

Kanara Saraswat

A MONTHLY MAGAZINE OF THE KANARA SARASWAT ASSOCIATION

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Role Models and Path Breakers

Artistic



Indu Shedde

Cancer warrior



Vijay Bhat

Vocalist



**Shivani
Haldipur-
Kallianpur**

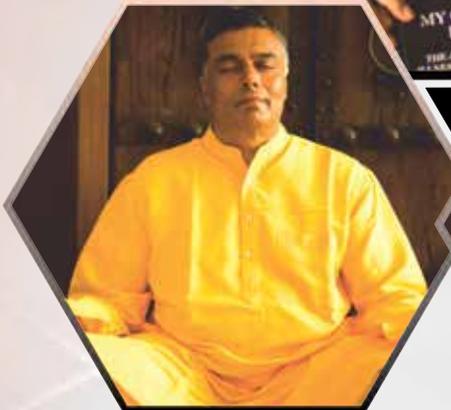
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Kanara Saraswat

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STOP PRESS

We regret to announce the sad and untimely demise of our Associate Editor, Uday A Mankikar on 25th Jan 2023. KSA offers its deepest condolences to his family.

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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 upto 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.

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.



From the President's Team

“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 Pejaware 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 Editor's Reflections

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 4 th 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 Dattareya. 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.

Nitin Gokarn

From Illness to Wholeness

NITIN G. GOKARN

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 I 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 'thrivers'. 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 psychoneuro immunology (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 'thrivor'. 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.

Lamp

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)

Indu Shedde, 95: Lust for Life

BY MEENAKSHI SHEDDE

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 be 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 Karnatak University, and finally she became Assistant Librarian in Karnatak 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

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 @GoldenGlobeAwards' 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 *mhantu* 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 *mhantu*, 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 an 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.”

Shree Kuldevata Prasanna



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



24th February 1973



24th February 2023

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:

Dharethwars, Haldipurs, Balwallys, Vaknallis, Uniyals, Tavanandis,
Shenoys, Nagarmaths and Kumtas

Mobile Number: 9833593679, 9820693679

***** **GOLDEN WEDDING ANNIVERSARY** *****



28th January, 1973



28th January, 2023

Shri. Uday Sashittal & Smt. Nayantara Sashittal (née Baidur) 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, Baidurs, Kaikinis, Mudbhatkals, Upponis, Bijooris, 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



24-12-1983



24-12- 2022

With Lots of Love and Best Wishes
Abhay, Lakshmi, Omkar , Kedar
Akshay, Ekta, Ansh, Aarika
Best Wishes from Padukones, Hattiangadis, Baidurs, 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, Baidurs, 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



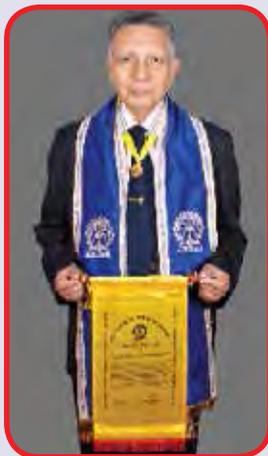
an Associate Professor at SVT College of Home Science (Autonomous), SNTD Women's University, Juhu, Mumbai. During the 29 years of service, she was mentoring students for the SDC International Design, and Talent Search competitions and publish Journal articles. She was conducting workshops in Dyeing and 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 Sir,

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

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,

Sometime back there was an article published in Kanara Saraswat Magazine on Benegal Family. One among them was B. Ramarao, who was a 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)

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KSA Foundation Day

The Kanara Saraswat 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 Saraswat 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
- Rekha Rao for her poem 'Kulaar' 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 Saraswat 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

1st Prize - Gia Bhalla for – Essay 2020; Essay published in June 2020.

2nd Prize – Tara Bailur -- Cyanide of the Sea; Essay published in June 2020.

B. Between 12 & 16

1st Prize – Disha Ameet Pandit – Essay – Mumma published in January 2020.

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

I. October 2019 - September 2020.

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.

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)

Emergency Medical Relief Fund

Sadanand Naimpalli ₹ 100000/-
(In memory of mother Late Meera Dinker Naimpalli)
Vidya Vinod Benegal ₹ 100000/-
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श्री. सुरेश (बाब) व्ही नाडकर्णी स्मृति Sports-person of the Year Award.

"तालमकी वाडी आनि KSA म्हळ्यारि अनेक क्रीडापटु आनि कलाकारांगेली कर्मभूमी. सुरेश नाडकर्णीमामु हो तांतुलेपैकीची एक. एक उत्कृष्ट क्रिकेटपटु (Left arm spinner)आनि टेबलटेनिसपटु. क्रिकेटांतु तो ACC चें प्रतिनिधित्व कर्तालो. त्यावेळारि, ACC - च्या संघांतु, दिलीप सरदेसाई, बापू नाडकर्णी, पॉली उम्रीगर हांचे- असले दिग्गज क्रिकेटपटु आशिले. Times Shield आनि Kanga League तुं सुरेशमामु ACC वतीने खेळतालो. आंतर विद्यापीठ (Inter University) सामन्यांतु, तान्ने एकका डावांतु प्रतिस्पर्धी संघाच्यो पुरायि १० विकेट घेव्नु प्रस्थापित केलेलो विक्रम अबाधित आस्स.

सुरेशमामाने टेबलटेनिस खेळांतु KSA चे प्रतिनिधित्व कोर्नु विजयश्री मेळोवनु दिल्या. युवावर्गाक खेळांतु रुचि निर्माण जांवकाज म्होणु तांका प्रोत्साहन दिवचे खातिर, सुरेश माम्मागेले कुटुंबीय प्रतिवरस हो पुरस्कारु दिताति.

Sportsperson of the year Award 2022 श्री. योगेश पडुकोण :

प्राय ३७ वर्स. सेंट झेवियर्स महाविद्यालयांथानु कला शाखेंतु पदवी प्राप्त कर्नाफुडे, योगेश माम्माने, मुंबईच्या जमनालाल बजाज इंस्टिट्यूट ऑफ मॅनेजमेंट स्टडिसांथानु, मॅनेजमेंट विषयांतुलो पदव्युत्तर प्रमाणपत्र अभ्यासक्रमु पूर्ण केल्लो.

योगेशमाम्माक, तागेल्या बॅडमिंटन खेळांतुल्या नैपुण्यामितीं, १९ वर्स प्रायरिची, सेंट्रल रेल्वेच्या मुंबई कार्यालयांतु नौकरी मेळ्ळी. व्यावसायिक स्तराचेरि, तो सेंट्रल रेल्वेखातिर बॅडमिंटन खेळ्ळो. आनि सेंट्रल रेल्वेचें राज्य आनि राष्ट्रीय स्तराचेरि प्रतिनिधित्व केल्लें.

योगेश माम्मागेल्या बॅडमिंटन खेळांतुल्या प्राविण्याविषयांतु सांगचे जाल्यारि

१९८९ - ९० तुं कलकत्तेंतु जाल्लेल्या, ज्युनियर नॅशनल्सांतु, कर्नाटक राज्याच्या ज्युनियर संघाचे प्रतिनिधित्व केल्लें.

१९९० - ९१ तुं उदयपूर जाल्लेल्या, ज्युनियर नॅशनल्सांतु महाराष्ट्र राज्याचें प्रतिनिधित्व केल्लें.

१९९२-९३ तुं चेन्नई जाल्लेल्या सिनियर नॅशनल्सांतु ऑल इंडिया कंबाईड युनिव्हर्सिटीसाचें प्रतिनिधित्व केल्लें. त्याचि वरस, ऑल इंडिया इंटर इंस्टिट्यूशनल चॅम्पियनशिप्स स्पर्धेंतु ऑल इंडिया

कंबाईड युनिव्हर्सिटीस संघाचें प्रतिनिधित्व कोर्नु, तागेल्या संघाने द्वितीय स्थान प्राप्त केल्लें.

१९९१ तुं पी. गोपीचंद, दीपंकार भट्टाचार्य आनि प्रविण कुमार हांचे असल्या आंतरराष्ट्रीय ख्यातिच्या बॅडमिंटनपटुं सांगाति I G Stadium, Delhi आनि SAI Centre Bangalore हांगा, बॅडमिंटन असोसिएशन ऑफ इंडियाने आयोजित केलेल्या शिबिरांतु सहभागी जाल्लो.

सध्या, योगेशमामु , प्रतिष्ठीत जिमखान्यांतु, बॅडमिंटन खेळाचो प्रशिक्षक म्होणु कार्यरत आस्स, अनेक खेळाडूंक तान्ने प्रशिक्षित केल्यां आनि ह्या खेळाडूंनी लघुस्तरारी, सब-ज्युनियर तशिची सिनियर स्तराचेरि भरीव कार्य केल्यां.

योगेशमामु , बॅडमिंटन खेळांतुल्या तुगेल्या योगदानाखातिर तुक्का विनम्र अभिवादन! आनि तुंवे प्रशिक्षित केल्लेले बॅडमिंटनपटु, राष्ट्रीय स्तराचेरि मात्र न्हयि, तरि आंतरराष्ट्रीय स्तराचेरि लौकिक प्राप्त कोरोति ही सदिच्छा !

KONKANI LEXICON FUN QUIZ

(What are the equivalent Konkani words)

Find the words ending in "सु"

Juice	Difficulty / Weighing scales
Towel	A Fruit
Cotton	A type of suicide
An insect	Part of Dhoti / 9 yard saree
Smell	Memory
Mother	Father
Breath	Turban
Practice	Fasting
Rain	Rubbish
Trust	Sprain
Mouthful	Cheat
Renunciation	A Sweetmeat
Difference	

The Konkani Charitable Fund (KCF)

२००८ सालांतु, San Francisco तुं संमेलन जायनाफुडे, थंच्या खाडी क्षेत्रांतु KCF ची स्थापना जाल्ली. संमेलनाउप्रांते आयोजकांलागी साठ हजार अमेरीकन डॉलर्स इत्लो निधी उपलब्ध जाल्लो. आनि NAKA च्या संचालक मंडळाने कोंकणी धर्मादाय संस्था स्थापन कोर्चो निर्णय घेतलो आनि कोंकणी धर्मादाय निधीची निर्मिती जाल्ली. KCF, तांनि आयोजित केलेल्या कार्यक्रमांथानु, तांगेल्या कार्याचो विस्तार कोर्चो प्रयत्न कर्ता. आनि उपलब्ध निर्धींथानु हिंदुस्थानांतुल्या कोंकणी समाजाक आर्थिक मदत कर्ता. अनाथाश्रम, वृद्धाश्रमांक आर्थिक मदत कोर्ची, गरजू विद्यार्थ्यांक शिक्षणाखातिर शिष्यवृत्ती दिंवची, गरजू कोंकणी बांधवाखातिर, स्वास्थ्य शिबिरांचे आयोजन कोर्चे, अन्न पुरवठा कोर्चो हें KCF चें एक महत्वपूर्ण कार्य जालु आस्स. त्यानंता, विकलांग युवांक नौकरी खातिर प्रशिक्षित कर्तल्या हिंदुस्थानांतुल्या धर्मादाय संस्थाकयि KCF आर्थिक सहाय्य कर्ता. आर्तांतुचि KCF ने महिला शिक्षण, महिला स्वास्थ्य, महिला सक्षमीकरण, महिला समान हक्क हाजे खातिर कार्य कर्तल्या, तशीचि महिलांनी सुरु केलेल्या आनि महिला व्यवस्थापनांतु आशिल्या धर्मादाय संस्थांक, सहाय करुंक सुरु केल्यां. शारिरीक आनि मनोविकलांग चेडवांगेल्या शिक्षणाची तशीची स्वास्थ्याची काळजी घेतल्या धर्मादाय संस्थाकयि KCF ने सदैव मदत केल्या. पोरुं Covid १९ च्या प्रतिकाराखातिर निधी, वकदं Oxygen Concentrators, PPE वारि उपकरण KCF ने हिंदुस्थानांतु पेटेयिलीं.

KCF, अमेरीकेंतु निधी वट्ट कोर्नु, हिंदुस्थानांतुल्या, मुंबई, मंगळूर, बेंगळूर, कोच्ची, चेन्नई आनि कर्नाटकांतुल्या इतर ग्रामीण क्षेत्रांतुल्या ३० विविध धर्मादाय संस्थांक, हो निधी पेटेयिता. पोरुं तांनि हिंदुस्थानांतुल्या धर्मादाय संस्थाखातिर ५ लाख अमेरीकन डॉलर्स इत्लो निधी वट्टु केल्लेलो. सुमार वर्सधोर्नु KCF, KSA क मदत कर्त आस्स. KSA च्या ११० वर्सांच्या अप्रतिम कार्यामिती KCF आनंदी आस्स आनि KCF- KSA हांच्यातुलो “स्नेहबंध ” अधिक दृढ जातलो हाज्जि तांकां आनि KSA कार्य खात्रि आस्स KCF च्या कार्यांतु, इतर धर्मादाय संस्थांच्या कार्यांच्या तुलनेंतु एक विंगड वैशिष्ट्य आस्स आनि ताज्जिं समर्पक कारणांयि आस्सति.

- गरजू कोंकणी लोकांखातिर आनि संस्थाखातिर, KCF मानवतेचें कार्य अत्यंत निष्ठेने, समर्पित भावनेने कर्ता.
- ज्या संस्थांक KCF सहाय कर्ता, त्यो संस्था हो निधी घेवच्याक अधिकृत आस्सति वे, तांचेलागी 80G प्रमाणपत्र आनि FERA प्रमाणपत्र आस्स वे हें KCF सुनिश्चित कर्ता.
- KCF ही अमेरीकेंतुली, ५०१(३)(C) प्रमाणित धर्मादाय संस्था. म्हळ्यारि, ह्या संस्थेक देणगी दिल्यारि, अमेरीकेंतुल्या आयकर नियमांतर्गत आयकरांतु सवलत मेळता.

- अमेरीकेंतुल्या नागरिकांखातिर विशिष्ट धर्मादाय संस्थेमार्फत देणगी दिंवचे आसल्यारि तें कार्य KCF करता. अर्थात, ती संस्था KCF च्या स्वीकृत यादींतु आसकाज. हाज्जेमिती,

देणगी दिल्लेलो निधी, खंयि खर्चु जाल्ला, हाज्जेरि देणगीदारगेलें नियंत्रण आसता.

KCF चे व्यवस्थापन पूर्णता: स्वयंसेवक पळेयिताति. KCF ने केलेल्या खर्चाची प्रतिपूर्ति संचालक मंडळकर्ता. हाज्जो परिणामु म्हळ्यारि, अमेरीकेंतुल्या देणगीदारांगेली १००% देणगी धर्मादाय संस्थेक मेळता. हें अमेरीकेंतु अगदी असामान्य आनि दुर्मिळ जालु आस्स. अमेरीकेंतुल्या सुप्रसिद्ध आनि हॉडु धर्मादाय संस्था, तांगेल्या उत्पन्नांतुले १५% उत्पन्न व्यवस्थापकीय खर्चाखातिर म्होणु दवरताति. प्रतिवर्स, KCF च्या यादींतु धर्मादाय संस्थांची वृद्धी जात आस्स, आजिक, हिंदुस्थानांतुल्या ३० धर्मादाय संस्थांक KCF निधी दिता.

अमेरीकेंतु मस्त कंपन्यो कर्मचाऱ्यांगेल्यो देणग्यो आनि धर्मादाय संस्था हाज्जी जुळणी कर्ताति. म्हळ्यारि डॉलर्सांची डॉलर्सांवट्टु मेळु घालताति. जाल्यारि, Apple वारि संस्था कर्मचाऱ्यांगेल्या देणग्यांचे दुप्पट दिताति. त्यामितीं विविध कार्यांक प्रोत्साहन दिंवच्याक जाता. त्यामितीं, अमेरीका हें निधी / देणगी दिल्लें अग्रगण्य राष्ट्रांपैकी एक जालु आस्स. अमेरीकेंतु देणगी दिंवचो एकु उत्तम मार्गु म्हळ्यारि, Amazon चेरि खरेदी कोर्ची, Amazon ही एकमेव संस्था आस्स की, तांनि “Smile Amazon” म्होणु एकु विभाग सुरु केल्ला. एकफांता तांचेलागी नांवनोंदणी कर्नाफुडे, खंच्या धर्मादाय संस्थेक देणगी वचकाज हें कळेयिल्यारी, प्रतिफांता तुम्मी \$ १०० ची खरेदी केल्यारि Amazon त्या संस्थेक ५० सेंटस दिता. अगदी नाविन्यपूर्ण कल्पना.

अत्यंत महत्वाचें म्हळ्यारि, जीवनांतु आमचेलागी कित्लें आस्स हाज्जेपशी आम्मी कित्लें दिताति, हाक्का चड महत्व आस्स. त्यामितीं, दिल्यारिची मेळता हांतु KCF क दृढविश्वासु आस्स. भविष्यांतुयि KCF, KSA क सातत्याने मदत कर्तलें हाज्जि तांका खात्री आस्स. आमगेलो कोंकणी समाजु तांगेल्या कठिण परिश्रमाने, कौशल्याने, हुशारीने आनि औदार्याने दिसेंदिस समृद्ध जात आस्स, त्यामिती KCFक निधी पेटोवचें साध्य जातलें.

KCFच्या ह्या महान कार्यांक आमगेली मानवंदना ! KCF आनि KSA चे स्नेहबंध अधिक दृढ जावोति ही सददिच्छा ! आनि KCF च्या विषयांतु अगदी तपशीलवार माहिती दिल्लेले खातिर डॉ गोपाल भांडारकरमाम्माक धन्यवाद !

गुप कॅप्टन जितेंद्र दिनकर मासुरकर :

जून १९९७ तुं भारतीय वायुसेनेच्या लढवय्या विभागांतु (fighter stream) वायुसेना पदक कार्यान्वित जाल्लें.

MiG-29 आनि MiG-21 ह्या लढाऊ विमानांचे, ३००० तासांपशी चड तास उड्डण कोर्नु, जितेंद्र मामाने एकु समृद्ध अनुभव प्राप्त केल्ला. अग्रस्थानारि आसतल्या लढवय्या गटाचें (Frontline fighter squadron) तात्रे आधिपत्य केल्यां.

जितेंद्रमामु हो Category A पात्र उड्डण प्रशिक्षक (Flying Instructor) जाल्लो आस्स आनि त्यामितीं, सैनिकी विद्यार्थ्यांक तशीचि भावी प्रशिक्षकांक प्रशिक्षित कोरच्यांतु तात्रे १००० तासांपशी चड अवधिचें प्रशिक्षण हेतु उड्डण केल्यां.

जितेंद्रमामु, National Defence Academy, Defence Services College चो माजी विद्यार्थी त्यानंता, तात्रे SESKO TNI Indonesia तुं उच्च आधिपत्याचो (Higher Command) अभ्यासक्रम पूर्ण केल्ला.

जितेंद्रमामु, वायुसेनेचो परीक्षक जाल्लो आस्स. आनि सध्या Senior Air Staff officer of HQ Maritime Air Operations Mumbai, म्होणु तागेली नियुक्ती जाल्या.

जितेंद्रमामु, तुगेच्या कार्याक आमगेलो मानाचा मुजरा ! आनि तुगेच्या भावी कार्याक सदिच्छा !

श्री. विठ्ठल चंद्रशेखर नाडकर्णी

श्री. चंद्रशेखर अनंत नाडकर्णी मामु आनि श्रीमती शशिकला चंद्रशेखर नाडकर्णीपाच्यो हांगेलो सुपुत्र म्होणु, १९४९ सालांतु विठ्ठल माम्मागेलो मुंबईंत जन्म जाल्लो. विठ्ठल माम्मागेलो दोत्री दिकाचे कुटुंबीय अत्यंत प्रतिभासंपन्न आशिले आनि हिची प्रतिभा विठ्ठल माम्माक मेळ्या.

विठ्ठल माम्मागेलो बाप्पुसु चंद्रशेखरमामु, व्यवसायाने बँकर आशिलो मात्र स्वभावधर्माने चित्रकारु आनि शिक्षकु. तो एकळाक मैसूर महाराजाने, कर्नाटकांतु प्रस्थापित केलेल्या Technical Institute तुं आनि मागिरी मुंबईच्या J.J. School of Art तुं शिकलो. तागेल्यो अनेक चित्रकृती प्रसिद्ध आस्सती.

विठ्ठलमाम्मागेल्या कुटुंबीयांगेलें, कला, संगीत, विधी (Law), लेखन, प्रकाशन ह्या सर्व क्षेत्रांतु लक्षणीय योगदान आस्स. आनि म्होणुचि ह्या सर्व क्षेत्रांतु विठ्ठलमाम्मानेयि यश संपादन केल्यां. विठ्ठलमाम्मागेलो बाप्पुसु स्वामी कुवलयानंद हांचेलाग्यो योगा शिकलो, तात्रेचि विठ्ठलमाम्माक योगा शिकुकु प्रवृत्त केले. उत्तेजन दिल्लें. मागिरी, विठ्ठलमामु, जागतिक किर्तीचो योगाचार्य बी.के. एस. अय्यंगार हांगेल्या देखरेखींतु योगा शिकलो.

विठ्ठलमाम्मागेल्या शिक्षणाविषयांतु सांगचे जाल्यारि, सुरुवातीक तो ग्रॅटरोडच्या रॉबर्टमनी हायस्कूल ह्या प्रतिष्ठीत मराठी माध्यम विद्यालयांतु शिकलो. मागिरी तागेल्या पालकांनी मुलुंड जागो घेवु स्वतं घर बांदयिले. आनि विठ्ठलमाम्मागेल्या कुटुंबाने मुलुंड स्थलांतर केल्लें. आनि विठ्ठलमाम्माने, ठाणेच्या St. John Baptist High School ह्या इंग्लीश माध्यम विद्यालयांथावु तागेलें शालेय शिक्षण पूर्ण केल्लें. तागेल्या शालेय अभ्यासांतुल्या हुशारीमितीं आनि अभ्यासाव्यतिरिक्त इतर क्षेत्रांतुल्या योगदानाखातिर, ताक्का विद्यालयाच्या Golden Scroll of Honour तुं शाश्वत स्थान मेळ्ळें.

विठ्ठलमाम्मागेलें महाविद्यालयीन शिक्षण घाटकोपरच्या रामनिरंजन झुनझुनवाला महाविद्यालयांतु जाल्ले. वनस्पतिशास्त्र (Botony) आनि रसायनशास्त्र (Chemistry) विषय घेवु पदवी परिक्षेंतु तात्रे प्रथम स्थान मेळयिल्लें.

पदवीधर जायनाफुडे, विठ्ठल माम्माने, कांही काळ State Bank of India तुं नौकरी केल्ली. आनि त्याचि वेळारी LLB कोर्चे खातिर सांजेच्या महाविद्यालयांतु प्रवेश घेतलो, थंयि विठ्ठलमाम्माने प्रथम स्थान प्राप्त केल्लें. तागेल्या वर्गांतु विमला लाला ही एकी हुशार विद्यार्थिनी आशिली. तिगेच्या साहचर्यामितीं, तिगेच्या प्रेरणेमिती हें साध्य जाल्लें अश्ली विठ्ठलमाम्मागेली धारणा आस्स. हिचि विमला लाला मुखारि विमला विठ्ठल नाडकर्णी जाल्ली. दुर्दैवाने आतं ती आमच्यांतु ना. तिगेच्या विषयांतु सांगचे जाल्यारि, ती आंतरराष्ट्रीय ख्यातिची समाजसेविका, School of Social Work at TISS ची संस्थापक शाखाप्रमुख (Founder Dean), International Association of School of Work ची प्रथम भारतीय प्रमुख. तिन्ने TISS वतीने Secretary – General of the Family Welfare Association खातिरयि कार्य केल्लें.

वक्तृत्व कौशल्यामितीं, विठ्ठल माम्माक, K.C. Law महाविद्यालयांतु Watumal Trophy मेळ्ळी. आनि तागेल्या बायलेने, ताक्का व्यवसायांतु बदल कोर्ची सूचना केल्ली. Illustrated Weekly खातिर श्री. खुशवंतसिंग हांचेवटु कार्य करी म्होणु प्रेरित केल्लें, आनि तशीची जाल्लें. विठ्ठल माम्माने बँकाची नौकरी सोणु, प्रशिक्षणार्थी पत्रकार पदाखातिर Times of India

तुं अर्जी केल्ली आनि ताक्का हें पद मेळ्ळें. तागेल्या अंतिम मुलाखती दिसुची, त्याचि समयाचेरि, एक्का आंतरराष्ट्रीय NGO ने, LLB परिक्षेंतु मुंबई विद्यापीठांतुं सर्वप्रथम आयिले खातिर, विठ्ठलमाम्मागेल्या सत्कार समारंभाचें आयोजन केल्लें. आनि ताव्ळीची, विठ्ठल माम्मागेलो मुंबई विद्यालयाच्या दीक्षान्त समारंभ दालनांतु सत्कारु आशिलो. त्यामितीं तान्ने आपणागेल्या नौकरीचि अंतिम मुलाखत एकळाक घेंवकाज म्होणु विनंती केल्ली. कारण कळणाफुडे तांक्का अत्यानंदु जाल्लो. तांन्नि तागेली विनंती मान्य केल्ली आनि तांगेलो भावी कर्मचारी म्होणुयि सुनिश्चित केल्लें.

टाईम्स ऑफ इंडियाच्या प्रशिक्षकाक विठ्ठल माम्मागेल्या कर्तृत्वाचेरि प्रचंड विश्वास आशिलो म्होणु तांन्ने उपसंपादक पदाखातिर विठ्ठलमाम्मागेल्या नांवाची शिफारस केल्ली. आनि ताक्का हें पद मेळ्ळें सुद्दांयि. मात्र ताक्का श्री. खुशवंत सिंगागेल्या मार्गदर्शनांतु कार्य कोर्ची इच्छा आशिलेमितीं उपसंपादक पदाखातिर, विठ्ठलमाम्माने विनयपूर्वक नकारु दिल्लो. आनि पत्रकार म्होणु विठ्ठलमाम्मागेली कारकीर्द (career) बहराक आयली.

विठ्ठलमाम्माने लेखन, संकलन, काणियांचे संकलन इत्यादि सर्व कामं केल्लीं. Femina मासिकाच्या दीपावली अंकाखातिरयि कार्य केल्लें. महिलांगेल्या मासिकाखातिर कार्य केलेलो पयलो दारलो म्हळ्यारि, विठ्ठल मामु, मागिरी विठ्ठलमाम्माक TOI च्या अध्यक्षांने, तांगेल्या विज्ञान विषयांतुल्या Science Today ह्या अग्रगण्य मासिकाखातिर कार्य कोर्ची संधी दिल्ली. हें मासिक आशिलेमितीं विठ्ठलमाम्माक Saturday Times आनि Travel Times खातिरयि कार्य कोर्ची संधी मेळ्ळी. मुखारि TOI Bennett Coleman ने घेनाफुडे, विठ्ठलमाम्माने ह्या नवीन वर्तमानपत्राच्या कला आनि विज्ञान शाखेखातिरयि कार्य केल्लें.

त्याचिवेळ्यारि, टाईम्स ऑफ इंडियाचो संपादक, दिलीप पाडगांवकर हात्रे, विठ्ठलमाम्माक, ताज्जेवट्ट वरिष्ठ सहाय्यक संपादक म्होणु कार्य कर्ता की म्होणु पृच्छा केली आनि विठ्ठलमाम्माने ह्या पदाचो स्वीकारु केल्लो. एकळाक तान्ने विज्ञान आनि तंत्रज्ञान विषयांखातिर कार्य केल्लें. आनि मागिरी Speaking Tree ह्या सदराखातिर. हें सदर म्हळ्यारि विज्ञान आनि अध्यात्म हांतुलो दुवो.

विठ्ठलमाम्माने, पुरस्कार प्राप्त Newspapers in Education (NIE) आनि Times Foundation खातिरयि, अध्यक्षा श्रीमती इंदु जैन हिगेल्या मार्गदर्शनांतु आनि नेतृत्वांतु कार्य केल्यां. मुखारि तिगेल्याचि निर्देशाप्रकार, विठ्ठलमामु The Economic Times तुं रुजू जाल्लो आनि तांगेल्या Spiritual Atheist आनि Cosmic uplink ह्या संपादकीय स्तंभांखातिर संपादकागेलें कार्य केल्लें.

विठ्ठलमाम्मागेल्या कारकीर्दींतुलो अत्यंत समाधानाचो क्षण म्हळ्यारि, The Sunday Times तुं प्रकाशित जाल्लेलो तागेलो एकुरिपोर्ट, SSC Board Maharashtra च्या SSC च्या इंग्लीश विषयाच्या क्रमिक पुस्तकांतु आशिलो.

विठ्ठलमाम्मागेल्या पुस्तकांविषयांतु आनि प्रकाशनांविषयांतु सांगचे जाल्यारि.

- तांन्ने Cosmic Uplink ह्या सदराखातिर बरेयिल्या लेखांचो संग्रह Times Book ने प्रकाशित केल्ला.
 - तान्ने The Sunday Times of India च्या Science Column खातिर बरेयिल्या लेखांचो संग्रह Wiley Eastern आनि Council for Scientific & Industrial Research (CSIR) हांनि “The serpent Within” ह्या नांवाने प्रकाशित केल्ला.
 - “The Benevolent Narmada” ह्या विठ्ठलमाम्मागेल्या Coffee Table पुस्तकाची प्रथम प्रत तांन्ने सन्माननीय प्रधानमंत्री श्री. नरेन्द्र मोदीजींक दिल्या.
 - “Namami Devi Narmada” ह्या पुस्तकाच्या द्वितीय आवृत्तीचें विमोचन “वारी घाटाचेरि” श्री अमित शाह आनि मध्य प्रदेशाचो मुख्यमंत्री श्री. शिवराजसिंग आनि श्री. पियुष गोयल हांगेल्या शुभवहस्ते जाल्लें.
 - डिसेंबर, २०२१ तुं “Deconstructing Kumbh Mela : A Public Health perspective” हें पुस्तक प्रकाशित जाल्लें. प्रथम प्रकाशन समारंभु Unicef च्या दिल्ली स्थित कार्यालयांतु जाल्लें आनि द्वितीय प्रकाशन . समारंभु मुंबईंतुल्या CSMVS Museum तु (Dr. Mrs. फिरोजा गोदरेज हांगेल्या आर्थिक पाठबळाचेरि चलतल्या) जाल्लो.
 - विठ्ठलमामु, सध्या तागेल्या “Icon of Peace : Panchayatans in ritual, art and workship” ह्या पुस्तकाचेरि काम कर्त आस्स.
- विठ्ठलमाम्मागेलीं Multimedia सादरीकरण (संवादाच्या विविध माध्यमांचो उपयोग कोर्नु माहिती दिंवचेखातिर तयार केलेलीं सादरीकरणां)
- Leaves from a Lotus Album
 - Cultures of confluence.

- Rosaries of Rain drops.
- Magic of Everyday foods.
- TED-X Talk
- Lecture on Sat-chit-Ananda
- Pilgrimage & Parikrama
- Budha Bowl

विद्वलमाम्माने आकाशवाणी आणि दूरदर्शनाखातिरयि कार्य केल्यां.
(युवावाणी, Science call आणि कोंकणी कार्यक्रम).

दूरदर्शनाचेरि, Black and White काळांतु, Adi Marzban हागेलो "Whats the Good word" हो कार्यक्रमु जात्तालो. तांतु विद्वलमामु "Unbeatable Champion" आशिलो.

विद्वलमामु अनेक पुरस्कारांनी सन्मानति जाल्ला.

- 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.

Work Life Balance :

(कार्य आणि जीवनाचो समतोलु)

- अनेक संस्थावटु कार्य कोरचो तशिची शिकचो अवसर मेळ्ळो. American Association for Advancement of Science in Washington DC (which publishes Science magazine); Nature & New Scientist in London and Several Such news papers during his travels and reporting from more than 100 countries around the globe (excepting Japan)
- Life member of Bombay Natural History Society, Won several awards for his natural history drawings and landscapes.
- His Journals are retained by the Bombay University, after B.Sc. exams for his

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.

विद्वलमाम्मागेली धुव Dr. Ambika Nadkarni ही पुरस्कार प्राप्त Cell Biologist सध्या अमेरिकेंतुल्या Stanford University तुं कार्यरत आस्स. अंबिका, तिगेल्या अतुलनीय Inimitable आवसु म्हणकेचि M.SC.(Biochemistry) तुं मुंबई विद्यापीठांतु सर्वप्रथम येव्लु Dr. R. K. Anjaria Memorial Award ची मानकरी आस्स आणि मानपत्रांतु बरेयिल्यावरि she has done all Girls proud.

विद्वलमामु तुगेलें कार्य पळेयिनाफुडे एकी सकारात्मक ऊर्जा मेळता. शिक्षण, साहित्य, संगीत, पत्रकारिता अशी अनेक क्षेत्रांतु तुंवे लक्षणीय कार्य केल्यां. आणि कर्त आस्स. तुगेल्या बहुआयामी व्यक्तिमत्वाक आमगेलो मानाचा मुजरा. आणि तुगेल्या हस्ते विविध क्षेत्रांतु भरीव कार्य जावो, ही सदिच्छा !

श्री. चैतन्य देविदास पडुकोण,

(जेष्ठ सिने पत्रकार)

चैतन्य पडुकोणमामु, एकु वाचकप्रिय, दिग्गज सिने पत्रकार (Film Journalist) म्होणु आमकां सर्वांक सुपरिचित जाल्लु आस्स. सिनेपत्रकारितेंतुल्या तागेल्या लक्षणीय योगदानाखातिर तो आत्तंथायि अनेक प्रतिष्ठीत पुरस्कारांनी सन्मानित जाल्ला आणि ताक्का हे पुरस्कार सिनेसृष्टींतुल्या दिग्गजांनी प्रदान केल्याति. चैतन्यमामु, केवल सिनेपत्रकार मात्र न्हंयि तरी, संकलक आणि लेखक म्होणुयि सुप्रसिद्ध आस्स.

२ ऑक्टोबर २०२२, ह्या दिसु गांधीजयंतीच्या निमित्ताने, ताक्का KCF Foundation ने सुरु केलेल्या "Mahatma Gandhi Ratna-2022" ह्या पुरस्काराने सन्मानित केल्लें. हो पुरस्कार वितरण समारंभु , मुंबईंतुल्या Mayor's Hall Auditorium तुं संपन्न जाल्लो. हो गांधीजीगेल्या स्मृतींतु दिवचो वार्षिक पुरस्कारु, विविध क्षेत्रांतु लक्षणीय योगदान दिलेल्या सुप्रसिद्ध जेष्ठ मान्यवरांक दिताति.

ताज्जे अेकळाक, १६ मे, २०२२ ह्या दिसु, चैतन्यमामु तागेल्या सिने पत्रकारितेंतुल्या नैपुण्यपूर्ण समर्पित कार्याखातिर जावु "Cinema Aaj Tak – Achiever's Award - 2022" ह्या पुरस्काराने सन्मानित जाल्लो. सिनेमा, दूरदर्शन, संगीत क्षेत्रांतुले २७ पशीचड कलाकार ह्या प्रसंगाचेरी सन्मानित जाल्ले. तांतु आंतरराष्ट्रीय गायक कलाकार लेसली लुईस आनि काव्या जोन्स हांगेलोयि समावेश आशिलो.

"Prestigious Power Brands Awards-2022" चो आदरणीय जूरी सभासद म्होणु कार्य केल्लेले खातिर, कार्पोरेट क्षेत्रांतुलो विद्वान व्यासंगी डॉ. अरिंदम चौधरी, हांनि स्मृतिचषक दिवु, Hotel Sahara Star तुं चैतन्यमाम्मागेलो सत्कारु केल्लो. बोमन ईराणी, विकी कौशल, किर्ती शेनॉन हांचे असले ख्यातनाम लोक ह्या पुरस्काराचे मानकरी आशिले.

२०१२ सालांतु, सिनेसृष्टीने "Prestigious bonafide Dadasaheb Phalke Academy Award" दिवु, चैतन्य माम्माक अलंकृत केल्लें. सुपरस्टार अमिताभ बच्चन हांगेल्या हस्ते "K.A. Abbas Memorial Gold Medal for Films Journalism" सुद्दांयि चैतन्यमाम्माक मेळ्यां.

चैतन्यमामु एकु अनुभवी सिनेपत्रकार, संगीतांतुलो जाणकार आनि भूतपूर्व CBFC-Censor Board-Advisory Panel Member मात्र न्हंयि, तरी लेखक सुद्दांयि आस्स. "R.D. Bermania" हें सुप्रसिद्ध संगीतकार आर. डी. बर्मन हांगेल्या जीवनाचो आनि अनुभवाचो वृत्तांत सांगतले हे पुस्तक तात्रे बरियिल्यां आनि आर डी बर्मनागेल्या उत्साही चाहत्यांनी ह्या पुस्तकांचें उत्स्फूर्त स्वागत केल्या.

अधिकतम राष्ट्रीय पुरस्कार मेळ्ळेलो म्होणु, चैतन्य माम्मागेलें नांव "Limca Book of Records" तुं आस्स.

चैतन्यमामु, तुगेल्या लक्षणीय कार्याक आमगेलें विनम्र अभिवादन ! तुक्का अशिची पुरस्कार मेळनु तुगेलें नांव गिनीज बुक ऑफ वर्ल्ड रेकॉर्डसांतु येवो ही सदिच्छा !

**ANNOUNCEMENT- 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.

**श्री व्यासविरचित आदित्यादि नवग्रह प्रशमनार्थ
नवग्रह स्तोत्र**

(नारायण शिराली - मराठी भाषांतर)

सुर्याचा मंत्र :

जास्वंदी सम आदित्य भास्वांन कश्यप नंदन
अंधार-पाप-नाशी तू करितो तुज वंदन ॥१॥

चंद्राचा मंत्र :

दही शंख तुषार सा क्षीराब्धी जन्म पावला
चंद्रा मी पडतो पाया शंभू मुकुट भूषणा ॥२॥

मंगळाचा मंत्र :

धरणी जननी ज्याची विद्युतकांति असे जया
शक्तिमाना कुमारा मी या मंगलासी वंदितो ॥३॥

बुधाचा मंत्र :

प्रियंशु च्या कळी जैसा रुपाने अप्रतीम तो
बुध शांतरूपे सौम्य तया मी नित वंदितो ॥४॥

गुरुचा मंत्र :

देवांचा व ऋषींचा जो सदगुरु कनकासम
बुद्धिरूपें त्रिलोकींचा स्वामी नमो बृहस्पति ॥५॥

शुक्राचा मंत्र :

हिमबिंदू कुन्ददेठ दैत्यांचा गुरुच थेट
आर्थांत ज्ञानश्रेष्ठ भृगुपुत्रास वंदितो ॥६॥

शनीचा मंत्र :

नीललेपांकिता भासा सूर्यपुत्रा यमाग्रजा
छायामार्तंड जन्मा त्या शनैश्वरास वंदितो ॥७॥

राहूचा मंत्र :

अधेदेह महावीर चंद्रसूर्यास ग्रासितो
सिंहिकागर्भ जन्मा तू राहू मी तुज वंदितो ॥८॥

केतूचा मंत्र :

पलाशपुष्प जैसा हा ग्रह तारे शिरीं धरी
रौद्र भीषण कर्मा तू केतू मी तुज वंदितो ॥९॥

फलश्रुति :

व्यास सांगितले स्तोत्र जो हृदयांत ठेवितो ।
तत्कृपेने दिनी रात्री सर्व विघ्नास वारितो ॥१०॥

नरनारीनृपांचा ते स्वप्ने दुःखद नाशिते ।
देई अतुल ऐश्वर्य, आरोग्य पुष्टी वर्धिते ॥११॥

ग्रहनक्षत्रपीडांच्या, चोरी, आगी अशा क्षती ।
शम होईल सर्वांचा व्यास म्हणे सुनिश्चिती ॥१२॥

Travel Memories

By Sadanand Savanal

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)*

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.



Vinay V Gangavali
Phone: 2380 0460
Mobile: 9892407934

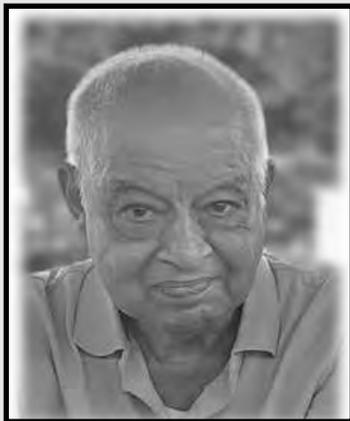


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An Ode to Papa

Vasant Shripad Chikramane
01.04.1941 to 13.12.2022



Sorely Missed By:
Urmila, Mayur, Unni,
Meghana &
Samyukta
Family & Friends

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!

You will be missed by all of us, whose life you touched ..



Niranjana 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



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About The Trip

Join an amazing trip to India to re-discover your roots. Jointly organised by CHF (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.



Chitrapur Heritage Foundation US & Chitrapur Saraswat Samaj UK



Register your interest

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

CHITRAPUR HERITAGE TOUR 2023

Discover your roots



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





CROSSING OVER

Stories from Karunashraya

Published by the Bangalore Hospice Trust
(Karunashraya), Bangalore

Stories: recorded by **Counsellors and Doctors**,
Karunashraya

Selected and retold by **Priya Bala**

Reimagined, edited and content-designed by
Usha Aroor

<https://karunashraya.org>

(KS will carry some touching, select stories from this book from time to time. - Editor)

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.

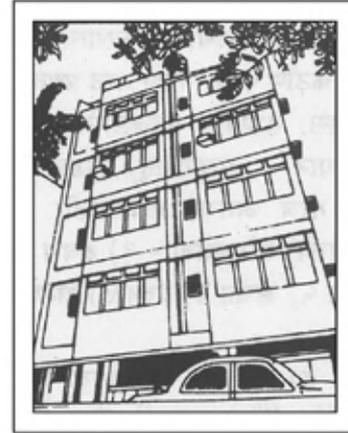
SAGAR

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.

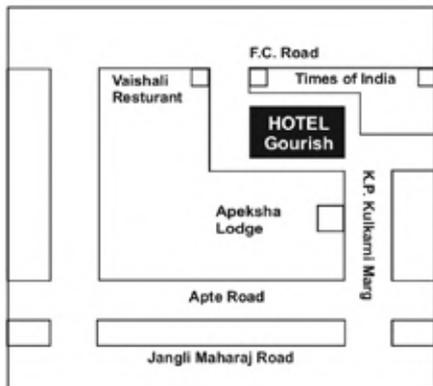
Chitra decided to turn to palliative care and

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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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The Green Road

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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!



Mother and Child planting a sapling

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.

"50 Million"

KAVITA SHANBHAG

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/फेफरे** and in Hindi it is called **मिरगी**. 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 and 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)

Did you know this?

NITIN G GOKARN

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.

Srīpāda 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 Srīpāda Srīvallabha, provides a positive energetic feeling of being in his very presence. As decreed by Srīpāda, 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 Srīpāda 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)



Shree Gajanan Maharaj image by Guruprasad Kalthod for Pragat Divas

Mere coincidence – or Divine grace?

DEV NADKARNI

AUCKLAND, NEW ZEALAND

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 was 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



Swami Nityananda by Guruprasad Kalthod

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)

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

Rohini Mohan Hattangadi (Nee Nadkarni) passed away peacefully in Mumbai on December 14, 2022.

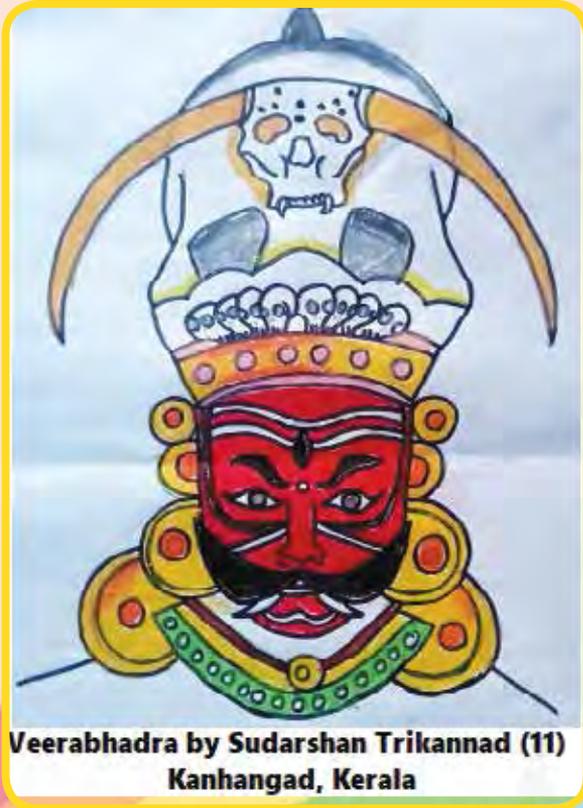
She was 88 years old.

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.

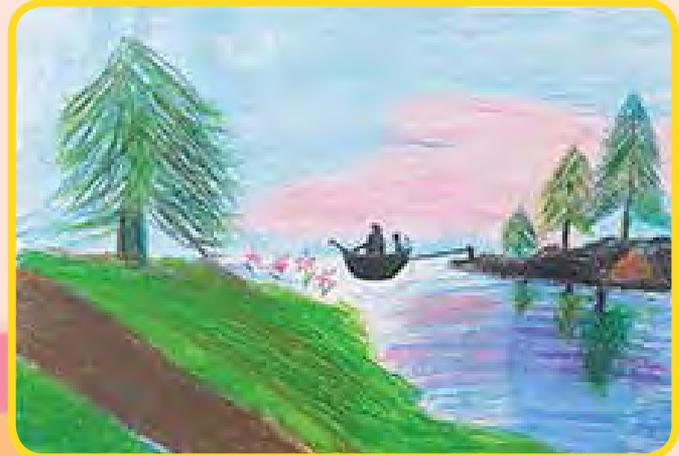
She never wanted to inconvenience anyone.

She will truly be missed.

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



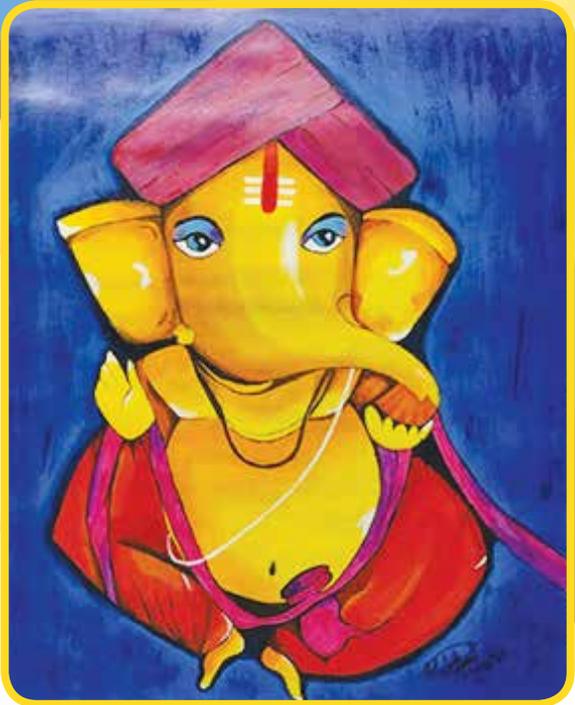
**Veerabhadra by Sudarshan Trikannad (11)
Kanhagad, Kerala**



**Boating Island - Umika Hattangadi - (10)
Pune**



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



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**Lal Bahadur Shastri
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(Lal Bahadur Shastri and Rahul Dravid have their respective birthdays in January)



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Follows us on



Culinary treasures of India- Gujarat

ANJALI BURDE

The food of Gujarat is one of India's oldest culinary treasure. 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 rotis 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 ghee
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)

Children

Pradeep Pandit

**Raghunandan
Nadkarni**

Sandeep Pandit

Daughters-in-law

Pradnya

Suman Nadkarni

Suvarna

Grandchildren

Prabodh

Gauri

Sandeep Sirur

Maithili Sirur

Rohan Nadkarni

Riya Nadkarni

Sushil

Poonam

Sameer

Sanyogita

Greatgrandchildren

Vedant

Pratham

Nihar

Shreyas

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

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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)

An Unexpected Legacy

NALINI S NADKARNI, MUMBAI

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!"

"Stop brooding about the past or worrying about the future...Just live in the present."

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

Children's Corner

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

Youth Section

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)**

Youth section

**(Prize winning entry - See Newsmakers
section)**

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.

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 (Part1)

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 *aṣhvatta 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 (*jīva*, *jagat*, *īśhvara*, *bandha*, *moksha* and *moksha-sādhanā*).

“Arjuna, the *Aṣhvatta* 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, *īśhvara*). (*Ādyam Purusham prapadye*)

Take to *Brahmavichāra* (*parimārgaṇam*) by approaching the right Guru. Listen to the *shastra* for a considerable period of time (*श्रवणम्*), ruminate over it to remove all doubts (*मननम्*) and contemplate incessantly (*निधिष्यासनम्*) till you abide in that knowledge. *Parimārgaṇam* mentioned here by *Bhagavān* is the *Brahmavichara* or *jnānayoga* (ज्ञानयोगः) explained by the *Upanishads*. Ultimately, it is the knowledge of *Brahman* (अहम्ब्रह्मास्मि) which frees one totally from *samsāra*.

Following certain values is complementary to *īśhvara śharanāgati* 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 (*अमानित्वादि.....*).

“*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 *samsara*”.(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- svarūpam*), there is no coming back

to *samsāra*. Such a person has transcended the tree of *samsara*.(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 (क्षेत्रज्ञः). 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 *yogī-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

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

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)

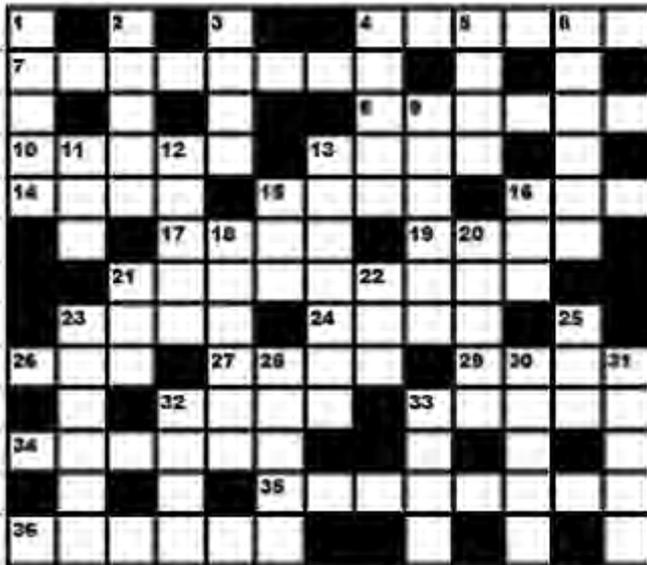
Which number comes next ?

15	34	61	96	139	?
----	----	----	----	-----	---

Brain Teasers (Answers on page 71)

4)

Crossword Contest #2301



One Winner will get Rs 300

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)
28. Roman numerical convertor(5)
30. White colour (5)
31. Mention (5)
32. Ancient kingdom Susa capital(4)
33. Admit or confess openly(4)

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)

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

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

8) Riddle

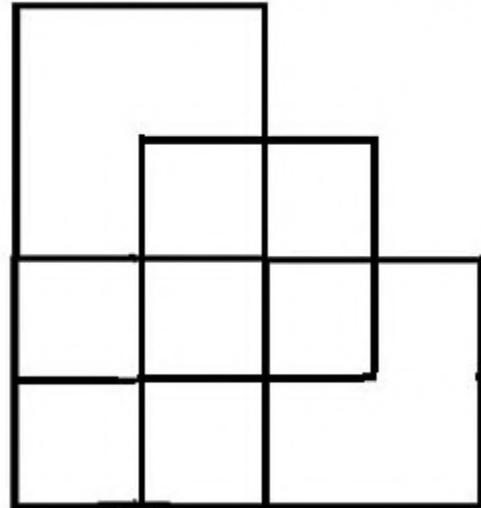
Brain Tenser - Riddle



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

Net	Blackout	Iron	Safety	Cloak
Nov	Sept	April	June	July
Reserve	Reveres	Versier	Reverse	Severer
Drift	Ball	Man	Storm	Down

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



14)



13)

Quiz: Do you know ?

World cancer day is on 4th Feb 2023
 What are the official colours of World Cancer Day?

(Answer / Winner in March issue)

WHO GMP CERTIFIED • ISO 9001:2015 & ISO 13485:2016 CERTIFIED



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Parisevanam

Seva With A Smile...

...was the motto of all the volunteers who contributed to the success of the Saraswat Shivar (November7-10) and the Samvit Sammelanam (November 17-22) in Shirali, in the Divine Presence of H.H. Samvit Narayan Giri Swamiji and our Beloved Mathadhipati- H.H. Sadyojat Shankarashram Swamiji,
reports *sanchalika* ARCHANA KUMTA

Shri Krishnanand Heblekar (Kutty mam), Dharmapracharaka 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 Shivar and the Samvit Sammelanam, over three weeks. Outstation *sanchalika*-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 Shivar, 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

"We are all Saraswats!"



Photo credits -
Dr. Ram Saraswat and Gunjan Purohit



~~~~~Parisevanam~~~~~

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 *Ratha* at Shrimat Parijanashram Vastu Sangrahalaya . Pujya Swamiji offered *arghya* 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 *Sannidhya* of both the Swamijis. Pujya Narayan Giri Swamiji honoured Pujya Swamiji with *Malyarpan* 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 Shivar 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 each other was what the *sammelana* was all about! 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 tempo for the skit which depicted how backbiting affects our *sadhana*. Both groups bid a teary farewell, exchanging Whatsapp numbers with a promise to meet again soon. They were all eager to plan Pujya Swamiji's visit to the North in February 2023! Such *shivir*-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 pittu 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 ”

१) उज्या शिवाइ भाजना (शिजना), धग्गा शिवाइ करगना.

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) उण्या कडच्याने दुणे घेंवचें

Inviting a rebuff from an inferior.

3) उदकांतु होमु करचो.

Making a ritual of a burnt offering under water. Fruitless effort.

४) उदकांतुले पौवता, बुदवंत आशिलो उंचारि येता.

The oil put on water floats, so a wise man gets to a higher place among ordinary people.

५) उत्तरा वेल्याने कुला परिक्षा, कमला वैल्याने 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. आम्रफलं	3. गीतं	4. कारयानं
5. भोजनं	6. दुग्धं	7. पुष्पं	8. गृहं

Exercise 8.2 -

1. कपोतः पिपीलिकां पश्यति ।	2. सः जले पर्णं पातयति ।
3. अन्येद्य व्याधः कपोतं पश्यति ।	4. तदा एव पिपीलिका व्याधं दशति ।

रांचवासरेंतुलो गुट्टू

स्मिता बळवळी

आम्मा, हांव आलोचन करतं आशिली, आजी खंची रांदई कोरयां,
कालीची केल्लली परमळी पिट्टी घालनू खोळंबो कोरनू सोडयां,
जाल्लारी खोळब्यांतू घालूक रांदयकाई ना मं आम्मा,
अय्यो, काली फुलवरा बजे केल्लीले, ताज्जे दॅट दवरल्याती नई मां!

अरे व्हई आम्मा, आणि फाई इते कोरचे खाणाक सकाळीं,
केमुंडो शिंदतं आस्स नवे तूं, ताज्जे सॉल काणू दव्वरी,
तांदूळ घाली भिज्जत, कोरयां फाई सुनोळी,
ना जाल्यारि रवो घालनू काड्यां दोडडक चरचरी.

आन्नमा, कितल्यो भाज्ज्यो वेंतं बसल्या तूं, नाती निमगीता,
सांग मा चिक्के भाज्ज्यांची नावं, पळवंया तू कितली नावं सांगता,
आन्नमा हॉ कोतंबरी पाल्लो, ही चवळी, ही मेथ्थी आणि ही तांबडी भाज्जी,
शाब्बास पुता, सांगलीं मगो तुंवे सकड नावं समची.

दी आन्नमा, हॅ एकराशी दॅट व्होरनू उडयता,
अगो, उडोवंचे नय बा ते, तांतुले सत्व मग्गीरी वेथ वता,
सास्स, नई नई तुमगेल्या भाषेंतु ताज्जे सूप कोरचे,
या दॅटाचे सूस्स! आन्नमा कसले गो तुक्का म्होणचे!

बदची, हे दॅट शिजवनू परमळी लसणे फण्ण घाल्ले की,
घमघम सुटताती, या सूपक विरशे म्हणताती.
तू उब्जनापडे हांव नित्य तूगले आम्माक दिताली कोरनू,
आम्मा म्हणाली, व्हई गो मां, आन्नमाने केल्लीले हून हून विरशे पळेची
तू एकपंता पिवनू.

नातीगलो उत्साहू, अरे, पाचची आयली पाचची आयली, यॉ पाचची बैस हांगा,
आम्मा, घरभरी कसले गॉ हें, बैसुकची जागो ना बा.
कसकसल्यो भाज्यांच्यो घरभरी बरी बिय्यांची दिसताती,
आन्नमाने म्हळे व्हई, मग्गे आणि भोपळ्याच्यो बिय्यां हांवेची सुककयल्याती.

आन्नमा, काँण गो आरतांतू यो बिय्यां खाता,
नुसतेंची काम आड्डावनू घेवनू, तू त्रासू मात्र कोरनू घेता.
पाचची म्हणाली, अरे बाळा, यो बिय्यां जीवाक भो चांग आसताती,
फोरेंनांतू गोतस की, योची बिय्यां दुडू दिवनू लोक विक्कत घेताती.

आम्मा, तुम्मी दिल्लले लिंबूच्या लोणचे, प्रसिद्ध जाल्या परदेशांतू,
गुट्टू सांगाती माक्का, लिंबूच्या कुडके इतले कशशी मुरल्याती तांतू,
हासतची आन्नमा म्हणाली, अय्यो, ताज्जे कसले सांगचे तुक्का,
सकड चेडवं आणि नातवंडं धग्गावेळारी वट्टू जाल्लेली नवे हांगा.

चार दिसांतू लिंबूच्या पानक कोरनू, एक राशी कुडके एकडे जाल्ले,
उडवच्याक चुरचुरो दिसलो म्होणू, सकडं कुकरांतू घालनू शिजवनू सोळ्ळे,
घाल्ले ताक्का मीट मिरसांगे पिट्टी आणि लोणच्याचे मसाले,
आणि भळ्ळेंतु घालनू थोडे महीने तशशीची दवरले.

इतल्या रुचीने खाल्ले तुम्मी लोणचे,
काटकसरींथानू अशीची म्हणताती समाधान मेळचे.

व्हई गॉ, फणसू मेळता म्हणताली नवे तूं परदेशांतूई,
तांतुल्या बिकंडाच्यो रांदयो केल्यो की ना थंई ?
व्हई आम्मा, बिकंडाचो गोज्जू आणि धान्य घालनू बेंदी केल्ली,
वाळी मेळ्ळी तावळी, पेज्जे रांदई थाई कोरनू खाल्ली.

फणसू मेळता व्हई थंई, जाल्लारी मेळनाती पान्नं फणसाची,
भारी आशा जात आस्स, फणसा पान्नांतूले खोट्टे खांवची.

गरदुधी आणि तर्नी वटण्याची सॉलं थाई हांव उडयना,
मूगा सोल्लाची चिटणी करताती, हाज्जेरी मगेल्या मैत्रिणींक विश्वासूची बैसना.
त्यो मराठींतू म्हणताती, “आम्ही करतो वस्तू ‘टाकाऊतून टिकाऊ’,
पण तू तर जमवतेस चक्क ‘टाकाऊतून स्वादिष्ट खाऊ’ ”.

हांवे म्हळ्ळे तांका, भारतांतू आमगले घारा खत करताती सकडं वल्लो कचरो घालनू,
तेमितीची आस्का, आमगल्या घरचो कचऱ्याडब्बो जात वचूगेलो सानू.

खरेंची आम्मा, आमचीगेल्यांतू, कसलेई वचूक दिनाती आम्मी वेथ,
तुमचेलाग्गीथाव्नु, शिकल्यांती आम्मी, जाल्लारी मुखावैल्या पिढीक कळतले वं हाज्जे महत्व!

माझी संस्मरणीय अमरनाथ यात्रा

अनुभव कथन : विजया कुंदर

शब्दांकन : श्यामला भट

अमरनाथ यात्रेला जायची कधीपासूनची माझी इच्छा होती. काही वर्षांपूर्वी खरंच 'बुलावा' आला. आणि मी आनंदाने मैत्रीणी सोबत निघाले.

प्रवास मजेत झाला. आता अमरनाथ गुहा काही किलोमीटरवर होती. सर्वत्र भव्य हिमालयाची रांग, थंडगार हवा, जवळच खोल दरी आणि समोर दुर्गम चढण पाहून मनावर दडपण आलं, तरीही दर्शनाची ओढ तीव्र होती. चालत जाणं, घोड्यावरील सवारी किंवा डोलीतून प्रवास असे पर्याय उपलब्ध होते. पहिले दोन फारच कठीण वाटल्याने आम्ही तिसरा पर्याय स्वीकारला. प्रत्येकीला डोली मिळाल्याची खात्री करून शेवटी मीही डोलीत बसले. चार भोयांनी ती उचलली.

आजवर कधीही डोलीत बसणं झालंच नव्हतं. आपल्या देहाचा भार कुणी उचलून चालत आहेत याचा संकोच वाटत होता. आजूबाजूला कष्टाने पण निर्धारपूर्वक चालणारे, घोड्यांवर अवघडून बसलेले यात्रेकरू दिसत होते. 'बम बम भोले', 'जय बाबा अमरनाथ' 'हर हर महादेव' अशा जयघोषाने वातावरण भारून गेलं होतं. इतक्यात माझं लक्ष डोलीच्या डाव्या हाताजवळील बांबू कडे गेलं. तिथे मोठी चीर दिसत होती. मी नकळत उजवीकडे सरकले. आणि पहाते तो काय तिथेही मोठी फट होती. म्हणजे ज्या बांबूच्या आधारावर डोली होती तिचे दोन्ही बांबू कमजोर होते. आता मध्येच एखादा बांबू मोडला तर मी खाली आपटून घसरत दरीत भिरकावली जाणार या विचाराने माझा थरकाप उडाला. मी देवदर्शनाला निघाले होते तरी अशी देवाघरी जायची कल्पना भयानक होती. मी भोयांना ओरडून सांगितलं "रुको, रुको, ये बांबू टूट जाएंगे" पण ते थाबायला तयार नव्हते. "कुछ नहीं होगा" म्हणत चालतच राहिले. पण माझी भीती वाढतच होती. मला काय करावं सुचत नव्हतं.

काही दिवसांपूर्वी काही आतंकवाद्यांनी यात्रेकरूंवर हल्ला केला होता म्हणून आता या वाटेवर सशस्त्र सैनिक तैनात केले होते. ते ठराविक अंतरावर राहट्या ठोकून पहारा देत होते. मला ते दिसले आणि मी हिंदी चित्रपटातील नायिकेप्रमाणे ओरडायला सुरुवात केली "बचाओ, बचाओ."

दोन सैनिक आणि राहटीतून त्यांचा एक वरिष्ठ धावून आले. त्यांनी भोयांना थांबण्याची आज्ञा केली.

नाईलाजाने त्यांनी जरा बाजूला डोली उतरवली. मी बाहेर आले आणि सैनिकांना ते बांबू दाखवून माझी भीती व्यक्त केली. डोलीची ती अवस्था बघून त्यांनाही राग आला. त्या अधिकाऱ्याने खडसावून भोयांना विचारले "ऐसी कैसी डंडी लायी है ? कौन है तुम्हारा कॉन्ट्रक्टर? उसका लायसन्स रद्द कर देंगे" वगैरे.

भोई आता त त प प करू लागले. त्या अधिकाऱ्याने सैनिकांना काही सूचना दिल्या. सैनिक धावतच राहटीतून इन्स्ट्रुमेंट्सची पेटी घेऊन आले. सराईतपणे त्यांनी काही खिळे ठोकले, त्यावर जाड दोरखंड मजबूत रीत्या गुंडाळले. "मांजी बैठिये, अब डरनेकी कोई बात नहीं" असं त्यांनी मला आश्वस्त केलं. माझं मन कृतज्ञतेने भरून आलं. मी पुन्हा पुन्हा त्यांचे आभार मानले आणि विनम्रपणे विचारलं "क्या मैं आपके साथ फोटो खिंचवा सकती हूँ ?" त्यावर "क्यों नहीं ?" असं त्यांनी हसत म्हटल्यावर त्यांच्या सोबत मी माझ्या कॅमेऱ्यावर फोटो काढून घेतला. त्यावेळी मोबाईल इतके प्रचारात नव्हते..

आजही तो फोटो मी जपून ठेवला आहे. आपल्या संरक्षणासाठी किती प्रतिकूल परिस्थितीत स्वतःचे जीवन धोक्यात घालून ते दक्ष राहतात. खरोखरच त्यांचं मोठं ऋण आहे आपल्यावर.

त्यांना मनापासून नमस्कार करून मी डोलीत बसले. तसे त्या अधिकाऱ्याने भोयांना बजावले "मांजी को उपरतक लेकर जाना और ठीक से दर्शन करवाना !" पुढचा प्रवास निश्चिंतपणे झाला. आणि खरोखरच भोयांनी माझे हात धरून त्या स्वयंभू हिम शिवलिंगासमोर उभं केलं. माझे डोळे भरून आले. काही वेळ फक्त भान हरपून बघत होते. मग "जय बाबा अमरनाथ" या उद्घोषात नमस्कार करून आम्ही परतीच्या प्रवासाला लागलो.

डोलीतून उतरल्यावर मी पाहिलं की भोयांचे चेहरे उतरले होते. मला राहवलं नाही, मी त्यांना बक्षिसे दिली. ते तर नोकर होते, पोट भरण्यासाठी ही हमाली करत होते. त्यांच्या चेहऱ्यावर हसू फुललेलं पाहून माझी यात्रा सफल संपूर्ण झाल्याचं मला समाधान वाटलं.

अशी झाली माझी संस्मरणीय अमरनाथ यात्रा.

॥ सरल-संस्कृतम् ॥

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**.



5. भगिनी परिवेषयति ।
Sister serves the **meal**.

2. मोहनः कर्तयति ।
Mohan cuts a **mango**.

6. सीमा पातयति ।
Seema drops the **milk**.

3. अमेयः शृणोति ।
Ameya listens to a **song**.

7. सुधा प्रचिनोति ।
Sudha plucks a **flower**.

4. चालकः चालयति ।
The driver drives the **car**.



8. विनोदः मर्जयति ।
Vinod cleans the **house**.

पुष्पं
आम्रफलं
गीतं
दुग्धं
गृहं
ओदनं
कारयानं
भोजनं

✿ In the above sentences, the words denoting object of action are in Neuter gender ending in the sound अ. 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 -
पुष्पम् as object is पुष्पम् (written as पुष्पं), दुग्धम् as object is दुग्धम् (written as दुग्धं), and so on....

Read the popular story 'Ant and the Dove' in Sanskrit -

पिपीलिका कपोतः च ।

एका पिपीलिका जले पतति । कपोतः पश्यति । सः जले पातयति ।
पिपीलिका पर्णम् आरोहति । सा सुखेन तीरं प्राप्नोति । एवं कपोतः पिपीलिकां रक्षति ।

अन्येद्युः व्याधः पश्यति । व्याधः बाणेन कपोतं लक्षीकरोति । तदा एव पिपीलिका
..... दशति । बाणः लक्ष्यात् भ्रष्टः भवति । एवं पिपीलिका अपि कपोतस्य प्राणरक्षणं करोति ।

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

	कपोतः		व्याधः
	पिपीलिका		पर्णम्

Answers given on Page

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तालमकी वाडीतील फेरीवाले

सुधा हट्टंगडी.

क्रमांक १

"आंबेवाले"

आंबे खाताना, अजूनही बालपणातील आठवणी आल्याशिवाय राहत नाहीत. आंब्याचा मोसम सुरु झाला की त्यावेळी एका वेळेला चार-पांच फेरीवाले आंबे विकायला घेऊन येत असत. प्रत्येकाची आरोळी वेगळ्या प्रकारची असायची. प्रत्येका-बरोबर डोक्यावर आंब्यांची टोपली घेतलेला मदतनीस असायचा. आणि फेरीवाला स्वतः बहुत करून आपला उजवा हात कानाजवळ धरून आपो...स म्हणून ओरडायचा. प्रत्येकाची शैली विशिष्ट असल्याने, घरात असलो तरीही, कोण आहे हे समजत असे.

एकाने ओरडताना त्याचा एक सोन्याचा दात दिसायचा. त्याला आम्ही "सोन्याच्या दाताचा" म्हणायचो. दुसरा, पांढरी टोपी डोक्यावर आडवी घालून यायचा. प्रत्येकाने आणलेल्या फळाची शिफारस ऐकण्यासारखी असायची. एक म्हणायचा "साहेब साखर". दुसरा म्हणायचा, "साहेब मध आहे मध, एकदा घेऊन तर बघा", तर तिसरा म्हणायचा, साहेब, "खोबरं आहे खोबरं", तो खोबरं का म्हणायचा? याचा अजून उलगाडा झालेला नाही. कदाचित सारस्वतांना खोबऱ्याची चव चांगली माहित आहे, असे त्याचे मत असावे.

आम्ही घरून हाक मारली की, बऱ्याचदा कोणाला बोलावले यावरून त्यांच्यात वाद व्हायचा. मग कोणाला बोलावले हे आम्हाला सांगावे लागत असे. त्या आंबेवाल्याने मजले उतरून पुन्हा खाली येईपर्यंत, बाकीचे तिथेच उभे राहायचे. तो लवकर आला तर, आपल्याला संधी मिळेल ह्या दृष्टिने. त्यावेळचे आंब्याचे भाव सांगितले तर हल्लीच्या पिढीचा विश्वास बसणार नाही. बहुतेक दोन रुपये डझन. आणि जरा मोठे असले तर अडीच रुपये आणि अगदीच मोठे, मोहात पाडणारे असले तर पाच रुपये, पण ते मध्यमवर्गीयांना परवडणार नाहीत, हे जाणून फेरीवाले ते आंबे वेगळ्या पिशवीत थोडेसे आणत असत. विचारल्यावर दाखवत आणि घेणारे असतील तर, भाव ठरवून दुसऱ्या दिवशी थेट घरी आणून देत.

एखाद्या फेरीवाल्याकडून दोन-तीनदा खरेदी केली की, त्याला घरात साधारण किती दिवसात आंबे संपतात त्याची कल्पना यायची आणि त्याप्रमाणे तो ठराविक दिवसांनी टोपली आणून ठेवत असे आणि आंब्याचा हंगाम संपला की, एकदम सगळे पैसे घेऊन जायचा. एकदा रायवळ आंबे आणत नाही का? असं विचारले तर, त्याने "सासमां आंबे वे?" असे म्हणताच आश्चर्य वाटले. नंतर त्यानेच सांगितले की वाडीत नियमित येत असल्यामुळे त्याला बरेच कोकणी समजते.

क्रमांक २-

"सुण्या गू sss"

काही व्यक्तींना विसरणे शक्य नसते, मग ते नियमित येणारे असोत किंवा विशिष्ट काळातच येणारे असोत. हीच गोष्ट फेरीवाल्यांच्या बाबतीतही लागू पडते.

असाच एक फेरीवाला जुनी रददी घ्यायला वाडीत येत असे. सुरुवातीला पॅपर पुस्तके बूट अशा सर्वच वस्तु नेत असे. मग नुसते बूटच घेत असे. अगदी ठरलेला पोशाख. पांढरे धोतर, पांढरा शर्ट, रंगीत जाकीट आणि त्याला साजेशी टोपी. कपाळावर मोठा पिवळसर टीका, बहुतेक चंदनाचा असावा. डाव्या खांद्यावर थैली, उजवा हात गालावर ठेवून आपण आल्याचे जाहीर करण्याची लकब मात्र अगदी वेगळीच होती. काही शब्द अगदी मंद स्वरात, काही तीव्र स्वरात आकार धरून जूना sss बूट sss. 'जूना' शब्द, पहिल्या मजल्यापर्यंत अगदी जमतेम पोहोचत असे "ट" शब्द तर ऐकू येत नसे. नवीन ऐकणा-याला तो काय विकतो आहे? असा प्रश्न पडे. आणि ऐकणारे जे काही ऐकू आले त्यावरून अंदाज घेत.

एकदा तर गावाहून आलेले पाहुणे, अंदाज करून आवेगाने विचारू लागले, "कस्तू हांगा "सुण्या" गू विकतु येता वे"? हे ऐकून आमची सर्वांची हसून हसून पुरेवाट झाली. मग त्यांना सांगितल्यावर त्यांनाही हंसू आवरेनासे झाले. 'जूनाचा सुण्या केला आणि बुटाचा गू केला. "सुण्या गू sss".

क्रमांक ३-

"छत्रीवाला"

पावसाला सुरुवात झाली की न चुकता दिसणारे हे एक ध्यान होते. नेहमीचा वेश ठरलेला. धोतर शर्ट, काळ्या रंगाचा कोट आणि काळी टोपी. धोतर आणि शर्टाचा नक्की रंग कोणता हे सांगणे रंगार्याला किंवा निष्णात चित्रकाराला सुध्दा अशक्यः. नवीन असताना बहुतेक पांढरा असावा. असा अंदाज करायला हरकत नाही.

पावसाला सुरुवात झाली की, हवामान तजांनी जाहीर करण्यापूर्वी पहिल्या सरीला "छ... त्रि..." म्हणून आठवण करून दिल्यासारखा आवाज यायचा. अनुभवाने मानसशास्त्र, थोडेफार समजायला लागले असणार. कारण, सामान्य लोक कुणीही पाऊस सुरु होण्यापूर्वीच, छत्री-रेनकोट काढून बघण्याची तसदी घेत नाही. आणि पाऊस सुरु झाला रे झाला की धावपळ सुरु होते. अडगळीत ठेवलेल्या छत्र्या काढल्यावर, एखादी काडी सुटलेली, एखादी जोड गेलेली आढळून येई.

अशावेळेस "छत्री" हा आवाज ऐकला की, व्हरांड्यात जाऊन छत्री दुरुस्त करण्यासाठी त्याला पाचारण केले जाई. हाक ऐकू आली की, पान रवंथ करताना, लाल पिवळे दात दाखवताना, त्याचा चेहरा आनंदी व्हायचा. तोंडातील पान एखाद्या कोपण्यात थुंकून, मिळेल त्या बारीक काडीने, मग तार असो किंवा अगरबत्तीची काडी असो, दाताच्या खाचा, साफ करत जीने चढून वर येत असे. मग दिलेल्या छत्रीचे निरीक्षण करून, कुठे कुठे दुरुस्तीची जरूरी आहे, हे गिऱ्हाईकाला देऊन मग त्याप्रमाणे दर सांगत असे.

गंमत म्हणजे वर्षानुवर्षे ही एकच व्यक्ति छत्री दुरुस्त करायला येत असे, जणू काही त्याचा हक्कच आहे, एका-धिकारच आहे. दुसरा कुणी ही छत्रीवाला आलेला मला तरी आठवत नाही. त्याने सांगितलेला दर मला जास्त वाटायचा आणि दराच्या बाबतीत हुज्जत घातलेली माझ्या वडीलांना (आन्नांना) आवडत नसे. म्हणून एकदा मी वाडीजवळच्या बोह-याच्या दुकानात गेले आणि जवळजवळ अर्ध्या किमतीत छत्री दुरुस्त करून आणली. संध्याकाळी अगदी उत्साहाने आन्नांना सांगितले, पण त्यांना ते आजिबात आवडले नाही. ते मला शांतपणे म्हणाले की, तू कमी खर्चात छत्रि दुरुस्त करून आणलीस पण विचार कर, दारात येणा-याचे जीवन या व्यवसायावर अवलंबून आहे. जे चार पैसे मिळतात, त्यावर त्याचा आणि त्याच्या कुटुंबाचा उदर-निर्वाह

होतो, तो बोहरी स्टोव्ह दुरुस्त करून देण्यात बरेच पैसे कमावतो. कधी सांगणार बर्नर साफ करतो आणि मग सांगणार त्याला भोक पडले, नवा बर्नर घालावा लागेल, कधी म्हणणार, निपल बदलावा लागेल, तर कधी सांगणार, पंपाचा वायसर गेला आहे आणि जर गर्दी असेल तर, स्टोव्ह ठेवून जा आणि दोन तासानंतर या. त्या दोन तासात तो काय करेल काही सांगता येत नाही. घासलेट काढून घेतले तरी आपल्याला कळायला मार्ग नाही. मोठ्या बाजारातून बर्नर कितीला आणतो, किती नफा काढतो काही सांगता येत नाही. त्यामुळे ह्या दारात येणाऱ्या छत्रीवाल्याला चार पैसे जास्त दिले तरी हरकत नाही. आपल्या समोरच छत्रि दुरुस्त करून मिळते आणि परत हजेरी लावायला उद्याच वाडीत येणार याची खात्री असते.

दर गणपतीला, दुसऱ्याच दिवशी प्रसाद घ्यायला येणाऱ्यांपैकी एक हा छत्रीवाला होता. दिवाळीत फराळाचे वाटे घालून ठेवलेले असायचे आणि सर्वांना दिवाळीचे बक्षीस देण्यासाठी आन्ना पैसे काढून ठेवत असत. हा छत्रीवाला न चुकता साहेब म्हणून नमस्कार करायला येत असे. फराळ आणि बक्षीस दिल्यावर, त्याच्या चेह-यावर दिसणारा आनंद पाहून आम्हांला समाधान वाटत असे.

KONKANI LEXICON FUN QUIZ

Answers

रस्सु	त्रासु
भैरासु	पणसु
कापूसु	गळपासु
मूसु	कासु
वासु	उगडासु
आवसु	बाप्पुसु
शवासु	मुंडासु
अभ्यासु	उपासु
पावसु	भूसु
विश्वासु	कसु
घासु	मोसु
सन्यासु	अत्रसु
वित्यासु	

Brain Teasers (Answers)

(from page 56 and 59)

1)

Sudoku Feb 2023

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

7)

Solution to Jumbled letters

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

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 $7+14$ ie. Ram & Shyam's wins combined.

8)

Five including you

9)

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

Answer: 11 Squares 13 Rectangles

3)

Answer to: Which number comes next ?

15 34 61 96 139 190

10)

Solution - Pick the Odd one out from the group

1. Cloak - 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.

5)

What's the Good word ? Solution

P R E C E D E N T

11)

Answer

Sheep- goat hybrid = Geep

6)

Brain Teaser

2 dogs are racing to eat the bone.

Answer Dog A



14)

The official colours of World Cancer Day are blue and orange.

12)

Solution to Memory Test

1. Cinnamon
2. Tortoise
3. Crayons
4. Match Box
5. Fish
6. Butter
7. Almonds
8. Apple
9. Custard
10. Apple
11. Ladies Finger
12. Cashew Nuts
13. Chikkoo
14. Cauliflower
15. Carrots
16. Guava
17. Rat
18. Ball
19. Bullock cart
20. Pineapple
21. Orange
22. Penguin
23. Medicines
24. Bison

Here and There

Bengaluru Local Sabha:

Gita Jayanti was observed with *Samuhik Gita Pujan* 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 *Ashtavadhana Seva*. *Samaradhana* of Parama Pujya Shrimat Keshavashram Swamiji was observed with *Bhashya Pathana* and *Ashtavadhana Seva*.

Regular Programmes were conducted including Girvana Pratishta classes, *Sambhashana Varga* classes (online) and *Prarthana Varga*, *Gayatri Japa Anushtaan* 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 Parijnanashram 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*, *Sabhā Samāpti Prārthanā*, *Deepnamaskar* and concluded with *Jayjaykars*.

Samārāadhanā 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 Parijnanashrama Trayodashi*. Thereafter, a chapter from the *Sankshipta Guru Paramparā 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 yummilicious 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*

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 Krishnamurthy 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* – *kholumbo* and *amti pittii*, *chavchav* and *kairas pittii* 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, Bijours, Benegals, Amembals
Relatives & Friends

CLASSIFIEDS

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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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

Nov 27 : Tanvi Vinay Gangavali with Varun Gajanan Mallapur at Murdeshwar, Karnataka.

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 30 : 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 : Niranjana 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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