

Kanara Saraswat

A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

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"Every child is an artist."
- Pablo Picasso

"Artists are just children who refuse to
put down their crayons." - Al Hirschfeld



Happy Birthday Ganesha
Alena Trikannad

Madhubani Peacock
Nethra Ramanathan



Devi Ma's Blessings
Shiven Gangolli



Sunset in Singapore
Vihaan Gulwadi



"I dream my painting and
then paint my dream."
- Vincent Van Gogh





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In this issue, we have taken Kiddies' Corner on the Cover.
The beautiful artwork is by:

Alena Trikannad, 5 years

Nethra Ramanathan, 10 years

(*Daughter of Pradnya Ramanathan, nee Hattiangadi*)

Shiven Gangolli, 5 years

Vihaan Gulwadi, 9 years

Donations Received

Kanara Saraswat Association is grateful to the following donors:

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Usha Savur (In memory of Dr Savur Srinivasarao and Dr (Mrs.) Savur Shanta Rao)	₹ 1,01,000/-

***** New Beginnings *****

Dear Readers,

It is with a lot of deliberation that I have decided to step down from the post of the Editor, KS Magazine. My association with the magazine began towards the end of 2017 when I started editing articles under the constant and able guidance of Smt. Smita Mavinkurve, the then Editor. Since then I have been working with a very strong and experienced team. In 2020, I got an opportunity to step into the Editor's shoes. I learnt a lot and interacted with people from different backgrounds.

Over the last one year, the "Samparka" section, the "Health and Wellness" section and the "Author Details" feature have been introduced, which have got a good response from our readers. The Readership Survey conducted by Shri Rajendra Koppikar gave us insights into our readers' preferences and we have tried to implement these thereafter in the last few months.

I take this opportunity to thank the Editorial Committee and the Managing Committee for all the support that I got from them. I also wish to express special gratitude to all our dear readers who have always appreciated our efforts and specially supported us through the lockdown. It was indeed a daunting task to release the softcopy of the magazine on time, given the constraints.

And as I bid adieu to all of you as Editor, I would like to introduce you to the new Editor of the KS Magazine – **Shri Nitin Gurunath Gokarn**.

Nitin Gokarn is the son of former Managing Editor of KSA, Late Shri Gurunath S Gokarn.

He completed his Post Graduation in Business Management from the prestigious Jamnalal Bajaj Institute of Management Studies. He qualified as a Cricket Umpire at a young age of 22 but soon gave up after 9 years due to pressing official commitments and travel.

He served in various capacities in the Pharmaceutical Industry at Middle to Senior Management levels in MNCs like J&J, Novartis, Merck and retired as Vice President (Supply Chain) from Bharat Serums and Vaccines Ltd. He has travelled to Europe, SE Asia and Australia. He was invited as a Trainer cum Speaker to IPQC Singapore to speak on Cold Chain Management of Pharma goods.

Being passionate about teaching, he has been conducting lectures in the area of Supply Chain, Distribution and Operations Management since 1999 at various Management Institutes such as NMIMS, MICA Ahmedabad, IIMM Mumbai, IES MC. He has written books for Distance Learning students of NMIMS and MET. He has also authored the book Ocean of Mercy - Divine experiences of Gajanan Maharaj in 2019.

Currently, Nitin Gokarn is a Mutual Funds adviser attached to IIFL. He served on the Editorial Committee of KS in 1979-1981 and wrote articles and profiles in KS from time to time.

Please join me in welcoming Shri Nitin Gokarn as the Editor of KS Magazine. We wish him all the best for his new beginnings!

Regards,
Devyani Bijoor



From the President's Desk....

Dear Colleagues,

I took the mantle of the Presidentship of Kanara Saraswat Association (KSA) exactly six years ago in 2015. A couple of days ago, I was re-elected as the President of KSA for the next two years. KSA, which will be celebrating the 110th year of its foundation on the 26th of November 2021, has touched almost every member of Chitrapur Saraswats over these years in some form or the other. I therefore treat this as my duty and my good fortune to have got the opportunity to work diligently and serve this great institution over the next two years. Any cultural, social, or charitable organisation needs to be on a strong financial footing if it must serve its members and beneficiaries effectively. Over the last six years, there is a significant improvement in the financial position of KSA, as reflected below -

	31st Mar 2015 (₹ in crores)	31st Mar 2021 (₹ in crores)	Growth
Corpus funds	1.44	3.12	
Reserve fund	0.46	0.55	
Other earmarked funds	0.78	3.81	
Total Funds available	2.68	7.48	179%
Overdraft	0.83	NIL	
Fixed deposits	3.00	5.26	75%

Over the years, KSA has been providing financial support to Chitrapur Saraswats in the areas of medical, distress relief, education and now in the current situation of pandemic of Covid-19 by way of providing specific relief to distressed families impacted by Covid-19. KSA also has been promoting and supporting various forms of art like drama, music, painting, sports, and other cultural activities to provide support and encouragement to our community members. In the recent past, KSA has also started its initiative which is still in its nascent stage to create employment and employability opportunities for our younger generation. There are many more such initiatives which will have to be undertaken by KSA to contribute to the welfare of our community. While doing this, we are also trying to make KSA a representative association for all our community members across India as well as outside India, wherever our community members have a strong presence.

While our financial position has improved somewhat over the last few years, if KSA must continue to be a relevant organisation for Chitrapur Saraswats, then we will need to improve our financial position much more than what it is today. There is no doubt that over the last few years, KSA has been getting significant financial support from many Chitrapur Saraswats, both from India and abroad, individually or through various Chitrapur Saraswat community entities. Through this column, I strongly seek financial support for KSA to carry out its objectives in a much more effective manner.

We need more Chitrapur Saraswats to get enrolled as KSA members. KSA therefore intends to initiate a fresh drive to bring in more members from our community across all parts of the globe. We can expect the next generation members, as Torch bearers of our community, to take this prestigious Institution to greater heights in times to come.

I am quite sure that all of you and the other Chitrapur Saraswats who are yet to become members of KSA will provide support to the newly elected Managing Committee to achieve this objective. Thanking you all for your support and wishing you all the best.

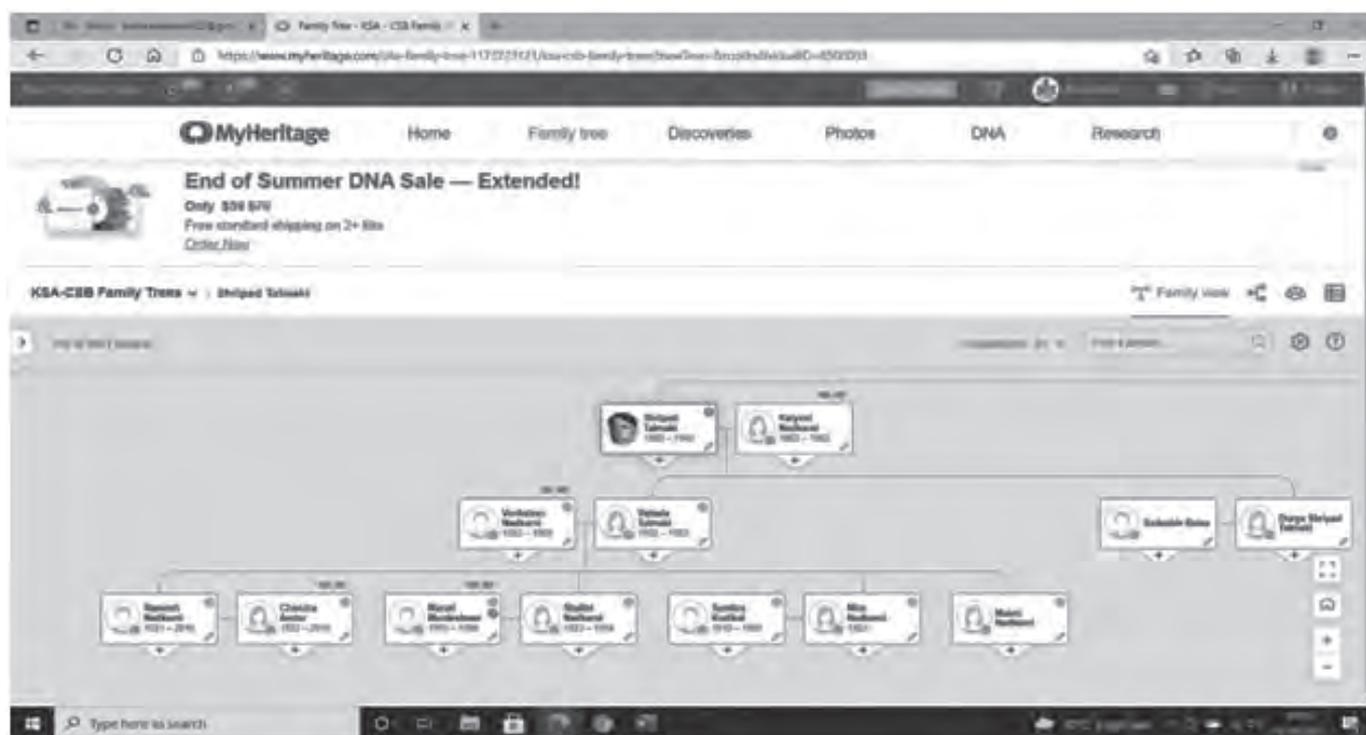
Regards
Praveen P. Kadle

KSA FAMILY TREE PROJECT – LAUNCHING WEB-BASED GENEALOGY UTILITY

KSA has pleasure in announcing that firm steps have been taken to launch the Family Tree Project using a web-based utility at <https://myheritage.com>. Details of family trees as available with us will be hosted on this site. This needs to be reviewed and updated regularly.

THE OBJECTIVE IS TO UPLOAD DETAILS OF AS MANY CSB FAMILIES AS ARE AVAILABLE AND ALSO SEEK INPUTS FROM CSB COMMUNITY TO MAKE THIS PROJECT AS COMPREHENSIVE AS POSSIBLE. THIS IS A HUMUNGIOUS TASK (over 800 families averaging at least 100 members per family) AND NEEDS SUPPORT AND EFFORTS FROM AS MANY MEMBERS OF THE CSB COMMUNITY AS POSSIBLE. BHANAPS WILL BE PROVIDED ACCESS TO THESE FAMILY TREES WHICH WILL ENABLE THEM TO GENERATE REPORTS OF INTEREST TO THEM AND STORE/PRINT THEM.

When logged in with KSA username, the opening page of the **KSA-CSB Family Trees** (as named by us) figures the family of our Founder (also the Founder of co-operative movement in India) our **Late Rao Bahadur Shripad Subrao Talmaki**. A few other families as per details gathered from our records and other sources have also been added and this task of addition and updation will be an ongoing process. The opening page of the KSA-CSB Family Trees is given below:



UPLOADING FAMILY TREES, VALIDATION & UPDATION – TASK BY KSA

- Action to upload family trees as per details in our records and available from other sources has already been taken.
- Constituting an enthusiastic and dedicated team to systematically take this task forward as fast as possible –CSB members willing to offer this voluntary service please write to familytrees@kanarasaraswat.in.
- Implementing a strategy carefully formulated by the group (the initial group comprises Mr Mahesh Kalyanpur, Ms Ashwini Prashant, Mr Rajan Kalyanpur & Mr Vandan Shiroor).

CREATION OF INDIVIDUAL BASIC (Free) ACCOUNTS BY CSB COMMUNITY MEMBERS

One of the powerful features of the MyHeritage platform is that once we have added members to the KSA-CSB Family Trees, the built-in software looks for what is known as “Smart Matches”; “Discoveries” etc. This essentially involves identifying similar family members hosted by others on this platform and others (like GENI; IKITREE etc). This enables us to compare the matches and add additional information, relations etc into the family tree created by us. **This, therefore, facilitates updation, additions etc into our family trees automatically through this web-based utility.** We, therefore earnestly request at least one member of a nuclear family to create a free account (allows you upto 250 members in the family) on myheritage.com and host their families by incorporating maximum number of ancestors and descendants. Having

done this, please invite KSA as a site member and KSA will likewise also invite you (if not already invited). It is worthwhile mentioning that during our process of examining “**Smart Matches**”, it was found that many bhanaps had already hosted their family trees on this platform.

ACCESS TO KSA-CSB FAMILY TREES

Bhanaps are invited to request access to the KSA-CSB FAMILY TREES and actively participate in helping us to update, correct etc data on these family trees. Please request access by writing to us at familytrees@kanarasaraswat.in giving your full name, cell number, gotra and address. We shall take appropriate action after which you will receive an email with instructions and link. If you do not already have an account, “sign up” for a new account by clicking on the appropriate link. After logging in with your login details, you will be able to access the KSA-CSB Family Trees. We request you to thereafter regularly navigate the family trees and keep us informed about any errors, suggestions etc. to keep it up-to-date. Please check whether your family details are available, and if available, the correctness and whether any updates are required. Do not forget to keep us updated.

THE PRESENT FAMILY TREE PROJECT – LIMITATIONS & ADVANTAGES OF MYHERITAGE UTILITY

Many will recall that our KSA Magazine had an insertion for those interested in family trees to contact Dr Sudhir Moodbidri by email. Dr Moodbidri would promptly send you the family tree in a pdf format. This would contain the details of all ancestors and descendants (as updated by a team of volunteers which included him). However, descendants of a female member were not available in this family tree. Therefore, the use of this family tree was restricted. This was being done through a desktop programme (Family Tree Maker) which was purchased by KSA many years ago. Family Tree Maker has since been discontinued by the Makers. The main disadvantage was that inter-family relationships could not be determined. ***Our task of hosting on the MyHeritage platform will be made easier if Dr Sudhir Moodbidri assists us in getting the data handled by them in a compatible electronic format (which we know is feasible). A request to volunteer for this project has also been made to him. However, a positive response is still awaited from him.***

In sharp contrast, MyHeritage platform provides a facility for connections between families of the married partners. Relationships can, therefore be easily determined. Since, there is a back-end data base, other information like gotra, professions and many others can easily be incorporated. This can therefore be used for creating Census Data, Vantiga details, seeking partners for marriage and many more. Apart from this the main advantage of MyHeritage is that unlike Desktop version of Family Tree Maker this is an Online Version where any person across the globe can have access to their individual Family Tree.

WE EARNESTLY REQUEST ALL BHANAPS (most of whom will be interested in knowing their roots) TO EXTEND THEIR MAXIMUM SUPPORT & CO-OPERATION TO MAKE THIS PROJECT A SUCCESS AND KEEP IT GOING IN THE FUTURE TO COME. THIS IS OF IMMENSE USE TO ALL AND THE FUTURE GENERATIONS. PLEASE DO NOT HESITATE TO CONTACT THE FAMILY TREE PROJECT TEAM AT familytrees@kanarasaraswat.in FOR ANY CLARIFICATIONS.

WE ALSO LOOK FOR A POSITIVE RESPONSE FROM VOLUNTEERS TO CARRY THIS PROJECT FORWARD.

The CSN Page

KSA-CSN Website database



So you think Bhanaps are not cut out for business? Well, you are wrong. There are hundreds of us in business already. And KSA CSN aims to encourage and help many more to venture into setting up their own businesses.

How can you help? Well, to begin with, give your business to a fellow Bhanap when all else is equal. Did you ask “***How do I know whether there is a Bhanap source for what I need?***” Good question. Visit www.kanarasaraswat.com/csn. This site hosts a database which already lists over a hundred Bhanap businesses and the count is growing by the day. Search the database for a Bhanap supplier of whatever you need. And be “***ONE UP FOR BHANAP***”! If you use the database and are happy about it share that with us. Send a WhatsApp message to 88795 57536. Suggestions are most welcome.

If you are a Bhanap Entrepreneur, list your business on this database. It’s very easy and free. Remember that more and more Bhanap consumers will visit this site to look for a Bhanap supplier.

If you know Bhanap Entrepreneurs who are not in this database, encourage them to list their business here.

Together we will flourish.

The slogan “***ONE UP FOR BHANAP***” was coined by a committed volunteer for the movement, Gopinath Mavinkurve. He was inspired by “Vocal for Local” and localized it some more! Most appropriate, don’t you think?!

Amit-The successful fighter

आत्म निर्भर आमची

CONTRIBUTED BY SHRI CHAITANYA NADKARNI



Amit Burde, son of Sri Suresh Burde and Smt Aruna Burde, born in Mumbai and settled in Borivali, now in early forty's, is an example of *Atma Nirbhar*, (self-dependent) youth of the day. His interest in dance and music led him to establish the Amit Burde Dance Studio (ABDS) in 2012, in Borivali and in Kandivali, the western suburbs of Mumbai. He

had worked with many renowned Bollywood choreographers, and when he met the famous Ganesh Acharya, he appreciated his graceful dance and compared it, to that of Michael Jackson. To his credit Amit has directed a documentary movie called "*Ek unsuni dastan*, (एक अनसुनी दास्तान) for *Movie Samay*, in 2018.

He worked for the Rustomjee group of schools as a Dance Choreographer where dance being a graded subject. Apart from dance he has served and contributed to Music, which include, Bhajans and Bollywood songs, and these videos are on YouTube. Amit Burde has learnt under Shiamak Davar, Remo Dsouza, Ganesh Acharya, Terence Lewis, Matt Steffanina, Dana Alexa, Fernando Aguilera, etc.

Amit has been in this field for past 20 years and he knows nearly 25 Dance Styles. He has done shows for IIFA, IMPPA, Zee Awards, etc. He has won India's first reality show Boogie Woogie and participated in Indian Idol & Zee Antakshari. He has choreographed for Playback singer Kshitij Tarey, TV Actress Shivshakti Sachdev from (*Sabki Ladli Bebo*) and Celebrity host and commercial ad model Preet Kamani (host of Reality Show Phir Bhi Dil Hai Hindustani on Star Plus). He has won the India Lifestyle Award in the Category of Best Lyrical Hip-Hop Dance Studio in Mumbai which was received from Bollywood celebrity Minissha Lamba. Amit was nominated for National viewer's choice award for Best Choreographer in Mumbai in the year 2018. He has collaborated with following celebrity choreographers -

1. Salman Yusuf Khan (DID 1 winner & Jhalak Dhiklaja Fame)
2. Shakti Mohan (Dance India Dance (DID) 2 winner and Dance plus judge)
3. Jai Kumar Nair (DID Season 1 & Jhalak Dhiklaja Fame)
4. Vernon Monterio (Movie ABCD 2 Fame, Owner of V Company & Winner of World Hip Hop Dance Championship)

He has many more achievements which are available on his YouTube Channel and Instagram account. He had shared the stage with celebrity singers too.

Amit was interviewed by a Dubai-based Radio Jockey, which was live on Instagram. Recently, he had taken a singing workshop for Witty International School, on the occasion of

"World Music Day". His article was published in the Lucknow Newspaper.

Amit has set his goal to make ABDS one of the best dance schools in the world. Amit is an inspiration for those talented youth who love to face challenges and risks head on and to succeed in achieving their goal in life!

Letters to the Editor

Dear Editor, It was a pleasure to read hard copy of monthly KSA Magazine. "From the President's Desk" by Praveen Kadlemam on different topics in the simplest manner as also various members' contributions are truly interesting. We also appreciate many multifaceted Bhanaps achieving personal goals. In the August issue, the article "Iconic 'Tragedy – King' Dilip Kumar" by Chaitanya Padukone revealed some amusing unknown facts about the film star.

We do feel proud about how a member of our Chitrapur Saraswat community proved to be a most successful journalist in Indian film industry and music, honoured with the Dadasaheb Phalke Academy Award and Mumbai Achievers Award 2020. Luckily, Chaitanya's personal rapport during ten years with RD Burman – the best music composer and singer - germinated in bringing out his best-selling book "R.D.Barmania" - his memoirs in his own style.

Chaitanya was appointed on the Advisory Jury Panel for the Indo-American Young Achievers' Awards for three consecutive years and Chaitanya has been also appointed by the I&B Ministry, Delhi, as an active Member on the Advisory Panel of the Film Censor Board, CBFC, Mumbai.

He is also the recipient of the "Mumbai Achievers Award 2020" from the hands of Maharashtra State Governor Shri B. S. Koshiyari., an award founded by Ahsaan Rehan, bearing the citation 'Certificate of Excellence' for 'outstanding contribution to film journalism backed by absolute dedication and professionalism'.

Also he is the recipient of the prestigious K.A.Abbas Memorial Gold Medal and Trophy conferred by megastar Amitabh Bachchan. He was honoured with the prestigious Dadasaheb Phalke Academy Award in the presence of icons like Dilip Kumar and Amitabh Bachchan. He is also listed in the Limca Book of National Records for maximum number of awards for Best film journalism.

Although our Magazine has introduced the feature to write briefly about the author of the articles, I felt that Chaitanya has achieved so much to make us proud that I felt I should write in to share this with all our readers,

With regards
Sharad Nayampally, Mumbai

SAMPARKA

Our Omniscient Swamiji

BY NANDITĀ HALDIPUR WITH INPUTS FROM SUJĀTĀ HALDIPUR AND JĀHNAVĪ HALDIPUR

Our Parama Pūjya most beloved HH Guruswāmījī was born in Shirāli, as “Ravi” in the Shukla family. He was utmost adorable and mischievous as a child and lived very close to our Math (near the present-day office premises). Situated near his home was the local post office.

As a child of 4-5 years, Ravi lived for a while with his maternal aunt – Sunandā Soukūr, (Chuchupāchī) and uncle, Nārāyan Soukūr (Chuchu Bāppā) also known as ānumām. Nānumām used to work at the Shirāli post office. Every day Nānumām and the other staff would find dry leaves inside the letter box attached to the office and would wonder how they appeared there mysteriously.

One fine day, Nānumām found out that it was none other than his naughty nephew who would ‘post’ dried leaves (patra-s of course!) each day!

Nānumām hatched a plan and waited patiently for the next batch of leaves. Sure enough, he soon saw a chubby little hand coming through the opening; Nānumām quickly grabbed the hand and held it tightly... just long enough to scare the child... and sure enough, little petrified Ravi stopped posting dried leaves after that!

Ravi was extremely fond of “shrikhanda” and relished it thoroughly. He insisted that Chuchupāchī make shrikhanda for him every day. Since resources were limited, making shrikhanda every day was quite a task. Chuchupāchī therefore, would cleverly mix Kesar and sugar in curds and give it to Ravi as shrikhanda, which of course he would relish.

Years later, when Swāmījī was en route to Shirāli, He decided to halt at Hublī to visit the Soukūr-s. Chuchupāchī had fondly prepared shrikhanda for Swāmījī, remembering how much He had liked it as a child. After eating the shrikhanda, Swāmījī teased Chuchupāchī saying तुंच धय्यांतु साखरघाल्लु दिल्यावे? He was very witty and humorous on occasion.

Beloved HH Guruswāmī is actually the Divine Mother incarnate. I say Divine Mother because He loves all His devotees like a mother selflessly loves her children.

Swāmījī was ever so giving, never keeping anything for Himself. Whatever His devotees would offer at His Lotus Feet, would always be given to the poor and needy. Once an old poor pāchī was bedridden and could not move about at all, but harboured one last dying wish: to be able to meet HH somehow.

Our omniscient Swāmījī Himself visited her and handed her a sealed envelope. It was later learnt that the envelope

contained Rs.500, which was a huge amount back in the 1960s. Such were His ways of love and kindness towards His devotees.

A very devout Āmchi family who were ardent followers of HH Guruswāmī, were shifting base to Patnā. They had a sincere desire that He should visit and bless their new home. They told Swāmījī about this and He agreed to visit them. As promised, Swāmījī left for Patnā, but to the horror of the family, they realized they had not given their address to Swāmījī while leaving in a hurry, and became sick with worry wondering now HH would be able to reach them. They quickly sent one family member to the railway station, another to the bus stand and one to lookout on the main road, not knowing which route HH Swāmījī would take.

In the meantime, HH Swāmījī who was travelling by road, instructed the driver to take the vehicle via the station road. He told him, there was someone waiting there to take them to their destination. Mind you, this was during the times when there was no easy way of communication like telephones or cellular phones. But oh yes! The divine has always had a “special WiFi connection”, which none can ever fathom.

After Swāmījī had stayed for a while in Patnā, the family felt that it would be nice to visit the famous Pashupatināth Temple in Kāthmāndū with our Swāmījī.

HH Swāmījī agreed, and with a group of 20 devotees, left for Kāthmāndū. The devotees on reaching there became worried, wondering how they would take care of Swāmījī amidst all the hustle-bustle and chaos of the crowded temple. As they approached the temple, they saw that the crowd was returning from their darshana, as if on cue to clear the premises. As they walked on inside the temple, they heard loud salutations from the priests,



saying "Banni Swâmîgale", "Banni Swâmîgale" in Kannada meaning "Welcome Swâmîjî"!

They were shocked to hear the priests in Kâthmândû speaking in Kannada and soon learnt that the priests hailed from Gokarna in Karnâta. Our beloved Swâmîjî was welcomed amidst great pomp and celebrations. Not only that, the priests asked HH to do ârati and they garlanded Swâmîjî with a big rudrâkshamâlâ, which was on the Lord Pashupatinâth linga.

These are the few experiences which cannot be successfully penned in words; but lucky are those who have experienced His Holiness's love and warmth.

(Courtesy: SCM Website)

Rates for Classified and Casual Advertisements in Kanara Saraswat

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*100th Birthday Remembrance.
Mr. Shridhar Sheshgiri Murdeshwar
(07th October 1921 - 3rd July 2004)*



*Dhananjay and Shrikala
Murdeshwar, From
Nasik.*



*Gautam and Beena
Murdeshwar,
From Pune.*



*Neha and Prashant
Soraiyur with Baby
Supriya, From Singapore*

*Your lessons, love and light
will always stay with us in
our hearts.*

*Words can never be
enough to express how
much you meant to us or
how much we miss you.*

*We're thinking of you on
your special day.*

Happy 100th Birthday

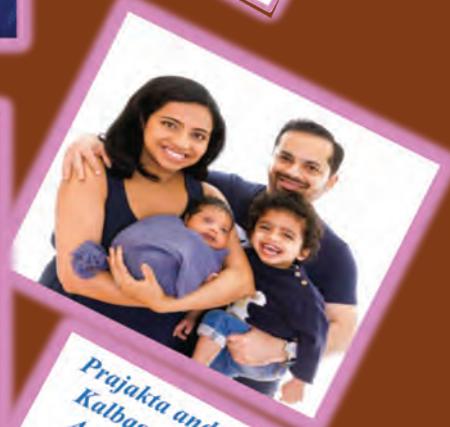
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Aarav and Ishaan,
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*Niyati and Gautam
Basrur, From Mumbai*



*Riya and Rohan
Nadkarni, with babies,
Mia and Niko, From
U.S.A.*

Chitrapur Heritage Foundation

711 Daylily Court, Langhorne, Pennsylvania, USA

Connecting US Amchis to Chitrapur Math

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

The activities of CHF includes:

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

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

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

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

*A golden heart stopped beating,
Hard working hands at rest,
It broke our hearts to see you go,
God only takes the best.*

*They say that memories are golden,
Well maybe that is true,
But we never wanted memories,
We only wanted you.*

*Your life was love and labour,
Your love for your family true,
You did your best for all of us,
We will always remember you.*

*We sat beside your bedside,
Our hearts were crushed and sore,
We did our duty to the end,
'Til we could do no more.*

*In tears we watched you sinking,
We watched you fade away,
And though our hearts were breaking,
We knew you could not stay.*

*Our lips cannot speak how we loved you,
Our hearts cannot tell what to say,
But God only knows how we miss you,
In our home that is lonely today.*



LATE SHRI. MOHAN G. MURDESHWAR
12th MARCH 1940 - 25th AUGUST 2021

Fondly Remembered By :-

*** SON ***

Sunil M. Murdeshwar

*** DAUGHTER ***

Suvarna H. Gangolli

*** DAUGHTER IN-LAW ***

Kavita S. Murdeshwar

*** SON IN-LAW ***

Hemant D. Gangolli

*** GRANDSONS ***

Pratik S. Murdeshwar

And

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Luxuries and Necessities in Saraswat Homes

BY VATSALA NATH

(From September 1929)

An old saying goes that tastes differ. We may add to this that tastes differ with the time. Long long ago, "Plain living and high thinking" was the ideal of the Indians. Western people think that the standard of living in India is abnormally low, and what with their efforts and the percolation of their ideas, the Indians are getting more and more luxurious. Formerly contentment was the highest goal for this world and religion preached it. The modern ideal is divine discontent, for therein lies the goal to improvement. Civilization is said to be the art of converting luxuries into necessities. Our ancestors used to lead a very simple life. "Valkals" were their daily wear and fruits and roots of the trees were their food; but as time passed on, they began to make the changes in their mode of living, so much so, that nowadays we cannot imagine how these good old people used to live on such poor food.

Luxury is said to be practiced when we demand a thing which is not quite indispensable, while in the case of necessity one can't do without the thing required. One important factor in this classification is the consideration of the purse. The luxury of a man of limited means will be a necessity for the one with a long purse. It is therefore rather difficult to write on a subject like this.

I would therefore adopt the standard of a middle class Saraswat family and try to portray its luxuries and necessities. Naturally my conception of the family will be of one which is in a city.

Cleanliness is the first necessity of any family and the more so of a Saraswat Family, for cleanliness and health always go hand in hand. Without health a family will never be happy and the Doctor will be a constant visitor.

Well, is a Drawing Room a luxury or a necessity? I should think the latter. It may not be furnished with Romeneys and Christies or Jacobian suites; but a plain one with the efforts at oil by the lady of the house, a few family photographs to hide the barrenness of the walls, and a few pieces of comfortable, though not old, furniture is practically a necessity.

The kitchen is the portion of the Saraswat home which is entitled to more attention than it receives now. All will agree that the kitchen is a necessity but it is the one which is well furnished with the necessities that attracts people. With the kitchen connected the question of the cook. I would emphatically say that the institution is more a curse and a luxury than a necessity, except to those unhappy families where the fairer sex is crippled by illness. It is a matter of regret that this institution is becoming a necessity in several Saraswat families. I suppose I need not dilate on the difficulties and insults of the cooks one has to put

up with, Suffice it to say that apart from their nuisance and inconvenience, their prohibitive pay increased by their foolish employers is enough to deny them the right of being classed as a necessity in the Saraswat homes.

Is a tailor necessary? This is a difficult question to answer in as much as he is practically indispensable to the male section of the house. But nevertheless his attacks on the family purse may be checked by the careful housewife. In this connection it is pleasant to note that many of our Saraswat ladies are taking more to sewing. Of course a sewing machine will become necessity. But I hope it won't be long before the tailor will be driven away completely from the Saraswat homes.

A small medicine chest containing some first aid remedies is a necessity to a Saraswat home. The doctor might be handy but first aids are always a necessity especially in families where there are children. Of course this will entail the members of the household to know the elements of the first aid.

Literacy in the Saraswat home is undoubtedly a necessity. In fact I have never heard it being denied that right in any home. The advantages and comforts of readings are many and various. It is a most entertaining and yet innocent pastime. A small library will be a necessity. A daily newspaper is also a necessity in as much as it will enable us to keep in touch with the times. A monthly magazine will certainly not verge on being called a luxury.

There is a good deal of truth in the statement that some elderly person is a necessity in the Saraswat family to guide the younger generation in their life. Much can be said in favour of bringing up of the youngsters in the traditions and glory of our ancestors, though of late our ancestors have come in for a lot of contempt.

Above all, there must be perfect understanding and cheerfulness in the Saraswat Home. Without these no Saraswat family will be happy. The wife should be afforded a little more independence than she is generally given.

There is one another point which I put off writing as it is rather touchy- whether children are necessities or luxuries? Pious god-fearing people might be shocked to know that such a question is raised at all. One great national leader's writings seem to show that they are not necessities. In these hard days when the addition of a soul into a family means so much more strain on the purse, they might be a luxury. At any rate they are not a necessity when they come in plenty. But perhaps I am treading on doubtful and controversial ground. So I has best stop.

(Due to unavoidable circumstances, the second part of The Silent Pandemic-Childhood Obesity by Dr. Smita Koppikar will be printed in our forthcoming issues. In this issue, we bring you some valuable tips from Varsha Koppikar.)

Ten Tips to remain Fit in the Festive Season

BY VARSHA KOPPIKAR, HEALTH COACH

In India any festival is a time to celebrate with family and friends where the festivities revolve around special food in terms of sweets and snacks made in these times. For us Saraswats, starting with the month of *Shravan*, where practically every week there is some small *puja* and for *naivedya*, a sweet is prepared, to celebrating *Gauri* and *Ganesh Chaturthi*, *Navaratri* and *Diwali*. All plans are made around elaborate menu planning.

Tempting party invitations make it sinful for people who are weight watchers and trying to achieve their nutrition goals. Research shows that one tends to easily gain weight during these times.

How do you keep your health, fitness, and weight on track till the New Year rolls in? Try these expert-backed strategies:

1. Avoid skipping meals:

Skipping Breakfast or Lunch to compensate for a calorie rich dinner is a bad idea. Eating regular small meals, in addition to dinner, will keep your blood sugar stable and prevent cravings. You're far less likely to overeat.

2. Eat before you step out

Before leaving for a party, eat a light snack. A vegetable salad or a fruit with nuts and seeds/ smoothie or a bowl of sprouts will curb your appetite and make you less likely to fall for temptation.

3. Say NO to Sugar

Rich sugary foods amp up the sugar content in our body and make us crave more rich and sugary foods. It's a vicious cycle so limit your intake. All of us tend to offer and drink a lot of non-alcoholic beverages during the course of the day and with meals. But these beverages are loaded with sugar and calories. Don't overdose on juice either; healthier options could be unsweetened lime juice/ soda, tender coconut water, fresh unsweetened fruit juices.

4. Choose the restaurant wisely

Pick the restaurant carefully. Go to one with low-fat/low-calorie choices; call ahead to see what is on the menu. Stay away from "all you can eat" buffets, brunches, and happy hours.

5. Choose foods wisely

Watch these high fat high calorie words on the menu like Buttered/ *makhni*, Cheese sauce, *Au-gratin*, rich creamy/ cream sauce, Fried, pan fried, *sautéed*. Look for these low fat low calories words instead liked baked, boiled, broiled, grilled, poached, steamed, roasted, stir-fried.

6. Pick small helpings

That said don't deprive yourself of your favorite treats. Think about portion sizes and eat smaller portions. You'll find that those small helpings of your favorite dishes are far more satisfying than overdoing it.

7. Compensate when you can

Think how much food you really need, whether you can compromise on the appetizer and have a dessert instead.

8. Practice healthy cooking

Try to make your favorite dishes healthier. Make brown rice vegetable *pulao*, sweeten *kheer* with jaggery and opt for fruit salad instead of *Gulab Jamun*. Choose healthier cooking mediums like steaming, boiling, baking, grilling etc. Making *momos*, steamed *Dhokla*, *Channa*/ Fruit chat are healthier options even for home parties. These simple changes will make an impact over time.

9. Alcohol Watch

Alcohol is fattening. If you feel strongly about a drink, you can have a glass of dry wine and have it with a balanced protein and a vegetable rich meal that contains good fats to reduce booze's blood sugar altering effects.

10. Take time to exercise

A moderate and daily increase in exercise can help offset the increase in eating and calories. Add 15 minutes of cardio activity to burn more calories and keep weight under check.

Varsha Koppikar is a registered dietician & certified clinical researcher and Diabetes educator with over 27 years of experience. She has vast experience in the fields of endocrinology, diabetes, cardiology, maternal health & lifestyle. She believes in counselling patients holistically focusing not only on diet and meal plans but lifestyle modification including physical fitness, stress management & behavioral changes. Her latest work as an author is published in Diabetes Technology and Therapeutics Journal. Varsha completed both her B.Sc. in Foods, Nutrition and Dietetics and Post Graduate Diploma in Dietetics and Applied Nutrition at the Nirmala Niketan College of Home Science, Bombay University. She is currently working as a Senior Dietitian and one of the quality heads at Cultfit. Varsha is a keen fitness enthusiast. She spends her free time reading, travelling and exploring different places.

The Past In My Present

By S R PHILAR

This article was written by invitation. Dr Satishchandra Philar (formerly Professor and Head, Department of Electronics, Karnataka Regional Engineering College (now National Institute of Technology Karnataka) reflects on a childhood and early adult years which are a contrast to present-day lifestyles, particularly in this time of Covid.

The first lockdown was imposed just after the Corona-19 was declared a pandemic and Life changed.

Having been forced to stay at home, I started wondering if life would ever return to its style before Covid. And it was then that memories of my childhood, as well as life as an adult began to stream in.

My boyhood was in a village called Nandalike, adjacent to Belmannu, a place endowed with 'nature'. We never thought about this as we were growing up, but now I realise that life then was so in sync with the sun. Our family was a joint family with self-sustaining agricultural activities. We had coconut and areca-nut trees. We also had a lot of fruit trees—mango, guava, sapota, cashew, jackfruit and wild jackfruit. Pineapples sprang up across the fields in front of our house. Rice fields and a riot of vegetables filled this scene of plenty. And then we had cows which provided milk. Manure (which is called organic today) was the only kind of manure and came from cow-dung. We were fond of many wild berries that grew in the backyard and in the forest around.

My parents were children of this magnificent gift of nature. My mother, especially, knew how to use herbs for medicines, and she used the herbs that sprang up in and around our home. We almost never seemed to need to go out of our garden to cure our ailments. Indeed, my siblings and I can hardly recall times of being unwell, for not only were there cures, my mother's kitchen so beautifully incorporated beneficial herbs, leaves, roots and flowers into what we ate. These things came to my parents naturally. Crops and vegetables were grown without pesticides and the taste of the food they cooked on firewood in clay pots still lingers in my mind. Life was probably not easy, there were no machines, and because most food did not last beyond the day, everything had to be made fresh. The sounds of grinding, pounding and winnowing were always heard.

All this wisdom was passed on silently across generations. My mother, like other women in her time, just *knew* what was good for our health as well as tasty. We have many, many resources to refer to now. Thanks to the pandemic, we found ourselves falling back on what we had learnt as children and young adults. Belmannu was my 'nursery' but after eight years of school, I had to move to Mangalore for high school. Our family had hired a house in Mangalore near Ganapathy High school and we had our aunt as our caretaker. After Pre-university in the Government College, I wasn't sure what educational line I should pursue. Just then the Karnataka Regional Engineering

College (KREC) was started in Surathkal in 1960. My high school teacher advised me to take up engineering and I joined this college which is today the well-known National Institute of Technology Karnataka (NITK).

NITK is a campus of 300 acres. In 1960, we had temporary sheds with asbestos roofing. The classrooms and hostels were,

I remember, in such sheds. There was only one borewell which provided water. The land had no trees. No playgrounds.

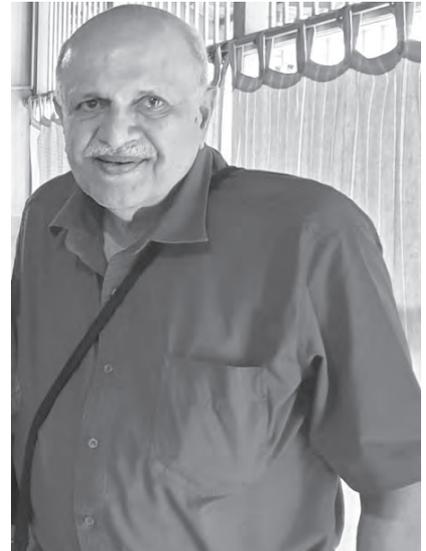
We had a small faculty and the laboratories were very minimally equipped. The library had a thin stock of books. In the initial years, we did not have a good canteen or mess. The buildings for classrooms and hostels along with staff quarters came up gradually.

Life was not easy, but we enjoyed our adventurous stay—with many snakes around! Even when it started, there were students from all the States of our country.

The Arabian Sea is very close to the campus and I remember we used to walk down to the beach almost every day. Playgrounds soon came up and we started cricket, volleyball, badminton and kabaddi. Gradually, the campus grew with all the top games—tennis, basketball, football, hockey and swimming.

After graduating in Electrical Engineering in 1965, I briefly joined the faculty on the advice of my Professor. But I was at that time keen on working in industry, and I joined ACC Ltd in Shahabad. But the cement dust forced me leave that job and I returned to academics at the KREC in 1966. Life as an academician is very enjoyable. The academic freedom to learn and assimilate knowledge is what I enjoyed the most. In this stimulating atmosphere, I pursued higher studies for M.Tech with a UNESCO scholarship, in KREC and then research leading to a PhD at the IISc, on deputation (1977–80). I was appointed Professor in 1984.

As a leading institution, we had the freedom to design the curriculum in pace with new advances in technology. Some funding from abroad along with increasing funding from the Govt of India helped in developing laboratories and the vast library we now have. In time, we had an open-air theatre. There were many clubs that students and our children could



join, notably a film club. Life in the campus was serene and full of small pleasures. Our children had a lot of friends and space to enjoy playing together. Students would come home and we celebrated festivals together. I remember during Holi, my children would hide under the beds when the students came home to throw-colours!

Campus recruitment was a major feature which provided placements to students early in the seventh semester. Many companies are in competition to come early and pick the best students. Students chose the companies after the presentation followed by interviews. Some of our alumni would come as recruiters from the companies. They always provided inputs for designing new courses, something we welcomed.

Some incidents remain in my memory. Mr Basavaraj Pavate as senior executive from Texas Instruments used to come often for recruitments. Once he called me from the placement office to help him select the six best among the ten who attended the interview. His HR department had limited the numbers to 6, but he found all ten were excellent. I told him to do the obvious—take all the 10 and he did. He has a patent (one among many) in a new area of architecture in FPGAs (Field Programmable Gate Arrays) which he named 'Basava Architecture'. He was called by the name 'Raj' in his company and he wanted them to learn to pronounce 'Basava', the first part of his name.

We had a colleague, Mr B.R.Hegde, who was the Workshop Superintendent. He was better known as 'Social Service Hegde', a kind and very helpful person. He used to move round the campus and see if any help was needed. Once he found a baby goat stranded and trying to find its mother. This was around ten at night. I remember he came home and asked for my help in taking this baby goat to its owner who lived outside the border of the vast campus. We did that and enjoyed the scene when the baby goat saw its mother.

I loved problem-solving in hardware. The experience gained in my providing consultancy to small industries in and around Mangalore helped in inspiring students design laboratory courses, using problem-solving applications of engineering knowledge. When students get to solve real problems in industries, their confidence improves. Industrial training, a new concept then, was implemented with the help of funds provided by some of the projects funded by World Bank, the Govt of UK and the Swiss Govt. The value addition that happened in this helped the students become employable from the first day of their jobs.

The network of alumni is keeping me active. As I look ahead from this Covid time, I can see that education will experience a big transformation because of this pandemic. Applications of Artificial Intelligence in the fields of health care, IOTs in agriculture and other industries needing automation, will bring in irreversible transformations, eliminating some employment areas. Re-skilling of the people who have lost jobs will be a big task. Agriculture-based industries and food industries with a lot of automation will be the new normal. Working from home will be the preferred work life. How things

have changed!

Yet as I look back, I want to feel grateful that we started out in the cradle of nature, almost literally. One's childhood and later, all that was good, never leaves one. Instinctively, I reach for things which are health-giving. Obscure herbs and plants, when I see them, give me joy. I often choose simplicity in place of great comforts, and am still equally at home in austere surroundings as well as luxury. Those sheds we started our work in in the KREC—we never thought of them as sheds. They were places in which we nurtured our students and ourselves. It's a time and era that seems bygone, but will never really go.

(Courtesy: Canara Union Newsletter)

Author Details

With a view to build greater connectivity between the authors of articles and the readers, we introduced the Author Details feature some time back. These details are added at the end of his/her article in the issue. We invite authors to add a few lines about themselves and their email id to their article, while mailing their articles to us. We look forward to receiving author details for our esteemed readers.

... Editorial Committee



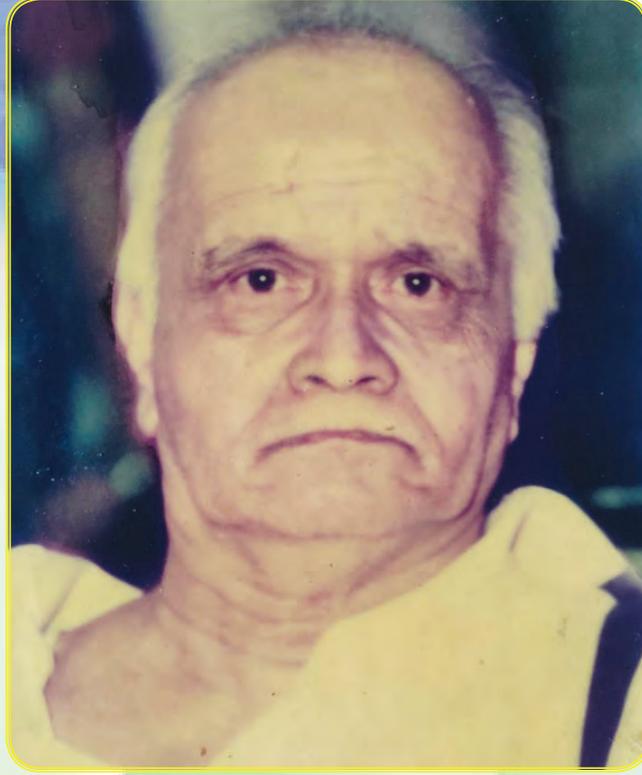
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**Birth Centenary Remembrance
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18th October 1921 – 16th April 2001

Today is full of memories, happiness & tears. The birthday celebrations we've shared throughout the years. Though we will always miss you for the endless joy you brought.

It warms our hearts with gratitude.

Wherever you are, we feel you are with us.

Today, tomorrow & every day

You are fondly remembered

Children: Deepa / Dinesh Kadle, Chetan / Vijayalaxmi(Sudha) Puthli,
Gautam / Jaya Puthli, Sachin / Priya Puthli.

Grand Children: Ashwin / Minal Kadle, Ankit / Prerana Kadle,
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Centenary Remembrance



Dayanand Ganpatrao Basrur
31st August 1921 – 16th April 1984

Dear Pappa

It has been over 37 years that you have left us. Some of your grandchildren and both great grandchildren never even saw you. Dear Aai also left us 3 years ago to be with you. We are sure both of you; in your heavenly abode up there, are celebrating your 100th Birthday together, while we all celebrate the occasion down here. You were always ready to help people in time of need. We cherish the sweet memories of your loving, caring and jovial nature.

You will live forever in our hearts.

We fondly remember and miss you

Lots of love

Children:

- ❖ Shrikant Basrur & Neena
- ❖ Aarti (Shrikala) & Deepak Aldangadi
- ❖ Shrinath (Chinnu) Basrur
- ❖ Vidya & Satish Trikannad

Grandchildren:

- ❖ Parikshit Shrikant Basrur & Adity
- ❖ Pooja (nee Aldangadi) & Subodh Rao
- ❖ Prasad Deepak Aldangadi & Deepa
- ❖ Gautam Shrikant Basrur & Niyati
- ❖ Yogen Satish Trikannad

Great-grandchildren:

- ❖ Khushi Subodh Rao
- ❖ Aria Parikshit Basrur



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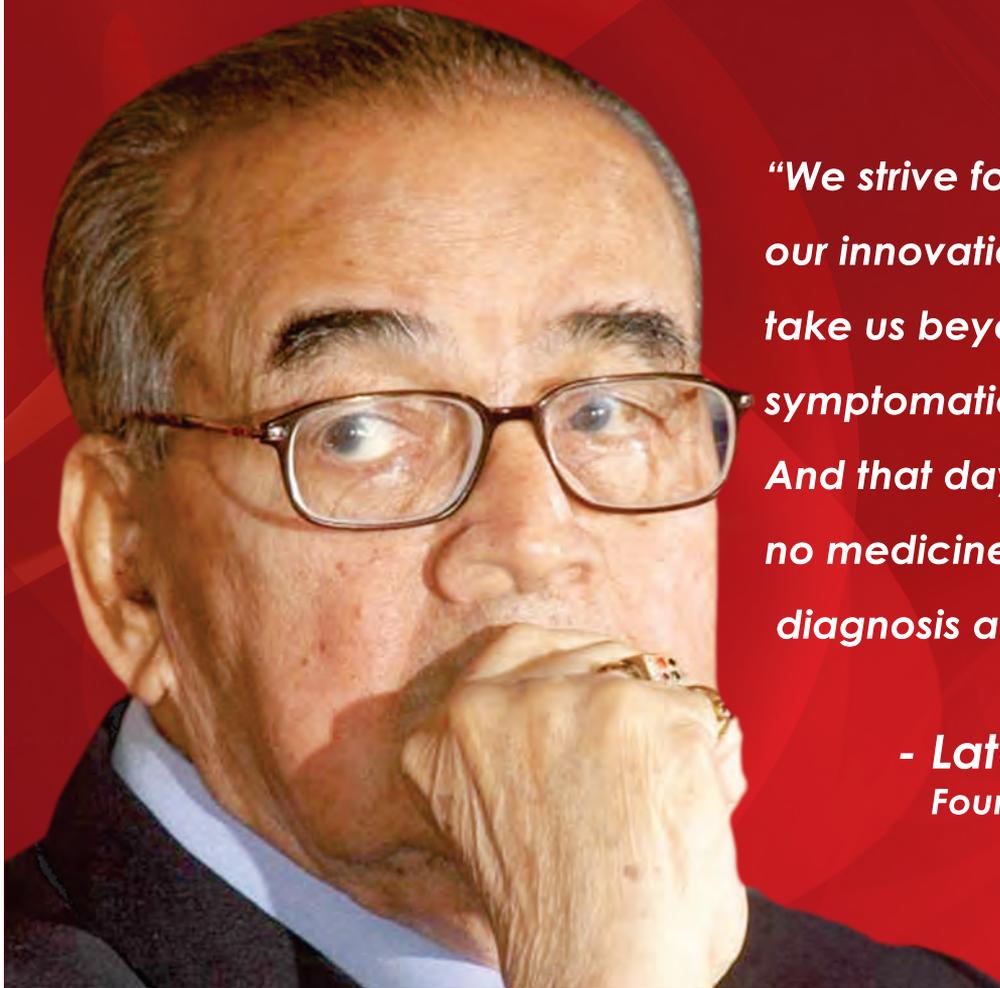
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SAVITRI WHO?

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Hardly anybody today remembers Eve Yvonne Maday de Maros. Unfortunately, most of us may not even have heard of her...

But who was she ?

- a Swiss child of a Hungarian father & Russian mother ?
- a painter, a dancer and an artist ?
- a student of Hinduism ?
- a polyglot fluent in English, French, Hindi, Marathi and Sanskrit ?
- a love struck teenager who eloped to India and married an Indian Army officer ?
- wife of the General Officer Commanding, Delhi, at India's first Republic Day parade ?
- author of "Saints of Maharashtra" ?
- Sadhvi of the Ramkrishna Mutt. ?

The answer is all of the above !!!

She was born on 20th July 1913. Her father fought in the Hungarian army in WW-I and was later a professor of sociology in Geneva. Her mother had been a student of her father and was later a teacher at the Rousseau Institute. As a 16 year old, the precocious Yvonne met a handsome cadet of the Royal Military Academy while holidaying at Chamonix.

She followed the cadet to Sandhurst and realised that he was an Indian. Despite parental opposition, she came to Mumbai and then to Aurangabad and married Capt. (later Maj Gen) Vikram Khanolkar !

But the reason that Indians should know about Eve Yvonne Maday de Maros (a.k.a SavitriKhanolkar after marriage to Maj Gen Vikram Khanolkar) is because of a task that was given to her by the Adjutant General of the Indian army - Maj Gen Hira Lal Atal. He had asked her to design gallantry medals for independent India. It was she who designed the Param Vir Chakra, Maha Vir Chakra, Vir Chakra, Ashok Chakra, Kirti Chakra, Shourya Chakra, Indian General Service Medal, etc.

Incidentally, Savitri Khanolkar's daughter Kumudini got married into a much decorated military family. Savitri's son-in-law Lt Gen Surinder Sharma (PVSM, AVSM) became the Engineer in Chief of Indian army. His younger brother General Vishwa Nath Sharma (PVSM, AVSM) was the Chief of Indian Army when Savitri died in 1990. Their eldest brother, Major Somnath Sharma had died in battle while fighting infiltrators at Srinagar airport in 1947.

He was the first recipient of the Param Vir Chakra designed by his brother's mother-in-law !!

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Memories can Motivate!

By MAYUR KALBAG

It is often said, “forget the past and focus upon the future!”. In the practical world though, does this proverb really hold completely true? Well! It is my strong conviction that looking back at the past **sensibly and smartly** can motivate as well as empower us with strength and positive attitude to deal with future challenges. I believe that if we are able to **awaken the Positive aspects of our Past** then these memories themselves can act as motivators for our future!

Such memories especially have a special power; the power to **Influence and Inspire the mind of the ‘Present’** to help it deal with the ‘future’. I wish to explain this with a real-life example.

The boardroom was full to capacity with all the senior management employees and along with them was the Head of Sales along with his team of Sales executives. The atmosphere seemed a bit gloomy, not because of the rainy weather outside but more so because of the atmosphere of depression and disappointment due to an extremely poor performance by the Sales team, which is why they were asked to be present in that room. The team was aware of what was expected... a barrage of aggressive and acerbic comments, scolding and extremely critical observations regarding their poor performance!

The CEO and the Chairman were yet to arrive for the meeting and everyone in the room was predictably nervous to say the least. “It is inevitable! Today is going to be a day where I probably will be either asked to leave this organization or firmly requested to tender my resignation. This organization has never seen this kind of Sales decline ever and it has happened now under my leadership. I just hope that the humiliation gets over soon” The Head of Sales was seen whispering to one of his junior colleagues.

The door of the boardroom opened and one of the people from the Human Resources department walked in with an LCD Projector and after placing it upon the table he connected it to his laptop. He then went ahead and opened up the ‘Viewing screen’. Most of the people there were watching this with a bit of surprise. “Is this going to be some audio-visual presentation? or more appropriately a dressing down of the sales team” asked one of the senior managers from the Production team who was also present there.

At that moment the door of the Boardroom again opened and entered the Chairman, Mr. Harman Patel and following him was the Chief Executive Officer (CEO) Mr. Vakoo. “Good Morning everyone! How are you all?” Mr. Patel exclaimed energetically to all the people present there!!! Most of them were a bit taken aback by the manner in which he greeted them as they were expecting a more somber and almost a depressed expression rather than an enthusiastic one!

Both of them seated themselves and the CEO, Mr. Vakoo then politely instructed Mr. Nair, the person from the Human

resource department to begin. “Begin what” that was the mental expression in the minds of most of the people in that room. Mr. Nair nodded in the affirmative and proceeded forward to turn on the laptop and the LCD. Just before the pictures began to get displayed the Chairman, Mr. Patel requested to speak a few words and then addressed the people who were seated in the room. “I know dear colleagues with what expectation all of you have come to this meeting, especially the people from the Sales team! I know you may have already predicted certain things from us after the highly disappointing results. Having said this, I want to show you something through a concise ‘video’!” Saying this he looked towards Mr. Nair and indicated to him to start the video. The lights in the room were dimmed and the play button was pushed and the video started to play. In that ten-minute video the major achievements achieved by the Sales team from the previous six months were displayed in great detail. After the completion of the video a series of pictures were also shown of the numerous celebrations when the same sales team had ‘Over-achieved’ their expected targets. And finally, another small video clip was shown to the entire audience about the time when the same sales team was adjudged and selected as the best team from across all the sales teams from various organizations through the entire region of Fiji!

The entire video ended and as the lights brightened up, the Chairman and the CEO got up from their chairs and the Chairman began addressing specifically the Sales team. “WE ARE EXTREMELY PROUD OF OUR SALES TEAM and WE BELIEVE IN YOU”. Some of the members of the Sales team including the Head of Sales were literally moved to tears! They were not able to control their emotions and it was understandable as they probably never expected what they saw in that video, and then the final words from the Chairman himself where he expressed his belief in them despite the present failure!

Rather than getting reprimanded and humiliated by the senior management something totally different had happened. They were rather reminded, through photographs and video clips, of what they had accomplished in the recent past. In a way they were also reminded of their amazing potential and positive abilities!

Spontaneously everyone stood up and gave the sales team a rousing applause. When the vibrations of their passionate claps had pleasantly faded down the Chairman continued to address everyone. “Dear colleagues of mine, I have always believed that our sales team is a special one and they have proved that they all are amazing in their attitude toward achieving their targets passionately. I know that this particular sales result was extremely poor and much below the expectations. I got to understand from the other colleagues of mine that the entire team of Sales is completely

demoralized and stressed by their performance or rather the lack of it. Even the other departments and functions in the organization seemed to have become disappointed with the Sales Team.

Having said this I believed in them and I still believe in them because I have seen their intensity and inspiration with which they have worked successfully in the past. Hence, rather than giving them a scolding and harsh words I thought it better not just to give some kind of a motivational talk but to go step further and show them what they have achieved and can accomplish in the future. I wanted to in a way, **“ACTIVATE THEIR MEMORIES”** about their capabilities and competencies with which they can focus positively upon the future targets! It could have been very easy for me to criticize the Sales team and humiliate them about dismal failure but then that would have been completely detrimental and negative to the growth and the future of the organization. Scolding them was never the answer to their failure. **What I believe in is that Positive Memories can act as extremely Practical Motivators for future performance.** I wanted to remind them and hence this particular set of video clips and pictures were shown to them as well as to all of you seated

in this room so that you too would respect them for their overall performance and not just the present failure. After this meeting I will be sitting and interacting with each one of the sales people and together we will work out a powerful and proactive sales strategy for the future. As I conclude I want you all to remember something important. Crying over spilled milk is probably easy and justifiable; but wiping the floor quickly and then finding ways for the milk not to be spilled again in the future is much more important” saying this he along with Mr. Vakoo left the room and as they left all the other senior people in the room had learnt something new and positive. They had learnt that **‘MEMORIES CAN MOTIVATE!**

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



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PERSONALIA

Prameela Kundapur's is a known name not only in Udupi and Hattangadi, but also in Mangalore, Bangalore, Mumbai, Delhi and the US. where she has regaled the audience with her Bhaktigeet and Bhavgeet.. She is an AIR artiste who sings in five languages - Konkani, Kannada, Marathi, Hindi and Sanskrit.

Prameela's greatest inspiration came from her parents, Late Sanjeeva Rao and Late Susheela Rao, reknowned stage/Yakshagana artistes with outstanding musical talent. Her strongest support comes from her husband, Ashok Kundapur, and the children.



The acclaimed critic, Late Sumeet Savur and artiste, Late Chandrabhaga Devi promoted her musical efforts. Prameela's been greatly influenced by Pt Bhimsen Joshi, Basavraj Rajguru, Manik Verma and Asha Bhosle.

This versatile senior artiste's service to and popularity in the music industry, gained State Level Recognition with the "Sangeetha Kalanjali" Award on 18th April 2021 conferred on her by the Deshpande Sahityika & Sanskritika Pratishthan, Bidar and Mandara Kalavidara Vedike, Bidar. The award ceremony was held at the State Level Poets' Conference at the Farmers Council "Raitasiri Sabhabhavana", Khambadakone, Kundapur, Karnataka.

Another State Level Award, the "MS Subbulakshmi Music Award" has been conferred on Prameela, by the same organisation in Bidar. The announcement was made on 18th August 2021. The Award Ceremony will be held when Covid restrictions permit..

Shikhar Kamath (age 10), son of Mr Shiv Kamath and Shilpa Kamath (nee Koppikar), grandson of Satish and late Sheela Koppikar, Prof Ram and Suman Kamath has been felicitated with the Golden Aim National Sports Award by Major Dhyanchand Central Sports Council, India for excellence in Skates. A national award bestowed upon selected sports players from all over India in different sports on the occasion of National Sports Day on 29th August, 2021 at Miraj, in Sangli District. He also has in his name various other records, namely Guinness Records, Asia Book of Records, India Book of Records, Extreme Records, Global



Records, National Records, India Achiever Book of Records, Asia Pacific Records and Best of India Records held in 2018 and 2019 in skating. He has been learning to skate since August 2017 and has represented Palgar district too.

Shamika Kamath (age 7), daughter of Mr Shiv Kamath and Shilpa Kamath (nee Koppikar), granddaughter of Satish and late Sheela Koppikar, Prof Ram and Suman Kamath



has been felicitated with the Golden Aim National Sports Award by Major Dhyanchand Central Sports Council, India for excellence in Skates. A national award bestowed upon selected sports players from all over India in different sports on the occasion of National Sports Day on 29th August, 2021 at Miraj, in Sangli District. She also has in her name various other records, namely Guinness Records, Asia Book of Records, India Book of Records, Extreme

Records, Global Records, National Records, India Achiever Book of Records, Asia Pacific Records and Best of India Records held in 2018 and 2019 in skating. She has been learning to skate since December 2017 and has represented Palgar district and Maharashtra state too.

Examination Results 2021

We Congratulate the following students and wish them all the best!

(Pictures on page 31)

10th Standard

Shreeram Santosh Marballi CBSE - 99.40%

AS Level (Cabridge International)

Samvit Sachidanand Mavinkurve, Mumbai - A Grade
Mathematics 100/100

12th Standard

Aditya Vinod Koppikar, Tengar (Po: Bailur, Ta: Bhatkal) -
100%

Ananditha Kembre, Mumbai -

ISCE - 96% (96.75% - best of 4)

Avantika Anand Bailoor, Pune - CBSE - 448/500

Esha Ananth Nalkur HSC Arts - 91%

Karthik Chetan Kalbag, Mumbai - 95% (Commerce)

B.Tech Biotechnology

Anusha Anand Bailoor - First with Honors - CGPA 9.22

Postgraduation

Dr. Shreya Kunder (now Shreya Prashant) secured gold medal in MD (Radiation oncology) from Tata Memorial Hospital Mumbai.

Examination Results 2021

We Congratulate the following students and wish them all the best!

10th Standard



Shreeram Marballi

11th Standard



Samvit Mavinkurve

~~~~~ 12<sup>th</sup> Standard ~~~~~



Aditya Koppikar



Ananditha Kembre

~~~~~ 12<sup>th</sup> Standard ~~~~~



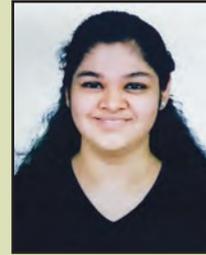
Avantika Bailoor



Esha Nalkur



Karthik Kalbag



Anusha Bailoor



Dr. Shreya Kunder

B.Tech Biotechnology

Post graduation

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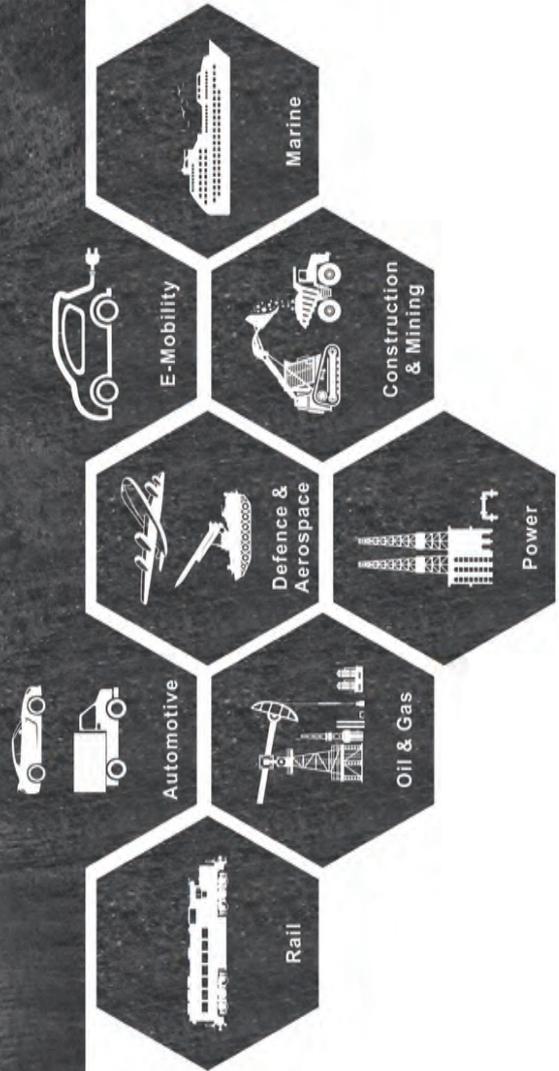
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With this issue we launch an occasional series called 'Yuvaspeak' to show the variety of ways in which our Beloved Mathadhipati - Parama Pujya Sadyojat Shankarashram Swamiji has inspired and guided our youth and made individual talent blossom.. Here is TEJASHREE BAILUR telling you what happened when she was still feeling

“Young and Inexperienced”

My mother tells me that when I was an infant, I was placed at the feet of Parama Guru Shrimat Parijnanashram Swamiji III. This was perhaps my first interaction with my *Guruparampara*. As I grew up, listening to stories about our Gurus left me in awe, but they were just stories for me back then. I saw Parama Pujya Sadyojat Shankarashram Swamiji for the first time during *teerth* during our visit to Shirali when I was in school. My sister and parents were blessed with *mantradeeksha* that year but since I was hardly 11, I was hopeful I would be blessed with it too, when I grew a little older. My first memory of interaction with Swamiji was when I asked Him for *mantradeeksha* when we visited Shirali in the following year. Though unsure since I was still quite young, I mustered all my courage and asked Swamiji during *teerth* and Swamiji agreed! I was elated, but anxious, as I walked towards Swamiji's room alone, early the next morning. However, Swamiji instantly put me at ease and I left the room feeling special. I was too young back then to realise the importance of the bond that was formed on that day but this is slowly being revealed to me as I grow.

Being an introvert, during my first few *Sanskriti Parichay Shivir*-s I had issues with interacting with new people. However, I continued to attend the *Shivir*-s because of the special interactions with Swamiji that we were blessed with. The blissful treks and the *Ashtamurti Upasana* sessions made it all worth returning to every year.

The innumerable things that Swamiji did to encourage me, that big smile from Swamiji when I sang my first *bhajan* in Karla, my birthdays which were made special by being in *Guru-Sannidhi* every year, the constant Guidance that I received, the many blessings that were showered on me, helped me to hold onto Swamiji's hand through my challenges and achievements as Swamiji led me towards the goals that had been set for me. My first major attempt

at *seva* was when I joined the *Prarthana* family. Becoming a *Prarthana* teacher gave me the confidence to switch my



Guru Anugraha

Archana Savnalpachi who was also present there to train me to conduct a *Vimarsh*. Despite my few attempts at *seva*, I still had severe stage fear, but Swamiji assured me



Conducting Vimarsh in Karla for senior sadhaka-s

that it will not be too difficult. Since it was a *Guru-Aadesh*, silencing my thoughts of giving up, I began attending Archana pachi's *Vimarsh* sessions and began to absorb and learn from her. I got my first chance to conduct *Vimarsh* for *Yuva*-s during the *Kara Seva Shivir* that year. It was only the constant remembrance of the *Guru-Vatsalya, japa*, and my multiple prostrations at each *Samadhi* that helped me deal with my fears and worries before the *Vimarsh*. With Parama Pujya Swamiji's Blessings and with the loving guidance of Archana pachi, I could manage to conduct the *Vimarsh* for the *Yuva*-s without giving up. I was then given an opportunity to conduct a *Vimarsh* for some senior *sadhaka*-s in Karla. This too seemed a difficult prospect for me because being young and inexperienced I was tense about conducting a *Vimarsh* for seasoned *sadhaka*-s. But Swamiji's Presence and Encouragement during the *Vimarsh* gave me the strength I needed.

Being a member of *Yuvadhara*, continuing to attend the

profession to teaching. During my visits to Karla, the time spent alone in the Math with the Devi brought me closer to Her and my Parama Guru. Being a part of the awesome *Guru Jyoti Pada Yatra* strengthened that bond.

During an informal meeting with Swamiji at Karla, I was shocked when Swamiji suddenly pointed at me and asked

Parisevanam

Shivir-s as a budding *sanchalak* while offering help and support to the younger *Yuva-s*, and continuing to conduct *Vimarsh* has given me great opportunities to work upon my ego, fears, and low self-esteem. Even though I am still learning to handle difficult situations the way Swamiji

would want me to, I continue to learn and grow under His supervision and my bond with each of my Guru-s continues to grow stronger.

Shata Shata Koti Pranaams at Your Lotus Feet, Swamiji!

Exalted Metanoia

Both faith and courage in plenty she did amass
What did the fledgling know
About the sky being so vast?
She knew she had to go
And go she did at last
She fell, she fumbled and then she flew
Her fear was definitely a thing of the past

Chittering chattering across the depths, swimming away with glee
Causing a merry but a lively din
His entire world was the open sea
for he was, after all, a dolphin
About the world beyond he had no clue
Efforts he had to make to catch a glimpse of the new
For there was a world above the ocean blue
Unique and different indeed it was, drenched in flavours of flamboyant hue
For him, it came with new knowledge- an opportunity
His ignorance was a thing of the past
It was now time for discovery

Bubbling and buzzing with enthusiasm out came the bee
Only the brightest blooming flowers she did see
The early blossoms looked lovely dotted by the morning dew
but she made trips to and from only the worthy few
Plentiful distractions and obstacles there were many
But the bee went about without paying heed to any
With determined focus, the little bee flew
Responsibility came first- her priorities very well she knew

The dark clouds disappeared and the storm finally blew by
Hopefully awaited the sunflower with his head held high
The faith he had that the sun would come, had never gone away
The storm had caused devastation through the night and through the day
men had come and men had gone but the eternal sun was here to stay
As an answer to his prayers at last, he saw what started with a single ray
Out came the sun brilliant and resplendent as ever
in His grace and blessing basked the sunflower forever

I learnt about perseverance, faith, focus and responsibility to name a few
while engaged in *seva* at the lotus feet of my Guru
In the journeys of the flower, dolphin, bird and bee
I'm sure we did see aspects of you and me
And our journey goes on as we continue to serve our Almighty
for having been guided, protected, inspired- so blessed are we!

Forever shall we be grateful to have a Guru like thee
Your Love and Blessings have enriched our lives Swamiji !!

-Nishtha Naren Naimpally
(Bengaluru Sabha)

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 7 PART 2

Bhagavân now gives an account of the *Gunamayî Mâyâ* which is a combination of *Sattva-Rajas-Tamas*. *Mâyâ* exists in Me (*Brahman*); I am not in any of the *guna*-s nor tainted by them. The entire *jagat* is under the grip of *Mâyâ* because of which I (*Brahman*) am missed by everybody.

Mâyâ is my divine power (देवी) and very difficult to cross over. Only those who hold on to Me will be able to cross over my *gunamayî-daivî-shakti*. (V12-14).

“People who are deluded by *Mâyâ* are of *âsurî* (gross) nature do not even know that behind everything there is Me the consciousness.

Those *sukrtâ*-s (who have accrued great *punyam*) connect to Me. They do so in four ways. They are all my *bhakta*-s.

Some of them are *ârtha bhakta*-s who worship me when in crisis.

Some of them are *arthârthî bhakta*-s who worship me when they want to embark upon fulfilling some desire or the other. They count upon Me as an auspicious support in their pursuit.

There are some who want to know Me and My *Svarûpam*. They are *jignâsu bhakta*-s.

The *bhakta*-s who are closest to My heart are the *jnânî bhakta*-s. They know Me as I should be known (as *Para-prakrti/ Brahman*) and always abide in Me; they are never away from me. All the four kinds of *bhakta*-s are exalted people. All of them connect with Me and anybody who is connected with Me (*Vâsudeva*) in any form is never away from Me. However, the *jnânî-bhakta* is Me and we are never away from each other. Therefore, he is dearest to Me. (v15-18).

“It takes many lives of pursuing *Âtmajnânânam* and My Grace for a *mumukshu* to be committed to knowing Me with the understanding that I (*Vâsudeva*) am the तत्त्वम् of everything that is here. Such a *jnânî* is rare and I consider him the best of the *bhakta*-s”.

Here *Vâsudeva* should not be taken as the son of Vasudeva. The term *Vâsudeva* has to be split in this way. *Vâsu*- the all-pervading existence in everything here. *Deva* here means the light of consciousness (सत्त्विस्वरूपआत्मा) (V19)

Why is it so difficult for a *jîva* to understand the *Svarûpam* of Ishvara as *Vâsudeva*?

Bhagavân explains the reason...

“Binding desires (रागद्वेषाः) for material ends like progeny and wealth in this life and for higher *loka*-s after death makes people go after various deities only for fulfilling personal gains. They are ignorant people driven by the *samskâra*-s of many lives.

The deities they propitiate are not different from Me. Through those very deities I fulfill the desires and strengthen the faith of such people based on their *prârabdha karma*-s.

I am the ultimate कर्मफलधाता of all their *karma*-s. The *karmaphalam* attained by worship of various deities only for material gains is very short lived. On the other hand, those who propitiate Me, not for material gains but to know Me in entirety attain Me, the Ultimate!(V20-23).

Why do the ignorant not commit themselves to knowing Me?

“The ignorant do not know My *Svarûpam* as the imperishable consciousness in every being. They think of Me as the one who was not there earlier and now has appeared. They cannot see Me beyond My physical form.”

“The reason for this ignorance is natural. I am as though veiled by My own त्रिगुणात्मिकामाया. It is only the *teevramumukshu*-s who have gone up the entire ladder of *sâdhana* who see Me in my Absolute Nature as अजमव्ययमात्मा. V24,25)

“Arjuna, I know all the *jîva*-s who existed in the past, those who are in the present and those yet to appear. However, My True Nature is known only by those who surrender to Me.”

“Binding desires (इच्छाद्वेषः) delude all the *jîva*-s into believing that duality is real. When the *mithyâ jagat* of duality is seen as real, how can they understand Me, the consciousness as एकमेवाद्वितीयम्?

“Those who have accrued *punya* out of living a life of *dharma* and contribution, gradually get cleansed of their accumulated *pâpakarmaphalam*. Along with My Grace, such purified intellects commit themselves with steadfastness to know My *Tattvam*.”

“They devote and dedicate themselves to Me to get out of the cycles of birth and death. They follow My instruction on knowing My *Tattvam* and the reality of *karma* कर्मण्य कर्मयः पश्येत् .

(Cont'd on page 37)

Navratri and Dassera

BY NALINI S NADKARNI, MUMBAI

As a school girl, I lived in Dadar, a suburb of Bombay, now Mumbai. My parents were pious people. They performed 'upaas' on Mondays and Thursdays and celebrated (on small scale) – Vaayna and Ganpati puja. During Navratri, 'Annu' (my father) – after returning from the office in the evening-would do 'parayan' of Laxmi Narayan stotra. Thereafter my four friends, from the building - Saru, Vimal, Hema, Shyamala and I would be treated with honour "aankwari Savashini (as my Amma called us). We had to sit on 'maaniaayis'. Amma used to apply haladkunku, give us flowers. Then Annu gave us mouth-watering 'panchamrut' (only one teaspoon) and then prasad-panchkadayee. Thereafter Annu used to give us on a betel leaf- one paisa (1/64 of a rupees). On Dassera day, the pooja was in the morning- the dakshinaa was One Anna! How we all loved forward to our bonus of 2 ¼ annas!

Now let us learn something about Navratri and Dassera: Ten days after Ganesh Pooja in the month of Bhadrapad and Anant Chaturdashi comes 'Pitruapaksha'(14-15 days). During this period 'shraaddhas' are performed to remember and honour all our ancestors (who are no more). The last day is the Bhadrapad Amavasya (mhalaa Amaas). The following day is the first day of Ashwin on this day Ghata Sthapana is done and Navratri begins.

The presiding deity of Navratri is the Mother Goddess who is worshipped in the form of Durga, Laxmi and Saraswati for the triple benefit of well-being, wealth and knowledge. It celebrates the triumph, of good over evil as it marks the defeat and vanquish of the wicked demon Mahishasura by the eight armed Mother Goddess Durga.

Saraswat families who follow Mahanavmi- as a 'vrata' set up the 'ghats' or 'kalasha' on the first day of the new moon. Each day, an extra garland of 'patkaley' flowers is put around the ghats. They prepare 'kheer' using grains of freshly harvested paddy and a special kind of sukkey, cooked with ten different kinds of vegetables as well as sugarcane and corn cobs.

The 'raas' and 'garba' dancing – which originated in Gujarat at Navratri time, in gaining popularity. In the South, bejewelled maiden-in gold bordered silk saree, visit each other, sing, dance or play musical instruments as an offering before a series of steps on which are arranged various figures, idols, toys and statues depicting stories of ancient times.

To the Bengalis, the 'Pooja' festival is of utmost importance. Pooja festivities begin from the sixth day of Navratri. Ashtami and Navami hold special significance.

A special feature on Ashtami is the Kumari Puja, when a girl under eight (years) is decked up like the Devi, and worshipped along with the idol of the Goddess.

On Navami, devotees dance to the tune of beating drums (dhaaks) holding earthen urns containing burning incense. The Bengalis immerse the idol of Durga on Vijaya Dashami after the 5 day long worship, rituals and festivities.

Worship of books, musical instruments, tools of trade collectively known as 'Ayudh Pujan' is performed on Navami.

The tenth day is Dassera. It is known as Vijaya Dashami, because on this day the children are initiated into writing, their first alphabet. It is also known as Vijaya Dashami, as formerly kings used to cross borders (seemolanghan) to annex fresh territory to expand their kingdom. In the North, the ninth day "Ram leela" culminates in the burning down the mammoth figure of Ravana.

The grand Dassera celebrations in Mysore are world famous. Processions with decorated elephants and horses, illuminated palaces, fireworks, exhibitions and cultural shows are part of this grand celebration. However, unfortunately due to the Corona scares, now the elephants etc are taken around only on the palace ground.

Dassera is considered as an auspicious day to start new ventures, perform marriages and to buy jewellery, property and vehicles.

In Maharashtra, 'aapta' leaves of the Bauhinia are offered as an expression of good will and respect to elders. It was in the trunk of this tree, the Pandavas had concealed their weapons during their period of 'adnyaatvaasa'. They had retrieved their weapons on Navami and hence the aayudh pooja is performed.

"A Happy Navratri and Dassera to all of you"

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.

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Bhagavad Gita

(Cont'd from page 36)

"They understand that I am the Adibhûtam, Adidaivam and Adiyajnam of the entire Universe. This understanding may happen even at the time of death."

The last verse is the seed -shloka for the next chapter.

There Bhagavân himself explains the three terms introduced in this verse.

The most important point to note here is that it is never too late to know Ishvara-Svarûpam.

Even at the time of death, one can acquire this understanding and get free of samsâra. (V26-30).

End of Chapter 7

(To be continued)

(Up)state of Mind

BY PIA PADUKONE

It certainly wasn't prescience that inspired my husband and I to buy a house in Hudson Valley, exactly 6 months before the coronavirus would devastate New York City in unspeakable ways – the medical losses, the grief, the death pallor that hung over the skyline like a fog. It wasn't prescience at all; it was compromise. The compromise being on my part that when we met and decided to marry, that I was a city girl through and through and I wouldn't settle for anywhere else to raise our at-the-time hypothetical family, and on his part, well that he would have to accept that truth.

So when we became able to parlay some money into an additional home less than a two hour drive outside the city, I decided it was time to meet him halfway. At first, it was a weekend affair: we would pack the kids up on a Friday evening after a long week of school and work and drive up, gritting our teeth at the gridlocked traffic on the bridge and the other weekenders fighting over lane space on the highway so that we could spend just under 48 hours in what felt like our mansion. A three-bedroom home with a working fireplace, finished basement, standalone garage, on a plot of land that we could call our own surrounded by woods and a fenced in garden. We cherished the time waking up to the screech of blue jays and falling asleep to the eerie hoots of barn owls.

And then: pandemic, and for the lucky few, privilege. We packed up our car along with clothes, bedraggled stuffed animals, and laptops and hauled ourselves to our weekend home. Little were we to know that it would become our permanent home for the next six months. At first, ennui, uncertainty, exhaustion, fear, paranoia and intense bouts of tension settled in as my husband and I tried to balance work with ensuring the kids were focusing during their Zoom classes without losing a year of education. But then, as cases rose and quarantine stretched out, and the thing that was supposed to be a few weeks turned into months and then a year, something miraculous happened.

We – including me, that die-hard city girl – slowly morphed into a hybrid: part city folk, part country. I watched, as my children – then aged 2 and 5 – evolved into hikers. We trekked miles over mountains, the kids so thrilled to be outside and free that they only complained long enough to stuff a snack into their mouths before we journeyed on. We watched a pair of three-foot long rat snakes make themselves at home as they burrowed into the rocky hill opposite our house. We attempted fishing, only long enough for my daughter to realize she'd rather swim in the water herself instead of hook what was swimming in it. Every afternoon, my husband would garden, fix things in the shed or destroy wasp nests while the kids rode their balance bikes around and around the driveway until it made me dizzy even to watch them. And then one blazing hot day in July, as I glanced up from making yet another snack in the kitchen, my daughter placed her feet on the newly attached pedals, fell over, picked herself

up, fell over and over again for hours until she learned to ride that bike. We purchased camping equipment and went camping. We slept four in a tent, roasted sausages over an open fire and licked roasted marshmallows off our wood-stained fingers. When it looked like we would be spending another summer there, we planted vegetable seedlings and harvested more than 40 cucumbers, countless tomatoes, green peppers, but threw in the towel when the Japanese beetles ravaged our kale. We watched a fox kit nap in our woods for an entire morning, feeling comforted by the rusty orange of its fur each time we passed through the kitchen window for a drink of water. We watched a juvenile black bear lumber across our driveway, its clumsy paws sidestepping a chalk hopscotch game that my daughter had drawn merely an hour before. We took vigilant walks to a local marsh at dusk, fighting the swarms of mosquitoes for days before our efforts paid off to glimpse a beaver swimming through the cattail-filled creek. We tipped our proverbial hats each morning to the Blue Heron that took up residence at the pond at the end of our lane, waving good morning to it when we dropped the kids off at camp and good evening when we picked them up again in the afternoon.

And when vaccination acceptance began to spread faster than the virus, we began to anticipate a life that looked more like the one we knew before it all came crashing down. We began to consider what it would look like to have both kids back in physical school and for us not to be able to just open our doors and tell our kids to go play outside. The window for country living was closing, and this city girl was shocked to feel an innate sadness at returning to metropolitan life.

So many people have lost so much over these past eighteen months: lives, loved ones, jobs, homes, trust, more than we will ever be able to measure.

When my grandmother, Nalini Nadkarni, who is a prolific writer and has contributed countless articles to this very publication, asked me to write about our time in our country home, at first, I scoffed. Because in the moment throughout most of the pandemic, I was miserable. I felt like I had lost so much myself: my ability to be alone, to work with focus and intention, the setbacks my kids would suffer educationally and socially. But as I sat down to reflect on our time there and all we gained by becoming part 'country folk,' I can admit that I've gained more than I'd ever thought possible.

Pia Padukone is a novelist and Creative Director at an advertising agency. Her first two novels (Where Earth Meets Water and The Faces of Strangers) were published by Mira Books. She lives in New York City (and Hudson Valley) with her husband and two children. Pia is endlessly inspired by her grandmother, Nalini Nadkarni, who always has an idea for her next piece and doesn't let anything stop her from telling her story.

आम्मी भानप

आमगेली प्रथम परब, युगादीचि म्होणयेद
नूतन वर्षारंभाचि, ती सुरुवातची म्होणयेद ॥१॥

रामनवमी, शिवरात्री, गणेश चतुर्थी,
तुळशी पूजा, होळी पुन्नव, परब ती दीपावलीची ॥२॥

महें, महें, सानसान्न परबांचे संब्रम,
घरांतु घुंवता, गोडशें, तिकशांचे परमळ, घमघम ॥३॥

समाजाचे सांस्कृतिक मेळावे, जात आसताति
कीर्तन, भजन, प्रवचनांचे कार्यक्रम जाताति ॥४॥

लग्न, मुंजी समारंभांतु, आप्तेष्ट मेळताति
सुखदुःखाच्यो दोनचारी खबर्यो, तांच्यांतुचि कर्ताति ॥५॥

गुरु मठानंता, भानपांगेली, देंवळ आस्सति
कांहीं कुळाचि आराध्य दैवतं स्थापित जाल्यांति ॥६॥

भानपांतुं, चडजावनु गांवाचे आडनांव आसता
एक दोनी काम धंद्याचेयि, नांवाक लागिलें आसता ॥७॥

हॉट्टु घरचे, सान्न घरचे बुदवंतकार, आशशी कुटुंबीय आसताति
विविधता इत्यादी आशिलेतारि, समाजांतुले लोक प्रितीने आसताति ॥८॥

चैतन्य नाडकर्णी,
गोरेगांव (प)

श्रावण फुलला माझ्या मनी

श्रावण आला रे आला
दशदिशा फुलवित आला ।
अलगद श्रावणधारा बरसल्या
श्रावण फुलला माझ्या मनी ॥

मखमली हिरवा शालू
नेसून वसुंधरा सजली ।
किती गोड ती लाजली
श्रावण फुलला माझ्या मनी ॥

अंबरी सुवर्ण झळाळी पाहूनी
श्यामल मेघ मोहिले ।
खेळ ऊन वर्षाचा चालला
श्रावण फुलला माझ्या मनी ॥

जलधारांचे झरे खळखळ
पिंगा घाली पवन खट्याळ...
झुलले इन्द्रधनुष्याचे झूले
श्रावण फुलला माझ्या मनी ॥

ऋतु ऋतुंचे रंग वेगळे
सणा सुदींचे आले सोहळे
मना मनाला होई आनंद
श्रावण फुलला माझ्या मनी ॥

विद्या दुर्गादास बैदुर
(विद्या सीताराम भट)

जेव्हां माझा मुलगा हरवतो तेव्हां

मुरलीधर हट्टंगडी (दहिसर पश्चिम)

माझा मुलगा राजेश सहा वर्षाचा असताना मी आणि माझी पत्नी त्याला घेऊन राणीच्या बागेत गेलो होतो. पुढे जनावरे पाहिल्यावर आम्हाला एक हॉटेल दिसले. हॉटेल म्हणजे काय एक बैठक खोली होती ती. तिथे खाद्यपदार्थ बनवत होते आणि बाहेर आवारात ग्राहकांसाठी खुर्च्या टेबले मांडली होती.

आम्ही एका टेबलावर बसलो आणि आमची ऑर्डर दिली. राजेश ईकडे धावत होता आणि मस्ती करत होता. आमचे त्याच्याकडे दुर्लक्ष झाले. माझी पत्नी दचकून म्हणाली “अहो! राजेश कुठे दिसत नाही!” मी घाबरून सगळीकडे शोधले, पण राजेश कुठे दिसला नाही. तिथे बसलेल्या लोकांना विचारले. त्यातील एक जण म्हणाला, “एक पाच सहा वर्षाचा मुलगा इथे खेळत होता पण आता दिसत नाही”.

राजेश ला शोधायलाच हवं. माझ्या पत्नीची मनस्थिती फारच नाजूक झाली होती. तिला एकटे कसे सोडायचे? शेजारीच एक वयस्कर बाई बसली होती. चेहऱ्यावरून सोजवळ सुस्वभावी वाटत होती. मी तिला घडलेला प्रकार सांगितला आणि विनंती केली, “मी माझ्या मुलाला शोधायला जातोय तुम्ही माझ्या पत्नीबरोबर बसाल का?” ती लगेच तयार झाली आणि म्हणाली, “तुम्ही काही काळजी करू नका, मी बसते तुमच्या पत्नीबरोबर तुम्ही जा तुमच्या मुलाला शोधायला, तो जरूर सापडेल”.

मी हॉटेलच्या बाहेर आलो आणि राजेश, राजेश, अशा हाका मारायला लागलो. जवळपास असल्यास त्याला हाका ऐकू येतील असे वाटले. पण कुठूनही उत्तर आले नाही. मग मी आमच्या कुलदैवतेला साकडे घातले की राजेश सापडल्यास पाचशे रुपयांचा प्रसाद अर्पण करीन तेवढ्यात मला आठवण झाली की, राजेश सिंहाच्या पिंजऱ्या पासून हालायला तयार नव्हता. म्हणून मी सिंहाच्या पिंजऱ्याजवळ गेलो. राजेश तिथेही नव्हता. तिथे माळ्या सारखा दिसणारा एक इसम उभा होता. त्याला विचारल्यावर तो म्हणाला, “साहेब, थोड्यावेळापूर्वी इथे एक लहान मुलगा रडत उभा होता. त्याला मी विचारले का रडतोस? तर काहीच बोलला नाही. म्हणून, मी त्याला पोलीस स्टेशनमध्ये सोडून आलो. त्यांनी पोलीस स्टेशन कुठे आहे ते सांगितले.

मी लगेच पोलीस स्टेशनकडे धाव घेतली. एक स्थूलतनू हवालदार तिथे रुबाबात बसला होता. मी राजेश बद्दल ची सर्व माहिती त्या हवालदाराला

सांगितली आणि त्याला एका इसमाने इथे आणून सोडले आहे असंही सांगितलं. तर तो हवालदार म्हणाला, “त्या मुलाला आम्ही तुमच्या हवाली करू शकत नाही. तुम्ही त्याचे वडील असल्याचा पुरावा आधी सादर करा. मी त्याला म्हटलं, “साहेब, असा कुठे पुरावा असतो का? एक शककल लढवली. मी माझे पाकीट बाहेर काढले, आणि पैसे मोजण्याचा आव आणला, तसा तो हवालदार म्हणाला, “मी आजपर्यंत इमानदारीने लाच न घेता काम केले आहे. पोलीस दलात येण्यापूर्वी सैन्यात मराठारेजिमेंटमध्ये होतो. अदबीने आणि निष्ठेने मी काम केले आहे आणि यापुढेही करीन. माझ्या मनात एक दुसरी कल्पना आली. आमच्या ओळखीचे एक वरिष्ठ पोलीस कमिशनर होते. मनोहर होनावर नावाचे. समारंभात वगैरे भेटायचे. सर्वांना मदत करायचे. त्यांचं नाव सांगितलं तर काही आपत्ती येईल असं वाटलं नाही. म्हणून मी त्या हवालदाराला एक फोन करण्याची विनंती केली. त्याने विचारलं, “कोणाला फोन करायचा आहे?” मी म्हटलं, “पोलीस अधीक्षकांना.” तो ताडकन उभा राहिला आणि मला म्हणाला, “आधी नाही का सांगायचं?” एवढा वेळ त्यांनी मला बसायला ही सांगितलं नव्हतं. आता लगेच खुर्ची पुढे केली, आणि लिहायला एक कागद दिला. आणि माझ्या परिवाराचा पूर्ण तपशील लिहून घ्यायची विनंती केली. आणि घडलेला प्रकारही लिहून द्या असं सांगितलं, आणि त्याने मोठ्या हुशारीने माझ्या मुलाला शोधून काढले, असेही नमूद करण्यास सांगितले. मी लिहून दिल्यानंतर, राजेशला त्याने माझ्या सुपूर्द केले. आणि त्याच्या विषयी वरिष्ठांकडे तक्रार न करण्याची विनंती केली.

त्याने आपलं नाव संभाजी आणि बक्कल क्रमांक 1640 असल्याचं सांगितलं. आणि म्हणाला साहेब, या पोलीस स्टेशनमध्ये मला पिंजऱ्यातल्या वाघा प्रमाणे वाटतं. तुमच्या ओळखीने माझी या पोलीस स्टेशन मधून बदली करवून द्या. मी तशी मदत करण्याचं ठरवलं. पण एवढ्या लहानशा किरकोळ गोष्टीसाठी, कमिशनरंशी बोललायला मला प्रशस्त वाटलं नाही. मी त्याला त्याचं काम करण्याचं आश्वासन दिलं.

राजेश ला घेऊन मी माझ्या पत्नी जवळ, त्याच्या आईजवळ आलो. तिने राजेशला जवळ घेतले. माझ्या पत्नीसोबत असलेली बाई राजेश ला म्हणाली, “बाळ, आई वडिलांचा हात सोडून असं कुठे जाऊ नये”.

(लेखक BARC मधून सायंटिफिक ऑफिसर म्हणून सेवानिवृत्त झालेले आहेत)

Here and There

Bengaluru Sabha (for the month of August 2021)

Special programmes:

- On the 13th of August, on the occasion of Nagapanchami, Naga puja was performed at Naga Katte at the Math followed by Durganamaskara in the evening. Yajnopavita dharana was done by the Panchamkari-s from their respective homes.

- On the 20th of August 2021, on the occasion of Varamahalakshmi Pujan, Durganamaskara was performed at the Math.

- On the 21st of August, on the occasion of Rg Upakarma, Yajnopavita dharana was done by sadhaka-s from their respective homes.

- Gokulashtami celebrations were observed from 23rd August to 30th August wherein pre-recorded mhanti-s were broadcasted through google meet. All vidhi-s of Shri Krishna Janmashtami and arti at the Math was broadcasted live to the sadhaka-s.

- On the 26th of August, on the occasion of Samaradhana of Parama Pujya Shrimat Parijnanashrama Swamiji III, Ashtavadhana Seva was performed at the Math and Bhashya Pathana was rendered by sadhaka-s from their respective homes.

- On the 29th of August, Sadhaka-s (including 6 yuva-s) participated in the Samuhika Gurupujana streamed live as a part of the Sayujyam Seva.

Varga activities:

- On the 1st of August, 5 yuvas participated in the first Open Mic event broadcast on the SCM website and 5 yuva-s participated in the Manthan session. 14 yuva-s helped in making the video on "13 Years of Yuvadhara" that premiered on the 22nd of Aug. On the 26th of August, 8 yuva-s participated in Samoohika Japa Anushthana.

Regular Programmes :

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

(b) Girvana Pratishtha classes, Sambhashana Varga classes and Prarthana Varga are being conducted online.

(c) Gayathri Japa Anushthana is being performed online every Sunday morning from 0700 hrs upto 0830 hrs.

(d) Daily morning puja-s and evening puja-s on Monday-s, Thursday-s and Friday-s were performed by grihastha-s.

(e) Durga Namaskar was performed every Friday by Ved Shri Vijay Karnad Bhatmam with the assistance of Shri Satyendra Sorabmam.

Reported by Saikrupa Nalkur

Thane: A 3-day lecture series by Shri. V. Rajagopal Bhat maam was held on 15th, 16th, and 17th July on Google Meet. More than 60 families attended these sessions. The topic for the same was the shloka- 'Asato maa sadgamaya.'

On Guru purnima on 24th July, 23 sadhakas performed Samuhik Gurupujan.

To usher in the Chaturmasa period on an auspicious note, the trainers and learners came together to offer Guru Pujan on Sunday, July 25th.

Sannikarsha was observed online on Google Meet on 8th August. This programme was attended by around 30 families. Shri Gurupujan was performed by around 9 sadhaka-s.

Samaradhana of Parama Pujya Shrimat Parijnanashram Swamiji -III was observed on 26th Aug. An online programme was organised in the evening which was viewed by around 105 sadhaka-s across all sabhas. Smt. Shailaja Ganguly presented a reading of our Gurumauli Pujya Parijnanashram Swamiji -III's Upadesha-s. Geet Parijnan Parijnan - A Kavya on Parama Pujya Parijnanashram Swamiji -III consisting of soulful musical renditions was presented by Shri Vijay Bhat (Sudhatanaya) of Shri Anantheshwar Temple, Vittla. The programme was concluded with Deepa Namaskar and Jaijaikar-s.

Gokulashtami was celebrated on 30th August. An online bhajan programme was organised which was attended by around 35 families. Senior sadhakas, Yuvadhara members and Prarthana varga children participated by reciting shlokas and stotras and by offering Krishna bhajans and mhantios. A beautiful PowerPoint Presentation consisting of pictures of Bala Gopala-s and Bala Gopika-s from Thane sabha was shown. Smt. Vaishali Koppikar explained the significance of the word 'Krishna.' The programme was concluded with the Deepa Namaskar and Jaijaikar-s.

The Thane Gurupujan training team continued to conduct Samuhik Gurupujan sessions on every Thursday and Sunday.

Reported by Tejashree Bailur

Our Institutions

Saraswat Mahila Samaj, Gamdevi, Mumbai

Gokulashtami *Mhantyo* event was celebrated with great religious fervour on 24th August 2021 online. The *Mhantyo* were rendered by five singers of our Saraswat Mahila Samaj who are blessed with a melodious voice.

Mrs Usha Surkund gave a warm welcome and gave a short introduction of the singers and the *Mahatmya* of the holy book of the *Gokulashtami Mhantyo*. The five singers who gave the lead were Mrs Geeta Yennemadi, Maya Maskeri, Savita Padukone, Kalindi Kodial and Smita Mavinkurve. The rest of the Mahila Samaj joined them from their home and sang along with them the praises of Lord Krishna and his Gopikas. It was a very enchanting presentation, well-coordinated and covered almost 45 *Mhantyo* creating a very "*Krishnamaya*" atmosphere. These *Mhantyo*s are created and composed by *Sant Maharaj Ramavallabhdas* in the most lyrical religious book "*Shri Krishna Jayanti Vratkatha*" a '*Varadan*' for our Chitrapur Saraswat Community. This tradition of singing these *Mhantyo*s has continued for a long time - since the last more than 120 years and still are devotedly sung by our younger generation.

River

I sit down
My legs crossed
My back straight
My hands on my thighs
Palms facing up
The tip of my index finger and thumb
Held together
I breathe slowly
Every breath
Engulfs a myriad of impressions
I close my eyes
And watch the show
The wildfire grows
Absorbing my entire mind
Until there is none of it
Just free flow
A river
In its prime
Invincible,
Indivisible

By Nikhil Bailur

Mrs Geeta Balse proposed the Vote of Thanks and heartily complimented the singers and the audience. She also thanked our main technical expert for coordinating the whole programme online our younger Mahila / Hon. Secretary Mrs Priya Bijur who is a great boost for us for bringing this programme for you. She also mentioned that the programme was sponsored in memory of their loved ones by Smita Mavinkurve, Ashwini Prashant, Priya Bijur & Geeta Suresh Balse.

Mrs Kalindi Kodial has donated an amount of Rs 5 Lakhs in memory of Shri Nagesh S Bijur and Smt Meenakshi N Bijur to the Scholarship Fund. The interest accrued will be given to the economically deserving student pursuing Engineering Degree / Diploma or some Industrial Training.

Interested candidates may apply to Smt. Smita Mavinkurve, Hon. Treasurer, Saraswat Mahila Samaj- with the following details-

APPLICATION FOR EDUCATIONAL AID

Name, Address, Age, Course of Study and Institution where studying, Total fees to be paid and Annual Family income.

Please send your applications to Smt. Smita Mavinkurve, Saraswat Mahila Samaj, B/1, Saraswat Coop Hsg Society, Kashibai Navrange Marg, Gamdevi, Mumbai - 400007.

Saraswat Mahila Samaj is extremely thankful to Smt Kalindi Kodial for the generous donation for a noble cause.

Forthcoming programme will be the Foundation day programme scheduled on 26th Sept 2021.

Reported by Mrs Geeta Suresh Balse

Saraswat Cultural Forum, Pune

Saraswat Cultural Forum Pune recently conducted Online programmes for its members and other guests.

1. Virtual dance Presentation titled '*Nrityake Rang*' on 18th July 2021 by four accomplished dancers, Tanvi Amladi, Pia Chandavarkar, Vaishali Heblekar and Alka Lajmi.

Tanvi and Pia presented Kathak Performances - *Ganesh vandana*, *Ganesh Paran* followed by a *Sargam* composed in *Raag Kedar*. Thereafter Vaishali presented a dance fusion which involved traditional *Bharatnatyam* movements set in a popular fusion song. This was followed by a *Padam* based on Lord Krishna by Vaishali.

Alka presented *Bharatnatyam* performances - *Pudhpanjali*, *Ashtapadi* from the Sanskrit *Kāvya* - Gita Govinda and finally concluded with a *Dikshitar Kritis*. These performances were truly a treat to the Art loving audiences all over the globe.

2. A musical extravaganza, '*Ye Shaam Mastani*' was presented by Abhishek Nagarkar of Bangalore and Ashwin Rao of Pune on 14th August 2021. They entertained the audiences with beautiful popular hindi and english songs of the yesteryears sung with Karaoke.

These performances regaled our Audiences who could enjoy them from the comfort of their living room. The Artists got a platform to showcase their Art. Saraswat Cultural Forum awarded the Artists a token of remuneration and a certificate of encouragement and appreciation.

Reported by Shri Sunil Mundkur

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DOMESTIC TIDINGS

OBITUARIES

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

- Aug 5 : Sumati Marutirao Hemmady (95) at Bandra (West), Mumbai
Aug 25 : Mohan Ganesh Murdeshwar (81) Borivali, Mumbai
Aug 29 : Vasanthi Rohidasrao Nalkur (94) at Thane
Sept 10 : Mohan Pandurang Tonsekar (84) at Goa
Sept 10 : Chhaya Chaitanya Haldipur (nee Kumuda Shirur), (76) at Dahisar, Mumbai
Sept 10 : Vasundhara Prabhakar Nadkarni (82) at Hyderabad
Sept 15 : Ahalya Ashok Samtaney (nee Kapnadak), (70) at Mumbai

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