Role Models and Path Breakers

Artistic

Indu Shedde

Cancer warrior

Vijay Bhat

Vocalist

Shivani Haldipur-Kallianpur
Artistic
Indu Shedde

Warrior
Vijay Bhat

Vocalist
Shivani Haldipur-Kallianpur
STOP PRESS

We regret to announce the sad and untimely demise of our Associate Editor, Uday A Manikkar on 25th Jan 2023. KSA offers its deepest condolences to his family.
Notice to Existing Equity Shareholders (Regular Members) for Record Date for Issuance of Additional Equity Shares.

The Board of Directors of the SVC Co-operative Bank Ltd. having its Corporate Office at SVC Tower, Jawaharlal Nehru Road, Vakola, Santacruz (East), Mumbai 400055 (SVC Bank) has on its meeting held on 19th December 2022, approved the issuance of **Additional Equity Shares** of an amount of approximately INR 89,22,00,000.00 (Rupees Eighty Nine Crores Twenty Two Lakhs only) at the price of Rs.25.00 per share, to all its existing Regular Members.

The Board of Directors have fixed 10th January 2023 as the record date. All those who are Regular Members as on **10th January 2023 (Record Date)** will be eligible to apply for additional equity shares up to their entitlement which will be in the ratio of 1:1 i.e. 1 equity share for each equity share held.

The terms of subscription for additional equity shares, timing of the issuance including dates of application for Additional Equity Shares will be informed separately to all Regular Members before the opening of the aforementioned issuance.

sd/-

Ashish Singhal
Managing Director
Corporate Office, SVC Tower,
Nehru Road, Vakola,
Santacruz (E), Mumbai – 400 055.
Date : 31st December 2022.

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**YAADON KI BARAAT**

Hemant Kombrabail

The Kanara Saraswat Association organised an audio-video presentation of Hindi film songs to take one and all down memory lane: ‘Yaadon Ki Baraat’. The program coincided with Makar Sankranti. As we are aware, Makar Sankranti is celebrated with flying kites in many parts of India. Those who have been flying kites (or even seen others flying kites) would know that the kite initially when hoisted dips for some moments before it begins to soar. This program decided to recreate this experience for those who were attending. Initially there was a technical glitch, delaying the start of the program; but once it commenced it kept soaring and gave us all an experience of **MARS – Mukesh, Asha Bhosale, Mohd. Rafi** and our very own **Suman Kalyanpur**; the legendary singers of yesteryears but reign the hearts even today.

The songs played were put together by Satish Kelkar, a renowned sound recordist and a **bhanap**. The program commenced with a Ganesh Vandana, a beautiful bhajan sung by Suman Kalyanpur and written and composed by Pt. Yeshwant Deo followed by the Saraswati Vandana offered by Dhruv Dhareshwar, live, in his melodious voice.

After the invocations the audience was treated to some feet-tapping numbers of the great singers of yesteryears and the entire evening became a very nostalgic event. Those present were enthralled and many suggested that we should have such programs every quarter.
“Sanskrit language - Is it relevant in these modern days?” – This was the topic of debate between two postgraduate groups of the Patkar College, Goregaon, Mumbai. This was a part of their annual function programme. Being a member of the Patkar College committee, I was invited to judge this debate. (Incidentally, our P.P. Sadyojat Shankarashram Swamiji was a student of this college in His pre-monastic days.)

It was very interesting to hear the views of the students, particularly of the group which emphatically proved that – ‘Yes, it is relevant.’

While the world looks to India and ancient Indian texts for the advancement of the existing scientific knowledge, we are busy aping the west only to find that their scientific investigations lead back to our own ancient repositories of knowledge. Sanskrit studies are becoming increasingly popular in the West while India is lagging far behind in the race and losing out on its wealth.

More and more countries are popularising the study of Sanskrit, not just for the spiritual, cultural and literary interest in the language, but also for the wealth of scientific knowledge available in Sanskrit texts and which were hitherto written off as rudimentary by ‘modern’ scientists and intellectuals who were unable to grasp the depths of the knowledge contained in them. Perhaps the knowledge was way ahead of their times and it is only now that modern science has reached a level of understanding and ability to align its scope.

NASA is researching the Vimana Shastras (the scriptures of aviation science) with astonishing breakthroughs in design and functionality. Research in mathematics and astrophysics is looking to Sanskrit texts for deeper understanding. Alchemy, medicine (Ayurveda) and Yoga are being researched at higher depths today. Consciousness studies are a pertinent science in the modern world, and Vedanta is becoming more and more apt in today’s world, as much as it was in ancient times. Linguistics, psychology, poetry, political science and diplomacy are being resurrected from the confines of the past and revived with great rewards. Even Information Technology finds Sanskrit amenable to natural language processing and sees it as a potential for future interactions with machines.

The one country that still regards Sanskrit as a classical language containing merely religious literature is India. We have not yet woken up to the idea that Sanskrit is a treasure and very relevant in the modern knowledge society and is perhaps, the future of science and technology. Many universities in Europe and America are raising the level of Sanskrit proficiency in their departments, while India is still treating it as a third language meant to enhance scores in school transcripts, without real application.

Our P. P. Sadyojat Shankarashram Swamiji’s love and reverence for Sanskrit is well known. Swamiji, in his pravachana, has always touched upon the beauty of the language and its capacity to express a thought. Following His instructions that Sanskrit learning must be made easy and freely available to everybody who desires to learn it, a group of sadhaka-s worked to formulate a Step-by-Step learning programme.

In 2002, Swamiji created an educational program called Girvaana Pratishtha, which now has 18 centers in India and three abroad. Sixty devotees have completed the teacher’s training, 1,500 have passed the conversation test and 1,000 have passed the theory exam.

Rick Briggs, a NASA researcher, has written: “In ancient India, the intention to discover truth was so consuming, that in the process, they discovered perhaps, the most perfect tool for fulfilling such a search that the world has ever known - the Sanskrit language.

Kishore Masurkar
Vice President
ANNOUNCEMENT

KSA-CSN Team
(CHITRAPUR SARASWAT NETWORK)
is pleased to announce a Physical Meeting

“CSN – The Path Ahead”
(Open to ALL)

On Sunday 12th February 2023 @ 4.30 PM
at Shrimat Anandashram Hall, Talmakiwadi

Meeting will be presided over by our Vice-President Shri Kishore Masurkar and Chairman Shri Mahesh Kalyanpur

Highlights of the event

• Presence of Amchi Business and Corporate Dignitaries.
• Talks on i) Financial Assistance through Private Equity by Shri Praveen Kadle ii) Opportunities in Insurance Sector by Shri Anand Pejawar c) Finance for SME’s by Shri Udaykumar Gurkar.
• Our CSN members would be happy to interact with Aspirant Entrepreneurs and share their positive experiences.
• Dignitaries would be presented with a printed copy of the “Bhanap Yellow Pages”. Members registered on KSA-CSN Database as on 5th February, 2023 would be eligible for inclusion.
• Networking and Dinner will follow after the meeting.

Why:

Opportunity for CSN members to meet with Dignitaries and existing and Aspiring Amchi Entrepreneurs.

Bhanaps who are not entrepreneurs presently, would be aware about how they could help fellow Amchis.

Detailed programme would be circulated separately and uploaded on the KSA website.

Please do attend in large numbers and join in our Community Service efforts

KSA Managing Committee and CSN Team
The month of February is here. Just a few days ago we had ushered in the New Year but the month of January has actually gone by. I am tempted to believe that Time flies like a grey-headed Albatross. One always feels that Time flies faster when you are happy and enjoying it, unlike sad and trying times that seem to be going on forever. I read somewhere that “If you want to make the days last, do something different”. So I got down to listing few things, I would have loved to do but hadn’t tried my hand at, diligently before, worked on pursuing that hobby and it worked for me. You may try it if you wish to.

I am not an advocate or a vocal supporter of making New Year resolutions - yet I made one – “to be happier” – and indeed its working for me - as I love the time I spend with my adorable pet dog. The love he gives me is unbelievable.

As we gallop into the month of February, a whole lot of events follow. The Global Cancer Day is observed on 4th February and then we have Gajanan Maharaj (Shegaon) pragat divas, the Ramdas Swami Navami followed by Mahashivaratri. The very word “Cancer” sends a chill down the spine. This disease can affect the emotional health of not only the patient but also those around - families and caregivers. Symptoms during this life-altering experience may include stress, anxiety, distress and depression. Activities at workplace or educational institutions may get affected. It’s important to recognise these changes and get help when needed.

It is in this context that we at KS chose to speak to a “Cancer Thriver” - Vijay Bhat- who successfully battled the disease and came out a winner. We also have a medical piece on the “monster” from the angle of Homeopathy. We trust the readers will appreciate the contents and improve their awareness.

We also will be celebrating Gajanan Maharaj (Shegaon) pragat divas, the Ramdas Swami Navami and Mahashivaratri in this month. Our community is by and large a devout one. Many of us worship Lord Dattatreya. You will read about His avatars on this planet and the connection between Lord Dattatreya, Swami Ramdas and Gajanan Maharaj.

It has been our endeavour to recognise and make our readers aware of the enormous talent which exists in our minuscule erudite community. It is heart-warming to know how a young 95 year young Indu Shedde nurtures her talent and inspires as a trendsetter. Young and melodious Shivani Haldipur-Kallianpur has always been a cynosure of all eyes whenever she performs on stage and we capture her journey to becoming an ‘A grade’ rated vocalist on AIR, a feat by no means easy.

Most of us are aware of what telepathy means. However, telepathy between animals or communicating between humans and animals in terms of understanding their thoughts and feelings is a much unknown, unexplored area. Our Junior Editor Vedant, who has himself undergone a course, speaks to Prinay Manjeshwar on this fascinating phenomenon and its links to human-canine bondage.

We have been receiving wonderful response from our members towards the Art Corner. However, we would be much more delighted to receive responses from our youth in contributing articles. We have packed a whole lot of Puzzles, Quiz and Brain teasers to keep yourselves mentally occupied which will serve as a very good tonic for the brain. We are striving at KSA to make this the magazine of choice- something to interest and entertain every member of the household. I hope the changes we have made have been translated into enhanced readership.

As we go to Press, we have come to grief. Our Associate Editor and former Vice President of the KSA, Uday Mankikar, has left for heavenly abode on 25th Jan. Our March issue will be dedicated to this multi-talented personality, compere, actor and champion of the Konkani language. We at KSA will miss Uday whose contribution is immeasurable.
Amid the great pain and crisis of hope you are facing, what if you are told to treat cancer as a friend and not an enemy?
This is what Vijay Bhat, a Mumbai-based cancer coach, who had colon cancer in 2001 at the young age of 40, advocates to others having cancer. Vijay feels that awareness and access to high-quality post-treatment cancer support are lacking. His website, www.cancerawakens.com, launched in 2010, aims to plug this gap. He trains people who have recovered from cancer and caregivers to become ‘Cancer Sherpas’ to guide and counsel those facing cancer.
As a 21-year cancer ‘thriver’, Vijay has developed a structured, holistic, cancer coaching program to help individuals and families facing cancer. Vijay and his wife, Nilima, have written a book ‘My Cancer is Me – The Journey From Illness to Wholeness’. World Cancer Day is marked on February 4th every year, globally. By increasing awareness and education about this dreaded disease, we hope to inspire our readers to be more optimistic and hopeful, rather than be pessimistic and fearful. Overcoming the traumatic circumstances that cancer creates calls for steely determination by the patient as well as caregivers and family members. Fortunately, there are ways to both prevent and address cancer, that most people are unaware of.
In this freewheeling interview with the Editor, KS, Vijay shares his experience with dealing with the Big C and coming out a winner.

What are the causes for the increasing number of cancer cases, globally?
Cancer is a leading cause of death worldwide and is catching up with cardiovascular disease. 10 million people died due to cancer in 2020, globally. In comparison, the corona pandemic has killed 6.7 million. The most common cancers globally are lung (12%) breast (12%), colorectal (10%), prostate (7.5%), stomach (6%) and liver (5%).

What is the magnitude of the problem in India?
Currently, the incidence of cancer in India is much less than the developed world but we are catching up. There were 13.9 lakh new cases in 2020 and 15.7 lakh cases are projected in 2025. Cancer cases are relatively higher among women.

Vijay, what was your life like before you had cancer?
I was born in a typical middle-class family, in Talmakiwadi. My father Madhu Bhat was a well-known theatre personality. My mother Uma Bhat was a working woman when it was quite rare. I was always an all-rounder – good at studies, sports and music. My schooling was in St. Xavier’s (at Dhobi Talao) & St. Stanislaus (in Bandra). St Xavier’s College in Mumbai provided me with a liberal atmosphere. I was fortunate to find a life partner in Nilima who was my junior in college. Nilima has been my rock - the reason why I am alive today. We have two children – Shravan and Shambhavi. Life was wonderful. Then one day, everything changed.

Vijay, what was the cancer experience like?
In 2001, during a routine medical check-up, I was diagnosed with colon cancer. I felt betrayed, ambushed and traumatised. Was I going to die? Did I deserve this? Nilima and I were filled with fear and helplessness.
We began to read up positive anecdotes of those who had successfully survived cancer. When my folks and friends got to know, the deluge of love, support, prayers and good wishes we received was unbelievable.
I started regularly updating well-wishers about my condition. Not only did the pain and suffering of the cancer experience make us grateful for what we had, it helped us become authentic about our emotions and start thinking about cancer in a positive manner, thereby overcoming a defeatist mindset. I was lucky that the cancer was detected early and I had a successful surgery. Based on the available statistics, the doctors gave me the option of undergoing chemotherapy. After careful consideration, we decided to avoid it and instead embraced holistic and integrated approaches towards healing.

How did your approach to cancer change?
I disliked the words ‘cancer survivor’ and ‘cancer patient’. A survivor is someone who barely copes but may be dunked by the next wave. I started thinking of myself as a ‘thriver’ instead of a
survivor. So there was a conscious internal shift from ‘victim’ to ‘survivor’ to ‘thriver’. I didn’t want to be overwhelmed by cancer’s deadly statistics. Instead, I wanted to be an anecdote – someone who beats the odds - even a role model. I thought of myself not as a passive ‘patient’ but as a ‘cancer impatient’ – I wanted to deal with the illness and get on with my life.

**What are the therapies that helped you, apart from conventional medicines?**

After my successful surgery in London, I was told to ‘hope and pray’ that cancer would not recur. But I was never a ‘hope and pray’ kind of person. I had to do something concrete. As a result of considerable research, we realised that psychological, social and spiritual factors play a critical role in healing. We approached a doctor of Traditional Chinese Medicine (TCM) who had had considerable success in treating cancer. I continued TCM for five years. In 2004, we moved from Hong Kong to Bengaluru. There I explored Ayurvedic therapies. My three angels, apart from Nilima, were the Chinese doctor, a clinical psychologist and a Jesuit priest. Their early help and guidance were invaluable to get me started. Positive thinking, a range of complementary therapies, a regulated diet and exercise regime and lifestyle changes were part of my holistic effort. I must also specifically acknowledge that my early musical training (I learned Tabla from Pt. Taranath, Pt. Nikhil Ghosh and Pt. Nayan Ghosh and my mother taught me to play the harmonium) for playing a key role in my healing journey; to this day, I describe music as my “gateway to the Divine”. In the same way, I am deeply grateful to HH Sadyojat Shankarashram Swamiji for very graciously guiding me throughout.

**What are the major problems you faced with having cancer?**

The first problem was to confront my own mortality and vulnerability at 40 years. The second was to secure the family’s future on all fronts. The third was to fundamentally alter life’s priorities and direction. We say that cancer is not a ‘bump’ in the road but a ‘fork’ in the road. You have to give up many things and adopt many new habits when you take that fork. You need to deconstruct and reconstruct yourself at the identity level – not just in terms of behaviour or lifestyle.

Thriving after cancer is a conscious choice. I always wondered: while the doctors treat the disease, who is healing the person? Why should a person go through such a huge challenge alone and unsupported? These two questions motivated me to become a cancer coach. While there is plenty of medical information on cancer, there is little information on the holistic and integrated path to healing, which is a pity. Both are very important.

**As a cancer coach, how do you deal with these problems?**

The main focus of the protocol is to deconstruct and reconstruct one’s identity. We help identify a person’s five stressors – physical, mental, emotional, relational and spiritual – and provide tools to deal with them. We help our clients explore their relationship with death, confronting mortality and finding meaning and new purpose after their cancer experience. We also support caregivers and family members, who face their own trauma.

We developed an hour-long cellular healing meditation too, which is very effective. If one learns to harmonise and purify oneself from within and achieve peace in every cell of our body, illness cannot take hold. It is important to work on the ‘sukshma sharira’ or ‘subtle body’ which contains all the vital functions and keeps the physical body alive.

**You call the cancer coaches trained by you ‘Sherpas’? Why?**

As you know, a Sherpa helps a person to climb a mountain. He or she carries the load and navigates the difficult terrain. Best of all, Sherpas don’t want the glory of scaling the summit.

We train people who have faced cancer directly or indirectly to become Sherpas and provide non-medical care. We select them carefully, to be friends, mentors and guides. Our Sherpas help clients to reframe the cancer experience from one of suffering and the fear of death to an opportunity to grow and transform oneself.

**How does stress lead to cancer?**

On average, a 70-year-old person has about 70 cellular mutations in his or her lifetime. But not everybody gets cancer. Why? Our immune system protects us by flushing out these mutations. In simple terms, Stress compromises our immune system. The greater the stress, the lower our immunity and the greater the risk of cancer (and many other illnesses). The science of psychoneuroimmunology (PNI) explains and proves the relationship between stress and serious illness through the mind-body connection. The path to healing is to systematically weed out your stressors and build your strengths.

We created a free online diagnostic tool called...
the Holistic Health Questionnaire (hhq.cancerawakens.com), so that anyone can uncover their stressors and strengths. Some of the simplest ways to deal with the stress-immunity conundrum are laughter (produces endorphins and neutralises stress hormones), hugs (release oxytocin which builds immunity), regulated breathing (*pranayama* has both physical and emotional benefits) and positive thinking (focusing on the ‘quality’ and not ‘quantity’ of life).

**What is your advice to senior citizens about dealing with cancer?**

As you know, cancer risk increases as we get older. Around 60% of people who get cancer are over 60 years in age. This is because our body winds down at the cellular level as one ages. The immune and repair systems slow down, enabling the emergence of many serious illnesses, including cancer. The elderly are generally more accepting and resigned to having cancer. They feel that they have led a full life. Moreover, there is some degree of fatalism in our culture. Seniors need to realise that with medical advances, longevity is increasing and they can continue to lead active, productive lives till their last breath.

After all, as long as there is life, there is purpose. Irrespective of age, one can find meaning and lead a purposeful life. But we have to manage our health, and fitness levels and keep doing the inner work as we age, whether we have cancer or not.

**Can you elaborate on your mantra ‘let cancer heal you’?**

I am a better person now than I was before my cancer. Cancer has been the driver and teacher to make me so. It changed the direction of my life both professionally and personally and made me a ‘thriver’. Remember that cancer is a disease of your own cells. I advise people to embrace the cancer experience and take the opportunity to let cancer transform you. ‘Honouring’ cancer means treating it as a worthy adversary and even as a friend! Unfortunately, society has given cancer much more power than it deserves. People think of cancer as such a huge and fearsome challenge. I want to change the power dynamics and show people that the human spirit is far stronger than cancer. show people that the human spirit is far stronger than cancer.

**Indian culture is admired and respected all over the world for its beauty and depth. Almost every Indian custom and tradition has either a scientific, logical, historical, social or spiritual significance. Understanding this lends meaning to an otherwise mechanical following of the customs which are often misunderstood to be mere superstitions that fade away in time.**

**Why do we like a lamp?**

In almost every Indian home, a lamp is lit before the altar of the Lord. In some houses it is lit twice a day and a few places like temples, maintained continuously. All auspicious functions and moments like daily worship rituals and festivals and even many social occasions like inauguration, is done with the lighting of the lamp which is often maintained right through the occasion. Light symbolises Knowledge. Darkness is dispelled. Darkness is ignorance. The lord is the “knowledge principle” (Chaitanya) who is the source, the enliver, the endeavour and the illuminator of all knowledge. Hence, light is worshipped as the Lord Himself.

Knowledge removes ignorance just as light removes darkness. Knowledge is a lasting inner wealth by which all outer achievements can be accomplished. Hence we light the lamp to bow down to knowledge as the greatest of all forms of wealth.

Why not light a bulb or a tube light? That too would remove darkness. True, but the traditional oil lamp has a spiritual significance. The oil or ghee in the lamp symbolises our *vasanas* or negative tendencies and the wick, ego. When lit by spiritual knowledge, the *vasanas* get slowly exhausted and the ego too finally perishes. The flame of a lamp always burns upwards. Similarly, we should acquire such knowledge as to take us towards higher ideals.

A single lamp can light hundreds more just as a man of knowledge can give it to many more. The brilliance of light does not diminish despite its repeated use to light many more lamps so too knowledge does not lessen when shared or imparted to others.

*(Credits: Chinmaya Mission)*
Our Amma, Indu Shedde, is the youngest 95-year-old I know. And she’s adorable. She’s always keen to learn new bhajans: she sings bhajans at a temple daily, and is concerned that “God will get bored listening to the same bhajans daily, so I’d like to learn some new ones.” So if she realises you have an Android phone, she will promptly request you, “Please play me a Kishori Amonkar or Anup Jalota bhajan on YouTube.”

She can see, hear, walk, think reasonably well for her age; she has a decent memory and does physical exercises daily. She sings Hindustani classical songs, and plays classical music on a Casio keyboard I gifted her. She is totally well up on the latest news, as the Philips Bahadur radio with AM is her ‘permanent boyfriend,’ whose company she thoroughly enjoys. She is younger in spirit than most people half her age. Above all, she is well known for her original and unique vegetable art, in which she has made figures like the Air India Maharajah and Boeing plane, the Taj Mahal, a Bharat Natyam dancer, Mirabai and more— entirely from fresh fruit and vegetables.

Last year, I gifted her, her autobiography as a 95th birthday present, “Empress of Her Destiny: Autobiography of Indu Shedde- ‘Vegetable Art’ queen and much more- A Tribute by Meenakshi Shedde” in 2022. I thought I knew my mother, but if you actually interview your mother, it will a revelation, even to you. Everyone should interview their grandmothers and mothers on who they were, their hopes and dreams “before they became your mother.” Mostly, they were very different people than they are today.

Amma has always been a feisty woman. Raised in Dharwar and Hubli, she grew up in a family of four widows, and held four jobs before she married— and was way ahead of her time. Women were rarely seen in office jobs at all. She held clerical jobs in the ration office, then forest office, then Karnataka University, and finally she became Assistant Librarian in Karnataka University— remarkable for someone who grew up in the then small-town Dharwad. “People would come to see who was this ‘shameless’ woman, working with the men in the office,” she recalled. She was also very bold and travelled everywhere freely on holidays with just her sister Kamli (the late Kamala Divgi) or with friends from their drama troupe. She and Kamli travelled from Dharwar to Jaipur, Udaipur, Chittor, Mount Abu; to Madurai, Kanjeevaram, Kanyakumari and elsewhere. When they ran out of money, they simply sold a bit of her gold necklace to finance the rest of their travel. “We never told my parents about it, of course,” she laughed. “Our parents were very liberal and we had all the freedom we wanted. We were not worried if they found out, and they could not object, as we were spending our own earnings.” Absolutely bindaas and nonchalant, our Amma (I have an older sister, Sarayu Kamat).

When a potential arranged marriage alliance had been arranged, she came from Dharwar to Bombay by train with Kamli to meet Papa, (the late) S Rammohan. “I didn’t know anything about him, except that he was educated and had a good job. But I knew that if anything happens, I had a job too, so I was confident. He was working in Indian Airlines. He was a BSc, but I was BA, DLS (Diploma in Library Science), so I was more qualified than him!” she laughed.

Once, on Amma’s persistent request, when I wrote to Hon. Prime Minister Shri Narendra Modi, drawing his attention to her unique vegetable art, Mr. Modi’s office was gracious enough to make the time to reply, addressing my mother by name in a beautiful letter, that he signed himself, and on a letterhead embossed with the symbol of the Ashoka pillar with the lions, in gold:

Prime Minister
New Delhi
28th October, 2019

“Respected Smt Indu Shedde Ji,

Please accept my gratitude for writing a letter and sending your artistic creations made from vegetables and fruits. The creations are unique and beautiful and show the meticulous efforts you have made to give expression to your artistic talent. These creatives are testimony of the passion you

Our Cover

Indu Shedde, 95: Lust for Life

BY MEENAKSHI SHEDDE

Our Cover

Indu Shedde, 95: Lust for Life

By Meenakshi Shedde
have for your craft. I am sure you will continue to express your imagination through this art form. May you continue to be blessed with peace and good health in the years to come.

Warm regards,

Yours,

Narendra Modi

She is fiercely independent and chose to stay at a senior citizen’s home after Papa passed away. But fortunately, destiny gave me a chance to care for her when she lived with me for about a year at the height of Covid. In this time, in her 90s, she taught me songs based on Hindustani classical raags, including “Phagwa brij dekhane ko chalo ri” (Let’s go to Brij to watch Holi/spring), a bandish in Raag Basant, and Binati suno mori (Hear my plea), in Raag Bageshri. Now she lives at the lovely Shantikunj Sevashram, with a live-in caregiver, on a 15 acre orchard property at Panvel, 2 hours from Bombay, and absolutely loves it there. She lives in a cottage with a garden, surrounded by flowers, birdsong, butterflies and squirrels gambolling amid the fruit trees, and excellent Amchi-style cuisine. She’s lucky to have a very caring team that runs the place: the Vidyadhiraj Charitable Trust.

Amma and I both love music, so is currently teaching me the lovely abhang in Marathi, Zhala Mahar Pandharinath, referring to a miracle where Lord Pandurang took the form of a low caste Mahar. It’s a lovely abhang exchange: earlier, I had taught her Lahanpana dega deva, mungi sakharecha rawa (Lord, grant me littleness, the ant is thrilled with just a grain of sugar). Her lust for life is an inspiration, and hope I grow old like her.

(Meenakshi Shedde is an independent film curator, festival programmer, Script Mentor, critic, Journalist and filmmaker, based in Mumbai. She is @Golden Globe Awards’ International Voter—the only Indian invited, winner of India’s National Award for Best Film Critic, 1998. Senior journalist with 39 years’ experience, she worked with Times of India, and freelances for a variety of print media.)

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Shivani Haldipur-Kallianpur in conversation with Arjun Hemmady

Shivani, thanks for taking out the time to give us an insight into your journey so far. Let me first begin by congratulating you on getting upgraded to A Grade Artiste on All India Radio (AIR). Your accomplishments in the field of music are an inspiration to us and we are all proud of you.

Arjun – How did your musical journey begin?

Shivani – My entire family from my father’s side is musically inclined. My mhaltu is Pt. Nityanand Haldipur, one of India’s leading flautists. My paternal grandparents were especially passionate about music – my grandmother used to set tunes to many Bhajans and my grandfather learnt the flute from Pt. Pannalal Ghosh. Not just my mhaltu, all the siblings, including my father, can either sing or play an instrument. So, music has been ever-present as my earliest memories are that of waking up to devotional songs and my parents would play cassettes of Bhakti Mala and other musicians. I would listen to Ashwini Bhide Deshpande’s tapes during my formative years. I remember my neighbours urging my parents to start formal training for me when she heard me singing ‘Dil hai chota sa, choti si aasha’, a famous song in those days. And hence my formal education in music started at the tender age of 4.

Arjun – Who were the influential Gurus who moulded you and your singing?

Shivani – I started learning under Pt. Dharmadhikari from the Gwalior Gharana. He used to stay close to our house in Borivali. His training was meticulous as he prepared me to give music exams wherein he taught me to make sargam for various bandish. It was while I was under his tutelage that I gave my first public performance on All India Radio (AIR) where I sang “Lakh chabbi saavariya ki” a bandish in Raag Bhoopali. I was five years old at the time. A real breakthrough in my training happened during my teenage years when I started learning from Shalmali Joshi from Jaipur Atrauli Gharana. Her techniques were really unique. How to develop a well-rounded voice, the meticulous improvisation of a raag, composing taans, layakaari - bol taans, etc. were a few of the many things that were taught to me by Shalmali (Tai).

I got the opportunity to give vocal support (accompanying the Guru while the Guru is performing). I would travel with her for her performances which were when I got a taste of what it is like to perform in front of a crowd. This was new to me and I found it very exciting. Due to her health issues at the time, I had to discontinue training with her.

I was about 16 years old and was at a crossroads in my singing career. I remember feeling clueless and wondering what to do next. That was when Shalmali Tai asked me who I would like to learn from and offered to reach out to prospective Gurus. I had admired Ashwini Bhide Deshpande ever since I can remember. So, I knew that given an opportunity, I would love to learn from Ashwini Tai whose Madhurashtakam I had listened to since my childhood. It helped that both Shalmali Tai and Ashwini Tai were from the same Gharana and were Gurubhaginis (both had the same Guru - Ratnakar Pai).

I remember my first interaction with Ashwini Tai at her residence in Bandra. With lots of apprehensions, I sang Raag Madhuvanti and I was utterly overwhelmed when Tai agreed to take me on as a student.

The first Raag I learnt from Ashwini Tai was Jaunpuri - a vilambit composition “Baaje jhanna” and I was so impressed at the effect the raag can have on one. Tai opened a treasure house of music. I was amazed at how she would play with the notes only to beautify the raag manifold. Raag after raag I indulged in the ras-paan of each Raag, and got acquainted with the raags, flavours and all this in spite of the rigid grammar that each raag needs.

She also introduced me to the semi-classical genre-thumri, dadra, chaiti, kajri, etc. and I felt like a little kid who was visiting an amusement park for the first time! The colour of Thumri was just too strong to wash off me and I started enjoying the process of learning.

When I was around 18 years old, on the suggestion of Ashwini (Tai), I participated in the All India Radio (AIR) competition, where I won Gold in the semi-classical category. Ashwini (Tai) noticed that I had a flair for semi-classical compositions such as Thumri and Dadra and recommended to me.
that I study both seriously.

In 2015, Ashwini Tai advised me to take training from Shubha Joshi, who is a very senior disciple of Shobha Gurtu to specialize in Thumri and Dadra. Learning from Shubha Tai was a humbling experience because I realised Thumri needed solid training just like Khayal- when singing Thumri, correct use of musical phrases matching the bol of the bandish is key! The main characteristic of Thumri is bol-banao. Though I was aware of bol-banao, executing and perfecting it required dedicated and special effort. I did a show called Chitrapur Rang Ragini with Vid. Lalith Rao.

Arjun – What you have narrated is very impressive. What are your goals for the future?

Shivani – After getting a A grade rating, my next goal is to achieve a Top-Grade rating in All India Radio (AIR). I would also like to perform at bigger events. Of course, none of this would have been possible without the support and guidance of HH Swamiji. Swamiji has been an ever-present source of inspiration and encouragement. I hope that I continue to make HH Swamiji and the Guru Parampara proud of my achievements and performances.

Arjun – What advice do you have for anyone who wants to take up music as a career or even as a serious hobby?

Shivani – Anyone desirous of learning music should realise that it is an art which requires constant and diligent effort. Patience is a quality one must possess as you never know when your effort will bear fruit. Hence, never hold back on your efforts and practice with sincerity. The importance of having a good Guru is invaluable. A good Guru is someone who has travelled on the path that you intend to walk on and knows the pitfalls. A Guru should be able to advise and mentor when required.

A tree which bears fruits is bent. Similarly, a person with talent must be humble in their attitude. They must realise that the source of their talent is in the divine. Any artiste who wants to make it big has to be grateful to the source of their talent. Talent can fade, but if you work hard and have the blessing of your Gurus, there'll be no stopping you.

Tell us about your family, and your basic education.

Shivani - I am married to Chinmay Kallianpur who has recently been promoted to Captain in the Indian Navy. Captain Chinmay is an Electrical Officer, having been commissioned on 1 st January 2004. His main inspiration and driving force came during the 1999 Kargil War. We have a six-year-old son. I did my B.Com from NM College and went on to do PG in HR from Welingkar Institute. Also worked for 13 months at SVC bank, Sleater road before I got married. Chinmay and I met during the Yuvadhara sammellan in Shirali. Ours was an arranged marriage.

Arjun – Which has been your most memorable performance?

Shivani -To be honest, every performance is an experience in itself, but I remember the concerts at Benaras where Thumri is well appreciated! Singing at Delhi was also insightful. Each concert has taught me something!

Arjun – Tell us about the process of breaking into the professional arena. Were your Gurus strict and how was their approach towards the students? Who are the others from your circle of students who have made a name?

Shivani -Music has always been a passion ever since I remember what passion meant. But it started materialising into a career with every stage performance I gave. I also participated in a TV show which solidified my intention and there has been no turning back.

A real turning point came when I was blessed with the opportunity to sing in an album released by the Math. To see my name on the same cover as Pujya Swamiji's was a joy of another kind.

Arjun – Do you experiment with different kinds of singing or stick to the traditional?

Shivani -I like collaborating with musicians of different genres while I stick to my traditional roots. That way I get to experiment and improvise within the traditional framework!

Arjun – At what stage does a musician feel that he or she has arrived?

Shivani -I don't think any sincere musician feels that they have "arrived" because with every performance they see areas of improvement to keep them going on their journey.

Shivani, we hope you achieve your dreams and aspirations and we hope you will make it to the very top of the Musical firmament. God bless.

“Music, once admitted to the soul, becomes a sort of spirit, and never dies. Music touches us emotionally, where words alone can’t. Where words fail, music speaks. Music is the universal language of mankind.”
With the blessings of our Kuldevata Shri Mangesh Mahalaxmi and Shantadurga, our revered Guru Parampara and our ancestors

NIRANJAN S. DHARESHWAR AND NEETA N. DHARESHWAR (NEE HALDIPUR)
are celebrating their Golden Wedding Anniversary

HAPPY GOLDEN WEDDING ANNIVERSARY

One by one each year flew by, since you both said "I do". Fifty years of memories, shared by both of you. From big events and holidays to simple daily pleasures, some tearful times in the long life’s way, some joys that can’t be measured, one by one each year now gone, but still they’re yours, forever, each and every memory, of Fifty years together!

With lots of love from:
Meghana- Amit-Ira, Manasee-Mayank-Aryan-Arjun

Best Wishes from:
Dhareshwars, Haldipurs, Balwallys, Vaknallis, Uniyals, Tavanandis, Shenoy, Naqarmaths and Kumtas
Mobile Number: 9833593679, 9820693679
Shri. Uday Sashittal & Smt. Nayantara Sashittal (née Baindur) have completed Fifty years of blissful company on 28th January, 2023. For their continued good health, happiness and prosperity, we seek the blessings of our Kuladevata - Shri Shantadurga Prasanna, Lord BhavaniShankar, our Guru Parampara and Param Pujya Sadyojat Shankarashram Swamiji.

***With Love and Best Wishes***

Sons & Daughters-In-Law
Vinod & Reshma       Vikram & Gourita
Grand-Children
Lavanya, Soumya & Atharva

Best Compliments from:
Sashittals, Baindurs, Kaikinis, Mudbhatkals, Upponis, Bijoors, Nadkarnis, Trikannads, Panemangalores

Relatives & Friends

------ 50th Wedding Anniversary ------

Smt. Indu Gangolly and Shri Ramdas Gangolly
10 December 1972

We are inspired everyday by your commitment to each other, your family, friends and society. Your kindness, warmth and generosity of spirit has made us all who we are today.

CONGRATULATIONS TO AN AMAZING COUPLE FROM YOUR LOVING CHILDREN, GRANDCHILDREN, CLOSE FAMILY, FRIENDS AND RELATIVES.

WE ALL LOVE YOU.
Ruby Wedding Anniversary
Shri Subhash Ramchandra Manjeshwar &
Smt Shubhada Subhash Manjeshwar

We pray to our Kuldevta Shri Shantadurga to bless you both with good health, happiness and peace

With Lots of Love and Best Wishes
Abhay, Lakshmi, Omkar, Kedar
Akshay, Ekta, Ansh, Aarika
Best Wishes from Padukones, Hattiangadis, Baindurs, Gangollis
Relatives and Friends

Gone But Not Forgotten…

Smt. Tara Ramdas Savkur
(02 May 1931 – 31 December 2022)

Our dear Tarakka/Taramakka/Taram-Vahini peacefully departed for her heavenly abode after a long illness patiently borne.

We pray to Lord Bhavanishankar and Revered Guruparampara to grant Sadgati to her saintly soul.

Fondly remembered by Savkurs, Baindurs, Bijurs, Kilpadys, relatives and friends.
Newsmakers

Dr. Suman Mundkur

On the 25th November 2022, Dr. Suman Mundkur was awarded a Silver Medal from the Society of Dyers and Colourists UK (established in 1884) in recognition of her services in the field of education and research in Colour. Educating students in selecting, using, and communicating colour in Textile designing, Apparel designing, Computer Aided designing for printing, and soft furnishing. She was an Associate Professor at SVT College of Home Science (Autonomous), SNDT Women’s University, Juhu, Mumbai. During the 29 years of service, she was mentoring students for the SDC International Design, and Talent Search competitions and publish Journal articles. She was conducting workshops in Dyeing and Printing, Wet processing, Fashion Illustration, etc.

As a Hon. Trustee of the SDC Education Charity India since 2014, she was more closely involved in organizing activities like Monthly Lectures, Seminars, International Conferences and webinars. Each gave opportunities for interacting and learning from experienced Professionals from the Textiles and Colouration industry.

On receiving, she had to say, “Not just an Award, this recognition brings a greater responsibility of spreading education in sustainable colouration, restricted chemicals, waste management, transparency, and traceability to Gen Z. There is much more to be done in the ‘changing world’ by bridging the gap between Research in Academia and the Industry.”

**************

Prof. Ramchandra P Gokarn

December 24, 2022, can be counted as a red letter day in the life of Prof. Ramchandra Gokarn, former Dean, IIT, Kharagpur. Prof. Ram was given the highest award by IIT Kharagpur in the form of the Life Time Achievement Award at their convocation held in Dec. 2022. It was initially to be given by the Hon. President of India, Dr. Draupadi Murmu who could not make it for some reason. The award was then given by Peter Chan, much-adored alumni, mentor and guide to many students and a multi-millionaire in the UK.

**************

Saanika Kodial

is the daughter of Dr. Ashwini and Dr. Pranav Kodial, Dahanu who has won the second prize at the District Level and the State Level, Patriotic Song Writing Competition organised by the Ministry of Culture, Government of India. The competition was held as part of the Azaadi Ka Amrit Mahotsav in February 2022, and the results were declared in January 2023. Saanika (18 years) is a student of FYBA Psychology, KC College, Mumbai. Way to go, Saanika. Congratulations. (The winning poem appears in Our Youth Section on page 54)

Shivanand Kailaje:

The first Maharashtra State Veteran Table Tennis Ranking Tournament for 2023 was held between 6th and 8th January. Shivanand participated in the 65+ category and his matches were on the 6th. He topped the league of his group and entered the main draw. He beat 6th seed Subhash Gujarati in the pre-Quarter Finals, Suhas Dandekar (national 3rd ranking) in the Quarter Finals, and P G Kelkar (national 1st ranking) in Semi-Finals. Due to a delay, his Semi finals went on till 11 pm that night and the Finals were postponed to the evening of the 7th. Due to this change in schedule and personal prior commitments, he, unfortunately, had to give a walkover in the Finals. Shivanand however, has made a name for himself at an age when most champions give up the game.
Letters to the Editor

Dear Editor,

This is concerning Anjali Burde’s article titled, “Culinary treasures of India - Goa” in the Kanara Saraswat magazine (December 2022 issue).

The very mention of Goa in the title drew my attention. It was interesting to read the finer points about the cuisine of Goa. The two recipes shared by the author were noteworthy, particularly the healthier version of traditional basundi.

I wish to thank the Editorial team for keeping us in touch with the creative and artistic talents within our Community.

Sanjay S. Trasy, Mumbai

Dear Editor,

Your December 2022 issue was a delight to read. All the stories and features were excellent especially those on yoga and mutual funds and Systematic Income Plans. The history of Shree Anantheshwar Temple in Vitthal was insightful and a true obeisance to the revered God and His temple. The touching story of a physically challenged boy and his struggling mother brought tears to my eyes.

Your January 2023 issue made excellent reading and started the New Year on an enthusiastic note. The interview with shooter Suma Shiroor was exquisite and hit the bulls eye (pun intended) accurately. The write-ups on the dynamic and multi-faceted Sadanand Bhatkal was indeed a great tribute to the great man. The interviews with the two veteran army brass on the occasion of Army Day was really a mark of respect to the two senior officers. Keep up the Good work!

Sandeep Hattangadi
Dahisar West

Dear Editor,

Sometime back there was an article published in Kanara Saraswat Magazine on Benegal Family. One among them was B. Ramarao, who was an ex-Governor of RBI. His other three brothers also were equally intelligent and reputed. I, wish to read again on those four brothers and their biography. I am therefore requesting you to publish in KANARA SARASWAT the biographies of all those brothers one by one. If possible also please try to publish biographies of Hujurbajar family who are maternal uncles of the scientist Jayant Narlikar.

Vivek Upponi.

(Sir, the book on Benegal Bros. is available on Amazon.com authored by Kanchan Karopady Banerjee- Editor)

Dear Editor,

From the January ’23 issue of your magazine, I learned that this is Sadanand Bhatkal’s centenary year. It brought back a whole lot of memories of my association with him as a fresh, young employee at Popular Book Depot in Bombay. For me he was a boss, guru and an ideal human being. I was therefore, rather surprised to see that your cover did not carry a single picture of him.

Sadanand Bhatkal was no ordinary man. He was the editor of KS magazine for several years and instrumental in improving its quality and content. Surely he deserved to be given at least a corner space on your cover. To say the very least, I am very, very disappointed with KSA.

Asha Gangoli

(We understand your sentiments. However, we have given adequate coverage within the magazine by publishing no less than five articles as a tribute and a number of pictures. The issue was dedicated to his memory. Editor)

Dear Editor,

I read the KS magazine at leisure! It’s not enough to just scan and flip through and put it aside! Of late, the magazine is becoming so interesting that one has to spare lots of time to sit and enjoy all the articles, and other matter that your team collects and puts together for us! KS is now, indeed, a family magazine.

Suman Kodial, Gamdevi

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Only those with budget above 1.85 Cr need apply
The Kanara Saraswath Association celebrated its 111th Foundation Day on November 26, 2022. The Emcee, Hemant Kombrabail, invited Chairman Mahesh Kalyanpur, the Hon. Secretary Vandan Shiroor and the Past Vice-President Uday Mankikar to take the dais. He then welcomed the members of the KSA Managing Committee, the Dignitaries, the Awardees, and the Guests. The program commenced with offering the Sabha Prarabh Prathana by Smita Mavinkurve and invocation to Goddess Saraswati - Saraswati Vandana rendered by Dhruv Dhareshwar in his melodious voice.

Hemant spoke about how 111 years back 13 like-minded persons had come together with the thought of collectively working towards the progress of our community; which till today the members of the KSA are living up to. He further mentioned how in keeping with this the KSA has been encouraging bhanap entrepreneurs, youth, sportspersons, and artists and also felicitating them for their accomplishments: as well as felicitating students for their performance at various examinations, every year.

Gangabai M. Nadkarni Konkani Lekhan Puraskar

This award was instituted by Dr. M. V. Nadkarni - ex-Vice Chancellor of Gulbarga University, who was passionate about the Konkani language, in memory of his wife. In the year 2000, he gave a donation to KSA for awarding prizes to the contributors of Konkani stories, poems, and articles published in the Kanara Saraswath Magazine. This award has been given to various such contributors since 2003. The awardees for 2022 i.e., contributions published between October 2021 and September 2022 were:

- Sharmada Shatanand Shukla for her poem ‘Chali Ek Kavita’ published in November 2021.
- Sudhir Koppikar for his story ‘Prasnangavadhan’ published in June 2022

Each of the awardees gave their acceptance speeches on receiving the awards.

Chandra Ramesh Nadkarni Memorial ‘Kiddies Corner’ Awards

When Sadanand Bhatkal was the editor of the Kanara Saraswath Magazine he conceived the idea of encouraging the children of our community to express their art and writing skills by starting the ‘Kiddies Corner’. Some years later Ramesh Nadkarni, a very close friend of Bhatkal, donated a sum of Rs. 40,000 in memory of his wife to start the ‘Kiddies Corner Awards’. This award consists of two categories. In the first category, the award is given annually for the three best essays, stories, or poems published between October and September. In the second category, the award is given annually to the three best drawings or paintings published between October and September.

This award could not be given during the last three years due to the pandemic. The following awards were distributed this year

Winners for the Essay / Story / Poem competitions

I. October 2019 to September 2020

A. Between 8 & 12 yrs


B. Between 12 & 16


2nd Prize – Sanaya Hoskote – She is the World published in June 2020.

II. October 2020 to September 2021.

A. Between 8 Yrs and below 8 years

Ira Manoj Baindur – Maths; Poem published in February 2021.

B. Between 9 and 12 yrs

1st Prize – Tvisha Kalambi – Is it me? Poem was published in May 2021.

2nd Prize – Ananya Adeep Shirali – My dreams; Story published in October 2020.

III. October 2021 to September 2022.

A. Below 8 years

1st Prize: Isha Karanje –Magical Rainbow; Poem published in April 2022.
B. Between 9 and 12 yrs
   1st Prize - Tamayah Sanjeev Koppikar – Dress
   Code; Poem published in May 2022.
   2nd Prize - Ira Manoj Baindur – Poem on
   Grandfather; Poem published in Nov 2021.

Winners of the drawing/painting competition
A. Below 8 years
   1st Prize - Pratyuha Savkur - Basket of flowers
   2nd Prize - Anagha Mankekar - Dream House
   of Anagha.
B. Between 8 and 12 years
   1st Prize - Gopal Baindur - Stream of Ganga.
   2nd Prize - Arshia Chandragiri - Savanna
C. Between 12 and 15 years.
   1st Prize - Aditi Ullal – My Black Beauty
   2nd - Pavitra Naimpalli – Lord Buddha.
II. October 2020 - September 2021.
A. Below 8 years
   1st Prize - Shiven Gangoli – Ganesha’s Blessings
   2nd Prize - Gauri Kalambi – Farm House.
B. Between 8 to 12 years
   1st Prize - Jeetesh Amembal – Save Water Save
   Life.
   2nd Prize - Netra Ramnathan - Madhubani.
C. 12 to 15 years
   1st Prize - Prathamesh Amembal - Old Tribal
   Man.
III. October 2021 - September 2022.
A. Below 8
   1st Prize - Anisha Selvaraj - Swing.
   2nd Prize - Anoushka Sthalekar - Entry for
   Gurupurnima contest.
B. Between 8 and 12 years
   1st Prize - Gopal L Baindur - Eerie castle.
   2nd Prize - Umika Hattangady - Blue Bird.
C. Between 12 and 15 years
   1st Prize - Sameer Naimpalli - Maha Ganapati
   2nd Prize - Twisha Kadle - Twilight

Suresh (Bab) Nadkarni Sportsperson of the year
2022 Award
This award was instituted in memory of Late Suresh (Bab) Nadkarni, an excellent
sportsperson, by his family. Hemant invited Bharat Nadkarni, nephew of the Late Suresh Nadkarni
and himself a former Ranji Trophy Cricket player, to talk about this award and also present the award
to Yogesh Padukone. Bharat Nadkarni said
that this award was instituted by the Nadkarni family with the intention to encourage upcoming
sportspersons and motivate bhanaps to become accomplished sportspersons.

Padukone was a State Level Badminton player
and is now a coach. He has represented Karnataka State in Junior Badminton Tournaments and
has represented the Central Railway and Indian Railways at various badminton tournaments and
won prizes in the same.

Felicitation of Accomplished Bhanaps
The bhanap community has many accomplished
persons among them; though we are a very small
population in the world. KSA has been felicitating
these accomplished bhanaps for many years. Keeping the approaching Centenary year in mind,
in 2003 the KSA decided that accomplished persons from our community be felicitated every
year during the KSA Foundation Day Celebrations. Until 2021, 141 individuals and 2 institutions
have been felicitated. This year the KSA felicitated
3 individuals and an institution.

The institution and the individuals who were
felicitated for their accomplishments were
1. The Konkani Charitable Foundation, founded
   by the members of the North American Konkani
   Association, for their philanthropy and exemplary
   work in social upliftment.
2. Grp. Capt. Jitendra Dinkar Masurkar, a
category A flying instructor and winner of the
Vayu Sena Medal, for his Service to the Nation.
3. Vithal Chandrashekhar Nadkarni, a renowned
journalist for his excellence in journalism and his
crusade to preserve Indian Music and Culture.
4. Chaitanya Devidas Padukone, a well-known
film journalist, for his exemplary accomplishments
in the field of Film Journalism.

The Chairman of the Kanara Saraswat
Association, Mahesh Kalyanpur then addressed
the audience. He thanked all the dignitaries and
members for gracing the occasion and announced
that KSA has obtained CSR registration from
the Ministry of Corporate Affairs. With this,
Corporates can now donate funds to KSA from
their CSR funds.

He referred to a remark made by Sudhir
Koppikar in his acceptance speech that before
the registration of KSA the Founders would have
done spadework of atleast 4-5 years. He informed
that when he had gone through the past records
of KSA he had realised that the idea of having a social wing had germinated more than 3 decades prior to the registration of KSA.

In 1870's since there was no high school in Kanaras the students first completed education in Ratnagiri before migrating to Bombay in search of jobs. The members of the community liked to mingle and engage in community activities hence started The Kanara Club in 1874 at the residence of Late Shamrao Vithal Kaikini (KSA traces its origin to this). In 1877 after the sad demise of Subhadrabai Shamrao Kaikini the club shifted to Shantaram Chawl in Mugbhat Lane. The members were like one big joint family and preserved the community culture by celebrating the customs and randap. In 1885 the club moved to nearby Krishnabai building. Due to various problems encountered in getting place for the activities the Club had to finally close down in 1892. Soon Saraswat Club was formed and the first community Census was undertaken by Saraswat Club in 1896 under the leadership of Late Shamrao Vithal Kaikini. He informed the members that the community should be proud of the initiatives undertaken by the Swamiji’s and the stalwarts from the community that Chitrapur Saraswats were the most forward looking and progressive community. He highlighted that ours is the only community which has been undertaking Community Census. This was acknowledged during the All India Saraswat Cultural Organisation conference. He also highlighted the Rayas on the curtailment of religious ceremonies for Thread ceremony and Marriages issued by H.H. Shrimat Anandashram Swamiji to save on the cost of these occasions. He further highlighted on the thought of constructing co-operative housing societies for the members of the community and the concept of Atma Nirbhar Housing society when societies were constructed. The monthly Kanara Saraswat magazine as a medium of communication in those days was indeed a noble thought. Over the years many initiatives were taken up by KSA like providing Scholarship, Medical aid and Distress relief, Ambulance service, Health Centre, Entrepreneurship meet, Buying Club, Holiday Home, etc. which were started to cater to the needs of the members at that point of time.

He appealed to members to help the Managing committee in expanding reach of KSA by enlisting more members and informing their friends about the noble work undertaken by KSA. He announced that the target for KSA should be to touch the life of each Chitrapur Saraswat family by 2037.

The emcee then invited Ashwini Prashant to express gratitude and propose a Vote of Thanks. The emcee then requested all those present to join in for dinner and once again thanked the audience for their presence and patient listening. The program concluded with the Sabha Samapti Prathana offered by Smita Mavinkurve.

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**Donations**

*Kanara Saraswat Association is grateful to the following donors*

**Scholarship Fund**
- Well wisher: ₹100000/- (In memory of Dattatreya Keshav Balse)
- Sadanand Naimpalli: ₹100000/- (In memory of father Late Dinker Sadashiv Naimpalli)

**Medical Relief Fund**
- Well wisher: ₹100000/- (In memory of Smt Nirmala Dattatreya Balse)
- Medical Relief Fund
  - Sadanand Naimpalli: ₹100000/- (In memory of mother Late Meera Dinker Naimpalli)
  - Vidya Vinod Benegal: ₹100000/- (In memory of Shri Vinod Shridhar Benegal)

**Emergency Medical Relief Fund**
- Vidya Vinod Benegal: ₹100000/- (In memory of Shri Vinod Shridhar Benegal)

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"तात्त्विक वादी आणि KSA महाप्रांत अनेक क्रिकेटपटू, आणि कालांडीय, करंप्रांत, सुरेश नाडकर्णाई रो हो तात्त्विक वादी एक, एक उत्कृष्ट क्रिकेटपटू (Left arm spinner) आणि टेक्निकल स्प्रिन्टर किंमेट्रो तो ACC चे प्रतिनिधित्व करतो. त्यानंतर, ACC - व्या संघातुं, दिपिका सरदासह, बाबू नाडकर्णाई, पोली उमेशगर हांचे असले दिगेज क्रिकेटपटू आशिले. Times Shield आणि Kanga League तु गुरुसेत्याच्या ACC वतीने खेळला. आंतरिक विद्यापीठ (Inter University) सामन्यात, तात्त्विक एक, हांचे असले दिगेज क्रिकेटपटू प्रतिस्पर्धा, संघातुं पूर्णच ४० विकेट आणि स्थानांतर केल्यां विक्रम अधिकारासारखे आहेत.

सुरेश नाडकर्णाई रो बेस्ट विजिट बोक्स मेलोमोनाय दिल्या. यूआरएफ खेळातून रो निर्माण जांकार अहुण्याचा तो याददाय दिवरे ख्रिस्त, सुरेश मामाल्गे तुरुन्नी प्रतिरोध हो पुरस्कार दिल्या.

**Sportsperson of the year Award 2022**

श्री. योगेश पंडुकोण:

प्राय ३७ वर्ष. सेंट जीर्णनर्म महाविद्यालयाच्या कला शाखेतून पदवी प्राप्त करणुकेले, योगेश मामाल्गे, मुंबई युनायटेड बजाज इंटरनॅशनल ऑफ मेनेजमेंट स्टडिज्यांमध्ये, मेनेजमेंट विषयाच्या पदवीच्या प्रमाणपत्र अध्यक्षपद पूर्ण केलेले.

योगेशमाल्गे, तांबेड बेस्टमॉट खेळांतरून नैपुण्यांमध्ये, एक वर्ष प्राप्ती, सेंट्रल रेल्वेच्या बंधूंचं कार्यालयांतून नौकरी मेळवली.

राजस्थान राज्यनंतर, तो सेंट्रल रेल्वेचं बेस्टमॉट खेळांतूने. आणि सेंट्रल रेल्वेंचं राज्य आणि राजस्थान राज्यांनी प्रतिनिधित्व केलेले.

योगेश मामाल्गे बेस्टमॉट खेळांतरून नैपुण्यांचा प्राकृतिक प्राप्त केलेले जाणारे.

१९८९-९० ते कल्याणातून झरोख्याचे, ज्युनियर शमेलसांतू, कर्नाटक राज्याचे ज्युनियर संघातस सातीतक्याचे प्रतिनिधित्व केलेले.

१९९०-९१ ते उदयपुरातून झरोख्याचे, ज्युनियर शमेलसांतू, महाराष्ट्रातून राखाचे प्रतिनिधित्व केलेले.

१९९२-९३ ते नागपूरातून झरोख्याचे, ज्युनियर शमेलसांतू, ऑल इंडिया बेस्टमॉट नैपुण्यांची प्रतिनिधित्व केलेले.

कंबाईड युनिकांसिटीस संघातस प्रतिनिधित्व केल्यां, तांबेड युनिकांसिटीस संघातस प्रतिनिधित्व केल्यां, तनावजने दृष्टीमुळे राशीन आणि विष्णु अशांच्या केल्यां.

1991 हा भारतातील एकतराष्ट्रीय स्पर्धेचा विजेतेचा स्वरूप दिल्यास, इंडियन क्रिकेट संघांच्या विशेषज्ञांमध्ये नोंद दिलेले आहे. इंडियन टीमची विजयी प्रदर्शनी सुरूवात 2000 देखील आहे. क्रिकेटची विश्व सुरूवात 1932 मध्ये झालेली आहे. त्याच्यातुळ्याच्या क्रिकेटच्या सुरूवातावर विश्वच्या आपल्यांच्या प्रतिकृती दिलेली आहे.

सन्देश, योगेशमाल्गे, प्रतिशत समानांतरून बेस्टमॉट खेळांचा प्रतिकृती स्मरण व्ययान अधिक आहे. अशा व्ययानाच्या समानांतर बेस्टमॉट खेळांतून आपल्यांच्या उद्देश्यांची साक्षी दिली. योगेशमाल्गे, बेस्टमॉट खेळांचा समाहार सामील केला जातो. योगेशमाल्गे नंतर युनिकांसिटीस संघात साधारण दिवसावर आयोजित केलेल्या शिरोमणी चूडणाऱ्यां सहभागी जाले.
KFC व्यवसायपरक पृष्ठ: स्वयं से काम करने वाले के साथ सहयोग करें। KFC के केलेक्टर बाइकर्स के साथ एवं अन्य पर्यावरण स्वच्छता के लिए काम करें। अगर आप किसी भी प्राप्ति पर प्रस्ताव देना चाहते हैं, तो कैसर्टिकेट कैश बैंक से अपना पता करें।

KFC के केलेक्टर बाइकर्स के साथ काम करें। कैसर्टिकेट कैश बैंक से अपना पता करें।

अमेरिकातुल्य नागरिकांकाँ विषयक धर्मादाय संरक्षणात कार्य करतात. अत: ती संस्था KCF चा स्वीकृत वाढणारे आस्ताना जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे. अमेरिकातुल्य नागरिकांकांत आत्मविश्वासाने आत्मीयता निर्मिती, देशी विद्येने बसतो कार्याळात. अस्ताना कैसर्टिकेट कैश बैंक जाणारे.
श्री. विनुल चंद्रशेखर नाडकर्णी

श्री. चंद्रशेखर अनंत नाडकर्णी मामू आनंद नृत्यशाला चंद्रशेखर नाडकर्णीपति हांगले सुभाष महोद, १९४९ सालानुसार विनुल मामागेले बांधुभाषी जन्म देखील. विनुल मामागेले दोसी दिवाळेचे श्रीमती अनंत अतिमालिनीशन परमेश्वर आनंद चंद्रशेखर नाडकर्णी प्रेमेने उपलब्ध विनुल मामागेला मेघा.

विनुल मामागेले बांधुभाषी चंद्रशेखरमाप्शी, युवसायाने बंदक आनंद चंद्रशेखर मानव रत्नभारती जिल्हे आनंद नाडकर्णी. ती एकांक मेघूर महाराजाने, कर्नाटकात प्रस्तावित केलेल्या Technical Institute हुने आनंद नृत्यशालामध्ये J.J. School of Art देखील. तागेले अनंत विनुलकृती प्रेमेत आनंद नाडकर्णी.
टाइम्स ऑफ़ इंडिया या दिवालिकां में विज्ञापन प्रतिवेदन

"The Benevolent Narmada" हा विद्वंद्वानमागेपत्रांतून सुद्धा शेल्फे व्यक्त. प्रथम प्रेरणा तारे रामानाथन प्रधानमंत्री श्री. नरेन्द्र मोदी जीकडूं. चित्रागिन आनंद श्री. विषु गोयल हंगल्या शुभेच्छासे जाळे.

हिंदी, २०२१ तं "Deconstructing Kumbh Mela : A Public Health perspective" हा पुस्तक प्रकाशित जाळे. प्रथम प्रकाशन समारंभ Unicef श्री. दिल्ली स्थित कार्यालयांतून जाळे आनंद द्वितीय प्रकाशन. समारंभ मुंबईतून CSMVS Museum तुं (Dr. Mrs. फियरजा गोदेशर हंगल्या आर्थिक पाठवणारी चर्चा) जाळे.

विद्वंद्वानमागेपत्रींनी Multimedia सादृशीकरण (संवादपत्री विधि माध्यमांच्या उपयोग करून महत्त्वी विद्वंद्वान त्यात करून सादृशीकरण) -
- Leaves from a Lotus Album -
- Cultures of confluence.

विद्वंद्वानमागेपत्रांनी कारकीदृष्टीतून अत्यंत समाधानाच्या क्षण महत्व, The Sunday Times तुं प्रकाशित जाळे. तालिकेत एकु दिल्दो, SSC Board Maharashtra च्या SSC च्या इंग्रिश विषयावर क्रिकेट पुस्तकांतून आशीले.

विद्वंद्वानमागेपत्रोत पुस्तकांविषयांतून आनंद प्रकाशनविषयांतून सांग्यांच्या वातावरणात.

- तारे Cosmic Uplink हा सदरकार्यार्थ बेरीजिया लेखांचे संग्रह Times Book ने प्रकाशित केला.
- तारे The Sunday Times of India च्या Sense Column खातीत बेरीजिया लेखांचे संग्रह Wiley Eastern आनंद Council for Scientific & Industrial Research (CSIR) हानी "The serpent Within" हा नावाने प्रकाशित केला.

विद्वंद्वानमागेपत्रांने लेखन, संकलन, कार्यांचे संकलन इत्यादी सर्व काम केल्या. Femina माध्यमाच्या दीपावली अंतर्गत साहित्यिक कार्य केले. महिला माध्यमातील महिला माध्यमाच्या TOI च्या अध्यायाने, तारे विद्वंद्वानमागेपत्रांनी Science Today हा अभिनंदन माध्यमाच्या कार्य कोठींमध्ये संपूर्ण दिल्ली. हे मासिक आशीर्वादित विद्वंद्वानमागेपत्र Saturday Times आनंद Travel Times खातीत कार्य कोठींमध्ये संपूर्ण मेंजी. मुख्य आरोपी TOI Bennett Coleman ने चेनाफुळ, विद्वंद्वानमागेपत्र हा नवीन व्यवसायपत्राच्या कला आनंद विज्ञान शाखेकाविशिष्ट कार्य केले.

ल्याचिकवेदी, टाइम्स ऑफ इंडियाच्या संपादक, दिल्ली पाडूंपाडूंच्या हात्यावर, विद्वंद्वानमागेपत्र, ताज्जुवर वरिष्ठ सहायक संपादक ह्यांच्या कार्य करण्यास विद्वंद्वानमागेपत्रांतून ह्यांच्या पादचो स्वीकार केले. प्रमाणीत तारे विज्ञान तंत्रज्ञानाची विश्वासीतून कार्य केले. आनंद मागिरी Speaking Tree हा सदरकार्यार्थ, हे सदर महत्वाच्या विज्ञान आत्मकातं हातं हूं.

विद्वंद्वानमागेपत्र, पुस्तकार प्राप्त Newspapers in Education (NIE) आनंद Times Foundation खातीत, अध्यक्ष श्रीमती ईंदु जैन हंगल्या मर्गदर्शनांतून आनंद नेपुंचतं कार्य करणार विद्वंद्वानमागेपत्र. मुख्यांत तीन लंबी निवेदनपत्रांतून, विद्वंद्वानमागेपत्र The Economic Times हा रूप जाळे. आनंद तारे हंगल्या Spiritual Atheist आनंद Cosmic uplink हा संपादकीय संस्थांतरित संपादकांला कार्य केले.
- Rosaries of Rain drops.
- Magic of Everyday foods.
- TED-X Talk
- Lecture on Sat-chit-Ananda
- Pilgrimage & Parikrama
- Budha Bowl

Illustrations in the manner of Victorian Painters of 19th Century such as John Gould and Joseph Hooker’s great water colour folios.

- Intensively involved in conserving India’s Classical and folk Music traditions in the form of archival interviews and field recordings of bandishes & experiences of masters.

Recipient of the Alfred Friendly Press Fellowship, named after the legendary editor of the Washington Post.

21st Century Trust Fellow of the London Based Institution.

Fellow of the Salzburg Foundation

Was Vice President of the Asiatic Society of Mumbai; Which was established in 1804 A.D.

Shri. Chaitanya Devivasu Padukon{
(जेठ सिने पत्रकार)

Chaitanya Padukon{
, एक वाचकप्रिय, दिग्गज सिने पत्रकार (Film Journalist) महोद आमकांसाठी सुप्रसिद्ध जाऊन आरसे. सिनेपत्रकारिते तात्त्विक योगदानाने तात्त्विक उभ्यता तरुन तरुनांना समाजाने लोकसत्याला आमकांसाठी सुप्रसिद्ध जाऊन आरसे. Chaitanya Padukon{
केवल सिनेपत्रकार मात्र निराळीतल्या, संकल्पात आमकांसाठी सुप्रसिद्ध जाऊन आरसे.

2 ऑक्टेबर २०२२, हा दिवस गांधीजीच्या निमित्ताने, तात्त्विक KCF Foundation ने सुरू केलेल्या “Mahatma Gandhi Ratna-2022” ह्या पुरस्कारार्जणे समाप्त केले. हे पुरस्कार वितरण समारंभ, मुंबई मॉर्याच्या Hall Auditorium ह्या संपत्र जाल्या. हा गांधीजीच्या स्मरेतीला दिवशी वार्षिक पुरस्कार, विविध क्षेत्रांतून लक्षणीय योगदान योगदान दिलेल्या सुप्रसिद्ध जेठ मात्राचारक दिन्नी.
ARNOUNCMENT- UDAY A MANKIKAR -
Demise 25 Jan 2023

We will publish extracts of condolence messages sent by members in our next issue. Members desirous of writing may pen them in brief about their association with Uday Mankikar and e-mail it to The Editor at kanara_saraswat@hotmail.com.
The Chinese philosopher Lao Tzu said; “The journey of a thousand miles begins with one step”. He wasn’t wrong, because one doesn’t get anywhere unless we start the journey.

Travel has been a great teacher particularly for me and also for my family. Since childhood, we were always travelling regularly, be it under my father’s bank “leave travel allowances” or his regular transfers every two or three years from one city to another. After I started working, my job took me to several cities in India and to several countries like the Sultanate of Oman, Hong Kong and many countries in Africa. The course of my regular employment lasting over 40 plus years, has taken me to seven cities in India and seven countries around the globe besides normal leisure travel.

Travel indeed is a great teacher and we have gained tremendously. We have seen, closely observed and been exposed to several cultures and traditions, religions, different kinds of people, different languages, different behavioural patterns, a multitude of cuisines, peoples dressing habits, their mannerisms and the list goes on. This in turn automatically broadened our visions and our perceptions about the day-to-day lives of people in general. Nothing seems strange to us anymore. Rather, we find it’s new learning each time we travel, for we see everything with an eye to discovering something new all the time.

My wife Pratima and I have settled down at Talegaon Dabhade permanently, but still continue to pursue our passion for travel regularly, whenever we can.

There are certain things that we always do before we travel, be it for a short trip or a long trip. Two options one could travel – either one does thorough research and has an eye to note down and go through each step so as to plan out everything on one’s own way for a particular destination or multiple destinations. The other option would be to get help from a professional Travel agent who could help you curate an itinerary. In both methods, one must have an eye for detail or at least develop one along the way so that you know exactly what you are getting into and that there are no unsavoury surprises along the way.

In almost all our travels we would always come across people and we start chatting up in several cases, such relationships end up in long-lasting friendships. That is indeed the most amazing part. Travel and talking about travel also has become a status symbol. The more destinations one has covered the more experiences or knowledge he/she has. Today it is a fashion among the upper class to have their a destination wedding in the family. In India the urban rich vie for their children to study overseas, and in several cases eventually, the children settle abroad which gives the parents a reason to travel to that country regularly to meet up with them.

Over the last couple of decades, the travel industry has grown multi-folds and is a huge industry generating millions of jobs each year globally. The global Travel and Tourism Market is estimated to surpass the US $8.9 trillion mark by 2026 growing at an estimated CAGR of more than 3.1% during the forecast period 2021 to 2026. Globally, the tourism industry contributed to $8.9 trillion to the global GDP in 2019 equaling a contribution of 10.3%. Indian tourism revenues as per Govt sources recently have touched over US$1 Billion and continue to grow.

There are over ten types of tourism that is fast developing in India alone – Eco-Tourism, Golf Tourism, Spiritual Tourism, Medical Tourism, Adventure Tourism, Cruise Tourism (which has picked up the pace and recently added by Govt efforts – is being launched in a big way this month), Cultural Tourism, Heritage Tourism, Wellness Tourism, Meetings Incentives Conferences Exhibitions (MICE), Educational Tourism Etc.

To sum up I would like to quote Yashvi Jalan – a 13-year-old from Kolkata.

**Ode to Travel (Sonnet)**

Travel is life’s little delights,
Cruising down the Thames.
Tokyo’s stunning neon lights,
Fills every heart with a rejuvenating flame.
A moment of bliss,
A way to uplift the soul.
An opportunity one cannot dismiss,
None needs to be cajoled. 
Travel is definitely in the air, 
It leads to a world that awaits. 
Relaxation beyond compare, 
Packing your bags is all it takes. 
Travel should be everyone’s desire, 
Because it’s a passion, not a job from which one will retire.

(The compiler is an active CSN member – a hospitality professional & Consultant, Hospitality & ISO Auditor and Founder of Savanal Safaris and can be contacted at info@savanalsafaris.com +918806369612)

I still cannot believe it is true, 
That when I come home, I will never see you! 
Nor hear your voice on the other end of the line, 
Saying ‘Hello’ in your unique style and adding ‘Thank you, I am doing fine!’ 
You were far too kind, though with a wicked sense of humour! 
But, you hated gossip and giving rise to a rumour. 
Stationery and hardware stores were your places to be, 
A frugal and simple living was just how you liked it, we could see! 
Table tennis and photography were your passions... 
You loved to talk and mingle, were filled with compassion! 
Books, music, comedy and wildlife...in no particular order... 
You are irreplaceable - there can be no other! 
Organised, disciplined and always on time, 
If you faltered on these, it was almost like a crime! 
Garfield, Mr. Bean, Michael Jackson and more... 
Even when you were away at sea, you remained our shore! 
You were there for us, every step of the way, 
Supporting our dreams and goals, blessing us, night and day. 
For you, family came first...all of us you adored! 
With you around, there was never a time to be bored. 
I do not recall the date when I last spoke with you... 
But I know I will miss you always and I know you miss us too! 
We know you are in a better place and at peace, with no suffering... 
But whatever they all say, without a loved one, life is devoid of meaning!

GREAT TRAVELLING PUNS

1. I took four hours to check out of my hotel in Japan. The receptionist told me, “You really Tokyo time.”
2. I love travelling to France. There’s nothing Toulouse.
3. Why are the winters so cold in America? I think Alaska local.
4. I haven’t slept in days because I am about to climb the highest mountain in the world. I wonder whether I will Everest.
5. The airline lost my luggage, so I sued them. Unfortunately, I lost the case.

An Ode to Papa

Vasant Shripad Chikramane
01.04.1941 to 13.12.2022

Sorely Missed By:
Urmila, Mayur, Unni, 
Meghana & 
Samyukta
Family & Friends
You will be missed by all of us, whose life you touched..

Niranjan Mangesh Mavinkurve, Architect
10th June 1939 - 1st January 2023
Fondly remembered by Parinita Mavinkurve (wife), Mavinkurves and Varadkars, Friends and relatives

“Death leaves a heartache no one can heal,
Love leaves memories no one can steal”

Ratnakar Gopal Nadkarni
16th July 1936 - 01st December 2022
Deeply mourned by
Sangeeta & Ajay
Siddharth & Anagha
Advait & Sanchit
Nadkarni-s, Burde-s & Ubhayaker-s
# ULTIMATE SERIES

**ELECTRODES FOR CS & HSLA STEEL**

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February 2023  
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About The Trip
Join an amazing trip to India to rediscover your roots. Jointly organised by CHIF (US) and CSS (UK) for our Yuvadhara, the trip will allow you to return to your ancestral villages and learn about local cultures & cuisine. Visit the beautiful beaches of Karnataka and return to nature, hiking through the wildlife sanctuary of Sharavati Valley, immerse yourself in the traditional theatre performances and learn about local industry through cashew factory, and coffee/mango/spice plantation tours. As a joint venture between the UK and US Amchi diaspora communities, meet like-minded people and form new friendships.

Register your interest
Please send an email including name & age of participant(s), email address & WhatsApp number to: ChitrapurTour2023@gmail.com

Who can join?
16-35 year olds

- The trip is aimed at the Yuvadhara of our UK & US Amchi diaspora community.
- Parents can also join the trip as chaperones if they wish.
- The tour will take place during school holidays for a duration of 8-10 days.

Itinerary
A perfect blend of adventure & culture

- Wildlife Sanctuary & Hike
- Spice farms & coffee/fruit plantations
- Eco-beaches & Mangrove forest
- Historical forts & places of interest
- Yakshagana- a traditional theatre art form
- Women empowerment programmes
- Volunteer at Srivali School

- Meditation sessions
- Spiritual talks with Swamiji
- Visit the different Maths
From the Preface by Kishore S Rao, Chairman, Bangalore Hospice Trust:

Crossing Over, the book, describes the experience of 35 patients in palliative care in Karunashraya facing the end of life, and their ‘crossing over’. Told in many voices—counsellor, doctor, nurse, family and patient—it is meant for a vast range of people spending or likely to spend time with those who are dying.

The stories, chosen here from literally hundreds, throw light on common happenings as well as unique and troubled situations, and in so doing seek to add to our collective knowledge about caring for dying people, listening to what they say and managing their condition across rough and smooth times. The book is for all those described above. It is also a reference-text for hospices, groups working with cancer, and a sourcebook for training in palliative care.

Karunashraya has long thought of bringing out a book of stories about the people who have been in our care. But how should we write them, what stories would we choose and, most important: why are we writing them?

The answer to the last describes the book itself. The lives of patients, their feelings, their suffering, are tragically intimate and private. These are thus not stories for the ‘record’, or indeed to speak about ourselves, but a documenting of the process by which those with advanced disease negotiate the time they have left, with carers and with their family. The process includes acceptance, rejection, joy, forgiveness, reconciliation, abandonment, anger, guilt, hope, despair, bliss and other states of mind. And this in addition to their dealing with the cancer itself in all its manifestations.

From the acknowledgements by Usha Aroor

As with the first book, it has been a privilege to work on this one with Karunashraya. It added greatly to my understanding of the hospice, what it does and what it continually aspires to do.

I was conscious, at all points, that this book is about people who have endured great suffering. In their anguish, the team of counselors, doctors, nurses and ward staff have reached out to them, working out ways forward all the way through. The stories as edited, therefore also aim to foreground their brave voices, persistence and unbelievable commitment. I humbly dedicate my work in this book to them.

The story below, Sagar, is published with the kind permission of the Bangalore Hospice Trust.

SAGAR

Ten-year-old Sagar had been brought up by his mother, we shall call her Chitra. His father had died before he was born and Chitra, devastated by the loss, had found hope in her newborn baby. She worked in a garment factory and although her family was supportive, she did not wish to seek help from them.

Sagar was a cheerful, active child. When he started to have severe headaches, he was taken to an eye specialist and prescribed glasses. But his pain stayed and in fact became worse. After many tests, Sagar was diagnosed with a brain tumour. When Chitra recovered from the shock, she gathered all the courage she could and rushed him for treatment but this did not help. Sagar, the light of his mother’s life, was now blind and his life seemed to be ending.

Chitra decided to turn to palliative care and
WITH BEST COMPLIMENTS

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they came to Karunashraya. At a time when children of his age play and go to school, this little boy was counting his days. He seemed to always want his mother at his side. Loving as she was, the situation and his dependence were beginning to wear her down. Her emotions surfaced as anger and irritation. She began to feel the burden and frustration of being a caregiver to her little boy. One day, clearly breaking under the pressure, she began to hit and pinch Sagar.

Poornima the counselor approached her gently. ‘He needs you,’ she said, ‘Don’t be angry with him.’

His very existence had become painful for her, she said. For the last two years, she had scarcely slept. Holding his hand all the time had made her arms numb. Besides the physical pain, the agony she went through because of Sagar’s illness and her own situation was searing. She didn’t feel anything even when she had thoughts of losing him, she said. It seemed that Chitra had crossed the threshold for patience and caring. Even though Sagar was all that she had in the world, she wanted it all to end.

Within a few days of Poornima’s counseling Chitra, little Sagar breathed his last. Chitra was numb, still, and unable to cry.

But the hard hammer of grief finally came down on her. When she visited Karunashraya some months later, she sought out Poornima and held her hand. ‘I knew she needed to talk, grieve and go through all those months again with me,’ says Poornima. ‘I just listened through the long hours. When she left, I felt she was on the way to forgiving herself and moving on.’

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**Rates for Classified and Casual Advertisements in Kanara Saraswat**

For the first 30 words: ₹ 650/- for KSA Members (Minimum ₹ 682/-) and ₹ 700/- for Non-members. For every additional word, thereafter: ₹ 25/- +GST 5% on all ads.

- Colour Full page: ₹ 7500/- + 376 = ₹ 7876/-
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All remittances are to be made by NEFT (for details, please contact KSA Office)
The state of our environment and its degradation has captured the attention of the human race as never before. The Secretary of the United Nations talks about it, so do school children in Somalia or Mongolia, and so does your domestic help! Human, animal and plant life are all affected by this--only we, as humans have it in our power to stem its impact and protect the Earth as never before. But how do you translate (often unending) Talk into Action, nothing is too small or marginal, every positive move, however small, in this direction counts.

So I decided, over a year ago, to volunteer to help restore a public area, and improve its green quality. It is a km. long buffer space (a ‘green lung’) between the main road and our residential blocks, originally occupied by a nursery for plants by the builder, but which they later abandoned even as newly formed Local Municipal Corporation assumed charge. There are trees and bushes in the area, some planted, some growing of their accord, but the whole area generally presented a scruffy appearance, with residents of large plotted areas opposite this ‘green belt’ displaying no interest in it. On the main road side, of course, the usual dumping of trash, construction waste (malba) and horrors of plastic waste and stray cattle rooting around had continued. Some residents of the area finally woke up to the problems and got together to act. The Municipality came, luckily, to our assistance and with the help of some dedicated volunteers, we had, on successive days, got several truck loads of waste excavated and taken out. This left a depression by the road side (waste dumping had been going on for many years!) and land had to be leveled by truck loads of soil. I estimate about 22 truckloads of earth was used to fill up and level the ground; we also got 3 dustbins installed along the walking path in the belt. The Municipal Corporation of Gurgaon has made a lovely walkway in the centre. They also gave us loads of ficus saplings last April to plant along this path, but given the heat then, this was bad for the plants, which were 4’-5’ tall, and woody. We were determined to keep them alive, and watered them twice a day in that dry weather, they responded. However we had not anticipated the termite problems that arose out of this soil, and we have done treatment twice since, but will have to keep repeating to keep the problem at bay.

This whole area is a public throughput corridor for walkers, not just the morning exercise types, but also those going to work to and from markets, residential areas and commercial offices. Outdoor exercise equipments have also been set up by city authorities, and we are happy they are used regularly. But the rubbish bins are not, so it is a continuous exercise to educate people who habitually litter. We have had local school kids coming to help clean litter and do plantings occasionally, they are more conscious of environmental issues than many adults! We are slowly making headway in this, and hope, eventually, to make sense prevail!

It is satisfying to see improvements as well. The tree and plant leaves that fall constantly are captured in leaf bins set up in the area, and used to convert them into natural compost, which is excellent for the soil. We are also planting sturdy ground covers and flowering bushes, putting signboards on trees to create awareness. All this will take some shape in the coming years. As the entire land is on a gradient, rainfall (which is sudden, and more with climate change now) causes water logging which is bad for young saplings. We have rainwater harvesting pits, but need more. We are also thinking of ways to channel rainwater via concrete channels that will distribute water evenly. MCG has agreed to help, but all this needs time and persistent, patient work! More so as the vagaries of weather are now increasingly wild through the year, and one finds long months work wiped out in hours, be it rain, cold or burning heat. But we are not giving up!

It is amazing how passion for something can make you take out time and set your goals. This activity is all geared for making the air clean by greening and clean for our coming generations, and for public good rather than personal benefit. Of course, everyone wins in such a situation and raises our hope for a greener cleaner tomorrow. This is all a work in progress.
I recently started going for morning walks which surprised many as Mumbai is experiencing an unusually cold winter. This biting cold has compelled many regular walkers to ditch their ritual. You might be wondering the same too. So what am I up to? It is a million dollar question. In fact...It is '50 Million'!

When you read '50 Million', I am sure most of you may have thought that this is something related to finance or some such money-making scheme. Isn't it? No. These 50 Million will lead you to a different path. A path which opens up to understanding special needs, inclusion of people with disabilities in mainstream society and as a result make this world a better place to live in!

I am walking for the '50 Million Steps Against Stigma' campaign.

'50 Million Steps Against Stigma' is a global campaign for raising epilepsy awareness. One may not be aware of the word epilepsy but most know it or it is commonly known as a tendency to have Fits. It is also known as Seizure disorder or Convulsions. In Marathi it is called आकडी/अपस्मार/फे फेरे and in Hindi it is called फेरी. Epilepsy is considered to be one of the most common neurological disorders but it is also most commonly misunderstood and shrouded in mystery. In spite of the fact that epilepsy is easily controlled, it remains stigmatized due to long-standing misconceptions and myths. For example, children may be excluded from school activities or social events. Adults with epilepsy may not be considered for jobs which they can easily manage.

To increase awareness The International League Against Epilepsy (ILAE) & International Bureau for Epilepsy (IBE) started International Epilepsy Day(IED) in 2015 which is observed every year on the 2nd Monday in February and will be celebrated on Feb 13th 2023. As per World Health Organisation (WHO) it is estimated that more than 50 million people are living with Epilepsy worldwide. Since 2020, the IBE initiated a ‘50 Million Steps Against Stigma’ campaign to reach and engage more people globally. This campaign is to raise awareness of epilepsy & end stigma by walking 50 million steps collectively – one step for each person living with epilepsy – ahead of Intl. Epilepsy Day, 13 February 2023.

ChildRaise Trust, the organisation founded by me, which works for children & adults with special needs is joining this global campaign to inform our community about epilepsy and, also, help reduce the isolation, stigma & misconceptions about this condition. Although the 50 Million campaign will conclude on 13th Feb 23, ChildRaise will continue our walking event named- ‘Purple Path’... In Support of Fits and to Promote Fitness till March 26th 2023, which is 'Purple Day' for epilepsy. Cassidy Megan from Canada started Purple Day for Epilepsy in 2008 when she was nine. Due to her condition, she felt alone and isolated. Along with her mother, she started this grassroot effort to dispel myths and fears surrounding epilepsy. On this day, people all around the world wear Purple & support people with epilepsy. ChildRaise has been celebrating Purple Day since 2010.

• Though people face discrimination due to epilepsy, it does not discriminate on account of country, religion, gender or age.
• Asian and African countries may have more cases and less medical facilities for epilepsy but even in developed countries the core issues remain the same such as cases of school dropouts, lack of job opportunities, limited social interaction etc.
• The most reassuring part is in 70% of cases, epilepsy can be controlled with Anti Epilepsy Medicines (AEMs).
• It is not contagious.
• Epilepsy is a neurological condition and not a mental illness.
• A person can lead a normal life with proper medical and psychosocial management.

Come, Join us in our endeavour to achieve 50 Million Steps Against Stigma & continue our journey along the Purple Path-In Support of Fits & To Promote Fitness!

To know more about Epilepsy, & for details to join the events call on 8898785000/9820256731 or log on www.childraise.com

(Kavita Shanbhag is a Special Educator. She is the Founder & Managing Trustee of ChildRaise Trust & a person with epilepsy. She can be reached at shanbhagkavita@gmail.com)
In our community, the worship of Shree Guru Dattatreya is well known. Lord Dattatreya took His first avatar on earth in the form of Sripad Sri Vallabh. Sripada Sri Vallabha was born and lived in Pithapuram which is a small town in present-day Andhra Pradesh near Rajahmundry, on the eastern side of India.

Sripāda Srīvallabha (1320-1350) is the first incarnation of Lord Dattatreya in the present age.

Sripada Srivallabha took sanyas at the age of 16 years, and lived in his physical form only until the age of 30. The life sketch of Sripad Sri Vallabh is beautifully depicted in Shripad Shri Vallabh Charitramrut authored by Shankar Bhat. The biography of Sṛīpāda Śrīvallabha, provides a positive energetic feeling of being in his very presence. As decreed by Śrīpada, the work would be kept secret. It would come to light during the 33rd generation of his maternal grandfather. Thus, it came to light in 2001.

Shankar Bhatt, the writer, is a first-hand witness of how Sṛīpāda consults, consoles, and heals full of love and affection.

A fact not very vividly known is mentioned here from the Charitramrut (Chapter 41). Sripad informed his parents of his desire to leave his parental home when his parents talked of getting Him married off. Naturally, the parents were disappointed when He informs them that He had told them earlier of His desire to remain celibate. Shripad’s two older brothers were handicapped—one was blind and the other was physically disabled. Shripad touches both his handicapped brothers and one of them who is visually impaired got back his eyesight. The other brother who was handicapped became normal. Seeing this miracle the parents cry profusely. By His mere look at His brothers, they become erudite in Vedas. His parents are tongue-tied out of shock. Shripad told his father “Now both my brothers have become erudite and experts in Vedashastra and have become pandits. They will continue the tradition of Veda Parampara of our Dandikot clan. I will never forget Dandikot lineage” He then pronounced in the 14th century that his brother Shridhar Sharma will be born and known as Swami Ramdas (17th century) in one of his future rebirths while his other brother Narsimha Varma will take rebirth as Chattrapati Shivaji Maharaj in Maharashtra and assume the discipleship of Swami Ramdas. In this way, both brothers will continue to be reconnected even in their next rebirths. He said “After His incarnation of Samartha Ramdas is over, Shridhar Sharma will appear in Shivagram (present-day Shegaon) and will be known as a great saint by the name of Gajanan Maharaj.” (Samadhi 8-9-1910)

This story is reproduced here from Shripad Sri Vallabh Charitramrut.

In Gajanan Vijay Grantha written by HBP Das Ganu Maharaj in Chapter 9, he has described how Gajanan Maharaj gives Darshan to a devotee (Balkrishna Buwa) of Samartha Ramdas in the form of Swami Ramdas as he is very anxious to “see” his own Guru whom he worships during Das Navami.

Thus, the Datta Guru lineage and thread continued from Sripad Sri Vallabh to Narasimha Saraswati to Akkalkot Swami, Shirdi Sai Baba and Gajanan Maharaj.

(Gajanan Maharaj Pragat Divas is on 13 Feb followed by Ramdas Navami on 15th Feb)
I grew up listening to stories about Bhagawan Nityananda, who before settling down in Ganeshpuri near Mumbai in the mid 1930s, lived in Kerala, South Kanara and Mumbai. My mother, Suniti Mohan Nadkarni, used to tell me of her elders’ many encounters with Baba (as we called him) in his youth, especially in Mulki, Dakshina Kannada, where her uncle and other family members lived, and where she, too, spent a few years.

Though I never got to see Baba (he attained mahanirvan in August 1961), he was talked of in our family as though he were a family member – his many leelas as told by mother and her relatives held me spellbound and I grew very fond of him at an early age.

In later years, I’ve had many experiences of my own that I believe were through His grace, which led me to collaborate with his biographer and ardent devotee, the late Capt. M.U. Hatengdi (Indian Navy) who helped me write an Amar Chitra Katha-like comic book-style biography for children. It has run into several editions in multiple languages over the past 35 years and all sale proceeds go to the Bal Bhojan programme that feeds poor school-going children in Ganeshpuri every day. The Bal Bhojan initiative was started by Baba himself.

(Incidentally, I used to work with Amar Chitra Katha then and had mooted the idea of the publication as a title in the series but my boss, Founding-Editor Anant Pai – better known as Uncle Pai – for some reason, did not think it was a good idea. Hence my initiative to publish it on my own.)

Among the many experiences I’ve had, the one that I would like to narrate here is about my first trip abroad. The excitement of my first-ever overseas trip had me on edge. At the age of 23, I’d been selected to participate in a tour of Europe with a bunch of top Indian cartoonists as part of the Festival of India. The deal was an exhibition of Indian cartoons and caricatures that would travel various cities in Switzerland (back then I was running a couple of topical cartoon strips in prominent Indian newspapers). I was to fly in three days’ time and was on my way to collect travel documents from the travel agent in south Bombay.

“I’ve some news for you,” said the travel agent blandly. He told me my passport along with several others had been “misplaced” because one of their employees’ bags was stolen en route to the Swiss consular office. “We’re doing our best to find it,” he tried to assure me.

Deeply disappointed, I stepped out of the office. I soon felt a surge of emotions – anger, disgust, sadness: I was nearly in tears. I hailed a cab for my place of work. As soon as I got into the cab, my eyes fell on the little dashboard shrine that adorns so many taxis in India where the owner or driver’s personal god is festooned with all sorts of accoutrements including garlands, ornaments, twinkling lights and even incense sticks. But this shrine didn’t have any of the regular divinities. It had a picture of Nityanand Baba – the popular one that has him smiling with hands raised and outstretched palms.

The moment my eyes fell on that picture, I somehow assured that all would be well: that very gesture of a smile and those reassuring arms – often denoting ‘everything is OK’ in Indian gestural semantics— put my mind at peace. I felt
my anxiety ebb away and for the rest of the short taxi ride I felt relieved and struck a conversation with the driver. I asked him about the picture. He said he didn’t know much about it but that the owner of the taxi was a long time devotee of “this saint”.

When I got to the office, I saw a little note on my desk asking me to call Amma at home (no mobile phones in those days!). I did so and she told me that the travel agent had called saying that he had received a call from the police that a bag full of passports had been found. He wasn’t sure if mine was in it but he thought he’d inform us all the same.

Of course, less than 36 hours later, I was on a Lufthansa flight to Geneva.

I’ve thought a lot about that incident and find it hard to dismiss my encounter with Baba’s picture in the taxi as mere coincidence.

(Dev Nadkarni is based in Auckland and can be reached at dev.nadkarni@gmail.com)

Rohini Mohan Hattangadi (Nee Nadkarni) passed away peacefully in Mumbai on December 14, 022. She was 88 years old.

After graduating from the University of Mumbai with a M.SC in statistics, she spent many years in the Reserve Bank of India and after leaving she found a passion in tutoring children in Math and Science. She loved talking to her grandchildren and hearing about their successes. She was a very kind, graceful, brilliant, thoughtful person.

She never wanted to inconvenience anyone.

She will truly be missed.

Lovingly remembered by her son Rajiv (Ashlesha), daughter Smita (Chandrasekhar), grandchildren, great grandchild, extended family and friends

A real life Incident

Bhagwan Mistry was a contractor – mason in charge of the Nityananda Ashram construction work at Ganeshpuri.

One evening he came shouting that he had been bitten by a cobra snake. He was suffering excruciating pain.

Swami Nityananda asked him to sit in a certain place, then asked one of the devotees to get a certain balm. When the Balm was brought, Nityananda asked a bewildered Bhagwan Mistry to apply the Balm on Swami Nityananda’s leg !! After a while, Swamiji asked Mistry to go off to sleep. When Mistry woke up the next morning, he had fully recovered. Such was the greatness of Swami Nityananda.

(Courtesy - Nityananda- the Divine Presence- by Late Capt. MU Hatengadi)

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Rohini Mohan Hattangadi 8 April 1934 - 14 Dec. 2022

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Children’s Corner

Veerabhadra by Sudarshan Trikannad (11)
Kanhangad, Kerala

Boating Island - Umika Hattangadi - (10)
Pune

A Determined Girl- by Adya
Nagarkatti-(10), Bangalore

Maha Ganapati by Shloka Arangady (16)
Bangalore

Art Corner
Art Corner

Lal Bahadur Shastri
by Guruprasad Kalthod

Heramba Ganapati Mandala Art
by Anagha Gokarn, Andheri

Rahul Dravid - Sudarshan Rao - Udipi

Waterfall - Bharati S Nagarkatti (Andheri)

(Lal Bahadur Shastri and Rahul Dravid have their respective birthdays in January)
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The food of Gujarat is one of India’s oldest culinary treasures. Gujarati cuisine is popular throughout the country, particularly in the form of snacks or "farsan" it offers like dhokla, khandvi, patra, khakra, fafda and sev-ghatiya. Not to forget the Gujarati thali which is served in many restaurants.

The Gujarati community is particularly a food loving community which explains the adage ‘Surat ma jaman ane Kashi nu maran’ which means that feast in Surat and die in Kashi for ultimate liberation of the soul.

Gujarati cuisine is primarily vegetarian but a few communities do consume fish and meat. Food in the eastern side of the state which comprises North, Central and South Gujarat is mildly spiced with green chillies but in the western side which is Kutch and Saurashtra, the food is spiced with fiery red chillies. Fresh seasonal vegetables, sprouted pulses, gram flour, buttermilk and fresh herbs are used in cooking. Rice, wheat and bajra are the staple cereals.

 Summers are celebrated with aamras-puri while winter specials include paunk (tender jowar) and Undhiyu (a mixed one pot dish made using seasonal root vegetables, green beans, fresh garlic and spices)

Famous Gujarati sweets include doodhpak, shrikhand, basundi, mohanthal, ghugra and ghari.

Home cooked meals are simple comprising dal bhaat rotli shaak with a variety of pickles and preserves. The rotlis are mostly wheat rooris that are small in size and thinly rolled out. Pearl millet or bajra is also consumed particularly in the Kutch and Saurashtra region in the form of thick rotis called rotla. Chickpea flour or besan is widely used to prepare snacks. Groundnut oil and ghee are used as a medium of cooking.

Sharing two homely recipes that are prepared in winter.

Lilva ringan nu shaak- Lilva or fresh pigeon peas (tuvar beans) are widely available in the winter season and used to prepare a variety of vegetable dishes, kachori and even added to pulav. Ringan is brinjal.

**Ingredients:**
- 1 cup lilva
- 2 tbsp oil
- 1 cup brinjal slices (use any brinjal of your choice)
- 7-8 sprigs of fresh green garlic
- 3 tbsp fresh grated coconut
- ½ cup chopped coriander leaves
- ½ inch piece of ginger
- 2-3 medium spicy chillies
- 2 tsp lemon juice
- Hing- a generous pinch
- Jeera- ½ tsp
- Turmeric- ½ tsp
- ¼ tsp crushed ajwain (ova)
- Sugar- 1 tsp
- Salt to taste

**Method:** Pressure cook the lilva with some salt for one whistle. Make a rough paste of coconut, green garlic, ginger, chillies and coriander. Add 1 tsp of lemon juice while grinding to preserve the green colour.

In a pan heat oil, add the jeera and allow it to sizzle. Add the ajwain and hing. Mix well and add the sliced brinjal. Stir well, sprinkle some water, cover and cook till the brinjal is slightly soft. Add the cooked lilva and stir well. Add the ground masala paste, add salt to taste, sugar, turmeric and sprinkle some more water. Cover and cook for 6-7 minutes. Switch off the flame and add the remaining lemon juice. Serve hot with phulkas or bajra roti.

Gol papdi:

This is an easy to prepare sweet with just 3 ingredients and is commonly made in winters.

**Ingredients:**
- 1 cup wheat flour
- ½ cup grated jaggery
- ¼ tsp cardamom powder.

**Method:** Grease a flat plate with a little ghee and keep ready. In a thick bottomed pan heat the ghee on a low flame. Add the wheat flour and keep stirring continuously on a low flame to prevent the mixture from burning. Roast till it turns a golden brown and aromatic. Switch off the flame. Continue stirring to cool the mixture a bit, about 5-7 minutes. Once the mixture is slightly cool, add the grated jaggery and mix well. The mixture will start thickening and come together. Pour it on a flat greased plate. Flatten the surface using a spatula to about 1 cm thickness. After about 10 minutes cut into square or diamond shapes. You may garnish with thin slivers of almond and pistachios, if desired.
Birth Centenary Remembrance
Late Shri Bhavanishankar Pandit
Date – 11/01/1923 - 11/01/2023

Those we love can never be more than a thought away...
For as long as there’s a memory they live in our hearts to stay...

Fondly Remembered by
Late Smt Shanta B Pandit ( Wife )

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<th>Children</th>
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CANCER..!  YES ! We can defeat it.

DR. TEJASWINI KULKARNI- BHAT

Just hearing the word causes such dread, and the stomach to churn in helpless anguish, and to be diagnosed with it, like a death warrant, is like having the carpet pulled out from under your feet ....

But what IS Cancer?
Cancer refers to a group of diseases characterized by the proliferation of abnormal cells that multiply uncontrollably within any organ of the body in an unregulated manner, infiltrate and destroy all surrounding body tissue. Like a parasite, Cancer has the ability to invade and spread throughout the body, consuming its very host ruthlessly. It is the 2nd leading cause of death in the world.

TYPES of Cancer -
CARCINOMA: Begins in the skin or tissues that cover the surface of internal organs and glands and / or organs
SARCOMA: Begins in bones and tissues that support and connect the body.
LYMPHOMA: Cancers of the lymphatic system.
LEUKEMIA: Cancer of the blood

CAUSES of Cancer -
Cancer is caused by changes in the DNA within cells. The DNA inside a cell is packaged into a large number of individual genes each of which contains a set of instructions telling the cell what functions to perform as well as, how to grow and divide. Errors in this instruction manual can cause the cell group to stop its normal function and go haywire ie. to be cancerous.
Causes of different types - It is multi-factorial
Various reasons can induce various types of Cancer in various organs.

HABITS:
Excessive smoking can cause lung cancer, while Gutka/Pan/Tobacco or Mashiri (Oral use of tobacco) can cause Oral , Mouth cavity or Tongue Cancer.
Breast / Ovarian Cancer: In females maybe due to excess use of hormonal pills .
Prostate Cancer: In men.
Colon Cancer: affects the Digestive tract, stomach, colon or rectum. Often due to bad diets, food habits, alcohol, smoking, narcotics and / or an unhealthy lifestyle.

FAMILY HISTORY: Inherited Genetic predisposition, strong family history of cancer is common in Breast cancer cases.

ENVIRONMENTAL CAUSES: Exposure to toxic chemicals, industrial waste, radiation or smoke.
STRESS: Psychosomatic stressors, or deep-seated emotional upheavals and long-standing psychological trauma.

SIGNS and SYMPTOMS:
The growth of lumps can be felt. Fatigue.
Unexplained weight loss - Changes in appetite, bowel and bladder habits.
Persistent complaints of pain or discomfort - bleeding, cough, skin changes, voice changes, Unexplained muscle pains or fevers.

PREVENTION:
• Smoking is linked to several types of Cancers - Quit smoking
• Avoid excessive exposure to X rays, Radiation, Mobile towers or UV rays of the Sun.
• Eat healthy and avoid or minimize alcohol consumption, red meat, heavy spices etc
• Lifestyle management, follow an exercise routine, fitness regimen.
• Be life positive, and cheerful and avoid depression
• Screen for Cancer - blood tests, awareness programs, annual screening.

DIAGNOSIS: How to identify?
1. Physical examination - lump examination
2. Lab tests - Blood tests, Tumour markers, urine and stool tests.
3. Imaging tests - ultrasound, X-ray, CT scan MRI, PET scans.
4. Biopsy

CANCER STAGES: I to IV
Oncologists (cancer specialist doctors) determine the medical treatment plan depending upon the type, grading of the tumour, stage and spread of cancer cells, general health of the patient and the risks involved.
The prognosis of each case depends upon the stage and extent of involvement of the disease.
TREATMENT PLAN:
Patient may need any of the following:-
SURGERY removal of the primary tumour through the operation.
CHEMOTHERAPY (CT) gives chemical drugs to kill cancer cells.
RADIATION THERAPY (RT) Uses high power energy beams of X-rays and protons to kill cancer cells.
IMMUNOTHERAPY- It’s a biological therapy using one’s body’s immune system to fight cancer cells.
HORMONAL THERAPY- used for Endocrine glands tumours- breast, ovary, prostate.

Targeted Drug Therapy.
Primary treatment- involves various cycles of CT and RT.
Adjuvant treatment- May need RT, CT, hormone and immune therapy.
PALLIATIVE MANAGEMENT is done in advanced cases when the patient is terminally ill and the tumour has spread widely or metastasized all over the body tissues and organs with a poor prognosis. It is mostly given to manage pain and associated symptoms to ensure comfort in the last days.

INTEGRATED APPROACH -
Role of Complementary and Alternative Medicine:-
As in any other disease, early identification and accurate diagnosis can enable Homeopathy to cure Cancer in the early stages itself.
But Homoeopathy is mainly used for supportive Cancer care and integration of this medicine with conventional treatments improves patients' quality of life substantially.

Homeopathy treats holistically- taking into consideration an individualistic and tailor-made approach, the patient’s totality of the symptom complex, personality traits, diet, habits, lifestyle and family history thus making it a complete healing process. Also takes note of the stage of the disease and the complications involved.
Homeopathy helps immensely in reducing the side effects of the allopathic treatment which can often be as dreadful as the disease itself.!

Case studies:
1. Ca Tongue- PC, M/57 years came to me 7 years ago, post-surgery with radiation burn marks and face swelling unable to speak or eat. He has completely recovered with homeopathy and is fine to date.
2. Ca Breast- N.S., F/ 38 years came to my clinic 5 years ago post-operation. **Helped her recover without any chemo or radiation.** She is doing absolutely fine and is Healthy.
3.Ca Thyroid- B. C, F/41 years lawyer by profession came 8 years back with post-operative complications and effects of radiation unable to talk.
Was treated beautifully with homeopathy.
To date is attending courts and arguing her matters well.!

A Homeopath has to have a multi-pronged approach, collate all the data and maintain a fine balance to create a road map for good healthcare management.
A patient on hearing the news of cancer must Not panic or break down but certainly become aware, take a cool and level headed approach, collaborate with his doctors, take proper guidance, and get clarity so as to participate and take the right decision and action for a cure or management of the disease.
And surely Cancer CAN be defeated!!

(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.)

Why people with cancer use homeopathy
Patients might resort to homeopathy feel more in control of their situation. Many people use it as a complementary to conventional medicine. Some Oncologists say one should not depend on it solely in lieu of conventional cancer treatment. (It is an individual’s choice, though)

Patients taking homeopathy for cancer take it to:
• relax
• cope with stress, anxiety and depression
• control symptoms and side effects such as pain, sickness and tiredness
People report that they feel better with homeopathy.
(Source: Cancer research UK website)
Our elderly family friend of many years- Bapat Kaka- used to visit us almost every Sunday morning, for the last four or five years. On his visit, last Sunday, he said that he would be retiring from service next month; after which he would be visiting his native place – Murud where they have their ancestral house, which was lying vacant for many years, as all his family members had moved to the cities. He said that he would get the house repaired, so that, both – his family- and ours – could spend our vacations there; and so, he would visit us, only on his return from Murud.

However, before a month was over, Kaka unexpectedly visited us, one morning and held out a box of ‘pedhas’; he said they were not merely pedhas; but ‘prasad’ of a pooja he had performed, he said,” I am not joking; I have suddenly, become very rich- no no. I have not won a lottery; It’s something better than that.”

We were all eagerly waiting to hear Kaka’s story.

Kaka said that when he was going to Murud, he had taken with him, an architect friend of his- Mr. Datar, so that Datar could give an appropriate estimate of the cost Kaka would incur, for the repairs. Datar said one of the walls had a crack, so the wall need to be pulled down immediately. So, Kaka went to look for their old Mason Ganpat, who had always worked for their family. Unfortunately, Ganpat was no more; but his son Sakharam agreed to accompany Kaka.

When the demolition of the wall was going on, surprisingly, they heard a clanging sound, as if some metal was being moved inside the wall. Soon, a sack full of vessels fell down, along with the debris. They opened the sack, and wonder of wonders, the sack full of silver pooja vessels- ‘chamboos’, ‘divlees’, etc. Both Kaka, and Datar exclaimed; but Sakharam did not! He said that he had known about the silver- that his father had built the wall, and he had made Sakharam promise that he would disclose about the contents only to Kaka’s family members; he continued,”But none of your family members visited Murud since my father’s death. Now that I am getting old, I had thought of going to Bombay; but I am old now, besides, I have never been anywhere outside Murud; it seems Bombay is such a big place, I did not have your address, nor the money to visit Bombay and look for you. Now that you have come, my duty to my father ends. May God bless you and your family.”

Both Kaka and Datar admired the man’s honesty. If Sakharam had taken the silver, nobody would have been aware of it. So Kaka paid him handsomely; so did Mr Datar.

Kaka said that he sent a telegram to his son Keshav in Bombay, to go to the Income Tax authorities and consult them whether he would have to declare about finding the silver, and also whether he would have to pay any tax. Keshav did that. And was told that he would have to declare it, but that as it was ancestral property, his family would be exempted from paying any tax.

Kaka then said,” So far, I have never been able to give my friends any presents. So now I wish to present each one of you, one silver item.” We were all astonished at Kaka’s magnanimity.

All this while, though most of us were passing remarks, Baba- my father – had not uttered a word. Now he asked,” May I make a suggestion?”

“Of course, Guru,” replied Kaka. Kaka was much senior to him, and had taught him the office work. So he had always addressed him as guru. So Baba said, “We’ll take the silverware to some leading silverware shops, and sell it to the highest bidder, and distribute the money to various charities.”

“Thanks, Guru, we’ll do that,” said Kaka

Dada- my eldest brother said, “Baba always has the best solution. Baba, you are unique.”

His son Vinod started singing, ”He’s a jolly good fellow”

Dada scolded him, saying,” Have you no respect for Ajoba?”

Baba said, “Let him; it shows how happy he too is!”

An Unexpected Legacy

NALINI S NADKARNI, MUMBAI

February 2023 Kanara Saraswat 51
Discovering the Magic of Animal Communication

Vedant Heblekar in conversation with Tanmayi and Prinay Manjeshwar, two amazing telepathic animal communicators, teachers, nature lovers, pet parents, dog lovers, and so much more. They have communicated with various species of living things like animals and plants (such as dogs, cats, elephants, horses, birds, wild animals, trees, nature etc), as well as non-living lost objects, landscapes, and most surprisingly, the Corona virus. They have taught many people (including Vedant) the art of animal communication and helped many pets and their parents to understand each other.

About the communicators

Tanmayi Manjeshwar is a Telepathic Nature and Animal Communicator. She is also a Play Therapist, Special Educator and a certified Animal Assisted Therapist, working with children on the special-needs spectrum. A practitioner for Reiki, Pranic Healing, Dowsing and Bach flower Remedies, she is a Master Practitioner and Certified Trainer in Neuro Linguistic Programming (NLP). Prinay Manjeshwar has worked as a brand, marketing and media professional in a corporate career spanning 25 years. He is an avid wildlife enthusiast and his keen interest in nature and love for animals drew him to the field of animal communication. He is a Master NLP Practitioner.

VH: Tell our readers something about yourself.

Prinay and Tanmayi Manjeshwar (PTM): We are a family of 3 humans and 4 animals. We have a daughter, Mihika (12 years old), two dogs, and two cats.

VH: What got you into Animal Communication?

PTM: We have a child with special needs who is non-verbal and does not communicate in the conventional form of communication. We felt we needed to find out alternative ways to communicate with her. We also got a therapy dog called Bonnie who was our first pet. At that time, we learned about this whole thing of animal communication from a cousin who felt we would benefit largely with this. So, we took help from our mentor Manjiri Latey from Earthwise, Pune, who introduced us to Telepathic Communication which has opened up some amazing insights in better understanding our child, receiving profound messages from her and the four pets in our family. We work wonderfully as a team! We attended the workshop with an open mind to learn a new skill.

After we attended the two-day course, we actually started believing in this newly acquired skill because of so many connects that happened. You just have to be aware of it and believe in it. We are all born with it. We just have to be aware of it. One answer led to another. After that, we started working on a few cases where a lot of people got in touch with us to communicate with their pets who were missing or had run away from home. There were even small cases of pets not eating their meal for days. This is how we began our journey, and then there has been no looking back.

VH: When did you start Animal communication?

PTM: Our journey started in June 2017 when we attended the workshop and since then we have been communicating. It has been 6 years and we have really enjoyed working on cases. For the past 3 years, Tanmayi has been conducting her own workshops, for all age categories, and is supported by me (Prinay).

VH: Can you share some examples of interesting cases of animal communication?

PTM: We have communicated with various species of animals; including the lizards that
come home. We have countless stories but if we were to share a few - Tanmayi is terrified of lizards but animal communication has helped her overcome her fear to a large extent. She has started respecting them as a live form. She respects their space and requests them to go out and respect her space. One Diwali, she remembers one lizard who had come in to get away from the Diwali fumes.

We also had a girl who attended our children’s workshop and she was scared of all kinds of animals. She was doing our course because she wanted to spend more time with her best friend who had a dog. Her friend’s dog took her step-by-step as to how she could overcome her fear whenever she visited their house. That was a very nice experience we had.

Prinay had communicated with a dog in the US who was very old and had lost his companion, as well as its kid over a period of time. Upon communication, he mentioned that his human parents were sad with the whole thing and he told them to be present with him and enjoy life, the way they had enjoyed so far. As I was typing this out in the WhatsApp interaction I was having with the human mother, I could actually feel a tap on my shoulder where the dog left a message for his parents, ‘Not to brood about the past or worry about the future, but live in the present.’ The dog told me to put these 3 words – **BROOD**, **WORRY** and **LIVE** which would determine the course of how they were going to live life.

**VH:** From whom did you learn animal communication?

**PTM:** We learned animal communication from Manjiri Latey from Earthwise Pune, who is our mentor and the pioneer of animal communication in India. She is the first person to actually started practicing and mastering this skill.

**VH:** Why do you enjoy Animal Communication?

**PTM:** It started with us wanting to communicate with our daughter, and has now just become a way of life. It truly changes your life and that is why we enjoy it. You realize how little you know and animals know lots more, so it is fun to learn things from them.

**VH:** What is the one message nature and animals have for us?

**PTM:** Nature and animals tell us to be mindful in their own way. Be in the moment. They teach us to respect the animal kind, nature and their free will. Learn to respect their lives and their presence in our lives. Trees have taught us that whatever may be my circumstances, I need to make the most of it. There has been a lot of unlearning as well. You need to be in a total state of surrender to whatever messages you are receiving.

**VH:** What did you communicate with the Corona virus? What did it say?

**PTM:** The Corona virus said that it was here to balance and heal the planet. Humans had misused Earth and there were a lot of natural disasters happening. With the forced lockdown and social distancing, humans were forced indoors, which gave Earth enough time to heal and rejuvenate.

**VH:** Who are better students – adults or children?

**PTM:** Younger the children, the more accepting they are of the fact that they are communicating. They believe without any doubt. As they grow older, social conditioning, questioning oneself, and self-doubt creeps in. Children are great learners, so it is magical. With adults, we have seen some total non-believers get ‘aha’ moments. Modern education questions us to apply logic and ask questions. Animal communication is magical.

**VH:** Thank you for letting me talk to you so that our readers can know more about this unique methodology of communication.

Animals communicate in a silent language, and humans communicate in a verbal language. This silent language is called telepathy which means feeling across a distance. Communicating telepathically with animals means we are mentally sending and receiving messages. It involves the direct transmission of feelings, emotions, intentions, thoughts, mental images, impressions, sensations, and pure knowing. In this kind of communication you do not read body language or make guesses based on behaviour. Telepathic communication after all, is an innate ability of all beings.

---

**Good Night**

Good Night, Sleep Tight
And don’t let the bed bugs bite!
Don’t roll in bed, rest your head
Now it’s time to sleep
I don’t want to hear another peep
Good Night!

Samvit Karkal (7 years), Houston, Texas, USA
Mother
A mother is a shining star full of light!
She is the strong protective one. She really is so bright!

She heals the family with food
And it truly tastes so good!

Before school she packs delicious food
So therefore at school we get into the mood

So let us celebrate this special day
To know that our mother will stay with us everyday

Soumya Santosh Sirur, 9 years

An Ocean of Emotions
The ebb and flow of life,
An ever-changing ocean of emotion,
Where hope and fear take turns in strife,
And sorrow can cause a sudden commotion.

Joy and love bring much delight,
Making our spirit soar so high,
We bask in the beauty of their sight,
As we continue to pursue life’s replies.

But anger, hatred and despair,
Unleash their terror in a resounding sound,
Dragging our soul away from here,
And to places where dark shadows abound
Our emotions make us who we are,
Without them, what would our world be?
Our feelings provide us the stars,
The courage to accept our destiny.

Sankalp Shatanand Shukla
(20 years)

15/08
As I look up at the sky
And see the flag unfurl
Every year, without a miss
I feel goosebumps occur

As I watch the sun
reflect a vibrant light
The first on the flag,
Rises high and bright

The second and pure
is the serene white
The intended peace
of our forefathers’ sight

And all around me,
are lush, rustling trees;
The beauty of a country
with a love for green

So when I think of my birthplace
And the culture it imbibes
My heart soars with love,
and tears fill my eyes

the pride I feel,
the pain they weathered
for the nation I now serve
is like no other.

Saanika Kodial (18)

Supreme value of youth period is incalculable and indescribable. Youth life is the most precious life. Youth is the best time. The way in which you utilise this period will decide the nature of coming years that lie ahead of you.

Swami Vivekananda

We invite articles, Poems, Letters, sketches and paintings from our Youth and Gen Next. Please participate in KSA’s literary activities.
Parisevanam

Bhagavad Gita

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

Chapter 15 - Purushottam Yoga (Part 1)

The 15th chapter is, again, a continuation of the 13th and 14th chapters where Bhagavān wants to depict the very nature of the entire manifestation as an ashvatta vriksha (banyan tree, botanical name - Ficus religiosa) and Brahman. Bhagavān uses this illustration to describe all the terms which have been listed here.

He introduces three new terms Kshara Purusha, Akshara Purusha and Uttama Purusha (these represent the Jagat, Prakrti and Brahman respectively).

This small chapter of 20 verses is considered to be the most important, especially as it clearly differentiates and explains the svarūpam of all the three. It is considered as a complete chapter as it describes briefly the seven tenets of Vedāntic teaching (jiva, jagat, Iśvara, bandha, moksha and moksha-sādhanā).

"Arjuna, the Ashvatta tree is perennial. Its roots appear as if they are somewhere above. It is an inverted tree, with its branches growing downwards. Its leaves are the sacred Veda-s. The one who understands this, clearly knows what the scriptures are saying."

Veda-s are the leaves which sustain the tree of samsara with the karma-s and karmaphala-s which make samsara perpetuate, continue... The objects of the world are like the nodes which spurt into new branches on a tree. This ever-perpetuating cycle of karma-karmaphala binds all the jīva-s and the cycle continues endlessly...

In this example we can see a great similarity between the jīva's plight and the vast Ashvatta tree:

- Vastness
- Perpetual nature
- Cannot differentiate the cause and effect
- Invisible root
- Leaves (Veda-s) which breathe life into the tree
- The tree is noisy like our Universe
- The jagat feeds us with the fruits of our karma

The tree can be uprooted with the appropriate instrument of vairagya (v1-3)

Now Bhagavān gives the entire set of sādhanā-s which can uproot the tree of samsara for a mumukshu.

Surrender to the Ādi Purusha(Me, Iśvara). (Ādyam Purusham prapadye )

Take to Brahmavichāra (parimārgaṇam) by approaching the right Guru. Listen to the shastra for a considerable period of time (ākhānaṁ), ruminate over it to remove all doubts (manasam) and contemplate incessantly (nānīdhyāstānaṁ) till you abide in that knowledge.

Parimārgaṇam mentioned here by Bhagavān is the Brahmavichara or jnānayoga (jnya-nayoga) explained by the Upaniṣhads. Ultimately, it is the knowledge of Brahman (अहंकारम्भ) which frees one totally from samsāra.

Following certain values is complementary to Iśvara śaranāgati and also Brahmavichāra. They are the values which have been described in detail in the 13th chapter in the form of humility, refraining from showing off, avoiding undue attachment to people and objects and maintaining equanimity in all situations (अमग्नत्वादि...).

"Mumukshu-s who have followed the above path of sequential sādhanā are bound to reach Me; the root of the entire creation. Reaching there, one does not come back into samsāra" (v4,5)

What is that root of the entire creation (Brahman)? What is its svarūpa?

That ultimate cause or root of the tree of samsāra is Me. I am that imperishable light of consciousness which cannot be lit up by any other source of light (Sun, Moon or Fire).

It is that which is beyond the reach of everything.

Once established in Me (knowing Me to be the cause of the entire Universe and knowing that Me to be one's very Ātma- svarūpa), there is no coming back...
to samsāra. Such a person has transcended the tree of samsāra.(v6)

In the next few verses, Bhagavān talks about how the jīva and the jagat keep strengthening the tree of samsāra by coming back into the grip of this cycle over and over again.

“Brahman (I) reflects as consciousness in all beings. Thus, I am the constant, immortal principle in all beings (क्षेत्रज्ञ). I keep all the sense organs and the mind are in their respective anatomical sites and working in precision. I am the sentience behind all the organs of living beings.”

“When the body dies, the sense organs and the mind leave along with the jīva. In the next body, all the sense organs are back in their respective stations. It is due to this system that all living beings are able to experience and transact with the world appropriately.”

“One can see this truth only through Jnana-chakshuh, a clear vision. The tree of samsāra can be seen with physical eyes but its unseen root can be only known through the vision of wisdom, due to its subtle nature. All of sādhanā is directed only towards developing this vision.”

“Those yogi-s who have mastered their body-mind-sense complex are able to see Me (consciousness) as their own svarūpam. Those whose mind and sense complex are not mastered as yet, do not understand Me, even with effort.” (v 7-11)

(To be continued...)

Personalia

Radha C Kaikini received GOLD MEDAL in Bhagwad Gita paathan and recitation of all 1 to 18 Adhyays. Her parents are Shivani (Anushri Kalyanpur) and Chaitanya Kaikini; and her Grand Parents are Deepa and Dinesh Kaikini, Anita and Arun Kalyanpur.

(She is a role model and inspiration for youngsters to emulate. Congratulations to Radhika, way to go. Well Done.)

Brain Teasers (Answers on page 71)

1)

![Sudoku Feb 2023](image)

**What to Do:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9. Every puzzle has only one correct solution.

2)

**Puzzle**

Ram & Shyam play the pebble game betting one on the result every time. Ram won 7 pebbles, while Shyam won 7 times. How many times did they play if there were no Ties?

3)

**Which number comes next?**

[15 34 61 96 139 ?]
Brain Teasers (Answers on page 71)

4)

Crossword Contest #2301

Clues Across:
4. Custard-like sweet food (6)
7. A town in Central Mali (8)
8. Go back on promise (3,3)
10. Measure Milk in (5)
13. Served winners in tennis (4)
14. Jerk reaction (4)
15. People of Central Europe (4)
16. Allow (3)
17. Former UK airlines (4)
19. Type of Goat (4)
21. German composer (9)
23. Long ago old days (4)
24. German river (4)
26. Birds movement (3)
27. Jane Austen’s novel (4)
29. Birds that run (4)
32. TV excellence award (4)
33. Slanting (5)
34. Short stanza poem (6)
35. Holding profits (2,6)
36. US science fiction writer (6)

Clues Down:
1. Stem (5)
2. Labour trouble (5)
3. Cheat (4)
4. Mexican Plant (5)
5. Hey Boys, Girls (4)
6. Involuntary quick action (6)
9. Continue fresh terms (6)
11. Fluid used in pen (3)
12. Goes against norms (5)
13. Fictional TV series (7)
15. Past tense of sit (3)
16. Ex-England cricketer (3)
18. Body swelling due to fluid (6)
20. Flat cap (5)
21. Purchase (3)
22. Room in harem (3)
23. Raised tables for worship (6)
25. Afghani subunit of money (3)
26. Roman numerical convertor (5)
30. White colour (5)
31. Mention (5)
32. Ancient kingdom Susa capital (4)
33. Admit or confess openly (4)

One Winner will get Rs 300

5) Wordathon

What’s the Good word?

First three letters denote - Before
Next four letters denote - Give away unwillingly
Last three letters denote a Specialist Doctor

6) Check your Logic

Brain Teaser

2 dogs are racing to eat the bone. If dog A has 50 m to run & B has 25 m to run, who reaches the bone first IF *

* B runs at less than half the speed of A
Brain Teasers  (Answers on page 71)

7) Time pass

From these jumbled letters identify the Bhanap surnames

<table>
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<td>U</td>
</tr>
</tbody>
</table>

8) Riddle

Brain Teaser - Riddle

You and your friends are sitting at a table discussing football. The chance that your best friend is sitting next to you is the same as that he may not sit next to you. How many people are there in the group?

9) Focus & Concentrate

Observe & Count the no of Squares and No. of Rectangles (without Squares)

10) Pick the Odd one out from the group

<table>
<thead>
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<th>Iron</th>
<th>Safety</th>
<th>Cloak</th>
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<td>Reserve</td>
<td>Reverses</td>
<td>Versier</td>
<td>Reverse</td>
<td>Severer</td>
</tr>
<tr>
<td>Drift</td>
<td>Ball</td>
<td>Man</td>
<td>Storm</td>
<td>Down</td>
</tr>
</tbody>
</table>
Brain Teasers (Answers on page 71)

11) Take this memory test - a wonderful exercise for the brain
Have a concentrated look at all the images for two minutes. Close the page.
Try to recall and write down all the items. There are 24 items in all.

12) GK

Identify this Animal

13) Quiz: Do you know?
World cancer day is on 4th Feb 2023
What are the official colours of World Cancer Day?

14) Spot the Ball Contest

One Winner gets Rs 300

(Answer / Winner in March issue)
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As we deal with the present, it’s important that we be mindful of expenses and also not lose sight of the future. So while we save money to meet immediate and short term expenses, let’s also continue to secure our long-term financial freedom.

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Investors should deal only with registered Mutual Funds, details of which can be verified on the SEBI website (https://www.sebi.gov.in) under ‘Intermediaries/Market Infrastructure Institutions’. Please refer to the website of mutual funds for the process of completing one-time KYC (Know Your Customer) including the process for change in address, phone number, bank details etc. Investors may lodge complaints on https://www.scoreseval.gov.in against registered intermediaries if they are unsatisfied with their responses. SCORES facilitates you to lodge your complaint online with SEBI and subsequently view its status.

Mutual Fund investments are subject to market risks, read all scheme related documents carefully.
Shri Krishnanand Heblekar (Kutty mam), Dharmapracharak Dr. Chaitanya Gulvady and Commodore Chaitanya Shiroor coordinated with the main volunteers of two events in November: the first, for the Northern Saraswats, who wanted to visit and know more about our Math, and the second, for the Samvit sadhaka-s. But all of them were drawn to Shirali by one spiritual ‘magnet’- our beloved Gurumauli – H.H. Shrimat Sadyojat Shankarashram Swamiji. Teams were formed to deal with accommodation, logistics, kitchen, housekeeping, guiding and registration for both, the Saraswat Shivir and the Samvit Sammelan, over three weeks. Outstation sanchalaka-s reached Shirali a couple of days in advance, while Shirali volunteers headed by Shri Sateesh Koppikar helped with all the local arrangements. Volunteer groups met to iron out all the details so that all our guests would feel “at home”.

Train delays, drastic weather changes and more than 36 hours of travel did not dampen the spirits of the 89 Saraswat-s from Rajasthan and UP and 102 Samvit sadhaka-s from Jodhpur. Badges, along with blue and white sashes (specially made by Samvit Sudha) helped to identify the shivirarthi-s anytime, anywhere...

A colourful pandal was erected at Panchavati, where the two groups gathered for swadhyaya-s, paramarsha-s, meditation and interactions with Pujya Swamiji and His mesmeric Ashirvachana-s in Hindi. During the inaugural Ashirvachana at the Saraswat Shivir, H.H. Swamiji expressed that despite our cultural and regional differences, all Saraswats come from the same source. This, instantly, set the tone and pre-empted the possibility of ‘differences’ cropping up amongst the shivirarthi-s. The crux of Pujya Swamiji’s maiden Ashirvachana for the Samvit sadhaka-s was that the sammelanam had been organized to help to connect with the Guru –tattva and about how meeting all of them kindled memories of Sant Sarovar.

Every day at 12 noon, everyone would eagerly assemble in the Math to await the Maha-arati when the rays of the sun are focused through a mirror into the garbhagudi! An industrial roti -maker helped to dish out hot phulka-s and the shivirarthi-s...
greatly enjoyed some of our traditional, lip-smacking Amchi cuisine. The bhojanashala became centre-stage for many indoor sessions when it changed roles from being a dining hall to becoming an impromptu auditorium. The outbound visits and indoor sessions gave participants a glimpse of the varied socio-economic uplift activities – from teaching spoken Sanskrit, to empowerment of rural women. The lush green fields, coconut and areca nut palms at Kembre and the seaside became natural locations for photoshoots! The shivirarthi-s were wonderstruck seeing the well-preserved and beautifully displayed artefacts and the magnificent Rath at Shrimat Parijnanashram Vastu Sangrahhalaya. Pujya Swamiji offered arghyya to the setting sun at Alvekodi after which everyone assembled at a clearing in the coconut grove for the much-awaited interaction. The Saraswats came armed with a dholak and harmonium and filled the Alvekodi air with melodious bhajana-s and soul-stirring folk songs of Rajasthan. After a little coaxing, the women too sang a bhajana in the presence of H.H. Swamiji.

On Kartika Purnima - November 8, 2022, the Saraswats witnessed the unique celebration of Deva-Dipawali at Shri Chitrapur Math! They enthusiastically participated in the pujana conducted by Swamiji at Dhatri Katto and sang bhajana-s in the Rajangana. In the evening, the yuva-s and the locals from Shirali decorated the Rajangana and Shivaganga Sarovar with colourful rangoli and oil lamps. Seven pm saw every shivirarthi video-calling the family back home! Upon its return, the palakhi took several parikrama-s around the sarovara in Pujya Swamiji’s Presence with Lord Ganesha seated in a decorated boat and trying to keep pace with the palakhi (nauka -vihara). An amazing sight, indeed!

Pujya Swamiji performed Shri Devi Pujana at both events. Many women from Rajasthan performed the auspicious Shri Paduka Pujana for the first time and were totally overwhelmed. Almost all of them had brought a shawl for their “Guruji” which they lovingly offered during the Phalasamarpana.

H.H. Shrimat Narayan Giri Swamiji was welcomed with the traditional Purnakumbha swagata at Shri Chitrapur Math on the afternoon of November 16 by Narayan Mallapur mam. H.H. Swamiji welcomed Pujya Narayan Giri Swamiji with a garland. The interaction, love, mutual respect and bonding of the two Swamijis greatly enhanced the ambience of the Samvit Sammelanam.

The Samvit sadhaka-s spent six days in the Divine Samnidhy of both the Swamijis. Pujya Narayan Giri Swamiji honoured Pujya Swamiji with Malyaran and a shawl, expressed gratitude for His Udaarata, His Karuna and the wonderful arrangements made for all the Samvit sadhaka-s. Pujya Swamiji conducted a swadhyaya on ‘Shri Guru Bhajana Stotram’ demystifying the 12 kala-s of the Guru.

An important event at the Sammelanam was the befitting name – Shrimat Pandurangashram Swami Marg -given to the road from the Mahadwar to the Math. This naamakaran was done by Pujya Narayan Giri ji Swami and our Beloved Mathadhipati.

The concluding session of the Saraswat Shivir was on November 10 and of the Samvit Sammelanam on November 22, 2022 when Kutty mam gave a brief report and Dharmapracharaka Dr. Chaitanya Gulvady offered the kshamayachana. Dr. Ram Saraswat and Girish Saraswat spoke on behalf of their respective groups expressing their solidarity and oneness with the Chitrapur Math. Gunjan Purohit, a taru, led the bhajana ‘Ananda Loke’. During Abhivyakti, she expressed her admiration for the women working at HMPP, Kembre and on behalf of all the shivirarthi-s she attested that they are now katibaddha to Pujya Swamiji to be in seva.

Yuva Pavan Kapnadak expressed that learning from Pujya Swamiji had a medley of old and new Hindi film songs set the tempo for the skit which depicted how backbiting affects our tempo. The Samvit sadhaka-s soaked up all the experiences and kept saying that the love and the “apnāpan” that they felt at Shri Chitrapur Math was like they were in their “naunihāl” (mother’s house)! The taru-s performed their duties as upasanchalaka-s diligently. Together, the taru-s and yuva-s put up a short skit based on the learnings from Pujya Swamiji’s Ashirvachana! “Bahut Achche Dost” - a medley of old and new Hindi film songs set the promise to meet again soon. They were all eager to plan Pujya Swamiji’s visit to the North in February 2023! Such Shivi-s and Sammelanam-s help to melt differences and strengthen the growing bond that is turning Saraswats from various States into one big family devoted to Shri Chitrapur Math and its glorious Guruparampara!

***
Mrs. Shila Mohan Koppikar

An ode to dear Pappamma

Dear Pappamma
You will always be my darling pappamma
Who was both my pappa and Amma
I have spent my childhood listening to your inspiring stories with pleasure
You will always be my favourite and best storyteller
I have grown admiring your beauty and smile
You were a gorgeous Aamchi woman who was bold, beautiful and versatile
I was always loved and appreciated by you
Even if the achievements were many or few
I am influenced by your practical mindset and positive outlook in life
You always stood by Ajju in all the phases as his wife
I never heard you complaining about anything
Your will power and zeal for work was always unflinching
I have no comparison to the delicious food you made
Your aamti and dalitoy will always be A grade
I still cannot forget the flavour of your chutney pitti and Kholombo
Now our Ganesh Chaturthi will remain incomplete without your khotto
You lovingly served every guest who visited
Your hospitality remained undoubted
You thought that love is the secret ingredient to keep a family happy and alive
Your values and principles will always be live
You will forever be eminent and loved Koppikar teacher
Your Disneyland School will always be proud of its first leader
I will never ever get any replacement of you pappamma

You are irreplaceable and will always remain my best pappamma
It’s hard to believe that its been seven months that you have left
Leaving behind beautiful and sweet memories in our heart’s treasure chest
We all miss you and love you.

Unnati Koppikar – Palankar

My Pappamma, Mrs. Shila Mohan Koppikar, was the founder of Disneyland Schools, based in Dharwad, Karnataka. She was loved and adored by thousands of students, colleagues, relatives, and well-wishers for her years of devoted efforts to the service of teaching. A very loving mother, caring grandmother and affectionate teacher she left for her heavenly abode on June 17, 2022. She will always be remembered by her friends and family for her extremely positive attitude and radiating aura.
“कोंकणी आदगत्यो आनि वाक्प्रचार”

1) उज्ज्वल शिवाळ भाजना (शिवाळना), धृतर शिवाळ करगणा.
There are certain things which will not roast. without fire and others which will not melt without heat. Everything requires its own element to work in.

2) उपन्या कडच्याने दुरं घेंवचें
Inviting a rebuff from an inferior.

3) उदकांतू होमु करचो.
Making a ritual of a burnt offering under water. Fruitless effort.

4) उदकांतूले पाँवता, बुदवंत आशिलो उंचारि येता.
The oil put on water floats, so a wise man gets to a higher place among ordinary people.

5) उत्तरा वेत्याने कुता परिक्षा, कमला वेत्याने उदका परिक्षा
From his talk you can find out the nature of this family, just as you can pronounce the presence of water from the existence of a lout.

Answers to सरल-संस्कृतम्

Exercise 8.1 -
1. ओदनं  
2. आम्रवलं  
3. गीतं  
4. कारयानं  
5. भोजनं  
6. दुरं  
7. पुरं  
8. गृहं  

Exercise 8.2 -
1. कपोळ: विपीलिकां पश्यति ।
2. सः जले पृण्ड पातपति ।
3. अन्येद्य व्याधः कपोळं पश्यति ।
4. तदा एव विपीलिका व्याधं दशति ।
ಆಮ್ಮ, ಹಾವು ಆಧೋಪಾಸ ಕರೊಟೆಯ ಅಶಿಲಿ, ಅಲ್ಲಿ ಖಂಚಿ ರಾಂದು ಕೊಳ್ಳಿ,
ಕಲ್ಲಿಯೂ ಪರಮ ಲಿತ್ಟಿ ಧಾಲು ಖೋಚಿಯೂ ಕೊರುನೂ ಮೋದುವ ಜಲಕರಿಯಾಗಿ ನಾ ಮೆ ಆಮ್ಮ,
ಅತಿ ಎಸ್ಸೆ ಅಧು ಕೊಳ್ಳು ದೊರಕಿ, ಜಲಕರಿಯಾಗಿ ರಾಂದು ವರದಲವಾಗಿ ನಾ ಮೆ ಆಮ್ಮ,
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ಅತಿ ಎಸ್ಸೆ ಅಧು ಕೊಳ್ಳು ದೊರಕಿ, ಜಲಕರಿಯಾಗಿ ರಾಂದು ವರದಲವಾಗಿ ನಾ ಮೆ ಆಮ್ಮ,
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माझी संस्मरणीय अमरनाथ यात्रा
अनुभव कथन : विजया कुंदर    शब्दांकन : श्यामला भट

अमरनाथ यात्रेला जायची कधीपासूनची माझी इच्छा होती. काही वर्षांतून खरे 'बुला' आला. आणि मी आण्यावर मैत्रीची सोबत निघाले.

प्रवास मजेत झाला. आता अमरनाथ गुहा काही किलोमीटरवर होती. सर्वत्र भव्य हिमालयाच्या रंग, थंडगार हवा, जवळच खोल दरी आणि समोरे दुर्गम चढण पाहून मनावर दडपण आल, तरीही दर्शनाची ओट तीव्र होती. चालन जाणा, घोड़ाযासारखी सवारी किंवा होतील फ्रायच प्रवास असे पर्यंत उपलब्ध होते. पहि ह्या दोन फारच क्षणांत वाढताने आहे ह्या तिसरा पर्यंत स्वीकारला. प्रत्येकीला डोली मिळाल्याच्या खाती कसला शेवट मी होतील बसले. चार भोजी ती उचलली.

आजवर कधीही डोलीत बसणे झालं नव्हते. आपल्यावर देहाच्या भार कुणीच पाहून चालन आित यात्रा संपुर्ण वाळत होता. आजूबाजूला कपाचे पण निर्धारित पाव्या चालणारे, घोडायासारखे अचह बसले याने किंसे दिसत होते. 'बम बम ह्या', जय बाबा अमरनाथ 'हर हर महादेव' अशा जयपाणे वातावरण भारते गेले होतें. 

इतक्यात माझी लक्ष्य होती - वाढतच जाणवाळे बांबू कडे गेलें. तिघे मोठी चीर दिसत होती. मी नकळत उजवळकडे सरकले. आणि पहाटे ते काय थिवळी मोठी फट होती. म्हणजे ज्याकडे बांबूच्या आधारात डोली होती. तिघे डोली बांबू कमजोर होते. आता माझयेच एखादा बांबू मोडला तर मी खाली आपटव्या पटकार दिरी शिकरवून जाणार या विचारांना माझ्या थरकाव उडळ. मी देवर्दशनाने निघाले होते तरी अशी देवाच्या जाण्या कल्पना भांजलेली होती. मी भोजी उदडणारा सांगितला "सको, सको, मे बांबू टट जाएंगो" पण ते थायावाणी तयार नव्हते. "कुठे नही होगा" मुख्य चालत राहिले. पण माझी भीती वाढतच होती. मला काय ठरावंच सुचत नव्हते.

काही दिवसांपूर्वी काही आत्त्वाच्या यात्रेकांकर हल्ला केला होता महसूल आता वाढवून सत्यांवर सैनिक तैनात केले होते. ते तरंजविक अंतराव राहणार ठोकण पहाटे देत होते. मला ते दिसले आणि मी हिंदीच चित्रपटातील नायिकेच्या ओराडावळा सुश्रुषा केली "बचाओ, बचाओ." 

दोन तैनात आणि रहतील त्याच्या एक वरिष्ठ धातून आले. त्याची भोजी थांबण्याची आजा केली.
8.1 Read the translations in English and fill in the blanks using correct words from those given in the box -

1. अम्बा .................. पचति।
   Mother cooks rice.

2. मोहन: ................. करतेय।
   Mohan cuts a mango.

3. अमेखा: .................. श्रृणौति।
   Ameya listens to a song.

4. चालक: .................. चालन।
   The driver drives the car.

5. भगिनी .................. परिवेषणौति।
   Sister serves the meal.

6. सीमा .................. पातौति।
   Seema drops the milk.

7. सुधा .................. प्रतिनिधितौ।
   Sudha plucks a flower.

8. विनोद: .................. मर्जन।
   Vinod cleans the house.

* In the above sentences, the words denoting object of action are in Neuter gender ending in the sound ३०. A simple way to know the object of an action is to ask ‘what’ or ‘whom’ on the verb. e.g. What does mother cook? Mother cooks rice.

* When used as ‘object of action’ in a sentence, the Neuter noun forms are as follows - पुष्पम as object is पुष्पम (written as पुष्प), दुर्घं गृहं ओदनं कार्यां भोजनं.

---

**Read the popular story ‘Ant and the Dove’ in Sanskrit -**

पिपिलिकाका कपोत: च।

एका पिपिलिका जले पतति। कपोत: .................. पश्ततिः। स: जले .............. पातत।

पिपिलिका वर्णम आरोहितं। सा सुखेन तीरं प्राप्रोत। एवं कपोत: पिपिलिकां रक्षत।

अन्येरु: व्याख्या: .................. पश्तति। व्याख्या: बाणेन कपोतं लक्ष्यकिरोत। तदा एव पिपिलिका

................. दशत। बाण: लक्ष्यात भ्रेण: भवत। एवं पिपिलिका अवे कपोतं श्राणरक्षणं करोत।

---

8.2 Fill the blanks in the story using correct forms of the following words –

<table>
<thead>
<tr>
<th>कपोत:</th>
<th>व्याख्य:</th>
</tr>
</thead>
<tbody>
<tr>
<td>पिपिलिका</td>
<td>पर्णम्</td>
</tr>
</tbody>
</table>

---

**Answers given on Page**

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तालमकी वाडीतील फेरीवाले

क्रमांक 1
"आंबेवाले"

आंबे खाताना, अजुनहि बाळपणातील आठवणी आल्याशिवाय राहत नाहीत. आंबेयाचा मौसम सुरू झाला की त्याची एका वेळेतला चार-पांच फेरीवाले आंबे विकायला घेऊन येत असत. प्रत्येकाची आरोमा वेगवाया प्रकाशीच्या असाधी. प्रत्येक-बरोबर डोक्यावर आंबाची टोपी घेतलेल्या मंत्रालाई असाधी. आंबे फेरीवाला स्वतंत्र बहत करून अपला ऊळा हात कानाजवळ धक्के अपो...स महणाऱ्यो रोडवाया. प्रत्येकाची शैली विशिष्ट असल्याने, घातांत असली तरीही, कोण आहे हे समजत असे.

एकाने ऑक्टतना त्याचा एक सोन्या दात दिसायला. त्याचा आम्ही "सोन्याच्या दाताचा" म्हणायला. दुसरा, पांढरी टोपी डोक्यावर आडवी धालून यायला. प्रत्येकाचे आणण्याचा फक्त शिविरास एक्कलासाळी असाधी. एक म्हणाचा "साहेब साखर". दुसरा म्हणाचा, "साहेब मध्य आहे मध्य, एकाच धूप तर बरा", तर तिसरा म्हणाचा, साहेब, "खोबरे आहे खोबरे", तो खोबरे का म्हणाचा? याचे अजुन उलझा झालेला नाही. कदाचित सार्वत्रित्ताना खोबराच्या चव चंगली माहित आहे, असे त्याच पत्ता मसावे.

आम्ही धरती हाक माहिती की, बंबदां कोणाले बोललेले झाल्यावर त्याच्याच वाढ व्यत. मग कोणाने बोललेले हे आम्हाला सांगवले लागत असे. त्या आंबेवाल्याचे मजले उत्तर घेण्याला येईल. बाकीचे तिथिचे उभ राहायला. त्याला आता तर, आपल्याचे संदेश मिळेल हया रुड्याचे. त्याव्येचं आंबेवालेच्या भाव सांगलेल्या तर हल्लीच्या पिढीचा विवाद बसणार नाही. बहुती दोन धरणे इडण. आणि जरा मोठे असले तर अडचण घेणे आणि अगदीच मोठे, मोहत पाडून असले तर पाच रुपये. भास्ता म्हणजेच परत नाहीत. हे जाणून फेरीवाले ते आंबे वेगवाया पिणितीत ठेवते आणत असत. विवाचत्यावर दाखलत आणि घेणारे असताने तर, भाव ठवून दुसर्या दिवशी शेंट घरी आणून देते.

एकादा तर गावात आलेले पाहून, अंदाज करून आलेले विवाद लागते, "कसे होय 'सुण्या' गू विकक येते वे"? हे एक्कच आम्ही सुंदरींच सहसून सहसून पुरववत जातात. मग त्याना सांगित्यावर त्यानाहीं हुश्तू अवरसाला जाते. "जनाचा सुण्या केला आणि बुटाचा गू केला. "सुण्या गू sss".

क्रमांक 2-
"सुण्या गू sss"

काही व्यक्तित्वांच्या विवरण शक्य नसते, मग ते नियमित येणारे असते किंवा विशिष्ट काहीय येणारे असते. ही गोष्ट फेरीवाल्याच्या बाबतातीलही लागू पडते.

असाच एक फेरीवाला जुनी रद्दी ध्याला वाहत येत असे. सुझावाची ठार पुरळके बुने अशा सर्वसंधीत वस्तू नेत असे. मग नसते बुटच थेट असे. अगदी ठरलेला पोशाक, पांढरे धीरत, पांढर शर्ट, रंगित जाकाट आणि त्याला साजेली टोपी. कपालांमधून खोल, डोड, धुंदेको चंदनचा असाचा. डाब्याचा शैली, उंजवा हात गालामर ठेवून आपल्याचे आहे. काही अंदाज भरून आले. अगदी वेगतीच होती. काही शब्द अंदाज मंड स्वचाल, काही तीव्र स्वचाल आकार धरून जुनी sss बुत sss. ‘जुन’ शब्द, पहिल्या मजल्यावर अगदी जैविक पहोचत असे "ट" शब्द तर एकू येत नसे. नवीन एकण-याळ्याला तो काय विचार आहे? असा प्रश्न पडे. आणि एकणाऱ्याचे जे काही एकू आले त्याच्यांत अंदाज घेते.
क्रमांक 3-
"छत्रीवाला"

पावसाला सुरुवात झाली की न चुकता दिसणारी हे एक ध्यान होते. नेहमीच्या वेळ ठळेल. धोतर शर्ट, काहीया रंगाचा कोट आणि काळी टोपी. धोतर आणि शर्ट झाली नक्की रंग कोटला हे सांगणे रंगाच्या किवा निर्णयांच्या विचारात सुधारू अशक्यते. नवीन असताना बहुतेक पंधरी आसावा. असा अंदाज करायला हरकत नाही.

पावसाला सुरुवात झाली की, हवामान तजानी जाहीर करण्यापूर्वी पहिल्या सरोळा "छ... त्र... "मनून आठवण करुन दिल्यासारखा आवाज यायचा.

अनुभवाच्या मामल्यासार्थ, थोडैफर समजायला लागले असावान. कारण, सामाय लोक कुणीही पासून सुरू होणायपूर्वीच, छत्री-रेक्रोक काही बघण्याची तसेच देत नाही. आणि पासून सुरू झाला रे झाला की धावपण सुरू होते. अंडा की तेव्हाला छत्री वाचणी काळ्यावर, एखादी काळी सुटलेली, एखादी ओझ गेलेली आलून येईल.

अशावेळीच "छत्री" हा आवाज एकला की, कडांस्त्रांत जाऊन छत्री दुसऱ्या करण्यासाठी त्याची पावारण केली जाई. हाक एकू आली की, पान सवंत करताना, ताल पिवळे दात दाखवताना, त्याचा चेहरा आनंदी व्यक्त.

तौंडलीच पान एखाद्या कोपयात त्यांना, मिळेल त्या बारीक काळी, मग तार असा किंवा अगवलीच काळी असा, दाताचा खाचा, साफ करत जीने चढून वर येत असे. मग दिलेल्या छत्रीचे निरीक्षण करून, कुठे कुठे दुसऱ्या झरूची झरूची आहे. हे गिंहाईकाळा देखून मगे त्याप्रमाणे दर सांगत असे.

गंगत म्हणजे वर्षनूतून ही एक एक त्यक्त छत्री दुसऱ्या करायला येते असे, जगू काळी त्याचा हककच आहे, एका-धिकारच आहे. दुसरा कुणी ही छत्रीवाला आलेला मला तरी आठवत नाही. त्याने सांगितलेले दर मला जास्त वागतयाचा आणि दरच्छ बाबती हजार घातलेली माहिती वडीलांची (आनंदाना) आवडल नसे. मनून एकदा मी वाडीजवळच्या बोह-याच्या दुकानात गेले आणि जवळजवळ अथवा किंमतीत छत्री दुसऱ्या करून आगणेला. संध्याकाळी आढळून उडासलेली आनंदाना सांगितले, पण त्याने ते आजविता आवडले नाही. ते मला शांतपणे म्हणाले की, तुम कठोर छत्री दुसऱ्या करून आगणेला पण विचार कर, दरात येणायाचे जीवन या त्याच्यावर असलून आहे. जे चार पैसे मिळतात, त्यावर त्याचा आणि त्याच्या कुटुंबाच्या उदर-निर्वाह होतो, तो बोहरी स्टोक दुसऱ्या करून देण्यात बरेच पैसे कमावतो. कधी सांगणारं बनरं साफ करतो आणि मग सांगणारं त्याच्या बोक पडले, नवा बनरं घालावा लागेल, कधी म्हणायला, निपड बदलावा लागेल, तर कधी सांगणारं, पंगळा वायसर गेला आहे आणि जर गड असेल तर, स्टोक ठेवून जा आणि दोन तासानंतर या. त्या दोन तासात तो काय करेल काळी सांगता येत नाही. घासलेल ठाणे ठेवते तरी आपल्या काठावला मार्ग नाही. मोठ्या बाजारातून बनरं किंतु आणतो, किंतु नफा काळी काळी सांगता येत नाही. त्यामुळे हया दरात येणायला छत्रीवाल्याचा चार पैसे जास्त दिसे तरी हरकत नाही. आपल्या समर्थी छत्री दुसऱ्या करून मिळेले आणि परत हजारी लावावला उद्यान वाही येणायचे याचे खात्री असते.

दर गणपतीला, दुसऱ्या दिवशी प्रसाद द्याव्या येणायांपेक्षी एक हा छत्रीवाला होता. दिवशीत फराचळ्यात वाद धावामुळे ठेवलेले असायचे आणि सर्वांची दिवाची बक्सीस देण्यासाठी आणना पैसे काही ठेवत असत. हा छत्रीवाला न चुकता सहेज मनून नमस्कार करायला येत असे. फराचळ आणि बक्सीस दिल्यावर, त्याच्या चेह-याचव दिसावी आनंद पहावून आम्हाला समधान वाट असे.

KONKANI LEXICON FUN QUIZ

Answers

रासु | ग्रासु
ैरासु | पापसु
कापूसु | गगसु
भासु | कासु
वासु | उएडासु
आवसु | बापपसु
शवसु | मुंडासु
अर्धासु | उपसु
पावसु | भूसु
विवासु | कसु
घासु | मोसु
सावसु | असु
वित्यासु
Brain Teasers (Answers)  
(from page 56 and 59)

1) Sudoku Feb 2023

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2) Solution to Pebbles Quiz

If Ram is up 7 pebbles means he has won 7 more times that he has lost. He lost 7 times. So, Shyam won 7 + 7 = 14 times. Thus total games played were 7 + 14 i.e. Ram & Shyam’s wins combined.

3) Answer to: Which number comes next?

15 34 61 96 139 190

5) What’s the Good word? Solution

PRECEDENT

6) Brain Teaser

2 dogs are racing to eat the bone.

Answer Dog A

7) Solution to Jumbled letters

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<td>NILAVER</td>
<td>SAMRODI</td>
<td>MASKERI</td>
<td>AGRAHAR</td>
<td>PEJAVAR</td>
<td>KUDYADI</td>
<td>HEJMADI</td>
<td>TALGERI</td>
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8) Five including you

9) Observe & Count the no of Squares and No. of Rectangles (without Squares)

Answer: 11 Squares 13 Rectangles

10) Solution: Pick the Odd one out from the group

1. Cloth - rest are types of curtains 2. July, rest have 30 days 3. Versier - rest are anagrams of each other 4. Down - rest form new words with snow as a prefix.

11) Answer

Sheep - goat hybrid = Geep

12) Solution to Memory Test


14) The official colours of World Cancer Day are blue and orange.
Bengaluru Local Sabha:
Gita Jayanti was observed with Samuhik Gita Puja followed by Bhagavad Gita puja in the morning. This was followed by prize distribution to the participants and winners of Shrimad Bhagavad Gita Recitation competitions in the evening and a talk by the Chief Guest, Keshav Sorab, on Srimad Bhagavad Gita.

Samaradhana of Parama Pujya Shrimat Krishnashram Swamiji was observed with Bhashya Pathan and Ashtavadyana Seva.

Regular Programmes were conducted including Girvana Pratishtha classes, Sambhashana Varga classes (online) and Prarthana Varga, Gayatri Japa Anushthaan and Durga Namaskar.

Report by Saikrupa Nalkur

Vile Parle – Vakola:
Vile Parle – Vakola Sabha observed Seva Saptah from 9th to 15th October 2022 and offered Seva to our Guru Parampara and at the Lotus Feet of Devi Durga Parmeshwari and HH Parijnanashram Swamiji III. On Sannikarsha Day, 15 sadhakas visited Karla. Math and offered various Sevas at the Sannidhi of Devi Durga Parmeshwari and HH Shrimat Parijnanashram Swamiji III. The Janmadinotsava of our beloved Guru, HH Shrimat Sadyojat Shankarashram Swamiji was celebrated. Gita recitation was carried out by Ahalya Panemanglore and Sujata Mudur.

Samaradhanas of H. H. Shrimat Shankarashram Swamiji II, H. H. Shrimat Vamanashram Swamiji, H. H. Shrimat Krishnashram Swamiji and H. H. Shrimat Keshavashram Swamiji were observed in the respective months which included Upanyas by respected Rajagopal Bhat in addition to chanting of Stotras & Bhajan Seva by our Sadhakas.

Upanyas by Krishnanand Mankikar on Purushasuktam and Shreesuktam was held online which was attended by many sadhakas.

As a part of Sayujyam Samuhika Sadhana, Online Vimarsha was held in the quarter and Gurupujan was also held where many sadhakas of the Sabha participated.

Reported by Prashanti Bhat

Thane Sabha:
Samaradhana of H. H. Shrimat Krishnashram Swamiji - was celebrated on 16th December, in an online event attended by 14 members. The schedule for the programme was, Sabha Prarambha prarthana, Shri Gurupaduka Stotra, Shri Parijnanaasram Trayodashi. A chapter from the Marathi (Sankshipta) Guruparampara written by Durganand Marballi was recited by Vaishali Koppikar, followed by Guru Pujan, Bhajan seva by sadhaka-s, Sambah Samapti Prarthanah, Deepnamaskar and concluded with Jayjaykars.

Samârâdhanâ of H.H. Shrimat Keshavashram Swamiji - was celebrated on 17th December, with 15 sadhaka-s attending the online event where 4 sadhaka-s offered Guru Pujan. The event commenced with Sabha Prarambha Prarthana, followed by Shri Guru paduka Stotram and Shri Parijnanaasram Trayodashi. Thereafter, a chapter from the Sankshipta Guru Paramparâ Charitra (Marathi) and excerpts from the English version were read. Bhajan Seva was also offered by a few sadhaka-s. The event concluded with Sabha Samapti Prarthana, Deepnamaskar and Jayjaykars.

Sanskrit Sambhashan - is continuing, with enthusiastic participation.

Report by Chandrima Kalbag

Our Institutions
Saraswat Mahila Samaj, Gamdevi, Mumbai
On 13th December 2022, a Cookery Competition was organized in the Samaj Hall. And the theme hero was Cauliflower with the condition of a) a Pre-cooked dish to be brought from home. b) Dishes could be either savoury and/or sweet and the criteria for the award were taste, nutrition, creativity, presentation and cost-effectiveness and one could bring any number of entries with their recipes sans their names.

At 3.30 pm ladies started trooping in with their yummillicious creative dishes and in no time the tables were laid out with an attractive presentation.

Our Judges were Vidyalaxmi Kulkarni and Usha Surkund. Padmini Bhatkal, President of Saraswat Mahila Samaj welcomed them and the audience and also introduced them. Vidyalaxmi Kulkarni born and brought up in Kundapura is a passionate cook with her forte being special Amchi traditional dishes viz., “Phansa Patoli”, “Ambya
Passed away peacefully on Thursday, 5th January 2023 at the age of 76 at Santacruz West, Mumbai – 400054 after a brief illness. Despite her illness, Sadhana always had a smiling face and participated in all festivities and celebrations with great zest and enthusiasm to which her artistic touch left an indelible mark.

She is survived by her husband Dr. Sharad Nayampally.

Fondly remembered by Nayampallis, Hattangadis, Hemmadys, Bijoors, Benegals, Amembals

Relatives & Friends

Kadamb” – “Tavshe Sandan” and lot more varieties of lesser-known Dosas. Shifted to Mumbai after her marriage to Dr. Vivekanand Kulkarni and subsequently became a member of the Saraswat Mahila Samaj, Gamdevi. Later she worked as Jt. Treasurer, then Treasurer and finally was the President in 2018 till her retirement in 2020. Very good at weaving flowers into “Chiklis” intricate patterns, venis, and decorative arrangements for poojas etc., She has also won a prize in the SMS Cookery Competition.

Our second Judge Usha Surkund was born and brought up in Udipi, Karnataka. After marriage to Kishore Annajirao Surkund, she shifted to Mumbai. Had a flair for cooking specifically Sea Food and South Indian Dishes. She had a passion for Astrology which she inherited from her father-in-law, very well-known astrologer Annajirao Surkund. She has done her “Jyotish Abhyas-Ratna” from the Paramparik and Krishnamurty method of study, a four-year course and stood first in this exam. She has a penchant for social work and worked in various capacities- Shri Chitrapur Math -Grant Road Local Sabha, KSA being an expert in astrology, she is the main person in the “KSA Marriage Bureau” – checking “mela-meli” for bride and grooms and has brought around many marriages of Amchi boys and girls and we now say “Marriages are not made in heaven but are made in the KSA Marriage Bureau.”

Then the Judges started tasting the dishes. During this intervening period the audience was treated to interesting talks by two enterprising young ladies, Maya Gangavali and Anju Patkar who were felicitated for their contribution to our industrial section for their home products- viz., variety of papads and vadios; different kind of pittios – kholmbo and amti pitti, chauhav and kairas pitti and many which they prepare at their home and sell it through SMS. They were requested to speak about their journey to their enterprise. Their success story was very inspiring and interesting. Thereafter, Vijaya Kunder who has widely travelled all over India and the world too, was requested and she narrated the joy of her trip to Australia - especially the unimaginable time spent at the Gold Coast beach and the marvellous vision of hundreds of penguin couples hand in hand which made her emotional narrating the same and also of picturesque Assam.

Finally, after the tasting of the dishes was over, the winners were announced by the Judges and Priya Bijur, Hon. Secretary and given the awards as below.

**Savoury Dishes:**
- 1st Prize - Suman Kodial- Dhabe de Gobi Parathe with Cauliflower pickle
- 2nd Prize - Kalindi Kodial- Cauliflower Fried Rice
- 3rd Prize - Poonam Nagarkatti – Cauliflower Delight

**Sweet Dishes:**
- 1st Prize- Geeta Suresh Balse- Cauliflower Delicious Dessert
- 2nd Prize- Padmini Bhatkal – Cauliflower Halwa

Priya Bijur proposed the Vote of Thanks after distributing small tokens of gifts to all participants and invited the audience to partake in the food laid out.

Reported by Geeta Suresh Balse

"Females are the most beautiful, gorgeous creatures in the whole world. And I think we are gorgeous no matter what size we are ! "

Alicia Keys - Musical Artiste

**SADHANA SHARAD NAYAMPALLY**

Passed away peacefully on Thursday, 5th January 2023 at the age of 76 at Santacruz West, Mumbai – 400054 after a brief illness.

Despite her illness, Sadhana always had a smiling face and participated in all festivities and celebrations with great zest and enthusiasm to which her artistic touch left an indelible mark.

She is survived by her husband Dr. Sharad Nayampally.

Fondly remembered by Nayampallis, Hattangadis, Hemmadys, Bijoors, Benegals, Amembals

Relatives & Friends
BIRTHS

A baby girl (Aarika) born to Akshay and Ekta Manjeshwar at McKinney, Dallas, USA. Granddaughter to Subhash and Shubhada Manjeshwar and Nitin and Smita Gandhi. Great granddaughter to Sita Ramchandra Manjeshwar.

A son (Kedar) to Abhay and Lakshmi Manjeshwar was born on 27th October 2022 at Raleigh, North Carolina, USA. Grandson to Subhash and Shubhada Manjeshwar, Ramesh and Vathsala Prabhu. Great grandson to Sita Ramchandra Manjeshwar.

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1443 sq ft super built-up 3BHK. Bright & airy apartment in pristine condition, with new bathrooms equipped with jaguar fittings, all rooms with built-in lofts and wall cupboards and a covered car-park. Located in Malleshwaram close to Chitrapur Math, Bengaluru.

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Contact: homeatmalleshwaram@gmail.com

FLAT FOR SALE

Flat in CHS Bandra 585 sq ft, 1st floor, with 2 bedrooms and balcony, gated Society, close to pristine amenities. Car Park available. No Brokers.

Contact – email- anilkuber@hotmail.com

DOMESTIC TIDINGS

BIRTHS

Nov 21 : Daughter (Aanya) to Vaishali (nee Kapnadak) and Amit Vora at London, U.K.

2023

Jan 06 : A baby boy to Raagini and Chinmay Vijayakumar Upponi at Cleveland, Ohio, USA.

Jan 07 : Twin baby boys to Sneha and Vinish Prakash Hattangady at Dombivli.

MARRIAGE


OBITUARIES

Dec 9 : Shashidhar Dattatray Gulvady (88) at Matunga West (Karnatak Colony), Mumbai.

Dec 22 : Revathi (Beena) (nee Hirebet) Ramdas Bantwal 74 yrs at Shivaji Park, Mumbai.

Dec 25 : Ramesh Bhaskar Hosangadi (81) at King's Circle, Mumbai.

Dec 30 : Ramdas (Umesh) V Betrabet (89) at Bengaluru.

Dec 31 : Vivek R Sirur at Hubli

Dec 31 : Tara Savkur (92) at Saraswat Colony, Santacruz (West), Mumbai.

Dec 31 : Ravindra Ramakant Kaikini 87 yrs at Mumbai.

2023

Jan 01 : Niranjan Mangesh Mavinkurve (83) in Mumbai.

Jan 05 : Sadhana Sharad Nayampally (76) at Santacruz (West ) Mumbai.

Jan 05 : Anuradha (nee Jyoti Nagarkatti) Mohan Hemmadi (79) at Hyderabad.

Jan 05 : Dr. Vasant Venugopal Kolpe (90) of Saraswat Colony, Santacruz (W), Mumbai at Minneapolis, Minnesota, USA.

Jan 9 : Dattanand Narayan Koppikar (90) of Matunga / Thane at Belagavi (Ramnagar).

Jan 17 : Kishan S. Hattangadi (71) at Mumbai.

Jan 18 : Anand Nayampalli (78) of Santacruz (W) Mumbai.

Jan 19 : Ashok Hemmady (71) at Santacruz (W) Mumbai.

Jan 25 : Uday A. Mankikar (70) at Talmakiwadi, Mumbai.
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