine,
Meditation he began and soon he found the Truth beyond I and mine.

Sitting in the darkest of caves,
Meditating on the words most divine,
Silencing all unwanted thought waves,
He attained the Truth, with the radiance of which his body began to shine.

The wise man he met again,
The wise man himself came into the boy's little den.
Grown up was he,
A man of twenty.

With beard all around his face,
He was the wisest man in his own race.
Who are you?" the wise man asked,
To which he replied.



"I am without an end or start,
Neither do I need to sustain myself.
I am neither bound nor am I free,
Unaffected am I, from the mind and the heart.

I move faster than light,
Yet, like a tree I move not.
I grow not and nor do I rot,
Neither am I peaceful nor do I fight.

I sleep not but I am never awake,
Neither do I reside in between,
For I am that timeless being,
Who, in sleep or in awareness, can't be seen.

From me arose the elements five,
Which combined to form the Universe.
I reside in all beings, dead or alive,
Fate being the poem, which by me was put to verse.

No disease can affect me,
Neither can words of love and hate,
Neither destiny, nor fate.
I am the Eternal: Infinite and Free.

I am the Nothing,
The Void, the Empty!
Yet I am Everything
The All Pervading Bliss!"

Hearing these words of this newly grown man,
Overjoyed was he, showing this man a smile of love,
Said he, "Now thou are equal to me, for we both have experienced the Divine above.

Now in the ocean of life, keep your mind unaffected like the feather of the ever elegant swan."
Saying this, the wise man and the newly enlightened man, parted their ever blissful ways.

Samvit has been writing poems and stories since the age of 8 years, few of which he has published and bagged prizes as well. He has also been appreciated and honoured for the second consecutive year as a 'Literary Colonel' by Story Mirror. He can be contacted at samvitsm@gmail.com.

Personalia

Mrs. Malvika Sirur Kamath

Mr. Subhash Sirur and Mrs. Lakshmi Sirur's daughter, Mrs. Malvika Sirur Kamath's 'Debut' as an 'Assistant director & Actor' in the Shortfilm - 'CHUDIYAN' has won a lot of recognition and accolades amongst hundreds of other films that were nominated at various Film festivals across the globe.

It is an OFFICIAL SELECTION at 4 Film Festivals as follows:-

- 1) 11th DADASAHEB PHALKE FILM FESTIVAL 2021
 - 2) L'Age D'OR INTERNATIONAL ARTHOUSE FILM FESTIVAL 2021
 - 3) ANDROMEDA FILM FESTIVAL 2021 (Los Angeles/ Istanbul)
 - 4) SHORFUNDLY ANNUAL FILM FESTIVAL 2021
- Her film won in the 'Special Festival Mention' category at the '11th DADASAHEB PHALKE FILM FESTIVAL



2021', at the 'L'Age D'Or INTERNATIONAL ARTHOUSE FILM FESTIVAL 2021' and at the ANDROMEDA FILM FESTIVAL 2021 (Los Angeles/Istanbul).

The film was released on 1st May 2021 and can be viewed at https://youtu.be/SfVF_svM1e0.

Milind Philar

Milind Philar is the son of Tarun and Aparna Philar, Honors graduate of Waubonsie Valley High School. He participated in the Math team, Science Olympiad and was the campaign manager in Youth & Government. He shows keen interest in entrepreneurship, machine learning in gaming technologies. Milind will be attending the University of Illinois Urbana-Champaign to study Computer Science. His hard work and dedication has paid off making his parents, sister and grandparents proud of his achievements.



Kiddies' Corner

Farmhouse amidst Mother Nature



Arunita Kalambi - 6 years

(The name Arunita Kalambi was wrongly printed as Gauri Kalambi in our last issue. The error is regretted.)

Lotus



Arshia Arvind Chandragiri - 12 years

Kiddies' Corner

Kedar Sood (parents Yamini [Jaishankar] and Shantanu Sood) looks deep at Mother Nature, and the animal world. He also loves to trek, swim and cycle.

Small Hands Support Big Himalayan Sustainability — “Feather, Fur and Fin” Project

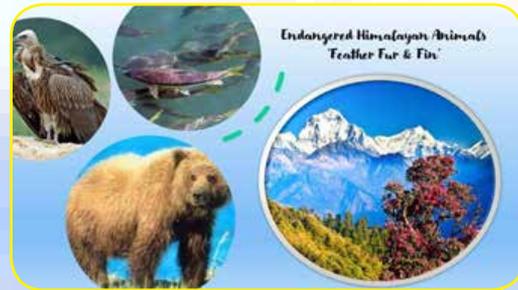
My name is Kedar Sood; I am a student of Grade 5 at Pathways School, Gurugram. From an early age I have been fascinated by animals, wildlife and love reading about all kinds of creatures. I did a project at school this year on conservation of The Himalayan Biodiversity represented



through air, land and water titled 'The Feather, Fur, and Fin Project.' The title represents the Himalayan Vulture, Brown Bear and Mahseer and shows how they are all interdependent. The project also highlights the benefits of eco-tourism on conservation. Through a series of detailed interviews with many wildlife experts, surveys in the city and village and months of

research, I was able to inquire into detail about the state of the ecology of the Himalayas as it stands today and propose solutions. To create and spread awareness about the issue, I spoke to children at my school, created a video, wrote an acrostic poem and did a crowdfunding campaign where I raised INR 1 Lac (1,00,000) for CHINAR (Central Himalayan Institute for Nature and Applied Research), an NGO associated with the United Nations. The donation money will be utilized for environmental conservation and sustainable livelihoods to fight climate change. Through this I hope to make an impact for the people of the mountains through sustainable solutions and conservation of biodiversity. I am honoured that CHINAR has awarded and featured me as a Young Sustainability Hero on their social media website. https://m.facebook.com/story.php?story_fbid=1625330964319112&id=662190513966500

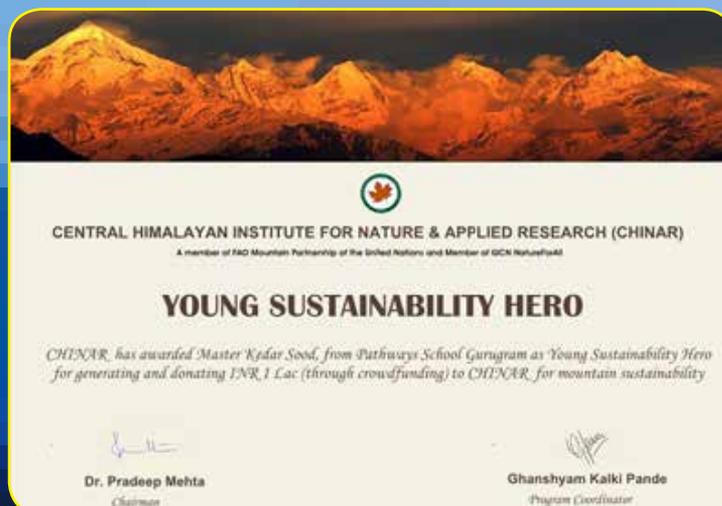
My school has also recognized the meaningful and impactful action of my project and mentioned this on their Newsletter and social media page.



Acrostic Poem

High up in the *Bugyal* meadows,
Incredible plants and trees grow,
Magical forests and animals live,
Amazing places that have so much to give,
Living on this planet means,
Adoring and respecting every creature that roams,
Yet we plunder all our resources and kill,
Allowing nothing to grow or live,
Sooner or later, we need to mend before we go down the
 bend,
Giving back to nature what it needs,
Only humans can help this with everyone's lead,
Goals of making sure this planet is green,
Reaching out to everyone,
Energy and will is the need of the hour,
Everyone is called upon,
Nothing should stop a better tomorrow!

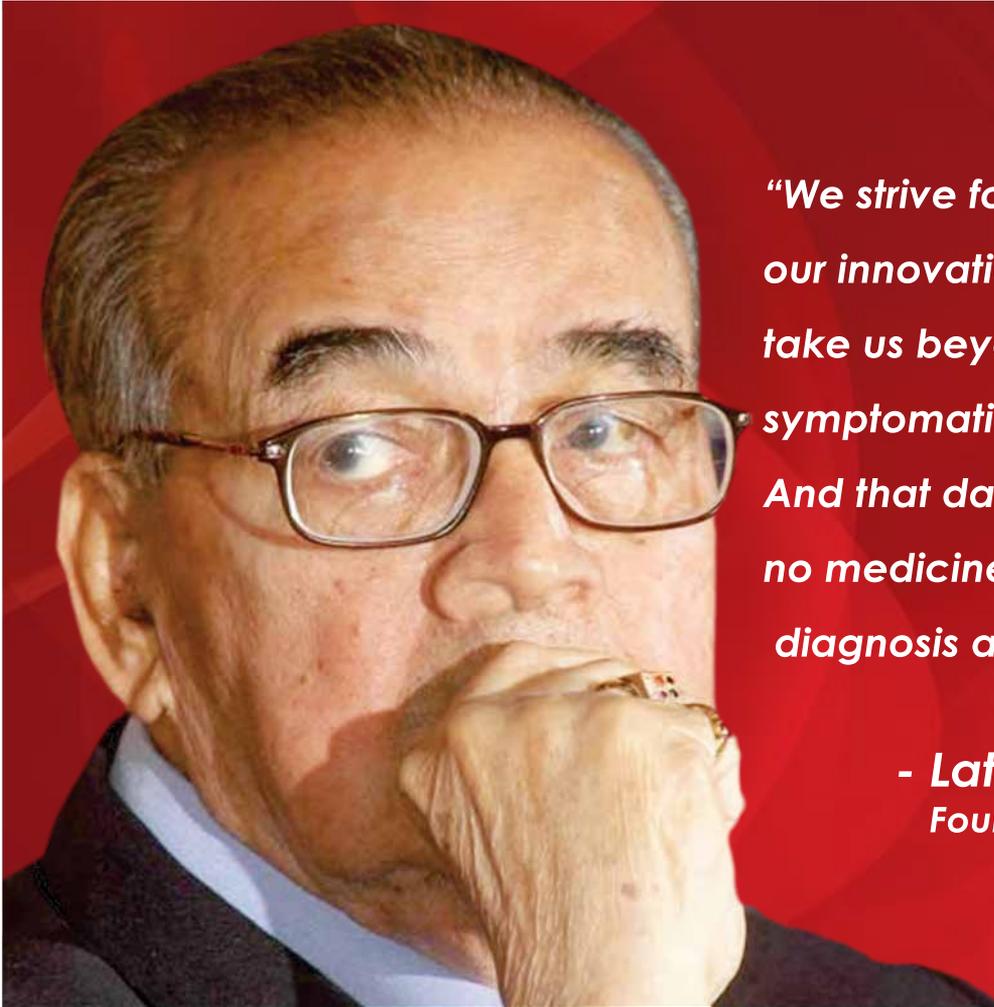
By: Kedar Sood





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Ref: FCRA/2021-22

06thMay 2021

Important Notice to Donors to KSA's FCRA Account

As communicated in our advisory published in March 2021 issue of the KSA magazine, that there have been changes in the Foreign Contribution Regulations Act (FCRA), making it mandatory to channelise all foreign donations by a social organisation in India through the State Bank of India, New Delhi, Main Branch (SBI -NDMB). We have now completed all the formalities to comply with the new FCRA regulations. Hence the old FCRA account in SVC Bank Ltd, Sleater Road Branch, Mumbai cannot be used for any foreign inward remittance.

We give below the details of the new designated account where the Foreign sourced donations should to be remitted.

Name of the Bank: **State Bank of India, New Delhi, Main Branch.**

Address: **FCRA Cell, 4th Floor, New Delhi Main Branch, Sansad Marg, New Delhi - 110001. India.**

Account Number: **40090949634 - (FCRA Savings Account)**

IFSC No: **SBIN0000691**

Branch Code: **00691**

Swift Code: **SBININBB104**

All foreign Institutional and Individual Donors, will have to remit their donations only through the above SBI bank designated FCRA Account. A person of Indian origin, holding a foreign passport, will be covered by the term "foreigner" for the purpose of FCRA. Foreigner having an NRO account in India, if he chooses to use the funds from that NRO account for donation purposes, will also need to transfer to the above stated account only, as it is classified as foreign source donation under the FCRA rules. Donors are advised to use the swift code while doing the remittance for faster transfer. We also request all Donors to intimate the KSA Admin Manager of the remittance and clearly state the purpose of the donation (Education, Medical or Distress) and whether it is towards corpus (endowments) or to be disbursed in the year of receipt for the stated purpose. We also request you to give the passport copy, the tax code/identification number, if any, for our various compliance and audit purposes.

(KSA Admin Manager: admin@kanarasaraswat.in)

Jairam Khambadkone
Chairman – KSA Hon.
jk.khambadkone@yahoo.com

Rajesh Shivanand Aidoor
Treasurer – KSA
rajesh.aidoor@gmail.com

A Royal Salute

BY VANITA KUMTA

Day in and day out
Through thick and thin
They struggle dawn to dusk

A Royal Salute to them all
Right from the manual labour
To those in high office
From those that guard us
To those that fetch and fend
From those that treat and heal
To those that care and protect

To each and every one of you
We offer our prayerful thanksgiving
We bow our heads
And bend our knees
With our sincere and heartfelt thanksgiving
We pledge to spread love and not hate
Kindness and not cruelty

We will not let your sacrifices go in vain
We will strive to be worthy of your Supreme efforts
We will hold fort
We will inspire one another

In the larger interests of peace,harmony and wellbeing
Of all forms of life

History should remember us all
As the brave and undaunted
Who fought the Corona war
Relentless in our efforts
To contain the scourge
To draw strength
From one another
To Never Say Die
A big, big, thank you
To each one who helped ease
The unsurmountable
Death, destruction and disease
A challenge that befell us
But together we rose
From the ashes.

Vanita Kumta is a graduate in Microbiology and has worked as a Medical Microbiologist. She also set up her own Pathological Laboratory. After calling it a day, she now spends her leisure time writing. Writing is her passion. In her own words – "Happy,sad,ecstatic moments prompt my deepest thoughts into words that I love to share". She can be contacted at vanitakumta@hotmail.com.

The Saraswat Mahila Samaj is very grateful to the following donors for their generous donations:

In 2019-2020

Smt. Sitabai Padbidri Distress Relief Fund

Smt. Shantala S. Mureshwar Rs. 10,000/-

Smt. Kalyanibai Samsi Medical Relief Fund

Smt. Vidya Kagal Rs. 3,000/-

Smt. Parvati D. Sharma Rs. 10,000/- in memory of Shri Diwakar D. Sharma

Smt. Priya Bijur Rs. 1,500/-

Smt. Kalindi Kodial (in 19-20) Rs. 7,50,000/- in memory of Dr. Harish R. Kodial

Smt. Shantala S. Mureshwar Rs. 10,000/-

Shri Dayanand S. Kodange Rs. 30,000/- in memory of Smt. Archana D. Kodange

In 2020-2021

Smt. Sitabai Padbidri Distress Relief Fund

Smt. Nirmala V Nadkarni Rs. 5,000/- in memory of Shri Vasant Nadkarni

Smt. Kalyanibai Samsi Medical Relief Fund

Smt. Kalindi Kodial Rs. 7,50,000/- in memory of Dr. Harish R. Kodial

Smt. Anjani P. Chandavarkar Rs. 1,000/-

Smt. Mrinalini Kher Rs. 5,000/- in memory of Shri Chaitanya M. Gangolli

Here and There

Bengaluru:

Special programmes: On 13th April, on the auspicious occasion of Yugadi and *Plava Samvatsara Prarambha*, Bhashya Pathana: Srimadbhagavadgeeta, Upanishad and Brahmasutra was rendered by Sadhaka-s from their respective homes.

Online Gurupujana training was conducted for the registered Sadhaka-s by a team led by Smt. Archana Kumta as part of Sayujyam programme. Upon completion of this training, a Samuhika Gurupujan was conducted online on 25th April, through Google meet. Sadhaka-s across all age groups including 13 yuvas participated in the same. This is proposed to be done on the last Sunday of each month during the tenure of Sayujyam Programme.

On 27th April, on the occasion of Rathotsava at Shirali, Sadhaka-s rendered Bhashya Pathana from their respective homes.

Daily programmes: Daily morning puja-s and evening puja-s on Monday-s, Thursday-s and Friday-s were performed by *Grihastha-s* and Yuva-s.

Durga Namaskar was performed every Friday by Ved Shri Vijay Karnad Bhatmam with the assistance of Shri Satyendra Sorab.

The series of talks "The Bhagavadgita Talks - by Smt Dr Sudha Tinaikar" commenced online on the Shri Chitrapur Math website from 3rd June and is held every Wednesday.

Girvana Pratishtha Sambhashana Varga are being conducted online.

Gayatri Japa Anushthan is also being performed every Sunday morning and is being performed online.

Reported by Saikrupa Nalkur

Mumbai, Goregaon: October – December 2020:

Sampoorna Guruparampara Charitra pathan in chain was done by the Sadhakas on Sunday i.e. 4th October, 20 and was culminated on 5th October with *samuhik pathan* of 71st *Adhyaya*.

On the occasion of Sankashti Chaturthi, Shri Ganesh Pujan was performed followed by *Shri Vishnu Sahasranaam Stotra pathan*.

Sadhakas performed *Sankshipt Sandhyavandanam* with 3 malas of Gayatri Japa on Sunday i.e. 11th October, 22nd November and 20th December on Google Meet.

On 13th October, i.e. *Ashwij Aadhika maasa Ekadashi*, Shri Krishna Pujan was performed. It was followed by *samuhik pathan* of 15th *Adhyaya* of *Bhagwad Geeta* and *Shri Vishnu Sahasranaam Stotra Pathan*.

It was *Adhika Ashwija Masa* from 18th September – 16th October. Additional *sadhana* was performed during this month comprising of *Japa*, *Shree Devi Anushthan*, *Pathan* etc in which 84 *sadhakas* participated which was offered at the Lotus Feet of Parama Pujya Swamiji at the end of *Adhika Masa*.

Sharadiya Navaratri from 17th – 24th October was celebrated with *pathan* of *Navaratri Nityapath* on all the days.

There was recitation of *Shree Rajrajeshwari Ashtakam*, *Shree Bhuvaneshwari Ashtakam*, *Bhavani Ashtakam*, *Mahalaxmi Ashtakam*, *Shree Durga Apadudhara Ashtakam*, *Saraswati Stotram*, *Saraswati Stuti*, *Ganesh Panchratna*, *Lalita Panchakam*, *Guru Bhajan Stotra*, *Gurupaduka Panchakam*, *Shree Annapurna Stotram*, *Meenashpancha ratnam Stotra Mahishasurmardini Stotram*, *Minakshipanchratnam*

On 30th October, i.e. *Kojagari Purnima* the Goddess Mahalakshmi was welcomed with *Shree Devi Pujan*. The *kumkum archana* was offered with recitation of *Shree Lakshmi Sahasranamaavali*. There was *kathan* of *Raas leela Prasanga* and recitation of *Gopika Geetam Stuti*.

On 4th November, i.e. *Sankashti* day, there was recitation of *Navratri Nityapath*, *Shrimad Bhagwad Geeta* (Chapter 12&15) *Shiv Manas Stotra*. This was followed by *Ganesh Pujan* and *Shri Ganesh -stuti par bhajans*.

On 14th November i.e. *Narak Chaturdashi & Lakshmi Pujan* there was *Shree Lakshmi Pujan* and *Kumkumarchana* with *Lakshmi Sahasranamaavali*.

On 23rd November *Janmadivas* of our Beloved Parama Pujya Shrimat Sadyojat Shankarashram Swamiji was celebrated with *Shri Guru Pujan* performed by *sadhakas*. The children of Prarthana Varga gesticulated *Shivamansapooja Stotram* as an offering to Parama Pujya. Swamiji. The *yuvatis* participated in the *Shree Devi Anushthan* and *Shri Guru Pujan*.

On 3rd December, *Sankashti Chaturthi* was observed with recitation of *Navaratri Nityapath*, Chapter 12 & 15 of *Shrimad Bhagwad Geeta*. The audio recording of *Shree Ganesh Shloka* by Param Pujya Swamiji was played. This was followed by *Shri Ganesh Pujan* and recitation of *Shree Ganesh Panchratnam* and *Shiv Manas Puja stotra*.

On 9th December, i.e. the *Punyatithi* of P.P. Vamashrama Swamiji, *Shree Devi Anushthan* was performed followed by *Shri Guru Pujan*. The *shravan/pathan* of 23rd *Adhyaya* of *Shri Guru Parampara Charitra* was done.

Shashthi was celebrated on Sunday i.e. 20th December with the *archana* of *Shree Vishnu Sahastra namavali* and the playing of *Shree Ananteshwar Stavan geet* and *Namaskar Shloka*.

Shri Datta Jayanti was observed on 29th December with *Shri Guru Pujan* and *archana* of *Shree Datta Ashtottara Shata namavali*. There was a brief presentation of *Datta Jayanti Mhantyo* sung at *Shree Durga Datta Mandir*, Mallapur. The following *sadhakas* participated in virtual *Sampoorna Bhagwad Geeta Pathan* arranged during *Datta Jayanti Utsava* on 25th December:

- Kum Paridnya Kallianpur (Yuvadhara)
- Smt Vrinda Chandavar
- Smt Samyukta Kaikini .

Reported by Raisessa Nagarkatti

Mumbai, Thane: - April 2021

Two Local Committee meetings were held on 3rd April and 25th April. The Annual General Meeting of Thane Local Sabha was held on *Yugaadi*. All these meetings were held online

via Google Meet.

Ramanavami festival was celebrated on 21st April via Google Meet. This event was attended by around 50 families. Six *Yuva-s* and *Yuvati-s* from Thane Yuvadhara, 5 children from the Prarthana Varga and 6 senior *sadhaka-s* offered *stotra* and *sangeetaseva* and *vaadyaseva* on this occasion. Significance of Ramanavami was read out from the book 'Utsav' by 2 children from the Prarthana Varga. The programme ended with *Deepanamaskar* and *Jaijaikar-s*.

On the occasion of Hanuman Jayanti on 27th April, Online *Panchanga Pujan* and *Vaachan* was organised via video conferencing. This was attended by around 24 families.

Online *bhajan* classes are being held for Thane sabha *sadhaka-s* by Smt. Geeta Gulvady and five melodious *bhajans* have been taught till date.

Online *Guru Pujan* training sessions are being conducted by a team of 8 trainers for Thane Sabhasadhaka-s. Two batches, comprising a total of 23 *sadhaka-s*, have finished their training so far. The third batch of around 15 *sadhaka-s* will undergo training in May.

Samuhik Guru Pujan sessions are being conducted regularly every Thursday and Sunday via video conferencing to assist the learners with their contribution towards *Saayujyam*.

Stotra uchchaaran and *Stotra arthaanusandhaan* classes are being held regularly by Vaishali Koppikarpachi.

Reported by Tejashree Bailur

Our Institutions

Saraswat Mahila Samaj, Gamdevi:

KSA in collaboration with Saraswat Mahila Samaj, Gamdevi and the Kamath family, organised *The Professor Sadhana Kamat and Advocate Narendra Kamath Memorial lecture demonstration series* on 25th April 2021 at 6.30 pm with a mesmerizing and splendid lecture demonstration on *The Story of Thumri* by renowned Thumri exponent Dhanashri Pandit Rai. Mrs Vibha Kamat (daughter of Sadhana Kamat) and Mr Dilip D'Souza introduced Dhanashri, who holds a University degree in Music and MFA. A disciple of Pandit Dinkar Kaikini, Pandit Firoz Dastur and Shrimati Shobha Gurtu, Dhanashri's vibrant persona captivated the viewers in minutes. Her melodious and expressive rendition of *thumri* with easy conversational style with the narration of story of Thumri from its origin was truly phenomenal. She displayed her deep study on the subject with the lecture. She performed several *Thumris*, a *Kajri*, a *Jhoola*, all *raag*-based bound to various beats of various *taals* with total ease. She explained the lyrics of the *thumri* to add to the expressions of the songs. Overall it was a very mesmerizing performance that was brilliantly conducted online by Mrs. Ashwini and her team. Lastly, the vote of thanks was proposed by Mrs. Smita Marvinkurve.

Reported by Mrs. Vijayalaxmi S. Kapnadak

CLASSIFIEDS

ENGAGEMENT

Dr. Anita Naimpally, daughter of Shri. Anand and Smt. Seema Naimpally is engaged to Shri. Shreyas Tonse son of Shri. Satish and Smt. Seetalakshmi Tonse on 14th May 2021.

Flat For Sale

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DOMESTIC TIDINGS

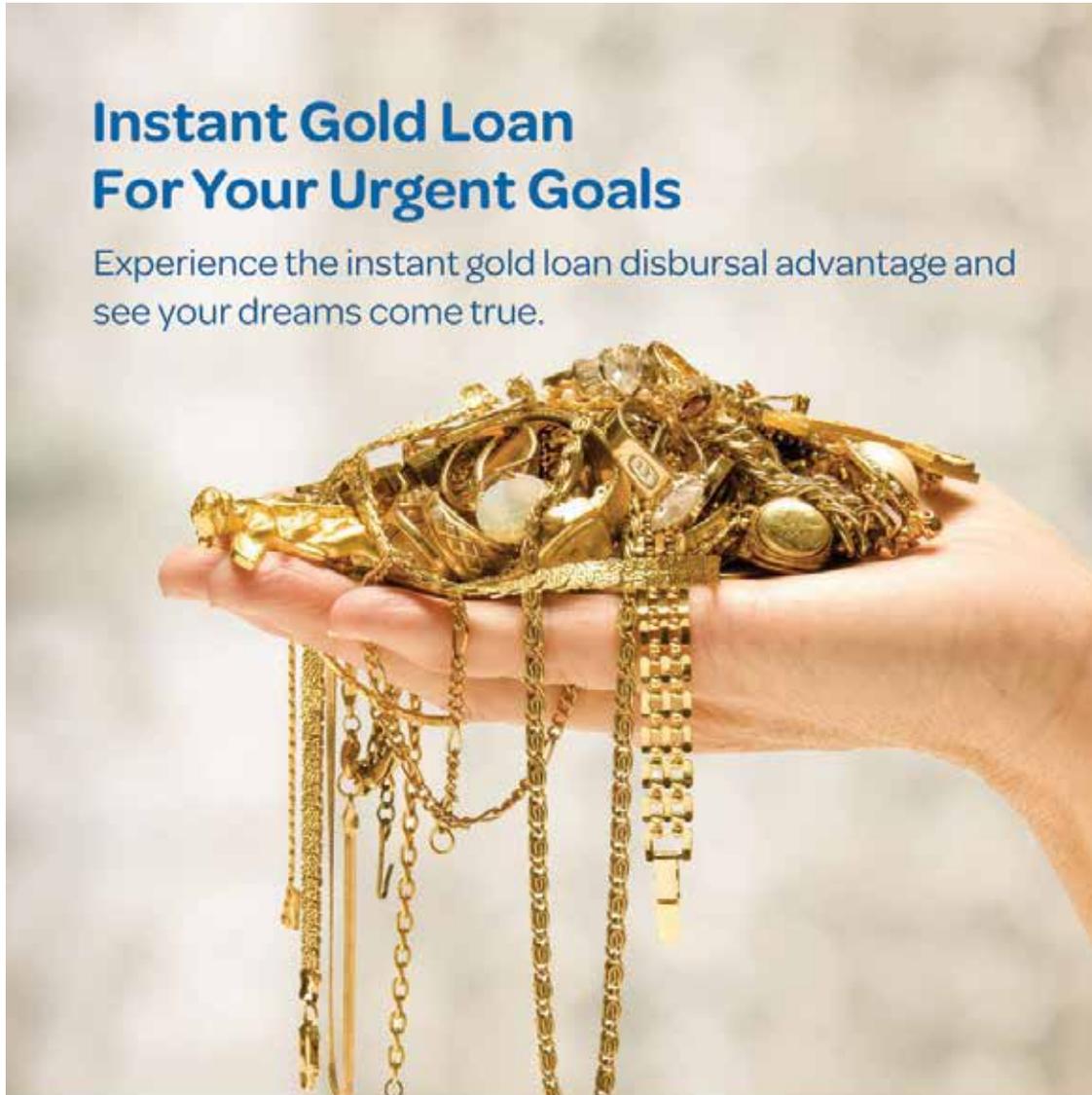
OBITUARIES

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

- Mar 25 : Mohan Nagesh Chikramane (90) at Goregaon, Mumbai
- Apr 3 : Krishnanand Bhavanishankar Burde (87) at Goa
- Apr 11 : Asha Ramesh Basrur (85) at Navi Mumbai
- Apr 19 : Durganand Mullerpatan (68) at Bangalore
- Apr 20 : Ved. Kandlur Suresh Bhat (85) at Udupi
- Apr 21 : Sunitha Gajanan Ullal (84) at Ullal
- Apr 22 : Chitra Gurudutt Kalle (84) at Pune
- Apr 23 : Ramesh Mangesh Basrur (90) at Navi Mumbai
- Apr 26 : Lalitha Ratnakar Nagarmat (86) at Mangalore.
- Apr 26 : Madhukar Anandrao Mudur (87) at Pune
- Apr 26 : Suresh D Sashital (84) at Wadala, Mumbai
- Apr 27 : Dr. Ranjan Venkat Mankikar (72) at Mumbai
- Apr 27 : Suresh Laxmanrao Adur (90) at Bengaluru
- Apr 27 : Dr (Professor) Ganapati Devrao Padukone (79) at Borivali, Mumbai
- Apr 28 : Mangesh Bantwal (84) at Vile parle, Mumbai
- Apr 28 : Kshama Nagarkar (87) at Vile parle, Mumbai
- Apr 29 : Nandini (Pushpa) Ravindra Vaknalli at Mumbai
- May 1 : Ranjan Santosh Hattangady (nee Ranjan Ramesh Balse) (73) at Bangalore
- May 1 : Lalita Ananthanand Kolpe (58) at Bangalore
- May 4 : Bondal Vasanthi (77) (daughter of Late Laxman Bondal) at Mangalore
- May 7 : Usha (Sonali) Ashok Savakoor (73) at Bangalore
- May 8 : Raghuvir Vishveshwar Nadkarni (94) of Santacruz, Mumbai, at Bagalkot (Karnataka)
- May 8 : Ravishankar Anandrao Ulpe (75) at Bangalore
- May 8 : Mahesh Mohan Hervatte (58) at Bangalore
- May 9 : Vittal Radhakrishna Bhat (92) at Baroda
- May 9 : Ashok Thagarsse (64) at Bangalore
- May 9 : Ananthanand Kolpe (63) at Bangalore
- May 9 : Vrinda Vasant Baidur (81) at Vileparle(E), Mumbai
- May 10 : Nalini R Shiroor at Mumbai
- May 10 : Smt Shubhada Vinod Dhareshwar (nee Nirmala Kagal) (76) at Dhareshwar
- May 14 : Umesh Savakoor (96) at Bangalore
- May 17 : Dr. Gopal Shankar Murdeshwar (92) of Solapur, at Pune

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