

Kanara Saraswat

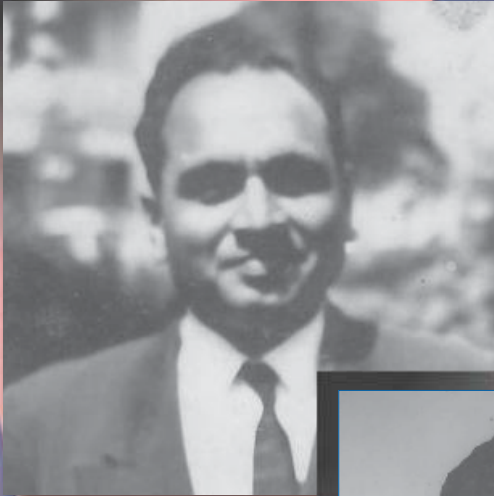
A MONTHLY MAGAZINE OF THE KANARA SARASWAT ASSOCIATION

Vol: 29 Issue 4 Mumbai

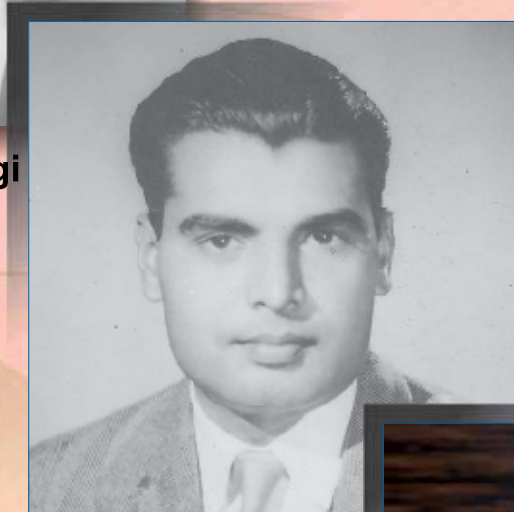
April 2024

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Ramrao 'RN' Divgi



Bhaskar 'BN' Divgi

DIVGI METALWARES *To* DIVGI-TTS



Jitendra B. Divgi,
MD, Divgi -TTS

A
METAMORPHOSIS
OVER 60 YEARS



***SVC Bank Honoured by
Union Minister Shri Amit Shah
for NUCFDC Contribution***



Shri Durgesh Chandavarkar, Chairman, SVC Bank,
receiving the prestigious Certificate of Appreciation
from the Hon'ble Union Minister of Home Affairs and Cooperation, Shri Amit Shah.

(Detailed report on page 4)



Kanara Saraswat

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KSA International Women's Day Programme Rescheduled

The online function is now rescheduled to Saturday, 13th April, 2024 at 5.30pm.
We request all our patrons to log in and watch the programme.

Ashwini Prashant,
Hon. Gen. Secretary, KSA Managing Committee

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Announcement

Due to some technical reasons, the May 2024 issue of KS might be an online issue, as the hard copies may not be printed.

We request all our readers and advertisers to bear with us.

Editorial Committee, KSA

SVC Bank Honoured by Union Minister Shri Amit Shah for NUCFDC Contribution

Our 117-year-old SVC Co-operative Bank Ltd. (SVC Bank – formerly known as The Shamrao Vithal Co-operative Bank Ltd.), was honoured on 2nd March 2024 in New Delhi, with the coveted Certificate of Appreciation at the hands of the Honourable Union Minister of Home Affairs and Cooperation, Shri Amit Shah.



The occasion was the inauguration of NUCFDC, the umbrella organization for Urban Cooperative Banks (UCBs).

The Certificate of Appreciation was in recognition of SVC Bank's contribution to the paid-up capital of the National Urban Cooperative Finance and Development Corporation Limited (NUCFDC), highlighting SVC's dedication to fostering cooperation among cooperatives and strengthening the Urban Cooperative Banking (UCB) Sector.

In his address, Shri Amit Shah said that unless the strength to promote cooperation and mutual progress among cooperative institutions was provided, one could not move forward. He added that the umbrella organization should establish a system for converting credit societies that perform well in cooperative finance into banks. He mentioned that one of the objectives of NUCFDC should be to expand the services and numbers of credit societies and urban cooperative banks.

Shri Shah also said that this umbrella organization for Urban Cooperative Banks is a security shield for small banks, which will increase the confidence of their depositors.

Commenting on the recognition, Shri Durgesh Chandavarkar, Chairman, SVC Bank, said, "As Chairman of SVC Bank, I am deeply honoured to receive this prestigious Certificate of Appreciation from the Hon. Union Minister, Shri Amit Shah. This recognition reaffirms SVC Bank's commitment to fostering cooperation and supporting the growth of the cooperative banking sector. We are proud to contribute to the NUCFDC and remain dedicated to empowering UCBs across the country. This accolade is a testament to the collective efforts of our team and our unwavering commitment to excellence in service."

Besides the Chief Guest, Shri Amit Shah, amongst the distinguished dignitaries who were present on the occasion included Shri B L Verma, Union Minister of State for Cooperation, Dr. Bhagwat Kishanrao Karad, Union Minister of State for Finance, Dr Ashish Kumar Bhutani, Secretary of the Ministry of Cooperation, Shri Vivek Joshi, Secretary, Department of Financial Services, Govt. of India, Shri Jyotindra Mehta, Chairman of NUCFDC, and Shri Laxmi Das, Chairman of National Federation of Urban Cooperative Banks and Credit Societies (NAFCUB).

SVC Bank extends its gratitude to the Government of India, NUCFDC, and all participating entities for the recognition and support, in its mission to empower UCBs across the nation.





From the President's Team

On 8 March, International Women's Day (IWD), I casually greeted my 12-year-old granddaughter Anaaya, “Happy Women's Day my little girl...” she just looked at me and wittily asked me, “Ajja, why only Women's Day today? why not Men’s Day also?... I laughed and changed the conversation.

But later on, I started pondering over this. Historically women are victims of gender bias. Persistent gender stereotypes, harmful, cultural and religious practices and traditional norms contributed to the oppression of women. During the 19th century, women in India faced various forms of atrocities and discrimination. However, it is important to note that experiences varied across regions and social classes. Thanks to strict legislation post-independence, banning various atrocities on women, and upholding their rights and dignity, has made significant progress toward achieving gender equality in India.

IWD is a global celebration dedicated to commemorating the social, economic, cultural, and political achievements of women as well as a call to action for gender equality. Its history goes back to the early 20th century when women in industrialised countries began demanding better working conditions, voting rights, and an end to gender discrimination. The first International Women's Day was observed in 1911 and has since grown worldwide. In India, this day showcases the progress made in women's rights and emphasizes the need for continued efforts to achieve gender equality. Across India, various functions take place to felicitate women achievers from different professions, who possess immense talent and contribute significantly to society and also the country at large, beyond their gender roles.

In our Kanara Saraswat Association (KSA), IWD celebration is the brainchild of renowned women and child activists and our KSA’s past president, Late Smt. Kalindi Muzumdar. Felicitations of deserving women achievers has started in 2007, and continued till date with some years of gap in between.

“Aamchi” being a traditionally progressive community, there are several Bhanap mahilas who have done or are doing exemplary work in the fields of social work, education, performing arts, literature, and almost every profession. We at KSA, always feel extremely proud while felicitating such great achievers from our community.

Finally, I got the answer for my granddaughter Anaaya's question from the famous cartoonist - 'R.K.Laxman' when a lady asked him, ‘why did you create a common man in your cartoons and not a common woman...’ he smiled and replied you see, women can never be common...

Kishore G. Masurkar



Kanara Saraswat Association

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ELECTION NOTICE-2024

Nominations are invited for 12 vacancies on the Managing Committee for 2024-2027 of the Kanara Saraswat Association arising due to retirement of all 12 Managing Committee members in accordance with the revised Rule 9.1.

1. Shri Amladi Gautam
2. Shri Bajekal Kiran
3. Dr. Hari Deepali (nee Surkund)
4. Shri Kalyanpur Mahesh
5. Shri Kalyanpur Rajendra
6. Shri Kombrabail Hemant
7. Shri Mankikar Aditya
8. Dr. Mavinkurve Prakash
9. Dr. Nadkarni Hemant
10. Ms. Narayanan Anisha
11. Smt. Prashant Ashwini (nee Kulkarni)
12. Shri Ullal Sunil

Nomination paper containing the candidate's name in full and his/her consent to contest the election and subscribed by not less than two members of at least one year's standing as proposed and seconded should reach the Hon. Secretary at the KSA office on or before **Tuesday April 30, 2024 by 7.00 p.m.** The last date for withdrawal of nominations is **May 10, 2024 by 7p.m.** As per revised Rules 9.3, the candidate should be between 18 to 80 years of age & a member of KSA for atleast one year as on date of nomination and not completed two continuous full terms on the KSA Managing Committee.

The Election Schedule shall be announced in due course.

The elections to the Managing Committee shall be completed before the Annual General Meeting of this financial year.

By order of the Managing Committee
April 01, 2024 Mumbai

Ashwini Prashant
Hon. Secretary

Please Note:

- Non MMR members are also eligible to file nominations
- Please note that monthly Managing Committee meetings are held physically in KSA Building. MC members are required to attend the MC meetings. Non-attendance for more than 3 consecutive meetings could invite disqualification.
- As per the Election Notice dated 1-4-2024 displayed on the Association Notice Board and published in the April 2024 issue of Kanara Saraswat magazine, this time in terms of the above mentioned revised Rule 9.1, the elections of the committee members shall be held every three years. This shall commence in April 2024 when all current committee members shall retire at the Annual General Meeting for 2023-2024.



Kanara Saraswat Association

BECOME A MEMBER

Life Member	₹5000.00
Life Membership for Spouse of existing Life Member	₹3000.00
Life Membership for Third & Subsequent Member from the same family and with same address as existing Life Member	₹2000.00
Associate Membership (to pay for 3 years at the time of membership)	₹2400.00 Per Annum
Student Membership	Below 18 years: Free 18 years and above: ₹1200 + ₹100/- Entrance Fee

Benefits to members

1. An opportunity to contribute to the various objectives of the Association and serve the Community.
2. Complimentary one night's stay at NHH for every three days stay.
3. Free monthly magazine that helps keep in touch with the Community and read articles on varied topics of interest.
4. Special Rates for advertising in the Kanara Saraswat Magazine.
5. Special Rates for Hall Bookings.
6. Special Rates for Health Center

The Editor's Column

Dear Friends,

We are on the doorstep of summer. And this summer of '24 is already threatening to be the warmest and most uncomfortable, for people across India.

In this issue, we bring you the enterprising Divgi family that shifted its base from Harihar to Pune and today owns and manages Divgi-TTS, a company listed on the Bombay Stock Exchange.

Bhakti Ullal speaks with Shibani Gokarn Saran, a budding entrepreneur in the field of HR. Do read how young Shibani gave up a budding corporate career to take the plunge as an entrepreneur.

As I keep reiterating, members of our Bhanap community are content in keeping a low-profile. We invited one such person, Shankar Mallapur (known to us since childhood as Anand) to write on how to create the 25th hour. Shankar is an experienced consultant with over 30 years in IT services and Change Management in Global Technology and Consulting companies. Not many would be knowing that he is the holder of three US patents in new technologies as a co-inventor.

The submarine arm is the toughest branch of the navy, says Maj. Gen. B.N.Rao. In the first of two parts on five Aamchis who have served in the submarines of the Indian Navy, he features two of them - Cmde Chaitanya S. Shiroor, and Capt. Prafullachandra Bhate (a 'naturalized' aamchi by marriage!).

Rajesh Hattangady's financial column in this issue talks about empowering women and how by having discussions on money at home a regular affair, everyone around will become wiser with good financial wisdom.

This month's Parisevanam covers the entire gamut of activities conducted by the band of dedicated teachers of Prarthana Varga, over the last twelve months.

Prakash Aroor's light piece on superstitions centred around 'Chevva' or Tuesday being inauspicious and Rahu Kalam, in the state of Tamil Nadu makes an interesting read.

Jammu & Kashmir is the state that is featured in Anjali Burde's culinary treasures column.

Almaty, the former capital of Kazakhstan in Central Asia, is a feast for the eyes writes Aseem Hattangadi in his debut travelogue. Having travelled widely and also the fact that he's a confirmed 'foodie', he plans to contribute regularly to our magazine.

Our Junior Editorial team member, Vedant Heblekar brings us an account of the picnic at Zapurza organized by the Saraswat Cultural Forum in Pune.

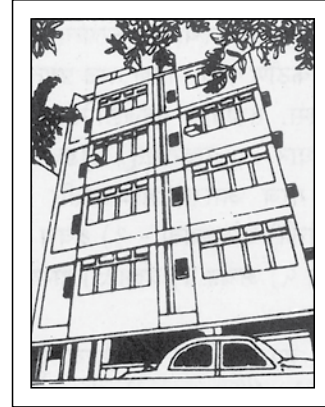
In addition, we have all the regular features including the popular Sudoku, poems and articles in Marathi and Saral Sanskritam.

Lastly, we would like to inform our readers that due to some technical reasons, the May issue might be only published online, and the hard copies won't be available.

However, we are trying our best to sort out the matter and ensure the printed copies will see the light of day!

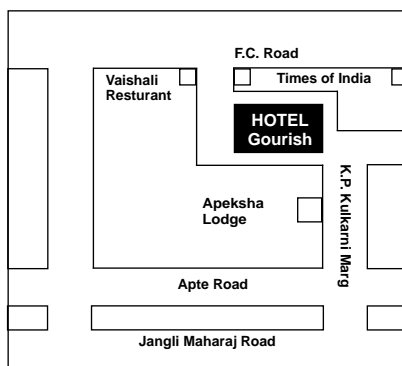
Ramkishore M. Mankekar

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The Divgis : A family of entrepreneurs

- RAMKISHORE M. MANKEKAR

In this issue, we trace the brothers, Ramarao Narsingrao Divgi and Bhaskar Narsingrao Divgi giving wings to their entrepreneurial instincts over 80 years ago and how, from 1990 onwards, Jitendra Bhaskar Divgi transformed Divgi Metalwares Pvt. Ltd., into Divgi-TorqueTransfer Systems Ltd., that got listed on the Bombay Stock Exchange in 2023.

The eldest of three siblings, Ramarao N. Divgi (popularly known in later life as 'RN' and also 'Baabmaam') was born in 1919 at Divgi near Kumta. Whilst in his late teens, he came to Bombay in 1938 and took up a job with National Citibank of America. But in 1942, the entrepreneurial bug made him venture into starting Meeran Trading which was later renamed as Indian Commercial Syndicate.

Then in 1957, along with brothers Bhalchandra and Bhaskar, Kraft Tools was formed with manufacturing units at Hyderabad and Harihar. A branch office was also set up in Pune for servicing Kirloskar Oil Engines, Kirloskar Pneumatics, and Mahindra & Mahindra.

Simultaneously, they also diversified into audio systems and components in partnership with Ramkrishna Chattopadhyay, son of famous parliamentarian Kamladevi Chattopadhyay and nephew of Sarojini Naidu.

The year 1964 saw the launch of Divgi Metalwares Private Limited in Pune, as a small-scale manufacturing enterprise that specialized in the manufacturing of gears, fasteners and machined components of the gearbox.

The serial entrepreneurship combined with a robust foundation in gear technology and manufacturing enabled the founding members, brothers Ramarao and Bhaskar Divgi to carve a niche for themselves in a challenging marketplace that was full of uncertainty and complexities of that pre-liberalization era.

All this while, young Jitendra (popularly known as Jiten) was growing up in Pune. He studied at Bishop's School and then Fergusson College. Later, after completing his Mechanical Engineering at BITS Pilani, he completed his Masters in Manufacturing Systems & Engineering at the University of Massachusetts at Amherst in

the USA. He worked in the US in the computer industry in the late 80s, before returning to India in 1990.

With the work experience gained in the US, Jiten took over as Executive Director of the Transmissions Division and International Operations. His creativity and innovation enabled Divgi Metalwares to further develop its capabilities and competencies, which consequently attracted the attention of a new generation of customers such as John Deere, JCB, Caterpillar, and Borg Warner.

From a market development arrangement for the SAARC countries, the relationship with Borg Warner Automotive USA, grew into a joint venture in 1995 and the company was renamed Divgi-Warner, with Jiten taking charge as the Managing Director.

Under Jiten's dynamic leadership, Divgi-Warner built up a diverse portfolio of products which includes mechanical as well as electrical 4x4 transfer cases, interactive torque couplers, steel-based carbon lined synchronizers, dual-clutch automatic transmissions, 5 & 6-speed manual transmissions and electric vehicle (EV) transmission.

In 2016, the JV was dissolved with Borg Warner selling its entire stake to Divgi Metalwares thus leading to the formation of Divgi-TorqueTransfer Systems Ltd., (Divgi-TTS) as an independent company.

Over the years, Divgi-TTS has evolved to become one of India's leading Tier 1 companies in the design, development, and manufacturing of advanced drivetrain components and systems.

It has built an enviable customer base that includes Toyota, Mahindra & Mahindra, and Tata Motors. The company has stamped its global

footprint as a trusted supplier to customers in Europe, UK, USA, Mexico, China, Thailand, and South Korea.

Divgi-TTS, has successfully carved out the first-mover's position in drivetrain solutions for the emerging EV space. Even though the company was a low-profile drivetrain solutions creator, an automobile major that accounts for 80 percent of India's EV market decided to work with it, confident that Divgi-TTS would deliver a world-class product.

With the government of India's avowed policies to promote the 'Make in India' initiative, Divgi-TTS is appropriately positioned to capitalize on the forthcoming opportunities. Also, with the Indian government announcing higher defence outlays alongside a ban on the import of several defence items, defence vehicles that earlier would be fitted with imported drivetrain solutions, would now be replaced with those made in India.

14th March, 2023 was a memorable day for Jiten Divgi and his family, when Divgi TorqTransfer Systems Ltd. (Divgi Torq) debuted on the Bombay Stock Exchange (BSE) at a premium.

The Rs 412 crore IPO of Divgi Torq offered its shares in the range of Rs 560-590 apiece.

Divgi Torq was subscribed 5.44 times, with the retail investors portion fetching 4.31 times bids of the reserved portion.

At the time of writing this story, the share price stood at Rs. 788.50.

Today, Jiten and his team have created an organization that covers four segments – manual transmission, automatic transmission, 4-wheel drive, and EV transmission. Supporting these verticals is a well-rounded eco-system comprising engineering, testing laboratory, manufacturing, metallurgical, and heat treatment, resulting in Divgi-TTS Ltd becoming a one-stop transmission system solutions provider.

Tete-a-Tete with Jiten Divgi

Q. Why Divgi-TTS is at the right place at the right time?

A. In March 2023, Divgi-TTS went public with all the optimism, confidence, and a sense of mission to fulfill its promise to all its shareholders to continue to build a great company powered by innovation and driven by values of respect, integrity, community, a passion for excellence, and a spirit of collaboration and teamwork; build a great company that continually innovates to bring superior solutions through highly engineered distinctive transmission products that are manufactured at world-class quality standards.

Q. What did you see that others didn't?

A. The first thing we decided was that we needed to emerge from the shadow of our giant partner and venture into the dark.

When we disengaged from our joint venture with BorgWarner in 2016, many thought we would be very thinly profitable to be taken seriously. But despite this dismissal, the management at Divgi backed itself.

One, we had nothing to lose.

Two, from our two decades of collaboration with BorgWarner, we had picked up enough understanding and knowledge of cutting-edge global drivetrain technology standards to discern between what would not work and what would.

Three, we have always been a frugal company.

Four, we told ourselves that we could make a better version of world-class automotive transmission solutions today rather than in the future.

Five, we found that our story resonated with investors impressed enough to put money on the table – Indian money for Indian promoters to build an Indian dream in a space without an Indian precedent.

Six, beyond the belief of just the promoters, we had a believer in a renowned luminary from the software world, who understood the track and was saying, 'The turnaround begins here.'

Seven, we added capacity, recruited technology talent, replaced legacy equipment with modern, and then targeted overseas customers – Europe, China, Korea, Japan, and the US for business. We spoke to them in a technology language they felt comfortable with and developed a prototype in a fraction of the time and at competitive prices with world-class quality. That converted even the staunchest of our skeptics into believers.

We accounted for transmission system orders from the largest Indian EV company, from one of the fastest-growing Indian automotive companies,

from a Chinese brand working out of India, and for a hybrid model launched by one of the largest Japanese automobile brands. Our product is not incidental to their success; it is critical to their existence and influences the success of their vehicles in the marketplace.

Despite adequate in-house manufacturing capabilities, customers now come to us to get themselves a superior price-value proposition. To have encouraged them to trust a company considerably smaller than theirs to manufacture a technology-intensive solution that represented the heart of their vehicles is our strongest achievement.

Q. What fuels your Optimism?

A. The shifting global compass: electrification disruption is compelling large drivetrain solution OEMs the world over to rethink their business models as legacy business is beginning to decline. Large western companies seeking to moderate their dependence on China are diverting business to India to world-class solution provider companies like ours.

In the current chaotic world of trade and wars, demand slowdowns, political uncertainties etc., adaptively nimble automotive technology companies like ours are emerging and may outperform the large companies.

Our exposure to a range of cultures within our country allows for the comfortable absorption of international diversity; we possess a unique coming together of educational and behavioral competencies that make us relevant across any global market.

What existed for more than a century will largely be wiped away in a decade. Some of the vendors of ICT engines may be unable to adapt; only a few may be able to migrate to EVs.

At Divgi-TTS, we have carved out a first-mover position in drivetrain solutions for the emerging EV space.

With our fourth plant – India’s largest dedicated to EV & dual-clutch transmission systems – commissioned at Shirwal, we are in a pole position to capture a substantial part of more transmission systems orders.

Q.Tell us a little about yourself and your family.

A. I grew up in Sadashiv Peth, Pune in the 60s and 70s. I studied in the Bishop’s School and then went to Fergusson College. After getting my degree in Mechanical Engineering at BITS Pilani, I completed my Masters in Manufacturing Systems & Engineering at the University of Massachusetts, Amherst in the USA. I worked in the US before returning to India in 1990. My wife, Padmini, is from Dharwad and coordinates at a Montessori academy in Baner, Pune.

We have two sons, Pranav and Arjun. Pranav is doing his LLM at King’s College in London in International



Financial Law. Arjun just finished his MBA from the Smurfit School of Business at the University College of Dublin, UCD, in Dublin, Ireland.

Q. What are your hobbies?

JD: I love History, specifically Maratha history. The history of the modern industrial revolution and its connections to the world interests me. I helped the Bishop’s School in Pune write its history to commemorate its Sesquicentennial 150th Anniversary in 2014.

Other than that, I love playing the Tabla. I was an active member of the BITS Pilani Music Club, ‘Bindaas BITSians’. I keenly follow music – old Bollywood of the 50s and 60s and Indian Classical music. I also love sports: I have played a lot of cricket, football, hockey, and tennis in school and college.

(With inputs from Vaishali Heblekar)

Donations

Kanara Saraswat Association is grateful to the following donors:

NHH Renovation	
Devika Vinay Aidur	₹ 10,000/-
Anand Kamalakar Karnad	₹ 21,000/-
Refundable Educational Grant Fund	
Radhakrishna Rao	₹ 75,000/-
(In memory of Father Shri Vasantkumar Venugopal Vombathkere)	

Shibani Gokarn Saran – Entrepreneur in HR Services

- BHAKTI ULLAL

Bhakti Ullal interviews Shibani Gokarn Saran, who quit a high-paying corporate job to pursue her entrepreneurial dreams and set up 'The Hire Crew' in March 2023 at age 32.

BU: You moved from a high-paying corporate job for a ride into entrepreneurship. How did you take the jump?

SG: It was a big decision for me. I was truly passionate about building something, which drove me to take the leap of faith. Creative freedom, innovation, and a belief in the opportunities that lay ahead outweighed the initial uncertainty. It was about embracing the challenges and personal growth that came along.

BU: When was the spark of entrepreneurship ignited?

SG: From a young age, I was involved in activities at my school tuck shops, and selling little knick-knacks or festival decor in the neighbourhood. I also enjoyed assisting my parents with their office chores or my professors with classwork and organizing events. Perhaps, in some way, these random activities helped me develop skills that provided me with the foundation that helped me in entrepreneurship.

BU: Take us through what you do at 'The Hire Crew' and the services offered.

SG: 'The Hire Crew' was at the back of my mind considering my HR experience over the years. Our work involves emphasis on the 'human touch' factor keeping a focus on understanding candidate and client needs, aspirations, and concerns on a deeper level. My team works closely with clients to customize solutions aligning with their specific business goals and priorities, emphasizing transparency and integrity in all our services. We treat our clients as more than just a resume or a job opening and work towards recognizing their unique abilities and potential.

We offer a wide range of services to meet diverse HR and recruitment needs. The main ones are Talent Acquisition, Recruitment Process Outsourcing (RPO), and Training & Development. Our business is about building a relationship based on trust and creating a positive experience for everyone involved.

BU: Being an entrepreneur, what would you

consider the main challenges you have faced? How did you manage to work around them?

SG: Setting up the firm has been a rollercoaster of experiences. Initially, it was about building a customer base and then numerous teething issues and uncertainties along the way.

We took the ups and downs as stepping stones and focused on providing excellent customer service and adapting to changes in the business environment.

We have celebrated success stories, shared disappointments, handled market fluctuations, and adapted to industry changes. We eventually built a loyal customer base and navigated through unpredictable situations effectively. Ultimately, our satisfaction lies in seeing our candidates and clients prosper.

I have always followed this quote, and it works wonders, "***You're allowed 5 emotional minutes in a day... then you gotta be GANGSTA!!***".

BU: Do you think the approach to hiring by corporates has changed over the years?

SG: Certainly, the search for an ideal employee has evolved. While technical skills were once the primary focus, today, companies also emphasize soft skills, adaptability, and cultural fit. The changing business landscape and technology have played important roles in this shift.

BU: How important a role does a social media profile, type of posts, comments etc. influence getting or losing a job opportunity?

SG: A candidate's digital presence carries



significant weight during the job search. Employers often review social media profiles to assess suitability. It is crucial to ensure that posts and comments align with professional standards, as an overly expressive online persona might impact job prospects.

BU: How would you describe a 'perfect candidate' - the one corporates are looking for and who is easy to place?

SG: Companies want candidates who match their values and have the right skills to achieve their mission needs. Hence, finding someone that fits perfectly depends on both the candidate and the company. Factors influencing the search for a 'perfect candidate' are individual traits, company requirements, and one who is seen as a suitable candidate for a job opening in a timely and cost-effective manner.

BU: Is there something you find frustrating in your profession?

SG: In recruitment, there can be frustrating moments. A very common one is unresponsive candidates, who express interest in a job opening, but then do not respond or follow through with the process. This makes it difficult to move forward with their applications effectively.

BU: Any moments that make you happy that you are doing what you do?

SG: Yes, every time we successfully match a candidate with a suitable job and receive positive feedback, we know we have contributed to another person's career growth and the company's success. These are moments of celebration for the team.

BU: Do give some suggestions on how candidates can prepare for getting their dream job.

SG: To secure a dream job, you should first start by figuring out your strengths and what kind of work interests you. Once that is clear, you should dive into research mode. Collect information on the interested industry, company, and specific job profile.

A resume is a first glance of a potential candidate and it should create a desire in the company to see and know more about you. Always forward a precise resume and cover letter that matches your profile with the job requirements. Upskill regularly and make sure to update your resume.

During interviews, put forward the best version of yourself and talk confidently about your achievements. If possible, bring along a portfolio to showcase your work or talk about how your contributions have positively helped a company/university etc.

It's extremely important to maintain an active online presence, with a focus on professional networks to increase their visibility, which in turn will expand one's professional network. Consider speaking to industry experts to gain more knowledge, go through mock interviews with trusted peers/mentors, and have an 'Open to Learn' attitude.

Most importantly, be open to constructive feedback from mentors and always stay positive. Being open to different job opportunities, being flexible, and not giving up will increase your chances.

BU: How can someone from our community looking for a placement connect with you?

SG: We would love to hear from them! They could visit our website www.thehirecrew.com and also connect with us via LinkedIn.

Letters to the Editor

Dear Editor,

Your March 2024 issue was a piece of art and an excellent reading matter. The interview with Neela Balsekar made me realize that age is just a number and if we have it in us, we can do wonders at any age. The humorous piece by Capt. Anil Gonsalves contributed by Maj. Gen. B.N. Rao showed us how we can fight the forces of Nature if we have it in us. The Term plan feature by Rajesh Hattangady was an eye-opener on the various feasible life insurance policies we can have. The writeup Vinod by Sheela Chandragiri showed how laughter is the best medicine we can have. The profiles of the women behind Kanara Saraswat made me proud that these selfless ladies work so hard to bring out such an excellent magazine every month. Overall, a magazine issue which is a treasure trove!

- Sandeep Hattangady

Create your 25th hour

- SHANKAR MALLAPUR

Most people today complain about a lack of time and wanting to extend the clock beyond 24 hours. Time is a bigger and more critical resource for most, even more than money and wealth.

Executives often complain about work-life balance or a lack of it. Essentially, it means you are so busy at work that you have less time for your personal life.

One technique I learned from my mentor may be useful to you. When I complained to my mentor about a lack of time, he gave me a knowing smile and told me about a wonderful technique he called, 'create your 25th hour'. I thought he was pulling my leg.

The technique works especially well in work situations. We often over-commit ourselves at work.

The first step when your supervisor or peer assigns an urgent task to you, is to take a pause and a few deep breaths. Be conscious when you sign up for a task – 'what are you saying "no" to'.

Based on your work environment and situation, you can ask a few questions.

Is there a reason I am being assigned to do this task? Who else could do it, even better?

Is there an established method or process by which I need to get it done?

Can I do only a portion of this task? Which portions are the most critical?

Is it truly an urgent task or can it be done with a flexible deadline?

What are the additional resources that are being assigned?

Any additional context for the urgency of the task?

Can I reschedule or adjust the timeline of other tasks to accommodate the current workload and priorities?

The outcome could be 3 scenarios:

The best scenario is that the task is assigned to someone else or scrapped

Your supervisor can answer the questions and even assign the required resources, or you can negotiate for them. You could then delegate the new task to a team member

The worst scenario - You are told to 'get on with it and complete it', without being assigned proper answers. Well, you may have no option

While this technique may work well at work,

be a little more wary and careful while using it in your personal life with your significant other.

One of the biggest challenges that executives face is taking on more commitments than they can sensibly handle. Being aware of this situation and addressing it with critical questions is the first step to solving the challenge.

What techniques have you used to be overloaded with work? Do share your tips through email.

Shankar Mallapur is an experienced Program Manager and Consultant with over 30 years of experience in IT services and Change Management in Global Technology and Consulting Companies. He is a high-performance life coach for Executives, Businesses, and Entrepreneurs, specializing in leadership development and performance improvement. He is a LinkedIn Top Voice, who has led several initiatives on innovation and is the holder of 3 US patents in new technologies as a co-inventor. He contributes to various Stanford University initiatives on taking entrepreneurs' ideas to the product-market fit stage. He can be contacted at : shankar.mallapur@shankarmallapur.com

Sudoku April 2024						Level Hard		
		4	2		3			9
2		3					1	
9				8				
		5	6	2				4
4				7	9	5		
				4				6
	6					2		7
7			8		1	3		

Solution on page 54

100th Birthday - Radha Golikeri

Think about it- have you ever been to a birthday party? Well, to this question many people would say, "Of course!" But let me ask you a further question- have you ever been to a 100th birthday party? Well I for sure had not, before I went to Amuli Pachi's party. On January 25th,

2024, Radha Golikeri, also known to loved ones as Amuli Pachi, celebrated a century of life. A grand celebration for her was held on the 27th at the India House in Houston, Texas. The party was packed with nearly 250 people ready to show Amuli Pachi some love on her milestone birthday. Along with her children, grandchildren, great grandchildren, nieces and nephews, many of her friends and admirers spoke about her.

The event began with a Ram Bhajan by Amuli Pachi's son Sudhir Golikeri and his wife Ranjana Golikeri. Sudhir Mam told us very interesting details and moments in his life about Amuli Pachi. Rita Wood, Amuli Pachi's granddaughter was the emcee for the party and shared with us some fun memories from her childhood spent with her loving Annama, such as playing Candy Land with her and pretending to not know that she rigged the game!

Many close to Amuli Pachi who spoke at the event said that Amuli Pachi's cheerfulness brings smiles and happiness all around. They said they admired her for her strength, quick wit, positive nature and her razor sharp sense of humor! Amuli Pachi often effortlessly weaves clever stories with unexpected twists in her conversations, leaving everyone around her in splits! Amuli Pachi can effortlessly engage with people of all ages, from the youngest toddlers to the oldest adults! Her ability to connect with people spanning generations is truly remarkable! Amuli Pachi is, in my opinion, one of the strongest people in the world. In the 1950's, when her husband was ill and bedridden, she went out to find a job to become the breadwinner for her family. It was hard for her due to the fact that she didn't have a college degree, and the job she had applied to required her to know Gujarati! But Amuli Pachi would not give up so easily! She convinced the hiring manager that she could quickly learn the language! Soon, her perseverance landed her the job at Hindustan Lever, in Mumbai! And she did not disappoint -Amuli Pachi mastered Gujarati in a matter of a few months, and to this day is still fluent in it along with several other languages such as Konkani, Hindi, and English. Amuli Pachi's motto of never shying from any challenge thrown at her, won her many accolades at Hindustan Lever, where she worked for 28 years.

Even in modern times Amuli Pachi is still active in the community. She frequently volunteered at local areas and her service was even recognized by President George W. Bush! Along with volunteering, Amuli Pachi also personally organized events to recognize Indian high school graduates! Even in the comforts of her own home, Amuli Pachi keeps herself both physically and mentally active by doing a round of her regular exercises along with a dose of the daily crossword puzzles. She has always written about her experiences in her journal, which she's kept up with for several decades! The Houston Area Amchigele Samaj (HAAS) treasures Amuli Pachi who is often seen in the front row during most of the programs- to encourage and cheer the performers! Amuli Pachi has been an inspiration to all of us at HAAS!

It's safe to say that Amuli Pachi is one who is successfully living her life to the fullest. In spite of all the difficulties thrown at her, Amuli Pachi is a strong, amazing, and successful woman who has gloriously finished 100 years of life, and has been ever-loving the whole way. Amuli Pachi stands as a living testament to the reliance of the human spirit and the boundless capacity for love and laughter. Her legacy of kindness, strength and unwavering optimism serves as a guiding light for generations to come, reminding us that age is but a number and that the true meaning of life is in shared experiences and cherished memories!

The memorable event came to an end with Amuli Pachi's grandson, Rohit (who has inherited Amuli Pachi's fantastic sense of humor) thanking everybody who attended the party.



PunarPrathishtha of Shree SitaRameshwar Temple, Karwar

- A Tryst with the Divine and the Ancient

The PunarPrathishtha of the Shree SitaRameshwar Temple, Karwar, was performed with great pomp and utmost devotion on the 21st of February this year. The elaborate rituals that started on the 19th of February finally culminated on the 21st with our Pujya Sadyojat Shankarashram Swamiji's visit and blessings. Even though, our Pujya Swamiji was with us for a mere five hours, the large number of devotees that thronged the temple immersed themselves in this divine experience.

Swamiji, after a Darshan at the Dasa Maruti Temple, was welcomed at the Main Mahadwar with a beautiful and customary Purna Kumbha Kalasha to the chanting of Vedas and Shlokas. Pujya Swamiji then inaugurated the Main Mahadwar. As devotees sprinkled petals in his Holiness' path, Pujya Swamiji proceeded to the second Mahadwar and inaugurated it by lighting a lamp.



The Newly Renovated Shree SitaRameshwar Temple



Swamiji's Arrival to the Chanting of Vedas and Shlokas



Inauguration of the second Mahadwar

Pujya Swamiji performed the PranPrathishtha of Shree SitaRameshwar with a 108 Kalash Abhishek and Maha Mangala Aarati. This was followed by blessing of the Gopura Kalasha by Pujya Swamiji and His assent to its Sthapane on the new Gopura Tammrahasana by the Vaidiks and Yajaman.



108 Kumbha Kalash Abhishek of the Shivalinga



108 Kumbha Kalash Abhishek of Lord Ram & Sitadevi



Pujya Swamiji performing the Maha Mangala Aarati of the Deities



Kumbh Kalash Sthapane by Vaidiks and Yajaman

The President of SitaRameshwar Temple Trust, Sri. Narayan Mallapur welcomed all assembled on this auspicious occasion. In the newly built Parijnana Kala Mantap, Pujya Swamiji's Ashirvachan explained the profound Bhakti of Lord Hanuman towards His beloved Lord Rama and how doing Chintan on this, can provide us Marga Darshan in our own lives. Devotees then performed Pada Puja, Bhiksha and Kanakabhishek Sevas. The assembled devotees then partook in the Anna Santarpana. The evening ended with an enthralling Yakshagana 'Panchavati Jatayu Moksha Prasanga' performance by Yakshagana Kendra, Indrali.

Pujya Swamiji's visit marked an important milestone in the history of the SitaRameshwar temple. 160 years back, the then bustling Saraswat community in Karwar of over 150 families came together and with small and big monetary contributions and by the sweat of their brow, gifted this sacred place of worship to all of us. This place quickly became both a spiritual and cultural hub for succeeding generations of Amchis.

Pujya Shrimat Anandasharam Swamiji visited this temple on several occasions, each time staying for a fortnight or more. Their last visit was in 1958.

The local Sathya Sai devotees assembled at the temple in large numbers for many years for their Satsangs and Bhajans. Shree Sathya Sai Baba visited this temple in 1968.

Over the years, as people started migrating to bigger cities, in search of better prospects, the Saraswat community in Karwar started dwindling and today, there are just a handful of families. But what is special about this place is that over the years and even today, no matter how few families there are, the daily Pujas, the yearly festivities like Hanuman Jayanti, Ram Navami, Shivaratri and Navaratri are celebrated with great devotion and exuberance. This is a testament to the grace and power of Lord SitaRameshwar. The local communities of Karwar have been a constant support line for this temple without which, this would not have been possible. Those who have offered their Prayers to the Lord, sought his Divine Grace and offered their Seva in the Lord's service, have flourished.

This sacred structure that had patiently watched over generations of Saraswat families, providing them joy, comfort and solace, had been calling out for major repairs - both structural and aesthetic. As if by a miracle, people known and unknown, even people who had never visited the temple before, started coming forward, offering their unqualified support towards the renovation. Swamiji, in his Ashirvachan, referred to this as Shiva Sankalp backing the human Sankalp taken by our ancestors at the time of consecration of the temple and reaffirmed by the committee members in more recent times. The renovated temple complex is unique both in the different deities (Ram, Sita and Ishwar all under one roof) that have been consecrated there, as well as in its architectural style. The renovation work has ensured that the classical ancient look and feel of the temple is not in any way diluted. Another unique feature is the sacred Dasa Maruti Temple across the main road with Lord Hanuman standing with folded hands, devotedly and adoringly, facing his Lord Ram and Sitadevi. The laity is encouraged to visit this one-of-its-kind temple complex and experience for themselves the unique and powerful energies in this sacred shrine. Many families have for many years kept their Gharanya Devs in the Temple. As part of the renovation effort, a beautiful wooden Mantap has been installed in the Temple to house these idols. The beautiful idol of Durga Devi belonging to the Murdeshwar Family finally has a beautiful permanent home in this Mantap. The Navaratri festival is celebrated, every year, with great exuberance and piety.

The renovation work does not end with the Punar PranPrathishtha. The SitaRameshwar Temple committee has taken a Sankalp to add other facilities like a Sabhagruha, Rest Rooms, Kutir for Swamiji etc. and make it once again, a religious and cultural hub that attracts large numbers of devotees both from local communities and from other parts of India and abroad. The committee requests support from the laity to make this Sankalp possible so that this wonderful gift can be cherished by our generation and passed on to future generations.

Article Contributed by a Devotee

Appeal

Devotees are requested to contribute generously to the further renovation and upkeep of the
Shree SitaRameshwar Temple, Karwar.
Donations can be made by Cash or NEFT

Shree SitaRameshwar Temple Trust
Account Number: 520101226288011
IFS Code: UBIN0900532
(Union Bank of India)

Contact Numbers
Narayan V. Mallapur: 9341731001
Shridhar Balwalli: 9448434578
Shyamsundar Basrur: 8660416860

Guru Prasad completes 66 years on 12 March, 2024

We as residents of Guruprasad Society in Vile Parle East, count ourselves lucky to be in a peaceful place surrounded with Temples and the bustling bazaar, as Guru Prasad completes 66 years on 12 March, 2024.

As members of Guruprasad CHS, we feel blessed to be living in a community, of which the foundation stone was laid by our Param Pujya Anandashram Swamiji on Thursday, 12th March, 1958. Needless to say, this day will be remembered and revered by us and all our future generations. We count ourselves furthermore fortunate, after our Param Poojya Sadyojat Shankarashrama Swamiji set His Lotus feet in our society, for which we are immensely grateful.

Guru Prasad, GP as it is now fondly called, is situated in what used to be a calm and serene village as it was in the late 50s, now popularly known as Vile Parle, surrounded by greenery.

Well, Vile Parle is now no longer as green or calm, nevertheless GP still retains its old charm of the backyard garden, early morning chirping of koyals, parrots and sparrows which is a rare sight in the city these days and an *aangan* for children to play on.

We had two mandals/clubs, Anand Utkarsha Mandal (AUM) and Guruprasad Youth Club (GYC). Both of which were instrumental in bringing members of Guru Prasad together for many fun-filled, joyous events. They held various activities like dramas, Sports, musical shows, picnics and a lot more till the early 2000s. However, demanding jobs, marriage, job transfers in the next generation brought a bit of lull in the activities.

But that was not for long, when our Gen Z took over and organised a GP Reunion in January 2020, which was a grand success, that saw many old residents come together from different parts of the world like Australia, USA, Canada, Bangalore, Chennai, Pune, etc. It was an overwhelming weekend especially for all those who had not seen each other for years and got to meet at the Reunion.

Guru Prasad has always been a centre place of activity for our Dharmic activities, which was looked after by the Vile Parle Sabha, established on 5th February 1956. The Vile Parle Sabha later merged with the Vakola sabha on 5th September 2010 for better administration and is now known as Vile Parle-Vakola Sabha, even after which, Guruprasad continues to remain at the helm of all the Sabha activities, that includes the much awaited camp of our revered Swamiji.

The Society is well managed by our in-house experts and experienced staff. Our enthusiastic Managing Committee and members come together quite often to celebrate important dates, festivals, such as Republic Day, Independence Day, Holi, Diwali and many other special events.

Guru Prasad was accredited with a zero garbage designation by BMC and that is a huge achievement, which in a way signifies a strong commitment to waste management within our society. Another feather in the cap for our locality as a whole was when Hanuman Road was declared as Zero Zone by the NGO Kindness Unlimited.

There is never a dull moment, as they say, in Guru Prasad. The memories of Guru Prasad are countless and the joy of recollecting these is forever.

We offer our humble pranams to our founders, pioneers, departed elders and stalwarts of our Guru Prasad Society and convey our warmest blessings to the Yuvas of the coming generation, who we are confident will carry on the enriching and loving legacy of Guru Prasad.

May our Guru Parampara continue to bless all of us.

Regards & Blessings

Shrikar Talgeri



UNDERSEA HEROES: OUR SUBMARINERS (PART - 1)

- MAJ GEN B N RAO, AVSM, VSM & BAR (RETD)

“Submariners are a special brotherhood, either all come to the surface or no one does” ~ Vice Admiral Rudolf Golosov of the Russian Navy

In December 2019, my wife Asha and I attended a recital by Shri Shankar Mahadevan, organised by the Ritwik Foundation of Performing Arts at our Math in Pune. As we were exiting from the venue, we met a couple who had come from Bangalore. It happened to be **Commodore Chaitanya Shivram Shiroom, IN (Retd)**, and his wife Ameeta. Ameeta felt elated to meet Asha who was her geography teacher when she studied at St Columba School in Mumbai as a young girl, many years ago. And I was very happy to be introduced to another armed forces officer who professed to know me through my Military Musings in the Kanara Saraswat.

Comde Chaitanya Shiroom is one of only five amchis who have served in the submarine arm of the Indian Navy. The other Amchi submariners



being Cdr Ravindra M Harite (Retd), (serving) Capt. Chinmay Durgadas Kallianpur, and Surgeon Commander Chaitanya Shivshankar Kodange (Retd). We also have Capt. Prafullchandra Bhate (Retd) (who is married to an amchi) from the Submarine Arm. Their careers are briefly outlined herein.

In my reckoning, the submarine arm is the

toughest branch of the navy to serve in. It requires a special brand of physical fitness and courage to live and perform in a sealed steel tube submerged for months on end. To be away from the family and cut off from loved ones, unable to see the sky and stars, breathe fresh air, bask in the sun, or eat fresh food, can indeed be very stressful. Submariners do not even get to bathe/shave every day and are issued disposable cotton clothing which they use and discard every few days.

Submarines have a unique advantage though. They are difficult to detect and have the ability to operate independently by stealth which makes them very suitable for covert operations. Submarines are designed for fast attack offensive action; striking the enemy by surprise.

Prowling the dark unfathomed depths of the deepest oceans and always aware that any mishap or a hit by an enemy torpedo, bomb, mine, or missile could mean eternity in an unmarked watery grave, requires submariners to have a degree of mental toughness not common to all.

Underwater explosions are many times more powerful than bombs exploding on the surface. During hostilities, these underwater explosions near the submarine hull can bend and damage the steel plates making it difficult/impossible to open the escape hatches. This together with flooding of the submarine compartments and fires can sink the submarine. Fires onboard are a big threat; if not controlled immediately, the fire could cause a major disaster resulting in loss of lives and in the worst case, loss of the U-boat itself.

The Captain of the sub is in absolute command and the entire crew has to work as a well-coordinated and highly trained team. It is for this reason that all orders given by the Captain or Executive Officer (XO) are repeated verbatim so that there is no misunderstanding and are obeyed instantly without question.

Officers and sailors who suffer from claustrophobia are patently unfit for submarine service. The chosen few are put through a special training regime to train them not only in the performance of various tasks in the submarine

but also in how to deal with identified dangers. Dual tasking of sailors is a common practice. Submarine crews are also trained to escape from a disabled submarine when underwater. However, this is only possible in shallow water. If the submarine is very deep, a person will die of 'bends' as he shoots up to the surface. So it has to be a controlled ascent with stops at calibrated depths.

India has a mix of Russian, French, and German submarines. These conventional submarines are non-nuclear; diesel, electric, or powered by batteries. They are required to charge their batteries at regular intervals which power the propulsion motors. Battery charging is done by diesel engines which require air for combustion. This air intake and the battery charging evolution is done by the submarine rising to periscope depth (which is around 10 to 11 metres). At this depth, it hoists the two retractable masts (The 'snort mast' to give fresh air to the diesel engines and the periscope to keep a lookout). This evolution is generally done at night to escape detection by the enemy. In addition to charging batteries, the submarine also gets fresh air in all its compartments. Maintaining the Submarine at a constant depth of 10 metres is quite an exercise especially if the sea is turbulent.

If detected while on the surface, the submarine has no choice but to 'Down Scope', batten the hatches, and crash dive.

Little wonder that submariners wear their Dolphin submariner's badge with such pride. One has to grant them their swagger.

Chaitanya Shiroor did his schooling at Sainik School Bijapur and joined the National Defence Academy in 1972 (48th course). He joined the Electrical Engineering Branch of the Indian Navy, and did his electrical engineering from INS Shivaji (Lonavala) and specialisation from INS Valsura (Jamnagar).

In 1980, he got his first appointment onboard INS Amba (mother ship to submarines). Here, he was selected for the Nuclear Submarine Project.

In 1984, Chaitanya was sent to Vladivostok USSR for Nuclear Submarine Training. He was part of the commissioning crew of India's first Nuclear Submarine: INS Chakra. This Submarine was on lease to India from 1989 up to 1991 (for 3 years).

Nuclear submarines are high-speed attack submarines, powered by nuclear reactors and therefore can remain dived for prolonged periods.

They have systems onboard to make their own sweet water and fresh air. They are ideal for carrying nuclear weapons. Nuclear-tipped Submarine Launched Ballistic Missiles (SLBMs) complete the triad of delivery systems; the other two being land-based ballistic missiles and air-delivered nuclear weapons. Having maximum survivability is what makes nuclear submarines the most potent threat for second-strike retaliation: since India has an avowed 'no first use' doctrine regarding the use of nuclear weapons.

Chaitanya Shiroor remained with the nuclear project and was appointed the General Manager at the Ship Building Centre which manufactures indigenous nuclear submarines; a post he retained till he retired from the Indian Navy as a Commodore on 30 Sep 2011.

Chaitanya Shiroor is currently the President of the Bangalore Chitrapur Local Sabha.

Capt Prafullachandra Bhate of the Executive Branch of the Indian Navy married Dr. Jyotsna Madiman, MBBS and is hence counted as an amchi by the Amchi Martial Clan. He is a hard-core submariner and commanded not one but three submarines.



After matriculation from Poona, he joined 31st course NDA in Jan 1964. After commissioning, he initially served brief tenures onboard IN surface ships, Vikrant, Mysore, and Kadmat, and did Sub-Lieutenant's technical courses in 1968-1969. He joined the Submarine Arm in 1969. After specialising in Submarines, he received a Submarine Dived Watch-keeping Certificate on board INSM Khanderi in 1970.

He saw active service during the 1971 Bangladesh war, carrying out operational patrols in submarines in the Bay of Bengal and the Arabian Sea.

Praful attended the Anti-Submarine Warfare Course in 1973 and the Commanding Officers' Submarine Course and had the privilege of serving onboard IN Submarines Kalvari, Khanderi, Vela and Vaghsheer as Sonar and Torpedo Officer.

After completing the Defence Services' Staff Course at Wellington in 1981, he commanded submarines INSM Vaghsheer and INSM Vela. But the crowning glory was his selection to proceed to West Germany in 1984 as Commissioning CO of India's first German submarine, being built at HDW in Kiel, and later named INSM Shishumar.

In 1988, he stepped ashore on promotion as Captain, Submarine Base. He opted for voluntary retirement in 1991 and settled in Pune.

Jyotsna proved to be the ideal navy wife. In addition to looking after her family, she bore the separations bravely when her husband was away doing sea-time and worked in Family Clinics attached to Naval Hospitals. For a while, she also worked for an NGO after settling down in Pune. They have two sons, both settled in the US.

End of Part I

KSA HEALTH CENTRE

The Kanara Saraswat Association is pleased to announce that Dr. Sudatta Waghmare, MS (Gen Surgery), DNB(Gen Surgery), Asst Prof of Surgery, TNMC & BYL Nair Hospital, has joined the Health Centre as a General Surgeon. He is well-qualified and experienced, particularly in Foot Surgeries.

He is available at the KSA Health Centre every Monday from 4.30 to 5.30 pm.

Birth Centenary Remembrance

05.04.2024

Shanta Anand Hemmadi



(05.04.1924 to 06.07.2013)

Ayee – You continue to live in our memories.

Sheila and Jairam Khambadkone

Swati Puthli and family

Shilpa Bailur and family

"Healing Beyond Medicine"

Late: Dr. VENKATRAO GANPATRAO SASHITTAL & Smt. SUMITRABAI VENKATRAO SASHITTAL (nee Nadkarni)

Born in a middle class family in 1903, our father Dr. Venkatrao Sashittal, whom we used to fondly address as "ANNA" completed primary and secondary education from Bankikodla and Karwar (Dist: Uttara Kanada) of erstwhile Bombay Province, but now in Karnataka State, after the reorganisation of States in 1956. After completing Matriculation, he came to Mumbai to pursue further studies and stayed with his siblings Bhavanishankar, Ramdas and Dattanand at Chikhalwadi, Grant Road before all of them shifting to Vile Parle East, Mumbai. While studying he learnt shorthand and typing and did part time jobs in the evenings in order to source income to pursue education in medicine.

After completion of LCPS course and internships he set up his clinic at Matunga (East). He had a flourishing practice there for more than a decade. However, as he had a passion to serve the poor, he migrated to Murdeshwar in 1939 with his family. He was the lone practitioner in Murdeshwar in those days, and as such he used to visit patients of more than a dozen hamlets, villages around Murdeshwar. He never craved for status or in amassing wealth and was very generous to give free treatments to the needy poor.

Murdeshwar did not have a high school till 1960, nor did it have electricity, medical shops, banks etc. There were kachha dusty roads. Transport system was not good.

In order to provide an opportunity to students to study further after 7th standard, our father donated 3 ACRES & 12 GUNTHAS of prime plot for construction of the High School Campus of JANATA VIDYALAYA MURDESHWAR, in 1959. It is noteworthy to mention here that this plot donated to the school at present commands substantial market value.

As per the school records, approximately 4000 students have passed out the State Board Examination from the school during the last 63 years since its inception. Currently, the school has students strength of about 215, studying in 8th, 9th and 10th standards with 2 divisions in each standard.

Our mother was always an inspirational source to our father and the family. Due to failing health our Dear ANNA passed away in 1969, at the age of 66, at Murdeshwar. Our mother continued to guide us till she passed away in Mumbai in 2007 at the age of 94.



It is heartening to mention that in recognition of great services rendered to the school a grand reception was accorded to members of the family on 29th February 2024, in the presence of the village Sarpanch and other dignitaries, at the school campus. A sum of Rs. 2.01 Lakhs was donated by our family to the school fund in 2 tranches, Rs. 1.95 Lakhs on February 29, 2024 and Rs. 6000/- on March 3, 2024 respectively. The celebration of the event was published in the leading Kannada Daily

Newspaper "UDAYVANI", on 4th March 2024.

We are very proud of our parents, whose achievements, we are sure, will continue to inspire generations to come by.

Fondly remembered by Families of:

Sashittals, Bijoors, Nadkarnis, Trikannads, Panemangalores & their extended families

School Land
Donated In 1959 By: The Guiding Force



Late Dr. VENKATRAO
GANPATRAO SASHITTAL
(1903 to 1969)



Late SMT. SUMITRABAI
VENKATRAO SASHITTAL
(1913 to 2007)

Presented by:

Sashittal Sons-Daughters &
their extended families
Year : 2024

Presented by
Sashittal Sons - Daughters
&
their extended families (Year 2024)





Heartiest Congratulations on this incredible milestone of 60th Wedding Anniversary

On February 2nd, 2024

Mrs. Vandana (nee Trasikar)
and
Mr. Arunkumar Karnad

May your love continue to grow stronger with each passing day. Wishing you both a lifetime of happiness, love, and cherished memories.

With love and best wishes from:

Kalpana and Vikram Babulkar
Anchit Babulkar

Archana and Nitin Mogral
Ashwin and Akshay Mogral
Luna Mogral

Aditya and Deepa Karnad
Krisha and Pepsi Karnad

Golden Years of Togetherness..



29th March 1974



29th March 2024

On the Happy Occasion of the Golden Wedding Anniversary of our parents

SMT. TARA S. BALVALLI (NEE PANDIT) AND SHRI. SURESH D. BALVALLI

We pray our Kuladevata shree Shanta Durga and Mangesh Mahalakshmi
Our Guru Parampara and His Holiness Shri.P.P.Sadyojat Shankarashram Swamiji
to bless them With Good Health and Happiness.

With Lots of Love Regards and Best Wishes From

Shilpa, Santosh Aditya, Ashadeep
Prithvi, Suraj Singh Atharva Balvalli

Balvallis, Pandits, Turme's, Singh's Family and all Relatives and Friends

Dr. Abhaya Kulkarni appointed Surgeon-in-Chief & Chief of Perioperative Services

Proud moment for all Amchis and especially members of Canada Sabha of Chitrapur Saraswats to announce that Dr. Abhaya Kulkarni Son of Mrs. Maya Vivek Kulkarni (nee Masurkar) & Late Vivek N. Kulkarni and grandson of Paternal grandparents - Late Mrs. Vimla & Late Narayan Ganpatrao Kulkarni Maternal grandparents - Late Mrs. Durgabai and Late Bhalchandra Venkatrao Masurkar has been appointed Surgeon-in-Chief & Chief of Perioperative Services for The Hospital for Sick Children Toronto. CONGRATULATIONS to Maya Kulkarni on Dr. Abhaya's success and wishing him the best in his future endeavours.



Announcement from Hospital for Sick Children (SickKids) President & CEO

Dear Colleagues,

I am delighted to announce that the SickKids Board of Trustees has approved the appointment of our incoming Surgeon-in-Chief and Chief of Perioperative Services, Dr. Abhaya Kulkarni. His appointment is effective April 8, 2024, following the retirement of Dr. Jim Drake from this role in April.

After conducting an extensive international search for this prominent position, it turned out we didn't have to look very far. Abhaya has been an integral part of the SickKids family since he joined the organization as a Staff Neurosurgeon in 2003 and, through 20 tremendous years at SickKids, he has proved himself multiple times over to be a gifted and trusted physician, researcher, educator and leader.

Since coming to SickKids, Abhaya has been a rising star who seeks out new responsibilities and roles. His current appointments include: Associate Chief of Surgery/Perioperative Services at SickKids; Senior Scientist at SickKids' Research Institute; Professor and Vice-Chair of Culture & Inclusion in the Division of Neurosurgery at the University of Toronto (U of T); Lead Neurosurgeon for the Ontario Fetal Centre; Professor of Surgery at U of T's Faculty of Medicine; and he also holds the Garry Hurvitz Chair in Developmental Neurosurgery at SickKids.

Abhaya is also devoted to research, which centres on clinical trials, health outcomes, and quality of life in paediatric neurosurgery. He holds over US\$12 million in current U.S. National Institutes of Health Principal Investigator funding and has published 270-plus peer-reviewed manuscripts in such journals as the New England Journal of Medicine, JAMA, and The Lancet. Through the years, he has also served on the editorial boards of Neurosurgery and Journal of Neurosurgery: Pediatrics.

From 2010 to 2020, he was Residency Program Director for U of T's Department of Neurosurgery, one of the largest neurosurgical training programs in the world, and presently oversees education for Perioperative Services at SickKids.

Abhaya has extensive leadership training and experience. He has received formal leadership instruction from U of T and Harvard University and served as a Director for the American Board of Pediatric Neurosurgery, the Accreditation Council of Pediatric Neurosurgery Fellowships, and the executive board of the American Society of Pediatric Neurosurgery. He exhibits our corporate values and inclusion is particularly close to his heart, as demonstrated through his leadership of the U of T Neurosurgery Culture and Inclusion initiative, and participation in the university's EDI Committee. In addition, he has mentored junior medical students in the U of T Diversity Mentorship Program and taken the San'yas Indigenous Cultural Safety Training.

These are only the highlights. As the new SickKids Surgeon-in-Chief and Chief of Perioperative Services, it's safe to say we can expect much more to come from Abhaya as he makes this role his own and builds on his most impressive career. Please join me in congratulating Abhaya and wishing him well on his continuing journey with us at SickKids.

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Founder & CEO
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She is the visionary driving force of Hertha Nest, bringing along her 30 years of expertise in sales and training, coupled with her passion for building her own empire and brand.

She leads our company with a steering force and has cultivated a dynamic environment for growth. She is the leader who inspires, envisions, and propels us forward.



Krishna Hatangadi
Project Lead
Hertha Nest

He is the orchestrator of our projects, who brings to the table a foundation of 30 years of his experience in Sales and Marketing.

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Namaami Nalinmaami

Geeta Mohan Rao (Nalkur)



Rest now, beautiful soul, in your eternal blessed sleep.

When I think of Nalinmaami, my tender memories of her unfold like a fairy tale. Nalinmaami got married to my uncle, my mother's elder brother, Rajamam, the most adorable uncle of mine, on the 25th of April 1959. My memories of the days and weeks leading up to their wedding were among my fondest.

I recall those days of my youth. An ever-perceptive child, I noticed an excitement, and positive energy surrounding my family. My mother (Amma) explained to me with great happiness that we were going on a journey to Udipi in April for her elder brother, Rajamam's marriage. I recall my mother telling me that my new Maami is very beautiful, gentle, intelligent, and affectionate. I was just a kid and those details seemed a bit unimportant to me then, hence, I did not pay much attention. I was happy and content basking in the warm glow of my mother's happiness and excitement.

Around that time, there was a very popular Marathi song by Asha Bhosle with the lyrics '*Gori Gori Paan, Phoolasarkhi Chan, Dada Mala Ek Vahini Aan*' which aptly translates to, 'fair and lovely, delicate like a flower, hey big brother, please bring me a sister-in-law.' Amma sang that song repeatedly in expressing her joy and kept telling me that Rajamam is going to bring you a lovely Maami. This only piqued my curiosity even further and I began looking forward to meeting my new Maami.

As the days passed, my curiosity grew, and I was eagerly waiting to meet this new member of our family. We finally arrived in Udipi on the 24th of April, 1959 where various wedding ceremonies were taking place. I saw 'her' sitting for the *Dev Karya* pooja. She resembled a beautiful Indian Princess and I liked her immensely, and instantly felt an attachment to her because, in my eyes, she was a replica of my Amma, gentle, smiling, very beautiful, kind, and dignified. I became so attached to her to the point

that I became almost possessive of her. I kept watching her intently - her mannerisms, her expressions, the way she talked to all, and her command of English. At once, she became my role model.

Three years later, tragically my Amma passed away. I was barely 12 years old and devastated. At that time, Nalinmaami stood behind me and my siblings, showering motherly love, unconditionally, thereby lessening the intensity of my dear mother's loss. She invited me to spend weekends in her houseso that I could be in the warmth of a mother's love. I still remember the times I spent with her and dear Rajamam and later with their very sweet and loving children, Uday, Arun, and Anupama. The entire family became my comfort zone.

It was common in those times for the eldest daughter of the house to step into the role and responsibilities of the woman of the house. So, at the tender age of 12, I had to bottle up my grief at the loss of my Amma and quickly learned to cook and care for our family of five.

Nalinmaami became my mentor and a very strong influence on my personality. Her guidance and encouragement bolstered my attempts at preparing both traditional and new culinary cuisines, especially all the Saraswat specialities like *avarya bendi*, fruit *sasam*, *bikkanda koddal*, and breakfast items like *undiyo*. I remember she always used a 'Preet' cooker and taught me to follow the instruction manual. I distinctly remember the way she would make *teel laddoos*. To this day, while making *teel laddoos*, I remember her angelic face and melodic, soothing voice guiding me. It was such a nice feeling to know that I was not alone and that I had a real family standing behind me; something that I felt I had lost, when my mother left us.

Nalinmaami's guidance and influence did not end in the kitchen. She also encouraged me to read good books to learn new concepts and to improve my English. She was particularly fond of detective stories and her English was impeccable. Later she guided me in interacting with our extended family, friends, and society at large.

Ten years later, I was engaged to Mohan Sripad Rao (Nalkur). At that time, she stood behind me like my own mother, arranged many important events, and guided me at every step. At the time, I was repeatedly told by everyone that I was very lucky to have Mohan as my life partner. While I fully admitted and appreciated that fact, I was surprised and so moved when Nalinmaami said to Mohan that he was very fortunate to have me as a life partner. There was something very special in her statement that made me realize her deep love for me and it gave me a deep sense of identity and reinforced my confidence.

This was the depth of her love for me. Later, Nalinmaami took the initiative to take care of me during my first delivery. She even stitched several dresses for my baby. When my daughter, Ritika was born, Nalinmaami looked after me and Ritika for a month as if I was her daughter. I feel very blessed to have Nalinmaami in my life.

On the 28th of February 2024, I lost my second mother. I cannot express in words, my utmost love, deepest respect, and eternal gratitude to my beloved Nalinmaami and all I can say is...
Namaami (I worship thee) Nalinmaami.

Om Shanti!

Grieved by Geeta, Mohan, Ritika, Rishab and Aidan



*In loving memory of Aai
Smt. Suhasini Ranganathrao Talgeri*

(D/O Late Smt. Umabai & Shri Vishweshwar L. Nadkarni)
24 June 1937 - 02 March 2024

A caring wife, mother & grandmother, Aai has given us invaluable guidance these past decades. She was a dedicated & loving secondary school teacher, who helped students, especially children from underprivileged families.

Growing up in Talmakiwadi, Aai was passionately involved in social, cultural and sports activities. She actively wrote & acted in many Konkani dramas. Aai was a kindhearted and ardent Shradhdhavan who passed away peacefully in Singapore amidst her loved ones.

Fondly Remembered By

Children & Son/Daughters in-law

Ramchandra (Rohit) & Sangeeta Talgeri
Rashmi & Kishore Wagle
Rahul & Deepa Talgeri

Grandchildren

Rhea & Raviraj Talgeri
Karishma Kilpady & Karan Wagle
Ridhi & Ruana Talgeri

Grandson in-law

Ameya Kilpady
Great Grandson
Aarav Kilpady

From Talgeri, Nadkarni, Basrur, Vinckar, Wagle, Naimpally, Kilpady, family and friends



Shri. Rajaram (Rajan) Shankar Ugrankar

24.02.1942-03.02.2024

Dear Rajan, you lived your life true to your name just like a king till the end . You were A thorough gentleman and True definition of gem of a person !

We will always cherish the time and memories made together! Of course the irreplaceable loss and vacume after you left will always remain. You will always hold a special place in our hearts and lives. You leave us with some Best pictures that you clicked with By Your mastery over photography and your love for reading books that you had collected.

Deeply mourned by:

Wife Kirthi, Daughter Rajashree, Son-in-Law Ajinkya. Ugrankars Karnik Relatives & Friends.



Smt. Kumudini K Padukone

22.01.1934 - 19.02.2024

Known by many Names – Kumud, Honni, Kumud Akka and our favorite, Aai. She cherished familial ties, strove hard to rise above the circumstances in life and did her sincerest at every stage. A light gone out of our lives, but the love she gave will shine forever.

Deeply Loved & Missed by

Anuradha & Manohar Karpe (Sister in law & Spouse)
Geeta & Surendra Khanolkar, Smita & Anant Nalkoor,
Ashwini & Arun Kaikini, Shubhangi & Satish Kabad (Daughters & Spouses)
Mallika & Avishkar Deshmukh, Srikala & Shashank Sthalekar,
Aakruti Kaikini & Shirish Mangasuli (Grand Daughters & Spouses)
Anushree Kaikini, Shreya & Sujal Kabad (Grand Daughters)
Anish Deshmukh & Sachin Sthalekar (Great Grand Sons)

Art Corner



**'Day and Night' in water colours
by Aditi Bharath Gokarn (10 years)**



**Radha Krishna in oils by
Ajanta Vivek Kelkar**

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Chitrapur Heritage Foundation

711 Daylily Court, Langhorne, Pennsylvania, USA

Connecting US Amchis to Chitrapur Math

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

The activities of CHF includes:

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

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

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

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



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Empowering Women

- RAJESH HATTANGADY

I was watching TV the other day and saw an interesting narration by Sudha Murthy. She mentioned that her husband, Narayana Murthy, the co-founder of Infosys asked for money from her while setting up the now global IT giant because he was not able to withdraw salary during the initial struggling stage.

She also went to give some tips, some real Gyan, and financial wisdom.

These are some tips that will go a long way toward helping the woman be financially independent.

Tip #1: Always keep some money aside for the rainy day. No matter what the situation, this money has to be utilized only as a last resort.

Tip #2: Stree Dhan belongs to the woman, no one else. It carries a lot of significance for the Indian woman. It is given by a woman to another of her kind since only a woman knows what it takes to be one. The challenges that she faces, are from holding the family together to taking care of the family budget to rearing children.

Tip #3: Women know more about money than men. In today's world, most of the heads of financial organizations are women. Ask the man what the monthly fees are for the kids or the cost of vegetables and they will fumble. While that isn't the case with women. They have numbers at their fingertips. No wonder they always outclass men in this department.

Tip #4: Men are spontaneous in their decisions, while women have the inherent quality to plan long-term. A virtue that holds them in good stead in all matters related to finance.

Tip #5: Women are good at prioritizing. Independence comes at a cost, from taking up a career to maintaining a balance between career and home, they excel due to their ability to prioritize.

Tip #6: Women are good at harmonizing things. From being a Modern outward looking woman at work, she still maintains perfect harmony keeping her traditional roots intact for the next generation.

The list could go on, but the above indicates that if freedom is provided and the right knowledge is imparted to women, there isn't anything that they can't achieve.

However, there are lessons to be learned by men. What could be those points?

#1: Since financial matters are mostly taken by the men of the house, involve women in the financial conversations. If one were to plan and invest for the family, should she not be an integral part of it?

#2: Help her understand what the family's net worth is. Make her understand, where to look out for the money in case of any emergency. How do the various financial assets operate.

#3: Get her to understand the written will that she may inherit. It is easier for her to follow documented notes in times of emotional stress.

#4: Help her pursue her talents and skillsets. She would have sacrificed a lot of her talent and skills for the family. However, when she is able to find her real self by revisiting her talents, she will turn out to be a real gem.

#5: Make money talks a regular affair at home. This way, not only do we educate the woman, but everyone around gets wiser with good financial wisdom.

#6: Share stories of successful women. Every woman has a common thing or two on the ladder to success which they find as a common thread. It's infectious.

#7: Gift them books, suggest podcasts, YouTube videos that will empower them financially.

#8: Get them enrolled in women's organizations that hold regular talks, seminars and workshops on money.

#9: Share your way of investing with her, she may bring about a different perspective. It might turn out to be better for all

These are some points, that a man has to do, assuming that the woman does consider herself weak in this field, which to be honest, SHE ISN'T!

Why do you think we worship Maa Saraswati and Maa Lakshmi?

Wealth flows where there is woman empowerment.

It's said, that when you educate a man, you educate a person. If you educate a woman; the whole nation gets educated.

It's time to empower our own Maa Lakshmi of our lives. It's time to shower her with knowledge and self-belief.

Rajesh Hattangady is a practising financial planner at THiNK since 2003 and can be reached out on rajesh@think.in.

Parijnan Chaya at Dahivali, Karla – where everyone feels at home

Our Chitrapur Saraswat community has been hailed as one of the most progressive communities in our country.

But the harsh fact of life is that the majority of our community is aging. And with children deciding to settling down overseas for their respective careers, most of the senior family members prefer to be a 'tourist-visitor' for a few months every year, rather than join their offspring and stay with them for good.



While most seniors continue to stay in their respective homes, many, like those who have preferred to stay single for life, or those, who have unfortunately lost their respective spouses, look for options where they can stay and live a happy, free and contented life.

Parijnan Chaya is one such wonderful non-profit option, located in village Dahivali at Karla, inside the Gurushakti complex, just about a kilometre away from the Shree Durga Parameshwari Temple and the holy samadhi of our beloved HH Shrimat Parijnanashram Swamiji III.

Surrounded by the hills of Karla, this home for the elderly offers short term as well as long term stay facilities. It is an abode of Tender Loving Care for all those who wish to stay here.

There are other Bhanap residents around Parijnan Chaya, having their bungalows and residing there.

The Home offers Single, Double and Triple Accommodation rooms and One Dormitory with 5 Beds. All rooms have attached bathrooms with all safety precautions including nurse call bells on each bed. All rooms have TV and Wi-fi connections. The entire area is covered by CCTV for security, with 24-hour water and Electricity availability supported through a backup Generator and Solar Energy.

A Doctor attends to the residents on-site once a week. A well-equipped tertiary care Hospital is just 10Km away and their ambulance service is easily available. A primary care hospital with most facilities including labs and X-ray facility with doctors on 24-hour duty is located just 1.5 kms away.

A Clinical Psychologist attends twice a month for checking on the mental health and well-being of the residents.

There is a Library with books in English, Marathi, Hindi, a Yoga and Exercise area, a Large Screen recreation room, a wonderful garden and open walking area.

The management encourages evening Bhajans, Light entertainment, Games and interaction with all those who occupy this place.

In fact, Parijnan Chaya has become a very popular destination for many Bhanaps celebrating their special occasions like birthdays and marriage anniversaries, wherein they seek the blessings of the residents by hosting them to either breakfast, lunch or dinner. Many also commemorate the birth and death anniversaries of their near and dear ones, by sponsoring meals and monthly rations.

A modern kitchen serves healthy and tasty Saraswat meals between 6.30am to 9pm.

The residential rates are most affordable and for those who can't, there are special schemes on offer.

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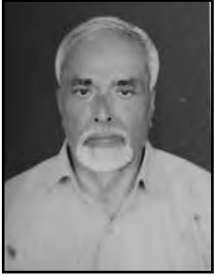
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More details are available on www.parijnanchaya.com

Testimonials of those enjoying their stay at Parijnan Chaya

Homes for the Elderly are the need of the hour – SHASHI BALSEKAR

I heard someone saying that there should not be an Old Age Home at all, and children should not put their parents in such homes under any circumstances. It's a weird thought, totally illogical and impractical. It's not that the children dump their parents in these homes. The percentage of such cases, especially in our Bhanap community may be minimal. In most cases, circumstances compel the children to admit their parents in such homes or the parents themselves opt for it.



Take my case. I lost my wife in 2018, and my son and daughter-in-law are abroad, and my daughter lives happily in Mumbai with her husband. I am the type of person who would not go and stay with either of them permanently. So instead of spending the rest of my life in loneliness, on my own, I opted to go and stay in Parijnan Chaya started by Parijnan Parivar under the stewardship of Dr. Uday Andar and his team. Now I am so happy there in the company of other inmates/residents, staff and visitors. I also do some seva of my seniors in my own small way. I consider this as the best decision of my life. On knowing the purpose of my shifting to Parijnan Chaya, my children too whole heartedly supported my decision.

In our Parijnan Chaya, most of the present residents were spending their life in their respective homes all alone, with nobody to interact, except for occasional conversations with their children, relatives over the phone, and with friends if they have a habit of going for a morning or evening walk. Playing games is a rare phenomenon. In Old Age Homes they have people to stay with, can interact with other residents, staff and visitors, can play various games, participate in exercises and evening prayers, watch TV or use the wi-fi to watch programmes on their mobiles.

I would appeal to my fellow community members to change their outlook towards Old Age Homes. It's the best option available to senior citizens who are living lonely lives.

I made the right choice with Parijnan Chaya – BHASKAR NAGARKATTI

I am a nonagenarian – aged 90 to be more precise!



When I lost my wife suddenly to illness in March, 2012, I was quite depressed and worried. Mainly for two reasons – my daughter Nandita who has been diagnosed with the Attention Deficit syndrome (ADHD) and secondly with my advancing age, the constant thought of what after me? Who would take care of my dear daughter? Would anyone take it upon themselves to look after and care for her in this big bad world?

All these thoughts made me do several rounds of various places, but I was not satisfied. My relatives refused for reasons that I do not know. Someone said that Nandita should be placed in a care centre in Kerala – she was brought up in Mumbai and Pune and beyond these two cities, she had never travelled anywhere. How would she cope up in an unknown place in Kerala all alone? These and various other thoughts gave me sleepless nights.

Until one day, I heard of Parijnan Chaya in Karla, through Prakash and his wife, Lakshmi Shirur. When I visited the place, I was warmly welcomed by Dr. Uday Andar and his wife Deepa, and they both put all my doubts to rest. They assured me that they would personally see to it that both me and my daughter Nandita would be taken care of.

And so in April, 2022, we moved into Parijnan Chaya.

Both myself and Nandita had never felt so happy and contented ever before. Nandita has been relishing the Aamchi food since we shifted here. The serene and peaceful atmosphere, the caring management and blessings of HH Shrimat Parijnanashram Swamiji have all combined to make our stay at Parijnan Chaya a really wonderful experience.

I would like to invite the senior citizens to experience Parijnan Chaya by opting for a trial stay and then decide whether they would like to stay for a longer duration.

Nurturing Young Minds...

What were the interesting activities organised by the band of dedicated teachers of Prarthana Varga over the last 12 months to stir and deepen the devotion of children towards our holy Guruparampara and Shri Chitrapur Math?

A detailed report from the Chitrapur Prarthana Office

From its inception in 2006 with the Blessings and Guidance of our Beloved Mathadhipati and Guru - Parama Pujya Sadyojat Shankarashram Swamiji, the Prarthana Varga has been on an incredible journey. Going strong with 25 centres in India and abroad, approximately 230 children and 70 teachers on its roll, Prarthana Varga has spread its fragrance to most of the Aamchi families! Let us tell you about the wonderful events that were organised this year...

The year started with this vibrant group of Prarthana children participating in the drama performance during Swamiji's sojourn in Santacruz, Mumbai for Sayujotsava.

Directed by Sudhir Balvally mam, Resource person for Prarthana Varga , participating in 'Shiv Lahari' was a cherishable experience for the children. The motivation was that their performance will be watched by our revered Swamiji. Children enjoyed and gave of their best, ensuring they had mastered their lines, intonation, actions, dances, singing...in short, all the aspects that add up to a scintillating presentation.

After the summer break, the month of June was much awaited as the children looked forward to celebrating the 76th Guru Janma Divasa of our Parama Guru – Pujya Parijnanashram Swamiji III on June 15, 2023. This year the Prarthana Centres celebrated this holy day in their own centres. A myriad range of activities were conducted from magic shows, storytelling, bhajan singing, games, shloka recitation to card making, to name just a few! Not to forget the much- awaited cake-cutting time.

With the arrival of the holy month of Shravan, festivities began with children celebrating Gurupoornima, Nagpanchami and all the other sacred days which followed. Festival celebrations are an inherent part of Prarthana Varga activities. Discussing the significance of the festivals, how they are celebrated in our community as well as across the length and breadth of India, the stories that are embedded in the celebrations and of course, the special cuisine that accompanies each festival.

The auspicious period of Chaturmasa saw the Prarthana Varga-s buzzing again! The centres partnered with each other to meet online for shloka recitation. The teachers ensured that the students practised the shloka-s they had selected and coordinated with the partner teachers to organize a glitch-free online session where the children took turns to recite their shloka-s.

In November 2023, the Prarthana Varga celebrated Parama Pujya Sadyojat Shankarashram Swamiji's birthday with the same enthusiasm. Whether it was with children reading the relevant chapter from Jyothi Divgipachi's 'Anugraha', or teachers sharing from Guru Mata Sudhapachi Kodikal's "Hrlekha", or performing the Devi Anushthan, our Prarthana children expressed their affection and reverence for Swamiji and our Shri Chitrapur Math in diverse ways. A range of new activities are being planned for the children to offer some unique seva for the very special occasion of Pujya Swamiji's 60th birthday, over the course of this milestone year which is being observed as the Shivasayujyam year.

Story-telling, puppet shows, drama, art and craft activities, shloka recitation, field visits, yoga, breathing exercises, bhajan singing and Gurupujan, vimarsha, continue to be the main highlights



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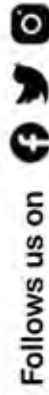
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A fun-filled picnic at Zapurza, Pune

- VEDANT HEBLEKAR

Saraswat Cultural Forum (SCF) is a community of Saraswats from Pune who meet to bond and enjoy. They have been conducting regular programmes, picnics and cultural events since many years. Some of their popular events are the Annual Anand Bazaar (where a lot of stalls are put up), the AGM (where I had the opportunity to comper the entertainment program conducted by children of Prarthana varga and yuvas from Yuvadharma), and the annual picnic.

The SCF held its annual picnic in January 2024 at Zapurza Museum of Art and Culture in Pune. This museum of art, culture, and music is located at Khadakvasla, which is about 45 minutes away from my house. Zapurza is spread across seven acres of land on the banks of the Khadakvasla lake reservoir. It houses 10 galleries or display spaces which include old photographs of Pune, historical items, old vessels, sarees and jewellery pieces collected by the founder.

Zapurza was founded by Ajit Gadgil, who is the Chairman and Managing Director of PN Gadgil and Sons, a leading jewellery brand in Pune. Zapurza means 'a creative state of mind'. This name was taken from a Marathi poem written by poet Keshavsut. Zapurza aims to promote and conserve Indian arts and art forms, and to reach out to society, especially children.

The jaw-dropping and scenic view at Zapurza left us all stunned. We got a whole tour of the amazing museum and its galleries. We all assembled on the lawn and introduced ourselves to each other. There were about 75-80 people who attended this picnic, from all age groups. The musicians and singers from the group performed. I am a harmonica

player and have been learning from Mr. Niranjan Gulvady for the last 3 years. I played three songs with him, one of his students and another friend of mine on the guitar. I was honoured to meet Mr. Sudhakar Ragade, who is one of the oldest harmonica players from India. He played some songs and his performance left us all amazed. Everyone enjoyed listening to the live music.



We then headed to the canteen for lunch. There was yummy pithla bhakri for lunch, along with delicious dal rice, salad, and papad.

After lunch, we played many games and enjoyed ourselves.



Sudhakar Maam playing the harmonica

There were many popular games like Housie but with a Konkani twist! We played 'Aamchigele Aadnav Housie', which was based on Konkani surnames. It was loads of fun and I learnt many new surnames which I had never heard about.

Next up was the game of 'Complete the Konkani phrase', where everyone guessed all the phrases correctly. Here too, I learned many new phrases that I had never heard before. I was happy to guess a few phrases that I knew. Then came the time for some group games like Rock-Paper-Scissors, and Musical Chairs. Karthikeya, popularly known as 'Cardtrick dada' is amazing at card tricks, and he showed us some mind-blowing skills. Then, I conducted a game called 'Sheep and Shepherd', which was enjoyed by all. After the game, everyone had hot tea with biscuits, said their goodbyes, and went home.

All of us really enjoyed at Zapurza, playing all the fun games and laughing together! A day truly well spent!



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Chevva Rules My Life!

- PRAKASH AROOR

[Names have been changed to protect identities.]

I grew up and studied in Bangalore, then moved to Chennai where I joined a large private engineering company with factories in Ambattur, Tondiarpet and Tiruvottiyur. I had now shot myself straight into a Tamil environment. Language, food, customs, superstitions.

Among the superstitions was 'chevva', chevva-kazhamey, or Tuesday.

My first encounter with chevva happened when my boss asked me to visit the factory in Bangalore and familiarise myself with the operations there. He called his secretarial colleague, Kamala, and asked her to get me a ticket on the Brindavan for Tuesday and a return on Saturday. Kamala Martin replied, 'But Sir, tomorrow is chevva.' 'Oh yes,' said the boss promptly. 'In that case let him go on Wednesday.'

After that, my travel was never on a Tuesday! In fact, nothing could begin, or be launched or held on a Tuesday. It goes without saying that weddings and other good occasions were never held that day of the week, neither were union meetings and announcements of increments. Even our British counterparts knew this and would arrange to arrive or hold important meetings on any day but chevva.

And then there was 'rahu-kaalam', the influence of Saturn, a fixed 90-minute period, different for each day of the week. Nothing is undertaken in the RK period. If you have a train to catch, you leave well before or after rahu, similarly for all ventures.

The belief in chevva and RK is very strong, it cannot be argued with. Once I had to rush to Bangalore as my mother had taken ill. The admin manager, Srinivasan, could get a ticket only for Tuesday. He had a challenge-chevva plan. He suggested that I leave the house for the station during RK on Tuesday. With this double-defying, he said, there would be no bad news at the other end. On Tuesdays, RK is from 3.00 to 4-30 p.m., which meant I left home at 4.25 p.m. for the station and waited in the waiting room until 9.15 p.m. for the Bangalore Mail. Incidentally (Srinivasan would

say not incidentally) my mother recovered and was discharged from the hospital a few days later. 'See, I told you sir,' said Srinivasan when I got back. For him there was no other explanation. The doctors' skill, my mother's general constitution counted for nothing! But by then, with the sum total of the chevva-RK experiences, I was converted!

These beliefs in Tamilnadu are so strong that they defy all logic. At one point, I had to manage industrial relations and deal with the unions. It was a tough task with a strong CITU Marxist trade union led by Mr T R Amaran, and general secretary, a young Elton Joseph, both staunch believers in Marxist theories.

During his time, we were negotiating a productivity incentive scheme for our lift factory. Now, manufacturing a lift and completing the product to the point of delivery to the customer is very complicated, involving in-house and outsourced sub-assemblies. In products where all manufacturing of components is in-house, an incentive scheme takes 5-6 months to negotiate and implement. But with the lift-factory, it took us almost two years to come to an agreement with Elton and his 12-member team. We had to work out financial gain to the factory workers as well as higher production for the management.

When the agreement was ready for signing, I told Elton that the required number of copies of the agreement were ready and that we should sign the very next day as everyone was waiting to reap the benefits of productivity. He phoned me after consulting his president, and a dozen others. 'But tomorrow is Tuesday, sir,' said Elton Joseph without batting an eyelid, 'how can we sign on chevva?' That was that, there was no choice and we waited it out.

As I said, I am now a believer. I chose to write this on Sunday, and well after RK!

(First published in the Canara Union Newsletter)

Prakash Aroor (prakash.aroor@gmail.com) has worked with both engineering industries and publishing. He is President of the Canara Union, Bangalore. He has published the Konkani Saraswat Cookbook.

Culinary treasures of India- Jammu & Kashmir

- ANJALI BURDE

Jammu, Kashmir and Ladakh are India's northern most regions lying in the lap of the mighty Himalayas. Kashmir is famous for its scenic natural beauty and is often referred to as Paradise on Earth. This region is blessed with snow covered mountains, glaciers, rivers and lakes making it an important and favourite tourist destination.

The Kashmir Valley is famous for its orchards that yield apples, plums, cherries, pears, almonds and walnuts. Kashmir is also famous for its varied handicrafts like carpets, paper-machie, silks, shawls and silverware. The wood from the Kashmiri willow is used to make cricket bats. The most expensive spice, saffron is also cultivated here.

Jammu is known as the "City of Temples" as it has many temples and shrines, the most famous being the Raghunathji Mandir and the Mata Vaishno Devi shrine.

Ladakh, the highest plateau in India famous for its crystal-clear skies, beautiful landscapes and mountain passes. The Sun Temple situated in Leh, the capital of Ladakh is a very prominent temple here. There are many Buddhist monasteries in this region. The cuisine from each of these regions is different due to various geographical and cultural influences.

Kashmiri food is mild in taste but rich in flavour due to the use of spices like dry ginger, fennel, jeera, cloves and cardamom that have a warming effect. Saffron is also used to flavour dishes. Also ratanjot a dried root that imparts red colour to food and has many medicinal properties as well, is used to add a rich red colour to gravies and curries.

Kashmiri cuisine has basically two styles; followed by the Kashmiri Pandits and the Kashmiri Muslims. Their gravies are mostly curd based. While the Kashmiri Pandits use hing widely in their dishes, the Muslims make use of onion and garlic. Meat is consumed by both. Ghee and mustard oil are the preferred cooking media.

Popular meat dishes include Rogan Josh and Yakhni. Vegetable dishes are prepared using potato (dum aloo), brinjal (choonth wangun), kohlrabi (monj haak), lotus stem (nadru yakhni),

turnip (gogji bharta) and haak (green leafy vegetables). Almost all these vegetables are sun-dried and stored for use in winter when cultivation is not possible. During the winters these dried vegetables are added to meat or lentil dishes.

Paneer which is locally called chaman is also used to prepare many dishes like methi chaman and lyodur chaman and some sweets. Gucchi (black morel) a wild mushroom foraged from the forests is added to pulao or cooked with potatoes. Being a non-cultivated and an exotic item it is very expensive and fetches a price of around ₹500 for 100 gm.

An unusual yet interesting snack is choonth pakori, in which green apple slices are coated with batter, fried and served with walnut-mint chutney.

Rice is the staple for lunch and dinner. Breads and rotis are usually eaten for breakfast and at tea time. Sheermal, Baqarkhani, Gyechoth and Roth are some popular breads. Kashmiri 'kehwah' is a popular tea brewed using green tea and flavoured with saffron, cardamom and cinnamon. Sometimes slivered almonds are also added. Another favourite beverage is 'noon chai' which has a pink colour, milk and a pinch of salt is added to it.

Rice kheer, modur pulav (sweet saffron rice), shufta (mixed nuts glazed with honey) and phirni are the traditional sweets.

The cuisine of Jammu has a Punjabi and Himachali influence. Here besides rice, wheat, maize and bajra are also consumed. Rajmah or kidney beans are very popular here. Patisa is a famous sweet from Jammu.

Ladhaki cuisine has a Tibetan influence. The foods are mainly boiled or steamed. Thupka (soup) and momos (steamed dumplings) are very popular here. Butter tea is the signature beverage of Ladakh, brewed with Tibetan tea leaves and served with a dash of salt and butter prepared from yak's milk.

Sharing two popular dishes from this region.

Rajmah- It is the most popular and widely consumed pulse in this region. Paired with rice it makes a comforting and wholesome meal. While there are many varieties of rajmah, the one from

Jammu is smaller in size and has a deep reddish brown colour. While the Jammu rajmah curry is onion and tomato based, the Kashmiri version makes use of only curd as the base.

Ingredients- ½ cup rajmah washed and soaked overnight

¾ cup finely chopped onions

½ cup thick curd

1 tbsp finely chopped garlic

½ tsp chopped green chillies

½ tsp chopped ginger

2 medium-sized tomatoes pureed

Whole spices - 2 bay leaves, 3 cloves, 1 black cardamom, ½ inch cinnamon

2 tsp Kashmiri chilli powder 1 tsp jeera

2 dried red chillies broken

2 tsp coriander powder

Generous pinch of hing 3 tbsp oil

1 tsp crushed kasuri methi 2 tsp ghee

Salt to taste

Method- Take the rajmah with the water in a vessel for cooking, add the whole spices, ½ tsp. red chilli powder, a tsp. of chopped garlic and a tsp. of ghee. Place the vessel in a pressure cooker, after the first whistle reduce the flame and cook for 5-6

whistles after that. Meanwhile heat a pan, add the oil and as it heats add the jeera and hing. When the jeera sizzles add the chopped garlic, allow it to cook slightly. Add the chopped onions and fry till it turns golden, then add the green chillies and ginger. Add the beaten curd and keep stirring till it is absorbed. Then add the pureed tomatoes and fry well till oil starts oozing along the sides. Add the cooked rajmah along with the water. Add salt and cook till the gravy thickens. Rub the kasuri methi between your palms and add. Lastly garnish with coriander leaves and serve with jeera rice.

Kong phirin- Phirni is a light desert prepared in the northern states, but in this Kashmiri version of phirni use of fine sooji or rawa is made instead of rice.

Ingredients- 1 litre whole milk 1/3 cup fine sooji 1/3 cup sugar a generous pinch of saffron slivered nuts for garnish

Method - Soak the sooji in some water for 15 mins. Boil the milk in a thick bottomed pan for about 10 mins. Keep stirring in between. Add the saffron and mix well. Add the soaked sooji, stir to prevent lumps. Add the sugar and keep stirring till the mixture thickens. Pour in to individual bowls, garnish with the nuts, cool and set in the refrigerator. Serve chilled.

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॥ सरलसंस्कृतम् ॥

22.1 Read the examples given below. Accordingly fill in the blanks in the other examples -

The 7th Case in Sanskrit is used to denote location or time. The following words in bold are Feminine words (ending with इ/ई) with case ending of सप्तमी विभक्ति ie the Locative case. Also note the imperative verb in the last four sentences.

Eg. सरस्वती – सरस्वत्याम्, ताडनी (Bat)– ताडन्याम्, भक्ति – भक्त्याम्/भक्तौ, गौरी – गौर्याम्
(भूम्यां, उपधान्यां, कट्यां, कूप्यां, नद्यां, अञ्जल्यां, रङ्गावल्यां, नगर्यां, लेखन्यां, रात्रौ/रात्र्यां)

1. पुष्पाधान्यां पुष्पाणि रचयतु ।

Arrange the flowers **in the flower-vase**.

2. अङ्गुल्याम् अङ्गुलीयकम् अस्ति ।

The ring is **on the finger**.

3. ----- शीतपेयम् अस्ति ।

The cold drink is **in the bottle**.

4. ----- नगरजनाः निवसन्ति ।

City-dwellers live **in the city**.

5. ----- वर्षा पतति ।

The rain falls **on the ground**.

6. ----- नौकाः तरन्ति ।

The boats float **on the river**.

7. ----- सुन्दराणि नक्षत्राणि विलसन्ति ।

Beautiful stars shine **in the night**.

8. बालिका ----- शयनं करोति ।

A girl sleeps **on the pillow**.

9. ----- पुष्पाणि स्वीकरोतु ।

Take the flowers **in the folded hands**.

10. ----- स्वर्णमेखलां धारयतु ।

Wear the gold-belt **on the waist**.

11. ----- वर्णान् पूरयतु ।

Fill the colours **in the rangoli**.

12. ----- मर्षीं योजयतु ।

Add the ink **in the pen**.

Answers given on Page 53

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छंद खुळा

सुनंदा कार्नाड

‘माझी सर्व काम झाली. कळत नाही आता काय करू.’ असा प्रश्न घरची कामं करणाऱ्या बायकांना पडतो. नाही का? अशावेळी खरंतर अनेक काही आनंद देणाऱ्या गोष्टी करता येतात. त्यातील एखादी इतकी आवडते आणि आपला तो छंद होतो, अगदी खुळा करणारा!

छंद हा खरंच कंटाळा घालवण्याचं उत्तम साधन असतं. मला काही छंद खूप आनंद देतात. त्यातील एक स्वयंपाक करण्याचा. नेहमी करायचे पदार्थ करून एखादी नवीन ‘डिश’ करावी असं वाटतं. त्याची ‘रेसिपी’ घेऊन करते मनापासून, आणि ती मस्त जमते. घरचे तसेच, घरी आलेले पाहुणेही खुश होतात. खरंतर आवडीने, प्रेमाने केलेला पदार्थ रुचकर होतो आणि हा छंद खूप आनंद देतो.

छंद म्हणजे एक प्रकारचं व्यसनच! एक नाद खुळा! उदाहरणार्थ, मला घरात सर्व स्वच्छ आणि नीटनेटकं लागतं. पसारा केलेला अजिबात आवडत नाही. त्यामुळे धूळ पुसून साफ करून प्रत्येक वस्तू जागच्या जागी ठेवणे याचं तर मला वेडच! घरचे चेष्टा करतात पण मला आहेच हा नाद खुळा!

तसंच वाचनाचा छंद असेल तर कंटाळा जवळ येतच नाही. एखादी सुंदर कादंबरी, एखादा खिळवून टाकणारं जीवन-चरित्र, एखादी भावनिक कविता, एखादा प्रवास वर्णनही मला वेड लावतं. ही वाचनाची आवड, खरं तर प्रत्येक पालकाने आपल्या मुलांना लावावीच. त्यांतून ज्ञान मात्र नाही तर जीवनाविषयीचा एक दृष्टिकोन, योग्य अशी सामाजिक जाणही त्यांच्या मनात येईल. त्यांच्या सर्वकष वृद्धीसाठी उत्तमच.

वाचनाबरोबर लेखनाचाही छंद जोपासलाय! मनात आलेले विचार स्वच्छंदपणे प्रकट करणे सोपं जातं! आपल्या जीवनात आलेले अनुभव, केलेल्या चुका याची जाण येते आणि स्वतःला सुधारण्याची संधी मिळते. मनात साचलेलं, दाबून ठेवलेलं दुःख, अपराधीपणाची भावना बाहेर फेकता येते. मन हलकं होतं!

लेखनाचा छंद लागल्यामुळेच मीच स्फुटलेखन करू लागले. माझे लेख प्रसिद्ध होऊ लागले. वाचकांकडून फीडबॅक मिळू लागला तेव्हा धन्य वाटलं. त्यांनी केलेल्या कौतुकाने, प्रशंसेने मी सुखावले. असा असतो सुखावणारा आनंद, छंद स्वच्छंदपणे जोपासण्याचा!

होळी रे होळी

विद्या दुर्गादास बेंदुर (विद्या सीताराम भट)

होळी रे होळी आली रे होळी

सारी दुष्कर्म, दुष्कृत्ये जाळी

आला फाल्गुन होळी घेऊन

आनंदात सारे निघाले न्हाऊन

नैवेद्याला करु पुरणपोळी

सद्विचारांनी भरुन घेऊ झोळी

होळीचा हा प्रसन्न ऋतू वसंत

रंगात उधळून निघाला आसमंत

अंतरंग रंगूनी जागू दे श्रीरंग

मानवतेचा उठू दे विश्व तरंग

सुंदर विचारांचा लेवुनिया साज

घरोघरी करु साजरी होळी आज

हा क्षण मोठा प्रेमाचा नि विश्वासाचा

उत्सवाचा सप्तरंगी रंग अनुभवायचा

षड्विकार जाळून गोड नाती फुलवूया

आनंद लुटून प्रितीचा सुगंध बहरूया

सारे मिळून करु आधी अग्निपूजन

सण आनंदाचा करु होलिकेला नमन

बाल रामचन्द्रु आयलो

शर्मदा शतानंद शुक्ल

बाल रामचन्द्रु आयलो आयोध्येन्तु,
दशरथु आनि कौसल्यागले राजगृहान्तु.
कोटि सूर्य उदैलेलेवरि उज्वाडु जगान्तु,
रुतु वसंतु नान्चत आयलो खुशि खुशीन्तु. ॥

आंब्या रुक्काचे तर्नि पान्नांमाक्षि बैसुनु,
कुहू, कुहू, कोकिळ कर्ता मधुर गायन.
रान्नान्तुलो मोरु नान्त पाक्क पसरुनु,
गाय्यो कोट्क्यांतु आम्बेताति वेळु विसोर्नु. ॥

कौसल्याने न्हाणैलले चेडाक पाळ्ळेन्तु घाल्ले,
वत्सल्याने जोई पदाने पाळ्ळे विन्दुळ्ळे.
कडेथांनु चर्डाक पोळ्ळोनु चंद्रु हास्लो,
दोळे ताज्जेर्थांनु काडुक जाईनशि स्वता तो फस्लो. ॥

गुरु वसिष्ठांगले वेद घोष यज्ञ शाळेन्तु,
भव्य नामकरण कार्य विज्रम्भणेन्तु.
नगरवासी आणि प्रवासी करी नृत्य गायन,
सर्व गृह द्वार अलन्कार तोरण. ॥

चारि राजपुत्र तेजोमय दशरथनन्दन,
कौसल्या, कैकेयी, सुमित्रागले हृदय स्पन्दन.
अतिसुकुमार अति सुंदर राम लक्ष्मण,
भरत शत्रुघ्न अप्रमेय कित्ते सुलक्षण. ॥

स्वर्ग लोकान्थानु पुष्प वृष्टि आनि जयकर,
कित्ते सांगु भव्य रामागली महिमा अपरम्पार.
विचलित मन अचलित कर्ता राम तो अगणित
गुणधाम,
दुर्गम कठिण काम सुरळित करता राम तो
पुरुषोत्तम बलवान..॥

कोर्यां राम राम राम जप राम राम,
धोर्यां राम राम राम ध्यान राम राम,
म्होण्या राम सीता, सीता राम, लक्ष्मण हनुमान,
सगळी मेळ्नु म्होण्या राम भक्ताक जै जै जै,
म्होण्या राम भक्ताक जै,
म्होण्या राम भक्ताक जै. ॥

होडपण कसल्याक

- प्रणव रा. नागरकट्टी

कंजूसपणाचे होडपण घेव्नु
खंयि वच्चे आस्स
हाळ्ळे कस्लें केल्लें कस्लें
कोणाक पळ्यां ताज्जे कस्लें

खाली हताने आयिलिं सगळीं
खाली हताने वच्चे
कस्सल्याक नाक्क जाल्लिले कोर्चे
माते धाड्वाव्नु घेवंचे

चारी दिवसांचो संसार हो सगळो
भगळ्यांतु कस्सल्याक पोडका
आपली आंम्गेलीं म्हणू संगळ्यानी
प्रेम भावाने रबका

संसार म्हाळिले नाटक हें
चारी दिवसांचो खेळू
विदुषक प्रदुषक आदर्शक पात्रांचो
आस्स एकु मेळू



Kazakhstan – Where Nature and Modernity Meet!

- ASEEM HATTANGADI

Kazakhstan is the hidden jewel in the Central Asian crown tucked away, relatively unknown to the world until about it opened post the pandemic. Almaty, nestled in the foothills of the majestic Trans-Ili Alatau mountains, is a captivating blend of breathtaking beauty, rich cultural heritage, and modern sophistication. It's Kazakhstan's largest city, a former capital, and a vibrant hub that beckons travellers seeking a unique and unforgettable experience. I had an opportunity to visit this extremely gorgeous country last year in December and came back blown away by all that it has to offer. Kazakhstan is what I would call a pint-sized powerhouse of a destination, but it has much more to offer than what you would expect, it will hold you by the scruff of your neck and shake you from the trance that you will be in, back to the present. Since I had spent a year in Tashkent, Uzbekistan in 2009 the overall experience felt quite similar.

A Feast for the Eyes: Natural Splendour and Urban Charm

Almaty's defining feature is its stunning backdrop. Snow-capped peaks pierce the bright blue skies, a constant reminder of the city's connection with nature. Take a five-minute cable car ride up Kok-Tobe Hill (Green Hill) for panoramic and 360 degree views of the city. Nature enthusiasts wouldn't want to miss the Big Almaty Lake or even the Kolsai Lake, a pristine alpine lake offering breathtaking scenery and opportunities for boating, fishing, and relaxation. One can even stay or glamp at the Kolsai Lake in a world-class igloo shaped eco-resort. We talk about the famous Grand Canyon in the US, however the Charyn Canyon is a rugged treat that you should not miss as well!

The city itself is a visual treat. Wide, tree-lined avenues are adorned with Soviet-era architecture, while modern skyscrapers rise alongside historic mosques and bustling bazaars. Panfilov Park, a sprawling green oasis, is a local favourite, boasting the magnificent Zenkov Cathedral, an earthquake-resistant wooden structure that's the world's

second-tallest wooden building. A trip inside this magnificent structure will render you speechless, just like it did to me when I marvelled at the awe-inspiring stained-glass windows in myriad hues and the priest chanting the evening prayers. It gives you a peaceful feeling, as if everything is good and alright in the world.



A Journey Through Time: Unveiling Kazakhstan's Culture

Almaty pulsates with history and tradition. Deep dive into the Central State Museum, a treasure trove of artifacts showcasing Kazakhstan's nomadic past and rich cultural tapestry. Explore the vibrant Green Bazaar, a sensory overload of sights and smells, where you can find everything from traditional Kazakh crafts and souvenirs to spices and local delicacies.

For a glimpse into the country's Islamic heritage, visit the mesmerizing Central Mosque, a stunning example of modern Islamic architecture. Immerse yourself in the vibrant music scene at the National Opera and Ballet Theatre, where you can witness captivating performances that blend Kazakh and European influences.

A Shopper's Paradise: From Bazaars to Boutiques

Almaty caters to every shopping desire. The Green Bazaar, a covered local market is a must-visit, offering a chaotic yet charming experience. Hunt for handmade rugs, intricately embroidered skullcaps, unique Kazakh jewellery and have the time of your life putting all your negotiating skills to the test with the friendly vendors as you shop for a plethora of dry-fruits, nuts and locally made chocolates. GUM Department Store, a Soviet-era landmark, offers a curated selection of local and international brands. Do not miss shopping for local, but world-class chocolates at the Rakhat – Lotte Chocolate Factory with its retail outlet on the ground floor selling chocolates of all varieties, hard-boiled sweets, biscuits and six varieties of the famous Choco Pie!

For luxury shopping, head to Esentai Mall, a haven of designer boutiques and high-end stores. If you're looking for something more contemporary, head to the two storey Dostyk Plaza, a popular hangout spot with trendy stores, cafes and a hyper market where you can buy the local vodka and Georgian wine.

A Culinary Adventure: A Fusion of Flavors

Food in Almaty reflects the city's diverse cultural background. Savor the national dish, Beshbarmak, a hearty lamb stew served with noodles. Plov, a rice dish with meat and vegetables, is another Kazakh staple which is normally eaten by the locals for breakfast as it is highly nutritious and a one-pot meal. Don't miss Shashlyk, succulent grilled kebabs marinated in traditional spices, as well as the food that we got to eat at the Top Chef Café situated at the picturesque Shymbulak Ski Resort, perfect for vegetarians and non-vegetarians alike. Bowls of a hearty potato and herb soup seasoned with salt and pepper, simple cheese and vegetable pizzas, a Turkish-style Adana kabab on a bed of rice with hung curd and a salad, French fries drizzled with cheese and sprinkled with local greens, an Indian styled meal with a curry that resembled Jalfrezi accompanied with Dal and plain rice. All this was washed down by a comforting local green tea flavoured with lemon and mint!

For a taste of India, head to one of the city's Indian restaurants (Silver Spoon, Delhi Café, Tandoori, etc.) offering familiar favourites like curries, tandoori dishes and Indian snacks. Vegetarian travellers have a growing number of options, with cafes specializing in healthy, plant-based cuisine.

Almaty: A Destination for All Seasons

Almaty boasts a continental climate with hot summers and cold winters. Spring and autumn offer pleasant temperatures, perfect for exploring the city and surrounding mountains. Winter transforms Almaty into a wonderland, with Medeo, the world's highest skating rink, attracting ice skaters and skiers.

Beyond the City Limits: Day Trips and Adventures

Almaty serves as a perfect base for exploring Kazakhstan's diverse landscapes. Take a day trip to Charyn Canyon, a breathtaking natural wonder sculpted by the Charyn River. Hike through the scenic Ile-Alatau National Park, home to diverse flora and fauna. If you're feeling adventurous,

embark on a horseback riding tour through the foothills, experiencing the nomadic traditions firsthand.

Why Choose Almaty?

Almaty offers something for everyone. Whether you're a nature lover, a history buff, a foodie, or a shopaholic, this captivating city will leave you with lasting memories. Its combination of natural beauty, rich cultural heritage, and modern amenities make it a rising star in the travel world.

Planning Your Almaty Adventure

Getting to Almaty is relatively easy, with direct flights connecting the city to Delhi via its national carrier, Air Astana. India enjoys a visa-free policy with Kazakhstan making it an even more attractive and appealing destination. Accommodation options cater to all budgets, ranging from luxurious hotels to charming guesthouses and homestays. A minimum of four to five nights is what is recommended.

Travel enthusiasts can contact Aseem Hattangadi for custom-built packages anywhere! at +91 98332 09129 or email him at aseem.thetraveltherapist.in.



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Here & There

Report on the activities of Bengaluru Local Sabha for February/March 2024

On 12th February, Samaradhana of HH Shrimat Shankarashram Swamiji II was observed with *Shri Chitrapur Guruparampara Charitra Pathana*, *Bhashya Pathana* and *Ashtavadhana seva*.

On 25th February, on the occasion of Pattabhisheka Vardhanti of HH Shrimat Sadyojat Shankarashram Swamiji, as a mark of respect and expression of gratitude to our revered HH, *sadhaka-s* participated in *Samoohika Gurupujana*. In the evening as a part of the Shivasayujyam Samuhika Seva, *Vimarsha* was conducted by Yuvati Ankita Karnad Savanal.

On 29th February, Pattabhisheka Vardhanti of HH Shrimat Sadyojat Shankarashram Swamiji was observed with *Shri Chitrapur Guruparampara Charitra Pathana*, *Bhashya Pathana* and *Ashtavadhana seva*.

On 1st March, Shishyasweekara Diwas of HH Shrimat Parijnanashram Swamiji was observed with *Bhashya Pathana* and *Ashtavadhana seva*.

On 8th March, Maha Shivaratri was observed with *Char Yama Shiva Pujana* by *gruhastha-s*. *Sadhaka-s* enthusiastically participated in *Stotra pathana* led by Smt Sunanda Sagar and also rendered melodious bhajans in between the *Yama Pujan*.

Report by Saikrupa Nalkur

Our Institutions

Saraswat Mahila Samaj

The Gamdevi Saraswat Mahila Samaj organized the "Lekhan and Sangeet Puraskar" function on 10th February 2024 in the Samaj Hall.

This year's recipients of the Puraskar were Mrs Sharmada Shukla for Lekhan and Mrs Shantala Bankeshwar for Sangeet. After President Mrs Padmini Bhatkal's welcome speech, Mrs Nivi Nadkarni welcomed and introduced Mrs. Sharmada, a teacher by profession who writes poems in Konkani, which are regularly published in the Kanara Saraswat magazine. Later, Mrs Padmini Bhatkal introduced Shantala Bankeshwar, who is a singer.

The programme began with a prayer by Mrs Shantala, then Mrs Sharmada recited poems on 'Jackfruit', 'childhood', 'philosophy of life', on 'daughters' which made everyone nostalgic.

Next, Mrs Shantala entertained everyone with her rendition of popular Hindi and Marathi songs. Both the artists were highly appreciated. Later, they were conferred with the awards by Samaj President, Mrs Padmini Bhatkal.

Mrs Vijayalaxmi Kapnadak proposed the vote of thanks, which was followed by a contributory Maharashtrian lunch by caterer Mrs Maya Gangavali.

- Reported by Mrs Vijayalaxmi Kapnadak

Matru Divas celebrated

Matru Divas was celebrated in Samaj Hall on 26th February, to commemorate the punyatithi of Smt. Kasturba Gandhi, as Saraswat Mahila Samaj had a cordial association with her.

This time, a very distinguished lady Mrs Aarti Uday Savur, was the guest. She is the CEO of "Parisar Asha - Centre for Educational Research and Training".

With a rich experience of 26 years in the field of education and the corporate world, she handled important portfolios in Parisar Asha, and later on took over as CEO of the organization. She has been bestowed with many awards.

After her introduction by Smita Mavinkurve, Vice President of SMS, she gave an inspiring insight into her life journey and career.

Later, Padmini Bhatkal, Chairperson gave the vote of thanks and presented her a small token.

Thereafter, snacks were sponsored by Shaila Hemmady in memory of her mother and mother-in-law.

ERRATA

In our March SMS report on "Ladies Day Out," the following names were inadvertently missed out - Roopa Lobo, Leena Kotwal, Ashwini Prashant, Bhakti Ullal, and Nivi Nadkarni for their excellent contribution.

- Reported by Geeta Suresh Balse

Answers to सरल संस्कृतम् - Exercise 22.1

- | | | |
|---------------------|-----------------|---------------|
| 1. पुष्पाधान्यां | 2. अङ्गुल्याम् | 3. कूप्यां |
| 4. नगर्यां | 5. भूम्यां | 6. नद्यां |
| 7. रात्रौ/रात्र्यां | 8. उपधान्यां | 9. अङ्गुल्यां |
| 10. कट्यां | 11. रङ्गावल्यां | 12. लेखन्यां |

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DOMESTIC TIDINGS

BIRTH

We welcome the new arrival!

Feb 08 : A baby girl (Anaika) to Soumya (nee Koppikar) and Jyotirmay Khebudkar at Mumbai.

MARRIAGES

We congratulate the following couples and wish them a very happy married life!

2023

Nov 24 : Krutika Dattanand Gulvady with Sriram Bala at Mumbai.

2024

Jan 4 : Akshata Chaitanya Gulvady with Salil Devendra Kudalkar at Mumbai.

OBITUARIES

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

2023

Sept 06 : Kumudini S Kaikini (80) at New Jersey, USA

2024

Jan 06 : Vasant Shripad Bijur (89) of Vile Parle (East), Mumbai in Pune.

Jan 10 : Rohini Ratnakar Koppikar (nee Nalini Shankar Kurwar of Talmakiwadi) (92) at Matunga, Mumbai.

Feb 03 : Rajaram (Rajan) Shankar Ugrankar (82) at Pune.

Feb 09 : Shanta (Babbuli) Karnad (nee Heble), (88) at Malleswaram, Bengaluru.

Feb 19 : Kumudini K Padukone (90) at Borivali, Mumbai.

Feb 29 : Mohini Vijay Bailur at Goregaon(West), Mumbai.

Mar 02 : Suhasini R Talgeri (ex- Talmakiwadi) at Singapore.

Mar 02 : Uma Satyendra Chandavarkar (nee Nagarkatti), 96 at Chennai.

April 2024

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

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