

Kanara Saraswat

A MONTHLY MAGAZINE OF THE KANARA SARASWAT ASSOCIATION

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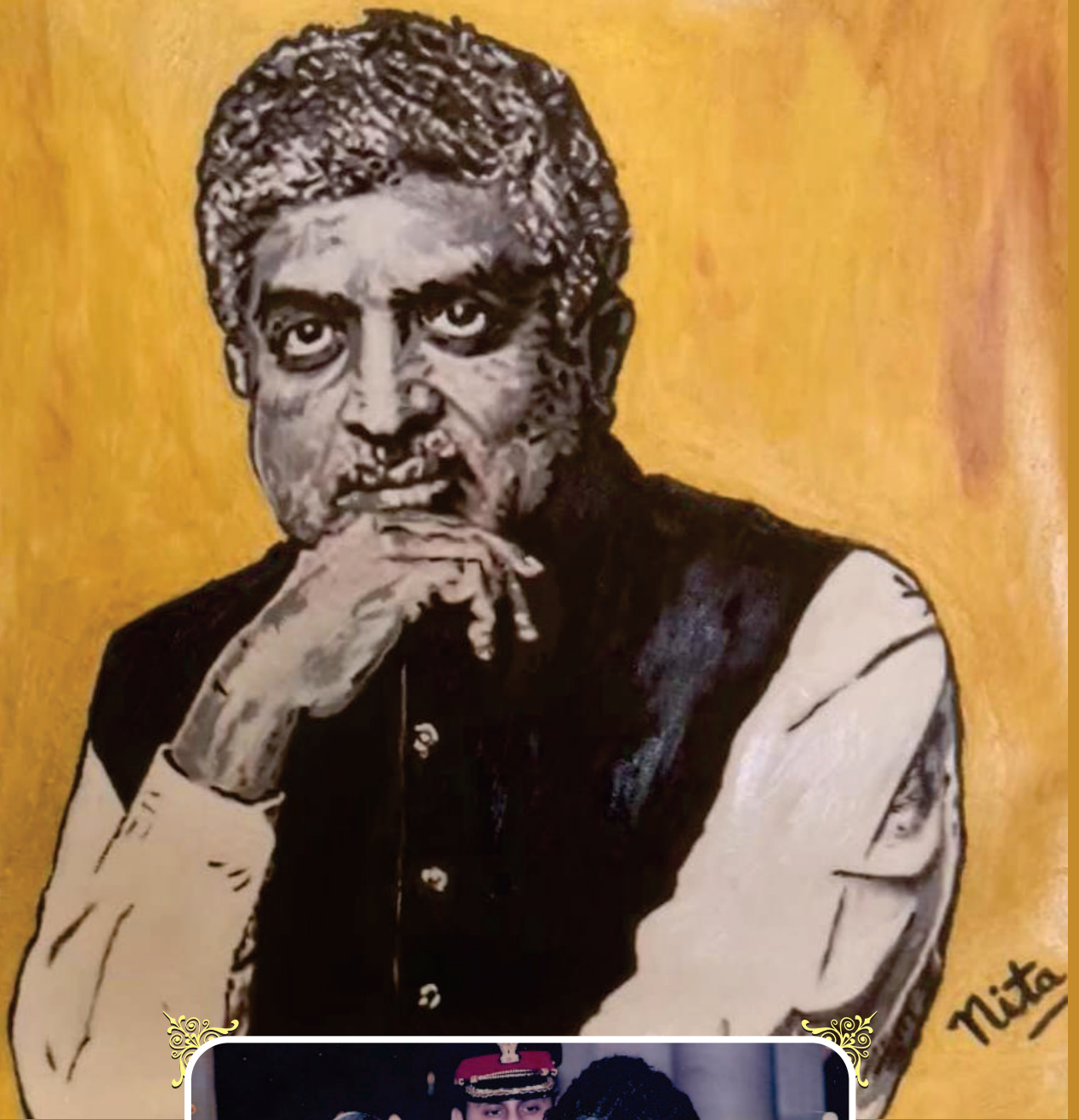
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*Happy
Birthday*

MR. NANDAN NILEKANI





**Mr. Nandan Nilekani being awarded the Padma Bhushan
in 2006 at the hands of President Mr. APJ Abdul Kalam**

The sketch on the top is done by Mrs. Nita R Gokarn.
Nita pacchi is an untrained amateur artist who paints for fun and pastime. She is Mr Nandan Nilekani's *khaasa* maternal first cousin.
Her paintings will be published in KS in forthcoming issues.



Kanara Saraswat

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Kanara Saraswat Association is grateful to the following donors:

Emergency Medical Relief Fund

A Well Wisher ₹ 5,00,000/-

Scholarship Fund

Gangolli Gangadhar Rao ₹ 2,10,000/-
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Gangolli Gangadhar Rao ₹ 10,000/-
(in m/o wife Gangolli Usha Rao)

Gangolli Gangadhar Rao ₹ 10,000/-

ANNOUNCEMENT

CHILDREN'S CORNER- PICTURE PAINTING / SKETCHING CONTEST

The **Guru Purnima Utsav** will be celebrated all over the world on July 13, 2022. We intend to have a special issue in July 2022 to commemorate the occasion.

In order to inculcate high values and encourage our children to appreciate the importance of a Teacher/Guru, we plan to hold a Painting / Sketching/ Drawing contest for all members' **children born on or after April 1, 2010**.

The topic is "**Guru-Shishya Parampara**"

Children desiring to participate in this contest should send their entries to the e-mail id - **editor@kanarasaraswat.in** - not later than 10th June 2022 with details of Name, date of birth and passport size photo and location. Suitable entries will be curated and published in the July issue and one winner in each category will receive a **cash award of Rs.250/-** each.

There will be two categories: (1) Those born between 1 April 2010 to 30 May 2013 and (2) Those born on or after 1 June 2013.

The results will be announced in the same edition. Please encourage our talented kids to participate.

Editor

Dear Readers,

Story telling is an ancient INDIAN ART, which was developed as a tool to educate children and youth with important social and community welfare lessons necessary to face vagaries of life and make living a happy celebration. Today, amidst the present gloomy situation, stories can divert minds to a more beautiful life in store and teach various aspects to adjust and adapt to the conditions.

We, at Kanara Saraswat Association, felt that such an interactive series can bring out the best imaginative traits hidden in our children; we have published the first story 'Talking Cave' (Ullaitali Gufa) in our March 2022 issue. There will more stories in our next few issues.

We sincerely request all to read, help children read and understand these stories and give us feedback in which ever language the child feels like responding. Such an attempt will help the child to imagine without any limitation and express, communicate thoughts clearly. Please forward your thoughts to WhatsApp Number '+91-8879557536' or email id 'admin@kanarasaraswat.in'

We wish to encourage articles from children and youth and can decide to include the Diwali Prizes for best response or best original articles etc. (just as we give for Art and Poetry) so that proficiency for expressions and imagination in writing in Konkani can be rewarded.

So, we await your responses about stories or even your own stories in Konkani. So let us enjoy creativity and story writing.

Editorial Committee



From the President's Team

During my younger days, I had many friends who used to say that they are GSBs (Gaud Saraswat Brahmins) however, they could not understand Konkani and their mother tongue was Marathi. I used to wonder how these GSBs don't understand Konkani - then few years later, I was travelling on a flight from Jaipur to Mumbai, there was an aged gentleman sitting on my adjacent seat. As the flight took off, he started conversing with me, introducing himself as Mr. Oza, and said "I am from Rajasthan and a Saraswat Brahmin" I was surprised as how a Rajasthani can be Sarawat.

My father late Mr. Gurudas Masurkar, that time was very active with All India Saraswat Cultural Organisation (AISCO). I decided to join him, just to satisfy my curiosity to know more about Saraswats and started attending AISCO meetings. I also met some scholars who have studied Saraswat history and also come across many articles on saraswat cultural background. I was indeed startled to read about the great heritage of Saraswati civilization, which is one of the oldest Civilisations in the world. This study inspired me to take active part in various social, cultural and commercial organizations initiated by Saraswats.

Saraswat community resides across the various Indian states, right from Kashmir to Kerala, with approximate population of around 15 Lakhs. This is an arbitrary figure as so far, Census has not been carried out for the entire Saraswat community. I have noticed that within various Saraswat communities proper periodical census has been done only by Chitrapur Saraswat Community through our Kanara Saraswat Association (KSA). Thanks to the Late Shri Shamrao Vithal Kaikini, who initiated the process of census way back in 1896.

AISCO, with a view to get different communities of Saraswats together, organized two sammelans in the recent years. In January 2016 it was at Goa and then in January 2019 at Mumbai. During both these Sammelans, Saraswats from different parts of India, attended in good numbers and showcased their cultural heritage. It was noticed that through the years, Saraswat communities living in different parts of India; are similar in many ways in their cultural and spiritual identities. The highlights of these sammelans were the presence of our revered Saraswat Mathadhipatis and their guidance through *ashirwachan-s*.

Last month, on 1st of May, a Confluence of Saraswats worldwide was organized by Vishwa Saraswat Foundation, AISCO and GSB Sabha, Navi Mumbai. It was a huge gathering of about 1650+ registered participants who attended the conference. There were representatives of almost all different Saraswat communities, such as Kashmiri Pandits, Saraswats from Rajasthan, U.P. Gujarat etc. Our Param Pujya H.H. Shrimat Sadyojat Shankarashram Swamiji and Kashi Mathadhish H.H. Shrimad Samyamindra Teertha Swamiji delivered *ashirwachan-s* and blessed the entire Saraswat Samaj.

This conference focused on the key topics such as the great heritage of Saraswati civilisation, Saraswat unity - the way forward, Saraswat temples - the repositories of art and culture, Kashmiri Saraswat history, Expounding Indus script, Decoding River Saraswati from Vedic texts etc. through eminent and renowned speakers.

Being a proud Saraswat, I sincerely feel that all Saraswats with same lineage, having its own unique cultural and spiritual identities, must unite together to help and support each other through social and cultural projects. Let's make a commitment as well to carry forward our rich heritage to our future generations.

Kishore G Masurkar
Vice President

KSA Library Books in PDF

KSA Library has about 664 books and manuscripts written by *amchi* authors. So far it is observed that there is hardly any interest shown by members to read these from the library. In today's era of digitalisation, online and electronic books are becoming increasingly popular and easily accessible. KSA has digitised these books by scanning and converting in PDF format. We are planning to upload this scanned material on our KSA website from 15th June, 2022. Any of the authors not desiring to display their work in digital format may write to us accordingly. We have decided to **exclude** uploading of popular books available in bookstores or on Kindle or allied platforms.

Vandan Shiroor

Hon. Secretary

9833217925

Letters to the Editor

Dear Editor,

It is with great anticipation that I look forward to each issue of the KS magazine. Over the past decades each team has taken great pains to mould the magazine so that it retains its charm, like a jewel which is polished to shine brighter!

KS magazine with its new look and size has something for everyone. Konkani recipes with interesting titbits of information, Crossword puzzles and Quizzes, Konkani stories and the articles focusing on our *Amchi* talents are truly innovative. The well designed covers highlighting the festivals or events of that particular month are eye-catching.

Congratulations to the Editor and the entire KSA team! Keep up the good work!

Sadhana Khambatkone (Goregaon, Mumbai)

Dear Editor,

We take immense pride in the fact that our '*Samaj*' is very liberal and open minded and we are indeed grateful to the Almighty that we, a privileged lot, are born into our Chitrapur Saraswat Community. Having said that, every generation is posed with new problems and evolving situations which force us to shed some of our old 'mental blocks' in order to find and adapt to new solutions that help us deal with the same.

In light of this, I must say, I was amazed by your 'Editor's Reflections' which speaks of a topic which is debatable and taboo and what

most would be aghast at, that of a Marriage of Convenience, more than anything, between the lonely Senior members of our Society. (KS April 22). I agree completely with your views and I think the Kanara Saraswat is doing a fabulous job of gently steering the *Samaj* in the right direction... Please keep the good work on.

Shantal Bankeshwar, Kandivali (W), Mumbai

Dear Sir,

The May 2022 issue was indeed a well compiled one. The interview with Pandit Sadanand Naimpalli was great reading as we got to know about the legendary percussionist and tabla exponent. I request you to carry articles and interviews with famed classical singers regularly. The insight on the Balakot bombings made us realize the futility of war and the bravado of our soldiers and the army who guard our borders sacrificing their lives and families. The disintegration of the modern Indian family as mentioned by Sanjay Bankeshwar really made me despondent and crave for a joint family or a nuclear family. All in all it was a delight to read the magazine.

Sandeep Hattangady, Mumbai

We welcome readers to write "Letters to the Editor" offering feedback for improvements. One prize winning letter will be awarded ₹ 250.

Visit KSA Health Center for Medical Consultation & Pathological Laboratory at very low fees
Please contact: Mrs. Shobhan Rao 9920799335 or KSA Office 23805565

The Editor's Reflections

We all have idols in life. We admire, adore and love people for what they have achieved in life. We look up to them with respect and awe. More so if the legendary person is from our miniscule community. I have always been a die-hard fan of Prakash Padukone. His demeanour makes him a role model for many. I also admired the great Nalkur Shripad Mam who had enormously great qualities, especially, as to how he overcame certain personal handicaps to become a very powerful orator besides being a successful businessman. He was rightly called the Citizen of the World. I remember him telling me as a small boy how he would stand in front of the mirror with some pebbles in his mouth to overcome stammering and improve his speech and communicative abilities. Later, Shripad mam was known for his mastery over communication and ease of delivering speeches. Over the years as I moved into the corporate world, I developed huge admiration and respect for our own Nandan Nilekani whose rise can be nothing short of being called meteoric. In fact, whenever his name cropped up in corporate meetings, I would feel proud being from the same community!

One of my most cherished dreams was to cover him in our Kanara Saraswat magazine the day I took over as Editor. I felt our readers should get a sneak-peek about Nandan from a hand-shaking distance as a person, his early life and his rise catapulting him to great heights. The dream finally came true and what better an occasion than talking to him on the cusp of his birthday month. In this issue, we present you the adolescent, the family man, the Executive and his corporate journey and aspirations and his contribution to the nation.

Nandan Nilekani is a household name among Bhanap families. Nandan has acquired iconic status and is a highly respected and an admired Corporate magnate. Adorned with Padma Bhushan in 2006, he remains affable and mentors several youth to make a career in the digital space. Undoubtedly, Nandan is the pride of our community and has few peers. Most recently, Nandan has co-founded and is the Chairman of EkStep, a not-for-profit effort to create a learner centric, technology based platform to improve basic literacy and numeracy for millions of children.

Nandan Nilekani is the first ever Bhanap to be a Cabinet ranked Minister in the GOI. His soul-mate Rohini, is already a well-known and respected philanthropist apart from being a writer having penned eighteen books and a prolific mainstream media writer and social activist.

Moving on, I would like to draw the attention of our readers is the vision and ability of Perfect Masters to see much beyond time. Shree Sai Baba of Shirdi happened to hint about our own HH Shrimat Pandurangashram Swamiji to His follower in 1912. They had never physically met. You can read and enjoy the story inside. Coincidentally, the *Samaradhana* of HH Shrimat Pandurangashram Swamiji is on 1st June.

On 10th May, we lost a legendary figure in Padma Vibhushan Pt. Shivkumar Sharma. Whenever someone mentions Santoor, his image flashes in front of one's eyes. He was synonymous with the instrument. Panditji made several trips to our Shirali Math and offered musical seva in the august presence of HH Swami Parijnanashram III. We take you through his journey to Shirali in pictures.

In a continuous effort to improve the contents and make the magazine a truly fun-filled pastime, we have introduced new topics to engage, both, the young and the not so young. We hope you will enjoy reading the magazine and exhort family members and children too, to read the articles and participate in contests and quizzes. The brain teasers will serve as a good mental exercise for all age groups.

With the pandemic abating slowly and schools and educational institutions opening up to physical classes, we wish all the students success to achieve their dreams and emulate their respective idols.

Nitin Gokarn

**CO-ORDINATION COMMITTEE OF THE INSTITUTIONS GRANTING
EDUCATIONAL, DISTRESS AND MEDICAL AID
F-1(A), SARASWAT COLONY, SANTACRUZ (WEST), MUMBAI - 400054**

Applications are invited in the prescribed forms from economically backward and deserving Chitrapur Saraswats for the following aid :-

(A) **EDUCATIONAL AID:** From students studying in schools, colleges or pursuing other courses, like Engineering, Medical and other Professional Courses. The last date for receipt of applications is 30th Sept..

(B) **DISTRESS RELIEF AID:** From the aged, invalid, infirm, uncared for and other needy persons. The last date for receipt of applications is 31st August.

(C) **MEDICAL RELIEF AID:** From those who have incurred expenditure for treatment of a major illness, hospitalisation or surgery and need financial assistance. The last date of receipt of applications is 31st August.

(D) **PRIYA HATTIANGDI SCHOLARSHIP FUND:** From students pursuing courses in English Literature&Fine Arts, encompassing Painting, Crafts, Calligraphy etc. The last date of receipt of application is 30th Sept.

-: Application forms for the above can be obtained from :-

The Manager, Kanara Saraswat Association, 13/1-2, Talmakiwadi, Javji Dadaji Road, Tardeo, Mumbai 400007. Phone No. 022-23805655

The Manager, Shri Chitrapur Math, Shirali-581354 Phone No.08385-258368.

The Manager, Shri Shivagopal Krishna Mandir, Chamrajpet, J.C.Road,,Sagar-577401.Phone No.08183-227677.

The Managing Trustee, Shri Shiva Krishna Mandir,Tahsildar's office, Lamington Road, Hubli-580020.Phone No.0836-226435

Hon.Secretary, The Chitrapur Saraswat Education & Relief Society ,Fny-1 (a),Saraswat Colony,Santacruz (west), Mumbai 400054. Mobile 9833997646

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Applicants from Bengaluru City, Chennai, Dakshina Kannada including Udupi, Kasargod Districts should apply from following centres

A. The Hon. Secretary, Canara Union, 8thMain,15th Cross, Malleshwaram,Bengaluru 560003.PhoneNo.080-23342625, 080-23345976—for all applicants from Bengaluru.

B. (1)-The Secretary, Saraswat Poor Students' Fund, c/o Ganapati High School, G.H.S. Road, Mangalore 575003 - for Educational Aid, from Dakshina Kannada, Udupi and Kasargod District.

B- (2)-The Secretary, Saraswat Seva Samiti, Saraswat Colony, Someshwar, Kotekar 574152, District:Dakshina Kannada - All applicants for Distress and Medical Relief from Dakshina Kannada, Udupi Dist., & Kasargod Dist.

C.The Secretary, Saraswat Association, Dr. Dinkarrao Memorial Hall, Ormes Road, Kilpauk, Chennai - 600010 - for all applicants from Chennai.

N. B. Properly filled application forms for Aid should be submitted alongwith original medical bills & photocopies (self attested) of the mark sheet, proof of admission / fee receipt, salary / income certificates, first page of bank passbook / cancelled cheque.

All completed forms should be handed over / posted to the same (office) authorities from where the forms have been collected.

FOR AREAS OTHER THAN ABOVE :

D. Coordination Committee, Mumbai.

(1) The Hon.Secretary, Kanara Saraswat Association, 13/1-2, Talmakiwadi, Javji Dadaji Marg, Tardeo, Mumbai 400007. Tel.No. 022-23802263, 022-23805655.

(2) The Hon.Secretary, The Chitrapur Saraswat Education & Relief Society, F-1(a), Saraswat Colony, Santacruz (W), Mumbai 400 054. (mob. 9833997646), Email: csers_educaid@yahoo.com.

Aid Applications can be downloaded from websitewww.csers.org

For Co-ordination Committee

Hon. Secretary

THANK YOU!

By The CSN Team



“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” — William Arthur Ward – American Motivational Writer

“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.” — Randy Pausch – American Educator

“When you practice gratefulness, there is a sense of respect toward others.” — Dalai Lama

The above quotes would also be and are definitely relevant to Business Networking as they indicate the perennial importance of Gratitude in a networking relationship.

If someone asks us “How are you?”, most likely the answer would be “Fine, Thank you.”

Why are we talking about thanking someone when it should be a very natural reaction in response to any help received. But in Networking saying THANK YOU is important, NAY Very Important. One must never understate / undermine the importance of a THANK YOU.

Many a time in Business networking, Importance of saying Thank you Say is understated for various reasons / apprehensions that a member may have.

Few reasons for hesitation or a sense of discomfort for members new to Networking, which we have come across are:

1. Business received being too small in quantum.

Business that a member receives would be in line with the nature of the products / services being offered. An Architect could get a connect worth lakhs of rupees, while the ticket size for a connect received by someone say in the business of selling *papads*/masalas may be in hundreds or thousands.

There is an adage that “from small acorns grow great oaks”. There is absolutely no need to feel any sort of embarrassment, at the small ticket size. But with perseverance and efforts a big ticket size could also turn up as a potential possibility. Theoretically speaking, if a supplier of masalas lands a connect of a restaurant or a hotel, the order size could increase substantially. It would all depend on the kind of market/customers the business owner seeks and works on.

2. Business is too large to report in monetary terms.

Reporting of the quantum of business received is strictly a closed door happening, known only by the handful or more members actually present in the meeting. It is not a matter for public knowledge. Once physical ECM’s commence, the information would be available only within the local club members only to which the member belongs.

3. The biggest advantage of a Thank You announcement is a two-fold enhanced credibility for both the Giver and Receiver.

The Giver gains the respect of the receiver as well as fellow members for successfully sharing a connect.

The Receiver also gains in credibility as regards his products and / or services and could be looked at as a trustworthy vendor. Having successfully converted a shared connect. Other members could be more positively inclined to share connects with the member.

4. Finally, Monies generated within CSN remains the only credible and concrete measure of the success of this initiative.

CSN Networking News

CSN has organized 5 ECM's (Entrepreneurs Club Meet) till 8th May. We are happy to commend Dr. Smt. Suman Mundkur for 100% attendance in ECM's. She has also been at the forefront in volunteering for ECM agenda items.

The following members are congratulated for highest attendance rate

	Name	ECM's held	ECM's attended
1	Suman Mundkur	5	5
2	Simrita Basrur	5	4
3	Sadanand Savanal	5	4
4	Ravindra Mangalore	5	4

2 members have announced business received from fellow members to the tune of Rs. 2.81 lakhs in the month of April 2022.

CSN also thanks Rekha Mavinkurve (Bengaluru), Sandeep Yederi (Mumbai) and Vaishnavi Pandit (Mangaluru), for being pioneers in volunteering to help moderate the ECM's and commends their contributions.

ECM's would now be held on 2nd and 4th Sunday of every month.

BHANAP YELLOW PAGES (concept initiated by Shri Kishore Masurkar, Vice President, KSA) a listing of CSN members who have registered on the CSN Database, were widely circulated on various social media avenues. This facility is available only to those Bhanap entrepreneurs registering on the CSN Database.

APPEAL

Requesting DOMAIN EXPERTS to contribute their mite to CSN by offering to:

- Hold Workshops in the field of their Domain Expertise
- Author Articles in their related fields as may be useful to Amchi business entrepreneurs

If you know any Bhanap business owners, please encourage them to register on the KSA-CSN Database at www.Kanarasaraswat.com/csn

ANNOUNCEMENT

Essay contest

The Editorial Committee invites our members' children and student members to contribute Articles/Essays to be published in the Kanara Saraswat. This is to encourage our young minds to develop the art and skill of writing. The best essay or article will carry a cash award of Rs.500/-. Those desirous of participating in this contest may send their originally written articles in MS Word format between 400-425 words to kanara_saraswat@hotmail.com. **The contest is open to those born on or after 1st April 2006.** The winner's name and photo will be published in the subsequent editions. **This contest is open till 15th June 2022.**

The Topic is **"Too much of anything is bad"**

Editorial Committee

An evening with the legend - Padma Bhushan Nandan Nilekani

Our most admired iconic Bhanap talks to the Editor, Nitin Gokarn

Nandan Nilekani is a household name among Bhanap families. In fact it would not be an exaggeration to extend this to being true among all educated households the world over. The moment one takes his name every Bhanap's chest swells with pride.

Nandan Nilekani is the author of three books and has won several awards.

In a freewheeling interview over Zoom, Nandan shared many stories dating back to his childhood to what his aspirations are for the future.

NG : Sir, Can you share some interesting anecdotes about your formative years in Dharwad or Sirsi?

NMN: I was born in Bangalore in June 1955. My father was employed in Minerva Mills and till I was twelve I lived in and studied in Bangalore. Initially, I studied in St Anthony's and later in Bishop Cotton Boys' school. In 1967, my father had to shift jobs as the whole textile industry was facing challenges. He kept moving to small towns so my parents felt for the stability of my education, I should be in one place and that's how I ended up in Dharwad. I stayed with my uncle Madhukar Nilekani and his wonderful and loving family and who was among the first corporate farming experts and a Radical Humanist. I stayed with them for a few years and I did my two year PUC in Karnatak College after finishing SSLC in St Joseph's School. So I did my first 12 years schooling in Bangalore before I shifted to Dharwad for the next six years. In view of this I learnt perhaps to become more resilient.

I used to visit Sirsi on holidays though I never lived there – we have our ancestral home and in Nilekani we have the Nilekani family temple which is 190 years old. The village had a few houses and we still have some areca nut plantations. Although I never lived there the vacations were thoroughly enjoyable and even in Dharwad, I made quite a few friends and we enjoyed ourselves. We lived in a colony called Saraswatpur which was built by one of my grand uncles – so I spent time in some good company and had great fun.

NG : Nandan Sir, please tell us about your initial days in IIT Bombay and the spark behind Infosys?

NMN: I was inspired to go to IIT Bombay as many of my close cousins from Bombay were in IIT such as Gaurang Haldipur and Sanjay Vinekar. Gaurang was a few years my senior in IIT Bombay, so I was keen to particularly go to IIT Bombay as I had so many of my cousins and friends from our community there. I remember I went for an interview to IIT Madras in 1973 and my father sent me a telegram instructing me to choose Chemical Engg. in IIT Madras. But my heart was set to get in to IIT Bombay so I took up Electrical Engg. in IIT Bombay. It's here that I learnt to become more social – I was the Gen Secretary of the Students Union, I was active in Quizzing, Dramatics and I even directed few plays. So this experience developed me as a person.

NG: Please tell us something about how you met your life partner, Rohini.

NMN: It's very interesting how I met my future wife Rohini when I was in IIT. Rohini, nee Soman is a Maharashtrian Kokanastha Brahmin. I was a part of the IIT Bombay Quiz team and we went to Elphinstone College for the competition. It's there that I first met her. It so happened that she was a close friend of my cousin Seema Taggarse. I met her first in 1977 and we used to meet pretty often at Seema's house for parties and that's how we got friendly which culminated into wedlock in January 1981. I was just 26.

As we speak, Rohini, who is a philanthropist, writer, social activist and former journalist, chips in and tells me when asked '**What does it mean to be the wife of Nandan Nilekani?**'

Ms Rohini replied "Being Nandan's wife is easy, as he is not a demanding husband. I am proud of all his dazzling achievements. Many worlds have been opened for me through him. But I have tried to carve out my own identity as a writer, as a social entrepreneur, as a philanthropist. Nandan would never want me to be seen only as Mrs. Nilekani!"

NG : Rohini Madam, can you please tell us about the Philanthropies you just mentioned ?

Rohini: In our philanthropy, some of which we do together, for example the education work at Ekstep foundation, and some of which we do separately,

we try to support ideas and institutions that are impactful. My portfolio includes water and the environment, gender equity, justice, active citizenship and independent media, among other things.

NG: Nandan Sir, please tell us about your initial days in IIT Bombay? Most Aamchis are service oriented and very few take the risk of entrepreneurship. Was there trepidation while starting a new venture? How did your family react to your quitting your job to start Infosys?

NMN: Infosys started in June 1981 essentially due to the leadership of Mr. Narayana Murthy who was my boss in Patni Computer Systems. I was barely 26- just married for six months. Murthy felt we should get together and make use of our talents and skills as there is opportunity for humans and software to co-exist.

There was certainly a lot of pushback from everybody. Every one said how you can start a business – it's better to go abroad- look for a job in NJ or somewhere in US. But, I would not generalize that Bhanaps are not good businessmen or don't venture in to business or entrepreneurship. For example, my father worked in the Minerva Mills which had group companies like Modern Mills, Sundatta and many more and Mr. D N Sirur was a towering businessman and was amongst the leading industrialists in India at that time. One of my mentors was also Mr. R N Divgi, an Uncle, who set up Divgi Metalwares and he taught me a lot about business. Moreover, I had a certain comfort with Mr. Murthy and at 26 I thought it was worth a try and take that risk. That is how I became a co-founder along with Mr. Murthy and my other colleagues.

NG: How was the response from Rohini, because you were just married, 6 months into marriage, and then starting a new venture? How was the support or encouragement?

NMN: Rohini was very supportive but to her credit, she took the plunge – (laughingly)there were 2 plunges right. Firstly, she got married to me in January of 1981 and suddenly this fellow becomes an entrepreneur and all that. But I must confess she stood by me very well. Her parents were also nervous in the beginning. They were wondering what I was getting into, but I think overall after a few years they all realised that it was the right thing to do. But she was very supportive all throughout it.

NG: Was entering politics by chance or choice? Looking back, how do you feel about the decision to contest elections? What was your experience?

NMN: I had worked as a Co-founder, Director, and CEO and in various capacities at Infosys between 1981 to 2009. Then the UPA Govt. assumed power in the Centre and invited me to join the team as a Minister who looked after the Aadhar project from 2009-2014. I felt I had done a good job – Aadhar had reached 600 million people and that made me feel encouraged to contribute much more towards the nation and hence I took the plunge to stand for elections and enter politics. I thought once I become an MP, people will take me seriously but looking back I think in retrospect, was a mistake as I was not suited for that role. I did not do too badly as I polled 4 lakh votes and still lost and got swept away in the Modi wave which gripped the nation then. In hindsight, I think my Kannada speaking skills were not too great and in elections connecting with the people matters a lot. I was out of touch. Unless you can give a very strong and effective speech in the local language to your constituency, you can't expect to win the elections. Yet, losing was a humbling experience because I was successful along till then, Infosys was a success, Adhar was a success, there were many. So I suppose this prompted me to get into politics. My political career lasted just three months. I guess it was not my cup of Tea contesting elections and I thought let me leverage my skills where I am good at, may be technology driven projects or some such and that's what I did post the elections.

NG: Sir, there is a lot of buzz on the Internet and in the public domain about the present PM Mr. Modi trying to work with you on something to take on Amazon and Flipkart.

NMN: Yeah, yeah, it is not to take on anybody. It is just to democratise e-commerce. I am supporting the Prime Minister build an open technology network that seeks to level the playing field for small merchants in the country's fragmented but fast-growing \$1 trillion retail market.

Just to give you some background about my connection with the Prime Minister, I first met him in 2011 in Ahmedabad. He was then the CM of Gujarat and he spent a good 90 minutes with me, informed me about his life and we talked about Aadhar and many things. And after the

General elections since in the elections, Aadhar had become an issue, there were rumours that new dispensation would not implement it. So, I went and met the Prime Minister in July 2014 and we had a very good discussion. PM Modi is a very technology savvy person and he knew the value of Aadhar and I think he was planning to do it anyway but I think my meeting with him also helped and he became a big champion of technology and started the whole Digital India programme. So, we did Aadhar and then I am still the advisor to the NPCI the National Payment Corporation of India which is the payment company of India set up by RBI belonging to the banks. I helped them with the vision and conceptualisation of UPI, which has become a huge payment platform of India.

So, I had this experience of how to build a population scale infrastructure and I had done many things of that nature. So, the current initiative is called ONDC – Open Network for Digital Commerce and the idea being, “Software Strategy” can we unbundle e-commerce so that different suppliers, different logistics companies, different consumer-facing companies can all work together and create an end-to-end e-commerce solution by connecting all these things together, what we call as protocols. So that is the idea. I am just one of the people involved. To be fair, I am a member of an 8-person advisory council but I am also involved with the soft thinking, so how it will work. The idea is that every small shop in a neighbourhood should be able to be on e-commerce, the whole country should be. The idea is, ‘how to make it inclusive.’

NG: Recently, I was listening to the Prime Minister’s speech in Germany where he announced that 40% of the entire global digital transactions are being contributed by India. On the IT industry globally where do we stand?

NMN: Yes, but that is because of the UPI. UPI has been an extraordinary success. Last month alone it did around 5.58 billion transactions in April 2022 and in the last financial year, it did \$ 1 trillion worth of transactions. So, it is by far the largest and most effective digital payment system in the world. It is also designed to be very high volume, very low cost, it’s free to the users. And today, when I walk around Bangalore, when I go for a walk, there is a vegetable vendor who takes UPI payments. The coconut seller takes UPI payments. So, it has nearly penetrated everywhere. So, I think that is what he was talking about.

NG: So, if 40% comes from India, is China behind us or almost at par with us?

NMN: Well, I think China is lower than that. India definitely is the leader in payments.

NG: What do you think are the challenges Indian economy is facing today?

NMN: The Indian economy is at a very interesting point, we’ve had a difficult time thanks to Corona pandemic. Many people slipped back into poverty due to loss of jobs, particularly the service industry where human contact was involved. However, I am pretty bullish now, thanks to technology and the digital infrastructure India has the growth of many start-ups which are trying to change India in many ways and the global IT industry with companies like Infosys are growing dramatically. There is lot of job creation in this industry so India has a good chance. Of course we have to think about how to control inflation, create job opportunities on a mass scale and not for a few million people, simplify business rules, allow smaller companies to get credit. I am quite bullish that this will happen.

NG : How much are we ready to reach level of digital transformation as compared to US and what we need to do?

NMN: In many ways India has better digital systems than many parts of the world because we built it much later and recently. The Technology in the west was rolled out 30-40 years back and the thing with technology is you can’t replace old with new all of a sudden but if you don’t have technology it is easier to lead from.

Whereas India started late and the technology in India whether its Fastag, UPI, account aggregator or Aadhar, ONDC, Electronic vaccination certificates to name a few, all this we created. In many ways we are far ahead of the West. Today India’s digital infrastructure is being admired by all countries. In the last ten years we saw projects like UPI, Aadhar etc. whereas in the next ten years we will see digital progress in the field of education, Artificial Intelligence, Health and skills, and it will be a big digital journey.

NG : India has been racing towards a becoming a major digital hub. What according to you could be the major roadblocks, in this direction. Do you think lack of infrastructure in the rural and semi urban areas plus internet connectivity could play a decisive factor in the success?

NMN: India is unique as it is a mobile First country. Indians have mostly accessed the internet through their mobile phones unlike through desktops in the West. We see vegetable vendors accepting money on digital platforms with UPI. Mobile revolution thanks to players like Jio and Airtel have gone to every nook and corner of India in to the remotest villages. Smartphones are getting cheaper by the day and in fact Jio and Google have come together to create a new smartphone and that penetration is getting deeper. Data is getting cheaper and we have the lowest prices for data anywhere in the world. People are able to watch video live streaming, IPL games and what not very comfortably. When I talk to many people I get the input that most of the start-ups are not in the Big Metros but in Tier I and Tier II cities. There is an Aadhar based money withdrawal system which is happening in small villages. So long as the connectivity is there and phones get cheaper, the software infrastructure is there to reach the remotest corners.

NG: One area where there is much to be done is preventing e-frauds. Do you think this is an area where we need to tighten the grip?

NMN: Yes, definitely. In some sense the ease at which things can be done leads to fraud. It is easy to make a payment, also someone may send a request for money and you may lose money assuming it to be a genuine request. But NPCI and RBI are very much concerned about such frauds and are doing a lot of tightening up. There are Ombudsmen and fraud analytics are being used using big data and AI. A big effort is being made towards controlling online frauds. Concomitant fraud and online dispute resolution systems are being put in place.

NG : How do you spend your time away from work. What are your views on Work Life Balance?

NMN: I have a disciplined approach towards work life balance. Recently I have written a book along with Tarun Bhojwani – The Art of Bitfulness- about being calm in the digital world. I don't use social media and am focused on a few big ideas, I have a fund called Fundamentum which supports start-ups. I go for walks morning and evening, I go to the Nilgiri mountains very often with Rohini, and we have a very relaxed life. Coonoor is my favourite holiday destination.

NG: Do you get mobbed on the streets when you go for your walks?

NMN: No, not at all. Also once you have your mask on nobody recognizes. Few of them do recognize me and approach me sometimes but allow me my privacy most of the time.

NG: Sir, what is your message to the youth of our Bhanap community at large?

NMN: There are challenges and one need not necessarily be an entrepreneur although it's much easier today than it was 40 years ago. There are many opportunities today. Whatever you do in life, do it with passion, search for excellence, and commitment with focus and enjoy life at the same time.

NG: Which would you reckon as the most satisfying highlight of your career so far?

NMN: Two things stand out for me- my whole Infosys journey, which has two parts to it - I was an operating executive from 1981 to 2009 for almost 30 years and then I had my second stint in Infosys from Aug 2017 when I became the Non-Executive Chairman. My job now is to manage the Board and this has been a very fulfilling journey and doing other things like helping the Aadhar and UPI projects, now working on ONDC. I firmly believe that technology properly used can benefit the whole country. These two things give me immense satisfaction.

NG: Sir, which is your favourite Sport and Sportsman?

NMN: My favourite sport is Tennis and I am very fond of Rafael Nadal.

NG : Sir, you have achieved so much – yet what are your future aspirations?

NMN: Life has been kind to me, I have been blessed and fortunate, I received a lot of support from my family and extended family and if I keep adding value and making a difference to help improve things, and so I will continue to do that and be happy.

NG : Thank you Nandan Sir, it has been rare honour and privilege to be talking to you. Here's wishing you a very Happy Birthday on the 2nd of June.

Our readers can view this full interview online on YouTube. Its about 28 minutes.

The link is : <https://youtu.be/kgjCYW821RA>

With prayers at the Holy Feet of Lord Bhavanishankar and our Holy Guruparampara And our deities at Hemmadi, Lord Gopalakrishna, Lord Dattatreya and Devi Rajarajeshwari, we are delighted to announce the

Diamond Wedding anniversary (60 years) May 16th 1962-2022 of our parents

**Hemmady Suresh Rao and Hemmady Vinatha
(nee Vinatha Anandarao Khambadkone)**



We pray for all your wishes and blessings.

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Vivek and Archana Hemmady
Vandana and Vikas Bhargava

Grandchildren:

Varsha and Lirish Lal, Varun and Sayali Hemmady, Anandita and Suraj Kalbag, Vignesh and Arnab Bhargava

Great grandchildren: Liyana and Livaan

Best Wishes from Nalkurs, Bhargavas, Hirebets, Bhatkals, Sashittals, Lals, Gulvadys, Kalbags and Prabhu Verlekars

Golden Wedding Anniversary

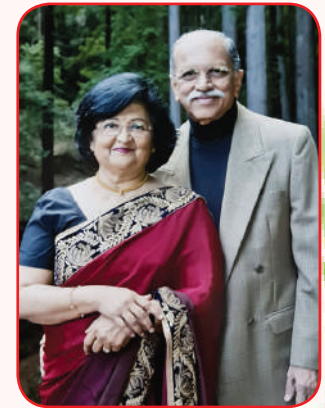
"We started our journey together on 26.05.1972

and now celebrating golden wedding anniversary on 26.05.2022

by the grace of our Kuldaivat Shri Laxminarayan Mahamaya and Shri Raman maharshi."



*Anasuya (nee Manjeshwar)
and
Prakash Kalavar*



With lots of love from

Deepali and Sameer Halepete (daughter and son in law)

Rajeev and Gauri Kalavar (son and daughter in law)

and grandchildren

Mahika, Medini (Halepete) Rohan, Rishaan (Kalavar)

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 Squib, 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.

CONGRATULATIONS

Mrs. Neelima & Mr. Ramesh Trasi



16th June 1972



*So now with immense pleasure and pride we
are celebrating, the
Golden Wedding
of our dear Ma and Pa on
16th June 2022*

*Congratulations Dear Ma & Pa
on your 50th Anniversary.*

*May God bless you with a long, happy,
healthy and blissful Life together.*

*50 years back a beautiful and shy girl
and a handsome and intelligent boy met and
fell in Love and decided
to live together
Forever and got married on
16th June 1972
and their journey began.*

*Ma and Pa you are Beautiful parents,
Wonderful grandparents and above all An
Amazing couple.*

*With your love and commitment towards
each other and to the family and friends,
you both have taught me and now my
wife and daughter, What LOVE and
COMMITMENT means.*



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*With Love and Regards From:-
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SAMPARKA

Shankar Jayantî

Dr. (Smt) Sudhâ Tinaikar

The birth anniversaries of people who have contributed to mankind are celebrated all over the world. For sanâtana dharmî-s, the birth of Âdi Shankarâchârya heralded a total change in the outlook of the-then-followed systems of philosophy. Though the actual time of birth of Âdi Shankarâchârya is debated heavily by scholars, it is generally accepted that he was born on Vaishâkha Shukla Pañchamî. To this day it is celebrated with offerings of gratitude and prostrations to the greatest Guru of Advaita philosophy.

Though the teachings of the Upanishad-s deal with Advaita philosophy, at the time Âdi Shankarâchârya was born, there was a total erosion of the ultimate purport of the Veda-s. Veda pûrva philosophy called Pûrva-mîmâmsâ was dominant and society was directed towards more and more religious rituals, and the central teachings of the Veda-s were totally lost.

It is at such a time that Shankar was born in a modest Hindû family in Kâladi, a small village in Kerala on the banks of the Pûrnâ river. It is believed that Shankar was an avatâra of Lord Shiva Himself. We all know the incident of how Shankar convinced his mother, who was a widow by then, to let him take to a life of sannyâsa.

Once he took up the lifestyle of a sannyâsî, he came across his Guru, Govinda Bhagawadpâda. In a short lifespan of 32 years, Âdi Shankarâchârya became the Jagadâchârya. His contributions to Sanâtana dharma are countless.

1. There were about 72 mata-s or systems of philosophy at his time. He converged all of them into six main systems of philosophy, which came as a respite to society.

2. He established that Pûrva-mîmâmsâ was not the ultimate message of the Veda-s. Vedânta which propounds “One single consciousness without a second as the ultimate truth of the

entire universe” was clearly explained by Him. Advaita was established as the central teaching which gave every jîva the possibility of freedom from samsâra forever. He established that “Moksha” was not a mere probability but the ultimate reality.

3. To establish the real teaching of the Upanishad-s, He wrote commentaries or Bhâshya-s on the prasthâna traya because of which today we have no fallacies in interpreting the central teaching of Vedânta.

4. Bâdarâyana’s (Vyâsâchârya) Brahmasûtra-s were misinterpreted at that time. Writing an exemplary Bhâsshyam on the Brahmasûtra-s He re-established Vyâsachârya’s work in its true form.

5. For those seekers who are incapable of pursuing the study of Advaita, He wrote many stotra-s for the purposes of Upâsanâ.

6. Four teaching centres or Math-s were established in the four directions of India of those times, and His four shishya-s were given the task of spreading the message of Vedânta.

7. Âdi Shankarâchârya established the proper Guru-shishya Paramparâ way of teaching Advaita as revealed by the Veda-s.

8. By the age of 32 years, He had travelled the entire length and breadth of the country and established Advaita as the sole teaching of the Veda-s.

9. He ascended the Sarvajña Pîtha in Kashmîr, which was meant only for the highest philosophers of those times.

If the true message of the Veda-s is still preserved today, it is only because of Âdi Shankaracharya’s contributions during His short life span of just 32 years. His writings are available to us even today in an unpolluted

form, hence His Bhâshya-s are considered the highest pramâna. Vaishâkha Shukla Pañchamî will be celebrated by people for eons to offer their gratitude to this great Guru.

Prânapratishtâ for Bhagawân Shankarâchârya's idol was performed in Shrî Chitrâpur Math, Shirâlî in 2008. Since then, every Shankar Jayantî, Shrî-Shankarâchârya-Pûjana is performed along with Bhâshya pârâyana and chanting of Totakâshtakam. Wherever Pûjya Swâmîjî is camping at that time, He personally performs the pûjana.

In Shrî Chitrâpur Math, Bengalûru the event is celebrated with great gusto. Competitions are held for various age groups – essay writing on particular aspects of the life and teachings of Âdi Shankarâchârya, recitation of stotra-s composed by the Âchârya, drawing and painting various aspects of the life of

this great teacher, and so on. The prizes are distributed on Shankar Jayantî. On Shankar Jayantî itself, Shankarabhâshya from the prasthâna traya are chanted about 15 minutes after the Dîpanamaskâra. If Pûjya Swâmîjî is present, He talks about the Bhâshyakâra Âdi Shankarâchârya and His works and performs the Shrî-Shankarâchârya-Pûjana with the laity participating with great enthusiasm.

Also, in Shrî Chitrâpur Math, Bengalûru, the Shrî-Shankarâchârya-Ashtottara-Shatanâmâvali is chanted by the laity on a weekly basis in the 6 months leading upto Shankar Jayantî.

We are ever grateful to Âdi Shankarâchârya for showing us the path of Advaita tradition, which our illustrious Guruparamparâ teaches and helps us uphold.

Dhanyosmi, Kratakrtyosmi to be born in this tradition.

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Psychosomatic illness / Hormonal disorders and Homeopathy

DR. TEJASWINI KULKARNI-BHAT, ROY & Co.

Psycho means Mind /Mental & Somatic means physical /body. The human being is a fantastic mechanism whose triad of body, mind and spirit are superbly, subtly and deeply connected.

Whenever the mental equilibrium and wellbeing is disturbed, it manifests in the body which is but the outermost sheath of the being, as real physical symptoms of illness or disease.

Psychosomatic illness e.g.- Stress & Anxiety can manifest as Hypertension (High BP) & cardiovascular diseases, Digestive disorders like Acid Peptic disease (APD), Irritable Bowel Syndrome (IBS), Allergies, Eczema, Asthma, Migraines & Insomnia.

Hormonal disorders are disorders of the endocrine glands.

The Endocrine system is a network of glands that produce and release hormones into the bloodstream that help to control and calibrate many bodily functions as dictated by the master gland or the Pituitary located in the Hypothalamus area of the brain.

It forms part of the autonomous nervous system i.e. like working on Auto pilot without our even being consciously aware of it.

So the Endocrine system influences how the heart beats, how the bones & tissues grow and also the body's metabolism. It can play a vital role whether we develop thyroid disease, growth disorders, diabetes or sexual dysfunction.

Some of the glands in this system are as follows, 1. Pituitary, 2. Thyroid, 3. Adrenals, 4. Pancreas, 5. Thymus, 6. Ovaries / testis etc.

Even the slightest hiccup in the functioning of one or more of these glands can throw off the delicate balance of the hormones in the body & can lead to an Endocrine disease or disorder.

When it affects a specific organ, it can in turn cause disarray in the general metabolism of the entire body e.g. Diabetes mellitus is caused due insufficient insulin secreted by the pancreas but it affects all other organs/systems including Skin, Circulatory, Cardiovascular, and Kidney etc.

In Hypothyroidism - Functioning of thyroid gland is slow because of insufficient production of the thyroid hormone which will reflect as slow

metabolism. It may show a range of different symptoms like Tiredness, fatigue, depression, hair fall, menstrual irregularities, constipation etc.

Each person has a specific constitution.

Meaning each person's reaction and coping mechanisms to a specific stressor/disease will be different according to their susceptibility.

In Homeopathy, we try to find a remedy to suit the mental disposition, physical attributes, as well as the various complications of each patient. That's why a homeopath selects a different remedy for different patients with the same disease. e.g. Thyroid is not the thing to be treated but the entire individual is taken into consideration. Just treating the symptoms without identifying and addressing the root cause of the issues is only a temporary solution and off no real use in the long term. i.e. For patients with Hypothyroidism, Allopathic doctors treat it with a supplementary hormone like Thyronorm which they prescribe for life, changing the dose as required 25mcg 50 /75 mcg etc.

Whereas Homeopath's identify and address the root cause of the problem & treat it with a Holistic & Curative approach rather than merely a symptomatic approach taking all factors into consideration be it Mental & Physical constitution / Make up, identify the stressors & their responses, Diet pattern, Sleep cycles, Lifestyle etc.

Since the past two decades or so the words stress, anxiety and depression have become common place and oft heard parts of our vocabulary. There is also a generational change in how we handle situations. The previous generations that had lived through the British Era, the World Wars and the pain and euphoria of Partition and Independence had also gone through severe hardships physical, mental & financial. But collectively and as a culture emerged stronger for it, more balanced and with a stronger value system and moral code. But the break-up of the joint family system and relations, the emergence of nuclear families, political corruption and inflation, the vicious competition and the rat race for marks and jobs, while it has led to better material prosperity and comforts, it has also led to many psychological issues and problems.

In the last few years, obsession with glamour, good looks, Fake image projection has increased amongst the younger generation. Teens & adolescent girls come up with Low Self-esteem & low confidence, mood swings & polycystic ovarian disease (PCOD).

Nowadays the prevalence of young couples suffering from sterility & infertility have increased giving rise to proliferation of many In-vitro Fertilisation (IVF) centres. Most of these are related to Stress & deep seated emotional disturbance / suppression.

Due to the dysfunctional family dynamics is it in a joint or nuclear family.

Discord & incompatibility between parents reflects in young kids & adolescents falling sick often with multiple stress related ailments due to underlying insecurity/ fear/ anxiety which they're unable to express or vocalise. Added to this - Peer pressure, setting unnecessarily high demands by self, family & society for unrealistic goals in looks, academics or career performances has given rise to unnecessary psychological distress resulting in many more complex ailments & imbalances.

Holistically all such psychosomatic & hormonal imbalances can be cured with Homeopathic remedies along with stress management.

Stress & Healthy Lifestyle management is extremely essential to bring about a complete cure.

From person to person it may include the following-

- 1) Counselling (Talk/ Psychotherapy)
- 2) Regular Exercises
- 3) Yoga 4) Pranayama 5) Meditation
- 6) Recreational activities like music and dance therapy
- 7) Regulated Healthy Nutrition with a Balanced diet plan.
- 8) Good Sleeping habits

Health is the greatest wealth if invested in wisely, through Homeopathic holistic healing science.

(Dr. Tejaswini Bhat is the fourth generation Homeopathic doctor at the legendary M/s Roy & company which is the 133 year old Homeopathic pharmacy & Clinic.

She is on the panel of Doctors at the KSA Health Centre since 15 years. She can be contacted on tejaswini.dr@gmail.com.)

FUN & PASTIME

JUMBLE KING – SOLVE THE BRAIN TEASER

How to Play : Unscramble the words. One letter to each square to form six normal words. Now arrange the letters in the circles to form a sentence* of three words as given in the clue. (*The monsoons are round the corner). (Answers on page 32)

S B S A R	E W R T I N	U A S R G
○ □ □ □	○ ○ ○ □ □ □	□ □ □ ○ ○ □
E T F U L	V R E O L	O N P U O C
○ ○ ○ □ □ □	○ ○ □ □ □ □	○ ○ ○ □ □ ○

Clue : VIBGYOR

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 11 - Vishvarupa Darshan (Part 1)

Lord Krishna has been describing the “*Tat pada*” from the 7th chapter. The last chapter was dedicated to seeing Ishwara in the in the most awe-inspiring and exalted objects around us. Arjuna was not able to understand the teaching and wanted to experience what Lord Krishna had explained. Arjuna thus requested for a visual presentation of the Lord’s *vibhuti*-s. What opened up was the *Vishvarūpa Darshana*; the whole manifold Universe unfolded in the body of Lord Krishna. In fact, Lord Krishna became the very *Vishvarūpa*. (v1-5)

Arjuna could not have beheld this form in his present state of mind. Hence, the Lord for the time being bestowed upon him a special capacity (दिव्यचक्षुः) to perceive this Form. It is said that the others who had this *Divya-Darshanam* were Sanjaya and Bhishma.

Arjuna’s reaction to this vision was two-fold. Initially it was *ascharya* at the magnitude of what he was witnessing. Gradually, he comprehended that the same *Vishvarūpa* was not only the sustaining principle of the *jagat*; it was also the very resolution ground. That made his wonderment turned into fear. At that point Arjuna could no longer behold the *Vishvarūpa* and he entreated the Lord to withdraw the awesome form and re-appear in His original human form.

What evoked this wonderment and *ascharya* in Arjuna?

All the functionaries of nature; the 12 *Āditya*-s, the *eight Vasu*-s, the 11 *Rudra*-s, the *Vishvadeva*-s and the 49 *Marut gaGa*-s were in the body of the Lord.

All the *rishi*-s, denizens, demons and millions of living forms were seen within this mammoth canvas of this *Vishvarūpa*.

All the resplendent ornaments, all the sacred *āyudha*-s, all the celestial aromas appeared there. The Lord was seen facing all directions at once.

The resplendent form of *Vishvarūpa* was like a thousand Suns rising all at once. The whole Universe of names and forms, clearly appeared in this very body. All the emperors, warriors with their *astra-shastra*-s were here!

The mouth of the *Vishvarūpa* was shining with the fire that seemed to spread its heat in all 14 *loka*-s.

“Krishna, I cannot see your beginning, middle or end. You are everywhere. The Sun and Moon seem to be Your Eyes, but what attracts my attention is Your fire-emitting Mouth.” (v6-20)

Now Arjuna’s attention is on the mouth of the *Vishvarūpa*. He finds that all the beings are entering into this resolution ground. Arjuna’s *ascharya* gradually turns to discomfort and fear. Arjuna did not realise that *Vishvarūpa* is the totality where सृष्टि-स्थिति-लय are taking place simultaneously. Arjuna was not prepared to accept the inevitable destruction of the Universe as a part of *Vishvarūpa*.

“O Lord, I see Your sharp teeth and the fire of destruction in Your Mouth. I see people fearful and running here and there; the *rishi*-s pacifying the fearful people with *svasti-mantra*-s.”

“I see the Kaurava princes along with Bhishma, Drona and Karna hurrying towards your blazing mouth. I see the human forms literally being pulverized between your teeth O Lord! As the river waters enter the seas and moths enter the flame, so are all the people here hurrying towards their death!”

“O Krishna, it looks as if you are actually relishing this meal of yours!” (v20-30)

Arjuna wants to seriously understand what this Form is.

“Who are you Krishna? What is this *ugra-rūpa* that I have never seen before?”

Lord Krishna answers: “I am the very principle of time. At this moment I am manifesting as the death principle. The time has come for all these people here to disappear. Whether you are there

or not Arjuna, I have already destroyed them.”

“Therefore, get up. Do your *swadharma* of fighting this war; may you receive all the accolades and glory for destroying the enemy; but remember Arjuna, it is My doing and you are only an instrument in this *Vishvarûpa*.

Play your role of being a *nimitta* निमित्तमात्रम् भव fight this war and establish *Dharma*. (v31-35)

Arjuna, not being prepared for this version of *Vishvarûpa*, is awed by what he has seen and ultimately, requests Lord Krishna to come back to His Original Form.

“Lord, I want to see you as *Vāsudeva Krishna* with Your beautiful Form again. I know that I have witnessed something which has never

been seen before by anybody, but am unable to face it”

“Now I know who You really are O Lord! Forgive me if I have treated you with disrespect and poked fun at You as a friend earlier.”

“Yes, Arjuna, it is only by My grace you saw My divine form. Even *Deva*-s cannot behold this. You will see Me in the form you desire, so don’t fear.”

The entire chapter is Sanjaya’s detailed elaboration of the *Vishwarûpa* to Dhrtarashtra, in the hope that he will see the futility of war. However, that does not happen and the *Gitā* continues. (v35-55)

(To be continued...)

Fun & Pastime

Unscramble the Surnames
JUMBLED SURNAMES OF BHANAPS

G	U	L	V	A	D	Y
R	E	H	E	T	B	I
A	R	I	S	A	H	D
D	R	B	N	A	U	I
L	A	A	E	M	B	M
R	R	G	H	A	A	A
L	E	E	A	L	R	B
L	H	A	K	R	E	C
I	E	M	J	H	A	D
H	L	D	T	K	A	O
L	D	A	N	R	K	U

(Solution to this Jumble on Page 34)



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The Good, Bad and Ugly of Cholesterol

LEENA MUDBIDRI

There's much that we fear about cholesterol. While it mostly has a kind of bad guy image among health watchers, medical experts cut it some slack. Here are the benefits if any, and the down side of this fear-inducing lipid.

Cholesterol is a type of natural fat or lipid with a wax-like consistency that moves in your blood in small packets called lipoproteins. It is produced by the liver. Cholesterol is also found in animal meat and dairy products.

Why your body needs it

Cholesterol is vital to all our cells and body functions. It helps each cell to form the protective layers of cell membrane to keep a tab on what the cells need for nourishment and what is harmful for their existence. Cholesterol is also used by the liver to produce the digestive liquid called bile. Your body needs cholesterol to manufacture certain hormones called steroids, as well as Vitamin D for the bones.

The three avatars

A certain normal amount of cholesterol is required to keep you healthy. And since the cholesterol moves through the arteries that transport blood, it is vital to also keep these arteries free from any blockages.

Cholesterol is classified into three types:

- LDL (Low Density Lipoprotein) or bad cholesterol – this causes the dangerous buildup leading to blockage of the arteries.
- HDL (High Density Lipoprotein) or good cholesterol – this type transports the cholesterol from other parts of the body to the liver which removes the cholesterol from the blood.
- Triglycerides – this is another type of fat in your blood that can increase risk for heart disease especially in women.

The good one

Scientific studies have shown how the good HDL actually cleans the extra cholesterol from the walls of the arteries. If not for the HDL, the excess fat would gather and cause blockages leading to a heart attack over time.

How much cholesterol your body needs is measured in milligrams per deciliter (mg/dL) and varies based on your age and gender.

According to the Indian Heart Association (IHA), for South Asians the goal for the good guy HDL should be 50-60 mg/dL, given their elevated risk. For every 10 point increase in HDL, you are able to decrease your risk for heart disease by half.

Also, due to their elevated risk for heart disease South Asians should have less than 70 mg/dL of the bad LDL.

The bad guy

LDL is the villain of the piece that nobody really likes. And because your heart will bear the brunt of its ire eventually, it cannot be ignored.

The optimal LDL cholesterol for a person of average risk is 100 mg/dL or less. 100-129 is near optimal, 130-159 is borderline high, and 160 and above is high risk. However, for those who are at very high risk, such as those with history of heart attack or stroke, diabetes, or peripheral vascular disease, the goal LDL is 70 or less, states IHA.

When it gets ugly

The scary part is that there are no visible symptoms of high cholesterol unless you suffer a heart attack or stroke. Doctors warn of the consequences that a careless diet, obesity and stress have on the cholesterol buildup.

A diet rich in dirty fats such as saturated fats – found in meat and full-fat dairy products, and trans fats from packaged foods and desserts.

Our body releases the hormone cortisol in a natural response to stress. High levels of cortisol from long-term or chronic stress can increase blood cholesterol, triglycerides, blood sugar, and blood pressure. These are common risk factors for heart disease.

Young people aged 18-19 years with a BMI of 40 have lower life expectancy. Scientific data proves that if you are young and obese, as time goes by, you're prone to other diseases. Being overweight alone can lead to sleep apnea, high cholesterol, and metabolic syndromes such as pre diabetes, later diabetes, heart attack and stroke.

Unless you go in for a periodic test to measure the cholesterol in your blood, you will never know when it gets real ugly.

Healthy hints to increase the good cholesterol

Your health is in your hands is not just a cliché but a fact. The same applies to maintaining a healthy cholesterol level. And it's so simple to achieve it, with a balanced and well-planned diet of oats, fresh fruits, legumes, nuts and veggies.

Here are a few winning ways to increase the HDL:

- Kick the butt: Science proves that quitting smoking of tobacco can naturally increase the levels of good cholesterol.

- Quit the trans fats: These nasty fats are marked as 'partially hydrogenated fats' on those attractively packaged snacks and desserts. Avoid bingeing on them.

- Fill up on the good fat: Yes, some fat is definitely healthy, such as peanut butter, olive oil, canola oil and avocado oil.

- Step up the fiber: Stock up on healthy soluble fibers that are found in fresh fruits and veggies, legumes, oats and flax seed. At least two servings daily can result in reduction in LDL cholesterol and an increase in the HDL cholesterol.

- Get a move on: Any aerobic exercise such as cycling, brisk walking, swimming or dancing that increases your heart rate for 20 to 30 minutes at a time is known to increase the good cholesterol level in your body. Imagine how much good it can do you if you increase the frequency on your calendar

- Throw your weight: A tad tough for some but the only way you'll be able to increase that good cholesterol is by shedding those extra kilos.

Remember, the whole idea about staying healthy is a two-pronged one: to reduce the bad cholesterol and increase the good amount of this lesser known fatty substance.

(Leena Mudbidri has been a senior journalist with the Times of India who writes on diverse fields of health, real estate, and culture. She is particularly interested in the wonders of the medical world, and writes on health and wellness in Bombay Times. She will be contributing to Kanara Saraswat regularly in future. She can be reached at leena.mudbidri@gmail.com)

Report

'Confluence of Saraswats Worldwide'

NITIN G GOKARN

The Vishwa Saraswat Organisation (VSO), All India Saraswat Cultural Organisation Mumbai (AISCO) and GSB Sabha Navi Mumbai jointly organised a one-day conference on 'Confluence of Saraswats Worldwide' on May 1, 2022 in Navi Mumbai.

The entire event was a memorable one as several eminent speakers spoke of the origin of Saraswats and the Saraswati river among other topics. From the *Bhanap* community, Shri Nitin Ramesh Gokarn, IAS, and one of the leading members of Kashi Vishwanath Corridor project, was one of the prominent speakers. Towards the end of the programme, there was a panel discussion on how to engage and involve our youth in cultural affairs and the panel included two *Bhanaps*, Shri Praveen Kadle, President of KSA and Standing

Committee of Shree Chitrapur Math and Shri Uday Gurkar, VC of SVC Bank.

The focus of the conference was to highlight the glory of the ancient Saraswat civilization, share the vast knowledge of the Saraswat history and also deliberate on future course of action towards Saraswat unity and exhort youth to join the movement.

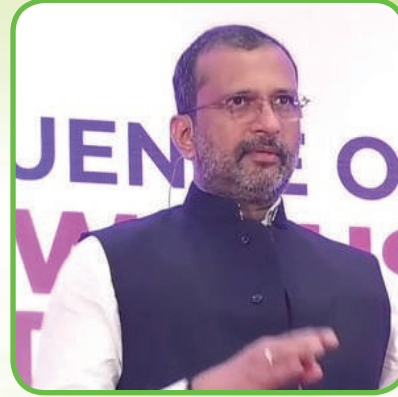
H.H Shrimat Samyamindra Teertha of Kashi Mutt, and H.H Shrimat Sadyojat Shankarashram Swamiji of our Shree Chitrapur Math delivered *ashirvachans* towards the end of the programme. Approximately 1687 delegates attended the conference which included many Saraswats from Bikaner Rajasthan who travelled all the way to attend the conference. The next event is proposed to be held in Haridwar in February, 2023.

<<<>>>

'Confluence of Saraswats Worldwide'



HH Sadyojat Shankarashram Swamiji
being welcomed by Kashi Math Mathadheesh



Shri Nitin R Gokarn, IAS, was one of the main
speakers at the Confluence



Mathadipatis of Shree Chitrapur Math and
Shree Kashi Math at Balaji Temple Navi Mumbai



Shri Praveen Kadle, President of KSA and President of
the Standing Committee of Shree Chitrapur Math was
one of the panel speakers in group discussions



The two Mathadipatis shared the dais and
delivered Ashirvachans in the evening



HH Shrimat Shankarashram Swamiji
delivering His Ashirvachan



Ms. Alka Lajmi presented a Bharata natyam
dance programme



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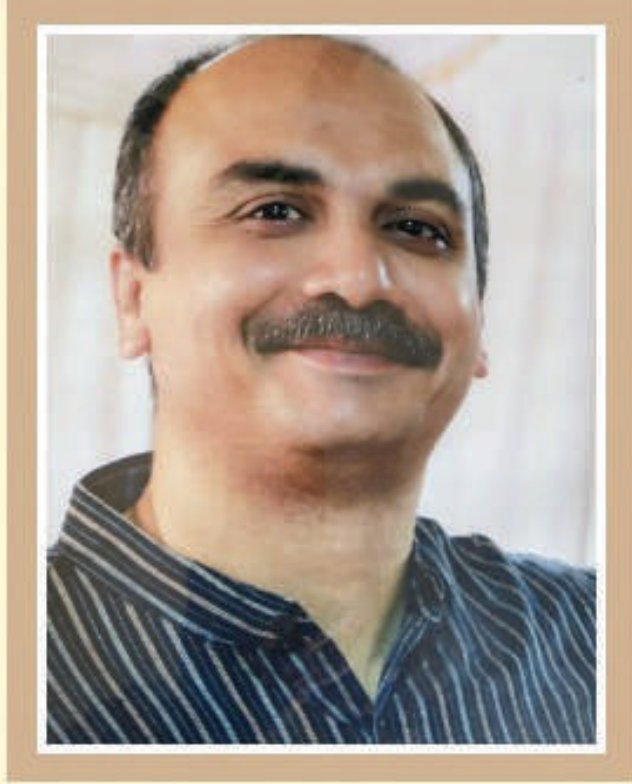
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Ratna & Gaurita

Kodikals, Karnads, Ullals, Gulwadys,
all family Members & Friends



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A Tryst with Destiny - Part 1

AJIT MADHU BHAT

How our family and community got connected to the Saints of Sakori is mentioned below.

It was a crisp and early Sunday morning in early March 1912 when Kalyanpur Raghunath Bhat boarded the train at Nagar station bound for Chitali. A small traveling bag & his trusted Remington, a British typewriter were his only possessions. Tall and fair with grey green eyes, he was a strapping young lad all of 22, but his excellent command over English and his superb shorthand & typing speed of over 75 wpm, his soft spoken demeanor and clear straightforward manner had earned him the trust and respect of his employer, the wealthy Parsi Seth, Shapoorji of the already famous and eponymous Shapoorji Pallonji and Co.

Always well kempt in a crisp white dhoti, black overcoat and cap, RB had soon become the blue eyed boy of the Seth because he had his favourite quality. He kept his mouth shut and eyes and ears open, being privy to his many financial deals. He also followed Gujarati very well, indeed spoke it fluently as he did 5 other languages - Hindi, Marathi, English, Kannada & ofcourse his own mother tongue, Konkani.

The Seth needed to type out letters at the drop of a hat & Bhat often accompanied him. Always jovial, generous & kind hearted traveling with him was always perfectly coordinated & a pleasure. A munim & 2 man servants always accompanied them.

In the train, the Seth clearly stated the purpose of this trip was to meet the already renowned Saint, Shri Sai Baba of Shirdi. The son of a Brahmin priest in the Ganpati temple at Kalyanpur, initially RBs mind recoiled at the idea of meeting the Muslim Fakir, but the Seth spoke of him in such glowing terms with such obvious devotion, that RBs curiosity was piqued & he looked forward to the audience.

Getting off at Chitali at around 10 am, the small group boarded the waiting horse carriages, the servants & luggage in one, and the Seth, Munim and Raghunath in the other.

Deeply devoted to his own spiritual master, the illustrious H.H. Srimat Pandurangashram Swamiji, RB didn't plan to bow down to the Muslim Fakir but just watch him from afar &

make his own observations.

His favourite golden pocket watch, a gift from the Seth showed 11.15 as they reached Shirdi. For a famed spiritual center it seemed like a dusty old mofussil village. Used to the grand temples & bustling bazaars of the South Indian temple towns this was completely unexpected for RB.

Shapoorji had picked up 2 large baskets of fruits on the way & the small group made their way to Dixit wada where they were respectfully received by Kakasaheb Dixit, its owner. The Seth was already familiar with the place & its people as they were with him and 15 minutes later, refreshed & after a cup of tea, they made their way to the Master's residence.

Being a Sunday there was a large crowd. A fair radiant pundit (Bapusaheb Jog) was performing the aarti and the whole crowd was soulfully singing in unison.

This too RB least expected at the residence of a Muslim fakir and while his ears took in the soulful lyrics, his eyes were glued to the Being at the center of it all, Sai Baba !

Clad in a *kafni* and headgear that had obviously seen better days, his eyes were shut as he swayed gently to the music. The air was heavy with the fragrance of incense and flowers & the devotion was palpable, almost a physical force. The *Aarti* over, the *mantras* began and then the *Pushpanjali*. Overcome with emotion the crowds surged forward to pay their respects almost 500 men and women of all castes and communities.

Shapoorji & his group stayed behind, wisely, avoiding the rush. The Seth's eyes were moist, glistening with deep and obvious devotion. As the crowds abated, Madhavrao Deshpande gestured to them & they moved forward.

It was then that RB saw The Master's face clearly. He looked ancient rather than just old and wise, as if from another age and his eyes glowed like diamonds as if looking at you, through you, from the infinite depths of Eternity.

Yet RB hesitated & stayed at the back of the group. He was a Muslim after all! The Seth & *munim* and others all went forward and received blessings turn by turn. Finally Shapoorji looked back at RB missing him, and gestured him to

come forward. RB stepped up with his hands folded, bowing gently remembering his own Master (i.e. HH Pandurangashram Swamiji).

Seth : *Baba, ha Raghunath Bhat, Lai hushaar porga hai.*

SaiBaba : *Ho, olakhto me tyaala. Majhya bhaavacha porga ahey to.*

All looked agape at Sai unable to make any sense. He continued softly ...

SaiBaba : *Pun tyaacha hishob Kashinath baghnaar.*

Kay re, olakhtos ka tyaana ?

RB shook his head .

SaiBaba : *Bara Bara, to olkhel tula. Ja tyaacha kadhey. To baag laavnar ahey amchi. 24 - 25 zhaade tari laavnar to. Tu pun zhaada de tyaala 3 - 4 . Kay, desheel na ?*

RB nodded mutely, totally mystified. There was a deep compassion in the Master's eyes and when he smiled, it was as if the skies opened and the world was lit. All this while Sai had been playing with a mango and a pomegranate one in each hand. Saying "He ghey" he placed the pomegranate in RBs hands .

Sai : *Ja ataa Vithobachya devlaat. Tuzha Panduranga Ani Vithoba ekach ahet, kallala ka. Shyama tyana gheunja re.* (Sai called the Khandoba temple in Shirdi as Vithoba *chey deval* where his disciple Kashinath Upasani Maharaj was staying. By Panduranga my brother he seems to have referred to HH Shrimat Pandurangashram Swami ji)

Deep in thought the group wended its way to the Khandoba temple. Madhavrao Deshpande knocked on the door, *Maharaj ... aho Maharaj,*

babani hya lokana pathavla ahey tumcha kadhey. The door opened & Shri Upasani Maharaj stood there Radiant, smiling.

UM : *Ho, nirop milala.*

RB was still holding the pomegranate in his hands.

UM : *Arey wah, Babani dila waat tay. Amba nahi dila? Barabara bhaagyawaan ahes. Ambyaat ekach bee astey, hyaat hazaaro ahet. Tevdhey tujhya kulaatley mukta !! Samazlaas ?! Tu zhaada denar na malaa? Kiti? 3 ka 5 mhanaley Baba? Bara bara pudhey pahoo. Vel ahey ajoin. Ja ataa.*

Namaskar Seth ji, tumhi hi bhaagyawaan ahaat. Pun aarthik drushtya. Baba na sodu nakaa kadhich. Netil tumha sarvana barobar. Hyacha khaata vegley ahey. Ya ataa mandali. Prasad ghya wadyaat.

The group stepped out into the sunshine. Surely these two knew exactly what they were talking about. In fact they seemed to be in telepathic communication, but for all their racking of brains, neither the Seth nor Raghunath or the *munim* for that matter could make out neither head nor tail of it.

The next day back in Bombay, Raghunath Bhat got busy again. The years flew past and he forgot the entire episode. 3 years later he was married to a virtuous *amchi* girl Shambhavi Halady & by 1922 i.e. ten years after the incidents narrated above he had 3 bonny kids, a son Balakrishna and 2 lovely daughters Chandri and Devi .

Sai Baba passed away in Oct 1918. By then Upasani Maharaj was already famous and on Sai's command had set up his ashram at Sakori just 5 km from Shirdi.

(To be contd ..)

SOLUTION TO JUMBLE KING – REFER TO PAGE 22

(CLUE WAS VIBGYOR AND MONSOON)

B	R	A	S	S		W	I	N	T	E	R	S	U	G	A	R		
F	L	U	T	E		L	O	V	E	R		C	O	U	P	O	N	
A		C	O	L	O	U	R	F	U	L		R	A	I	N	B	O	W

My Garden of Hope and Health

AHANA RAO

Why I started my little Food Garden?

I have been fortunate to have been close to nature in some way or the other since childhood, even in the midst of a city. As a child, I used to regularly go for nature walks, bird watching, trekking and camping trips etc. where I could touch, feel and sense nature. I also have fond memories of my earlier years of study at the CEPT Ahmedabad campus, where we had classes in the outdoors - in forested spaces alongside peacocks, in the bounty of nature.

Just before the pandemic hit, I had recently graduated from college and immediately joined a kitchen gardening course out of mere curiosity for the subject. It was a humbling experience to be part of the workshop, as I learnt from the experiences of many other nature lovers and enthusiasts of varying age groups. Later, I started volunteering for a local environment action group called Tree walks, and was also part of a Youth Leadership program from Navdanya – an NGO working for biodiversity conservation, organic farming and farmer rights, where my interest in this subject grew.

The pandemic brought with it many realisations and a renewed spirit as well as a sense of urgency to work for the preservation of our natural environments. First of all, I observed how our lives have become so fast and detached from Nature and Food. The distance between us and what we eat has increased, owing to department stores, fast food, etc. Secondly, that half of India is going to live in Cities by 2050. So, land under agriculture is going to become even more scarce. We are already experiencing the dire consequences of the Climate Crisis, with frequent heat waves, natural disasters and polluted air, water and food.

These are the reasons that compelled me to start my own garden - of hope and health, on my terrace. It started with a few pots and mostly consists of easy-to-grow (and maintain) edible perennials and herbs that I can use in daily cooking such as mint, lemongrass, kadipatta, Malabar spinach, basil, amaranth, butterfly blue pea, turmeric, tulsi, hibiscus, etc. This process not only ensures basic nutritional needs and a level of

self-reliance, but also helps create a connection with nature and food – which is very important to us, especially in today's fast-paced times.

Composting – An Act of Care for the Soil

One gram of soil harbours up to **10 billion** microorganisms of possibly thousands of different species. This microbial diversity in the soil, and their complex interaction is connected to our health. If our soils are not healthy, we cannot expect to remain healthy. Today, soil health is worsening due to pressures from rising population, expanding urbanisation, concretization of land area, and chemical intensive agricultural practices. These detrimental practices leave the soil infertile and cause erosion and desertification. Unfortunately, we are all part of this system that is increasingly promoting these practices that are harming nature. So, how do we do our bit?

We can give back to the soil by completing the food cycle. Giving back in gratitude to soil, from which we get our food is an act of love and care for the Earth. This is the feeling with which I started composting at my home few years back. Without soil and food, we cannot exist. Composting is the Law of Return – returning organic matter back to soil, from where we get our food. Composting helps strengthen the soil's ability to retain water, therefore saving water; it improves urban soil quality, encourages beneficial bacteria, saves money on fertilisers, while promoting plant growth and health. But most importantly, it reduces the pressure created in the landfills that surround our cities today. Landfills are one of the major contributors to soil, air and water pollution and they are growing in size by the second.

Kitchen wastes and fallen dry leaves can become a wonderful resource. I feel that this should be taken up as a personal responsibility and taken further by spreading awareness among others. Just by this simple act, we can reduce our carbon footprint as well as help heal poor quality soil in urban areas. As individuals, we can start a small garden in whatever space we have, start composting our household waste and support farmers who are growing food using natural methods, by buying their produce.

I'd like to sum up the article with Gandhiji's words -

"To **forget** how to dig the **earth** and **tend** the **soil** is to **forget** ourselves."

(Ahana Rao (Gulwadi) is an architect, who is currently practicing as a landscape designer and researcher in Metabolic Office, a landscape consultancy studio in Ahmedabad. Her interests include singing, permaculture, Origami, food and collecting seeds.)

LANGUAGE MATTERS

USHA AROOR

MULTIPLEX WORDS IN KONKANI

All languages have multiplex words, those which have a complex or detailed meaning, or derive their meaning from a very specific cultural context. I am fascinated with some that we use in Konkani.

There are many 'kitchen' words.

rittaavnche: to transfer food from a bigger dish into a smaller one, usually for convenience of storage

vissolche: to remove food sticking to used pots/pans/plates with water as a first step to washing them properly

kalbenche: 'wet' food spoiling as a result of the reaction of acidic content with metal

korbenche: 'lonche gomte korben ailya' is a typical context in which this is used. It means that the ingredients in the pickle have mixed well.

phaavarta: used to describe food which looks like it is a small quantity but actually stretches and can feed more people than would seem to be the case

gudbudanche: *Gudbudai* is a word dating to a time when people used a grinding stone (*ragdo*). It refers to a minimal grinding action to get the coarse texture appropriate for some masalas.

khaskashi: refers to the coarse texture of something ground, and is the opposite of *laan* (smooth)

hunnarche: minimally roasting dal, peanuts etc. in a *kaili*

shirshiranche: boiling vegetables or fruit (usually cut) on gentle heat to get a pre-jam-like consistency

A few non-food-related words:

gavraavnche: It refers to the practice of not calling one's husband, parents-in-law etc by their names but using a formal, indirect phrase to refer to them, as an attitude of respect.

kisrunche: reacting in a shrill way to something said

keppe: a noun referring to something about which one has an aversion, for example the smell

of specific foods, people walking into a house with footwear on, a wet bathroom floor, clothes not folded properly

A small departure from multiplex words! Recently, I learnt the phrase **sheen kadche** from Asha Vombatkere. It roughly means taking offence or umbrage—*haav tikka sanganatil bombai vachgel mhonu, tinne sheen kalle*. (She took offence because I went to Bombay without telling her.)

I am sure there are many other words and look forward to learning them from readers.

(A version of this appeared in the Canara Union Newsletter.)

JUMBLLED SURNAMES SOLUTION

G	U	L	V	A	D	Y
H	I	R	E	B	E	T
H	A	R	I	D	A	S
B	A	I	N	D	U	R
A	M	E	M	B	A	L
A	G	R	A	H	A	R
B	E	L	L	A	R	E
C	H	E	R	K	A	L
H	E	J	M	A	D	I
K	A	L	T	H	O	D
K	A	N	D	L	U	R

(Refer to page 24)



First Death Anniversary

Sunanda Dayanand Udiyaver (nee Balwalli)



17 May 1939 - 29 June 2021

*Those we love don't go away, they walk beside us everyday
UnseenUnheard but always near
Loved, missed and very dear.*

*Your life was a blessing
Your memory is a treasure
You are loved beyond words
You are missed beyond measure*

*Lovingly remembered
Dayanand
Ajay Rajesh
Zahida Muskaan
Relatives & friends*

Children's Corner

Durga



**Chinmayee Bakul Kodikal (11 years)
Andheri**

Boy playing Instrument



Umika Prasad (9 years) Pune

Mrs. Sunanda Durganand Sirur (nee Nilekani)

December 3 1928 - April 14, 2022

*Dearest Amma/Ammamma/ Annamma,
You were caring, resilient, and strong. You were sweet and warm and loved by everyone who knew you. We will miss talking to you and hearing the sound of your voice. We will miss your gentle concern for us all, and your enthusiasm for living life to the fullest. And your memory will always bring a smile to the lips in celebration of your life.*

Remembered with much love by

Children: Radhika-JK Rao (Jeppu Krishna Rao),
Rajiv kumar-Gauri Sirur, Gayatri-Shashikant Sthalekar,

Grandchildren: Gaurav Rao-Caroline, Gauri-Vinay Sharma,
Devayani- Mohit Nilekani, Namrata, Rashmi and Rhea

Great-grandchildren: Ishana, Anaya, Zane, Arjun & Kaavya

Deeply Mourned By
Sirurs, Nilekanis, Jeppus, Sthalekars,
Relatives & Friends



Smt. Sushila Subrao Ullal

(31.07.1940 - 15.04.2022)



She was the epitome of great strength and immense compassion. Her gentle, positive, and selfless nature drew people to her.

A loving wife and a caring mother. Always showering affection on all the near and dear ones. Her devotion, foresight & tremendous adjusting capacity will always guide us from here on.

Words cannot express how much she meant to all of us. Her unique smile will pervade our lives forever. We will never be able to come to terms with this huge loss.

You will be missed Amma. You continue to live forever in our memories.

Sumant and Sudeep Ullal (Sons)

Jennifer and Praveena Ullal (Daughters-in-law)

Niyati and Shamita Ullal (Grandchildren)

Mullerpattans, Bangalorekars, Aldangadis, Khambadkones, Manjeshwars, Chandavarkars, Mankikars and Nayampallys.

Mrs. Shanta C Honavar

(Sep 1937- Apr 2022)

**A mother is she who can take the place of all others
but whose place no one else can take.**

We deeply mourn the loss of our mother on 27th April 2022. A woman of strength, courage, wit and positivity forever. She is remembered every moment by all of us but we know that she is happy with God as she reunites with our dad in heaven.

- Remembered and missed by her immediate family.

Deepak (son) & Anita Honavar
Suchitra (daughter) & Shirish Kerkar along with her
grand children Yash and Soumya.

We also humbly receive and acknowledge the
condolences, prayers and love from all
the relatives and friends. Om Shanti!



TARA RAMCHANDRA BELLARE

(D/of Late Smt. Prabhavati & Late Shri Ramrao Kallianpur)
(D-in-law of Late Smt. Laxmidevi & Late Shri Bhavanishanker Bellare)
(29th October, 1931 to 5th May, 2022)



आई Your compassionate heart radiated rays of love, light, happiness, grace, elegance and beauty in its purest form. Your gentle ways, yet so frank and pure minded, your intervention in times of need, reaching out to anybody, an animal lover too, allowing others to see the goodness in humanity through you, will forever be remembered. Love you Dearest आई and Lola Mummy; always have and always will!
You will continue to live in our hearts forever and will be dearly missed.

Son & Daughter-in-law ~ **Somshekar & Adele**
Daughter & Son-in-law ~ **Nutan & Rathin Kumar Das**
Daughter ~ **Nayan**
Grandsons & Granddaughters-in-law ~
Shane & Maria Carla, Alain & Arianne

She will always be in the fond memories of:
**Bellare, Ullal, Nalkur, Ubhayakar, Benegal, Kuber,
Kallianpur, Chandavar - Ubhayakar, Gulvady, Koppikar,
Chandavarkar, Aidoor Families, all Relatives and Friends**

WITH BEST COMPLIMENTS

From

BF Investment Ltd

Mundhwa, Pune 411036

Life & Times in Gokarn

By GURUDUTT CHIKARMANE

Imagine a world without electricity, paved roads, cars, or even TV. And an aircraft that flies above in the sky is only in your imagination.

These are my earliest memories of the village of Gokarn in the late 1940's. WW2 had just ended, and for a newly independent India, the world was her oyster! The national mourning following the assassination of Mahatma Gandhi momentarily dampened the spirits; but the unbridled optimism prevailed with the elation that colonial shackles could hold us back no longer.

Gokarn lies on the Arabian Sea, south of Goa, off NH66 at approximately the midpoint between Mumbai and Kanyakumari. It used to be one of the major hubs of Bhanap life in the Kanaras (Karwar and Mangalore districts) until the mid-20th century. That was before the inexorable migration to the bigger cities of Bombay, Madras, Bangalore, or to lands across the oceans began.

Gokarn is an ancient land that finds a mention in the Ramayan, an epic that runs through the heart and soul of the sub-continent. Ravana, a devotee of Lord Shiva, had assiduously prayed at *Kailash Parbat* and acquired the *Atma Linga*, which is said to personify Lord Shiva himself. The rest of the Gods were quite perturbed at this and are believed to have conspired to procure the *Linga* back and Ganapati was selected to accomplish the deed! I love our mythology; even the Gods are as devious as the rest of us!

Ganapati tricked Ravana with a promise to look after the *Atma Linga* while Ravana performed his evening prayers (*Sandhyavandan*). He then promptly placed it on the ground and as are the mythical properties of *Atma Linga*, once placed on the ground it would take such firm root at that spot that it can never be dislodged. An outraged Ravana is said to have smacked Ganapati right on top of his head.

At this spot now are two temples, one of Ganapati with the idol having a shallow depression on its head, and the other with the *Atma Linga* which is now the famous Mahabaleshwar temple.

This event made Gokarn a pilgrimage centre for Shiva devotees.

Legend goes that when Bhanaps migrated to the Kanaras from Goa in the 17th century to escape the forced conversions by the Portuguese, they were not accepted as Brahmins by the local Kannada speaking Havyak Brahmins.

Given the customs of those times, social hierarchy was important.

That is when our ancestors held prayers at Kotitirtha in Gokarn in 1708, until our first Guru Parijnanashram Swamiji appeared. I am told one of my ancestors was a part of this group. Our Adimath, the 'Bhandikeri Math', which is the first seat of the Chitrapur *Guru Parampara*

is situated a short walk away from Kotiteerth.

My family is said to have lived in the Gokarn area since the 1700's when one of my forefathers moved there from Shimoga district. He was apparently a senior official in the Keladi kingdom, a protectorate of the larger Vijayanagar Empire, and had a large house there; thus, getting the name '*Chikarmane*' which translates as *a small palace* in Kannada.

After the mid 19th century Mangalore district saw electrification, paved roads, and English education pioneered by evangelising Catholic. By 1907, Mangalore also had railway connectivity to *Calicut* and *Madras*. Armed with an English education, the *Bhanap* exodus to these cities began.

In comparison, Karwar district remained frozen in time. This was primarily because the district was a part of the Bombay province, which included the current states of Gujarat, western Maharashtra, and four districts of North Karnataka. Mangalore was then a part of the Madras state. The predominantly Kannada (and Konkani) speaking districts were the ignored stepchildren and received scant attention if any for development. This changed after the state reorganization based on linguistic lines in 1957.

Much of the Karwar district was a pre-industrial agrarian society with a self-contained village economy of locally produced commodities and



services having minimum contact with the outside world. Until the late 1930s, till Chitrapur Transport was started, the only means of transport outside was by a bullock ride to the ports and then by the steamship service of Sabarmati Lines to Bombay.

In the 1920's the 700 km trip to Bombay was a three-day journey consisting of a 4-hour bullock cart ride to Tadadi port, then on a ferry boat (*Machvo*) to the ship anchored a few kilometers offshore. 36 hours of sailing on the ship that stopped at every port on the way would then finally lead us to our destination. Needless to say, the transport was unavailable during the monsoons!

I vividly remember the Chitrapur transport buses. We used to call these contraptions '*Chakra Asshili Vali Mantavu*'! '*Vali Bhajji*' is a local creeper that needs a trellis '*Mantavu*' to support it. The buses with hand-cranked smoke-spewing gasoline engines, doors and windows held together with jute strings & nails, and bald tyres that had flats every few kilometers quite resembled a *Vali Mantavu*. Nonetheless, this was progress.

Initially, there was a sporadic supply of *Ghattavaili Randhaikai*, from across the Western Ghats. From October- May there was an abundance of locally grown vegetables and fish of course. However, in the monsoon months, the food supply got lean and required planning, preparing and storing of pickles, tubers, and dried fish. With the new transport facilities, some could now afford to get vegetables all year round!

In 1950, Gokarn was finally connected to Hubli. One could now get to Bombay by bus and then train in about 30 hours. No more Sabarmati steamships. Chitrapur Transport continued providing their invaluable services until their integration with the State transport company some years late.

Electricity came to Karwar district only in 1964. Before that, however, an enterprising businessman set up a diesel generating station and electrified the town of Karwar. Till then we would study under kerosene lamps that required a daily ritual of cleaning the glass domes and trimming the wicks.

Of course, there was no telephone. The only technology was the Telegraph service at the local post office where we watched with wonder. The Nadkarni family, in my neighborhood was the first to purchase a radio in the early 1950s. The radio had a battery the size of a small suitcase and an antenna spiked up higher than some cell towers

of today! Small crowds would gather outside their window on Wednesday evenings to listen to Radio Ceylon!

This relative lack of modernity compared to the rest of the country in no way hindered our core values – the pursuit of an education, a love for learning, appreciation of music and the arts, enterprise, and egalitarian beliefs. Of course, we did have our share of feudal systems and rigid social hierarchies but in retrospect, I do believe these, though undesirable, were benign and far less pernicious than in some other parts of the country.

The feudal system, was more of a social contract where the "tenants" would provide us the 'owners' of the land with free labor and a part of the produce. We in turn would be responsible for their well-being in all aspects. I have clear memories of my family being involved in their children's education, care extended during illness, child-births, and resolving family problems. A testament to this symbiotic relationship is the warmth with which we were received when we visited some of them in Gokarn several decades after leaving the place.

I left Gokarn in 1961 and visited there again only in 2006. Change has come there as anywhere else – but mostly for the good. There is prosperity all around, people appear better nourished, better dressed more educated, and have better employment opportunities. There are cell phones and the internet. The class system is breaking down, albeit slowly, as seen by the non-Brahmin names on the honour roll at my old high school.

The flip side to this, however, is that growing up in the absence of lights and air pollution, I have fond memories of watching a lunar eclipse from the beach or seeing the dark sky lit up with brilliant stars. This is no longer so as there is a constant haze and odour from air pollution. These days the streets are littered and there is no trash collection. But then progress comes in fits and starts, and this too will change. Of course, things might already have already changed since my last visit.

As the Greek philosopher Heraclitus said in 500 BC, '*change is the only constant in life*'. And we *Amchis* more than anyone else I believe, have embraced change for the better. I can say this with confidence as I see our next generation here in North America doing so well in all walks of life. Tomorrow will always be better than today!

Culinary treasures of Chitrapur Saraswats- Seeds, stalks, peels and rind

ANJALI BURDE

The 5th of June is observed as World Environment Day since 1972. Caring for the environment and making it sustainable for us and our future generations is the need of the hour.

This year's theme **Only One Earth** highlights the need for cleaner and greener lifestyle changes in order to live harmoniously with Nature on this Mother Earth which incidentally is our only home. The mantra to create a long lasting, sustainable environment is **Reduce, Recycle, Reuse and Replenish**. We all need to make a conscious effort to make this mantra a part of our daily life.

Small steps in this direction include waste segregation at home, avoiding plastic, carrying cloth bags for shopping, using eco-friendly fuels for our vehicles, car pools and using public transport.

Another important step can be zero/minimal waste kitchens which may not actually be a new trend as our mothers, grandmothers and great grandmothers have already been practicing it in their kitchens.

With many members to feed in the joint family system and limited resources being available, the ladies of the house always tried their best to make optimum use of whatever was available to them. Today we don't think twice about discarding vegetable stalks, stems, seeds and peels but in earlier days even these were put to good use.

Thick stem at the base of the cauliflower head found its way into a sambar, the peels of bottle-gourd and ridge gourds, the seeds of snake gourd were used to make chutneys.

Leaves of radish, knol-khol were cooked as vegetables or added to dal for flavor and nutrition.

Seeds of water-melon, musk melon, field marrow (*magge*) and pumpkin were dried, peeled and fed lovingly to young children by their grandparents.

Adding jackfruit seeds (*bikanda*) to vegetables was also a common practice.

The residue left after extracting tamarind pulp was used to scrub copper and brass utensils. Used lemon peels were used to revive the inner shine of the pressure cooker.

Used tea leaves were used as manure particularly for rose plants.

These forgotten practices need to be revived and followed so that each one of us contributes

towards a sustainable living. Many youngsters today are aware and have incorporated these changes in their day to day life. From creating home compost bins to using citrus fruit peels to create bio-enzymes which are then used as home cleaners or even personal care products, the younger generation is contributing towards caring for the environment and striving to reduce their carbon footprint.

We too can turn our kitchens into zero /minimal waste kitchens by consciously following the tips below.

Stalks: Tender stalks of coriander and fenugreek can be used to flavor dals, soups and curries.

Thick mint stalks can be planted in pots and in a few days you will have your home grown mint for use.

Tough stalks of Malabar spinach (*vaali*) also grow and sprout new leaves when planted in pots.

Instead of discarding the stalks of spinach (*palak*) and amaranth (*tambadi bhajji*) they can be used to prepare vegetable stock which can be used instead of plain water for making soups and pulaos.

Tender coriander roots are an important ingredient of green thai curry paste.

Stems of colocassia (*pathrode paan*) which are rich in nutrients can be added to vegetable curries or made into a sweet and sour soupy accompaniment (*Venti saar*).

Peels and pods: Carrot peels, peels of gourds and pumpkin, green pea pods can be used to prepare vegetable stock. Tender green pea pods can be made into crispy *bhajiyas* just like onion *bhajiyas*.

Seeds: Melon and pumpkin seeds are purchased these days and consumed as super foods. Instead, seeds of water melon, musk melon, field marrow (*magge*) can be sundried, peeled and stored. The process may seem tedious but if you can involve children in this activity it would be worth the effort as they would learn their lessons on optimum use of resources.

Melon seeds are also used to thicken north Indian style gravies and can be used to garnish sweets like halwa and barfi.

Rind: The thin outer rind of lemon and oranges (coloured part only) can be grated and preserved

in the freezer.

These citrus rinds add flavor to cakes and puddings and can be sprinkled over salads and soups.

Another useful rind is that of the watermelon. It is used to make soup and raita. Among the Chitrapur Saraswats, the white portion of the rind is used to prepare doddak and surnoli which are popular breakfast items.

Sharing the recipe for **Kemundya Polo** (Watermelon pancake)

Ingredients: 1 cup grated water melon rind (use the inner white portion only)

1 cup thick rice (soaked for 4 hours)

1 / 4 cup jaggery

1 / 4 cup grated coconut

A handful of thick poha (soaked for 10 mins.)

1 / 4 tsp Salt

Method: Grind soaked rice and all other ingredients to a fine dosa-like batter. Rest the batter for 3-4 hours.

Heat a tava, smear oil and spread a ladleful batter as a thick pancake. Cover with a lid for 2-3 minutes, flip over and cook till done. Serve the pancake with ghee and a chutney of your choice.

Let us all make a new beginning towards a zero waste lifestyle starting with our kitchens. Whatever is left after making optimum use of the vegetable or fruit can be composted to replenish the soil.




















Let us try and Live sustainably in harmony with Nature.

FUN AND PASTIME

Let's play this game created on the concept of Snakes and Ladders. You are at home in House no 1. Your objective is to scale the top of the Mountain in

box 100 at the top of the Mt Kailas. . You may face obstacles  

Meditation  catapults you  but lack of effort will bring you down 

	99		97	96	95	94	93	92	91
81	82	83	84		86	87	88		90
80	79	78	77	76	75		73	72	71
61	62		64	65	66	67	68	69	70
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		43	44		46	47	48	49	50
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20	19		17	16	15	14		12	11
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The Month that passed – Events May 2022

Last month of May 2022 saw the passing away of one of India's most decorated and legendary musicians – Pt. Shivkumar Sharma. Pt. Shivkumar Sharma had a close association with many Bhanaps and even visited the Shree Chitrapur Math a few times and offered seva in front of Lord Bhavani Shankar and in the august presence of HH Shrimat Parijnanashram Swamiji III.

In this pic below are from left Shri Mohan Hemmady, Pt. Hariprasad Chaurasiya, Pt. Shivkumar Sharma and HH Swami Parijnanashram III with tabla player Anand Badamikar.



In the following image against the backdrop of Lord Bhavani Shankar, Pt. Shivkumar Sharma is offering seva. In the centre is the talented and much adored Ved. Late Gurubhat Shukla on Tanpura and Badamikar on tabla.



Photo Credits: Shri Mohan Hemmady
(Hyderabad)

In Yuvaspeak this time, we bring you the engaging account of enthusiastic Yuva Omkar Yederi who tries to offer seva in many ways and truly believes

“Guru-charanon mein Charo Dham”

While growing up - from waking up to “Guru Charanana Mana Laga” and other *bhajan*-s to *Deepanamaskar* in the evening, although we were physically in our cities, I can honestly say, mentally, during prayer-time, we were always taking tours of our Maths. I still remember, I used to be very excited about wearing a *dhoti*, *angavastra* and applying *bhasma* during Swamiji’s camps, or during our visits to the Maths. The perks for this were - I either got a chance to blow the conch, or to assist Bhatmaams during the *Paduka-pujan*, both of which I immensely enjoyed doing.

During H.H.Swamiji’s visit to Vamanashram, Borivali- Swamiji kept His Hand over my head while walking toward the hall. I can never forget that. One of my fondest memories is receiving chocolate after our drama performances during Swamiji’s visits to our Sabha in early 2000 and 2015. I still remember the sunny afternoon in 2004 during the month of April -May after my *munji*. I was excited about seeking Blessings from Swamiji and was overjoyed to receive a shawl, a *Sandhyavandan* cassette and a book which I used to listen to regularly for quite some time, until I got it by heart. Singing *bhajan*-s, *ashtak*, blowing the conch was wonderful, but over and above all of this, getting a chance to hold the *danda-chamar* during H.H. Swamiji’s camp or in the Math premises fills me with sheer bliss! I will be forever grateful to the tech- team of our Math as this technology has enabled us to get *Darshan* of H.H. Swamiji virtually via live streaming from every corner of the nation. Watching and listening to Pujya Swamiji on the screen in our own home gives us the feeling of being there at that moment and that is so joyful.

During my participation in the *Karaseva Shivar* for the second time in 2014, I got my *mantra-diksha*. After that, there was no looking back. Over time, *mantra-japa* has helped me become more calm, stronger and mentally focused. Professionally, it has helped me to evolve into

a better person, decision-maker and gifted me the confidence to take that leap of faith, now and again..

I believe I was at the right time at the right place when I joined *Yuvadhara*, for it has played a vital role in my personal growth. I joined *Yuvadhara* around 2011 and the bond with the Math, H.H Swamiji automatically became stronger. Right from participating in *Yuvadhara* fun activities organized by the *Sabha*, volunteering at H.H. Swamiji’s camps at different *Sabha*-s, to *Karaseva Shivar*-s, treks and annual activities each and everything has added so much quality, value to my life.. I was lucky enough to lead the Borivali *Yuvadhara* for a couple of years before I moved to Pune for further education. It also gave me a platform to boost my different gifts, to experiment with a lot of new things and this has helped me shape my potential and interest in areas like acting, writing, singing, camera-handling and more. *Karaseva Shivar*-s top my list of favourites because they help me to connect with *yuva*-s from different walks of life and the learning one picks up through the various sessions, morning adventures at Kembre and other activities help greatly in the long run. I wait eagerly for sessions with H.H. Swamiji, especially the ones held at Panchavati, or on one of the beaches where all I want is to just capture the moment where Nature is at Her best and H.H. Swamiji is taking time out to talk to us. Participating in *Yuvadhara* activities and *Karaseva* has groomed me personally and professionally, helped me build leadership qualities, crack tasks, handle group activities and so much more.

Kick-starting the year with annual Math celebrations at Karla with *Gramabhajan* on 1st March is what I look forward to every year. After offering my *seva*, I wait for the golden moment when our Sadguru Himself gives us *jalebi*-s making them so much more delicious, for both tongue and spirit.

~~~~~ Parisevanam ~~~~~

Although 2021 was a challenging year, I had no clue it could be so positively life-changing for me! I got a chance to offer *seva* during Gokulashtami under the Local to Global project. It was an incredible experience to livestream the “Kallo” celebration of the Santacruz Sabha, whereby I got in touch with the core team of *Sayujyam*. After that I got this super- opportunity to be part of the core team of *Indradhanush*, wherein we envisioned offering a ‘magnum opus’ never attempted before- an amalgamation of all art forms in motion graphics. The graph went from being a little to very nervous, but with loads of enthusiasm, overcoming challenges midway resulted in a masterpiece that Swamiji loved. Upon hearing that the feedback from H.H. Swamiji about our offering was, that this was the “beshtest gift!”, our happiness knew no bounds. Midway during the *Indradhanush* project, there had been a point when I saw only dead-ends and at one point I was almost clueless and demotivated as we were unable to overcome some hurdles. At that juncture I remembered that we have to just do our best and leave the rest to the *Gurushakti*. Overnight, things fell into place miraculously and we were able to achieve the impossible. Now, when I look back, it all feels so magical. After this there came a thought- why don’t I create a network of Amchis who are good with camera skills, video editing, graphic designers, VFX and animation experts so that down the lane we have a trusted talent-

bank which can volunteer instantly to help our Math with upcoming events and celebrations with full zeal. I am working on this...

I grew up listening to Amma saying “*Devacheri sonnu di, toh palavnu ghetta!*” Whenever I am in a spot- clueless or helpless, I just do my bit and recall these words and pray. There upon, the magical force of *Gurushakti* showers Blessings and never disappoints...

There is so much to learn from H.H. Swamiji. Under His flawless Guidance, the scale of all projects, innovations, new initiatives and above looking after and monitoring the *samaj’s* spiritual improvement is just incredible. I feel so blessed and lucky to have been born as a Chitrapur Saraswat, to have a such an enlightened *Guruparampara* and a Sadguru who is so caring, with an incredible Vision, who walked all the way from Karla to Shirali with the *paduka-s* of His *Gurumauli*, who sits for hours giving us *tirtha*, takes out time from his hectic schedule for youngsters and is the true Guiding Force for all us.

I always pray to Lord Bhavanishankar, that I should keep getting many opportunities for *seva* and remain in the *chhatra-chaya* of our dear Lord and beloved Guru and *Guruparampara*. I truly believe that it is okay if one cannot do *tirthayatra-s*, for am convinced that the *phal-prapti* is equivalent to offering *seva* at the Lotus Feet of H.H. Swamiji with *bhakti*. Yes, for me, it is “*Guru- charanon main, Charo Dham*”.



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9				2		4		
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(Solution on page 59)

DID YOU KNOW?

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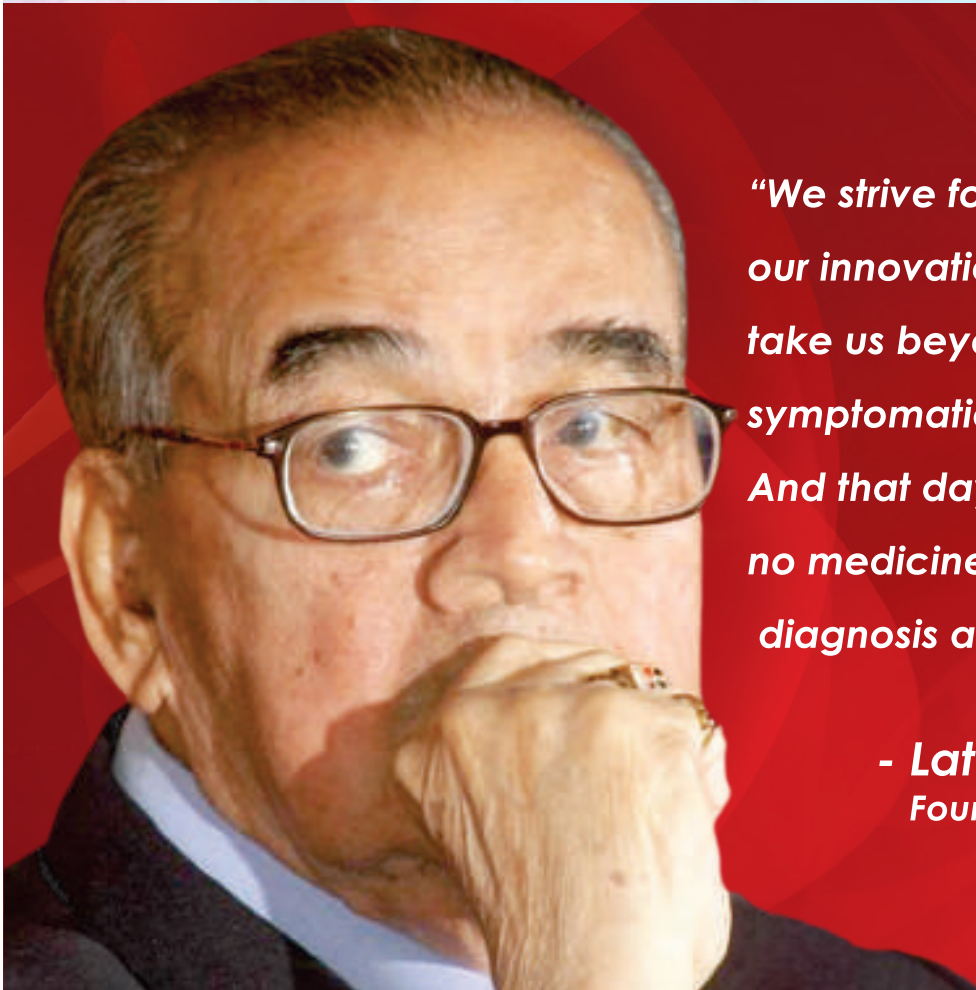
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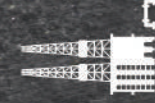
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॥ सरल-संस्कृतम् ॥

Dear Readers,

By the grace of Parama Pujya Shrimat Sadyojat Shankarashram Swamiji, Girvanapratishtha, the Sanskrit wing of Shri Chitrapur Math commences a series of "Easy to Learn Sanskrit" lessons from this issue of the KSA magazine. It is our endeavour to encourage the learning of this divine language among our Samaja-bandhavas and popularise its usage. Benefits of learning Sanskrit are immense, from improving memory in the elderly to enabling learning skills in the children and youth. We sincerely hope all readers will definitely enjoy these easy lessons. So with great pride, we present to you our first lesson of the month.

The following exercise introduces you to some action words through simple sentences.

1.1 Read the translations in English and fill in the blanks with correct verbs from the box below -

1. बालकः ।

The boy **plays**.



2. छात्रः ।

The student **reads**.



3. जनकः ।

Father **speaks**.

4. भक्तः ।

The devotee **bows**.

5. वृद्धः ।

The old man **sits**.

6. सैनिकः ।

The soldier **stands**.

7. मार्जारः ।

The cat **sees**.



8. मूषकः ।

The mouse **runs**.



9. सिंहः ।

The lion **roars**.

10. कूर्मः ।

The tortoise **walks**.



In all the above Sanskrit sentences, the first word is the subject (one who performs the action). Note the similarity in the ending of all such words which are in Masculine gender and singular form.

उपविशति	तिष्ठति	क्रीडति	चलति
गर्जति	धावति	पश्यति	वदति
पठति	नमति		

Answers given on Page 56

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“कोंकणी आदगत्यो आनि वाक्प्रचार ”

- १) आपणा फाटि आपणें थापटावंचि.
Pat ones own back. Do not pat your own back.
- २) आपणें मोरका, स्वर्गु दिसका.
To see the heaven one must die oneself.
(You cannot see it through others)
- ३) आपणागेली जीब, आपणागेले दांत, चाबल्यारि कोणाचेरि कोपचें सांग?
The tongue is yours, so also the teeth are yours;
Whom can you blame, if you bite the tongue?
- ४) आपणागेली फाटि आपणाक दिसना.
One is unable to see one's own back, (i.e. faults and defects)
- ५) आपणागेली सावळि आपणागेल्या पायांमुळांतु
One's shadow proceeds from one's own feet.
(Every one is responsible for his evil deeds.)

KONKANI LEXICON FUN QUIZ

(What are the equivalent Konkani words?)

Refer to Page No. 56 for Amchi words

Asafoetida	Cardamom
Pepper	Ajwain
Black Mustard	Fennel
Cumin	Curry Leaves
Nutmeg	Mint Leaves
Turmeric	Fenugreek Seeds
Chillie Powder	Sesame Seeds
Ginger	Poppy Seeds
Tamarind	Saffron
Cinnamon	Bay Leaf
Clove	Staranise
Corriander Seeds	Black Stone Flower

देवा तुझ्या चरणी

देवा तुझ्या चरणी लाविते मी निरांजन ।
औक्षवंत करी बाळा, आज तया वाढदिन ॥

जसे नभी चंद्रबिंब, तेजळले त्याचे अंग ।
तान्हुल्यावरी चढला, प्रेमाचा गुलाबी रंग ॥

त्याच्या कौतुकात झाले, संसारी आम्ही दंग ।
जयवंत करी बाळा, आज तया वाढदिन ॥

जसे नभी तारांगण, फुलूनी गेलं हे अंगण ।
काका-काकी, मामा-मामी, आजीसह सगळे दंग ॥

पाहुनिया हा सोहळा, भरुनी गेले अंतरंग ।
यशवंत करी बाळा आज तया वाढदिन ॥

सौ. माया अनिल बिजूर

पालवी

संगीता माविनकुर्वे

पंधरा एक वर्षापूर्वी आमच्या बिल्डींगमधल्या एका चौकस प्रौढ बाईने, मला जरा घरी येतेस का असे विचारले. काहीतरी विशेष असल्याशिवाय मला कशाला बोलवतील ? म्हणून मी घरची दररोजची सर्व कामे लगबगीने आटपून त्यांच्या घरी गेले. त्या बाई एकदम खुष झाल्या होत्या. प्रत्येक गोष्टीचा कीस काढणार्या ह्या बाईना सगळेच टाळत असत.

ह्या सुज बाईना ठाऊक असल्यामुळे त्यांच्या विनंतीचा मान राखून मी त्यांच्या घरी गेले याच त्यांना फारच अप्रूप वाटलं.

बराच वेळ इथल्या तिथल्या गप्पा झाल्या, माझ्या घरातल्यांची आई-बाबांची, मुलांची चौकशी करून झाल्या तरी या बाईनी मला विशेष विनंती करून घरी नक्की कशासाठी बोलावले आहे, हेच त्या सांगत नव्हत्या. मी थोड्या थोड्या वेळाने त्यांना त्यांची आठवण करून देत होते, तरीही त्या सोयीस्करपणे माझ्या प्रश्नाला टाळत होत्या. मग त्या सरबत करायला किचनमध्ये गेल्या.

त्यांचं ते ऐसपैस घर या बाईनी अगदी चोखंदळपणे सजवलं होतं. हॉलला उत्तर आणि दक्षिणेकडे दोन्ही बाजूला मोठ्या खिडक्या होत्या. दक्षिणेच्या खिडकीतून जांभळाच्या झाडाच्या फांद्या आत डोकावत होत्या तर उत्तरेच्या खिडकीतून बदामला छान हिरवीगार पान आलेल्या फांद्या डोकावत होत्या. बहुतेक कालच कळ्यांसारखी दिसणारी हिरवीगार नवी पालवी फुटली असणार. मी त्यांच्या हॉलचं निरीक्षण करत असतानाच त्या सरबत घेऊन बाहेर आल्या. मी त्यांचं चोखंदळपणे घर सजवण्याचं कौतुक केलं आणि मी म्हणाले "किती छान विविध छटांची हिरवळ दिसते तुमच्या खिडकीतून ज्यांच्या दारात अशी झाडे असतात ना त्यांच्या घरात भरपूर सुबत्ता नांदते असे म्हणतात." त्या खूप झाल्या, त्या एकदम मला म्हणाल्या "अगं संगीता हेच दाखवण्यासाठी, बोलण्यासाठी, तुला बोलावले होते. अगं बघ ना, हिरव्या रंगाच्या किती वेगवेगळ्या छटा दिसत आहेत! थोडे दिवस आम्ही दोघे काही कामासाठी बाहेर गेलो होतो, थंडीच्या दिवसात ह्या बदामांची पाने लालसर होऊन सगळी जमिनीवर गळू लागली झाड कसं ओकबोक झालं होतं जाताना, काल

आलो परगावाहून, तर बदामाला नाजूक, कोवळी, पालवी आलेली दिसली आज त्या कळ्या सारख्या दिसणार्या हिरव्या रंगाच्या पानाचा रंग गडद, हिरवा होणार आणि पान जरा जाड होणार, मग धुळीने ती आणखी गडद दिसणार मग लालसर होऊन गळणार. निसर्ग कसा विलक्षण असतो. अगं मला हे कोणाला तरी सांगायचं होतं. तुला माझं म्हणणं कळेल आणि मला हसणार नाही, म्हणून तुला घरी बोलावलं. विषयाला हात कसा घालू हे सुचत नव्हतं, पण तूच झाडाचा विषय काढला आणि मला बरं वाटलं. खूप छान वाटलं की, मला काय म्हणायचं आहे हे तुला कळलं. कोणाशी असं काही बोललं तर लोक माझी टिगल करतात.

मी काहीही कष्ट न घेता, नुसतं माझ्याशी बोलुन त्यांना समाधान मिळालं, ह्याचच समाधान मला मिळालं. प्रत्येक गोष्टीचा कीस पाडणार्या अशी ओळख असणार्या या बाईच्या तरल स्वभावाचा प्रत्ययही मला आला.

आम्ही मध्यंतरी चार वर्ष परगावी राहत होतो, २००७ मध्ये परत पाल्यात आल्यावर, आमच्या शेजारच्या सोसायटीचे पुनर्वसन झाल्याचे दिसले. पाल्यात आताशी जुनी बंगले जाऊन त्याच जागेवरती एक एक इमारतीच्या सोसायट्या उभ्या राहिल्यात. तर आमच्या या शेजारच्या सोसायटीतील दुसऱ्या मजल्यावर (आम्ही आमच्या बिल्डिंग मध्ये तिसऱ्या मजल्यावर राहतो) राहणार्या कोणा एका कुटुंबात लहान मूल जन्माला आलं असावं, असं मी माझ्या स्वयंपाक खोलीच्या खिडकीतून बघून अंदाज केला, आणि तसं मी माझ्या आईला सांगितले. लगेच आईने दुसऱ्याच्या घरात काय ग डोकावते? असं मला रागे भरल्यावर मी म्हणाले, "अगं डोकवावं लागतच नाही. अगं भाजी चिरताना, भांडी घासताना, सहज समोर पाहिलं की आपसुकच दिसतं. दररोज धुपाचा सुगंध येत होताच, पण आज त्यांनी खिडकीला टेकवुन एक बोर्ड ठेवलाय त्यावर पाच नाव लिहिलेली आहेत. मुलगांची आणि फुगेबिगे चिकटवलेत. कालपरवाच बारसं झालेलं असणार.

काही दिवसांनी एका दुपट्यावर एक बाळ झोपलेलं दिसलं, जोरात पाय हलवतं होतं ते. असेच काही दिवस, महिने गेले.

कदाचित त्या बाळाचे आजोबा असावेत ते वाटीतून काहीतरी खात होते आणि तेच छोटं बाळ आत आपल्या पायावर उभं राहून दुडूदुडू पाय आपटत आजोबांना मला पाहिजे मला पाहिजे हे तोंड वर करून नुसत्या हंकाराने सांगत होते. तोंडात पायाचा अंगठा घालताना दिसणारं हे बाळ आता आपल्या पायावर उभं होतं आणि लक्षात आलं की अरे काळही पुढे सरकला की!

असेच काही महिने गेले आता तो छोटुसा मुलगा आजीबरोबर कुंडीत छोटं रोपट लावत होता. मला मजा वाटत होती. आमच्याही हॉलच्या खिडकीतून जरा लांब असलेल्या त्या बदामाची पान गळत होती, लवलव पालवी येत होती, पान हिरवीगार होत होती, जून होत होती आणि परत गळत होती. निसर्गचक्र अथांग चालत होतं, मी माझ्या संसारात बुडाले होते.

पुन्हा त्या समोरच्या बिल्डींग मधून धुपाचा सुगंध दरवळला कोणाच्यातरी घरी नवी पालवी जन्मलेली असणार असं मनात आलं. कोणाच्या घरी हे मात्र कळलं नव्हतं. थोड्याच महिन्यात एका पुरुषाचा मुलाला ओरडण्याचा आवाज आला. तोच छोटा मुलगा आता तीन-चार वर्षांचा झाला होता. त्याचा बाबा हातात एक छोटं बाळ घेऊन त्या रडणार्या मुलाला आता समजावत होता. बहुतेक त्या मुलाने त्या छोट्या बाळाची खोडी काढली असावी. मनात आलं अच्छा, म्हणजे यांच्याच घरात नवी पालवी फुलली वाटतं.

असेच अनेक दिवस गेले. ते छोटं बाळ मुलगी होती हे तिच्या केसांना बांधलेल्या बंडवरून लक्षात आलं. हळूहळू ती छोटी मुलगी मोठी होत होती. आजी बरोबर तो मुलगा दररोज त्या कुंडीतल्या रोपट्याला पाणी घालायचा आणि त्याची चिमुरडी बहीण त्या ओल्या मातीत खेळायची आणि आपले ते इवलेसे हात खिडक्यांच्या काचावर लावून इवल्याशा ठशांना आणि आपल्या इवल्याशा हातांना पाहून खिदळायची आणि टाळ्या पिटायची. आता दादा झालेला तिचा भाऊ जोरजोरात हसायचा. आणखी काही दिवस महिने गेले...

आमच्या घरातील पिकली पाने चार वर्षांच्या अंतराने एकएक करून गळाली. माझा मुलगा उच्चशिक्षणासाठी परदेशी निघून गेला. घर सुनं सुनं झालं. स्वयंपाक घरातलं वावरणं कमी झालं तरी ती मुलं दिसतात का म्हणून मी आता मुद्दाम आमच्या स्वयंपाक घराच्या खिडकीतून त्या घरात

डोकवु लागले, पण मुलही दिसत नव्हती. एक दिवस अचानक मला रस्त्यात दोन जोरजोरात बडबड करणारी मुलं आपल्या आईचा हात धरून उड्या मारत चालताना दिसली. मी कौतुकाने त्या मुलांकडे पाहिले तरी पाहिल्या सारखं वाटलं. मी भर रस्त्यात जागच्याजागी थबकले. त्या पाठमोर्या स्टायलिश बाईबरोबर जाणारी ती मुलं माझ्या समोरच्या बिल्डींग मधल्या त्या खालच्या खिडकीत दिसणारीच आहेत हे ध्यानी आलं. कायम वरून पाहणार्या या मुलांना मी समोर दिसूनही ओळखलं कसं नाही ह्याचं मला जरा आश्चर्य वाटलं. अरे! हा तो मुलगा शाळेत जायला लागला ! किती मोठा झाला आणि ती इवलीशी चिमणी अखंड बडबड करत उड्या मारत चालली आहे ? कशी वर्षे सरकतात ना ! असेच काही दिवस, गडावरील महिने सरकत होते...

आमच्या घरी रेनोवेशनचं काम काढलं घराच्या खिडक्या बदलण्यासाठी काढल्या. ऊन पाऊस आणि उंदीर यांच्यापासून संरक्षण मिळावं म्हणून टारपोलिन बांधलं. तेवढ्यात लोकडॉन सुरू झालं. तीन-चार महिन्याचं काम अठरा महिन्यांनी संपलं आणि आम्ही परत आमच्या घरी राहायला लागलो. आमच्या या खिडक्या नव्या ग्रॅनाइटने, कांचानी नटल्या, पण आता ह्या आमच्या नव्या नटलेल्या खिडक्यातून, त्या समोरच्या खालच्या खिडकीत कोणीच दिसत नाही. कुंडीतील रोपटं पार सुकून गेलंयं. त्या मुलांचे आजी-आजोबा दोघेही समोरासमोर असलेल्या सोफ्यावर बसलेले दिसतात. कोणाकडूनसं कळलं की सासरे आणि सुनेचं पटत नव्हतं म्हणून मुलांने वेगळं घर केलं. एकेकाळी भरलेला गोकुळ आता हो ओकबोक दिसतंय. त्यांचं आणि आमचंही... बदामामुळे गाडी पार्क करायला त्रास होतो म्हणून झाडांची आहुती दिली गेली. तुमच्या बेडरूम समोरची आंबा, फणस आणि जांभूळ हे जुनाजानती झाडंही अशाच काही कारणाने गेली.

लवलवती पालवी गेली, चैतन्य निघून गेलं. आमच्या बिल्डिंगमध्ये राहणार्या त्या चौकस बाई वर्षातील बरेच महिने आपल्या नवर्याबरोबर कुठेसं फक्त वृद्धांसाठी बांधलेल्या सोसायटीतल्या सेकंड होम मध्ये राहण्यासाठी जातात, क्वचितच येतात म्हणे.

ती लवलवती हिरवीगार पालवी आमच्या दोघींच्या खिडकीतून दिसनाशी झाली....

कुळार

कुळार म्हळ्ळेकी, धारवडचो उगडासु येता
५१ सारस्वतपूर गुड्ड्यावयलें
मंगळुरी कौलारू घर दाँळ्यांइद्रारि येता!
माक्शी मुखारि हाँड आंगण
सुत्तु तांबड्या विटांचे कुंपण
चोरांनी येवनज्ज म्होणु.
ताज्जेरि बण्णबणाच्या काचेच्या कुडक्यांचे तोरण!
ताज्जे मददेंतु बारा कुडांचे, होडु व्हरांडो,
मस्त किटग्यो, बागलांचे गोमटें घर.
मुखारि, लोखंडाचे हाँड गेट
ताज्जेरि डोलतली मधुमालतीची वाली!
मुखावैल्या आंगणांतु गुलाब-मोगरो
शेवंती, सुगंधी, चांपे, रातराणीची बाग,
माक्शी आंगणातु, सुत्तु आंबे, फणसु, पेरु,
चिक्कु, जांब, केळीं, फोपायफळाचे रुक.
मददेंतु तेंडली, वाळी, घोसाळें, काकडीचो मांटवु,
मिरसांग, टॉमेटो, आळवाभाज्जेचो चौकोनु!
मे म्हैनो म्हळ्ळे की, चेडवांगेलि चंगळ,
सकड भावंडं वटटु मेळनु कर्ताति गोंधळु
दिसभरी आंबली, आंबो, जांब, पेरु, चिक्कु,
खावनु भरताति पाँट.
आतं खाल्लेलें पुरो, येय्याति घराभित्तरी,
म्होणु, आमा आमममागेलो सुरु जाता नारो!
आंबो, आंब्यासासम, आमरसु, आंब्या अंडुरली,
फणसु, फणसापातोळी, मुळुक, साँटे,
सगळ्याच्या उगडासाने, तोंडाक येता उदाक,
आतं मोग्गाने कोर्नु दित्ले कोणेयि ना म्होणु,
दिस्ता मस्त वायट!
आनु आममा, आज्जो आन्नमा,
म्हांतु, म्हाव, मामु, मामी, दाँळ्यांइद्रारि येताति.
सगळ्या उगडासाने मन येता भोर्नु !
आतं तें घर ना, मायेची जानं नाति,
वरल्यांति फक्त उगडास,
ते मात्र दवरल्यांति मनांतु !

रेखा राव

“ आम्मी आमचीगेले ”

हांव, आम्मी, आमचिगेले,
सात्विक विचारांचे
शांतिप्रिय स्वभावाचे
सद्गुणी समाजाचे.

देवुधर्मु, गुरु स्थानांक,
आम्मी मानतले,
देवाचेरि श्रध्दा दव्वोर्नु
आम्मी जगतले.

आमगेल्या समाजाक,
आम्मी सांभाळनु घेतले,
नानाविध रुपाने, समाजाक
आम्मी पावतले.

सेवा कोरची जबाबदारी घेंवची,
आमगेल्या रगता गुणु
सहभागी जावु सहकार्य कोरचें,
आमगेल्या जाती गुणु

धन्य धन्य सारस्वत समाजु
सुसंस्कृत मार्गदर्शन मेळ्ळें,
म्हालगड्यांगेलो आशिर्वादु,
गुरुंगेली कृपादृष्टि सर्वांचेरि जाल्ली.

चैतन्य नाडकर्णी,
विरार

भक्त्या वशीकृतशेन वाक्सिधदेन त्वयाशिषा ।
भक्ता अविन्धपर्यन्ता उधदृता विपदर्णवाअत ॥

संसारदावसंतप्ता बहवश्च मुमुक्षवः ।
अध्यात्मज्ञानदानेन मोचिता भवबन्धनात् ॥

स्वामी आनंदाश्रम यानी
गुरु स्वामीपांडुरंगाश्रम यांच्यावर लिहिलेले भजन

KONKANI LEXICON FUN QUIZ

(Answers)

Refer to Page No. 52

हिंगु	याळ
मिर्याकण	वोंवो
सासम	बडिशेप
जिरें	करबेवु/फण्णापाल्लो
जायफळ	पुदिना/मर्गापाल्लो
हळदी	मेती
मिरसांगेपिटी	तीळु
आल्लें	खसखस
आमसाणि	केशरी
दालचिनी	तमालपत्र
लवंग	चक्रीफूल
कोतोबरी	दगडफूल

Answers to सरल-संस्कृतम् Exercise 1.1

- | | | | | |
|------------|-----------|----------|-----------|------------|
| 1. क्रीडति | 2. पठति | 3. वदति | 4. नमति | 5. उपविशति |
| 6. तिष्ठति | 7. पश्यति | 8. धावति | 9. गर्जति | 10. चलति |

Crossword - May 2022



(There were no correct responses from any of our members.
We invite feedback if our members would like to solve Crosswords).

प्रसंगावधान

सुधीर कोप्पिकर, गोरेगांव

तरी आम्गल्या चौथि काणि तुम्का तशिश गोतु आस्सचि। त्या ऊंटोबाने, तिस्र्या कार्णीतुलो, बरोबर, तान्ने मित्रांगले उत्रांक बलि पण्णाशि स्वतागले बरेपणाचो विचारु केल्लेले आस्ल्यारि कस्ले जाताले म्होणु पोळोव्या। तरि,

ऊंटोबा विचारु कर्त आस्ता- महाराजाने माक्का अभय दिल्यां। जाल्यारि ह्या मित्रपरिवारांतुल्या कोणागलौ माक्का भरवसो ना। फुक्कट बैसुनु खातल्या अभिमानहीन प्राणि केवल स्वार्था खातिरि कस्लेई कर्तलिं। हांवे मगले स्वातंत्राचे पुरेपूर फायदो कोर्नु घेव्का।

ऊंटोबा म्हणता - "महाराज, माक्का तुम्मि अभय दिल्यां। हांवे जाव्नु आत्मसमर्पण केल्लेतरी, तुम्गले नावाक कलंक लांवचे माक्का मुळांतु इच्छा ना। मगले मनांतु ऐकु शाश्वत उपायु आस्स। निवेदन कोरूक परवानगि मागतां"

सिंहु म्हणता - तूं मगलो नवीनु मित्रु मात्र नै, तूं कस्लेई सांगतना विचारु कोर्नु सांगता। ते मिति माक्का तुज्जेरि अभिमानु आस्स। निधोस्त जाव्नु सांग।

ऊंटोबा म्हणता - "महाराज, हांव तुम्गलो अतिथि जाव्नु हांगा सुखांतु आस्स। जाल्यारि थंयि कच्छ प्रांतांतु खांवचाक बरें तण मेळना, पिवचाक भरपूर उदाकड मेळना। हांवे थंयि वोचुनु हांगाचि सुभीक्ष परिस्थिति आनि माक्का मेळ्ळेलि राज आश्वासन सांगल्यारि शंभरि नै चाळीस ऐक ऊंट मगले सांगाति हांगा येतले। म्हळ्यारि वर्ष दोनि वर्षाचे तुम्गले आहाराचि व्यवस्था जातलि। म्हळ्यारि महाराजांगलि संपूर्ण आरोग्य परत योसरि सतत आहार पुरवठा जातलो। म्हळ्यारि आत्ताचि कठिण परिस्थिति हो ऐकु परिपूर्ण विजयु आस्तलो। त्या खातिरि महाराजान्नि माक्का प्रयाण कोरूक परवानगी दिंवका।"

महाराज सिंहु मस्त खूष जाता। आनि मित्रांक म्हणता - "हो आम्गलो खरो मित्रु। आम्गले सगळ्यांगलो त्रासु नाश कोरूक स्वतः इत्लो लांब प्रवासाचो त्रासु घेत आस्स। तरि तुम्मि ताक्का संपूर्ण सहकारु कोर्का आनि सहाय कोर्का। ही राजाज्ञा।"

ऊंटोबा म्हणता - "महाराज, काय्ळ्याने लगेच उड्डुनु मगल्या प्रयाणाचि संक्षिप्त लाग्गीचि वाट तय केल्यारि माक्का शीघ्र वोचुनु वगिण परत येवचाक जातले। महाराजान्नि आदेशु दिल्लेले आस्ल्यारि तें काम सुरळीत पार पडतले। आनि माक्का वेळु व्यर्थ कर्नातिले प्रवासु सुरु कोरूक जातले।"

महाराजु तुरंत आदेशु दितां। - "काय्ळ्या, तूं आत्ताचेआत उड्डुनु वच, लाग्गीचि वाट सोडुनु ऊंटाक सतत मार्गु दाखई। तान्नेवाट चुकल्यारि तुगलि खैर ना। दंडकारण्याचे सरहद्वारि राक्कुनु ऊंटागले बळग परत घेव्नु येवचि जवाबदारि सुदांइ तुगलीचि। त्या शिवाइ तुगले तोंड माक्का दाखोनाक्का। कळ्ळेंवे?"

चिट्ट्यावाघाक सांगता - "मगल्या फाट्टीवेल्या घाय्यांतुले कांटे काण्णु, औषधीपान्नांचो रस्सु लाव्नु, मगलि सेवा करि।"

महाराजु तुरंत कोल्याकड आदेशु दितां। - "कोल्या, तूवै ऊंटा सांगाति वच आनि ताक्का वाटटेरि कस्लोइ त्रासु जाय्नाशि पळे। परत येतना सुदांइ तागले सांगातीचे बळगाक सुरक्षित हांगा घेव्नु येवचि जवाबदारि तुगलीचि। लक्षांतु आस्सो।"

ऊंटाक खुशी जाता। "हे चारि चांडाळ हांवे परत योसरि तरि ऐकत्र येनाति। तांका परत ऐक कुतंत्रपूर्ण योजनोचि योचना कोरूक वोळु मेळना। मगले परत येवचि वाट पळैत बैसाति" विचारि कर्त आस्तना कोल्लो येता आनि प्रवासाक आरंभ कोर्या, म्हणता।

अशिश ऊंटोबा आशा दाखोव्नु चारि चांडाळांगले तावडींथाव्नु भाय्र पोण्णु सुखरूप आपणागले बांधवांगले कळप्यांतु पावता। अशिश ही आम्गलि चौथि काणि समाप्त जाता।

तुम्का आवडिलवे?

हांगा आम्मि ऐक विरामु घेव्यां म्हणताति। आमका परत सुरु कोरूक हरुपु येवका जाल्यारि आम्का ह्या काण्यां बदलचे तुम्गले अभिप्राय, मुखारी कस्ले कोर्चे म्हळ्ळे बदल सूचना, उणीव कस्ले आस्सति, कस्ले सुधारणा जांवकाति, इत्यादि तुम्गले विचार बोरोव्नु कळयाति। विचार विनिमय जाय्ना फुडे आडळित समिति मुखावैलि धोरणा ठरैतली।

बालमित्रहो, तोपर्यंत तुम्का सगळ्यांक सुधीरमाम्मागले मोग्गाचे शुभाशीर्वाद। खुशाल जगा। प्रीति आस्सो।



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- Breakfast & Dinner at NHH (vegetarian only – non vegetarians are free to order their dishes from outside at their cost)
- Travel to various places of pilgrimage/sightseeing in A/c taxis (see itinerary below)
- Cost does not include cost of travel from your place of residence to Holiday Home; lunches/dinner while on travel; entry tickets and items not included in itinerary.
- Above pricing based on group size of 4 persons and multiples thereof; **Smaller groups (to facilitate families) also welcome subject to a higher price (particularly transportation).**
- **Dates flexible depending on demand. Tours can be customised to suit individual groups.**
- This package is subject to compliance with all mandatory COVID appropriate behaviour and restrictions



DAY 1	Arrival of all the Yatris to Nashik Holiday Home (NHH). Check in Time 12 Noon. 7.30 pm. Introduction of Yatris and Dinner at Nashik Holiday Home Lawns.
DAY 2	Morning 6 am – Departure to Trimbakeshwar. 30 kms from NHH • Visit to Trimbakeshwar Jyotirling (One of the 12 Jyotirlings in India). Also visit Kushavarteerth (Walking Distance from Main Temple), While Returning visit Coins Musuem (Indian Institute for Research in Numismatic Studies) • While returning Visit to Someshwar Mahadev Mandir, Balaji Devasthan and Someshwar Water Front. • 11 am – Visit to Sula Wines. (Wine Tasting and Tour) • 1.00 pm - Return to NHH and Lunch • 2.00 pm: Departure to Swantantrayaveer Vinayak Damodar Sawarkar, Residence (Now a Musuem) in Bhagur – 25 kms from NHH • Followed by Visit to Artillery Centre Museum, Devali and Shree Samarth Ramdas Math, Takli (Hanuman Idol Created by Hand by Samarth Ramdas) and also the Items used by Samarth Ramdas himself are on display in the Temple • Ramkund (Godavari Ghat) this is the place where Kumbhmela happens every 12 years. Also visit to Shree Sharadamba Temple (Shringeri Shankarayacharya Math) and Kalaram Mandir in Panchavati. (Walking Distance from Ramkund) • Dinner after returning to NHH
DAY 3	Morning 6 am – Departure to Shirdi (Saibaba Samadhi) – 90 kms from Nashik • Lunch at Shirdi • Further Proceed to Shani-Shingapur (Famous Temple of Shanidev) – 72 kms from Shirdi • Dinner also enroute to Nashik.
DAY 4	8 am - Breakfast at NHH • 9 am – Departure to Shree Saptashrung Niwasini Devi Devasthan (Vani Devi) – 65 kms from Nashik. Vehicles now go upto the Fernacular Trolley Station, onwards travel by Trolley to the Temple • Onwards Departure to Saputara Hill Station – 50 kms from Saptashrung Temple • Lunch at Saputara • Places to Visit at Saputara – Table Top, Ropeway, Lake (Boating), Tribal Musuem • Departure from Saputara for NHH at 5 pm • 8.30 pm onwards - Farewell Dinner at NHH Lawns – Karaoke / Light Music Session can be arranged (Yatris can also participate)
DAY 5	Breakfast at NHH. Free time. Guests to leave at their convenience • Early Lunch. Check out 12 noon

The above itinerary is suggestive and subject to change to suit the needs of the group.

For further details, queries and booking contact:

Mr Kishan Chandavarkar / Mr. Radhakrishna Kodange

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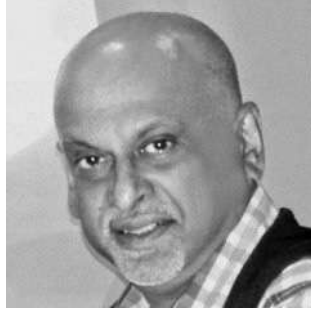
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PERSONALIA

Shekhar Hattangadi – Film Maker

Mumbai-based legal scholar, media columnist and film-maker Shekhar Hattangadi was chosen to present his research on the law-religion conflict in contemporary India at the TUTP (*Teologian ja uskonnontutkimuksen paivat*) International Research Conference in Theology and Religion held at the University of Helsinki, Finland in May.



Taking the case-study of *Santhara*, an ancient practice among Jains in which a person starves to death in the pursuit of spiritual salvation, Hattangadi's presentation—titled "*Santhara: A Challenge to Indian Secularism?*"—demonstrated how religion, law and constitutional secularism intersect in the ongoing controversy over the disputed ritual. Its fate currently hangs in the balance at the Supreme Court which has to decide on its validity as a religious practice in a legal system that treats suicide as a criminal offence. The presentation at the Helsinki conference included a screening of Hattangadi's award-winning documentary film on the subject, and was followed

by a discussion among conference participants from around the world.

The journalist-turned-lawyer was a gold-medalist at the University of Bombay's LLB exams. Hattangadi is also investigating into other legally contentious religious practices: such as *Bal Diksha* (the induction of minors into monastic orders, which activists view as a violation of child rights) and the restricted entry of women into temples and durgahs which has raised questions of gender equality. However, he is looking beyond the courts for a long-term peaceful resolution to the conflict between traditional religion and modern secular law. Hattangadi believes that irrespective of the ultimate outcome of the litigation, the *Santhara* issue provides an ideal template for publicly debating the larger problem of reconciling individual freedom and personal liberty as well as a minority community's religious rights on the one hand, and, on the other, the justification for state intervention in matters of religion.

As is evident from the keen interest in Hattangadi's research among the Helsinki conference organizers, the law-versus-religion debate has far-reaching ramifications. The unease over *Santhara*, Hattangadi feels, may well be part of a global discontent.

<<<>>>

SUDOKU JUNE 2022

SOLUTION (Refer page 46)

3	7	1	4	8	5	9	2	6
6	4	3	8	7	2	1	9	5
1	8	6	2	5	3	7	4	9
4	3	7	9	6	1	8	5	2
7	2	4	6	3	9	5	8	1
8	5	9	3	1	6	2	7	4
2	1	8	5	9	4	3	6	7
9	6	5	1	2	7	4	3	8
5	9	2	7	4	8	6	1	3

SMART KID CONTEST

Replace the Question marks with mathematical symbols to be used only once each (+, -, x and /) to obtain the correct answer . Do the calculations in strict order from left to right.

$$17?3?5?2?6=5$$

This Contest is open to all Kids up to 12 years

(Solution on page 62)

Here and There

Bengaluru: Special programmes: On 7th April, Bhashyapathana was offered by sadhaka-s from their respective homes as a part of the Sayujyam seva. On 10th April, as part of the *Sayujyam Seva*, sadhaka-s also participated in the Samuhik Gurupujana performed by Borivali Sabha and yuva-s performed Shrama Seva at the Math. On 16th April, on the occasion of Rathotsava at Shirali, Deepanamaskara, Bhashya Pathana and Ashtavadhana Seva was also observed at the Math. On April 29th, the Samaradhana of Parama Pujya Shrimat Parijnanashram Swamiji I was observed with *Deepa Namaskara, Bhashya Pathana, Devi Pujana, Ashtavadhana Seva* and *Durganamaskara*. To commemorate the occasion of Sri Shankara Jayanthi, interesting competitions were organised for the laity from 23rd April to 30th April viz. Drawing and Painting, story telling in Konkani and samskruta, quiz, fancy dress, essay writing and stotra recitation and these events witnessed enthusiastic participation across all age groups.

Regular Programmes :

(a) Dr. (Smt.) Sudha Tinaikar pachi commenced talks on Vivekachudamani online from this month.

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

(c) Gayathri Japa Anushthaan is performed every Sunday.

(d) Daily morning puja-s and evening puja-s on Monday-s, Thursday-s and Friday-s were performed by Shri Satyendra Sorab mam and gruhastha-s.

(e) Durga Namaskar was performed every Friday by Ved. Shri Vijay Karnad Bhat mam.

(f) The Shri Shankaracharya Ashtotthara Shatanamavali is being recited by Sadhakas -online, every Sunday at 1000 hrs.. It commenced on 23rd January and ended with mangal on 1st May.

Report by Saikrupa Nalkur

Mumbai - Andheri: This year, Andheri Sabha celebrated Yugadi with gusto on the 2nd and 3rd of April. On this auspicious occasion, Dharmapracharak Shri Rajagopal Bhat mam began his talk by wishing everyone well on the onset of Shubhakrut *samvatsara*. He then elaborated on the 60 savatsaras and their importance: the first Savatsara being Prabhav

(janma) and the last one called Kshay (mrutyu).

On the 3rd of April, the yuvas and the prarthana varga children presented a delightful variety entertainment show, hosted by Aditi Gokarn. The programme started with Samvit Bhat reciting the sabha prarambh prarthana, followed by Ishita Nadkarni reciting Trayodashi and Siddhartha Adur reciting Gurupaduka stotra. Our 4-year-old star, Ved Bangalorekar performed stotras. Mallika Ladi then presented the details of her book, "Digitalization of Business processes", which she has co-authored with Dr. L. R. Chary. The various issues regarding the implementation of ERP project as well as the solutions have been explained in the book in a simple and clear manner. A splendid dance performance by Shriya Nagarkatti was followed by a bhajan recital by Divya Hattangady. Pooja Bangalorekar presented an interesting video on Gond art, and the art presentation given by Samvit Bhat had us all rapt.

Atharv Bangalorekar gave an adorable performance of a children's song: *Pati Doli Chidiya Boli*. Shivani Bhat played and sang two Hindi film songs on her Harmonica and keyboard.

Yuvas like Aditi Gokarn and Sidhartha Adur also gave quite melodious performances. For the last performance of the evening, all the children from Prarthana varga of Andheri sabha including Atharva Bangalorekar, Mishti & Mihika Gunavanthe, Paridnya Nagarkatti, Chinmayi Kodikal, Aarav & Arnav Koppikar presented a skit in konkani, based on the story, "Teacher I did it". The entertainment show was brought to a close with a group song, "*Gurudevon ki Amar shakti*", presented by the parents and children of Prarthana varga. It was a celebration to remember.

The 29th of April, this year, saw the people of Andheri Sabha come together on an online meet to observe the Samaradhana Punyatithi of HH Shrimat Parijnanashram Swamiji I. Dharmapracharak Shri Rajagopal Bhat mam was invited to give a talk on this day, and he related the story of how Umabai Arur, the author of Guru Parampara, was inspired to write the granth. He also explained, in a lucid and interesting manner, the topic of Sadhanachatushtaya from the 7th chapter (verse 40 to 50) of Guru Parampara. The people of Andheri Sabha also followed Smt. Anagha Gokarn's unique idea of organizing a quiz programme on the life of HH Shrimat Parijnanashram Swamiji I, and the sabha members were asked to read Chapter 4 to 7 from the Guru Parampara. There was an overwhelming

response with a few participants elaborating on the incidents in detail. The quiz questions were formed and hosted by Jayanti Nadkarni and Deepa Koppikar. Lastly, Shri Krishna Chandavar was requested to share details of the famous play, Chitrapur Vaibhav. It was a rather interesting session and there was a lot we all learnt from it.

Reported by Deepa Koppikar and Puja Gokarn

Thane: *Samaradhana* of Param Pujya HH Shrimat Krishnashram Swamiji was observed on 27th December and *Samaradhana* of Param Pujya HH Shrimat Keshavashram Swamiji was observed on 28th December. Both programmes began with the Sabha *Prarambha Prarthana*, Guru Paduka Stotram and Parijnanashram Trayodashi. A chapter from the Guruparampara Charitra was recited on the 27th and a story from the English version of the Guruparampara Charitra was narrated on the 28th. Gurupujan was offered by 7-8 sadhaka-s on both days. The events concluded with the *Deepanamaskar* followed by *jaijaikar-s*.

Samuhika Gurupujan was offered by 21 sadhaka-s of Thane Sabha on 2nd January in preparation for the Rajatotsava celebrations.

Online *Sannikarsha seva* was offered by Thane Sabha on 9th January. The chanting was led by 1 child from *Prarthana Varga*, 3 Yuvadhara members and 8 senior sadhaka-s. This event was attended by 33 sadhaka-s from Thane Sabha.

Samaradhana of Param Pujya HH Shrimat Shankarashram Swamiji II was observed on 3rd February. This online programme began with the Sabha *Prarambha Prarthana* followed by Guru Paduka Stotram and Parijnanashram Trayodashi. This was followed by a reading of excerpts from the English version of the Guruparampara Charitra. Gurupujan was offered by 6 sadhaka-s. The programme ended with the *Deepanamaskar* followed by *jaijaikar-s*.

During the auspicious *Rajatotsava parva*, Thane Sabha sadhaka-s were blessed with an opportunity to offer *Sadhana Panchakam* at Karla on 26th February, as part of the celebrations.

Many Thane Sabha sadhaka-s attended and offered their seva on H. H. Shrimat Parijnanashram Swamiji's *Shishya Sweekar Divas* on 1st March. On the occasion of Maha-Shivaratri, 10 sadhaka-s from our sabha were blessed with the opportunity to perform the Char-yama Pujana at Karla.

On March 6th, 17 sadhaka-s from Thane

Sabha were blessed with an opportunity to offer Sannikarsha seva in the Karla Math in the Holy Sannidhi of our Guru Swami and Devi Durga Parameshwari after a long gap. Three sadhaka-s offered Guru Pujana at Karla on this memorable day.

Report compiled by Tejashree Bailur

OUR INSTITUTIONS

Saraswat Mahila Samaj, Gamdevi, Mumbai:

On the occasion of the yearly Vasantik Sammelan a musical "soiree" was held virtually on the 7th of April 2022, - the onset of the Chaitra Hindu New Year- the "*Vasant Rutu*" arrival which heralds the beginning of spring bringing in the different hues and colours of Nature, the sprouting of seeds from roots, the blooming of buds, blossoming of flowers, the trees and plants in its finery. Devotees worship these manifestations of Goddess Shakti- namely Devi Durga Devi Saraswati, Devi Laxmi and seek their blessings during the auspicious time of the year. And we at the Samaj celebrate this occasion with music and for this a very talented singer, Mrs. Savita Kalbag was invited.

Mrs. Padmini Bhatkal, President introduced Mrs. Savita, is a gifted singer who has forayed into dance as well as singing. She has also sung at All India Radio from 1993 to 1998 and . She has won many awards and prizes in different competitions conducted by Sur Naad, Sur Maharashtra as well as and awards from the Indian Cultural Centre. She has also worked at the Municipal Corporation for 27 years. She has recorded many Marathi poems too.

Savita started her programme with Ganesh Vandana "*Om Namoh Shri Aadhya*" followed by beautiful selection of bhavgeets, bhajans, abhangs, romantic and chirpy songs a song which covered many of the "rasaas" of music, viz., "Bhakti ras, Karun ras, Prem ras, Anand ras and Hasya ras etc. She kept the audience spell bound with her high ranged melodious voice, sur-taal all in tandem; she ended her performance with Sant Dnyaneshwar's "*Pasaydaan*" and finally as a *farmaish* from the audience, sang the very poignant song "*Prema Swarup Aai*" which left everyone with moist eyes.

The programme was a real treat from Savita, like a "*Mejwani*" on a platter, and we still wanted more. Vote of Thanks was proposed by Ms. Kavita Murdeshwar. A day of extravaganza of music.

Reported by Mrs. Geeta Suresh Balse

CLASSIFIEDS

BIRTHS

A Daughter, Mansvi, born on 13th March at Mumbai to Darshan & Neha Gangolli, granddaughter to Naresh & Jyoti Gangolli of Mumbai and Late Prashant & Rasika Dawoo of Nagpur.

Birth

A girl SANVI on 20th March, 2022 at Bengaluru to Harish & Dhanya Mallapur and grand daughter to Mohan & Geeta Mallapur of Sirsi.

ACKNOWLEDGEMENT

Neeta & Dr. Girish Baindur alongwith Nutan & Shantanu Balvally thank their relatives and friends for their gracious presence, wishes and blessings on the occasion of the wedding of Samit and Shibani on April 17, 2022 at Bengaluru.

NOTICE

The Kanara Saraswat Association Marriage Bureau has restarted.

The same to be open on

**Mondays and Wednesdays between
5.30 pm and 7 pm.**

Usha Surkund pachhi and Dilip Sashital mam will be available for any assistance required.

Contact: KSA Office-022-23805655

Usha Surkund – 8108294931

Dilip Sashital – 9920132925

SMART KID CONTEST

Replace the Question marks with mathematical symbols to be used only once each (+, -, x and /) to obtain the correct answer . Do the calculations in strict order from left to right.

$$17 + 3 - 5 \times 2 / 6 = 5$$

Solution to Quiz

(Refer page 59)

DOMESTIC TIDINGS

BIRTH

We welcome the following new arrivals:

Mar 20: A baby girl (Sanvi) to Dhanya and Harish Mohan Mallapur at Bengaluru.

MARRIAGE

We congratulate the young couple

Apr17: Samit Girish Baindur with Shibani Shantanu Balvally at Bengaluru.

OBITUARIES

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

Feb 24: Smitha (Latha) R Gangolli (70) at Bengaluru.

Apr 14: Sunanda Durganand Sirur (nee Nilekani) (93) at Bengaluru.

Apr 27: Shanta C Honavar (84) at Mumbai.

May 4: Vasanth K Betrabet (87) at Saraswat Colony, Santacruz, Mumbai.

May 5: Tara Ramchandra Bellare, (91) at Chitrapur C.H.S. Ltd., Bandra, Mumbai.

May 8: Ashok Sunderrao Nayampally (72) at Mumbai.

May19: Manorama (Ramabai) Pandurang Sashital (106) at Talmakiwadi, Mumbai.

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