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Natasha Bellari
(Refer to page 14)

Maya Kilpady
(Refer to page 13)

1. Carpet sellers - miniature oil painting
2. Krishna - Radha Kangra miniature
3. Boy with Lord Vitthal - colour pencil artwork
4. Little boy - Charcoal
5. Ganga Arati in oils
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EXAMINATION RESULTS 2023

Students who have passed in various examinations held in Mumbai, Pune, Bangalore and other parts of the country, are requested to send their details in the following proforma to the Editor, Kanara Saraswat, before 10th September, 2023 to:

admin@kanarasaraswat.in

Name (in full):
Address and Telephone No.:
Examination passed and Board / University:
Marks obtained (Please enclose a photocopy of the Marks Sheet duly endorsed):
Merit or Prize/s obtained:
Photographs will be accepted only of those students who obtained 80% and above in SSCE/HSCE/ICSE/ CBSE, and above 75% for graduates.
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As I step down from my position as the President of Kanara Saraswat Association (KSA), I write this, my last address to all of you, with a great degree of gratitude. Over the last eight years, you gave me an opportunity to hold this esteemed position of a great institution like KSA and I offer my sincere thanks to all of you, for the support extended to me during this period.

What started as a small club some 111 years ago for Bhanaps, who had migrated to Bombay (now known as Mumbai) from their native places in Karnataka, KSA has now become a major representative body for all the Bhanaps or Chitrapur Saraswats, spread all over the world. KSA is now a major charitable, cultural and social organisation, representing our Bhanap community and in the process, preserving and nurturing the rich traditions of our community.

An Institution is always more important than an individual. Institutions rise in importance as life becomes more complex, diversified and at the same time integrated. Institutions symbolise collective wisdom, economic and intellectual strengths and balance the conflicting viewpoints, in the process, making the society stronger. Therefore, preserving and strengthening the institutional integrity is always important. Institutions built on such solid platforms of integrity tide over and surpass major social upheavals and provide pivotal strengths to help the society blossom into a morally richer and stronger society. Strengthening an institution is the responsibility of each generation. It is therefore important that each future generation contributes collectively to make the institution stronger than earlier.

Over the last more than hundred years, KSA has gone through major political, social, economic, pandemic and other disasters, but has emerged as a stronger and more resilient institution than it was earlier, thanks to the Blessings of our past and present Spiritual Heads and the collective support and efforts of our community leaders and members.

It is our responsibility to continue with this good work and further strengthen KSA. Going forward, the future generations will also need to bring in the same commitment and dedication to maintain KSA as one of the premier institutions of our Saraswat community.

Shri Kishore Masurkar who will now take over as the next President of KSA is a successful entrepreneur and an active social worker. He is known for his capability of building institutions of social relevance and nurturing them. With his strong leadership qualities, I am sure that Kishore will take KSA to greater heights. He will be ably supported by the new Management Committee and the dedicated staff of KSA.

I take this opportunity to wish Kishore and all of you as members of KSA, all the best and a great future ahead!

With Regards,
Praveen P Kadle
Shlokas for Recitation: Adhyaya 14, Shlokas 1 to 14

Shlokas for Abhivyakti

1. कार्पण्यदोषोपहतस्वभावः
पृच्छामि त्वां धर्मसम्मूद्रेऽतः:
यथ्रेष्यः स्यानिशिचितं बृहि तन्मे
शिष्यस्ते:हं शाधि मां त्वां प्रपन्नम् || २.७ ||

2. तपस्विभ्योऽधिको योगी ज्ञानिभ्योऽपि मतोऽधिकः:
कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन || ६.४६ ||

3. समोऽहं सर्वभूतेषु न मे द्वेष्योस्स्ति न प्रयः:
ये भजन्ति तु मां भक्त्या मयि ते तेषु चाप्यहम् ||९.२९||

4. भक्त्या त्वानन्याया शक्य अहमेवंविधौस्वरूप
जातु द्रष्टु च तत्वेन प्रवेष्टुः च परन्तप || १९.५४ ||

5. देवद्विजनमुप्राण्यज्ञजूजनं शौचमार्जवम्:
ब्रह्मचर्यमहिसा च शरीरं तप उच्यते || १७.४७ ||

Abhivyakti means 'expression'. Participant is given three minutes to express one's own thoughts on ANY ONE shloka from those given here. You may speak about how it applies in life to you or to someone you know. If Pujya Swami has spoken on the shloka you may express what you have understood from it.

You can speak in any language of your choice - Konkani, Sanskrit, English, Hindi or Marathi.

Participants must submit their names and age to their teachers or the Sabha President.
Participants for Abhivyakti must be aged 15 or above.

The teacher / Sabha President / office bearer must send the list for the Bhagavad Gita competition and Abhivyakti to
Sanjana Kalyanpur  Mahima Baindur  Vandana Balwally
WhatsApp 9820636661  WhatsApp 9619652634  WhatsApp 9820817884

Kindly Register by 15th October, 2023

On the date of the competition participants must be present at the venue by 2.00 p.m.
The Editor's Column

Dear Readers,

In this edition, we bring you stories encompassing almost the entire spectrum of human age – from a girl entrepreneur who began a company in her name as a 25 year old to a dynamic 95 year super senior citizen, who passed away in April this year.

Our cover has the story on the Gokarn family’s venture, Triton Valves Ltd. A Bangalore based company listed on the Bombay Stock Exchange in 1977, it was the brainchild of Maruti Gokarn. His untimely demise in 1986 thrust his wife Anuradha to the forefront, with their two sons yet to enter their teens. She held fort and did a commendable job, steering the company to great heights until 2013, when the younger son Aditya took over as the MD. In the last decade, he has further strengthened and consolidated the company’s market leadership position. His elder brother Anil branched out on his own in Pune – and we will be writing about his venture in the coming months.

Bhakti Ullal brings us an interview with Shweta Gokarn, who, after her schooling in Alibag, overcame many challenges and started a company at age 25, after clearing her Company Secretary course. A prior stint in SVC helped open doors of opportunities for her. Today, Shweta Gokarn & Company has over 400 clients and continues to grow. This interview should surely inspire all our youth who nurture ambitions of becoming entrepreneurs.

Maya Kilpady, an Applied Arts graduate from Goa, worked in advertising agencies, initially in Goa and post marriage, in Bangalore. After quitting advertising, she joined a Playschool, teaching and creating educational aids for the tiny tots. Her spare time was devoted to Kangra miniatures and Tanjore paintings which evoked spontaneous requests from many an aficionado. But then the teacher in her again came to the fore and she started conducting art classes for children. Through word of mouth, her batches grew from one to four. The Covid pandemic made her go online and until today, over 500 drawing enthusiasts from various age groups, across the world, have been learning the finer aspects of drawing and painting from her.

Many a times, it’s said that ‘Man proposes and God disposes.’ This proved to be the case for Natasha Bellari. A qualified fashion designer, a severe ailment saw her being confined to bed for almost a year. Through her recovery period, she started baking as a hobby using online resources and perfected her art to such an extent that it became her profession. She started getting orders for customized cakes and then, there was no looking back. Eight years down the line, she got an offer from a couple to run their patisserie in Bangalore, not just as Head – Pastry chef, but also to take care of the Sales and Marketing.

We also take a walk down memory lane with 89 years young, Bhaskar Nagarkatti, who was a dashing Water Polo goalkeeper in the 1950s and 60s. Post retirement from the sport, he had an opportunity of coaching teams as well as officiating at important sporting events across India and South East Asia. He exhorts the present generation to take to swimming as it offers a complete exercise for the whole body.

Dr. Jayshree Panjikar shares the interesting life and times of Shalini Dhareshwar, who passed away aged 95 in April this year. Her’s was a life lived to the fullest.

Maj Gen. B. N. Rao brings us to speed with the morale of the Indian Army and the various nuances of the word. Citing various instances, he drives home the point that morale in our armed forces cannot be physically measured but can be recognized when one sees it.

Our Children’s corner has two stories penned by youngsters. While Dr. Sudha Tinaikar continues her analysis of the 18th Chapter from the Bhagavad Gita, Parisevanam has an article by Shivani Haldipur-Kallianpur.

Mayur Kalbag’s take on the seed becoming an inspiring metaphor, makes an interesting read. Anjali Burde, in her culinary trip to Maharashtra, shares recipes from Konkan and Vidarbha.

I would like to end by reiterating here that for the sake of brevity, we edit words like maam and pacchi. This should not, under any circumstances, be misunderstood as disrespect please.

Happy reading!

Ramkishore M Mankekar
Radhakrishna Kandlur Bhat maam (11/4/1939 - 21/7/2023) was born in Puttur - Mangalore & spent his life mostly in Mumbai. He worked with M/s Larsen & Toubro for almost 39 years before he took to retirement.

A Selfless “Servakk at Vittal”:

Radhakrishna Kandlur Bhat maam was an ardent devotee and totally committed to the service & sevas of Shri Ananteshwar Temple at Vittal. Since Childhood, he attended the Shashti Festival at Vittal regularly. He served as a Trustee member of Vittal temple from year 2003 to 2013, during which period he brought about a total transformation in the workings of the Temple & was totally involved in the renovation of Shri Ananteshwar Temple. Kandlur maam was very meticulous in his planning & in working out the finer details of the Annual Shashti festival year after year, which was evident from the large number of devotees thronging to Vittal during the week long celebrations of Shashti. One of his key achievements of Vittal temple was the acquisition of land of Vokketur Adi Stala, which he continuously followed up with the Government authorities & finally the Government allotted the land in favour of the Temple. He was one of the committee members of Mumbai committee for 1984 Bramhakalashotsava.

Some of his key Achievements during his tenure as Trustee at Vittal is worth recollecting here - Chaturmasya Vrata(2004), Purnarprathishta Mahotsava of the Temple (2010), Temple Renovation & Bramhakalashanga Rathotsava(2011), Saparya Nilayam(2012). Kandlur maam was a man of very few words, but his work is worth its weight in Gold.

His Magnanimous Sevas to “Kalawar Kutumb” – Coondapur:

Radhakrishna Kandlur maam deserves special mention for his pro-active role in the Naga-Prathishtas of our Kalawar Kutumb. When the Kalawar Kutumb located the ancient heritage site of our Naagsthal at Kalawar Goan and His Holiness Swami Sadyojat Shankarashram agreed to grace the occasion of its Jeernodhara, Kandlur maam on his own came forward to help us in the arrangements that enabled us to conduct it with grand success.

The entire village of Kalawar being the regular worshippers at this site had to be invited for the festive Lunch. We did not know the protocol nor understood the local language nor the menu required for such occasions. Kandlur maam handled the entire event with aplomb and received great accolades from one and all. From the year 2001 onwards till 2019, for almost 2 decades, he took upon himself selflessly to organize the Vardhanti (Anniversary) functions, right from arranging Saamagri, Decoration at the Naagsthal and other minute details engaging active support from the local people making the yearly pujas a festive success. Our Kalawar Kutumb will remember his yeoman service in keeping up the traditions of the site and his rapport with the villagers for years to come.

The entire Kalawar Kutumb & the Amchigele devotees at large will certainly miss our Kandlur maam.

Kandlur Radhakrishna maam is survived by his 2 sons - Sanjay & Vijay & their family members.

We all join hands to pray for his Soul to attain Sadgati

ॐ मृत्योऽर्जुः अमृतं गमय ॐ
On 9th December, 1932, when Maruti Vinayak Gokarn was born, his father, Vinayak Shankar Gokarn, a renowned lawyer in the Karwar District Court, would have imagined him taking up the legal profession when he grew up. But that was not to be.

Originally from Gokarn, he shifted base to Karwar where a bright Maruti studied in the Hindu High School and later, went on to obtain a dual degree in Mechanical and Electrical engineering from the College of Engineering, Pune.

In 1954, he did his two-year apprentice training in England, before returning home to join AEI (Associated Electrical Industries – now GE). Through sheer merit and dint of hard work, he rose to become the youngest Regional Manager of AEI and was posted in Calcutta and Delhi in the sixties and seventies. This is where his entrepreneurial instincts took the better of him and inspired him to take the plunge into starting his own venture.

And that is how ‘Triton’ came to be formed in September 1975. There is an interesting story behind the naming of the company. Maruti was showing the prototypes of the tyre valves that he intended manufacturing, to his wife Anuradha (nee Anasuya Samsi, an M.Phil. in English Literature). She felt that the valves resembled the mythical Greek Sea God, Triton (son of Poseidon and Amphitrite) who symbolized great strength and might. So that is how the company came to be named and incorporated as Triton Valves Ltd., with the Corporate office in Bangalore and the factory at Mysore. In 1977, it became one of the earliest listed companies that were owned and managed by Bhanaps.

Triton, under the visionary leadership of Maruti Gokarn began manufacturing valves for the tyre and inner tube industry and quickly emerged as a market leader in India.

In 1986, tragedy struck the Gokarn family when Maruti, who was just 54 years old, passed away suddenly due to a heart attack, leaving behind his wife Anuradha and two young boys, Anil, aged 9 and Aditya, aged 6. A heartbroken Anuradha rose to the occasion, showing immense strength and determination, as she took over the reins of the company. In spite of having no prior experience or training in business or engineering, her steely resolve took the company to market leadership position in a very short time and further strengthened the foundations by building a strong culture of excellence, ethical conduct and family values.

A special mention needs to be made here, of two Amchi gentlemen, Bhaskar Narsingrao Divgi and Suresh Betrabet, who provided her with the necessary moral support and guidance, even as she steered the company admirably.

The children grew up and while the elder son Anil, founded his own organic recycling start-up in Pune called Pro Earth Ecosystems Pvt. Ltd., (which we will feature in a subsequent issue in detail), Aditya joined the business in 2005 after completing his BE in Mechanical Engineering and Certificate of Business from UC Berkeley. Born with a dynamic entrepreneur’s genes, he took to the business like a fish to water. In 2013, Aditya, at age 33, took over the reins of Triton Valves Ltd., as the Managing Director from his mother, who continues till date as a Non-Executive Director on the Board. Her immense contribution has been widely recognized in the industry and within the community.

Over the years, through Aditya’s stewardship, the company has diversified its portfolio and is now a Tier 1 supplier to the automotive as well as the industrial and home air-conditioning industries. The Company also operates a wholly owned subsidiary which manufactures copper alloy extrusions and is a critical raw material supplier to a wide range of industries including oil and gas, automotive, writing instruments, watches and FMCG.

From a turnover of around Rs.5 crore in 1986, the Company clocked revenues of Rs.362 crore in March 2023.

Triton Valves product range includes, tyre valves, Valves for Air-conditioners, extruded brass bars and wires which are used in making watch parts like watch cases, watch spindles and
gears, oil and gas valves, LPG cylinder valves, air-conditioner parts like distributors, valves etc... these may seem small in size, but the crucial role that they play inside a vehicle tyre or an air-conditioner or a wrist watch or an LPG cylinder, makes all the difference!

Today, the company counts several marquee brands as its customers including Apollo Tyres, Ather Energy, Bluestar, Bridgestone, Ceat, Daikin, Daimler, Ford, General Motors, Honda, Hyundai, JK Tyre, JCB, Kia, Lennox USA, Lloyd, Log9 Materials, Livguard, MRF Tyres, Maruti Suzuki, Mahindra, Samsung, Tata Motors, Titan Industries and Toyota.

The company has a history of innovation and pioneering new products and technology in every segment that it operates in. It provides a shining example of Make-in-India and has been investing in R&D for decades. The company holds several patents and trademarks in the field of valves, tyre pressure monitoring and pressure management in lithium-ion battery packs.

Triton Valves Ltd., has three factories in Mysore and warehouses in Chennai, Gujarat, Pune and Delhi. It is listed on the Bombay Stock Exchange since 1977 and sets very high governance standards with a six-member board and the Board Chairman being an independent Director.

Aditya’s wife, Sara Gokarn is an Iranian who came to India to pursue her higher studies where she met her future husband. Sara has extensive working experience in the NGO sector and has worked on issues related to women and children. She has also worked on sustainable tourism projects where she and her team identified places of tourist interest and trained the local communities in sustainable hospitality practices.

After marriage, Sara helped Triton Valves Ltd., set up their Corporate Social Responsibility (CSR) Programme. The programme’s aim was to support the early years development of underprivileged children in a 10km radius from Triton’s factories in Mysore. A baseline study was conducted to identify Anganwadis and Primary Schools in the area and a road-map was then established to support the schools with training of teachers, infrastructure support, etc., to achieve learning outcomes for the children on par with private schools.

During the pandemic, Sara gave wings to her entrepreneurial instincts by starting her own brand of eco-friendly and art inspired gift-wrapping materials. She is now fully engaged in developing her business having delegated the CSR activities to the Triton team.

Letters to the Editor

Dear Editor,

Although my letter comes a bit late, at the outset my Compliments & Hearty Congratulations to you. Welcome aboard as Editor of Kanara Saraswat Magazine!!

I appreciate and enjoy reading very much your Editor’s page which covers in a nutshell what the monthly KS covers for its readers for "Happy reading."

Wishing you and your entire Editorial team further success.

Mahesh B. Kalawar
Goregaon (East)

Dear Editor,

Your August 2023 issue made interesting reading and all the features and articles and interviews were immensely readable. The article on the Doctor Nadkarni's family from Killa Pardi in Gujarat was an eye opener and reminded me of the Hippocrates oath in a noble profession which is a bit commercial today. I hope the Nadkarnis open their hospitals in other states too. The money manager Rajesh Hattangady's metaphor of a lift was interesting and I hope he starts advising on stocks and mutual funds and their fundamentals and technical analysis and tells us which stock to buy and sell or retain it for a short term or a long term. The Kerala cuisine was mouth watering. The YE RE YE RE PAVASAA piece was well written and told us about how rains can create havoc in our lives too. The warkari travelogue made my eyes moist with the penance of Lord Vitthala and Rakhumai and my ardent desire to visit Pandharpur surfaced again. The Aviator article on Flying officer Prakash Kalawar made me fly really high and the hope that many such brave Amchis come to the fore in the future. All in all an unputdownable issue!

Sandeep Hattangady,
Dahisar, Mumbai
BU: As a young girl did you ever see yourself as being your own Boss? How did life collaborate to inspire you towards entrepreneurship?

SG: No, not at all. Growing up, my aspiration was simply to secure a high-paying job. Being from a middle-class family in Alibag, the idea of entrepreneurship never occurred to me.

The seeds of entrepreneurship were probably unknowingly sown during my school days. My parents, particularly my mother, a teacher, pushed me to explore my limits while representing my Marathi-medium school at inter-school events. These experiences nurtured leadership qualities which are so crucial for an entrepreneur. The discipline, dedication, flexibility and competitive spirit instilled then, have contributed to my becoming a successful entrepreneur.

Unexpected financial challenges resulted in my sacrificing admission to a prestigious MBA college for another. But the want for a solid education got me to do the Company Secretary (CS) course.

I quit my job at SVC bank to focus on study. On clearing my CS, I moved to Mumbai and interned at a CS firm, Anant Khamankar & Co. I was inspired by Anant Khamankar’s work ethic and subconsciously, told myself that someday, I would want to pursue a similar path.

Despite receiving job offers post-internship, I decided to listen to my heart and follow my instinct which led me to establish my firm at the age of 25.

Looking back, I know that if I had dwelled on the potential risks and uncertainties, I would not have taken that leap of faith. Thus began my stint as an entrepreneur, a journey that has been incredibly fulfilling and rewarding.

BU: You did your CS course when you were a full-time employee. How crazy was life then?

SG: Yes, there was a time in my early 20s when I was working full-time, pursuing an executive MBA, managing the household as a newlywed and allocating the late-night hours for my CS study. As I reflect on this, it leaves me in wonder. A few weeks before my CS final exams, I faced a devastating blow - the sudden and tragic death of my beloved father. While the pain was overwhelming, I had no choice but to channel my emotions with an unwavering determination in preparing for the final exams. Clearing the exams was crucial for me to feel stable. We all possess an incredible hidden potential when faced with adverse situations. I had to make a choice; make excuses and succumb to the worries, or pick myself up, work hard and overcome obstacles. I chose the latter and that has brought me where I am today.

BU: What was your goal when you set up Shweta Gokarn & Co.?

SG: My primary goal was to have financial stability and a sense of security. Secondly, I wanted to establish my own identity in the industry and be recognised as reliable with the ability to deliver high-quality work. I also had a broader objective of helping entrepreneurs navigate the complex and ever-changing world of regulations and compliance.

BU: Were there any difficulties you faced when you first set up your office at Navi Mumbai? Did your initial clients have any reservations before giving you the assignments to a 25-year-old, who was a newbie?

SG: Many challenges! The key was limited finances. I was a sole proprietor with an old second-hand laptop. After six months of operating from home, my mentor encouraged me to have an office. This changed people’s perceptions and showed potential clients that I was serious and committed.

My second and very critical challenge was the reluctance of people to entrust me with work as clients often look for a combination of knowledge and experience. Without a strong pedigree or an established network, it was quite difficult to secure assignments. Fortunately, some people recognised my sincerity and potential and gave me small tasks. With the quality of service provided, I was gradually able to build client trust. The location of my office also posed some hindrances. Thankfully, I was able to dispel these concerns. Today, I have clients across sectors both domestically and overseas.

BU: How did you rope in your first client?
SG: That’s an interesting question. My first go-to person, after starting practice, was Mr. Shrinivas Joshi, the then MD of SVC Bank, with whom I had initially interacted with, as an employee of the bank. He was the only high-ranking person in Mumbai whom I knew personally at that time. I reached out to him and after some discussions, he included me on the panel of CS firms working with the bank. Later he also introduced me to some senior people in his network and this helped open a few doors. I would do thorough research before meeting a client with a focus on providing solutions and building relationships. In this way, my client base progressively widened.

BU: As a first-generation practising professional, what are the major challenges faced by professionals in the service industry?

SG: Coming from a family with no business background, my key challenge was getting a fair remuneration for the services rendered. Another was being paid as per timelines and in some cases, recovering overdue fees. Being in a professional service industry having a committed team is crucial. Building a team with members who share the same ethics, have the necessary qualifications, a keen eye for detail, and strong communication skills has taken time.

BU: In the last decade, we see a lot of start-ups coming up in India. What are your views on the start-up space here and do you think it is getting easier?

SG: The start-up landscape in India is very alive today. The rising entrepreneurial spirit among the youth is assisted by supportive government policies, increased investor interest, evolving infrastructure, and access to talent.

Despite these positives, challenges such as funding, particularly in the early stages, intense competition and the need for a unique value proposition for success persist. Furthermore, navigating complex regulatory frameworks and market dynamics can be challenging for new entrepreneurs.

Nevertheless, with the right ideas, execution strategy and access to resources, first-generation entrepreneurs now have an unprecedented opportunity to enter and thrive in the Indian start-up scene.

BU: You set up your practice just over a decade ago and you already have 400 clients. How have you accomplished that?

SG: Growth has been a combination of prioritising quality over quantity, transparency and setting realistic expectations with clients. Also, cultivating meaningful relationships with clients and fostering a supportive work environment for the team, have all played their roles.

BU: When creating and marketing your brand, how big a role has social media played?

SG: Personally, I neither have an Instagram account nor am I active on Facebook. However, I recognize the significance of LinkedIn as a platform for sharing my professional experiences. While social media platforms play a role in brand marketing, I believe that nothing can surpass the power of in-person networking, especially in an industry like mine.

BU: How do you unwind?

SG: As someone who benefited from mentors during my early stage, I find fulfilment in mentoring young kids who reach out for help. Besides this, nature brings me peace, my terrace garden and solo drives to secluded spots are what I enjoy. Music and photography are something that I hold dear.

BU: Would you be open to employing members of our community (especially those pursuing CS) as interns at your company? If yes, how do they connect with you?

SG: Yes of course! They can reach out to me by email at shweta@shwetagokarn.com or connect through LinkedIn.

BU: What would be your message to young ‘wannabe entrepreneurs’ of our community?

SG: My message is simple, ‘Believe in yourself and your ideas. Embrace challenges as opportunities for growth and learning. Surround yourself with a supportive network and seek guidance from mentors. Stay persistent, adaptable, and willing to take risks. Success may not come overnight, but with determination and hard work, you can turn your dreams into reality.’

On that very encouraging note, thank you Shweta, for sharing your inspiring story with our readers. We wish you the very best.
Maya Anand Kilpady – Teaching Art is a Passion

Maya Anand Kilpady, nee Nadkarni grew up in Goa and displayed a natural affinity for art and frequently engaged in dabbling in small artworks during her leisure time throughout school.

Her creative talent caught the attention of her aunt, who encouraged her to consider it as a career option leading her to pursue Applied Art for her Bachelor’s degree at Goa College of Art, which was affiliated with Bombay University where she specialized in illustrations, designing and advertising.

On obtaining her degree, Maya gained experience by working as an illustrator cum visualizer in a couple of advertising agencies in both Goa and Bangalore. She designed logos, posters for local businesses as a freelancer, after quitting her job in advertising. Later on, she taught at a Playschool for almost a decade and created educational materials for the children.

In her spare time, she took to Kangra miniature paintings which she came across while looking for some books in a library. She also explored the art form of Tanjore paintings through the help of her neighbour. After creating a few Tanjore paintings, she started receiving requests for these paintings.

In 2009, encouraged by her friends and neighbours, Maya decided to start art classes for children, starting with three students in the age group 5-10 years which slowly increased through word of mouth. Classes that were being held twice a week went on to become 6 days a week and one batch gradually multiplied and became four batches across age groups from 3 to 70 years!

For students who were interested in taking up art professionally, she mentored them in creating their art portfolios and helped in their preparation for art examinations. She also started getting invites to judge painting competitions.

Currently, she teaches in different media like pencils, pastels, water colors, acrylics, oils tailoring her teachings to suit the individual interests of her students. She does different kinds of art forms and also takes orders for paintings of portraits, landscape, still life, Tanjore etc.

One of her most treasured artworks is a sketch of HH Sadyojat Shankarashram Swamiji, created in 2003 when Swamiji visited Goa. At the time, her father, Late K.S. Nadkarni, who served as the local Sabha President in Goa, urged her to paint a portrait of Swamiji. To her delight, Swamiji graciously autographed the painting, adding to its significance.

Being an ardent admirer of realistic paintings, it was a dream come true for her, when she got a chance to undergo a course with the famous hyper realistic artist late Elayaraja for portraits in oils and under Milind Mallick for landscapes in water colours.

During the COVID-19 pandemic, she made the bold decision to conduct online art classes, thereby expanding her reach beyond Bangalore to locations such as Goa, Mumbai, Kochi, Chennai, Dubai, Qatar, London, Australia, and even the USA. Interestingly, her classes have attracted the enthusiasm of a “91 years young” student from Chennai, proving that age is just a number and never a barrier to artistic pursuits.

Presently, she continues to conduct both online and offline classes, having imparted her knowledge to over 500 students till date. Her artistic journey remains an ongoing pursuit, as she eagerly explores new techniques, art forms, and endeavours to expand her creative horizons, recognizing that the world of art is an expansive ocean brimming with limitless possibilities.

Along with other artists, she has taken part in, and also conducted art exhibitions along with her students at Chitra Kala Parishath, Bangalore, where the proceeds were donated to charity.
When Destiny shapes a Career

- BHAKTI ULLAL

Natasha Sadanand Bellari from Bengaluru could have been a fashion designer, as she had a qualification from the J. D. Institute of Fashion Technology. She could have been in the travel space, since she had a job in that area which she found interesting. But life and destiny had other plans for her. Confined to the bed for a year, she got a new lease on life due to the grace of God, family support and her doctor, Uday Andar and his team.

As she was recovering, she began baking as a hobby. The year was 2013 and Google was her only teacher. So that makes her what one would call a self-taught baker. Trials and errors were part of her learning curve. Experimenting with her own measurements, she eventually reached the perfect cake recipe.

Perhaps baking was in her genes, as her maternal grandma was quite an avid baker and a good one too. Over the years, the hobby grew into a passion and eventually became Natasha’s profession. She set up ‘Happy Ever Afters’ using FB and Instagram as her online sales platforms.

Her brother Tanvir played a hero’s role in getting her cake orders through his contacts. Gradually, her clientele grew and she moved from baking for friends and colleagues to providing cakes to corporates. As a qualified fashion designer, Natasha preferred taking orders for customised cakes which allowed her to explore her creative side. One such occasion to let loose the artist living within arrived, when she received an order for a theme-based cake for a gentleman’s 75th birthday. She hand-painted the mesmerising ‘Starry Night’ scene by artist Vincent Van Gogh onto the cake. This earned her a lot of appreciation and recognition.

She had the opportunity to bake birthday cakes for Indian cricketer KL Rahul for two consecutive years. This was organised through her corporate client Adidas. She got another cricket-connected baking break, when Delhi-based bakery Mio Amore got in touch with her to bake a victory cake for the IPL team Kolkata Knight Riders during their match in Bengaluru. Mio Amore was arranging cakes made by local bakers to celebrate the possible win of the KKR team in all the cities the team was playing in. Fortunately, KKR won the match in Bengaluru and the cake was brought out and cut at the celebration party of the team. Natasha says she had never hoped and prayed more for a win at a cricket match before that day.

She has also supplied custom cakes for a famous US-based food chain brand, ‘Popeyes’.

Fortunately for Natasha, apart from the initial teething problems she has not faced many challenges in her business.

After eight years of running her own place, two years ago a common friend introduced her to a couple who ran the Lagom patisserie in Bengaluru. The patisserie aims to create desserts that exude abstract artistic strokes that do not look manufactured. Interestingly, Lagom is a Swedish concept which means, ‘Not too little, not too much. Just right’. The couple was moving to the United Kingdom and they needed someone to take over. Some discussions later, they offered her the position of not just head pastry chef but also as In-charge - Sales and Marketing. Perhaps this was what was just right for Natasha too. She took the leap of faith and joined them and began exploring the commercial side of doing business. It was a big change for her. She had to make the mental move from being her own boss to working for someone else.

Though it has been vastly different, she is having a good time. She works an exhausting 10-hour day, 6-days a week. On some days she even takes personal orders from old clients. Natasha loves to binge-watch series to relax. Another thing she does to chill out is experimenting with new recipes. However, someday in the future, when she has more free time, she would like to share her skills with others and conduct workshops.

But for now, she is living the good life; learning and having fun and hopes it will continue this way.

*****
Dear Amma, Pappa
(Shri Balkrishna Shedde & Smt Vidya Shedde)

On July 10th, 2023
you celebrated 60 years together and we are delighted to have been part of it

Wishing you a Loving and Happy Diamond Anniversary!!

With lots of love,
Uma-Nandan, Deepa-Gautam, Rajesh-Arati, Prasad-Roopa, Shreesh-Avida, Shuch, Seema, Tanya & Akash

Friends, Relatives and Family
SAD DEMISE

Raghuveer Keshav Talgeri
(01/04/1936 – 27/07/2023)

You will be dearly missed
In grief:
Mahesh, Sanmesh, Aishwarya, Sanjana & Shiv Kalyanpur
Ajith, Veena, Shivani & Avinash Nayak
Mangesh Talgeri

This year on account of the Centenary year of the Saraswat Club, we are celebrating Krishna Janmashtami in a grand manner and would like to welcome one and all to participate in the festivities beginning

31st August to 7th September, 2023, daily 9 pm onwards.

Address: The Saraswat Club Hall,
5/1, Saraswat Colony,
Santacruz West Mumbai 400054.

Krishna Janmashtami celebrations
at Saraswat Colony, until 7th September, 2023

Shri Krishna - Alankar Vithoba
(Photo Credits : The Saraswat Club)
Diamond Anniversary
Lalitha Amladi (nee Tara Bijoor) & Manohar Amladi
23rd September, 1963

23rd September, 1963

23rd September, 2023

60 years of togetherness, truly a coveted milestone to be cherished, celebrated & honored,
Your relationship and life together leaves us inspired.
It has shown us that love isn’t just starry eyed romance,
It is quiet courage, committed partnership and sacrifice.
Traveling through the passage of life, both smooth and rough,
Made you both resilient and tough.
Today, you share a special happiness that life gives to very few,
We humbly pray the Parmatma’s blessings of good health and happiness continue.
May the good memories of 60 years warm your hearts forever,
A reminder of the path traveled and moments shared together.

We are blessed and feel grateful that God gave us such loving and wonderful parents.
Love & regards
Children- Shubha & Biraj Trasi
Sanjay & Naina Amladi
Grandchildren-Gaurav & Sakshi Trasi
& Arjun Amladi

Our dear relatives join us in congratulating you and thank you for the happiness you bring in their lives.
The Triton Group was founded in 1975 by our visionary founder M.V. Gokarn, with 5 manufacturing plants and an in-house R&D Centre. Triton is a vertically integrated group of 3 companies serving the Indian and global market with home-grown technology in components for automobiles, Electric Vehicles, Refrigeration, Air-conditioning, Tyre Pressure Monitoring and many other applications.
If Joie De Vivre had a name

If Joie de vivre had a name it would've been Dinesh Mhant, vivaciousness, love for travel, absolute childlike bliss, and happiness when he discovered hidden gems of delicacies tucked away in hole-in-the-wall restaurants/eateries across India & what brought him the most joy was feeding people, sharing the wealth if I may say so, Hehe.

Funny how the mind knows but the heart cannot accept that I need to pen these lines referring to him in the past tense. In some corner of my heart I have this hopeless hope that when I visit his home the next time I am in Goa, I will find him sitting on his favourite chair watching TV and ushering me in happily calling me “Appu” as I am fondly referred to by him. Goa will never be the same for me I’m afraid.

I did note a glimpse of disappointment in him when he discovered that I am a vegetarian but that did not deter him from ordering something special in vegetarian fare from various restaurants whenever we visited Goa and invited me, Pappa, Amma and my kids over for a sumptuous meal. The dining table would groan under the weight of all the various dishes that would be specially ordered by him personally.

Serendipitously, his love for gemstones was revealed to me when I visited him on one occasion and he noticed my gemstone necklace. I took it off and showed it to him, he admired the design and the quality of the piece of jewellery and promptly brought out a box filled with gemstones that he had collected across the globe during his travels, be it for business or pleasure. This side of Dinesh Mhant was totally new and I was stunned by his depth of knowledge, he later proudly informed me that he had done a course in Gemology, I stand corrected; It dawned on me of how little we know of our elders & their interests, hobbies etc. per se.

Whichever realm he has moved on to, I am sure he is spreading good cheer and regaling everyone around him with tales of his travel and food sojourns, while us earth-bound souls will always think of you when we visit a new eatery, savour a new dish or travel to a new destination, such is your legacy, Dinesh Mhant. Om Shanti.

---

Shri Dinesh Mukund Trikannad
24-9-1939 to 12-7-2023

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Bhaskar Nagarkatti, 89, doesn't look his age, as he takes his routine brisk walk after every meal in the compound of Parijnan Chaya, the senior citizen’s home in Dahivali village at Karla.

It’s fascinating listening to him as he takes us down memory lane and talks about how, in March 1953, he joined the P. Mafatlal swimming pool at Chowpatty by paying Rs. 18 as membership fees. Within eight days of joining, he had learnt to swim and by the end of the month, gained proficiency in back stroke, freestyle and breast stroke.

A water polo coach saw him swimming and impressed by his height, asked him to start training for water polo from April onwards. His team mates asked him to take on the role of goalkeeper, as he could use his height advantage to leap high and block the ball entering the goal.

During June, he was selected as goalie for the P. Mafatlal Hindu Bath ‘B’ team in the Golwalla Water Polo League Annual tournament. And then in September, he was selected as the first goalie for Bombay University for the Inter University Aquatics Championships at Allahabad. Bombay University won the finals, beating Calcutta University.

There was no looking back as the next year in March, he was selected in the Bombay State Aquatic Team for the 1st National Games played in Delhi. Besides retaining his place in the P. Mafatlal Hindu Bath ‘B’ Team for the Golwalla League tourney, he yet again helped Bombay University beat Calcutta University 4-3 in a nail-biting final in front of a partisan crowd in Calcutta.

He made headlines in the sports pages, when the P. Mafatlal Hindu Bath ‘B’ team pulled off an upset over favourites Golwalla Bath ‘A’ by holding them to a 2-2 draw. This was mainly due to Bhaskar’s heroics, “saving innumerable difficult shots from all angles, he managed to hold out on the few occasions he was faced alone with the rival attacker.”

He gradually made it as goalie for the ‘A’ team of P. Mafatlal Hindu Bath and they won the finals, which was a very satisfying moment for Bhaskar.

The highlight of his playing career as an outstanding goalkeeper was, when he received the Best Player Trophy at the National Championships, from the then President of India, the Late Dr. Zakir Hussain.

After his playing career ended, he took up coaching and refereeing of Swimming as well as Water Polo events.

As a coach and also as a referee, some of the tournaments he had the opportunity to be part of were - the 1982 Asian Games in Delhi; the 1st Asian Junior Aquatic Championship, Hong Kong.
A name that spells its class!

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Kong (2001); Afro Asian Games, Hyderabad (2003); Asian Junior Aquatic Championship, Macau (2003) and also in Indonesia (2006); World Military Games, Hyderabad (2007); South Asia Swimming & Water polo Championships, Rawalpindi, Pakistan (2008); the Commonwealth Trial Games at Pune (2009) and the 2010 Commonwealth Games in Delhi.

About the Pakistan trip, he says the people were very hospitable and courteous towards the Indian contingent. The only regret he has, is that, while returning, the Pakistani authorities confiscated and destroyed their camera rolls, hence there are no photos of that trip!

Bhaskar Nagarkatti’s message to the present generation, “Swimming is the best exercise for the entire body and every one should learn it."

If any readers happen to visit Parijnan Chaya, do meet Bhaskar Nagarkatti and he will gladly take you through his well-maintained photographs and news clippings from his files.

Donations Received
Kanara Saraswat Association is grateful to the following donors:
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Geeta Prabhakar Ulman Rs 15000/- (in m/o Prabhakar Ramakrishna Ulman)
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Dr Shashi Marballi 10000/-

Poornima Durganand Karnad 06.10.1959 - 30.07.2023
(Retired school teacher - MES Kishora Kendra, Malleshwaram, Bengaluru)
Passed away peacefully after a prolonged illness at Aster CMI, Bengaluru on 30th July 2023.
Dearly missed and fondly remembered by:
Shruti and Praveen Bolangadi (daughter and son in law)
Swathi and Nikhil Bharadwaj (daughter and son in law)
Aastha and Aishani (grand daughters)
15.1 Fill the blanks in the story by choosing suitable words from the box below –

कृष्ण: .......................... पुत्र: | .......................... अम्बा यशोदा ।
कृष्णाय अग्रजः बलराम: | .......................... अनुजः कृष्ण: ।
एकदा कृष्ण: बलरामः केचन गोपा: च क्रीडितुः ..........................
तट्ट गच्छन्ति। क्रीडासमये तेषां कन्दुकः जले पत्तिति ।
........................... जले एक: भयानकः सर्प: निवसति ।
........................... नाम कालिया । कालिया बालकानां कन्दुकं
गिल्लिकिरति । कृष्ण: .......................... मस्तके मर्दनं कृत्वं
कन्दुकं पुन: प्राप्तिति । कालियासर्पं: यमुनानदीं त्यक्त्वा दूरं
गच्छन्ति। सर्वं कृष्णस्य अभिनन्दनं कुर्विन्ति ।

<table>
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<th>यमुनाया:</th>
<th>बलरामस्य:</th>
<th>कालियासर्पयः</th>
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<td>नन्दस्य:</td>
<td>नद्या:</td>
<td>कृष्णस्य:</td>
</tr>
</tbody>
</table>

15.2 Write plural forms of the following – (One has been given for your reference)

1. गोपः  | one cowherd - गोपाः: many cowherds
2. सर्पः  | one snake - ................. many snakes
3. बालकः | one boy - ................. many boys
4. कन्दुकः | one ball - ................. many balls
5. पुत्रः  | one son - ................. many sons
6. अनुजः | one younger brother - ................. many younger brothers
7. अग्रजः | one older brother - ................. many older brothers

The above words are examples of Masculine nouns, ending in the sound अः.

Answers given on Page 48
On 11th September 2023, Shalini Dhareshwar would have completed 96 years... but she left for her heavenly abode on the 30th April 2023… sad, as her wish was to live 100 years and see some more places! Born in 1928, she was Shalini Kumble by birth. I believe she used to act in many dramas in Talmaki wadi, in the early forties. She played badminton and lived with her grandmother and siblings in Grant Road, Mumbai. She married Krishnanand Dhareshwar and shifted to Pune. They used to run a book shop called Ajanta Book House in Somwar Peth in Pune. Later, they started the Ajanta Courier Service, a first of its kind in Pune.

I first met Shalinitai in 1986. That year, I was appearing for some exam for getting scholarship for my PhD work. In those days, I used to travel daily by the Deccan Queen with a second-class seasons-ticket to Mumbai. It used to be difficult, rarely there was a place to sit, plus it was too loud... so I had thought that if I travelled by the first-class pass, I would get a place to sit, plus a folding table to study...then I could utilize the 8 hours of travel for study. On the first day, as I boarded the Deccan Queen (DQ) train first class season ticket holders-bogie, I heard someone speaking in chaste Bhanap-Konkani (my mother tongue) ...so I looked around...there was this elderly couple the ‘Dhareshwars’ getting the porters to place their innumerable bags and suitcases properly on the luggage racks on the top, naturally I introduced myself in Konkani to Mrs. Shalini Dhareshwar and we became life-long friends!

As said earlier, Mr. & Mrs. Dhareshwars used to run a courier service known as ‘Ajanta Courier Service’...it was years before the likes of DTDC, Blue Dart, DHL etc were even known in India... and our postal department used to take days to deliver registered letters. Their main clients were many of the top banks, like Citibank, Hong Kong bank, SBI, Bank of India, Maharashtra Bank and many others...their modus operandi was to collect the important bank documents, high end cheques etc from Pune banks deliver them the very next day in Mumbai and collect the ones from Mumbai and deliver them in Pune the next morning... each bank had a designated locked suitcase with the documents and the keys were with the respective branches...so someone from Pune would collect all the bags and deliver them to their residence and collect the bags to be delivered in Pune from their residence...similarly all bags from Mumbai were collected and brought to their office near Mumbai VT (now CST) and were taken by the couple on the evening train to Pune. It was an ideal situation for the couple. Plus, the banks also engaged them to deliver New Year gifts, Diwali gifts to their clients. Besides these there were many industrial clients and also other non-regular clients. This courier service was a boon for most of the banks having branches in Pune.

Mr. Dhareshwar used to play cards during the four-hour travel in the mornings and again another four-hour travel in the evenings while Mrs. Dhareshwar (Shalinitai) solved the Times crossword, read the newspapers, chatted with ladies and slept for some time.

When you travel daily by the DQ train...you make very good friends...and I too made many friends ...and I am still in touch with many of them... But the bond with Shalinitai was different, firstly our mother tongue being same we chatted a lot...slowly our friendship became thicker than a blood relation...she looked after me like a mother hen, getting my favourite dishes in the evening... I loved Shalini Dhareshwar - A gem of a person

Dr. Jayshree Panjikar

Visiting her school at age of 94

September 2023

Kanara Saraswat
khandvi...small hot hot jalebis, samosas...if she went to Dadar she would bring back...kachori, dhokla, ragada pattis something or the other...and sometimes she would make delicious sandwiches, bhel, pani-puri on the train itself getting all the needed stuff for that... Since I like fish, from Mahesh Lunch Home she would get fried fish exclusively for me! But she used to feed all the other ladies as well...it was fun...

I was then a young mother with two young kids, with in-laws at home, a teaching job in Mumbai... which meant preparations, corrections of assignments and exam papers...plus perpetually running late for the train! (Fortunately, I had a very understanding husband who somehow managed the home in my absence, picked me up from the Pune railway station and dropped me off in the mornings to catch the train).

I used to be the last one to board the train, by that time our bogie would be totally full...Shalinitai, would then tell me to come and sit in her seat and that she wanted to go and meet someone in the other bogie...or something, so that the tired me got to sit...she told me once that, if I stood no one would offer me a seat, but if she stood (with her white hair) some gentleman would surely give her a place to sit!!

I remember she was so thrilled when I got the German Government Scholarship (DAAD) to study for my doctorate at Heidelberg University...she gave a party to all the lady commuters in our bogie!

Every year, the Dhareshwars organised a music program for all the coolies/porters working on the Pune railway station platform, with dinner etc... also they knew many auto rickshaw drivers...all these people were invited...and the program used to go on into the wee hours of the morning...On Sundays, the couple would go on their scooter to do bird watching...Extremely energetic couple, enthusiastic and very lovable. Plus, they did a lot of philanthropic activity. She often donated something or the other to orphanages, old age homes etc. Even later, when she was living in an old age-home she had bought four dozen ‘vatis’ or steel bowls for the inmates!

In 1997, Mr.Dhareshwar had sent my details for a "Mrs Pune " competition! I was totally aghast when I got the letter that I was shortlisted...for the Award! (Honestly, I thought it was crazy!) But Mr.Dhareshwar called me up and said that the Award was for a 'Woman of Substance' and that he thought I deserved it... it was organised by the Venkys along with Poona Women’s Council. ...there were other awards Best Mother, Best Dancer, Best Singer also Mrs. Talent etc...and their joy was overwhelming when I got selected for the Semi Finals!! Since the Final program was late at night...they couldn't attend it...

For me ...what a Joy it was ...for my son and husband when I got the Award for Mrs.Talent'97....and as we were planning to leave the venue when they actually announced my name for the 1st Runner Up for Mrs. Pune ‘97! ...I could see both my son and husband literally jumping up and down!! Next day in the DQ...Shalinitai hugged me...she was thrilled...so sweet... she had tears in her eyes!! I was touched.

In 1998 her husband passed away...my husband, Dilip and I, we were the only ones there with her at the crematorium...felt sad for her...but the next day itself she started her work ...‘Work must go on' was her motto.

Shalinitai used to visit my work place (the Gemmological Institute of India) in Mumbai, my colleagues also became her friends...she would often visit loaded with goodies to eat so everyone looked forward to her visits...slowly she had touched everyone’s heart...she would come as my guest for many of the Indian Gemmological Seminars to visit the places... We saw Nainital, Dehradun, Sikkim, Bhubaneswar, Ooty, Mysuru, Munnar, Khajurao, Shimla and many more...

And her helpful nature was such that when we were having our International Gemmological Conference in India, we were very happy when she offered to do the filling, writing the details, doing the proof corrections...she was a great asset! By that time, she had reduced her office work and sold off her Mumbai office. She wouldn’t take any payment for her work... so we bought for her a return flight to Singapore where she could visit her cousin.

Celebrating her 95th birthday

September 2023 Kanara Saraswat
That same year, in 1999, my niece was to get married in Delhi, we had a dog at home... Shalinitai came and stayed at my place looked after the dog while our family could go to Delhi and come back...she would often go and stay with her relatives when they needed assistance...literally babysit octogenarians!

As days and years passed...she was very much our family member... even in the invitation cards of both my sons weddings, her name was there as one of our family members as the host...she considered them as her grandkids!

In 2015, she became slightly weak, one night she fell and broke her hip bone... so early morning around 5am we had to call the fire brigade and break open the grill of her window to enter her apartment, take her to the hospital... she had get hip replacement surgery but she bounced back...and was okay for some time... but then she started falling very often...so we shifted her to an old age home. She had still retained her sense of humour. ...she used to call her body a car...a vintage car...needed continuous maintenance. ...She would say ...her knee was talking to her today (meaning it was hurting) or her some organ else was whispering! That's how she kept herself and others entertained...she had awesome memory could recall many things precisely, remember names, their kids’ names...she would solve the crossword in the Hindu newspaper...That was really great! She read the paper thoroughly and made cut outs of some interesting stuff... she had excellent eyesight till the end...

On one of her birthdays, I took her to Mumbai to see her old school, St. Columba at Gamdevi, Tardeo Mumbai...so thrilled she was...she recalled all her teachers’ names (who had become photos on the wall!). The principal of the school was also happy to meet a student who had studied some 80years ago! Then one birthday we went to Alandi...saw the temple there...they got her wheelchair to go about...she said that she felt she was going in a palki (palanquin)...generally the God comes in a palki...here she was going in one...

95 is a good age to go...she lived her life to the full...had done paragliding, had gone to Leh Ladakh, visited Europe and seen many places, taken down notes...had done so many ...many interesting things in life...last month one of her friends went to Bhutan... she told me, she would have gone too, if her foot was slightly better...what enthusiasm! I was truly blessed to have such a wonderful person in my life who considered me as her daughter...

Finally, on Sunday the 30th of April, my Shalinitai (Mrs Shalini Krishnanand Dhareshwar) breathed her last ...for the last 4 years she had been telling me...don’t forget, don’t do any rituals, just donate her body...in fact I did collect all the required info but they had said during Covid times they were not accepting bodies...but last year, I called up the Shantibai Shah Ayurvedic Mahavidyala again...they were accepting bodies for study purpose...so I had got the forms ready, pasted her photograph and she had happily signed the forms...then she was sure I would fulfil her last wish...and when the end came, I called the institution, they said it being a Sunday and 1st May being Maharashtra day, both were holidays...there was no staff... so they asked me to keep the body in the Sassoon Hospital morgue...so I did that and finally I donated her mortal remains....it was sad...but it was her wish... So, for the last time I travelled in the hearse with her... for years we travelled together in the Deccan Queen..

I always considered myself lucky, that Shalinitai considered me her daughter and literally looked after me.

So, I often said I have two mothers!

I am glad that I could fulfil her last wish to donate her body for a good cause...I shall miss her a lot... she taught me many things she was there for me whenever I needed her...

God bless her soul.
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PANGEMTECH—Panjikar Gem Research &Tech Institute
https://www.panjikar.in
Morale is an oft used word in the army. But what is morale? The dictionary defines morale as a noun meaning the confidence, enthusiasm and discipline of a person or group at a particular time. E.g. the side’s morale was high after winning the football match.

But any military man will agree that the definition absolutely fails to convey what in essence is morale; the willingness to fight, the aggressive spirit irrespective of likelihood of loss of life or limb, the readiness to sacrifice one’s life for one’s comrades, the will to fight on despite being involved in a long war, separated from family and loved ones, in awful inclement weather, without proper habitat and perhaps even adequate clothing to protect from the snow, heat or rain, low on ammunition and without chances of reinforcements turning up in time to save the situation and finally, in the end still willing to fix bayonets and take on the enemy in hand to hand combat, facing certain death; to the last man and the last round.

The key factor is good leadership with continuous motivation together with a strong regimental spirit and loyalty to the community. There is no other explanation for soldiers displaying high morale and fighting spirit despite long periods of deprivation, harsh living conditions and losses amidst all the death and destruction.

Morale is a state of mind and heart. It cannot be physically measured. But it can be recognised when one sees it. And high morale in units and formations is something truly exemplary and laudatory. A few instances of high morale which I experienced first hand during my service are elucidated below.

As a Captain in mid 1964, I was posted as Brigade Ordnance Officer to HQ 104 Infantry Brigade Headquarters at Tangdhar in the Kashmir valley.

As the Indo–Pak war of 1965 drew closer, tension on both sides of the border was becoming palpable. Firing incidents were inevitable and getting to be more frequent. Morale was extremely high and the troops were straining at the bit to get to grips with the enemy.

It was against this backdrop that the First Battalion of the Sikh Regiment, 1 Sikh, relieved a battalion of the Bihar regiment at Chamkot on the Kishenganga in Sep 1964. That night the battalion front exploded to the sound of mortar and machine gun fire. When the firing continued unabated for over 15 minutes, the CO of the Sikh Battalion was contacted by the Brigade Commander, Brig Onkar Singh Kalkat, to ascertain what was going on. “Nothing Sir” replied Lt Col Karnail Singh Sidhu. “We are just letting the Pakis know that we are back”. The battalion had won a Param Vir Chakra at Titwal and theatre honours in that very sector in 1948. “But you are wasting a lot of ammunition” insisted the Commander. “No worry on that score, Sir. We brought our surplus training ammunition from our last location.” was Col Sidhu’s reply.

Two days later, the Pakistanis retaliated and subjected Chamkot area to heavy artillery and mortar shelling. Every officer and JCO of the battalion from the CO downwards was out in the open, dancing the ‘bhangra’ with gay abandon in the open field even as the shells rained down and exploded; daring the Pakis to kill them. The Brigade Commander had to expressly forbid them from exposing themselves recklessly to enemy fire in that manner. Their bravery and valour was not in question, the Brigade Commander reminded them.

But such was their high morale. There was no stopping them.

Apart from I Sikh, we had 4 Kumaon, 7 Jat and 3/8 GR in the brigade at that time. Each battalion as good as the other; all tried and tested in war. As the 1965 war approached, there were several raids, ambushes and skirmishes in the brigade sector and every battalion participated and proved its war worthiness in these actions.

Our Commander, Brigadier Onkar Singh Kalkat, was a tough Sikh officer of the 8th Gorkhas, who had served in the Frontier Forces before partition and was a veteran of the Second World War. Fearless, a thorough soldier and an immensely inspiring leader who could speak Hindi, English, Pushto, Punjabi and Gorkhali with equal fluency; the troops were ever willing to go on the offensive under his leadership. His problem was generally
on how to hold them back on a leash.

The Commander got incensed one morning, when he received a report from an UN Observer that the Pakistani Commander opposing him had made a statement that once war broke out, he (the Pakistani Brigade Commander) would have his breakfast in Tangdhar that very morning. Brig Kalkat directed the UN officer to tell his Pakistani counterpart in no uncertain terms that it was going to be the other way round. It would be he, Brig Kalkat, having breakfast at Muzzafarabad in POK.

A plan was therefore hatched to bring the Pakis to heel. This resulted in planning and ambushing and destroying a large Pakistani road convoy across the Kishenganga without any casualty to own troops, weapons or equipment. There were celebrations at the success of the operation that evening and again a few weeks later, when we heard that the Pak Commander opposite our brigade sector had been sacked.

In early 1965, GOC XV Corps, Lt Gen KS Katoch, who was visiting 19 Infantry Division from Udhampur flew into Tangdhar one morning to visit 104 Infantry Brigade. The IAF helicopter pilot dropped the GOC and flew away; he was to return in the evening to pick up the VIP, but bad weather prevented him from doing so and the Corps Commander was forced to spend a night at Tangdhar. Inevitably, an impromptu party was arranged in the Brigade Officer’ Mess. That night the Corps Commander was besieged by the Battalion Commanders and young officers alike, just pleading for a green signal to allow them to cross the line and sort out the Pakis.

Gen Katoch before leaving next morning admitted that he had never before witnessed morale as high as in 104 Brigade. He said it made him proud to have such troops under his command.

The armed forces are full of stories about high morale, courage and sacrifice. But high morale in not limited to the army alone. It was so noticeable amongst civilians also. Both during the 1965 as well as the 1971 war against Pakistan

Just short of the 1965 Indo-Pak war, I was posted to HQ 51 (Independent) Parachute Brigade at Gwalior. The war was passing us by and we were impatient to be deployed in battle. Frustrated with the inactivity in Gwalior, many of us officers from the Commander downwards, officially applied for posting to any active formation on the front. But before the MS could act on any of our applications, the Chinese delivered its ultimatum to India, and 51 Para Brigade was ordered to move immediately to the UP-Nepal-Tibet border at Dharchula. That day there was great jubilation amongst the troops in happy anticipation of at last getting into the fight.

We moved out of Gwalior next morning by road, for Bareilly. En-route we were to have a night halt at Agra.

To say that we were surprised at the reception we received at Agra would be an understatement. We were simply overwhelmed. We were swamped by civilians on the convoy ground; we were greeted with garlands and tilaks and rakhis, and given sweet-meats and blessings by thousands of people who had heard that we were moving to the front. The rich and the poor, the young and the old, men and women; thousands of ordinary Indians who despite not having much had even donated their gold and jewellery for the cause.

These men and women were the salt of the earth. How could we ever let them down? We drove away next morning with renewed determination and vigour to give the Chinese a bloody nose.

1971 was simply a fabulous experience. The whole of India was united as never before. The morale of the Indian Armed Forces was at its highest when it went to war and nothing succeeds like success in war. When East Pakistan surrendered, West Pakistan - battered and bruised, lost the will to fight. Bad leadership and low morale made it difficult for them to digest defeat. If morale was at its zenith in India it was certainly at its nadir in Pakistan.

In the ultimate analysis, it was good leadership at all levels, both political and military, that created and sustained the high morale that resulted in that resounding Indian victory.

Saraswat Mahila Samaj
Foundation Day Celebrations
On Saturday, 9th September, 2023
at 5 PM
“STRUMMING BLUES”
- Live Musical Programme
Venue: The Indirabai Kalyanpur Hall,
B.V.E.S. School, Tardeo
School bus trip

ADYA NAGARKATTI - JR. EDITORIAL COMMITTEE

I go to school by a school bus. The daily trip to and fro doesn’t mean I just sit in the bus by myself. You get to make friends in the bus and enjoy whatever time you spend with them.

Many humorous incidents have been happening in my bus since the beginning of the year. I want to share a few of these incidents:

I think only our bus out of 40 school buses has 5 speakers. In the morning the conductor plays devotional songs but in the evenings it’s just the opposite.

Rain-in-stain: The monsoon season is the most exciting thing after the summer holidays. The windows will be stained with fog and we can make graffiti on that.

Disco-Party: The conductor plays English remixes when he’s in a good mood. And everyone sings along.

Boxing championships: There are two girls in 4th grade. They are always fighting. This time they took it even further by boxing. The girls didn’t even know how to box. After this, they soon became the best of friends. I really wonder!

Times on the bus are not boring, like I said before, but are a great fun.

The Mystery of the tinkling anklets

- ANAYA NADKARNI (9 years), PUNE

We are a very huge family from my mother’s side. Throughout the year, everyone is busy in their own work, so we all cousins decided to have a get-together and spend time with each other at our ancestral home in Honnavar.

Honnavar is a quaint little beach town in South Karnataka and is full of coconut trees, beautiful scenic beaches and betelnut orchards everywhere and fresh air with a lot of greenery around.

Our home is located just near the beach, surrounded by a betelnut orchard, an old well and an outhouse in the backyard. Though very old, it is very much intact and has an old worldly charm to it. It belongs to my cousin’s grandfather and is equipped with all the basic amenities. The people around are very friendly, and lead a simple life.

There were around 15 to 20 rooms with a beautiful backyard with all types of tree and plants. In the evening, we visited the beach and played in the sand and made sandcastles. At night we ate a very tasty, yet simple dinner of rice and fish on banana leaves which was unique for a city bred child.

At night we played cards, sang songs and narrated ghost stories to kill time as there was no mobile or network, tv or tablets with us. Such a boon!!!!

As we went on telling stories especially the ghost ones, everybody started feeling scared. Finally, my cousin Anika suggested that we should stop narrating these scary stories and go to sleep as it was already too late and all were very tired from the journey.

At around midnight, I suddenly woke up to the sound of what seemed to be the sound of anklets tinkling in the distance. Though I grew scared I tried going back to sleep again. I did mention this to Anika who thought that it must have been my figment of imagination and brushed it off.

Next day we all woke up at 9 am in the morning and planned to explore the town around. We came back home late at night tired. Needless to say! we had great time at market place. In the veranda there was a small steel bucket with small mug kept for us to freshen up. Once we washed our hand, we had our full of the tasty dinner and went back to sleep.
Around midnight, I was awakened by the same tinkling sound. But this time though Anika also woke up scared, as she had also heard the sound of the anklets. Finally, we both mustered the courage and decided to find out the source of the sound. The night seemed eerie and the cold chilly breeze had sent shivers down our spine.

We both started following the sound with our bare feet to avoid waking up others. The sound was getting clearer as we neared its source, which led us to an outhouse. The outhouse was located at the backyard and had old fashioned roof with the breeze making gusty sounds. The outhouse had small rooms and was very cosy.

Though very scared and afraid, I opened the outhouse door slowly which suddenly made a creaking sound. I was able to feel my pounding heartbeats and could feel the sweat around my face and forearms. To our utter surprise we saw a girl almost our age, walking aimlessly around the house with her eyes half closed. But still we were suspicious of the sound and we had a closer look at that direction and we finally realised that the sound was that of her anklets and she was sleepwalking in the night. We both were relieved at that moment and thought of going back to bed again as I was feeling sleepy.

Next morning, when all my cousins were up for breakfast, we narrated everything that had happened and how we solved this mystery about the sound of the anklets belonging to Reshma the daughter of the caretaker, staying in the outhouse and everybody had a hearty laugh.

We left the next day for our respective destinations, with fond memories of the house, beach and a ghostly mystery solved. An unforgettable experience indeed!

*****

Sudoku Sep-2023

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Solution on page 54
Even the tallest tree rises from a seed! The power of ‘SEED’

Mayur Kalbag

I was trekking through the forest and came upon this huge and tall tree. I was amazed to see it and feel its magnanimity. “This one is more than a hundred years old and could be one of the tallest trees in the world” the guide told me and he was indeed right. When I checked up with some of the experts I was told that this tree was truly among the tallest on planet Earth. That evening, back at the camp, the same guide invited me into his tent and gave me something that was very intriguing. He placed a small and almost an insignificant looking seed on my right palm. “It is a seed. But then, why are you giving it me?” I asked with curiosity. “Dear Sir, this is no ordinary seed. This is the seed from which the tallest tree is born, the same one that we encountered today in the forest” he said to me with a big smile. “Wow! It is so small and it is just amazing that a huge and tall tree could have risen from it” I exclaimed in excitement. As I observed it I realized that the seed was just about half an inch in length and a centimeter wide. It was dark brown in color. The fact that something so fantastically large and humongous can bloom from something that small gave me pleasant goose bumps.

I firmly believe that my encounter with the tree and then the creator of it, the SEED, can become an inspiring metaphor for us in the way we rise and grow in our various aspects of life!

The word SEED itself can become a powerful set of four qualities which can help us become successful in our life!

The ‘S’ of the seed stands for the manner in which we ‘SPEAK’. It is the way in which we positively express out thoughts and beliefs. The first quality that can help us propel our growth is the confidence and courage with which we must speak to the people with who we professionally interact. I have often seen that the most powerful and important thoughts or the best ideas remain unrecognized or disrespected just because of the lack of proper and confident ‘speaking’. Add to this there are those managers, leaders and even CEOs who lack the ‘effective - speaking’ quality and thereby end up making a very insignificant impact upon their employees and also upon their clients and this to me is not at all a good thing. Even at corporate presentations I have seen many top leaders making all the audience members bored and drowsy because of their unimpressive speaking abilities!

Alphabet ‘E’ of the word ‘seed’ is that which means the attitude and enthusiasm to EXPLORE! Never be satisfied with the things you have achieved so far. Keep searching and exploring for something new and more positive that will catalyze your professional as well as your personal growth. Let me share an example. Ravinesh was working in the marketing department and was travelling with his boss to another country. That evening both of them returned to their hotel and were quite tired after a full day of meetings with their clients. Despite this Ravinesh had a shower and messaged his boss if he could go into town. “It is almost 8 pm. I think you must rest rather than exploring the night life of this place” the boss responded with a smiley emoji. “Sir, I am not going out to explore the night life. I just thought that since we are planning to launch a new type of winter clothing I thought to explore the type of clothing the youth of this place wear in the evening especially since it gets really cold at this time. No harm in exploring that Sir” Ravinesh responded. That message from him to his boss was a positive learning for him and also can be for us as well. We must always keep the attitude to explore professionally or personally always alive and kicking as there will always be something new to discover!

The next letter in the word seed is another ‘E’ and it represents the quality of ‘EDUCATION’. Please understand that education is not only about enrolling for a specific course at a university or a college. Although there are quite a few who educate themselves in that way, the education that I am referring to is what I call, On-Job-Education-Development or ‘OJED’. Remember, the more you learn the farther you will go and the higher you will rise in your career and in life as a whole. I have met some of the tallest and highly successful business leaders who spend at least an hour in reading something that is educational every day. “Listen Mayur, the day we stop educating ourselves is the day we will stagnate and remain where we are while others may leap ahead. With the entire world moving at a fast pace in every

(Cont’d on page 33)
The state of Maharashtra which lies on the western coast of India is endowed with different geographical features such as the coastline, the ghat region and the plateau. The geographical features greatly influence the climatic variations and subsequently the food habits of the people.

Maharashtra thus has regions namely the Konkan (coastal belt), Desh (western ghat region), Khandesh (northern region), Marathwada and Vidharbha (interior regions towards the east). Each region has its own distinct cuisine influenced by the crops grown there, availability of farm produce and occupations to a certain extent.

The food from the Konkan coast is mostly rice based with the generous use of fresh coconut and the dishes are mildly spiced here. In the ghat region and in interior Maharashtra dry coconut, peanuts and chick-pea flour are widely used in the food preparations. People here prefer to eat jowar, bajra and ragi rotis over rice. Also food here is spicier than the Konkan region, the spiciest food being eaten in the Vidharbha region.

Although street foods like vada pav, misal pav, sabudana vada, thalipeet, kande pohe, alu vadi and kothmir vadi are hugely popular snacks particularly in the urban regions, many Maharashtrian home-style dishes remain largely unexplored.

Daily staples in Maharashtrian cuisine includes varan –bhaat, aamti bhaat, bhaji chapatti, pithlabhakri, koshimbir, usal (using sprouted pulses) and chutneys. Each region has its distinct spice mix like goda masala, kala masala, kanda lasun masala and varhadi masala which are added to the vegetable preparations. Brinjal, gourds, cluster beans and a variety of leafy vegetables are widely eaten. Coconut, sesame seeds and crushed peanuts are added for flavor.

Festival preparations include puran poli, modak, basundi, shrikhand, gul poli, sakhar bhaat, narali bhaat sheera and laapsi. During Diwali a wide variety of sweets and savouries are prepared which include rava laddu, besan laddu, shankarpale, chirote, anarse, chakli, kadboli, karanji and chivda.

However, the most popular festival of Maharashtra is Ganesh Chaturthi which is celebrated for ten days both at home as well as at the community level.

This year we will be celebrating Ganesh Chaturthi on 19th September and the festival will culminate on 28th September with the Visarjan.

Sharing two lesser known recipes, one from the Konkan region and one from Vidharba region of Maharashtra.

**Undalkaal** – This is a sweet recipe from the Konkan region prepared as an offering to Ganapati Bappa. It is more or less a deconstructed version of the modak which is the Lord’s favourite food. It requires lesser skill to prepare but uses the same ingredients.

**Ingredients:**
- 1 cup rice flour
- ¼ cup coconut milk
- ¾ cup water
- a pinch of salt
- 1 tsp sugar
- ½ cup fresh grated coconut
- ¼ cup grated jaggery
- ½ tsp cardamom powder
- 3-4 tbsp ghee for shallow frying

**Method:** In a thick bottomed pan, heat the water and bring it to a boil. Add a pinch of salt, a teaspoon of sugar, coconut milk and stir in the rice flour. Mix well and switch off the flame. Cover with a lid and leave for 10 minutes. After 10 mins. knead the cooked rice flour with your palms. You may wet your palms for easy kneading. After the dough is smooth, pinch out small portions of the dough and make small balls (a little bigger than peanuts). Heat the ghee in a shallow pan (Use a non-stick pan preferably). Shallow fry the balls in batches till they turn crisp and golden brown. Remove and keep aside to cool.

In the same pan melt the jaggery, add the coconut, cardamom powder and mix well. Allow the mixture to dry slightly. Switch off the flame and add the fried balls and mix till they are evenly coated. You may even garnish it with sliced and toasted nuts like cashew and almonds.

**Nagpuri Gola bhaat** - This is a simple, easy to prepare but flavourful one-pot dish from the Vidharbha region of Maharashtra.

**Ingredients:**
- 1 cup rice washed and soaked for 20 minutes
- 2 ½ cups water
- ¼ tsp turmeric
- A pinch of hing
- 2 tsp beaten curd
1-2 green chillies

For golas:
- ½ cup gram flour (Besan)
- 2 tsp curd
- 1 tsp ginger garlic paste
- 1 tsp red chilli powder
- ½ tsp coriander powder
- ½ tsp jeera powder
- 2 tsp chopped coriander
- ½ tsp turmeric powder
- 2 tbsp oil
- ¼ tsp hing

For tempering:
- 2 tbsp oil
- ½ tsp mustard seeds
- A pinch of hing
- 5-6 curry leaves
- A pinch of turmeric
- 2 whole red chillies broken

**Method:**
Dry roast the besan lightly in a pan for few minutes. After it cools, add the ginger garlic paste, spice powders, salt to taste and mix well, add the curd and rub in well. Add the oil and coriander leaves. Knead lightly till the dough comes together and you are able to shape it into balls. Add little oil if needed, do not add water. Make oblongs and press between the fingers and palm. The balls should have the finger marks. Make the balls from the remaining dough.

In a deep bottomed pan boil 2 ½ cups water. Add salt to taste, pinch of hing, green chillies and turmeric and a tsp of beaten curd and a little oil. When the water starts boiling add the rice. Allow it to cook almost three-fourths, place the prepared balls evenly over the rice. Using a spoon cover the balls with the rice. Cover the pan with a lid and allow it to cook further for 5-10 mins till the rice grains fluff up. Switch off the flame and allow it to rest. After 10 mins., open the lid and fluff up the rice gently with a fork. Heat a tempering pan, add 2 tbsp oil, when it turns hot add mustard and allow it to crackle, add curry leaves, red chilli, hing and switch off the flame. Pour tempering over the cooked rice and mix evenly before serving. Enjoy the gola bhaat with some kadhi, papad and pickle.

**The Innocence of Childhood**

Oh, the memories of my childhood  
A time of innocence, pure and good  
Days filled with wonder and delight  
And everything seemed just so right.

I recall the laughter and the fun  
The games we played, under the sun  
Imaginary worlds we created  
Where everything was just as we stated.

Oh, the joy of being carefree  
A life without any worry  
The world was full of endless possibility  
And the future seemed like a grandiosity.

But as I grew older, things changed  
And the world I once knew became estranged  
The innocence I once had, slowly faded away  
And reality struck me, like a cold day.

But still, the memories of my childhood  
Remain with me, pure and good  
A reminder of a time, so free and wild  
Where the innocence of childhood, brightly smiled.

- Sankalp Shatanand Shukla

**Important Announcement from Coordination Committee of the Institutions granting Educational, Distress and Medical Aid**

From 2023-24, the applications from South Kanara which hitherto were handled by the Saraswat Seva Samiti, Mangalore, will now be considered by the Co-ordination committee of Aid Giving Institutions. Applicants are hence requested to fill in the application forms of the Co-ordination committee and submit them for consideration. For more details, please refer: www.csers.org
Art Corner

Glass - Graphite pencil artwork by Gowri Savkoor

Coconut - Graphite pencil artwork by Ujwal Moodbidri

Lighthouse - Graphite pencil artwork by Nivedita Baindoor

Leaf with dew drops - Graphite pencil artwork by Anupama Talageri
Art Corner

Chinmayee Kodikal from Andheri, bagged the first prize in her school drawing competition. The topic was "School trip to seven wonders of the world".

Samvit Deshmukh, (11 years), Pune
(Mother nee Sonali Honnavar)

My pet, Oreo
by Arnav Baindur (10 years), Dubai
Dear Amma,

You would have been 90 years old this year.

It was at the age of 9 that you left Rangoon, in the war-torn years, to begin a new life in India. You left a stable, happy, and peaceful life behind you, to take on whatever was to happen in an uncertain future. It amazes me that in all the years that followed, you always remained positive and your affectionate self, no matter what came your way.

You are a people person. You love building bonds with people and forging long term relationships. Whether they were close relative or strangers, you always love and cherish those relationships. You remember their phone numbers, including cell phone numbers, even though the convenience of cell contacts has the rest of us totally dependent on our phones. I always remember you calling your cousins, aunts, and friends on their birthdays to wish them without expecting that they would reciprocate. That is unusual and out of the ordinary, because it is only natural to be affected by lack of reciprocation and to let such relationships dissolve. It shows how much you care for people and one of your great qualities that I wish for myself.

I remember another example of your gentleness and large heartedness. You watched an impoverished street-dwelling boy looking hungrily at the Bhel that the roadside Bhelwalla was handing out to customers. But you did not fail to notice the hunger and longing on his face. You immediately paid for him and asked the Bhelwalla to serve him Bhel. And if people stepped in and helped you in some situation, you always reciprocated without taking such help for granted. It was remarkable that you did this, no matter whether that person was a friend, or a family member or domestic help.

You made sure that Chetan and me, as very young children, had a good time and were able to enjoy ourselves. You planned vacations away from home for us, and outings to watch movies and the theatre. On many of these outings, you came along with us and really enjoyed yourself. You greatly enjoyed the company of relatives and took every opportunity to see them and spend time with them.

Your happiest days were getting established in a career. It became more than a job – it became a venue of self-expression and we all watched you as you blossomed, both at work and outside of work. Your growth in self-confidence was a lesson for all of us, that to try is the first step to success. Without that trying, we are all denied success.

You took such good care of Ajji, and this despite the obstacles that stood in the way of your taking care of her. As a loving and dutiful daughter, you stood by her. This takes a lot of dedication, love and courage. Your courage took a very quiet, unobtrusive expression that did not draw anyone’s attention. But it was there all the same, and held us all together. There are many kinds of bravery, and your kind was the invisible kind. Your commitment to the family never wavered in the face of difficulties.

Amma...I learnt a lot from you in the past. I am still learning, as I remember how you lived your life. I feel so blessed to be your daughter. I hope our paths cross again in the same special relationship. I want to recognize this and share it with friends and family by publishing it in your favorite magazine, the KSA, for which you wait eagerly every month. It is part of your love of reading and part of your love of life which makes you read so much and keep up with events and developments, not just in the Bhanap world, but in the larger world beyond.

Always stay safe and happy, lots of hugs and love...

Chitra Chandavarkar (nee Chitra Pandit)
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“The Gurushakti Always Protects Us”
...feels Yuva Shivani Haldipur Kallianpur in this devout account of her ‘growing up’ under the Guru’s watchful eye

One of my earliest memories of visiting Shri Chitrapur Math is during the summer vacation ... I can also proudly claim to have seen the old structure of our Math before it got renovated!

I remember, as a seventh grader, being rushed back home from school and made to wear a salwar-kurta (borrowed) to meet Pujya Swamiji at Vamanashram Math in Borivli with other family members! I remember Swamiji had graciously blessed my book and asked me whose book it was - Very shyly, I had indicated that it was mine...

Of course I was given a Kitkat and a loving assuring smile which I have not forgotten till date!

When we went to Shirali for our annual visit to the Math, I remember asking H.H. for a mantra that would strengthen my connection with the Parampara-He readily agreed to initiate me..

Unforgettable Moments!
and the day finally arrived when I was blessed with the mantra!

There was an urge to visit Shirali thereafter and being a shivirarthi was the best way to do so.

After attending a couple of shivir-s I was given the Herculean task of taking a session on music - I remember feverishly preparing a ppt for the same - My “Appreciation of music” was well- received with enthusiastic participation by one and all! I vividly remember the last part, wherein all the teams including the Sanchalak-s were asked to compose and present (dance or act) their compositions! Needless to say we had a laughter-riot in the dhyaan mandir that day, with H.H. Swamiji also enjoying the musical comedy.

One of the many lessons learnt during the shivir-s is team work - a very important corporate skill- set. ..

Being a student of Indian classical music and having Vidhushi Ashwini Bhide Deshpande as my Guru, singing bhajan-s at the Math came naturally to me and to make an honest confession, I started enjoying the genuine appreciation I got from everyone!

The year 2008 was a momentous one in my life - I was blessed to be part of an album wherein Pujya Swamiji sang a few stotra-s! Recording stotra-s for this album gave me a lot of lessons in uccharan. Many other qualities which help in creating a good singer landed in my lap by His sheer Grace! I feel truly blessed to have been given the opportunity to record for the Rajaotsav and Amrit Mahotsav songs, so beautifully penned by Shailaja Ganguly pachi!

Swamiji has always elucidated the importance of physical fitness be it for Yuva-s or the rest of the laity. We Yuva-s are so lucky to be part of so many kinds of physical training activities!

I was also blessed to be one of the Yuva-s who were taught the Wim Hof technique of breathing and various exercises on the Swiss ball too.

One incident, very close to my heart, shows how the Gurushakti watches over us and provides the help needed...

Right after Ashtamoorti Upasana during one of the Kara Seva shivir-s, while the junior shivirarthi-s began their descent from the hillock, a few of us stayed back to collect the waste from the site and put it in a dustbin below when we descended. Swamiji and His sevak-s had moved a little away from the site. I suddenly saw something lying on the ground but could not figure out what it was as the sun was setting. Within a split-second, I saw a beam of light shining on that object from far. When I tried to peer, looking for the source of light I saw Swamiji, from quite a distance, pointing His torchlight at the object I was looking at! This actually left me speechless! This incident brought home to me the truth that the Guru watches us (even from a distance) and makes sure we are taken care of!

*Om Namah Parvati Pataye Hara Hara Mahadev!* 

*****
उद्बोधक कथा
विज्ञानकर्मी कापनाइक

एक यशस्वी उद्योजक जो सफल दिवसीया जी ने बताई हुई उनके जीवन को घड़ा, वे कहते हैं, “छुट्टन में मैं बहत लालची और स्वाभाविक था। उत्समतम चीजों की मुझे चाह थी। मैं उन्हें येन केवल प्रकटण (किसी भी तरीके से) हसिल करता था। हड़प लेता था। इस कारण पाठशाला में मेरी सभी मित्र मुझे दूर रहने लगे और कुछ समय बाद में अकेला रह गया। तब मेरे पिताजी ने मेरा जीवन सुधारने के लिए एक तरीके सीखी।

एक दिन मेरे पिताजी ने मेरे लिए नूतन बनाये। उन्हें दो कटोरों में भरकर एक कटोरे में ऊपर एक अंडा रखा। केवल त्योहार या किसी विशेष दिन ही घर में अंडा खाया जाता था। इस कारण आम दिनों में अंडा बहुत कम मिलता था। उन्होंने दोनों कटोरे मेरे हाथ में थमाकर कहा “बेटा, नूतन्त्र का एक कटोरा तुम्हे दीजिए, दूसरा टेबल पर रखो।” मैंने झट से अंडेवाला कटोरा लेकर दूसरा टेबल पर रखा। में नूतन्त्र खाने लगा। पिताजी ने दूसरा कटोरा दिया। उन्होंने कटोरे में नूतन्त्र चमच से ऊपर नीचे किये तो मुझे उनके कटोरे में नूतन्त्र के नीचे दो अंडे दिखाई दिये। मुझे ईश्वर सोचा, “अच्छे! मैंने वह कटोरा लेना चाहिए था। मन ही मन मैं बहुत गुस्सा हुआ। मुझे लगा कि रो धो कर वह कटोरा पिताजी से लूँ। मैंने वैसे ही किया और दो अंडे हसिल कर खुश हुआ। पिताजी प्यार से मुझे देखकर मुस्कुराये। में बहुत खुश हुआ। पिताजी बोले “तुम अगर हर समय अपना हो फायदा डोंगरोगे तो अंत में तुम्हारा ही नुकसान होगा, यह तुम्हारे लिये फहली सीख है।”

यह दो तीन दिनों बाद उन्होंने फिर से नूतन्त्र बनाये और पिछले बार के समान एक अंडा एक कटोरे में ऊपर रखा और दूसरे कटोरे में सिर्फ नूतन्त्र। फिर उन्होंने मुझे एक कटोरा उठाने के लिए कहा। पिछले अनुभव से मैंने बिन-अंडे वाला कटोरा उठा लिया। हम दोनों खाने लगे तो मेरे कटोरे में अंडे नहीं थे। पिताजी नूतन्त्र के ऊपर का अंडा रखते हुए मुस्कुरा रहे थे। मैं खौफ गया, पिताजी की नजर से मैं और खौफ नहीं छुपी। अब वे बोले “पुराने अनुभव पर कभी भी आखें मंदकर पूरा भरोसा मत रखो। जीवन अनिश्चित है, कभी यह जीवन तुम्हें दम दे सकता है या कोई और भी तुम्हारे साथ काम कर सकता है। इसलिए हमेशा सावधानी बरतना चाहिए। ये तुम्हारे दुसरे सीख थी।”

पावसाली सकाँच
रेखा राव

चालता चालता भी ठड़कले
मंद सुवासने धुंद झाले
पारिजात बहसते होता निशांगंध बौद्धित होता
पानापानावरून टप टप पावसाचे पाणी
ओघकरत होते
ते मोतींबिंदूं बघणा भी सुखवाणे होते
हिरवीगार वनराई नुकतीच नहाऊन
आनंदाने झुलत होती
पक्षाची मधुर किस्मिंत साय देत होती
निसर्गाचे विलोभिमून श्याम
भी डोक्यात सांठवित होते

September 2023
Kanara Saraswat
तिचा निर्णय
सुनदा कर्णेड
‘निर्णय’ म्हणजे काय? एकादी गोट्य स्वभूमिशीरे आपण स्वतःच्या मनाचे करणे, म्हणजे निर्णय करणे. तुम्ही या कुणाच्या विचाराच करता, परिक्रमांकन बघावा वाचणे, पात एक वेगळी आवश्यक असतो, अस मात्र वाटते ते करताना आपण स्वातंत्र्याच सुमारु अनुभवला. ते पूर्ण करू शकता नसलेले, तर त्याच विचार अथवा उप्रेक वाटत आपण स्वतःच्या जगतीच्या वांच एक समाधान असते.

अशा जगतात, जर आपला निर्णय करेल असेल, तर त्यामुळे निर्णयाच्या वांचशी आपल्याच करून ती आपल्याच करून बनते, आपल ‘स्वतंत्र जगताच यांना निर्णय स्वतून असतो. पण जर आपल्याच आलेले, तर निर्णयाची मेंळी आणि दिशेची आणि त्यामुळे होणारा गुरू नसतो. तसेच न करता दुसऱ्यांच्या वाच खाळाच कोंडल तर ते करून वाचणे नसल्यास, त्यामुळे त्याच निर्णय शीर्ष बेल्याचे केल्या साठें वाटतात!

ज्या व्यक्तीला निर्णय घेण्याच्या स्वातंत्र्याच नसल्यास, त्याच्या जीवनाच्या काय, काय घडू शकते, याचा आता विचार करणयाच.

कमत्या हूसताच आहे, शांततें प्रत्येक परिस्थिती पहली येते, तिंच शिक्षक कौतूहल करतात, तेथे तिला आवंद होता, स्वतंत्रतें तिता कौतूहल वाटते, अभिमान वाटते. पण ते व्यक्त करण्यांमध्ये स्वातंत्र्याचे तिता नसत, कारण घरांतून, भी मातृजय भावांत्या जातात बुद्धिमत्त्या आहे, ते कुणाला पसंत नसतं ‘मला पुढे’ खूप रिकार्यांचे आहे. असे तीत्रे वाटत असताना, त्याच्या वाचात्या करायला ती घारांतून. कारण ते कुणालाची खांस वाटत नाही. तरीही धीरपणे तिंच आपल्याच आई हव्हळा केलेलं केले ते करून मातृजय करती नाही, हया उत्तर कार्याचा हा जास्त शक्तिशाली? म्हणून तिंची वेळा कोणी जाते. असा अनुभव बहुत जुन्य व विलाल्या कुटूंबात मुल्यांच्या वाटताला येतो.

विषम हो अशा मुल्यांची एक! लहानपणाच्या जुने धारावरच! आपल्याला कुणी तत्ती ओरूदेख अशी तिला सतत भिंती वाटते, कदाचित जन्मांतर ते ‘पुढे ही तिंची मुल्यांचा म्हणून आईचा झालेलेच संत, तिच्या मजबूर धरातल्या सार्वमात्र कायम धारा असले, व्यांत्रित आप्ल्यांनंतर, तिच लहान एका श्रीमंत धारांत त्यांना दिलं. दिलेला हुंडा करीत म्हणून तिंची छ होऊ लागला. नूकटांदी माराच झाला सावृवास, भांड तिच्या वाटताला आहात.

हया सर्व मार्गांचा वर्णन आपल्याच आवतात, क्षणभर की येतो आणि आपल्या सरासरीच्या विचारात. पण अलिकेंद्र एक धात्यान्तर कोणतेही वाचात आलेला. महाराष्ट्रातून दिलेला ५० मुली बेपत्ता होतात. धारांत प्रेम, आदर मिळत नाही, म्हणून हया मुली वाटला जातात आणि शांत पण नूकटांदी मूक, भटके आहेत. त्यांचा शोधण काही असता. अतूर धर्माच्या रागाचा धारण प्रत्येक वाणीते नाहीत, आणि वेश्यो व्यस्तसायत अक्षणून त्यांची जीवन बरबाद होतात.

मला वाटतं, हया जंगनी प्रश्नांचं निर्णय केंद्र पातकांचा वाणिज्याचा, त्यांची दाखलाचा लाभ महत्त्वाचा, नकार काळ. आपल्या पुढे-प्रथम सामाजिक परिवर्तन ध्यानाशीवाय, जुंत परंपरांचे ओळं झोकक्षमताशीवाय हा प्रश्न ज्यांत राहिल.

“कोंकणी आदगत्यो आनि वाक्प्रचार”

१. आपणें मोरका, स्वरूप दिसका.
   To see the heaven one must die oneself. (You cannot see it through others.)

२. आरती चेतन्यारस उष्ण, तीथ केपच्यारस सैत.
   By taking the Aarti, (holy lamp) heat is generated in the body and if Teerth (holy water) is taken, cold is caused. Indicates an extreme delicate body affected by slightest heat or cold.

३. करतल्याच धा दीक उघडे, ना म्हणतल्याच बंद समादे.
   A man of action has ten ways open, the man who does not want to do anything does not find a single one.

४. कबू गोळ म्हणून वाळीगंधाऱ्याचे हवंचे वे?
   Just because sugar cane is sweet, you don’t eat it up to the top. Overdoing a thing.

५. कृत्वनातिर्लेकले चेतन्यारस जायनातिर्लेकता जाता.
   If an undesirable thing is done, it will meet with an untoward consequence.
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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/food, and coffee/mango/spice plantation tours. As a joint venture between the UK and US Amchi diaspora communities, meet like-minded people and form new friendships.

Register your interest

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

Who can join?

16-35 year olds

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

Itinerary

A perfect blend of adventure & culture

- Wildlife Sanctuary & Hike
- Spice farms & coffee/fruit plantations
- Eco-beaches & Mangrove forest
- Historical forts & places of interest
- Yakshagana- a traditional theatre art form
- Women empowerment programmes
- Volunteer at Srivadi School
- Meditation sessions
- Spiritual talks with Swamiji
- Visit the different Matha
As we deal with the present, it’s important that we be mindful of expenses and also not lose sight of the future. So while we save money to meet immediate and short term expenses, let’s also continue to secure our long-term financial freedom.
मराठी चित्रपटातून मनोरंजन कायम ठेवूनही जे विषय हाताळेले जातात ते वेलेकरे आणि काहीया धरून असतात,
याचा अभिमान वाटतो. हिंदी फिल्मस पहायला प्रेक्षकांनी ही
गडी उसूमधी आणि करोडी कायमवर जातात. त्यात काही वाचक...

चित्रपटगृह चोटेंत होतं पण अर्थित अख्तसुंपद. अगदी समोरच्या दोळ, लीन रंगेत बसवाव सांगत तरीही
कोणता तक्रारी सुरू नक्कोता. चित्रपट पाहण्याची
प्राव उत्सुकता मनात होती ना सर्वाच्या. विशेष
mहण्यजे प्रेक्षकांनी अनेक पुष्पांचेच समावेश होता.

चित्रपट सुरु झाला आणि त्या प्रवाहात वाहत गेला
आहे. चित्रपटातील प्रत्येक बहिनीस स्वभाव, देहबोली,
विचाराचारणी, व्यविस्तरण स्नेन, त्याचा जीवनतील सुख,
दु-ख, अडि अडचणी, संकटं निराकरी. रोजचा जीवनत
आपल्याला आणि प्रकरणात व्यक्त कथी कथी दिसतात
किंवा भेटतात. इतकं काहे यातील काही व्यक्तित्वाच्या
छटा आपल्याची आहे असेही कठीण कहीता वाचू जातात.
एकूण काहे तर ही पात्र खरीपुरी आणि जीवनात वाचूतात.
आणि ती पात्र सादर करणारा प्रत्येक कलाकार, त्या
भूमिकेतरी इतका साजेरा वाला, आपल्यांना भूमिकेत
इतका समरस झाला होता की पद्यावरील पात्रांना
जीवनातील चदाव उतराने प्रेक्षकांच्या मनात भावनांचे खेळ
चाले होते. काही इदयपवरी दृष्ट पाहून कथीं भावनिक
कायाच्या होती होते, तर कथीं अगदी सहजतेने उडवणे
हास्यरसाचे फवरे मन हलक फुलक करू जात होते.

या चित्रपटाच्या मनोरंजन तया झालं. पण खरेंच मला
तरी यातील बोध ध्येयसारखं बरंग काही आळंबलं. कैक
केळा आपल्या आप्तांती बोलण्याचा अथवा वागण्याचा
आपण दुखवणे जातो. त्यानंतर आपण तोच भूमिकेक
उगात उसतो आणि त्या जवळा विचळात. त्या
व्यक्तीबद्दल मनात अती निरंजन होणारी दाट
शक्ती असते. त्यातून जे शांतपणे त्या विषयाचा
बोलून व्यक्त झालो, तर कार्यवांत त्या जवळा वेळचा
भूल निधरीता. मग नात्यात एक मोक्षेपण येईल.
एकत्र आत्याच सहसायणाचा आंतर लूटत येईल.

बाईपणाची देण्यी आहे खंबीर आणि भावनिक मन. भावनिक
मनाचा चांगूलपण हा की आपण स्त्रिया जनमापासूनची
Answers to सरल-संस्कृतम्

**Exercise 15.1** - blanks to be filled in the following sequence

नन्दस्य  , कृ ष्ण स्य , बलरामस्य , यमुनायाः  ,  नद्ाः   , सपपस्य  , काडलयासपपस्य

**Exercise 15.2**

1. गोपाः  
2. सपापः  
3. बालकाः  
4. कन्दुकाः  
5. पुत्राः  
6. अनुजाः  
7. अग्रजाः  

नाती जपतोऽव. पण नवी नाती, नवी माणसं यानांही सहजपणे आपलंसं करून घेऊ शकतो. संकटानं हंगीरपणे तौळ देत घारदार, मूळं बाळ, स्वतःचं करिअर ही तारेवरची कसरतींही बाप्यांकी जमवतो. पण सख्यांनो, लक्षात घेऊऱ्या म्हणणापेक्षा खबरदारी घेऊया, जे या चित्रपटांतुही व्यक्त होतं. की सर्वांसाठी झट असताना, फक्त स्वतःला घुसावणू देऊ नये किवा स्वतःची 'पंचिंग बंग' सारखी स्थिती होऊ देऊ नये, स्वतःसाठीसुद्धा जागायवला हं. अणि हो, इतराद्यांनी आपन सतत 'चं' मारत नाही ना याचीही काळजीं घेणे तिलकंचं महत्वाचं. या चित्रपटातून इतकं भरभूत मिळालं. या चित्रपटाच्या पूर्ण ढीमला मनःपूर्वक अभिव्यक्त. त्यांचं कौतुक कारणातीतीं भी मोडी नाही. 

चित्रपट संपत्त्यावर लगेच जागेवरून उझून जायची इच्छा होत नहीती. अणि हे मराठी मित्र मंडळांने अपूर्ण हेरलं असावं बाधणा. त्यांनी लिए बसल्याळणी एक खेळ पेटला. प्रेक्षकांतील स्त्रियांना देगवेगऱ्या प्रेय विचारले गेले. हे प्रेय चित्रपट, मंगळगांवर वगैरी विषयांना धरणक होते. प्रेय आयतावेळी विचारला गेला असला तरी, सगळ्या जर्नींच्या आलं उसां दिली. जस एकाला उतर देताना असंख्यांनी तर लगेच आजूबाजूना बसलेल्या हदू दबक्या आवळजात उतर सुचवत होत्या. एकीकों तर मराठ उखाणाऱ्या घेतला. त्यामुळे एक खेळची वाचावण निर्माण झालं. तरुणी तर होत्या उत्साही पण त्यांची आई आणि सासूबाई यांनांही हुऱ्ये आला. शेवटून केल्याच्या एका छोट्याणा रील समस्त या सर्वजनीय सहभागी झालं. 

याचेउपायाच्या भरतां, इत्यांनी जर्मीत आयत महिंद्राय आपल्या मंगळगांवर साजरी करता येईल का असा एक विचार मराठी मित्र मंडळाच्या सदस्यांसमोर मंडळाच गेला.

हा सगळा सुंदर अनुभव घेता आला ते मराठी मित्र मंडळाच्या सदस्यांमध्ये मेहनतीमुळे. त्यांचे मनापासून आभार. आपल्या पुढच्या कार्यक्रमांची महाजेव गणेश चतुर्थीच्या मिरवणुकीची आतुरतेतने वाट बघत आहोत.
ಲ್ಲಕ್ಷಿ ಯಾಂಕಾಡು ಕಾಮಾಲ ಆಳಿ ತೆಕ್ಕ ಬಾಲ ವಿವಾಹ ಆಳಿ, ಪ್ರೇಮ ಪ್ರತಿಪಾದಿಸಿದ್ದು, ಆಳಿ ವಿಶ್ವದ ಶಿಕ್ಷಣ ಕೇಂದ್ರವು ಕಾಮಾಲ ಮತ್ತು ತೆಕ್ಕ ನಡೆಯುತ್ತಾ ದೋನು ಮೂಲ ಲೇಖನದ ಆಳಿ. ತಮ್ಮ ಪತ್ರಿಕೆಯ ಎಣ್ಣೆ ಸುಲುವತಿಯ ಆಳಿ ಮತ್ತು ಕಾಮಾಲ ಅಧಿಕಾರಿ ಈ ಸೇವೆಗಾದ ಮೂಲ ಲೇಖನದ ಆಳಿ. ತಮ್ಮ ಪತ್ರಿಕೆಯ ಎಣ್ಣೆ ಸುಲುವತಿಯ ಆಳಿ, ಯಾಂಕಾಡು ಕಾಮಾಲ ಮತ್ತು ತೆಕ್ಕ ನಡೆಯುತ್ತಾ ದೋನು ಮೂಲ ಲೇಖನದ ಆಳಿ.

ಎಡೆ ಸುಲುವತಿಯ ನಾಟಕವು ಮೂಲಿಕೆಯ ಲೇಖನದ ಆಂಖಾಸದ ದೃಶ್ಯವು ಆಳಿ. ವಿಶ್ವದ ಶಿಕ್ಷಣ ಕೇಂದ್ರವು ಕಾಮಾಲ ನಡೆಯುತ್ತಾ ದೋನು ಮೂಲ ಲೇಖನದ ಆಳಿ. ತಮ್ಮ ಪತ್ರಿಕೆಯ ಎಣ್ಣೆ ಸುಲುವತಿಯ ಆಳಿ, ಯಾಂಕಾಡು ಕಾಮಾಲ ಮತ್ತು ತೆಕ್ಕ ನಡೆಯುತ್ತಾ ದೋನು ಮೂಲ ಲೇಖನದ ಆಳಿ. ತಮ್ಮ ಪತ್ರಿಕೆಯ ಎಣ್ಣೆ ಸುಲುವತಿಯ ಆಳಿ, ಯಾಂಕಾಡು ಕಾಮಾಲ ಮತ್ತು ತೆಕ್ಕ ನಡೆಯುತ್ತಾ ದೋನು ಮೂಲ ಲೇಖನದ ಆಳಿ.
आहेत, मला तुम्ही एका जागीवर बसून आठवेल तसे संगा. जास्त तसेच करून घेऊ नका.

लक्ष्मीने खाणी जाऊन 15/20 हार आणले. त्यातले 4/5 हार जोरातून तोरण करून द्वारांज्यात लावले. रंगंजी काठली आणि तोंदूळ आणून द्वारांज्यावजवळ ठेवले. भाकरीचे तुकडे करून ठेवले. त्याच्या ऊर्ध्वाच्या चर्चा तसेच चर्चा करून मुलांच्या जेणेच्या व्यवस्था करून आली. शांताबाईनी देवाच्या फोटोला हार घातले आणि शंकर भावोजीच्या फोटोसाठी बाजुला खुंटी दर हार ठेवले. लक्ष्मीने खिर, पुन्य, मसाले-भात, 2-3 भाज्या केळी-त. तोपरत मुलाताईनी आपल्या जवळपासच्या मैत्रीप्रेक्षा फोनवर्तन आंदाजी बाचकी सांगतली, लक्ष्मीला कल्पना होती तज्ज्ञ महान तत्त्व सर्वसाधारण जास्त केला होता.

आनंद आपल्या नववारुला घेऊन आला. आईने जोड्याच्या स्वागतातला हाताचे हँस्त काळेली आणि बोटे काठकरा मोडली. लक्ष्मीने भाकरीच्या तुकडा आपल्याची आणि तांडवरे माप ठेऊन शांताबाईनी सांगतल्या प्रमाणों नवळू होतो जोडी घरात आली. जोड्याच्या ऊर्ध्वाच्या केळी आणि त्याना खिर, पुन्य, मसाले-भात, 2-3 भाज्या केळी-त. तोपरत मुलाताईनी आपल्या जवळपासच्या मैत्रीप्रेक्षा फोनवर्तन आंदाजी बाचकी सांगतली, त्याने कल्पना होती तज्ज्ञ महान तत्त्व सर्वसाधारण जास्त केला होता.

सिंह महानाली तुम्ही सर्व सिंह टिबू तुमचे नसे हे काम
आम्ही मोठ्या प्राण्यांचा असे हा सम्बन्ध

प्रथम आमला हती, महाने मी गजराज महान माझ्याच आहे पहिला मान जिराफ महाने मीय सर्वत्र उंच महानून मी होडलेला तुमचा पंच
कोल्हा, लांडगा महानाले आम्ही दोघे बुधदिनमान
तर घोड, हरिर महानती आमची चाल हीच आमची शान
इतक्यात आला वाघोबा महाने तुम्ही सर्व आता थांबा एका माझ्या बुलंद दरकाली एकून दूर पडाली सर्व प्राणी मंडळी (सत्य घटेवर आधीतेच आहे)
Parisevanam

Bhagavad Gita

Here is a chapter-by-chapter analysis of an immortal text by our erudite contributor Dr. Sudha Tinaikar. 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 18 (Part3)

“A person of any varṇa, who remains engrossed in his svadharma purifies his mind by offering his actions to that all-pervading Iśhvara who is the Ultimate Master of all actions.”

“Therefore Arjuna, following svadharma based on one’s natural guna-s (svabhāva) is far superior to one following someone else’s dharma. One’s dharma is natural (sabbatical). Following it, one does not get affected by karma and there is a natural spiritual growth.”

What are the three types of happiness experienced by us?

“Arjuna, remember that there are three types of happiness experienced by all human beings and we tend to repetitively indulge in such happiness.”

“That which appears difficult, but at the end turns out to be flawless and lasting, is called sāttvika sukham.”

“That happiness which is born out of sense objects appears to be lasting and sweet in the beginning; but ultimately destroys the strength, enthusiasm, bodily health and money due to excessive indulgence. Such happiness is called rājasika sukham.”

“That happiness which is born out of excessive sleep, laziness and inertia and considered to be the real happiness out of delusion is called tāmasika sukham.” (v 36-39)

“There is no living being either on this earth, in the heavens, or among the most exalted Deva-s who is unaffected by the three guna-s of prakrti. The whole of samsara in all the 14 loka-s exists because of these varieties of actions, doers of actions, varieties of buddhi-s, varieties of dhrti-s and different gradations of happiness.” (v40)

Then, is there no way out of the bondage of guna-s?

There is a way out. One can dilute the effects of these guna-s and gradually grow from tamosic to rajasic to sattvic attitudes. Bhagavān now says that following svadharma is that way. This is the reason for which the varṇa-āshrama dharma was created by Bhagavān (this was explained in detail in the fourth chapter).

“Hey Parantapa (Arjuna), I created the four varṇa-s called the Brāhmaṇa-s, Kṣatriya-s, Vaishya-s and Shudra-s depending upon the arrangement of the three guna-s.”

“Brāhmaṇa-s who are sattvaguna- predominant have mastery over their sense organs and mind. They have purity of body and mind. They have forbearance and are straightforward in thought, speech and action. They value knowledge, have a deep understanding and trust in the Veda-s.”

“Kṣatriya-s are rajoguna -predominant and their nature is courage, they do not get put down by others, are always enthusiastic and willing to act and very skillful in their actions. They are very good in warfare and naturally, protectors of society. They never run away from the enemy in any situation; even at the prospect of death. They are generous with distribution of wealth and praise when needed. They are fit to be rulers and kings.”

“Vaishya-s are clever in commerce and business. They are also skilled in agriculture and dairy farming. Shūdra-s are tamoguna- predominant and are the hands and legs of the other three varṇa-s. They are very helpful in service.”

All human beings belonging to the four varṇa-s can grow spiritually to become sattva-predominant by doing their svadharma with the attitude of karmayoga. All will ultimately reach the same goal of Moksha (v41-45)

A person of any varṇa who remains engrossed in his svadharma purifies his mind by offering all his actions to that all-pervading Iśhvara who is the Ultimate Master of all actions.”

“Therefore Arjuna, following svadharma based on one’s natural guna-s (svabhāva) is far superior to following someone else’s dharma. One’s dharma is natural (svābhavika). Following it, one does not get affected by
“Svadharma (svakarma) is natural and you are born with it. Even if one’s svadharma has some inherent deficiencies, remember that paradharma (parakarma) also has its own deficiencies. It is easier to deal with the known deficiencies of one’s svadharma than to get caught in the paradharma dosha-s. Each and every karma is a combination of three guña-s and no karma is perfect.” (v46-48)

What is the ultimate result of Ātmajnānam?

“For the person who has purified his mind with karmayoga, there is a natural detachment from the objects and people of the world. Such a person is also a master of his mind and sense organs. For such a person there is no longing or desire for any material achievement. He attains Moksha in the form of Naishkarmyasiddhi (no bondage from any action or its results; also known as Akartṛtvam-Abhoktṛtvam).” (v 49,50)

( ...to be continued)

On June 21 each year we celebrate International Yoga Day. Each year the celebration has a theme and for 2023 it was ' Yoga for Vasudaiva Kutumbakam' which represents our desire for ‘One Earth, One Family, One Future'. Let us discover how much we know about yoga with this little crossword.

Rules: Just a wee bit differently designed from the normal crossword

- Follow the Column and Row combination (just as you would on a spreadsheet) ex. a clue that says Across A12 would mean following Column A and Row 12 to fill in the answer.
- The count in the brackets indicates the number of letters in the answer.
The Better Sting
The clues below give answers to words that all end with the word ‘STING’

1. A sting that cures fatigue
2. A sting that cures hunger
3. A sting that cleans your room
4. A sting that makes you laugh
5. A sting that cooks your meat
6. A sting that spoils your tools
7. A sting that holds your attention
8. A sting that some observe on Shravan Somvar
9. A sting that cooks are always using
10. A sting that browns your bread

Four Words
Clue: The blanks in the sentences below are to be filled in with words that are all made from the same letters but placed in a different order.
There once was a musical, ............
It was performed in three ............
When it was through, the audience flew
and all of the ............ went ............

Crossword on Yoga
Clues:

Across

<table>
<thead>
<tr>
<th>C5(6)</th>
<th>This Sanskrit word used in yogasanas means down or downward</th>
</tr>
</thead>
<tbody>
<tr>
<td>K5(9)</td>
<td>You see the world upside down when you do this</td>
</tr>
<tr>
<td>A10(9)</td>
<td>This asana is recommended to be done after a meal</td>
</tr>
<tr>
<td>C12(13)</td>
<td>This is a popular and powerful 12 yogasana sequence</td>
</tr>
<tr>
<td>F15(12)</td>
<td>This pose is named after the son of Vayu who could stretch out his legs and take incredibly long jumps</td>
</tr>
<tr>
<td>J19(14)</td>
<td>If your heavy late-night meal has given you gas, do this to find relief</td>
</tr>
</tbody>
</table>

Down

<table>
<thead>
<tr>
<th>R1(6)</th>
<th>Female yoga practitioners are sometimes referred to as this</th>
</tr>
</thead>
<tbody>
<tr>
<td>M4(14)</td>
<td>Famously called the scorpion pose</td>
</tr>
<tr>
<td>O4(7)</td>
<td>Vrikshasana helps improve this in the body</td>
</tr>
<tr>
<td>G5(11)</td>
<td>At a famous conference in 1893 this Swami delivered his lectures on yoga, kickstarting modern yoga practice</td>
</tr>
<tr>
<td>K8(5)</td>
<td>The vital life force is keeping us all alive</td>
</tr>
<tr>
<td>Q8(8)</td>
<td>This yogasana is also called the mountain pose or Samaśṭithi</td>
</tr>
<tr>
<td>515()</td>
<td>The word 'Bhujan' in Bhujanasana refers to this creature</td>
</tr>
<tr>
<td>K15(5)</td>
<td>Literally meaning posture, which of the limbs of yoga refers to the physical practice of yoga poses</td>
</tr>
<tr>
<td>V18(5)</td>
<td>The word yoga which is derived from the Sanskrit root word 'yuj’ translates to this</td>
</tr>
</tbody>
</table>

Solutions on page 54
Solution to The Better Sting
1. reSTING
2. feaSTING
3. duTING
4. jeSTING
5. roaSTING
6. ruSTING
7. interSTING
8. faSTING
9. taSTING
10. ToaSTING

Solution to the puzzle Four Letters
There once was a musical, CATS
It was performed in three ACTS
When it was through, the audience flew and all of the CAST went SCAT

Important Towns in Uttar Kannada-Answers

- This town is named after a forest shrub-Ankola
- The administrative centre of Uttarakannada - Karwar
- It’s an important port town- Honnavar
- This town has a Tibetan colony-Mundgod
- The famous Mariikkamba Temple is here-Sirsi
- This beach town has the famous Shiva Statue-Murdeshwar
- Shri Mahaganapati is the presiding deity of this town-Idgunji
- The famous salt pans belong here-Sanikatta
- The wildlife sanctuary here is a major attraction of this town-Dandeli

Congratulations to Bharat Heble from Malad West, Mumbai for correctly spotting all the Towns!
Quiz
Contributed by Indukanth Ragade

1. 011 235 813 213???

2. John walked into the kitchen and asked Mary, his wife, “What’s for breakfast today?”. “Go to the dining table and see” she said. When John went to the dining table, he saw the following written on a piece of paper: gges egsg segg esgg. What did John have for breakfast?

3. Find 17 creatures in the following narrative:
   Kneel in the kayak grasping the boat but do not wrench the bullion or scowl at the chart. Behind the sealed and taped planter is a benevolent colliere. The fox glove is in the bath.

4. Which two numbers when multiplied will give 13?

5. Give the seven-letter word whose first two letters refer to a man, the first three letters refer to a woman, the first four letters refer to a strong man, the first six letters refer to a narcotic and the entire word stands for a leading lady?

ANSWERS
1. 455
2. 2 Scrambled eggs
3. i) eel ii) yak iii) asp iv) boa v) wren vi) bull vii) lion viii) owl ix) hart x) hind xi) seal xii) ape xiii) ant xiv) vole xv) collie xvi) fox xvii) bat
4. Numbers 13 and 1
5. HE, HER, HERO, HEROIN and HEROINE

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**Personalia**

**Shreeram Santosh Marballi** (son of Supriya (nee Yennemadi) and Santosh D Marballi; grandson of Smt. Jyotsna (nee Gulwadi) and late Shri Durganand S Marballi and Smt. Pushpa (nee Pai) and Shri. Gajanan P Yennemadi) has an excellent academic background. A student of Sri Chaitanya Techno, Marathahalli, Bengaluru, he has completed his 12th CBSE with 93.20% and secured an AIR of 1418 in JEE advance 2023. He started his dual degree course of 5 years, leading to B.Tech and M.Tech at IIT Kharagpur from August, ‘23. He is pursuing his study in Electronic and Electrical Communication Engineering. He has always been passionate about joining his dream IIT since his childhood days; for which he joined Sri Chaitanya school from 6th standard to make his dream come true and now he has made it.

He is also a NTSE scholar and a KVPY Scholar having participated in the prestigious nationwide scholarship examinations, having cleared it with flying colours.

Apart from academics, Shreeram has been participating in chess tournaments. He likes to play volleyball, cricket, badminton and table tennis. He is an avid foodie and a fan of CSK and Avengers. In addition to this, his hobbies include cubing, swimming, watching movies and sketching.

**Maharashtra State Award for Pandit Omkar Gulvady**

Pandit Omkar Gulvady was conferred with the Maharashtra State Cultural Award for his invaluable contribution in the field of Instrumental music for the year 2021. The event was held in Mumbai on 10th April, 2023.

Due to the Covid pandemic, the 2021 awards were delayed. Every year, the government honours those who have contributed in the field of Art and Culture, including Acting, Dance, Vocal, Instrumental and Folk music.

Every year Maharashtra State honours those who have contributed in the field of drama, acting, vocal music, instrumental music, folk music, dance, etc.

**Here & There**

**Report on the activities of Bengaluru Local Sabha for July 2023**

On 3rd July, on the auspicious occasion of Gurupurnima which also marked the Chaturmasa Vrata Prarambha - there was sankalpa and prarthana for Chaturmasa Vishesha Sadhana by Bengaluru Sabha sadhakas. There was Stotra pathana in the evening followed by Shri Gurupujana with Shri Vedavyasa Ashtottharashatanamavalih, Bhashyam Pathana and Ashtavadhana seva.

The recitation of Samoohika Shri Chitrapur Guruparampara Charithra Pathana commenced on July 18th during Adhik Shravana masa with prarthana and would be recited until 16th August 2023.

During Chaturmasa, seva was rendered by sadhakas every Tuesday, Wednesday, Saturday and Sunday, beginning with bhajan sandhya, followed by bhajan seva by various bhajan mandals and Nritya seva by sadhakas.

There was an Indian Folk Art Workshop conducted by Smt Monisha Kallianpur and a talk on Santa Ramavallabha Dasa by Shri Gautam Udbhayakar. Dharmapracararak Dr Chaitanya Gulvady rendered a series of talks on Shivamahima Stotra, Appayya Dikshitara Katha and Harikatha.

In addition to this, all the regular programmes like Girvana Pratishtha, Prarthana Varga and Sambhashana Varga (online) classes, Gayathri Japa Anushthaan and daily morning pujan and evening pujan on Mondays, Thursdays and...
Fridays are being performed by the gruhasthas.

Durga Namaskar is being performed every Friday by Ved. Shri Vijay Karnad Bhat.

Reported by Saikrupa Nalkur

Krishna Janmashtami celebrations at Saraswat Colony, Santacruz

Our Gokulashtami celebrations held in the Saraswat Colony, Santacruz West, every year, is the highlight of all festivals conducted by The Saraswat Club in the colony.

The Saraswat Club, which is completing 100 years in 2023, has had a long history of celebrating all festivals during which all residents of our colony, young and old, participate with great enthusiasm and fervour.

The annual Gokulashtami celebrations initially began in the early 1940’s at the residence of Late Shri Raghavesh Hattangady and were continued by Late Vithal Bhat Hattangadi. The venue later shifted to The Saraswat Club Hall (also known as Shrimat Anandashram Hall).

It is a matter of great pride that this festival is being observed every year with love and devotion for many years now. The 8-day festival in our Colony commences on the first day of Krishna Paksha in the holy month of Shravana and ends on ‘Ashtami’ with the Janma at 12 midnight followed by ‘Kallo’ and ‘Dahi Handi’ on the next day.

An important feature of our celebrations is the beautiful 100 plus years old idol of Lord Shri Krishna, which is truly beholding and attracts one and all to this celebration.

The idol is adorned daily with its unique alankar, which is truly attractive and the decoration/ backdrops of the ‘mantap’ is also changed every day by a talented group of artistic devotees to represent various Gods and Goddesses based on a set routine. The alankars of Lord Krishna on the various days are of Lord Shiva, Goddess Saraswathi, Lord Ganesha, Lord Dattatraya, Goddess Lakshmi, Lord Hanuman, Suryadev, Lord Vithoba, Krishna Janmashtami (on Janmashtami day) and Krishna Kallo (on Kallo Day) respectively.

A unique but thoroughly enjoyable aspect is the group singing of verses known as ‘mhantiyos’ composed by Sant Ramavallabh Das, Sant Laxmidhardas Das and Sant Krishna Das set to different melodious ragas to the accompaniment of the harmonium, tabla, dholak, taal, etc. All this has been made possible over the years, because of the enthusiastic, voluntary participation of a large number of ardent devotees who are keeping this tradition alive.

Reported by Yellore Subodh Rao,
Chairman, The Saraswat Club

Our Institutions

Saraswat Mahila Samaj, Gamdevi, Mumbai

On 29th July 2023, an interesting programme was held Online, appropriately titled “Pavsav Pavsa Yo Re” as the theme of the rains. Participants could showcase their talent either through songs, dance, skits, speeches, narrative anecdotes, poems, cookery demonstrations, or displaying an art piece – anything based on theme “Pavsu”. Participants started pouring in to register, giving their chosen forte of performance. The time limit to each participant was only 3 minutes each, so as to cover as many mahilas as possible. The total number was 17.

And the day arrived when Jt. Hon. Secretary Nivedita (Nivi) Nadkarni warmly welcomed the audience and gave the gist of the programme and then requested Ashwini Prashant to take over and conduct the show.

Starting with Chandrama Bijur, who narrated some excerpts from her book “Trikonachi Chowthi Baju”, then came Kalindi Kodial, who gave an apt talk on Sant Tulsidas’s Poem on rain which had spiritual emotion. Sheela Shirali beautifully narrated an episode of her trip to Castle Rock, it’s mesmerizing waterfall (Karnataka) and it’s lush greenery. Then followed the rhythmic dancing to the tune of rainfall by seasoned ‘young’ dancers, Shobha Marballi and Jyoti Gokarn in their 70’s. Padmini Bhatkal and Nirmala Kalambi read their Marathi poems.

Then came different songs in a variety of ragas, Malhar, Megh Malhar etc. Vijayalaxmi Kapnadak and her sister Jyoti Gokarn presented a jugalbandi on these ragas - Hindi film songs based on this theme, a treat for the ears.

Then followed a ‘barsaat’ of lovely songs. Geeta Yennemadi presented a lovely song, “ghansara barsat aave”. Then followed some more songs by our young mahilas- Chetana Kadle, Shamla Mavinkurve, Alaknanda (Tombat) Bhagwat. And then Geeta Balse presented a famous song who...
enacted the same – lip syncing “Pyar hua Ikrar Hua” made famous by Nargis and Raj Kapoor, and lastly Shantal Bankeshwar’s enchanting Marathi song, “Shravanat Ghan Neela, Barasala” and the concluding part was a rare Sanskrit poem recited by Nivedita Nadkarni with a wonderful narration in Konkani. Good show by all our mahilas. Kudos to them for their talent and sporting attitude.

Ashwini Prashant conducted the show very well, great precision with her witty remarks while introducing each and every participant.

Padmini Bhatkal demonstrated a Chatpata Corn Chat recipe. Finally, the piece of art was displayed as a collage – 2 kids, a very sweet painting by Shobha Marballi, sitting and watching “Pavsu” from the porch and 2 large colourful cross stitch wall hangings. Dance of peacock in the rain which Geeta Balse presented with a popular Marathi song, “Naach re Mora Ambayachya Vanaat”

Then came the Vote of Thanks by Priya Bijur, Hon Secretary, where she thanked all the participants. This event was sponsored by Ashwini Prashant and she also gave a donation to the Samaj in memory of her paternal grandparents, maternal grandparents, her parents and parents in law. The Samaj is very thankful to her for her generous donation.

**Foundation Day Celebrations**

On Sat. 9th September 2023  
At 5.pm in Indirabai Kalyanpur Hall, B.V.E.S SCHOOL TARDEO, ”STRUMMING BLUES” live musical programme.

- Reported by Geeta Suresh Balse

**The Chitrapur Saraswat Education and Relief Society, Santacruz**

The Seventy Seventh (77th) Annual General Meeting of the Chitrapur Saraswat Education and Relief Society will be held in Shrimat Anandashram Hall, (Saraswat Club), Saraswat Colony, Santacruz West, Mumbai 400054 on Sunday the 24th September, 2023 at 10.00 a.m. Endowments received during 2022-23  
Rs. 1,28,00,728/-  
Corpus as on 31st Mar 2023  
Rs. 4,93,00,808/-  
Investments as on 31st Mar 2023  
Rs.5,79,56,772/-  
Amount disbursed during 2022-23  
Rs.49,49,500/-  
Total recipients 300

All members are requested to be present. Donations are eligible for relief u/s 80G of Income Tax Act, 1961.  
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Gurudas Gulvady  
Hon.Secretary

**CLASSIFIEDS**

**Marriage**

05-May-2023 - Shreesh (son of Neha & Nandan Bellare) with Avida (daughter of Antika & Arvind Bhardwaj) at Bengaluru.

**DOMESTIC TIDINGS**

**BIRTH**

*We welcome the new arrivals:*

April 06 : Baby boy (Tanay) and Baby girl (Tanisha) to Divya and Devendra Hattangadi at Andheri, Mumbai.

April 12 : Baby boy (Avyaan) to Komal (nee Saxena) and Manoj Sushil Mangalore at Pune.

June 17 : Baby girl (Vaidehi) to Aditi (nee Nagarkatti) and Prashant Shyam Upponi at Mumbai.

July 12 : Baby boy (Aarav) to Sharin and Shashank Prashant Kodikal at U.K.

**MARRIAGES**

*We congratulate the following couple:*

May 05 : Shreesh Nandan Bellare with Avida Arvind Bhardwaj at Bengaluru.

**OBITUARIES**

*We convey our deepest sympathies to the relatives of the following:*

May 16 : Balchandra L. Bellare (70) at Davanagere


July 27 : Raghuveer K. Talgeri (87) at Bengaluru.

July 29 : Viju Anand Nayampally at Pune.

July 30 : Poornima Durganand Karnad (64) at Bangalore.

August 02 : Neela Arun Hoskote (Bhavani, Baby) (86) at Chennai.

August 06 : Kulkarni Vasant Ganesh (89) at Chennai.

August 10 : Anand Nayampally at Pune.

August 20 : Geeta Kashinath Masurkar (74) at Matunga (W), Mumbai.
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