

Kanara Saraswat

A MONTHLY MAGAZINE OF THE KANARA SARASWAT ASSOCIATION

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INTERNATIONAL 18th WOMEN'S Day FELICITATIONS



Dr. Shobha Udipi

Dr. Suman Mundkur

Dr. Bharati Nadkarni

CHIEF GUEST
Mrs. Maitreyi Sanadi

Ms. Aarati Sayur

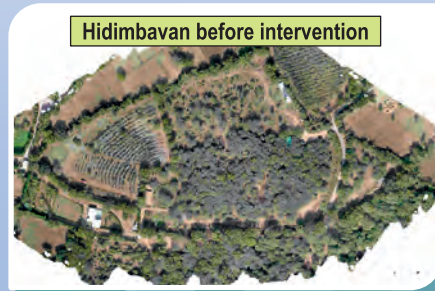
Ms. Aditi Gangoly

An architect with a purpose.....

(Interview on page 23)



Ahana Gulwadi



Hidimbavan before intervention



Hidimbavan two years after intervention



Landscaping using native grass and perennials



Karnataka Govt. honours
flautist Nityanand Haldipur

(See page 12)



Kanara Saraswat

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Kanara Saraswat Association
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Prof. Sadhana and Advocate Narendra Kamat Memorial Lecture

by Dr. Mangala Sirdeshpande Former Professor and Head of Dept. of French, University of Mumbai. Currently, the Hon. Secretary of the Asiatic Society of Mumbai on "The Importance of Literature and the Art of teaching it" will be held under the joint aegis of the Kamat Family, the Kanara Saraswat Association and the Saraswat Mahila Samaj, Gamdevi.

On Sun. 12th May 2024 at 5:30 p.m.

At Shrimat Anandashram Hall, Talmakiwadi, J.D.Marg, Mumbai 400007

All are Welcome

KANARA SARASWAT ASSOCIATION (Regd.)

Founded on November 26, 1911
Regn. No. under Societies' Registration Act XXI of 1860 : 736 of 1934 1935.
Regn. No. under Bombay Public Trust Act, (Bom, XXIX of 1950) : F. 41(B.)



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ELECTIONS 2024 - SCHEDULE

| Item | Date | Rmarks |
|--|---|---|
| Last date for Receiving Nominations | 30-4-2024 7 pm | Already declared |
| Last date for withdrawal of nominations | 10-5-2024 7 pm | Already declared |
| Date of scrutinising the nominations | 11-5-2024 5.15pm | Proposed |
| Date of submitting Ballot paper with final nominations together with Rules of Polling to Editor-KS Magazine and for WhatsApp /Facebook | 17-5-2024 | For publishing Notice in June issue of KS Magazine along with Ballot paper (Sample given on last page) |
| The date and time for polling; For polling in person | Sunday 14-7-2024 9.30am to 5.30pm (Proposed) | After allowing full month of June for reaching the KS Magazine the above Notice could be repeated in July issue as a reminder |
| Online | From 14-7-2024 to 21-7-2024 (Proposed) | A separate Returning Officer will be selected to handle online Ballot in coordination with NSDL/CDSL (as the case may be) |
| The location of ballot boxes for casting the vote by dropping the ballots in ballot boxes in person | Only at KSA Office Talmakiwadi (additional locations may be decided by the MC, if reqd) | Ballot paper will be issued against photo id at the Location |
| The date and time for counting of the votes | Sunday 28-7 2024 10 am | At KSA Office – Conference Room to be assisted by Admin staff in Office room |
| Election Committee and Returning Officer(RO) | For conducting smooth Election | Names to be decided |
| Declaration of Results | At the AGM | As per Agenda item of AGM |

Hon. Secretary (KSA)

PLEASE NOTE:

- All KSA members (who have not registered their email ids with KSA) are requested to kindly register the same by sending an email to elections2024@kanarasaraswat.in.
- This email must be sent from the email id that they wish to register and the body of the email must mention the email id; Member's full name, address and mobile number.
- ONLY MEMBERS WHO HAVE REGISTERED THEIR EMAIL ADDRESS WILL BE ELIGIBLE TO CAST THEIR VOTE ONLINE.
- Registration of email IDs must be done between 5th April 2024 to 30th June 2024.



From the President's Team

Dear Members and Readers

The month of March was memorable for the Kanara Saraswat Association. I am sure that you all enjoyed either playing HOLI or celebrated the eternal, divine love of the deities Radha and Krishna. It was a day to celebrate the triumph of good victory of Vishnu as Narasimha over Hiranyakashipu. During this Holi season, at KSA we organized a musical programme spread over two Sundays - 'SURON KE RANG HOLI KE SANG' - on 24th and 31st March. On each day, 25 duet songs sung by our talented singers provided a musical treat to our ears, even though it was online. The KSA team worked very hard to make this event successful. No doubt, the credit goes to the singers as well as the viewers.

Following this, starting in April, we had a programme for Senior Citizens on Sunday, 7th April, where nearly 116 Senior Citizens attended and enjoyed the company of their age groups. I also attended the program and experienced the energy of Pachchis and Maams – one of the Pachchi was over 100 years young, and we honored all those who were 80 years and above. Many of them travelled from in and around Mumbai, Navi Mumbai, and Pune to attend and participate in singing, dance, games, etc.

On 13th April, we honored five dynamic women on the occasion of International Women's Day. They were stalwarts and excelled in each of their domains viz. – Women Empowerment through Education (Ms. Aarati Savur), Contribution in Medical Research (Dr. Shobha Udipi), Mentoring the Life Long Learners (Dr. Suman Mundkur), Women Empowerment in Life Science (Dr. Bharati Nadkarni), Ms. Aditi Gangoly (Outstanding contribution in the field of Senior Care) and the chief guest for this occasion was Mrs. Maitreyi Sanadi (an Experienced Banker).

Now our new financial year for finance and commercial purposes started from 1st April. But for us, as a community, it is the 9th April, Ugadi (Gudi Padwa), which is the beginning of New Year. The new Krodhinam Samvatsar has begun along with Chaitri Navaratri which falls in Chaitra Month. As you all know, it is a nine-day festival dedicated to the worship of Maa Durga and her nine incarnations of Goddess Shakti. It is also known as Vasant Navaratri and believed that each of the nine forms of Maa Durga is associated with a different colour that is considered auspicious. I am sure you all got the blessings from Maa Durga.

On the ninth day of the first month of the Hindu calendar, we celebrate the birth of Lord Rama who is an incarnation of Lord Vishnu.

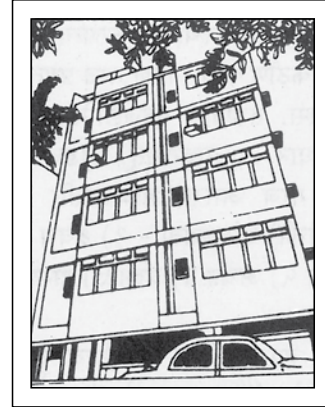
I can only say that we are all lucky to be born in such a wonderful world / association of all people and have been experiencing / getting blessings from all the Gods / Gurus on each of these festivals.

While you have all been enjoying the various events related to music, games as mentioned above, our main activity is also to provide educational, medical, and distress relief, etc. I appeal to each one of you to be part of this association by becoming a member as well as by contributing to this good cause. Your contribution in terms of articles in our KANARA SARASWAT magazine is also appreciated.

I take this opportunity to wish you all the best for HAPPY AND HEALTHY SAMVATSAR YEAR "KRODHINAM".

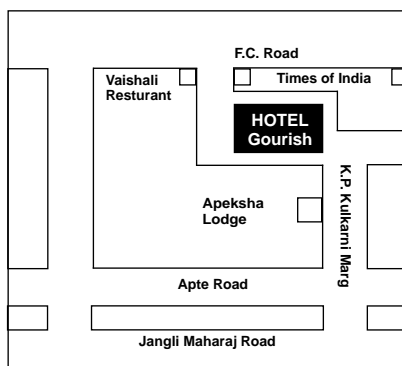
Uday Gurkar

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The Editor's Column

Dear Readers,

May is when mangoes of all shapes and sizes, across various price points, start making their appearance. With children and adults showing their preference for this 'king of fruits', the sale of the perennial favourite, Alphonso, starts zooming despite the high prices. While all of you enjoy this seasonal delicacy, let us bring you up to speed on the contents of this issue.

Our cover features the annual celebration of International Women's Day by KSA, wherein, women achievers from our community are felicitated for their outstanding contributions in their respective fields. We suggest that one watches the video of the online felicitation and hear firsthand, how the five deserving recipients have achieved what they did. Here is the link: https://www.youtube.com/live/RKzxTU7gdzA?si=mglaNMhgKgsO_Trb Pride of all Aamchis, Pandit Nityanand Haldipur was conferred the T. Chowdayya Rashtriya Prashasti Patra Award for 2022-23, by the government of Karnataka in January this year. We bring you a profile of this veteran musician from our community, who is considered a legend amongst Bansuri players.

Shankar Mallapur, the IT veteran and high-performance life coach advises on how to make better and objective decisions. Incidentally, he recently bagged his 4th US patent in Artificial Intelligence as a co-inventor. We will get to know more about it soon, in one of our forthcoming issues.

Aseem Hattangadi, an avid traveller and foodie, takes us on a journey around Mumbai in quest of the best South Indian breakfast. Do read through his mouth-watering descriptions that might make you rush to the nearest South Indian food joint!

Our editorial team member Bhakti Ullal brings us an interview with Ahana Gulwadi, an architect who was inspired by a senior's project on the wetland ecosystem and land restoration on his 10-acre land which was adjacent to the Thol Lake Bird Sanctuary near Ahmedabad in Gujarat.

Continuing the second and concluding part of undersea heroes – our Aamchi Submariners, Maj. Gen. B.N.Rao shares the profiles of Capt. Chinmaya D. Kallianpur, Cdr. Ravindra M. Harite and Surgeon Cdr. Chaitanya S. Kodange.

Prashant C. Trikannad, a veteran journalist formerly, who is now a content writer and an avid blogger along with his wife Parizad, takes us briefly down memory lane into the 60s and 70s of Mumbai, in his piece, 'Dhairyak Bread.' In those days, plain bread would be the perennial standby or go-to meal of the rising middle class. He later interprets 'Dhairyak Bread' as a metaphor for dealing with a crisis and a valuable lesson in simplicity.

The younger generations in our community would not be aware of many of the stories that have become metaphors of familiar human behaviour. Usha Aroor brings us this light piece on how some of these metaphors came to be coined, like - Venk Panambur and Kudubian Javain.

With the summer vacations currently on, we have a quiz for the kids on Cartoon and animated characters compiled by Vaishali Heblekar and yet another one for all ages, by Indukanth Ragade.

This month's Parisevanam chronicles Atul Rao's journey in seva that commenced in 1997 and continues to this day.

The North Eastern States of India is where we go this time with Anjali Burde to check out their culinary delights.

Renowned veteran photographer, Kishore B. Jothady narrates a personal experience of a strange kind that he underwent in the mid-80s for which he still cannot find a rational answer.

Indukanth Ragade writes on the research undertaken to determine that the Ghaggar River is the original Saraswati River.

Before ending this column, I wanted to share an important bit of information. Our editorial team receives regular inputs to be included in the Domestic Tidings, in good faith, from various well-wishers. Henceforth, we have decided that only official communication from the concerned family will be taken up for publication. Readers may kindly take note.

Ramkishore.M.Mankekar

KSA's 18th International Women's Day Celebrations

- ASHWINI PRASHANT

KSA's 18th annual programme for felicitating Women Achievers from our community was held online on 13th April, 2024 as part of the International Women's Day celebrations.

Mrs. Usha Surkund began the proceedings by reciting the Sabha Prarambh Prarthana. She then welcomed everyone including the Chief Guest, Mrs. Maitreyi Sanadi, and the five distinguished women achievers - Mrs. Aditi Gangoly, Dr. Suman Mundkur, Dr. Bharati Nadkarni, Mrs. Aarati Savur and Dr. Shobha Udipi.

Mr. Kishore Masurkar, President, KSA then addressed the participants. He mentioned that it was indeed a matter of pride that women from our Chitrapur Saraswat Community have excelled in all fields including business, social work, sports, etc. He congratulated the women achievers and stated that they were the true role models for the younger generation of Aamchi girls.

Mrs. Ashwini Prashant, Hon. Secretary, KSA thanked Mr. Kishore Masurkar for his inspiring speech. She then gave a brief background of International Women's Day and then informed the online gathering that the Chitrapur Saraswat Mahila Diwas or KSA International Women's Day was initiated in KSA by social worker (late) Prof. Kalindi Muzumdar when she was the KSA President in 2007. On this day, KSA honours talented Aamchi women achievers who have excelled in their respective fields. From 2007 to 2023, KSA has honoured 92 women achievers as well as one institution, Samvit Sudha

Mrs. Ashwini Prashant then introduced the Chief Guest, Mrs. Maitreyi Sanadi as well as the five women achievers. The Chief Guest honoured each woman achiever by virtually presenting them with a Memento. Later, she invited the Chief Guest as well as the five women achievers to share their experiences.

Chief Guest Mrs. Maitreyi Sanadi emphasized gender equality and hoped that we progress to such a world where every woman is valued and her achievements are celebrated. She said it was not easy for women to manage outside as well as inside the house. Despite these challenges, the woman excelled as she multi-tasked, and it was

important to have a work-life balance.

Each of the women achievers then recounted their journey and shared their recipe for success in their respective fields. They spoke of the obstacles that they encountered and how they overcame them to reach the heights of success. They spoke of their family members' support and love, which further gave them the encouragement and motivation to achieve more.

The online programme concluded with Mrs. Smita Mavinkurve's Vote of thanks and the Sabha Samapti Prarthana.

We give below the profiles of the Chief Guest and all the awardees and congratulate them on their unique achievements. They have truly shown how women can reach great heights of success.

Chief Guest, Mrs. Maitreyi Sanadi

A B.Sc (Hons) from Delhi University, she is a Certified Associate of the Indian Institute of Banking as well as a Licentiate in General Insurance from the Insurance Institute of India.

She joined the State Bank of India as a Probationary Officer and completed more than 34 years in various assignments in India as well as in Japan, where she was posted for over 3 years.

Her journey from junior-level management to top executive grade covers her role in various fields in banking including Corporate Credit, Risk Mgmt., Retail Banking, HR, Learning & Development, Internal Audit and Gen. Insurance.

Post her retirement, she was elected to the Board of SVC Co-op Bank in June 2018. She continues to serve on various Board Committees viz. Loans, Finance & accounts, IT, Risk & Compliance, etc. She is also the Chairperson of the Audit Committee.

She is very passionate about encouraging young women to pursue their careers while maintaining work-life balance, as well as mentoring the youth in soft skills.

She is currently associated with an NGO, Team Everest. This NGO provides quality education to underprivileged children through its volunteers. One of the initiatives by Team Everest is called Speak Out, wherein volunteers guide students

(especially underprivileged girls) through phone calls to improve their English communication skills.

Ms. Aditi Gangoly – Outstanding Contribution in the field of Senior Care

She has a postgraduate degree in Physical Science and has undergone formal training in Counseling from IC3 and Cambridge International. Her background in academics and decade-long tenure as one of the lead members at Podar International School has helped her to bring her experience in education and administration to her current role.

She is dedicated to the well-being of senior citizens and has channelled her passion for social service into founding Nyaasah Care, which is a pioneering organization focused on senior care. Nyaasah Care is built upon four key pillars: Empathy, Engagement, Entertainment, and Emergency services Understanding the challenges of senior citizens staying alone and the need for essential care services for them, Aditi Gangoly and her team have made it their mission to bridge the gap between generations. They provide comprehensive care services tailored to each senior's specific needs, all within the comfort of their own homes

As the wife of a defence officer, Aditi Gangoly has also been involved with the Army Wives Welfare Association, which is India's largest NGO dedicated to supporting soldiers' families and empowering army wives.

Dr. Suman Mundkur – mentoring the Life Long Learners

She has a B.Sc Degree in Home Science from M.S. University of Baroda, Vadodara, and also holds an M.Sc and Ph.D. from Mumbai University.

She is a Research Consultant with Academic Research Consultancy Services and provides research and publication assistance to students, researchers, academicians, and lifelong learners.

She is a visiting Faculty for M.Tech students at ICT Mumbai and a Ph.D. research Co-Guide at Amity University, New Panvel. She delivers Guest lectures at Amity University, National Institute of Fashion Technology NIFT, Mumbai, and conducts webinars. Before retiring, she was an Associate Professor at the Department of Textiles and Apparel Designing, Sir Vithaldas Thackersey College of Home Science (Autonomous), S.N.D.T

Women's University, Juhu, Mumbai.

She has authored two books on Research, and has over 40 Journal article publications. She has presented research papers at National and International Conferences in Melbourne, Istanbul, Mauritius and Brunei.

She was felicitated by Canara Bank in March 2018, for her contribution to the Textile industry. She has been granted a patent for product and process on 'Flexible Packaging blanket/Sheet and Method Thereof' in March 2022. She was invited as a Speaker at Faculty Development Programmes at Institute of Chemical Technology, Mumbai, Indian Institute of Carpet Technology, Badhoi and as a Key-Note speaker at the International Conference on Indigenous Practices organised by MS University of Baroda, Vadodara in 2024.

She has won many awards and recognitions including Excellence in Research Category (Science and Technology) from Maharashtra, Women Researcher Award from REST Society for Research International in June 2020, Silver Medal by Society of Dyers and Colourists UK at York, Star Researcher Life Gold Ambassador India for Cactus Communications, Seattle, USA, etc.

Dr. Bharati Nadkarni – Women Empowerment in Life Sciences

After obtaining a Master's degree in Pharmacy, Dr. Bharati Nadkarni did her PhD in Pharmaceutical chemistry and joined the Intellectual Property team at Sun Pharma, India's largest pharma company. She grew with the company and gathered expertise in pharma IP – she rose to be the Global Vice President (IP litigation and portfolio planning) at Sun Pharma.

After 19 years at Sun Pharma, she founded Appropriate IP Services in Aug 2019, which is based on her experience of over two decades in designing and managing global IP strategies for pharmaceutical products. She has vast experience spread across brand and generic products, including patent design-around strategies, patent challenges, and IP creation. At Appropriate IP Services, Bharati and her team provide support to pharma companies and law firms on matters related to patents, and overall business strategy.

Her firm prides itself in being a 100% women's organization - she hires qualified, experienced women who have been compelled to take a career break because of family reasons as well as those who need flexibility to handle their children

and families. Currently, the firm has four post-graduate women handling various complex IP matters for its clients.

She has received the following Awards: 3rd Annual Women Leaders in Life Sciences Empowerment Award by the American Conference Institute in Boston, USA in Jul 2018, and IPR Leadership Award for Excellent Contribution in the Field of Patents from Niti Aayog and Social Talks in February 2020.

Ms. Aarati Savur – Women Empowerment through Education

Ms. Aarati Savur (who has a Master's degree in Science – Botany, as well as an MA in Drawing and Painting) is a passionate educationist, an artist, a motivational speaker and a life coach, who has a rich experience of 30 years in the field of education and corporate world.

She left a successful corporate career and since 2013, she is the CEO of Parisar Asha, a Mumbai based NGO since 1982, which is a Centre for Educational Research and Training, Mumbai - 'Right to Right Education for all' is the motto, irrespective of caste, community, gender and economic conditions. Parisar Asha works with all socio-economic educational institutions, including minority communities, as per guidelines of the UN's sustainable developmental goals

Parisar Asha works in creating awareness about the environment and mental health and on various social projects for girl child and women empowerment. Aarati Savur believes in bringing continuous innovation to the education system – and this she has achieved through various innovative projects, such as Eco-tech World School Programme, Free parenting helpline to address mental health issues by mental health professionals, innovative workshops for students by expert trainers, capacity building workshops and training programmes for teachers, and free parenting programmes for parents for a sustainable tomorrow.

In the last 11 years, these programmes have benefitted 3500 schools, 5 lakh students, 4 lakh families, and 15000 teachers. She has been honoured by many institutions for her work during the Pandemic - Parisar Asha started many free online initiatives to continue education for the lower income group students such as free Spoken English, study circle, art and theatre enrichment, reading club. She introduced special webinars on

mental health during Pandemic.

She was the executive chairman of the 'Womens Movement for Peace and prosperity' (WMPP) initiated by the Times group. Recently she has been featured in Times of India's Coffee Table book WINGS - Women Inspiring next generation stalwarts. She was also a member of the Anti-sexual harassment committee for women and children for Maharashtra Police State Intelligence Department.

Under her leadership Parisar Asha has won many prestigious awards 'Reimagine Learning Challenge Pacesetter' by the Lego Foundation and Ashoka Changemakers, the Global NGO Award 2016 by the world CSR congress for outstanding contribution to education for sustainability, 'The Global Giving Award' in the category - Innovation in Education, at Dubai, India Sustainability Leadership Award - Certificate of merit – 2018.

Aarati Savur has individually also won many awards and recognitions like Amity University's Women's excellence award 2022, Indian Achievers Club for 99 Indian Women Achievers Award '21, CAIT Women Entrepreneurship Award '21 by the Federation of All India Traders, 'Leadership Award 2020' by Jamnalal Bajaj Management Institute, 'Maharashtra Guru Gaurav' award, Women leadership excellence award in NGO and philanthropy by CMO Asia, at Singapore for her outstanding contribution in the field of education and many more.

Dr. Shobha Udipi – Contribution in Medical Research

Dr. Shobha Udipi completed her M.Sc. (Foods and Nutrition), at SNDT Women's University and obtained PhD in Foods and Nutrition as well as her postdoctoral fellowship from Purdue University USA under the guidance of Dr. Avanelle Kirksey.

She was a Professor in the Department of Food Science and Nutrition, SNDT Women's University and then became Head of the Department in 1998, from where she retired in 2016. In SNDT she has guided 20 successful PhD students and is currently guiding 3 students. No wonder then that she was awarded the Best Teacher Award by Govt of Maharashtra in 2013.

She was past National President of - Indian Dietetic Association; Hon Director of Integrative Nutrition and Ayurceuticals, Medical Research Centre Kasturba Health Society; Professor

Emeritus, University of Trans-Disciplinary Health Sciences and Technology, Bengaluru.

She has been the Principal Investigator for 56 projects supported by the Ministry of Health and Family Welfare, University Grants Commission, Department of Biotechnology, UNICEF and International Development Research Centre (IDRC), Canada, Harvest Plus, and the Almonds Board of California.

She has also worked extensively in community development programmes for urban development and training under Govt. of Maharashtra's development programmes. She worked in one of the largest slums in Mumbai for 10 years and coordinated various training programmes of Govt of Maharashtra.

Her areas of interest are Maternal and Child Nutrition and Health, Nutrition and Health Education, Clinical Nutrition with focus on Cancer, Diabetes, and Obesity, and many more.

She has many Publications to her credit: 86 Research Papers in National and International Journals; 9 Chapters in Books; 5 Books; 51 Research Projects undertaken including industry (with 512 citations and 6188 reads)

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Karnataka government honours Bansuri exponent Pandit Nityanand Haldipur

Pandit Nityanand Niranjana Haldipur was conferred with the prestigious T.Chowdayya Rashtriya Prashasti Patra Award on January 31st, 2024 at a glittering event at the Ravindra Kalakshetra in Bengaluru. This award was for 2022-23, and hence a rather belated, but befitting 75th birthday gift for this eminent exponent of the Bansuri and pride of all of us Aamchis!

Born on 7th May 1948, into a spiritually inclined family in Bombay, Nityanand's musical journey began under the guidance of his father, the late Shri Niranjana Haldipur, who was a disciple of the renowned flute maestro, Pandit Pannalal Ghosh. The captivating sounds of the Bansuri captured his heart from an early age, setting the stage for his musical odyssey. Thanks to his father's prodding and encouragement, Nityanand at a very young age had the extraordinary opportunity to receive tutelage from the legendary flute maestro Pandit Pannalal Ghosh.

Over the years, his formal training continued under the tutelage of the late Pandit Chidanand Nagarkar and Pandit Devendra Murdeshwar. However, in 1986 when Ustad Allaaddin Khan Saheb's daughter Padmabhushan Vidushi Smt. Annapurna Devi, the doyenne of the Senia-Maihar Gharana, accepted him as her disciple, and he underwent a transformative phase. Under her **Talim**, his talent blossomed, acquiring depth, maturity, and a new dimension.

Pandit Nityanand's Bansuri playing is characterized by polished tonal grace, rhythmic elegance, and profound expression. The result of his continuous advanced training and refinement under Smt. Annapurna Devi, adheres to the esteemed traditions of the Senia-Maihar Gharana, known for producing virtuosos like Ustad Ali Akbar Khan and Pandit Ravi Shankar.

His dedication and finesse, combined with rigorous practice, have allowed him to absorb the pure, beautiful, and dignified aspects of Hindustani classical music. Pandit Nityanand's renditions, whether the serene *Dhrupad-ang alaps* or the lively *Drut* compositions have received acclaim from audiences and critics worldwide for their imaginative and haunting quality.

Pandit Nityanand's performances are marked by unexpected, sweet, and breathtaking improvisations. An eclectic musician, he explores

various styles and cultures, from pure classical to experimental fusion. As a senior artist of AIR and Doordarshan, he has participated in prestigious events such as the National Programme of Music and the All India Radio Sangeet Sammelans.

He has performed overseas in East European countries, at the SAARC Festival, the Apna Utsav series, the Ney Festival in Iran, the India Festivals in Paris and Sweden, the Darbar Festival in London, and the International Music Festival in Japan.

Pandit Nityanand's career is adorned with a plethora of remarkable performances and concerts that have left an indelible mark on the world of music. His stage presence and unparalleled command over the flute have enthralled audiences across the globe.

He has also graced renowned music festivals, such as the Music Festival in India and the World Music Festival in five European countries under the aegis of the ICCR. His performances at these esteemed platforms have showcased his versatility and deep understanding of various musical traditions.

Pandit Nityanand has composed music for several radio shows and wellness programs like spiritual healing therapy, stress management, and the art of relaxation. He has collaborated with musicians of different genres like Robert Giannetti.

During his illustrious career spanning over four decades, he has bagged countless accolades and awards, some of which are given below.

As Pandit Nityanand Haldipur enters his 77th year on the 7th of May this year, KSA wishes him all the very best in the years to come.

Awards and Accolades:

Sangeet Natak Akademy, Govt. of India, New Delhi: Highest award for contribution to music

Tansen Award – Govt. of Madhya Pradesh

T.Chowdayya Rashtriya Prashasti Patra award - Govt. of Karnataka

Dr. Mallikarjun Mansur National Award - Govt. of Karnataka

Swara Sadhna Ratna: Swarasadhna Samiti

Lifetime Achievement Award: Sahara International

Lifetime Achievement Award: Swarankur Mumbai

Fellowship: Sanskritik Foundation New Delhi

Bharat Gaurav: Odisha Akademy of Tribal Culture Research & Arts

Venu Ratna: Amulya Jyoti Foundation - Pune

Jadubhatt Award: Salt Lake, Kolkata

Chaturang Pratishthan Puraskar – Mumbai

How to take better decisions

- SHANKAR MALLAPUR

In life we need to take many important decisions. We get so involved in many situations, where it becomes difficult to take objective decisions.

It may be some challenge at work or some conflict of interest in your family or making a major decision, with long term impact. One technique that works very well, is looking at the decision from a third person perspective.

Many political and social leaders often refer to themselves in the third person. It may seem odd and a bit silly to us. Scientific research indicates that imagining yourself in the third person, as though you can visualize an image of yourself in a situation, has several benefits.

You could even be the proverbial 'fly on the wall'. In Neuro Linguistic Programming (NLP) terms it is called 'dissociation'. Psychologists use the ancient terms 'illeism'. This technique was also mentioned by ancient philosophers.

We become less emotional about the situation, to find more sensible and objective solutions to the challenges confronting us. This leads to making better decisions and eventually provides a better quality of life and social interactions.

Let me also bring forward the caveat that in some other situations, when you want to recollect a happy or desired state of mind, you may want to use the opposite effect of 'association'. In such cases, you are physically and mentally sensing and feeling yourself in that particular happy or desired situation.

The next time you want to make an important

Letters to the Editor

Dear Editor,

The programme, 'Suron ke Rang, Holi ke Sang' on 24th March was superb.

I could not believe that 'Amchis' have so many of them who could sing duets so well. Each pair performed brilliantly.

Kudos to KSA for organising and I am looking forward to the second part on 31st March.

The compere Shiva Gulvady has been excellent in his presentation.

Pradeep Nadkarny

Chandivali-Powai

decision in an objective manner, try dissociating yourself from the situation.

Many such useful techniques can be used to improve your decision making capability.

Is something holding you back from taking an important personal decision? Should you need any support or help in taking decisions where you are stuck, do send me an email. I would be happy to help.

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Shop No 4, Andrea Apartment Off Azad Road
Vile Parle East, Mumbai- 400057

A Taste of South India in Mumbai!

- ASEEM HATTANGADI

Mumbai, a melting pot of cultures, is more often than not overlooked when it comes to traditional South Indian food, be it breakfast or snack items or a full-fledged meal. However, if one is game to go exploring, then I guarantee you a South Indian culinary paradise that one wouldn't have dreamt of!

Mumbai offers a delightful variety of South Indian cuisine through these iconic restaurants:

Matunga Magic: Matunga, a hub for South Indian food, boasts several gems. Cafe Madras is legendary for its filter kaapi (coffee) so much so that even while you wait your turn to be seated outside the restaurant, you can bide your time by sipping on a steaming cup of this heavenly brew. The Ulundu Dosa that comes with a fragrant sambar (not the sweet version, but the real deal) with a variety of vegetables, coconut chutney, and a molagapodi bathed in ghee! The cotton-soft idlis and crispy medu wadas with the same accompaniments, the ragi dosa and the Mysore Pak which is slightly warmed on the hot tawa give it a nice crisp edge with its soft interior are also good to try out there.

Arya Bhavan, another favourite, is known for its soul-satisfying Bisi Bele Bath with a spoon of ghee on it accompanied with papad, curd and pickle and the Mysore Masala Dosa. Don't miss the legendary Ramashray, where you have long queues outside the establishment right from 5 am - I am not joking! Almost everything here is amazing and let me tell it may be my bias, but I am sure anyone who has eaten will vouch for this. Let it be the regular idli and wada sambar with coconut chutney, the Rava Dosa, Masala Dosa, Ghee Dosa, and the other things that are very traditional to Karnataka like Goli Bajji, Mangalore Buns, and the amazing Pineapple Sheera and Mysore Pak. Do not miss the Paan Beeda made in the typical South Indian way, that you can pick up off the counter, priced at a paltry INR 10 per piece!

Beyond Matunga: The South Indian culinary journey extends beyond Matunga. Mani's Lunch Home in Chembur is a beloved institution, offering traditional fare at affordable prices. Their Rava masala dosa is a must-try. For a taste of Kerala, head to Nambiar's Kerala Kitchen in Juhu or Kerala House in Vashi. Both showcase the unique flavours of Kerala on a banana leaf. When you head to Vile Parle East, make sure you enjoy the amazing delicacies at Arya Bhavan situated just a few minutes away. The mesmerising fragrance of the food coupled with incense sticks is enough to lift you into a heady trance. They have two large oil paintings of the fabled wedding that had taken place in Madurai between Meenakshi (Parvati) and Sundareshwar (Shiva), along with all the deities and demi-gods. The things to enjoy here are the Onion Rava Dosa, Rasam Wada, Ghee Podi Dosa, Podi Idli, and the fragrant filter kaapi (coffee). Here too, you can enjoy the Paan Beeda off the counter as you leave.

Upscale Delights: If you're looking for a more contemporary take on South Indian cuisine, check out Dakshinayan. This restaurant offers a sophisticated ambience while staying true to South Indian flavours. Dakshinayan offers a taste of Chettinad cuisine, known for its bold flavours and fiery spices. Thangabali in Mahim specialises in the coastal delights of Tamil Nadu and Kerala, featuring fresh seafood and coconut-based curries. The Tanjore Tiffin Room in Bandra West, serves up a wider range of South Indian classics from fluffy idlis and aromatic dosas to comforting sambar and filter coffee. Their fragrant and flavourful rasam is something to look for, accompanied by pappadams. Each restaurant promises a delicious and traditional South Indian experience.

So, as you can see, nothing is impossible! As the famous saying goes, 'Dhundne se Khuda bhi mil jata hai.' The next time some visitor says you cannot get good South Indian food in Mumbai you know where you can take them!



KOḌĪĀL CHĀTURMĀSA – 2024

INVITATION

28th

Chāturmāsa Vratam

Krodhī Saṁvatsara

by

**H.H. Shrīmat Sadyojāt
Shaṅkarāshram Swāmījī,
Mathādhīpati**

of

**Shrī Chitrāpur Math
Shirālī**

Uttara Kannaḍa District, Karnāṭaka

21-07-2024 Sunday, Āshādhā-Pūrṇimā
(Vyāsapūrṇimā / Gurupūrṇimā)

to

18-09-2024 Wednesday, Bhādrapada Pūrṇimā
at

Shrī Chitrāpur Math

Shrī Vāmanāshram Samādhī Math

Gaṇapathy Temple Road, Maṅgaḷūru – 575 001 D.K.

KODIĀL CHĀTURMĀSA COMMITTEE – 2024

Shrī Chitrāpur Math

Shrī Vāmanāshram Samādhi Math

Gaṇapathy Temple Road, Maṅgaḷūru – 575 001. ☎ 0824–242 7212 / 2441 677

E: kodialchaturmasa2024@chitrapurmath.net.in

Jai Shaṅkar, Sādhaka-s

H.H. Shrīmat Sadyojāt Shaṅkarāshram Swāmījī, Mathādhipati, Shrī Chitrāpur Math, Shirālī have graciously consented to observe Their **28th Chāturmāsa Vratam** in the Hallowed Precincts of Samādhi Math, Maṅgaḷūru from **21st July 2024** to **18th September 2024**.

You are cordially invited to attend all the functions with your family and friends and receive the blessings of Lord Bhavānīshaṅkar, our revered Guruparamparā and H.H. Swāmījī.

We look forward to your enthusiastic co-operation and participation in large numbers in all the functions to make this Chāturmāsa a memorable and unforgettable event. Please refer to the list of Special Sevā-s on page 5 and book your Sevā-s.

————— **Conveners** —————

Yellore Rāmkishore Rāo

Bhavānī Shaṅkar Kaṇḍlur

AND COMMITTEE MEMBERS

PROGRAMME

SATURDAY, 20TH JULY 2024

| | |
|---------|--|
| | Purapravesha |
| 6.30 pm | Arrival of H.H. Shrīmat Sadyojāt Shaṅkarāshram Swāmījī from Shirālī. Receiving H.H. Swāmījī at Lower Carstreet with Vedaghoshā and escorting H.H. Swāmījī in procession to Samādhi Math. |
| 7.00 pm | Arrival of H.H. Swāmījī at Samādhi Math. Pādaprakshālana, Pūrṇakumbha Swāgata with Vedaghoshā. Dhūl bheṭ Welcome Song Welcome Speech by Convener, Chāturmāsa Committee Āshīrvachana by H.H. Swāmījī |
| 7.30 pm | Dīpanamaskāra |
| 8.00 pm | Rātri Pūjā with Ashtāvadhāna Sevā |
| 9.00 pm | Prasāda Bhojana |

SUNDAY, 21ST JULY 2024

| | |
|------------------|--|
| 8.00 am | Sāmūhika Prārthanā |
| 9.00 to 11.30 am | Maṇḍala Pūjā & Shrī Vedavyāsa Pūjā by H.H. Swāmījī |
| 12.00 pm | Mahāpūjā, Maṅgalārātī |
| 12.15 pm | Welcome address by Convener Dharmasabhā Āshīrvachana by H.H. Swāmījī Shrī Pādukā Pūjana by Conveners of Chāturmāsa Committee & laity Tīrtha Vitarāṇa Paṭṭakāṇikā Arpaṇa Shrī Bhikshā Sevā Prasāda Bhojana |
| 7.00 pm | Dīpanamaskāra |
| 8.00 pm | Rātri Pūjā with Ashtāvadhāna Sevā |
| 9.00 pm | Prasāda Bhojana / Phalāhāra |

DAILY PROGRAMME

Special programmes will be announced on specific days

| | |
|------------------|--|
| 6.00 a.m. | Shrī Bhavānīshaṅkar Suprabhātam |
| 8.00 a.m. | Gāyatrī Anu <u>sh</u> thāna |
| 9.00-11.00 a.m. | Sādhanā Pañchakam |
| 11.00-11.45 a.m. | Bhajana Sevā by Sādhaka-s |
| 12.00 p.m. | Mahāpūjā, Maṅgalārati |
| 12.30 p.m. | Shrī Pādūkā Pūjana*, Tīrtha Vitarāṇa, Shrī Bhik <u>sh</u> hā Sevā * |
| 1.00 p.m. | Prasāda Bhojana |
| 3.00-4.30 p.m. | Guruparamparā Charitra Pa <u>th</u> ana and Vimarsha by Sādhaka-s |
| 5.00-6.30 p.m. | Cultural programmes by Sādhaka-s |
| 7.00 p.m. | Dīpanamaskāra Shiva Pūjana / Devī Pūjana by H.H. Swāmījī |
| 8.00 p.m. | Maṅgalārati followed by A <u>sh</u> tāvadhāna Sevā |
| 9.00 p.m. | Prasāda Bhojana / Phalāhāra |

Note: **Shrī Pādūkā Pūjana & Shrī Bhikshhā Sevā can be performed on Thursdays and Sundays.

CHĀTURMĀSA VRATA SAMĀPTI PROGRAMME

Wednesday, 18th September 2024

| | |
|----------------|---|
| 6.00 a.m. | Shrī Bhavānīshaṅkar Suprabhātam |
| 8.00 a.m. | Gāyatrī Anu <u>sh</u> thāna |
| 9.00-11.00a.m. | Sādhanā Pañchakam |
| 11.30 a.m. | H.H. Swāmījī performs Pūjana at H.H. Shrīmad Vāmanāshram Swāmījī's Samādhī |
| 12.00 Noon | Mahāpūjā, Shrī Pādūkā Pūjana, Tīrtha Vitarāṇa, Shrī Bhik <u>sh</u> hā Sevā followed by Prasāda Bhojana |
| 5.30 p.m. | Gaṅgā Pūjana at Sultān Battery on river bank Sīmollaṅghana by boat to Taṅṅirubāvi and back |
| 7.00 p.m. | Route: Shobhā Yātrā starts from Gaṇapathy High School, GHS Cross Road, Srī Rām Mandir, Temple Square, Field Street, Doṅgerkery Veṅkaṭramaṅā Temple, New Chitrā Talkies, Basavanaguḍi Road, Chāmara Galli, Lower Car Street, Car Street, Temple Square and back to Samādhī Ma <u>th</u> |
| 11.00 p.m. | a) Pādūkā pūjana by Convener and President, Standing Committee b) Ābhāra-pradarshana and K <u>sh</u> hamāyāchanā by Convener c) Sambhāvanā to Vaidika-s d) Address by President, Standing Committee e) Āshīrvachana by H.H. Swāmījī f) Prasāda Bhojana / Phalāhāra |

SEVĀ-S DURING CHĀTURMĀSA – 2024 MAṄGAĪURU

SPECIAL SEVĀ-S

| Sl. No. | Sevā Name | Contribution |
|---------|---|--------------|
| 1. | Mahā Poṣhaka (Shiyāīābhisheka at H.H. Shrīmad Vāmanāshram Swāmījī Samādhi Sannidhi, Sevā at Shrī Kṛṣṇa Sannidhi, Sevā at Shrī Umāmaheshwar Sannidhi, Sevā at Shrī Dattātreyā Sannidhi, Santarpaṇa Sevā, Shrī Pādukā Pūjana & Shrī Bhikṣhā Sevā + Memento) | ₹50,000 |
| 2. | Poshaka (Shiyāīābhisheka at H.H. Shrīmad Vāmanāshram Swāmījī Samādhi Sannidhi, Sevā at Shrī Kṛṣṇa Sannidhi, Sevā at Shrī Umāmaheshwar Sannidhi, Santarpaṇa Sevā, Shrī Pādukā Pūjana & Shrī Bhikṣhā Sevā) | ₹25,000 |
| 3. | Yajamāna Sevā (Shiyāīābhisheka at H.H. Shrīmad Vāmanāshram Swāmījī Samādhi Sannidhi, Sevā at Shrī Umāmaheshwar Sannidhi, Santarpaṇa Sevā, Shrī Pādukā Pūjana & Shrī Bhikṣhā Sevā) | ₹15,000 |
| 4. | Sevā Kartā (Shiyāīābhisheka at H.H. Shrīmad Vāmanāshram Swāmījī Samādhi Sannidhi, Santarpaṇa Sevā, Shrī Pādukā Pūjana & Shrī Bhikṣhā Sevā) | ₹10,000 |
| 5. | Santarpaṇa Sevā (Santarpaṇa Sevā, Shrī Pādukā Pūjana & Shrī Bhikṣhā Sevā) | ₹5,000 |
| 6. | Upāhāra Sevā (Breakfast, Shrī Pādukā Pūjana & Shrī Bhikṣhā Sevā) | ₹3,000 |
| 7. | Sarva Sevā at MaṅgaĪuru (All Sannidhi Sevā at Samādhi Math and Shrī Umāmaheshwar Temple, MaṅgaĪuru) | ₹700 |

DETAILS OF ACCOUNT OF KOḌĪĀL CHĀTURMĀSA COMMITTEE 2024

| | |
|------------------------|---|
| Name of Beneficiary | : Kodial Chaturmas Committee - 2024 |
| Name & Address of Bank | : SVC Co-op Bank Ltd. GHS Road Branch, Mangalore-575001 |
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Note: Overseas sādha-s may send their queries to the Donor Facilitation Cell at scm.donor.cell@gmail.com

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| Reception & Sevā Committee | : Girīsh Kāpnāḍak | ☎ 9113690141 |
| Accommodation & Hospitality | : Maṅgaldās Gulvāḍy | ☎ 9448858557 |
| Cultural Committee | : Devdās Nāgarmat | ☎ 9886316055 |

Conveners

Yellore Rāmkishore Rāo
+91 9448144302

Bhavānī Shaṅkar Kaṅḍlur
+41798937113

Email : kodialchaturmasa2024@chitrapurmath.net.in



Shrīmad Vāmanāshram Swāmijī's Samādhi Sannidhi



Shrī Chitrāpur Math
Shrī Vāmanāshram Samādhi Math
Maṅgaḷūru – 575001 Dakṣhiṇa Kannaḍa

**The golden wedding of
Shivshankar Dattanand Murdeshwar with Asha Mohan Vinekar
5th May 1974 - 5th May 2024**

Side by side through 50 years,
Through laughter, sorrow , joy and tears.
You didn't know what life would bring,
But you have loved each other through everything.
It takes 50 years to turn marriage into gold.



Happy Golden Wedding Anniversary 🎉

With love and best wishes from,
Pallavi, Mahesh, Siona Tvisha
Pradnya, Ashutosh, Kshiti, Aarush
Pankaj, Shrikala, Shivansh
Murdeshwar's, Vinekar's, Kalambi's, Trasy's & Patkar's

Eminent senior film journalist-editor-author Chaitanya Devidas Padukone was recently honored with the prestigious 'Power Brands' BFJA Life Time Achievement Award 2024 in Mumbai at Hotel Novotel, Juhu.

This prestigious unique Award is instituted by the BFJA (Bollywood Film Journalists Awards). The Award Memento (whose



symbol is two face-off Roaring Lions) and the Certificate was formally presented to Chaitanya on stage at their 8th Edition. The event organized by dynamic corporate luminary Dr. Arindam Chaudhury was marked by the glittering presence of a galaxy of star-celebs including iconic legend BFJA awardee Shabana Azmi, sensational actress-dancer Malaika Arora, Shama Sikander, Divya Dutta, Esha Deol (Hema Malini's daughter) mega-hit movie Gadar-2 director Anil Sharma, Manish Wadhwa, Tanishaa Mukerji (Kajol's

younger sister), Shraddha Pandit, Yash Pandit, Manjari Fadnis, top model Piyusha Sharma etc .

Chaitanya was quite overwhelmed when iconic actress Shabana Azmi (whom he knows personally) complimented him for his dedication and excellence towards film-journalism. What made the event extra-memorable was the presence of the unassuming Hon'ble State IGP Manoj Kumar Sharma (the real-life exemplary-inspiration behind the story of super-hit Hindi movie '12th Fail') who was also honoured with a floral bouquet. Chaitanya also received a special memento at the same BFJA event, for being part of the "Esteemed Jury Member" of the prestigious Power Brands Awards—2024.

It may be recalled that Chaitanya is the recipient of the prestigious bonafide Dadasaheb Phalke Academy Award (2012) officially given to him by the film-industry. This is in addition to the K A Abbas Memorial Gold Medal for film-journalism, which was presented to him on stage by superstar Amitabh Bachchan. Besides being a seasoned film-journalist, music-savvy Padukone (also a former CBFC-Censor Board- Advisory Panel Member), has 'authored' this popular memoirs book R D BurMania, which has been very well-received by ardent RDB fans, music-lovers and also the film-fraternity

GOLDEN MARRIAGE ANNIVERSARY



ANJALI (Nee BHALERAO) and ASHOK ANANT GOKARN. NAGPUR

Are celebrating Their Golden Marriage Anniversary on 30-05-2024
We pray to our Kuldaivat Shri Mangesh Mahalaxmi and our Guru
HHP Sadyojat Shankarashram Swamiji to shower blessings
with good health and happiness on them.

AJIT and UJWALA GOKARN
Ankush, Jee, Kaavya, Ivaan
Kavita, Samir, Soham & Ruchika Bakre,

SHILPA and SACHIN PAPDE
Shriya, Tanvi

Best Wishes from Bhalerao family & friends.

Ahana Gulwadi – A focus on sustainable design solutions

- BHAKTI ULLAL

BU: Ahana, you are doing work quite different from that of a mainstream architect. How did this happen?

AG: On graduation after years of intense study, the only thing I knew I needed was a break. This coincided with the Covid pandemic lockdowns and I took a part-time position as a Teaching Associate of Architectural History at my University. This gave me spare time to volunteer at a local environment action group called Treewalks, which conducted nature awareness walks across the city and workshops on gardening. At this time, a senior from college started a landscape and urban design practice and I started working with him on his 10-acre land, adjacent to the Thol Lake Bird Sanctuary, 40 kms from Ahmedabad. I was fascinated by the wetland ecosystem and working with land restoration practices. Being on this project developed my interest and knowledge in ecological and integrated design and I began working on similar projects.

BU: Did your days as a student of architecture play a role in you developing an ecological and integrated approach to design?

AG: Yes, to an extent they did. As an architecture student, I travelled to different places for documentation work and spent a lot of time outdoors sketching natural settings and landscape-building relationships. Though not specifically trained to develop an integrated and ecological approach, my course at CEPT offered electives and I picked those which helped me develop an appreciation for inter-disciplinarity. I was very interested in architectural history and theory, and one book that had an immense influence on my design thinking was, *A Pattern Language: Towns, Buildings, Construction* - by Christopher Alexander.

During my third year, I documented the biodiversity of seasonal flora and fauna on the campus when I was in the Nature Walk group at CEPT. During my final year, I took an elective called 'Food and the City' which widened my perspectives on ecological design, food security, biodiversity, participatory approach, and land stewardship.

BU: Give us a peek into the company you are associated with.

AG: I work for a design studio called Metabolic Office. It specializes in master planning, rewilding, water management, landscaping, and real estate projects that rely on effective design solutions that are contextual and case-specific. Our design is supported by research and draws from principles of Permaculture, which is nothing but an integrated and regenerative design system drawing from traditional land practices that use logic and patterns from natural ecosystems.

Take a forest ecosystem - it has multiple layers and combinations of large, medium, and small trees, shrubs, creepers, tubers, and groundcovers. They completely rely on themselves; so, they are regenerative – the leaves fall to become mulch for the topsoil, automatically giving back organic matter to the soil and in turn, conserving water. They provide important ecosystem services in addition to food, medicine, timber, fuel, etc., and take care of all human needs. We use the same model in creating productive landscapes and sustainable human habitats in a way that they sustain themselves while also providing opportunities for recreation and engagement.

BU: Take us through a project you have worked on at Metabolic.

AG: A project close to my heart is Hidimbavan (after Hidimba – the demoness and protector of Forests). It is a contemporary ecological design laboratory situated within the eco-sensitive zone of the Thol Lake Sanctuary - a semi-arid space with thorny scrub-type vegetation and dry deciduous forests, dominated trees, and vegetation that indicate the degraded quality of soil and water over years of land mismanagement. We used drone surveys, GIS, and remote sensing to study water flow so that we could plan infrastructure and buildings more effectively. Land management interventions primarily drove this project to regenerate soil, conserve water, and create a microclimate to transform into a biodiverse food forest.

The larger aim was to plug into the Sanctuary and work with the Forest department to inform land management and restoration practices, such that, the project could act as a test bed to plan more effectively for the wider ecosystem of the Thol wetland. The idea is not to look at any site in isolation but, to view it as being part of a

larger ecosystem and to account for the ecological implications of our design.

BU: You have also worked at a Community Seed Bank. What is it and what is its role?

AG: Yes, I briefly worked at Navdanya which is a Biodiversity conservation farm and seed bank near Dehradun. The organization, founded by Vandana Shiva, an environmentalist who has done extensive research on the effects of the Green Revolution (GR) that took place during the 1960s. Research has shown that though the GR is considered a success in eradicating hunger, it has had adverse effects on the land and its health over the years. GR pushed chemically intensive agriculture and large-scale water infrastructure across the country which has had negative ecological implications. It also made farmers highly dependent on markets and chemical companies, pushing them into a deadly cycle of debt. Navdanya which started as a research foundation expanded into a farmer sovereignty and seed conservation movement thereafter, helping set up Mahila Anna Swaraj groups across the country.

BU: Give us some insight into a 'seed' and why it is so important that farmers continue to have the skill to 'save the seed.'

AG: Life on earth begins with the Seed. The basis of agriculture is a seed. When human civilization started practising agriculture, there were only weeds. Through millennia of careful selection and breeding of weeds, farmers - being the foremost scientists, have been growing diverse foods ever since, breeding seeds for nutrition, taste, specific climatic conditions, medicinal properties, etc. Hybrid seeds that we get in the market are produced by crossing two varieties. Even though Hybrid seeds are bred for specific traits and better yield, they must be produced every year as the characteristics are segregated and not maintained in the next generation. They need more technical skills, and chemical inputs and are more expensive. This means farmers become dependent on the market to buy all these inputs every year.

The other problem with modern agriculture and the industrialized food system is that it promotes monocultures, which means farmers are forced to grow specific crops like wheat and rice, of specific varieties, while other crop varieties are neglected. However, in recent years, different varieties of rice, wheat, and millet have made a comeback as climate-resilient crops, bringing back diversity and health onto our plates.

Community seed banks have a crucial role to play as they decentralize the seed breeding process and help preserve the diversity of crops needed for the health of the entire ecosystem.

BU: What is organic farming and what is its practice in the true sense?

AG: Organic has become a buzzword today but what it is, is farming done without any chemical inputs, relying on traditional techniques like biological pest control through mixed cropping, crop rotation, increasing soil fertility through animal manures, biomass, and compost, etc. Though it is believed that it gives a lower yield when compared with chemical farming, it provides long-term benefits of soil and water conservation, higher nutrition, and promoting biodiversity.

BU: Do you see real environmentally sustainable projects and not those doing greenwashing or lip service gaining ground in the country?

AG: Yes, I do, but at a slow pace. Quite a few people are working towards healthier and ecologically sound built environments. But political will and government support are needed because the market economy, rapid real estate development, unplanned urbanization, and stringent building laws make it challenging for such practices to sustain. One can now see a lot of work happening on an urban scale through public-private partnerships where design practices collaborate with municipal bodies to restore lakes, create urban parks as public spaces of engagement, incorporate solar panels and rainwater harvesting, waste treatment and management, etc. However, this needs a big push at a rapid pace since most of our cities are at a stage of collapse. I feel we now have to focus on smaller towns because the cities are saturated, and they have a lot of scope to plan and implement the right things.

BU: What is your dream for our planet and her people?

AG: I imagine a world with networks of small, interdependent, and self-sufficient communities that are compassionate towards nature, where people live within planetary means, consume only as much as needed, and are guided by nature-based traditional knowledge systems. Indigenous communities have a respectful relationship with the land and a strong sense of the collective; emphasizing the responsibility of giving back and keeping ecology and culture at its heart. We have a great deal to learn from them.

Undersea Heroes – Our Submariners (Part – 2)

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

Yet serving, is navy **Captain Chinmaya Durgadas Kallianpur**, who since January 2022 is posted at the Naval Dockyard Vishakapatnam as Deputy General Manager, responsible for submarine refits.



Chinmaya quit MIT, Manipal to join the Indian Naval Academy in December 1999. After training to become an Electronics & Electrical Engineer at INS Shivaji, he was commissioned as a Sub Lieutenant on 01 January 2004. After successful completion of the B.Tech in June 2004, he continued his Electrical Specialisation at INS Valsura till June

2006; at the end of which, he opted for Submarine Specialisation and passed his Submarine Medicals.

After further basic training to become a submariner in INS Satavahana at Visakhapatnam, Chinmaya joined INS Sindhuratna for his afloat training. Here, apart from his Dolphin Badge he also earned his Dived Watch-keeping Certificate in September 2007.

In March 2008, Chinmaya was again transferred to INS Satavahana for training on nuclear submarines in general and the Arihant class indigenous ballistic missile nuclear submarine (SSBN) in particular. Thereafter he joined Arihant as Assistant Electrical Officer (Design) in June 2009 and continued till June 2011. He then did his M.Tech in Signal Processing & Communication from July 2011 to June 2013 and was appointed Instructor for training future nuclear submariners at INS Satavahana.

In June 2015, he rejoined Arihant. This was a very challenging phase where the submarine underwent many drills and the crew was put through the paces, before commissioning of the platform. Chinmaya was part of the commissioning crew when Arihant was commissioned into the Indian Navy in August 2016.

In 2017, Chinmaya was selected to undergo the prestigious Technical Management Course (TMC) at Naval War College at INS Mandovi, Goa. On completion of TMC, he was appointed as the first-ever Joint Director of Personnel for Technical Submarine Officers at Naval Headquarters, Delhi wherein he was responsible for the appointment, transfers, and career management of young technical submarine officers. His excellent performance in this post won him a Commendation from the Naval Chief.

In December 2020, he took over as HoD of the Electrical Dept of INS Arihant. Chinmaya says that it was the proudest moment of his Naval career to be HoD of the very department of the very platform in which he spent much of his submarine life. And as this issue goes to press, he stands selected to attend the Naval Higher Command Course at the Naval War College in Goa; yet another feather in his cap.

Chinmaya is married to Shivani Kallianpur (nee Haldipur). She hails from a music-loving family and is the niece of Pt. Nityanand Haldipur (acclaimed flautist). She is a Hindustani Classical Vocalist and is a student of Vidushi Ashwini Bhide Deshpande. Shivani is an 'A' Grade artiste (All India Radio grading) and teaches vocal music in the naval fraternity. Their seven-year-old son, Shaurya, attends the Navy Children's School, Vizag.

Commander Ravindra Mohan Harite (Retd.) is an experienced submariner. He was born on 23rd March 1960 and commissioned on 1st



August 1982 in the Electrical Branch of the Indian Navy. He joined the submarine arm on 5th December 1984 and has served in several submarines including INSM Karanj as Deputy Electrical Officer and as Electrical Officer on INSM Khanderi and INSM Kalveri. He was an Instructor in the Electrical Faculty at INS Satavahana,

Vishakhapatnam

His other important assignments include Deputy Squadron Electrical Officer, 8th Submarine Squadron, INS Virbahu, Vishakhapatnam and Asst Manager Submarines, Naval Dockyard, Vishakhapatnam.

He served as Deputy Director Electrical at DMDE (Design and Machine Development Establishment) Secunderabad, where he was associated with the design and machine development of specialized electrical machines, cables, and Controller Battery Monitoring System of our first indigenous nuclear-powered submarine INS Arihant.

Ravindra also served at Naval Dockyard, Mumbai as Officer In-Charge Battery Commissioning Facility & handled high capacity, heavy duty submarine battery sets used on board Dieso-Electric conventional submarines.

As the Director General of Naval Project Vishakhapatnam, he was involved in setting up specialized infrastructure & shore support facilities for the berthing of nuclear submarines at Vizag harbour.

He assisted in indigenisation by serving as Deputy Chief Quality Assurance Officer involving indigenous development of machinery spares as a substitute for imported Spares for marine equipment through Indian SMEs.

A welcome change from his electrical duties and submarines was a stint with a Naval NCC unit in Mumbai, training young cadets in naval orientation, team building, developing leadership qualities, and personality development.

Cdr Ravindra Mohan Harite retired from service on 30 April 2008. Post retirement he joined NABARD as DGM Properties & Premises, handling various upgradation & infrastructure projects of NABARD.

Cdr Harite travels far and wide in pursuit of his passionate hobby which is wild life videography.

Settled in Pune, Ravindra is married to Vidya Harite nee Rao (Kabad) who hails from Ahmedabad. She is a qualified teacher who has served as Pre-primary Teacher in various naval and private schools at Mumbai, Vizag, and Pune. They have two sons. The elder son Aniruddha, having completed ICWI is working with Hitachi Energy at Bengaluru. The younger son Aniket is still completing his studies.

But our boldest Aamchi who deserves the sobriquet of 'Doctor Courageous' is Surgeon



Commander Chaitanya Shivshankar Kodange, IN (Retd), son of Air Commodore Shivshankar Kodange, IAF and Radhika, who have settled down in Pune after retirement. Chaitanya graduated from the Armed Forces Medical College (AFMC), Pune in 1993 and after volunteering for the submarine course, qualified as a submarine medical officer in 1995. He has sailed extensively in Kilo, SSK and Foxtrot classes of submarines. He also served with the Marine Commandos (MARCOS). Following his Post-graduation in Marine Medicine (Diving & Hyperbaric Medicine, Submarine & Shipboard Medicine) in 2000 he was posted to the Indian Naval Diving School, Kochi for six years. He went on to do a second specialization in MD Psychiatry. He has headed the Medical Department in submarine bases and later served as Associate Professor in Marine Medicine & Psychiatry at the Institute of Naval Medicine, INHS Asvini, Mumbai.

He is not just a medical professional but also the first Indian Navy Medical Officer to qualify as a submariner, Ships diving officer, and skydiver. A rare combination of skills indeed!

Chaitanya embraced danger by choosing to serve on submarines, and do the deep sea diving and sky-diving courses with the sole motivation of personally experiencing the stresses and strains that sailors underwent, to become an informed counsellor, an effective psychiatrist, and a better doctor. Commendable devotion to his profession.

Apart from his MBBS degree, Chaitanya holds a Diploma in Marine Medicine (DMM) from Institute of Naval Medicine, INHS Asvini, Mumbai (2000), MD(Psychiatry) from AFMC, Pune (2011); Post Graduate Diploma in Health Administration (PGDHA) from Medvarsity, Apollo Hospital, Hyderabad (2013); IIWCC (International Inter-professional Wound Care Course, Abu Dhabi (2019) from University of Toronto.

His academic achievements include Gold Medal from MUHS, Nashik for standing 1st in Medicine & Allied specialties. He stood 1st in the Grading Exam and MD (Psy) exam of MUHS in Pune region. Stood 1st in the course and best research project in the IIWCC course in 2018-2019.

For his outstanding professionalism and dedication to service, he was awarded the CNS commendation in 1999 and two commendations by the FOC-in-C(South & East) in 2002 and 2008 respectively.

He took premature retirement from the Indian Navy in 2017 and since then, is working as a Consultant & Head of Department in the Diving & Hyperbaric Medicine & Wound Care Unit and Psychiatrist at the King Hamad University Hospital, Bahrain.

He is one of the few International Medical

Referees of the UK Diving Medical Committee (UKDMC). He is also a reviewer for the Medical Journal of Armed Forces of India (MJAFI); Journal of Marine Medical Society (JMMS); Advances in Skin & Wound care

That Chaitanya was determined to become a submariner was apparent whilst he was studying in AFMC itself. He once accepted a dare that he could sit in a dark, cramped, claustrophobic space for eight hours at a stretch without any auditory or visual inputs (mimicking submarine conditions) to disorient his sense of time. All he was allowed to have was a bottle of water. He accepted the challenge and won the bet: winning the undying respect of his batch mates.

Chaitanya is married to Meghana (nee Dhareshwar) and they have a son, Dhruv, who is studying Game Design in Canada.

Dhairyak Bread

PRASHANT C. TRIKANNAD

I grew up listening to my mother say Dhairyak bread in our native Konkani, a dialect spoken mainly along the western coast of India. It roughly means, "To be on the safe side, let there be bread!" She used the colloquial expression in times of perceived adversity. Every time a political party or a labour union called a strike or heavy rains threatened to inundate the city of Bombay (now Mumbai) where we lived, she would tell me to run down to the grocery store and fetch bread so that we would have something to eat. She worried that the strike or the rains would cripple the city, forcing shopkeepers to down shutters and vegetable vendors to stay off the road.

My mother would tell me, "If nothing else, we can at least have bread. We won't go hungry." It probably didn't occur to me then to ask her if I should buy eggs and butter, too, while I was at the store.

Years later, I interpreted Dhairyak bread as a metaphor for dealing with a crisis and a valuable lesson in simplicity; the capacity to live with less and still live a meaningful life. As my spiritual teacher said to me once, "If we really want to, we can subsist on something as frugal as a loaf of bread or rice gruel and pickle, and still be happy with our lot."

We never went hungry, of course. But I found the phrase amusing, as did many in my family. "Dhairyak bread! It's such a peculiar expression. I can't get over it," a family friend said. It soon became a talking point for surviving difficulties, even imaginary ones. Perhaps, it was meant to help us keep our heads above water and face unpleasant situations as best as we could.

The expression was a reflection of my mother's, and her mother's, generation. Both my parents and their siblings came from devout middle-class families and often had to make do with less. But whatever they had, they shared among themselves and with others, relatives, neighbours, friends, strangers. What they lacked in wealth, they more than made up with warm hearts, generous hospitality and abundant humour. All were welcome to their home. No one who visited my grandparents went away without partaking in the day's meal and an invitation to call again.

In that sense the bread held the family together; an assertion of strong familial bonds whose roots run deep into the ground, never to be uprooted.

Prashant C. Trikannad is a former journalist with over 37 years experience. He is now a content writer. He publishes a blog www.pocketfulofhappiness.com along with his wife, Parizad, a communications specialist.

Venk Panambur!

- USHA AROOR

ILLUSTRATIONS BY SAANVI SHIRALI

In our Konkani lore—as I am sure in the casket of other languages—there are many stories that have become metaphors of familiar human behaviour, so much so that to recall that act, we need only the name of the story!

In this, 'Venk Panambur' wins hands down! Apparently, the Venku of the story was always restless and in a great hurry. Once, he was told



by an elderly person in the family to go to Panambur to get something from there or to deliver an important message. Looks like Panambur was far-ish, many towns away. Now Venku was summoned and he came, but before he could be told what he had to do in Panambur, he was off like a missile. He arrived in Panambur puffing

and panting, stood for a minute and wondered, 'Now why was I sent here?' And so, when we want to refer to a take-off-without-listening person, we say, 'Toh vey, toh Venk Panambur!'

Another story like this is 'Kudumbian Javain', the Kudumbi son-in law. (The Kudumbis are a farming community with their roots in Goa. The reference is to a Kudumbi son-in-law who is then not from the same community as his wife, therefore unfamiliar with their food preferences. No other difference is implied or intended.)

And then, javains are of course the very target of gentle (and sometimes not so gentle!) humour across the world. This one is about a very fastidious one. He has just got married and goes to his wife's house for the first celebration lunch. As might be expected, a feast has been laid out. The wife's 'side' hovers around waiting to serve him. Among the good things made at the feast is keerla ghashi (ghashi with tender bamboo shoots), a great delicacy. The new bride wants to serve him this and holds it out over his plate in the ladle. The javain takes one look and shoots out his hand to say no. The wife withdraws hastily but not before a few drops of ghashi have fallen on the javain-manush's hand. The guests start to eat and the javain, hoping no one is looking, surreptitiously

licks the drops on his hand. It is delicious! He wishes he had not said no, and turns quietly to his wife, points to the keerla ghashi and asks, in sign language, what it is. The wife doesn't know how to describe bamboo shoots and shyly points to a window blind made with bamboo slats.



We learn that thereupon the javain stripped the bamboo-blind off the window when no one was looking and brought it to his house. He then turned to his wife and pleaded, 'Now please make the ghashi. I refused to eat it there but it was delicious.'

And so we have the expression 'kudumbian javain' referring to those who refuse to eat something simply because they don't know what it is or don't like the look of it and don't want to try. They are people with 'kanna ruchi', or in this case, 'doley ruchi'.

Another story. We may have heard the expression 'Hindantul gaai daan dilli' meaning something that is not ours is given away as a gift (daan) as if it were ours to give. The literal context is a herd of cows (heendu). I don't know if there's a story here, but let's imagine one! Person A owns a heendu of cows. She is going away for a while and asks Person B to look after her cows and she agrees. While A is away, a friend of B's beseeches her to give her one of the cows which she does. The cow isn't B's to gift, but she gifts it anyway. And here's the other point—B gets thanks and goodwill on A's money, property!

There must be so many other stories like this which have settled into our life as sayings. I hope other readers will share them!

Grateful thanks to Meera Balsaver, Chitra Saletore, Mangal Koppikar and Shyamala Heble for their help with the Javain story.

Usha Aroor has worked extensively at publishing educational books with Orient Blackswan. Her interests include content design for textbooks, peace education and theatre.

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In loving memory of a special individual who touched many lives and brought much happiness.

Sanjay Balkrishna Baljekar



19.09.1954 ~ 15.04.2023

On the first anniversary of his passing, we raise a toast to this wonderful human being, who embraced life to its fullest.

He may no longer be with us in body, but his spirit will always dwell in our hearts, guiding us to be our best.

We will always celebrate and cherish his large-heartedness, his flair for forging partnerships, his deep-rooted belief in the innate goodness in every human, and his dedication to encouraging learning and growth, amongst his many other admirable traits.

He created a niche in the hearts of all those he supported and championed, and those who reached out to him in need, in friendship, in business, and in the daily humdrum of life, and there he will endure forever.

To honour, applaud and commemorate all that he advocated for and practiced, with such unassuming grace and humility, the family has launched the "Sanjay Baljekar Foundation".

The Foundation, a tribute to his generosity, aims to empower the underprivileged through education and vocational support.

We pray that Sanjay Baljekar's memory continues to inspire, guide, and remind us of the power of love, compassion, and perseverance.

GAUTAM PRABHAKAR HOSANGADI

(20.04.1956 – 22.03.2024)



The passing of Gautam has elicited an outpouring of appreciation from all who knew him. To us, he was the quintessential family man, yet there was much more to him. Some depicted him as a towering gentleman, while others recognised his strength enveloped in a gentle soul. Many fondly recall his infectious humour and booming laughter. His unparalleled talent in writing was evident to all, with friends lamenting the absence of his witty social media posts. The younger generation revered his vast knowledge; he effortlessly discussed nearly any topic under the sun with them.

Renowned for his hospitality, generosity and culinary prowess, Gautam's legendary dishes remain a topic of conversation among loved ones. His love for animals and nature was unmistakable; there was no dog or squirrel around our house or his office that he hadn't fed or named. An avid traveller and photographer, his cherished memories live on through moments captured by his prized Minolta camera and Sony video camera.

A spiritual being, he was an ardent devotee of Mahadevi Amma, Shri Mangesh and of the Shri Chitrāpur Guruparamparā.

Gautam faced Parkinson's Disease with unwavering determination for 26 years until his passing on March 22, 2024. Though we mourn his absence, we find solace in knowing he watches over us.

Fondly remembered by his wife, Geeta; his daughter, Priyanka, and son-in-law, Vinayak; his son, Aditya, and daughter-in-law, Garima.

Remembering My Father

Priyanka Hosangadi

If there is one thing that I've learnt from my father, it is to never give up.

The true-blue Taurean that he was, Gautam Hosangadi stubbornly battled Parkinson's Disease (PD) for 26 years, never letting it get the best of him. Until 22nd March 2024.

People have been reaching out since then and it's amazing what all they remember about Annu (as my brother and I call him). Friends and family describe him as a gentleman with a towering personality, renowned for his hospitality and generosity. Yet others recall his cheeky sense of humour, saying he was like a hurricane, full of laughter, jokes and pranks (especially during his younger days). My uncles have told us about their crazy adventures as youngsters. My friends still fondly remember their long discussions with him on varied topics. So many facets of the man that was Gautam Hosangadi.

As his daughter, hearing these compliments is comforting, yet brings about a tinge of sadness at the same time. Some of the recollections that people have of Annu are of a man that I can't remember clearly. I was 12 years old when he was diagnosed with Parkinson's Disease, my brother even younger. Most of our lives were spent navigating uncharted territory, watching the condition drastically alter his physical body, personality and speech. Yet two things never changed — his fierce love for us and his determination.

Before Parkinson's took over our lives and in the early years post his diagnosis, I remember him as a fun-loving father who loved heading out for late-night drives and winter picnics at the drop of a hat. Yet, he was also strict when he needed to be, and the mere mention of his name was enough to make us toe the line! Even as the PD progressed, food remained a passion — he looked forward to eating Amma's delicious dishes and going out to his favourite restaurant. If there ever was anyone who literally lived to eat, it was my Annu! He was also a fantastic cook who loved experimenting in the kitchen. Growing up, many of our Sunday lunches were his signature dishes or recipes that he adapted to give his own flair. In fact, even now, relatives and friends still speak about the delicacies that he whipped up for them.

What I admire most about him (and it's a sentiment echoed by many others) was how he persevered and overcame all the Parkinson's-related challenges that he faced, while excelling in his career. For decades, Annu went about his daily routine, despite his physical limitations and pain. Travel for work, navigating his cell phone and laptop despite declining fine motor skills, and parenting us, he did it all. With his difficulty in coordination and balance, it couldn't have been easy handling people's stares and their sneers about "drunk men". But handle it with dignity and aplomb he did, often talking to them to gently make them aware about Parkinson's.

As a kid, I'd often joke that I inherited his stubbornness and temper. But as an adult today, I realise there is so much more. My love for animals, food, travel, photography, swimming, and sense of loyalty are all his. An avid bird watcher and nature lover, he would wait for me to share photographs taken during holidays or wildlife safaris. A relatively animated phone call would follow, with him living vicariously through me. He also loved hearing about my cooking and baking experiments, often sharing his recommendations on what I could do differently.

He's no longer physically with us, but he continues to live through us. A quote that he had shared during an interview with the Parkinson's Disease and Movement Disorder Society has now become something that I live by: "You can't stop the waves, but you can learn to surf."

Annu, wherever you are, I hope you're surrounded by lots of dogs all vying for your attention and cuddles.

QUIZ

Compiled by Vaishali Heblekar

Trivia on cartoon characters/ animated movies for children

Check out how well you know your animated characters and movies. If you haven't watched any of these yet, enjoy them sitting at home during your summer vacations.

- 1) In 'The Incredibles', what is the name of the family's baby?
- 2) Who lives in a pineapple under the sea?
- 3) What is the name of the eternal pair (a cat and mouse) who have always humour us with their friendly banter and love-hate relationship?
- 4) Which animated series is the name of a pink, bow-wearing cat who loves to eat lasagna and nap all day?
- 5) What are Bugs Bunny and Daffy Duck always arguing about in the presence of Elmer Fudd?
- 6) Who is the little blue creature who lives in a mushroom house in the forest with his friends?
- 7) In the movie 'Frozen', what are the names of the two sisters?
- 8) Which animated movie features a young boy named Miguel who dreams of becoming a musician?
- 9) In the movie 'Zootopia', what type of animal is police officer Judy Hopps?
- 10) Which animated movie tells the story of a young Viking named Hiccup who becomes friends with a dragon?
- 11) What is the name of panda in the animated series 'Kung Fu Panda'?
- 12) Which animated movie features a cooking rat named Remy who dreams of becoming a chef?
- 13) In the movie 'Inside Out', what are the names of the 5 emotions inside Riley's mind?
- 14) In the movie 'Finding Nemo', what type of a fish is Nemo?
- 15) What type of an animal is Horton from the animated movie, 'Horton Hears a Who'?

Trivia Quiz on Food

Use your summer vacation well and if you haven't yet tasted any of these before, be sure to try them out.

- 1) Which Indian beverage (yoghurt-based drink) is often flavoured with spices like cumin and mint?
- 2) What spice, known as the 'queen of spices' is commonly used in Indian cuisine and has a vibrant yellow colour?
- 3) What is the key ingredient in the Indian street food snack called pakoras?
- 4) Which fruit, widely eaten in summer, adds a tangy flavor to dishes like chutneys and pickles?
- 5) What is the name of the Indian snack (one of the most popular) made from fried dough balls served with sweet and spicy tangy water, with a filling of sprouts with potatoes or boiled chickpeas?
- 6) What is the name of the South Indian bread made from fermented rice and lentil batter, often served with chutneys or sambar?

- 7) What is the name of the Indian flatbread (originated from Western India) that is popular all over the world, especially by vegetarians, who carry this while travelling. It can be eaten on its own without any chutney or sauce, but is best enjoyed with a tangy pickle made with shredded mango?
- 8) Which Indian snack, also voted as one of the best snacks in the world, is believed to have its birthplace in Mumbai and became popular as a street food in 1960s?
- 9) Which Indian snack is garnished with chopped onions, coriander leaves, and a wedge of lemon, and served with hot piping buttered bread rolls?
- 10) Which cold dessert of India is similar to a popsicle and served on a stick or in a small clay pot (matka), often topped with chopped nuts?

Answers on page 48

Quiz

CONTRIBUTED BY INDUKANTH RAGADE

Answers on page 48

1. 011 235 813 213???
2. John walked into the kitchen and asked Mary, his wife, "What's for breakfast today?". "Go to the dining table and see" she said. When John went to the dining table, he saw the following written on a piece of paper: gges egsg segg esgg. What did John have for breakfast?
3. Find 17 creatures in the following narrative:

Kneel in the kayak grasping the boat but do not wrench the bullion or scowl at the chart. Behind the sealed and taped planter is a benevolent colliere. The fox glove is in the bath.
4. Which two numbers when multiplied will give 13?
5. Give the seven- letter word whose first two letters refer to a man, the first three letters refer to a woman, the first four letters refer to a strong man, the first six letters refer to a narcotic and the entire word stands for a leading lady?

The Mysterious Good Samaritan

- SANDEEP HATTANGADY

I was in Goa for a film festival and during one of my visits to the venue which was quite a distance away, it was raining cats and dogs and I was completely drenched and there was not a soul in sight to whom I could turn for help and there were no public vehicles in sight either. I was completely distraught and gave up hope that I would reach for the next screening. But suddenly a biker came to me and stopped and took me pillion despite the heavy rain and took me to my destination and I was more than happy that I could attend the screening which I had given up hope of. I thanked the man profusely and asked for his name, but he rode away without telling me anything about him. I thanked God and the mysterious biker who had helped me in distress!

Parama Puja Swamiji's 'Tatparata' Is So Inspiring!

A moving account by Atul Rao of his journey in seva

Way back in 1997, on the way to Ahmedabad, from Nasik, Parama Puja Swamiji took a three-hour halt at Trimandir on the highway, outside Surat. We 15 Bhanap-s from Surat, went to take that very first 'Darshan' of Parama Puja Swamiji. It was my 'soubhagya' that I got a chance to receive them and accompany them from Nasik. From here, I think my 'Logistics'-seva journey started. We reached Kamrej (Surat) at noon. Surat Bhanaps brought home-cooked 'vyanjan', so it was like a 'dabba party'. After bhojan, all of us gathered around Swamiji for interaction. The first thing Swamiji asked was "Kal jaunka?" I just blurted out, "Tumgeli krupa anii aashirwad". The first connection was made...

After that, in 2001, on the way to Ahmedabad, Puja Swamiji, with retinue, took a full day's halt at Surat at our place. We could manage four empty, furnished flats in our new building. This was my first experience in making arrangements. Next day after Prasad bhojan Swamiji and retinue left for Ahmedabad. After that we used to visit Mumbai during their visits to Santacruz, Goregaon and other places.

Before this, I had once taken Darshan of our Parama Guru Parijnanashram Swamiji III in Wadi at Mumbai in 1990, soon after my marriage. As I was born and brought up in Vadodara and had settled in Surat, Gujarat, I had had very few opportunities to visit our Math. That happened only after I got married.

In 2002, during our visit to Shirali Swamiji blessed me and my wife Deepa, with 'Mantra Deeksha', after which our real journey began. This helped us immensely, for, over a period of 22 years, this has increased my understanding, maturity, the way to handle a difficult situation and many more invaluable things.

In November 2010, I got the surprising opportunity of a regular rapport with HH and our Math. Swamiji had arranged, through

the SCM Gujarat Local Sabha, a kite-flying competition at Shirali for demonstration to our Srivali School students. As a last-minute entry, I was called by Dr.Kishor Nadkarni of Killa Pardi to join their team to look after some arrangement for procuring the required materials. During the programme at Shirali, I attended daily coordination meetings at the Kutir with PP Swamiji, for the briefing of the programme on the following day like - audio-visuals, kite-flying competition, museum display, food preparation and so on. I was like a sponge then, just absorbing everything. After this I attended my first Rathotsava in 2011. I watched with awe as a barefoot Swamiji accompanied the palkhi to different places everyday from Kadle Math to Mavinkatte. Hereon, our yearly visits to Shirali began.

In December of that very year, PP Swamiji visited Surat for seven days on our invitation. We could make arrangements at a friend's heritage bungalow at Dumas beach, Surat, for the retinue and other Bhanaps coming there from Baroda and Ahmedabad. Here, a Shivar was arranged under the Guidance of PP Swamiji and Vinodmam Yannemadi, our then President, Standing Committee. From Gayatri anushtan to Devi anushtan, Paadapooja, vanabhojan, classes on different subjects, stotra-chanting, everything was conducted smoothly. Even a Samvit Sudha stall was arranged there. During Swamiji's camp in Surat, upon their suggestion, a new Sabha called SCM South Gujarat Local Sabha was inaugurated.

How such a huge seven-day event happened without a hitch, I really do not know. I only know that it was the result of our Guru's Sankalpa and I felt, I was just a tool. (a little like that dog, which is walking under a bullock cart, and imagining that the cart is moving because of him!)

During this event, a private trip to Shri Somnath was arranged, where PP Swamiji

~~~~~Parisevanam~~~~~

performed a 24- hour Anushthan and some of us got a chance to visit Shri Somnath temple, Triveni Sangam and a few other important spots.

It felt as if I was being trained by HH for Logistics seva... I am very fortunate, that whenever PP Swamiji visited any place north of Mumbai, He used to give me the 'sandhi' for seva, which always made me overjoyed. It is always a learning process, though...During HH's Ahmedabad, Shankaralok, Mt.Abu Jodhpur visits, I was fortunate to be in seva. During these trips, Swamiji used to encourage me to

learn singing.

I have been in seva for most of the programmes (after 2013) at Shankaralok, Gandhinagar and Santsarovar, Mt Abu during our Swamiji's visits and offered seva - from Shiviirs at Mt.Abu, Vasishtha Dwar inaguration, till the Shodashi of Paramapujya Bade Swamiji.

I have realized that Parama Pujya Swamiji's 'Tatparataa', His total focus, alacrity and discipline comes from His unconditional surrender to His Guru - Parama Pujya Parijnanashram Swamiji III!

UNFORGETTABLE MOMENTS!



॥ सरलसंस्कृतम् ॥

23.1 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 Neuter words (ending with अ) with case ending of सप्तमी विभक्ति ie the Locative case. Also note the imperative verb in the last four sentences.

Eg. नवनीतम् – नवनीते, कङ्कणम् – कङ्कणे, जलम् – जले, उपवस्त्रम् – उपवस्त्रे

(प्रथमे गृहे, करवस्त्रे, काचपात्रे, आकाशे, समाचारपत्रे, जले, उद्याने, उपाहारगृहे, हृदये, फलके)

1. पुस्तके विनोदकणिकाः सन्ति ।

There are jokes in **the book**.

2. विमानयाने वायुपरिचारिका अस्ति।

The airhostess is **in the flight**.

3. ----- खाद्यपदार्थाः उपलब्धाः ।

Eatables are available **at the restaurant**.

4. ----- विज्ञापनानि मुद्रितानि सन्ति ।

The advertisements are printed **in the newspaper**.

5. मम मित्रं प्रथमे ----- निवसति ।

My friend lives **in the first house**.

6. अध्यापिका ----- लिखति ।

The teacher writes **on the board**.

7. देवः मम ----- वासं करोति ।

God resides **in my heart**.

8. ----- इन्द्रचापः अस्ति ।

The rainbow is **in the sky**.

9. ----- सूचीकर्म रचयतु ।

Do embroidery **on the handkerchief**.

10. ----- मह्यं चित्रपतङ्गान् दर्शयतु ।

Show me the butterflies **in the garden**.

11. ----- चायपत्राणि स्थापयतु ।

Put tea leaves **in the water**.

12. ----- मत्स्यान् पश्यतु ।

See the fishes **in the glass bowl**.

Answers given on Page 55

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Art Corner



Oil pastels / Colour pencils painting by Pratham Sirur (14 yrs) Hubli/Bangalore



Alisha Benson, Age: 6 years



Dog in graphite pencil artwork by Vijay Ubhayaker

Namita Baindur's 'Markets of India' Cupcake bags a Gold. (Details on Page 58)



Remembering Smitha on her 61st Birthday

Tribute

A sunbeam she was
To all those she knew
Smiling and laughing
Wherever she went
Dimples on her cheeks and sparkle
in her eyes
She met every challenge
With fortitude and positivity
Spreading love and affection
She inspired whoever she met
She is always with us.... forever.



~ Trikanads, Udiavers, Kowshiks, Bajekals, Ullals, Sajips, Karnads and
all her extended family.

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World-map - coloring page



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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.

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Culinary treasures of India- North Eastern States

- ANJALI BURDE

The North-eastern states, also called the Land of the Seven Sisters comprises the states of Assam, Arunachal Pradesh, Manipur, Nagaland, Meghalaya, Mizoram and Tripura. The little state of Sikkim is popularly called the brother of these seven sisters.

Geographically this region is blessed with mountains, hills, plains and river valleys and hosts a rich bio-diverse environment. Many rare plants and flowers grow in the forests here. Hundreds of orchid varieties are found in these states. It is home to over 200 tribal communities that follow a diverse culture and cuisine.

Keeping up with the tribal traditions the cuisine here is vastly different from the rest of India and is more localized in the use of ingredients and cooking methods. Fermented foods predominate the cuisine of each state having its own fermented element which is mainly used as a condiment to add flavor to the various dishes prepared.

Bamboo shoots, leafy vegetables, soya beans, small river fish, milk and meat are fermented by traditional tribal methods and used regularly in cooking. Rice is the staple grain consumed, the food here is low on oil but flavoured with pungent local chillies, ginger, garlic and few local spices. Bhoot Jolokhia considered to be the spiciest of chillies is grown and eaten here. Panch phoron (5-spice mix) is also used to flavor vegetable dishes.

Due to the predominant use of fermented foods, one needs to have an acquired taste for this cuisine. Hence it is not so popular outside these states. Poultry, duck, geese, pigeon and other farm animals are raised for consumption. Also game meat such as wild boar and bison meat is relished by the locals. Village homes have a pond where small fish and prawns are reared and find their way into daily meals. Vegetables like yam, raw papaya, pumpkin, brinjal, beans, radish and plantain are grown in the backyards and used to prepare a tarkari (mixed vegetable stew) or cooked with fish and smoked meat. Flowers of pumpkin, mustard, onion, papaya and moringa are used to prepare side dishes. The parijat flower, locally called as xeuli is cooked with rice, added to curries or fried as fritters. The flowers have a bitter taste but are consumed for their medicinal properties.

Both fresh and dry flowers are used.

Pitika is a common meal accompaniment using mashed potatoes, chillies and onions and dressed with mustard oil.

Many varieties of rice are grown here such as the sticky bora rice of Assam, and black rice from Manipur.

Sweets here are also rice based and are called pitha. Pithas may be steamed, deep fried or cooked over iron pans. Jaggery is the main sweetener used to prepare these sweet dishes. Coconut, sesame seeds and ripe bananas are added to make different varieties of pitha.

Black rice kheer which eventually gets a purple hue on cooking and Kheer komola (milk and orange based kheer) are also popular.

The cuisine of Sikkim has a Nepalese and Tibetan influence. Momos (steamed dumplings), thupka (noodle broth with meat and vegetables), daal-bhaat and sel roti (ring shaped semi sweet bread made of fermented rice) are some popular foods from this state.

Sharing two recipes from this region.

Panch phoron tarkari- This mixed vegetable dish is prepared in mustard oil across all the sister states though the combination of vegetables may vary.

Ingredients- 1 medium potato peeled and cut into wedges

4-6 long beans (chawli) cut into 2 inch pieces

½ cup thick slices of pumpkin ½ cup

thick slices of brinjal

½ cup large shreds of cabbage 2 green
chillies 1 bay leaf

1 tsp panch phoron ¼ tsp turmeric ½
tsp sugar Salt to taste

2 tbsp oil ½ cup milk

Method- Crush the panch phoron slightly with a mortar & pestle. Heat oil in a pan, fry the brinjal for few minutes, remove and keep aside. Add the panch phoron, bay leaf and chillies and fry lightly till an aroma is released. Add the potatoes and beans and fry for 2-3 minutes. Cover and steam for few minutes. Next add the pumpkin and cabbage. Stir fry for some more time. Add the turmeric,

sprinkle some water and cover and cook for 7-8 minutes. Add salt, sugar and milk. Add the fried brinjals. Stir well and cover and cook again for 6-8 minutes till all the vegetables are tender and cooked well and the milk is completely absorbed. Serve as a side dish with rice and dal.

Note: For the panch phoron mix a teaspoon each of mustard, jeera, methi, nigella seeds and fennel. Mix well and store for use as and when required.

Koat pitha- This is a simple snack prepared using ripe bananas, rice flour and jaggery. It is very similar to our kelya muluk.

Ingredients-2 ripe bananas ¼ cup jaggery
1 cup rice flour
a pinch of salt Oil for deep frying

Method- Melt the jaggery in an equal quantity of water. Strain if required. Mash the bananas, add the melted jaggery and slowly mix in the rice flour and salt. Rest the batter for 10 minutes. Heat oil over medium flame. Drop small balls of batter in the hot oil and fry till they turn a golden brown. Drain on absorbent paper and serve warm.

VU2SRE ... VU2ROZ

- MOHAN BAINDUR RAO

Can anyone guess what these stand for or indicate? These are the call signs as they were known in the early 1970s. Let me reveal the suspense. These are the call signs of HAMS of wireless radios. Just as for using the internet and email today we need an email address and a password, anyone having a wireless set and using the Morse code, had to have a call sign. My father, Baidur Raghuvir Row possessed a HAM Radio and after his retirement, he communicated with His Holiness Shri Parijnanashram Swamiji using it.

The Shri Parijnanashram Sangrahalaya at Shrivali, has preserved the Wireless Set used by His Holiness Swami Parijnanashram III. VU2SRE was the call sign of His Holiness Swami Parijnanashram Swamiji and VU2ROZ was my father's call sign. In those days, Wireless sets were used to issue warnings of earthquakes, floods and other calamities. The Defence forces also used these for communication. Now, with the use of more modern equipment, the usage of HAMS has become just a hobby.

Answers for the Trivia Quiz on Cartoons and Animated Movies

- | | |
|---|--|
| 1) Jack-Jack | 3) Gram flour (besan) paired with various vegetables like potatoes, capsicum, onions, spinach etc. |
| 2) SpongeBob SquarePants | 4) Mango |
| 3) Tom and Jerry | 5) Panipuris or Golgappas |
| 4) Garfield | 6) Dosas |
| 5) Rabbit Season. Duck Season | 7) Thepla with Chunda |
| 6) Papa Smurf (from The Smurfs) | 8) Vada Pav |
| 7) Elsa and Anna | 9) Pav Bhaji |
| 8) Coco | 10) Kulfi |
| 9) Rabbit | |
| 10) How to Train Your Dragon | |
| 11) Po | |
| 12) Ratatouille | |
| 13) Joy, Sadness, Anger, Fear and Disgust | |
| 14) Clownfish | |
| 15) Elephant | |

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

Answers for Trivia Quiz on Food

- Chaas
- Turmeric

Experiences of a Different Kind

- KISHORE.B. JOTHADY

Although this incident took place more than 39 years ago, it is etched in my mind as its akin to a Ripley's, Believe it or Not!

In December 1985, as a group of 14-15 enthusiastic wildlife photographers, we had planned an expedition to Nagarhole in Karnataka. Planning was done much before in September, and we managed to get confirmed seats for the 25th of December. As fate would have it, my aged father had a fall and dislocated his joint on 20th December and the surgery was planned on 25th morning, the day we were supposed to leave. I met the doctor and informed him about my trip planned the same day, and asked if the surgery could be advanced, so I could decide to go as planned or cancel my trip. The surgeon assured me that it was a very minor surgery and very common in cases of elderly persons. He said there was no need to worry or cancel my trip as my mother and wife were there, to attend to my father during and post-surgery. However, I arranged for an extra ward boy to look after him.

But on 23rd December, the surgeon informed me that the surgery was postponed to 26th as 25th was a Christmas holiday. In 1985, there was no internet, no email, no mobile. The only common mode of communication was through landline phones and in offices through telex machines. I had booked my return ticket to Mumbai through the Bangalore branch office of my company. The branch manager had kept the ticket in the office for me to collect.

I had never visited this branch office earlier, nor had I met this gentleman. We reached Bangalore the next morning, and while the group decided to go sightseeing, I thought it better to go to the office with my friend for my ticket, since I was not sure how much time I would get on my return. As we entered the office, the branch manager came forward to receive us. After introducing myself, with an expressionless face he shook hands with me and my friend and took us inside. I gave him a sweet packet. However, he just kept it on his table without even saying a 'thank you'. I found it strange. No smile on his face, no casual talk although we had met for the very first time. I looked

at my friend. He too was a bit puzzled. After about a minute of absolute silence, he asked me whether we could go to another room as he had to share something personal. We went and he still looked worried and a bit awkward. To ease his tension, I asked him if there was any problem. He cleared his throat and said, "Mr. Jothady, I do not know how to tell you. Would you like to sit down?" I told him I was OK. He went on, "I have received a telex from HO this morning. Your father has expired". For a few minutes, I just could not realize the impact of what he was saying. The whole world around me went silent. As if the frame had frozen. Then it hit me. "What... When" I managed to mutter. "I don't know the full details but this is what the telex said. I am sure you would like to rush back to Bombay so without even asking you, I have sent our peon to get an air ticket for you by whichever flight possible. I am sure it is OK with you. If you do not have enough cash to pay for the air ticket now, please do not bother. You can pay for it after you return to Bombay". I realized I was just staring at him without actually realizing what he was telling me. I had gone numb. I went back outside where my friend was waiting and gave him the news. He too was shocked beyond words. We went back to our hotel and I sat there going over the events to fully understand what had happened. I forced my friend to go and have his lunch as I did not wish to even think about food. Around 1.30 in the afternoon, my colleague came over with my air ticket. He said it was next to impossible to get the ticket because there was to be a mega session of the Congress party next day at Brabourne stadium and all flights to Bombay were full. The enterprising person however, realizing the urgency, had got in touch with his friends in Bangalore TV and managed to push me in as an official TV photographer in their team which was to cover the mega event in Bombay. I did not know how to thank him - this was real humanity. He told me he would come in the evening to drop me to the airport. At that time, with no Olas and Ubers, his help in reaching the airport was invaluable. He told me to relax for some time and left. I lay on the bed but could not even doze. The day's events kept coming back to mind. In the evening our group returned, extremely happy about getting

some really good pictures of Bangalore. Their happiness and excitement vanished as soon as my friend told them about my father's demise. A few of them wanted to cancel the trip and return to Bombay. I persuaded them to go ahead with the trip as everything had been finalized. They agreed and told me to leave my luggage with them and fly back with just my camera bag. I was alone in the hotel room pondering over what lay ahead for me. At 5 pm, my colleague came over and we reached the airport in about 50 minutes. At the airport, we saw a notice that my flight was delayed to 10 pm. My colleague offered to wait, but I persuaded him not to. He left and I saw his teary eyes as he drove away. What a wonderful, sensitive human being he was. I entered the airport and sat with my camera bag. At 9.30 pm, the departure/arrival board flashed a sign that my flight was delayed to 1.30 am. The passengers were requested to collect their meal coupons and proceed to the restaurant. I had no intention of having any food and sat there stretching my tired legs. I noticed a dignified grey-haired person sitting opposite, staring at me. Feeling uncomfortable, I tried to avoid his gaze. After a few minutes, he came over and sat next to me. "Is something wrong?", he asked, his voice full of concern. "I have been observing you for the last half an hour. Something is bothering you," he went on. Not interested in sharing my grief with a total stranger I told him I was fine. But he insisted and I had to tell him the whole story and my reason for rushing back to Bombay. He too felt extremely sad and inquired if I had dinner. I shook my head. "Look, young man, I fully understand you may not feel like putting even a morsel in your mouth but please understand we do not know what will be the circumstances at your place when you reach there tomorrow early morning. Everybody will be under tension and stress and not in the right state of mind. They may not even ask you if you have had anything to eat. So please have a soup or something." I saw a lot of sense in what he was saying and accompanied him to the restaurant. Our flight left almost empty, as most passengers had cancelled their tickets. When it neared Bombay, he came over to my seat and asked me how I would reach my residence. I told him I would hire a taxi. He sat next to me in the vacant seat and said, "at this hour it would be difficult to get a cab even at the airport. My car is coming to pick me up. I

will drop you home. Where do you stay?" When I told him I stayed close to Bhatia Hospital, he smiled and said, "how lucky. I stay near Maratha Mandir which is not far. I will drop you home". I protested since I did not wish to inconvenience him at that late hour but he was adamant. Finally, I had to agree. I had not even asked the name of this good samaritan. He smiled and said he was 'Murthy' and had an import-export business. He fished out a visiting card and gave it to me. When I reached home at 4 am, I found everyone awake although still reeling from the shock. My maternal uncle and aunty from Goa had reached the previous evening. Others started arriving soon. I conducted the rites in a daze. The next day I told my uncle that I would go meet this 'Murthy' and thank him properly. I took his visiting card and drove to the address mentioned on the card. I was a little surprised that a small dilapidated chawl stood at the address given. Owner of a thriving import-export business who travels by air staying in a chawl? I brushed aside the thought and went inside the building where an old Muslim chacha was sitting in an easy chair, reading a newspaper. When I inquired where I could find 'Mr. Murthy', he looked surprised and said there was nobody by that name in the chawl. He told me that it was a Muslim chawl, and had been staying there for 60 years and nobody by that name ever stayed there. He saw the doubt on my face and called another person who was passing by. He too said the same thing. I showed them the visiting card 'Murthy' had given me. Both of them looked at it and said though the address was correct, there was no 'Murthy' staying there. Perplexed, I returned home and told this to my uncle. A retired police officer, he asked for the visiting card to have a look. He dialled the two numbers printed, but both kept on ringing!

Till date, this puzzle remains unsolved. Who was this mysterious 'Murthy' who lent me moral strength and support, had food with me at the restaurant, travelled with me to Bombay, dropped me home in his car, gave me his visiting card, and just disappeared? Who was he? What did he gain (if at all he gained something) by doing all this? Why did he help me so much despite being a total stranger? Questions.... Questions. But no answers!

जगमें सुंदर है दो नाम

शशि बल्सेकर

जगमें सुंदर है दो नाम, एक आनंद एक परिज्ञान
आनंद परिज्ञान आनंद परिज्ञान (2)

एक हरिदास कुलसे आए,
एक शुक्ल कुलदीप कहलाए
दोनों बेचारे बाली उमर में
हुए समाज को दान ॥ आनंद परिज्ञान (2)

एक शांतीकी मूर्ति थी और
एक क्रांतिकी पूर्ति
दोनोंका भी ध्येय एक था
समाज का कल्याण, आनंद परिज्ञान (2)

एक ने जाती धर्म निभाया
एक ने मानव धर्म सिखाया
दोनोंको था ग्यात शास्त्र सब
था वेदोंका ग्यान, आनंद परिज्ञान (2)

एक ने ली अंतमें समाधी
एक ने तो संजीवनी साधी
दोनोंने हाथमें लिया था
जन उद्धार का काम । आनंद परिज्ञान (2)

जगमें सुंदर है दो नाम, एक आनंद एक परिज्ञान
आनंद परिज्ञान आनंद परिज्ञान (2)

सुस्वागतम् श्रीरामा

विद्या दुर्गादास बैदुर (विद्या सीताराम भट)

सुस्वागतम रामा शरयू तीरावरी
आपुल्या अवधपुरी ,निजमंदिरी

निर्मिले अयोध्येत रामाचे भव्य मंदिर
राम परतले स्वगृही शेकडो वर्षानंतर

दाही दिशात आनंदी आनंद बहरला
प्रभू रामाचा आनंद सोहळा सजला

दुमदुमली अयोध्या रामनाम गजराने
मंत्र सुखाचा ह्या राम उच्चाराने

गर्भगृही प्राणप्रतिष्ठा रामाची झाली
स्वर्गातून प्रसन्नतेची पुष्पवृष्टी झाली

रामनामाच्या अमृतमय रसपानाने
राममय झाले भक्तांचे तनमन

तोडाया सारे द्वेष नि मोहमाया
प्रभुराया आले सर्वाना उद्धराया

भाग्य दिन हा दिसला मम लोचनी
कृतकृत्य होऊन भरून पावले जीवनी

रामभजनी मन रंगूनी चैतन्य फुलले
भूतलावर रामराज्य अवतरले

पुनःस्थापनेने अयोध्या जाहली पावन
भक्तीरसात नाहले अवघे भारतजन

Double Words in Konkani

BALAKRISHNA IRDE and INDUKANTH RAGADE

Double words exist in every language. We define a double word as one formed by putting together two words to form one single word without a hyphen separating them. Double words can be formed either by repeating the same word or by putting together two rhyming words. Again, the repeated word or the two rhyming words may either have no distinctive meanings of their own or they may have specific meanings. Thus there can be four different types of Double Words. Such words are found in most Indian languages. They exist in English too.

Examples in English are hushhush (with meaning), tomtom (no meaning), roly poly (with meaning) and hanky panky (no meaning). Corresponding examples in Konkani are: vagvaggi, kidkidi, thontmonto and gadbadu. There are only a handful of such double words in English. There is a remarkable profusion of them in Konkani. In this article, we are listing only the numerous words where a meaningless term is doubled to give a specific meaning. In spite of our best efforts, we were unable to get the meaning of some words which are marked by question marks. We welcome information about these words and also about similar words missed by us. Not being linguists, we also welcome corrections of any errors / improvements in the meanings of any word given by us. Please contact us at balairde1942@yahoo.com or isragade@yahoo.com.

(NOTE ON PRONUNCIATION IN THE ENGLISH VERSION OF THE KONKANI NAMES)

Names of the words are given first in Devanagari followed by their literal English equivalents and then their meanings. In order to convey the correct pronunciation of the words in literal English to those who are not familiar with Devanagari, the following coding is followed in these words:

| | | |
|----------------------------------|------------------------------|---------------------------|
| k is pronounced as in kari (Do), | kh as in khaanki (Cough), | g as in gotra, |
| gh as in ghara (House), | ch as in chaari (Four), | ch as in pachi (Aunt), |
| j as in japa (Prayer), | jh as in JhaaDa (Plant), | t as in vaata (Way), |
| th as in thakka (For him), | th as in thoru (Fat), | d as in dakkayi (Show), |
| dh as in dhari (Hold), | d as in thonda (Face), | D as in HoDa (Big), |
| dh as in dhaD dhaDu, | n as in paana (Leaf) and | n as in khaana (Food), |
| a as in mola (Cost), | u as in Guru, | l as in mola (Cost), |
| l as in dolo (Eye) | p as in peela, (Pet,) | ph as in phoola (Flower), |
| b as in baala (Tail), | bh as in in bhattu (Priest). | |

| DEVANAGARI | ENGLISH | MEANING |
|----------------|---------------|--|
| 1 कचकचि | kachkachi | fibrous to bite |
| 2 कडकडो | kadkado | shivering due to cold |
| 3 कणकणु | kankanu | an ache, mostly in the head (कपाला कणकणु) |
| 4 कटकटि | katkati | hard to bite (opposite of कुरकुरि) |
| 5 कर्करि | karkari | rough (to touch or feel) |
| 6 किचकिचि | kichkichi | sticky |
| 7 किटकिटचे | kitkitche | a stinging itch e.g. when bitten by bed bugs |
| 8 किडकिडि | kidkidi | spindly, thin |
| 9 किर्किरि | kirikiri | screeching |
| 10 कुचकुचि | kuchkuchi | close to one another, tightly packed |
| 11 कुचकुचु | kuchkuchu | itch |
| 12 कुटकुटि | kutkuti | sound and active (said of old people who are fit and active) |
| 13 कुयकुय | kuinkuin | complaining in a nasal manner of some dissatisfaction |
| 14 कुरकुरि | kurkuri | crisp |
| 15 कुरकुरता | kurkurthaa | itching to do something |
| 16 कुरतकुरतुनु | kurthkurthunu | repeatedly pressing one to act or respond |
| 17 कुळकुळि | kulkuli | roly poly, round and plump ??? |
| 18 कुशकुशि | kushkushi | ??? |
| 19 कोटकोटता | kotkotthaa | of chatter of very young children |

| | | | |
|----|------------|---------------|---|
| 20 | खत्खति | khathkhathi | boiling |
| 21 | खण्खणि | khankhani | clearly like the clang of a bell |
| 22 | खर्खर | kharkhara | trouble, worry, nuisance |
| 23 | खर्खरसो | kharkharso | A troublesome person |
| 24 | खल्खलि | khalkhali | clearly, unambiguously |
| 25 | खल्खलो | khalkhalo | fit of shivering due to too much cold (sheeya Khalkhalo) |
| 26 | खिल्खिलो | khilkhilo | a child's rattle |
| 27 | गच्गुगचि | gachgachi | close to one another, packed tightly |
| 28 | गट्गटि | gatgati | quickly (refers to water, tea, coffee etc., being drunk quickly |
| 29 | गड्गडावंचे | gadgadaavnche | in earlier years, when full tori from a shop was poured in small quantities on the top of a slantingly held Manai when the dal rolls down and is collected at the bottom and the lighter chaff and the rough heavier stones remain on the Manai and are removed periodically. |
| 30 | गड्गड्ता | gadgadthaa | walks unsteadily, to totter ? ? also colloquially refers to individuals who are very rich |
| 31 | गड्गडांचे | gadgadaanche | said when the Ragdo is turned lightly when fine paste is not needed) |
| 32 | गर्गरि | gargari | refers to something done in a peremptory manner e.g hakka gargari thaannu vhello – He was peremptorily dragged away |
| 33 | गल्गलि | galgali | (of persons), lively, animated, also cheerful atmosphere prevailing amongst a group of people |
| 34 | गळ्गळ्ता | galgalthaa | the sound made when liquid filled in a pot shakes when the pot is shaken |
| 35 | गिड्गिडु | gidgidu | giggling of children |
| 36 | गिर्गिरि | girgiri | round and round |
| 37 | गुच्गुचि | guchguchi | close to one another (say people), tightly packed |
| 38 | गुट्गुटि | gutguti | word used for drinking a liquid rapidly |
| 39 | गुड्गुडु | gudgudu | Thunder |
| 40 | गुब्गुबि | gubgubi | a fat person |
| 41 | गुर्गुरु | gurguru | The sound in the stomach during any digestive upset, also a gr gr sound heard |
| 42 | गुल्गुलो | gulgulo | A vessel made of baked mud with a base at the bottom for stability, an expanded round storage portion in the middle and a longish circular neck with a lid that fitted inside the opening at the top. Used as a source of cold water when no air condition existed |
| 43 | गोर्गोर्ता | gorgorthaa | grumbles, complains |
| 44 | गोळ्गोळ्ता | golgolthaa | speaks indistinctly, mumbles |
| 45 | घम्घमु | ghamghamu | a strong, pleasant aromatic smell |
| 46 | घश्घशि | ghashghashi | ??? |
| 47 | चक्चकि | chakchaki | sparkling clean (when speaking of cleanliness), gleaming, well- polished |
| 48 | चड्चडि | chadchadi | ??? |
| 49 | चर्चरि | charchari | cooked to crispness |
| 50 | चिड्चिडि | chidchidi | ??? |
| 51 | चिण्चिणु | chinchinu | ??? |
| 52 | चिर्चिरि | chirchiri | used when some task becomes irritable because it is filled with too many details or sub tasks, also refers to an irritable person; also used when there is continuous mild rainfall (चिर्चिरि पाव्स्) |
| 53 | चिव्चिवि | chivchivi | rubbery (used when referring to stored crispy items becoming rubbery when chewed and ending with a fibrous residue |

| | | | |
|-----|-----------------------------|-------------------------------|--|
| 54 | चुरचुरो | churchuro | regret |
| 55 | चुळ्चुळि | chulchuli | kitchen word, meaning 'watery' or weak. e.g. chulchuli thaak Is watery buttermilk |
| 56 | जग्जगि | jagjagi | Shining, gleaming |
| 57 | जिर्जिरले | jirjirele | worn out, aged |
| 58 | झळझळि | jhaljhal | fresh?? appearing fresh in appearance?? |
| 59 | झळझळांचे | jhal jhalaanche | rinsing clothes in soap water or plain water |
| 60 | झळझळता or झूळझूळता | jhal jhalthaa or jhuljhulthaa | ??? |
| 61 | तट्‌तटि | thatthati | fresh |
| 62 | तुट्‌तुटि | thut thuti | quickly? |
| 63 | तुरतुरि | thurthuri | used when someone is being dragged at a fast pace |
| 64 | तुळ्‌तुळि | tultuli | in small stream, in droplets |
| 65 | थळ्‌थळि | thalthali | clean, also "bald" when referring to a bald head |
| 66 | दबदबि | dabdabi | in a thick manner, referring to pasty materials |
| 67 | दळ्‌दळि | daldali | ???? |
| 68 | दरदरि | dardari | straightaway? |
| 69 | दुड्‌दुडि | dud dudi | running at a fast pace? doing something at a fast pace? |
| 70 | दुरदुरि | durduri | ???? |
| 71 | दोक्‌दोक्‌को or धोक्‌धक्‌को | ???? | ???? |
| 72 | धढ्‌धढु | dhaDdhaDu | feeling in the heart after escaping from a danger or after achieving something after a tremendous effort |
| 73 | नुरनुरि | nurnuri | crisp (like freshly fried chips) |
| 74 | पच्‌पचि | pachpachi | word when a pasty material is applied on the skin (or somewhere else) liberally |
| 75 | पश्‌पशि | pashpashi | oily ????? |
| 76 | पट्‌पटि | patpati | in quick sequence |
| 77 | पिच्‌पिचि | pichpichi | sticky |
| 78 | पिळ्‌पिळि | pilpili | drops (For dropwise flow of liquids and of rain falling in drops) |
| 79 | पिर्‌पिरी | pirpiri | babbling person or one who cannot keep secrets |
| 80 | पिश्‌पिशि | pishpishi | (said of material which is not stiff?) |
| 81 | पिट्‌पिटि | pitipiti | when stated with reference to eyes, means blinking them |
| 82 | पुक्‌पुकि | pukpuki | a timid person |
| 83 | पुक्‌पुको | pukpuko | worry over some troubling matter |
| 84 | पुस्‌पुस् | puspus | something ending in a flop |
| 85 | फड्‌फडो | phaDphaDo | phaDphaDtha means "complains in a mumbling manner" |
| 86 | फर्‌फरि | pharphari | ??? |
| 87 | फळ्‌फळि | phalphali | ??? |
| 88 | बक्‌बकि | bakbaki | gulping large handfuls of food, fast |
| 89 | बच्‌बचि | bachbachi | closely packed |
| 90 | बड्‌बडि | badbadi | a chatterbox?? |
| 91 | बळ्‌बळि | balbali | cooked item in semi-solid condition |
| 92 | बिच्‌बिचि | bichbichi | ??? |
| 93 | बिड्‌बिडि | bidbidi | liberally e.g. when oil is applied liberally on a child's body for an oil bath |
| 94 | बिज्‌बिजि | bijbiji- | ??? |
| 95 | बिळ्‌बिळि | bilbili | ??? |
| 96 | बुक्‌बुकि | bukbuki | blooming, e.g. like fresh flowers |
| 97 | बुच्‌बुचि | buchuchi | in swarms (buchuchi bikkoona assati) |
| 98 | बुड्‌बुडि | budbudi | said of drooping eyes |
| 99 | बुड्‌बुडता | budbudthaa | 'dropping off' of flowers from their stalks when stored |
| 100 | बुळ्‌बुळि | bulbuli | oily or slippery |
| 101 | बुर्‌बुरि | burburi | peremptorily ????? |
| 102 | भर्‌भरि | bharbhari | in a rough pattern, gaudy |

| | | | |
|-----|------------|--------------|--|
| 103 | भश्भशि | bhashbhashi | in generous quantities (e.g. in preparing or serving of food) |
| 104 | भुश्भुशि | bhushbhushi | soft??? porous??? |
| 105 | मट्मटि | matmati | fast (matmati jevlo??) |
| 106 | मळ्मळि | malmali | ??? |
| 107 | मिर्मिरि | mirmiri | tangy to taste |
| 108 | मुश्मुशेले | mushmushale | low grade body temperature |
| 109 | मेण्मेणे | menmene | spineless |
| 110 | रक्कि | rakraki | very hot (rakraki vatha ...??) |
| 111 | रण्रणु | ranranu | the heat from the sun in top summer (vaththaa ranranu) |
| 112 | रप्पि | raprapi | ??? |
| 113 | रश्रशि | rashrashi | ??? |
| 114 | लट्लटि | latlati | in master strides??? |
| 115 | लव्लवि | lavlavi | fresh (said of flowers) |
| 116 | लिक्लिकि | likliki | fragile, rickety |
| 117 | लुकलुकि | lukluki | very soft (iddlio lukluki assathi) |
| 118 | वळ्वळे | valvale | suffering |
| 119 | विड्विडि | vidvidi | ??? |
| 120 | विरविरले | virvirele | frayed (of cloth) |
| 121 | विळ्विळि | vilvili | loose |
| 122 | विश्विशि | vishvishi | attractive |
| 123 | वेरेवेरे | verevere | persisting in complaining or in wanting something |
| 124 | शिड्विशिडि | shidshidi | ??? |
| 125 | शिर्शिरेले | shirshirele | liquid material cooked with continuous stirring until the cooking mixture starts coming together leaving the sides of the pan. |
| 126 | सण्णणे | sansane | a throbbing pain |
| 127 | सर्सरि | sarsari | immediately |
| 128 | सळ्सळि | salsali | easy flow like water |
| 129 | सळ्सळान्चे | salsalaanche | Adjusting the hotness of water used for bathing by adding hot or cold water |
| 130 | सुम्सुमि | sumsumi | ??? |
| 131 | सुट्सुटि | sututi | quick-stepped |
| 132 | सुरसुरेले | sursurele | fermented |
| 133 | सुळ्सुळि | sulsuli | watery |
| 134 | हड्हडो | haDhaDo | craving |
| 135 | हक्हक्को | hakhakko | ??? |
| 136 | हुडहुडि | hooDhooDi | Restless |
| 137 | हुखहुखो | hook hookko | craving |
| 138 | हुळहुळु | hoolhoolu | feeling as if some insect is creeping on one's skin????? |

Answers to सरल संस्कृतम् –

| | | | | |
|------------------------|--------------|--------------|---------------|----------------|
| Exercise 23.1 - | 1. पुस्तके | 2. विमानयाने | 3. उपाहारगृहे | 4. समाचारपत्रे |
| | 5. गृहे | 6. फलके | 7. हृदये | 8. आकाशे |
| | 9. करवस्त्रे | 10. उद्याने | 11. जले | 12. काचपात्रे |

Saraswati River

- INDUKANTH RAGADE

We, Saraswats, believe that we originally lived on the banks of the mighty Saraswati River hurtling down from the mighty Himalayas. Is this just a mythological belief or is there any concrete evidence that there flowed a river by that name once?

Research by the Physical Research Laboratory, Ahmedabad, in collaboration with IIT-Bombay has recently literally unearthed evidence that is enough evidence to show that there was a perennial river in the parts of North-western India that followed along the current course of the river Ghaggar. The scientists believe that it is the ancient river Saraswati mentioned in the Rig Veda.

The Ghaggar River today is a seasonal river originating from the Sub- Himalayas and fed by seasonal monsoon rains. But nearly two-thirds of the 1500 archaeological sites of the Harappans were from the banks of the Ghaggar! Was the Ghaggar therefore the original Saraswati River, now reduced to a seasonal river?

In a paper published in 2019 in the scientific journal, "Nature", scientists, Anirban Chatterjee, J S Ray, and Anil Shukla of The Physical Research Laboratory, Ahmedabad, along with Kanchan Pande of IIT Bombay have literally unearthed evidence from the sands of the Ghaggar river that it was once the Saraswati! They analyzed samples of the sands from the banks of the Sub-Himalayan River taken from 3 to 10 metres depth. These contained coarse white or grey grains containing white mica, typical of glacial-fed higher Himalayan rivers. This sand was found over a stretch of more than 300 kilometres! The scientists then studied the isotropic ratios of Strontium – Neodymium ratios and studied the ages of the sands by the Argon dating method. They found that the results from both overlap those of Higher Himalayas! This indicated that today's seasonal Ghaggar was once the perennial Saraswati. But how did the perennial river become a seasonal one?

Radio-carbon dating and optical dating of mollusks shells found in the sand indicated that the Ghaggar had two distinct perennial phases. The first phase was from 80,000 to 20,000 thousand years ago in which the river had uninterrupted flow. It then started diminishing

due to the extreme aridity of the later glacial period. However, the river gained strength some 9000 years ago and became perennial with the flow from the Sutlej and continued till 4500 years ago. The Vedas were written about 9000 years back and so the authors conclude that the revived perennial condition of the Ghaggar between 9000 and 4500 years ago can be correlated with the Rig Vedic Saraswati!

HERE & THERE

Report by Chennai Sabha

Monthly sadhana panchakam is being performed diligently.

The other programmes included performing of Guru puja and singing of bhajans during the punyatithis of our Gurus - Parijnanashram Swamiji III, Anandashram Swamiji, Parijnanashram Swamiji II, Shankarashram Swamiji I, Vamanashram Swamiji, Krishnashram Swamiji, Shankarashram Swamiji II. We also performed Guru Puja followed by bhajans on March 1st as also for Janmadiwas and Ordination Day of H.H. Sadyojat Shankarashram Swamiji. The other religious programmes included performing pujas by Ved Goutham Bhat for Guru Purnima, Shayani Ekadas and Mahashivaratri.

There was good participation this year in the chanting of Mhantis for Ashtami and Datta Jayanti.

The Saraswat Mahila Samaj Bhajan group offered their annual bhajan seva at SGS Sabha during Chavathi, at Kashi Math and Samarth Ramdas celebrations this year also. Mahila samaj had organized Haldi-kumkum on Lalita panchami day. This included performing Devi Puja, followed by chanting of Lalita Sahasranama. The programme was well attended.

Four Yuvas performed char yama Shiv puja on Mahashivaratri at the Association premises along with the live webcast of H.H. Swamiji's puja at Shirali.

Reported by Kavita Savor

Report of Andheri Sabha

4th and 5th January 2024 were the Samaradhana (Punyatithi) days of PP Shrimat Krishnashram Swamiji and PP Shrimat Keshavashram Swamiji, which we jointly celebrated online on 5th January. The topic, a Vedic Prayer is as follows, “Om Swasti Shridhaam Medhaam Yashah, Prajnaam Vidyaam Bhudhim, Balam Aayushyam Teja Aarogyam, Dehi me Parmeshwara, Dehi me Parmeshwar” was explained beautifully by Shri Rajagopal Bhat. The recording is available on our Andheri Sabha YouTube channel.

Auspicious New Year, Chaitra Shudha Gudi Padwa or Yugadi parv was celebrated offline after five years with an overwhelming response, on 9th April, 2024 at the holy precinct of Shri Admar Math. Around 170 Sabha members and their families attended this programme, followed by prasad bhojan.

Satyanarayan Puja was performed by Hattangadi Prashant Bhat with Shri Rajagopal Bhat and Smt. Rekha Bhat as Yajaman. Panchang vachan by Hattangadi Bhat followed by Upanyas on Krodhi Naam Samvatsar was explained by Shri Rajagopal Bhat.

Shri Rajagopal Bhat was felicitated by Shri Durgesh Chandavarkar, for his yeoman services to Andheri Sabha.

Our Sabha prarthana varga children, Ved Bangalorekar, Mishti & Mihika Gunawanthe, Yuvas, Aditi Gokarn, Siddharth Adur, Anirudh Bhat, and other laity members Divya Hattangadi, Varun Gunavanthe, Abhishek Gokarn, Deepa Koppikar also offered beautiful bhajans during the Bhajan seva, which was hosted by the Prarthana varga children, Aarav and Arnav Koppikar, with recitation of prayers by Samvit Bhat. The entire Yugadi programme was compered by Smt. Vidya Bijoor.

Reported by Deepa Koppikar

Bangalore Sabha

On 9th April, on the occasion of Yugadi-Krodhi Samvatsara Prarambha, sadhaka-s participated in Panchanga Shravana hosted by and at Canara Union followed by Panaka Panwara. Math calendars for the new Samvatsara were distributed by Bengaluru Local Sabha volunteers at the Vantiga counters.

As a part of Shivasayujyam Samuhika seva

activities, sadhaka-s participated in Abhivyakti (17th March) on shloka-s from Shrimad Bhagawadgita/Shivanandalahari, Devi Anushthana

(18th March) and online Samuhika Gurupujana(24th March).

Upcoming activities:

Shri Shankara Jayanti will be observed on 12th May 2024. Events being conducted in commemoration are: Essay writing (27th April), Drawing and painting competition (28th April) and Stotra recitation (4th May 2024).

Report by Saikrupa Nalkur

Our Institutions

The Saraswat Mahila Samaj: Yuvati Diwas celebrated

The Saraswat Mahila Samaj, Gamdevi celebrated International Women’s Day on 23rd March 2024 in the Samaj Hall. Renamed Yuvati Diwas by the late Smt. Sadhana Kamath, it was celebrated by felicitating the new active yuvati members of the Samaj, who have also made a name for themselves in the corporate world and society. Mrs. Nivedita Nadkarni hosted the evening emphasizing women’s power and the role of women in today’s world, through her. She emphasised on the theme ‘The essence of being a woman’. Mrs. Smita Mavinkurve welcomed the three yuvatis, Leena Kotwal, Bhakti Ullal and Ashwini Prashant, after they were introduced. All three of them are academically well-qualified and are pursuing successful careers. They spoke at large about their experiences in their respective field of work.

Mrs. Leena Kotwal is a retired school teacher from ABIS. After a brief stint in a private company then later with 17 years of experience in teaching children with learning disabilities, she retired from the post of Head of Senior School. She reminisced about her memorable experiences in school and the various lessons she learnt while dealing with such special children.

Ms. Bhakti Ullal, is a young lady with an experience of 20 years in the banking and finance sector. She too narrated her experience in her field and the lessons she learnt during Covid.

Mrs Ashwini Prashant, holds multiple degrees and is successfully managing her corporate job and also handling social and community activities

by being associated with the KSA, SVC, SMS etc.

The interesting evening concluded with a vote of thanks by Mrs. Kalindi Kodial. She thanked them for joining the Samaj committee. Snacks were sponsored by Mrs. Vidya Kodial in memory of Shankarrao and Premlata Kodial.

Report by Vijayalaxmi S Kapnadak

PERSONALIA

Namita Baidur bags a Gold

At the Cakeology 2024 Bangalore edition, Namita Baidur's entry, inspired by the 'Markets of India' in the Decorated cupcakes category, bagged a Gold. Cakeology is a cake show that combines education, exhibitions, and competitions for cake artists, bakers, and chocolatiers.

There were five categories in the competition, and her entry also secured the first place among all the gold award winners in the cupcake category.

The cupcakes were judged on the decoration and taste. On the inside, these were carrot cupcakes with an orange-ginger filling and a white chocolate ganache frosting.

(Picture on page 40)

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DOMESTIC TIDINGS

MARRIAGE

We congratulate the young couple and wish them happy married life!

Dec 31: Nirmal Sandeep Kumta with Prachi Shankar Shenoy at Mumbai.

OBITUARIES

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

- Feb 02 : Shyamsundar Dattatreya Savkur (96) in Bengaluru.
- Feb 20 : Gopalkrishna Nadkarni (94) at Bengaluru.
- Feb 22 : Sachidanand Shivrao Balwalli (72) at Bhuj.
- Mar 01 : Shantini Yedery (72) at Bengaluru.
- Mar 03 : Malati Chandavarkar (94) at Bengaluru.
- Mar 06 : Vijay Vasanth Kaikini at Bengaluru.
- Mar 08 : Pratima Ashwin Hoskote(60) at Bengaluru.
- Mar 10 : Sharada (Lalitha) Nagesh Kaikini (79) at Bengaluru.
- Mar 12 : Meera Haldipur (92) at Bengaluru.
- Mar 18 : Gurunandan (Gunnur) Talgery (85) at Bengaluru.
- Mar 22 : Gautam Prabhakar Hosangadi (67) from Goa at Pune.
- Mar 25 : Vasanti Suresh Chandavarkar (nee Kundaji), (88) at Bengaluru.
- Mar 25 : Gourish M Hosangady (66) at Mumbai.
- Apr 07 : Aruna Ashok Chittar (74) at Bengaluru.
- Apr 10 : Vivekanand Umanath Balsawar (81) of Saraswat Colony, Santacruz, at Mumbai.
- Apr 15 : Prakash Koppikar at Nashik.
- Apr 15 : Usha Mohan Kallyanpur (nee Bijoor) (74) of Talmakiwadi at Mahim, Mumbai.
- Apr 21 : Jayashree Padmanabh Masur (95) at Pune.

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