

Kanara Saraswat

A MONTHLY MAGAZINE OF THE KANARA SARASWAT ASSOCIATION

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July 2024

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समर्थ भानप Y O J A N A

For Aspiring Entrepreneurs from our Community



Applications accepted until 14 July, 2024.

(Details inside)

KSA hosts special screening of Tarpana

(Details on page 11)



Kishore Masurkar, President KSA making a short speech after felicitating the Director and cast of Tarpana. On extreme right is Ajit Gunjekar, President, AISCO.



The Tarpana team poses for a keepsake with their fans in the theatre foyer.



Sunil Ullal and Sanjay Savkur reminiscing the good old days in Talmakiwadi.

The Baker from Bankikodla **Radhika Murdeshwar** (Interview on page 13)



Oh My Dough!





Kanara Saraswat

A Monthly Magazine of the
Kanara Saraswat Association
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Donations

KSA is grateful to the following donors towards

Medical, Centenary Refundable Grant and Hall Renovation Fund

Saraswat Foundation, USA	Rs. 909506.40
Akshata H. Rajadhyaksha, Amrita S Yellore, Namrata Nagarkatti (In memory of Deepak S Nagarkatti)	Rs.3,00,000.00

Scholarship - current year disbursement

Gautam Gopalrao Hemmady	Rs.10,000.00
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General Fund

Mukund Nadkarni	Rs.7500.00
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**CO-ORDINATION COMMITTEE OF THE INSTITUTIONS GRANTING EDUCATIONAL,
DISTRESS AND MEDICAL AID**

F-1(a), Saraswat Colony, Santacruz (West), Mumbai - 400054

Applications are invited in the prescribed forms from economically backward and deserving Chitrapur Saraswats for the following aid :-

(A) EDUCATIONAL AID: From students studying in schools, colleges or pursuing other courses, like Engineering, Medical and other Professional Courses. The last date for receipt of applications is 30th Sept.

(B) DISTRESS RELIEF AID: From the aged, invalid, infirm, uncared for and other needy persons. The last date for receipt of applications is 31st August.

(C) MEDICAL RELIEF AID: From those who have incurred expenditure for treatment of a major illness, hospitalisation or surgery and need financial assistance. The last date of receipt of applications is 31st August.

(D) PRIYA HATTIANGDI SCHOLARSHIP FUND: From students pursuing courses in English Literature & Fine Arts, encompassing Painting, Crafts, Calligraphy etc. The last date of receipt of application is 30th Sept.

-: Application forms for the above can be obtained from :-

The Manager, Kanara Saraswat Association, 13/1-2, Talmakiwadi, Javji Dadaji Road, Tardeo, Mumbai 400007. Phone No. 022-23805655

The Manager, Shri Chitrapur Math, Shirali-581354. Phone No.08385-258368.

The Manager, Shri Shivagopal Krishna Mandir, Chamrajpet, J.C.Road, Sagar-577401.

Phone No.08183-227677.

The Managing Trustee, Shri Shiva Krishna Mandir, Tahsildar's office, Lamington Road, Hubli-580020.

Phone No.0836-226435

Hon.Secretary, The Chitrapur Saraswat Education & Relief Society, F-1 (a),Saraswat Colony, Santacruz (West), Mumbai 400054. Mobile 9833997646

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Applicants from Bengaluru City, Chennai, should apply from following centres :

A.The Hon. Secretary, Canara Union, 8thMain,15th Cross, Malleshwaram, Bengaluru 560003.

Phone No. 080-23342625, 080-23345976—for all applicants from Bengaluru.

B.The Secretary, Saraswat Poor Students' Fund, c/o Ganapati High School, G.H.S. Road, Mangalore 575003 - for Educational Aid, from Dakshina Kannada, Udupi and Kasargod District.

C.The Secretary, Saraswat Association, Dr. Dinkarrao Memorial Hall, Ormes Road, Kilpauk, Chennai - 600010 - for all applicants from Chennai.

N. B. Properly filled application forms for Aid should be submitted alongwith original medical bills & photocopies (self attested) of the mark sheet, proof of admission / fee receipt, salary / income certificates, first page of bank passbook / cancelled cheque.

All completed forms should be handed over / posted to the same (office) authorities from where the forms were collected.

FOR AREAS OTHER THAN ABOVE :

D. Coordination Committee, Mumbai.

(1)-The Hon. Secretary, Kanara Saraswat Association, 13/1-2, Talmakiwadi, Javji Dadaji Marg, Tardeo, Mumbai 400007. Tel. No. 022-23802263, 022-23805655.

(2).- The Hon. Secretary, The Chitrapur Saraswat Education & Relief Society, F-1(a), Saraswat Colony, Santacruz (W), Mumbai 400 054. (Mob.:9833997646), Email: csers_educaid@yahoo.com.

Aid Applications can be downloaded from website www.csers.org.

**For Co-ordination Committee
Hon. Secretary**



From the President's Team

Dear Members and other readers,

As you all know Summer just ended in India and rain has started. As per our Hindu Calendar, the month of Ashadha will start from 23rd June, 2024 and end on 21st July, 2024. It is the first month that heralds the advent of the monsoon season. Two significant days during this month are EKADASHI and GURU POORNIMA. You all may be aware that the occasion of Ashadhi Ekadashi or Shayani Ekadashi is dedicated to Lord Vishnu. This day is important as Lord Vishnu is believed to attain Yoga Nidra, a state of mental relaxation. This period marks the commencement of Lord Vishnu going to deep sleep on the “Shesha Naga” and floating in the “Ksheersagar” the cosmic ocean of milk, which continues for four months. Ashadh Ekadashi is considered quite significant and is often observed as the first Ekadashi. Devotees observe a fast and refrain from consuming specific food items. It is believed that by keeping this fast, devotees would be able to resolve any problems or tensions in their lives.

I am sure you all must have heard about Ashadhi Ekadashi being celebrated in a big way in Maharashtra. This ceremony is generally held at Pandharpur where a huge number of devotees gather to celebrate the festival. It is a religious procession festival (Dindis) which is held every year. The devotees carry palanquins which have the image of great saints of Maharashtra while they go on this huge procession. Many instruments like Ektaris, dholkies and chiplis are played by the devotees while walking during this holy yatra.

The other significant day during the Ashadha month is GURU POORNIMA. This year, the day falls on 21st July, Sunday. As you know, it is a day to honour the teachers or GURUS in our life. In the Hindu Calendar, it falls on the full moon day in the month of Ashadha. The mythology behind GURU POORNIMA can be traced back to the birth of the sage Ved Vyasa, who is said to be the author of the Mahabharata and the Puranas. He is said to have divided the edited Vedas into four parts as we know them today. It is an auspicious day for seeking the blessings of Ved Vyasa, who is considered to be the MAHA GURU. His blessings are believed to dispel the darkness of ignorance and usher in the light of knowledge. For us, it is the commencement of the CHATURMASA VRATA by our GURU HH Shrimat Sadyojyat Shankarashram Swamiji which will be held this year in Mangaluru. We all await for this day to take blessings from our GURU.

From this magazine of Kanara Saraswat Association, you must have read about a series of events which have taken place in the recent past. There were many online programmes such as DIWALI PAHAT 2022 and 2023, Sangeet Sammelan, Pyaar Bhare Rang 2022, Surmayi Prabhat 2023, Holi Ke Rang etc. KSA organized a get-together of all the AMCHI talents who performed during these events and honoured them in person in the presence of all other Artists. I am sure that the support and active participation from all of you, including online viewers from across the world, will encourage us to have more and more such events.

I would like to end by offering prayers to Lord Bhavani Shankar and our revered Guru to bless us all with good health and prosperity in the coming months.

Uday Gurkar

The Editor's Column

Dear Readers,

Our July issue features an article on the Samarth Bhanap Yojana, an initiative of Shri Chitrapur Math under the aegis of the Parijnan Foundation. This unique scheme is exclusively for our community members and will help Bhanap businesses grow and enable deserving youngsters to start a business enterprise. Interested youth can send in their applications by 14th of July, 2024. More comprehensive details can be obtained on the website: www.samarthbhanap.com.

The Kanara Saraswat Association is always at the forefront when it comes to organizing events and gatherings for the benefit of our community. One such instance was the special screening of the Konkani film, 'Tarpana' in a theatre at Dadar, Mumbai. The response was tremendous and it was a full house. We received quite a few reactions about the film from our readers, which we have shared inside one of the pages.

Bhakti Ullal speaks with Radhika Murdeshwar, who owns and manages a home-grown patisserie, "Oh! My Dough" in the suburbs of Mumbai, along with her husband. Radhika, who grew up in the village of Bankikodla, has certainly come a long way, thanks to her grit and determination, in a field where there's hot competition.

Maj Gen B.N.Rao's monthly column in Military Musings is about having a 'Gunner's Eye' – which is, anything that's not in alignment, immediately catching one's eye. A quality that he affirms is ingrained into the psyche of all military officers, right from the beginning of their careers.

If one believes that quitting is synonymous with failure, Girish Karnad, in his thought-provoking article, 'Strategic Quitting – the Agile Way' explains that it is not necessarily so. He elaborates on the art of Strategic Quitting, which can be the most agile move forward.

Krishnanand Khambadkone takes us on a journey to Indonesia, a country in which Indian influence is prominent. He says that one will encounter more Sanskritization there, than one ever would in India. He has also thoughtfully provided itineraries for those planning a trip to that country.

This month's Parisevanam provides details of the various interesting courses that are conducted by the team of Girvanaprathishta – the department of Sanskrit studies of Shri Chitrapur Math.

Chennai based Prerna Mullerpaten writes on the 'Haldi paan Patholyo' – a delicacy that most of us get to eat during Ganesh Chaturthi. She has also provided recipes gleaned from her mother and our ever reliable 'Rasachandrika' for Dhanv Kheeri, Kochholi, Saltless Bhajji Upkari, and Patholyo. With Ganesh Chaturthi just a couple of months away, do keep these recipes handy.

We regret that this issue does not have the usual Devanagari pages, but hope to publish them in the coming issues. We invite contributions for the same.

We are reprinting Usha Aroor's article, 'Not Complete, Not Perfect' which first appeared in the Canara Union Newsletter, Bangalore. She provides many interesting examples and insights into new ways of looking at or accepting incompleteness.

Our Junior Editorial Committee member, Paartha S. Ray got an opportunity to be selected for a show called "Get School'd" with famous former international cricketers on the ESPN Social media channel. Do read through the interesting experience Paartha had, even though he isn't too much into cricket!

"Little Dhun's Wisdom" penned by young Kruthi K Masurkar is a fictional tale that conveys the wonderful outcomes from the Prarthana Varg that is conducted for children who learn about our history, tradition, and culture.

Anjali Burde's monthly column on the culinary treasures of India takes us through the journey of the Sindhi community post-partition into India and their cuisine. She also shares the recipes of two of their popular dishes.

In conclusion, we invite you all, to keep sending in articles, poems, travelogues etc., that will interest a larger section of our readers and their families.

Ramkishore M. Mankekar

SAMARTH BHANAP YOJANA (SBY)

An opportunity for aspiring and budding aamchi entrepreneurs

ANJALI BURDE

The Samarth Bhanap Yojana was launched by Parama Puja Shrimat Sadyojat Shankarashram Swamiji on the auspicious occasion of Rathotsava on April 23, 2024. A website www.samarthbhanap.com with the logo was also unveiled on the occasion. This is an initiative of Shri Chitrapur Math, through the Parijnan Foundation with the blessings of Parama Puja Swamiji who had expressed a desire to promote Entrepreneurship amongst our community. Few other philanthropists have also committed a corpus towards setting up the Fund that will be used to provide seed capital grants to help Bhanap businesses to grow and deserving youngsters to start a business enterprise.

The primary objective is to ensure that lack of capital does not impede the dreams of any Aamchi youngster with entrepreneurial traits, wanting to start a business venture.

For this Scheme, the term “Bhanap” includes “Chitrapur Saraswats as defined in the integrated scheme of SCM and shall also include children born to a Chitrapur Saraswat lady”.

The Mission Statement of the Samarth Bhanap Yojana is: “To promote Bhanaps to startup and grow Bhanap-owned businesses through funding, mentoring, facilitating and to promote creation of employment among Bhanaps”.

The Samarth Bhanap Yojana would work towards the following objectives as part of its Charter:

- Facilitate the establishment and expansion of Bhanap-owned businesses.
- Provide targeted resources and support to nurture the growth of upcoming Bhanap enterprises.
- Contribute to the economic empowerment and employment generation within the Bhanap community

The Samarth Bhanap Yojana will focus on the following areas:

1. Seed Funding: Grants upto five times the capital introduced by the applicant subject

to a maximum of ₹20 lakhs per business, to promising ventures upon evaluation.

2. Incorporation Assistance: Streamlined support for business registration, GST enrollment, and other legal formalities.
3. Subject Matter Expert Support: Connect with volunteer experts from the KSA-CSN network (marketing, sales, supply chain, manufacturing, retail) based on availability and specific business needs.
4. Business Plan Refinement: Access to expert guidance for fine-tuning business plans and business expansion plans.
5. Ongoing Guidance and Support: Access to continuous mentorship and advice from experienced entrepreneurs and industry professionals from the Bhanap community.
6. Assistance in IT Setup: Tailored assistance in establishing essential IT infrastructure, including hardware, software, and e-commerce enablement as needed.

The SBY will be administered by a Governing Body comprising eminent and professional members of our community. The GB will provide overall policy guidance and supervision in implementing this Scheme through the implementing body, the Executive Committee.

Business Support Services from PRACHETAS ADVISORY SERVICES PVT. LTD. (PASPL)

PASPL will provide assistance on business support services for companies selected under the SBY. It will help with multiple support functions such as:

- Business feasibility study
- Preparing Business Plan to pitch for funding
- Incorporation/registration of business, GST
- Setting up E-Commerce/Online stores for their business
- Marketing/Advertising support
- Setting up and maintaining accounts, taxation
- Financial Planning & Analysis
- Secretarial & Legal Compliances

- Setting up & maintaining IT, network and IT security infrastructure
- Human Resources Management & Payroll processing

The fees charged by PASPL for these services will be at cost + marginal profit.

FRONT-ENDING WITH ENTREPRENEURS

KSA-CSN would be front-ending / interfacing with the entrepreneurs and will be involved in networking for generating applications, helping out with the pitch presentations and as resource point for mentoring.

For the success of the scheme, it is important that the applicants are guided and mentored by experts in the field at every stage to guide them in overcoming any issues when they venture into new businesses. A panel of Industry experts, both within and outside the country, in different fields and retired bank employees with expertise in Credit underwriting/ Credit monitoring would monitor and guide the applicants throughout their journey.

ELIGIBILITY

- Applicant should be above 18 years of age and should belong to Bhanap 'Amchi' community
- In case of non-individual enterprises, 25% of the shareholding or controlling stake should be held by member of Bhanap community.
- Applicant shall be a first-time entrepreneur entering into a viable business that has sufficient growth potential and lack adequate finance for the seed capital or for scaling up their existing business.
- Entrepreneurs who have lost money in business and are unable to enter a new potential business and lack seed capital, shall also be eligible under this Scheme.
- Applicant should not be a defaulter in any bank/ financial institution.
- The proposed activity may be manufacturing, services, agri-allied activity or trading activity.
- Funded businesses must maintain accounts for Audit.
- Funded businesses must route all their financial transactions through bank accounts (no major cash dealings).

A grant of up to ₹20 lakhs shall be disbursed to the selected applicants which would include cost of setting up the borrowing entity which includes the legal costs. This would be subject to the applicant contributing at least 20% (of the funding sought from the Scheme) from their own sources as capital in the business prior to availing this grant.

If the selected applicant requires additional funding, the application shall be forwarded to SVC Bank for consideration as per the norms and procedures laid down by the bank. Since these entities would fall under the definition of Micro and Small Enterprise, SVC Bank's lending would be eligible for credit insurance cover under the Credit Guarantee Trust Fund for Medium & Small Enterprises (CGTMSE) which does not impose any condition for collateral security other than the primary security. For availing this benefit, the applicants must be registered as MICRO or SMALL Enterprises as per MSME norms and possess Udyog Aadhaar Registration Certificate. The Udyam Registration is free of cost, paperless, based on self-declaration and can be done online on the website of Ministry of MSME. Only Aadhaar Number is required for registration.

Eligible Micro and Small enterprises desiring to avail Samarth Bhanap Yojana, may apply to:

Ms. Akshita Kalyanpur, CEO, Prachetas Advisory Services Pvt Ltd.

Office 5C, Chitrapur Bhavan, Bengaluru-560003

The application shall be accompanied by a Project Report for the proposed business clearly describing the nature of business, its potential, strategy to tap the potential, business projections for future etc. to project the business viability and growth potential. The application shall also be supported by registration certificate for formation of the entity, documents/evidence of necessary compliances and/or licenses obtained to commence the business activity. The application should be recommended by 2 prominent members from the Local Sabha who will vouch for the applicant.

FINANCIAL CLOSURE, MONITORING AND FOLLOWUP

Post release of funds under SBY and the loan component by SVC Bank, the end use of funds would be ascertained by both the lenders as per their internal guidelines and conditions.

The project will be monitored till the business establishes itself. The businesses selected under SBY will provide complete financial transparency, including monthly MIS reports, annual financial statements, and annual tax returns. The promoter/entrepreneur would require to submit quarterly progress reports of the business showing the income, expenditure and the bank account statement.

A beneficiary under the scheme wishing to sell/dilute stakes in the business shall do so only after obtaining a NO OBJECTION from PARIJNAN FOUNDATION.

Once the entrepreneur succeeds in his business, he/she would be encouraged to become a “Mentor” for new entrepreneurs in the future and contribute funds to increase the Corpus of the Fund.

DOCUMENTATION REQUIREMENTS

The application form will capture details around evaluation of the entrepreneur, the business idea and its potential and the need for funds. It will intend to cover these parameters:

- Founder Information: Resume(s), Demographic Information
- Business Concept: Idea Uniqueness, SWOT Analysis, Expected Customers & Competitors, go to market strategy.

- Financial Details: Use of Grant, Financial Statements (Existing Companies), Existing Funding (if any)
- Operational Needs: Assistance Required, Hiring Plans
- Company Information: Incorporation Details (Existing Companies), Ownership Details (% of ownership by Bhanap)
- 2 references from the concerned Shri Chitrapur Math Local Sabha

For any further details, one may visit the website of SBY: www.samarthbhanap.com

Governing Body of SBY

1. One person nominated by the Mathadhipati of Shri Chitrapur Math who has promoted the scheme
2. Shri Durgesh Chandavarkar
3. Shri Praveen Kadle
4. Shri Kishore Masurkar
5. Shri Uday Gurkar
6. Shri Dilip Mavinkurve
7. Shri Satish Tonse

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Kanara Saraswat Association

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Update on nominations received for Managing Committee Elections 2024-27

Kanara Saraswat Association (KSA) vide the Election Notice 2024-27 (published in the April 2024 issue of Kanara Saraswat magazine) had invited nominations during the period April 01 to 30, 2024 by 7p.m for 12 vacancies (arising due to retirement of all 12 Managing Committee members in accordance with the revised Rule 9.1) on the KSA Managing Committee. Following 12 nominations were received before the last date i.e. April 30, 2024 by 7pm:

1. Shri Amladi Gautam
2. Shri Bajekal Kiran
3. Smt. Bhat Prashanti
4. Shri Chandavarkar Krishnanand
5. Shri Kalyanpur Mahesh
6. Shri Kalyanpur Rajendra
7. Shri Kombrabail Hemant
8. Dr. Mavinkurve Prakash
9. Dr. Nadkarni Hemant
10. Smt. Prashant Ashwini (nee Kulkarni)
11. Shri Shiroor Vandan
12. Shri Ullal Sunil

One of the candidates Shri Shiroor Vandan (Sr No 11 above) withdrew his nomination before the last date for withdrawal of nominations i.e. May 10, 2024 by 7p.m.

The Election Committee, comprising of Shri. Dilip Rao, Shri. Dilip Sashital and Shri. Anand Hoskote, scrutinised the nominations on May 11, 2024 and determined that all the nominations were valid.

By order of the Managing Committee
June 15, 2024 Mumbai

Ashwini Prashant
Hon. Secretary

Letters to the Editor

Dear Editor,

The cover page story of Dr. Anand and Dr. Minal Wagle in our KSA, June 2024 issue is nothing short of awe-inspiring. The details and the travails of the duo have been well brought out and explained. We happen to be family friends and both Dr Anand and I are friends and schoolmates of St. Thomas High School, Goregaon East. His journey up the ladder of success was through hard work. A lot of credit also goes to his better half, Dr. Minal. Choosing Roha as his karmabhoomi required a lot of guts and temperament, and he had to start from scratch. It's only now that we see Roha as a developed town. Managing a hospital is a very responsible job and both have done it to perfection.

December 2023 happened to be the Silver Jubilee occasion of the setting up of their hospital, 'Dr. Wagles Nursing Home'.

Despite their busy schedules, they always make themselves available for school friends' get-togethers, and picnics.

It's so good to see both of them making the medical fraternity, Roha town, our community, and their circle proud.

Thanks for this article as well as similar articles in the past, Editor, and KSA!

- **Aditya M. Kilpady, Goregaon**

Dear Editor,

At the outset, my heartiest congratulations to you for a beautifully worded article on Dr. Anand and Dr. Minal Wagle's Children's Nursing Home at Roha.

It is highly appreciable of Dr. Anand and Dr. Minal for going to the interior and remote industrial town in Coastal Maharashtra and starting a Nursing Home. One can imagine the difficulties they have undergone in setting up this Nursing Home, that too at a young age immediately after their marriage. Hearty Congratulations to both of them.

Through your articles on various Amchi Medical Professionals, who have started their practice in the interiors of Maharashtra, Karnataka, etc., - you have highlighted the mental preparedness of many of our Amchi Medical Professionals and appreciate their noble cause of helping the poor and the needy. A great job indeed by all of them.

There is every reason for all of us to feel "Proud of being a part of our Chitrapur Saraswat Community".

- **Jairam Khambadkone**

KSA organizes a special screening of 'Tarpana'

KSA organized a special screening of the much-acclaimed Konkani film, Tarpana on 16th June, 2024 at Dadar in Mumbai.

A full house was present, including Kishore Masurkar, President KSA, Dr. Ajit Gunjekar, President, AISCO, and many other prominent personalities. KSA Managing Committee member Sunil Ullal introduced the Director and the star cast which got a standing ovation and were felicitated.

Tarpana is a family drama movie based on an ego-affected father and son relationship. The film was shot in Mulky, Katpadi Venkatramana temple, Hejmady beach, etc.

It was awarded the Best Konkani movie at the New Delhi Film Festival and has been officially selected for the competitive section of the Kalakari Film Festival.

While Anuj Nayak played the lead role, veteran Sanjay Savkur who honed his acting skills in the Talmakiwadi Maidan ever since he was a child, Meera Naimpalli, Madhura Shenoy, and Jayaprakash Bhat formed part of the cast which has given an outstanding performance.

We bring you excerpts from some of the members who watched the movie:

The movie is excellent, beautifully picturized and portrays the ego clash between father and son. All the actors' performances were very good.
- **Sunila Rao**

Thank you, KSA, for arranging the screening. It was an excellent film, and that too coming from an amateur star cast, most of them first-timers. It deserves to be seen by all people who understand Konkani..... - **Ashok Maskeri**

Arrangements made for the show were excellent.... The film is a simple, realistic story of a middle-class family and their struggles of daily life enacted well by all.

Hope to see more Konkani movies in the future.
- **Padmini Bhatkal**

My heartiest congratulations to the KSA Team for organizing the screening for all KSA Members and their families.....The cast along with the entire production team deserve a million applause for their time and sincere efforts. The storyline

was good and can be a learning for the families in many ways. - **Jairam Khambadkone**

Thank you very much, KSA, for organizing the screening. We truly enjoyed it.

An excellent movie with a good message and coincidentally screened on Father's Day...Got to see a Houseful show after ages...The standing ovation gave us goosebumps... - **Vidya Talgeri and Sumati Bellare**

This was the first Konkani movie that my wife and I watched. It had a wonderfully gripping story and superb acting. I would rate the film 10/10
- **Pradeep and Sarita Nadkarny**

I have uploaded a review of the film on: <https://talageri.blogspot.com/2024/06/review-of-konkani-film-tarpana.html> - **Shrikar Talgeri**

The theme and message of Tarpana is very effectively conveyed - to cherish our family, immediately resolve any misgivings, and spend quality time with each other before it's too late.
- **Dr.Pranav Kodial**



Meera Ramesh Nagarmath

(10/10/1932 - 09/05/2024)

Deeply mourned by

Nagarmath's & Ugrankar's, son Arvind Nagarmath and daughter Maya Baidur, Grandchildren Navin Rao, Pravin Rao, Vishal Baidur, Pratik Baidur, Milind Nagarmath, Aparna Betrabet, Siddhi Nagarmath and Great grandchildren Arnav Baidur, Aryan Rao, Lekh Baidur.



ANNOUNCEMENT

KSA-CSN is an initiative to encourage Bhanap Entrepreneurs prosper materially in Entrepreneurship through mutual support

Your KSA Managing Committee is happy to announce **CSN Classifieds page** in our KSA Magazine (Black & White)

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Solution on page 30

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Oh My Dough! Meet the Baker from Bankikodla - Radhika Murdeshwar

BHAKTI ULLAL

BU: What was your path from baking for friends and family to taking it up commercially.

RM: I grew up in a traditional Amchigele family in Bankikodla, Karnataka, where cooking was honed from a young age. The influence of Western culinary trends and the rich repository of family recipes nurtured my love for creating delectable treats. I developed a passion for baking which led me to start baking for friends and family.

After marriage, I continued experimenting in the kitchen and had my family's support and encouragement to explore baking, thus expanding my repertoire. The pivotal moment came when my casual sharing of baked goods among friends and relatives garnered unexpected praise and encouraged me to consider commercializing my passion. Thus, "Oh My Dough!" was born, initially operating as a home-run bakery fulfilling bespoke orders.

BU: Tell us about the various skills you had to develop when you ventured into the world of a professional home baker.

RM: The transition from baking for fun to running a professional bakery demanded a significant upgrade in skills and equipment. Starting with basic tools like a cooker for baking, I gradually mastered techniques through experimentation and continuous learning. Cookbooks, online resources, and culinary sessions provided invaluable insights into the art and science of baking.

I Invested in larger and more specialized equipment such as a microwave, stand mixer, and OTG which elevated the quality and efficiency of baking. I had to learn the skill of balancing flavours and textures. Then came the presentation, which was the first impression and a very important one. I also began adapting recipes to meet diverse customer preferences and dietary requirements.

BU: What are your thoughts on 'what makes a good cake'; one that everyone drools over, not just

for its appearance but also its taste?

RM: A good cake goes beyond its visual appeal; while it must be a sensory delight what is also important is its freshness and taste. These must all be in perfect harmony. We use high-quality ingredients with attention to detail and a creative flair in our creations. Cakes that not only look stunning but also captivate the taste buds.

BU: So, what is the secret to your creatives and designs?

RM: Designing cakes is like creating edible art. We believe in the saying, "We eat with our eyes first". We get inspiration from everywhere, like Pinterest, IG, what our customers would like and the theme of the event. Each cake is like a personalized piece that reflects the occasion, the person it is for, and their dreams.

We love brainstorming with our clients to ensure we capture exactly what they want. For us, a cake is about turning ideas into delicious realities that tell a story and make every bite a memorable experience.

BU: Your brand has a fascinating name "Oh My Dough!" is there a story behind it

RM: The name "Oh My Dough!" really captures what we're all about—a mix of surprise, joy, and a deep love for baking. Just like how people exclaim "Oh My God!" in amazement, our name reflects the WOW factor of our baked goodies.

BU: What has been your most popular cake over the years? Is it the humble chocolate or something more exotic?

RM: "Oh My Dough!" is known for its signature cakes, the most beloved being the Rasmalai Rabdi Cake. It is a fusion of traditional Indian mithai flavours with a Western cake which has won hearts and garnered praise from our customers.

Also, popular are our seasonal cakes, like the fresh mango and pineapple with the year-round favourites being the chocolate-based Truffle and

Black Forest cakes. Winters are for indulging in plum cakes.

BU: What is the inspiration behind the new cake flavours you offer and how do you gauge which ones will be successful?

RM: We regularly introduce new cake flavours or innovative serving styles to keep up with changing tastes and trends. We have introduced Half n Half Cakes which blend two cake flavours seamlessly. So, the vanilla lover does not have to grumpily eat chocolate cake but instead relish every crumb of the vanilla flavoured one.

BU: You began your business with cakes, but over the last few years, your menu has grown longer. What made you decide to expand?

RM: Our journey from a small home bakery to a bustling bakery has been thrilling. Our expansion was about listening to our customers, incorporating their likes, and adapting to the ever-changing market.

That is why we specialized with products like themed cakes for pet parties while also offering dairy-free, vegan, sugar-free, and gluten-free alternatives. This diversification not only expanded our customer base but also allowed us to cater to a wider range of customers with special and specific tastes and requirements.

BU: I have heard that your cakes have been relished by people from different parts of the country. How far from your home kitchen have they landed?

RM: Our journey has been fuelled by the loyalty and support of our friends and customers. While Mumbai remains our primary market, we have successfully delivered our products to customers across India, including corporate clients in states like Goa, Karnataka, and Gujarat.

We have some corporate clients who request us to deliver to their employees or clients, across India with hampers or gift boxes to celebrate events or special occasions. We have delivered such packages to clients in over 40 cities in the country.

BU: A cake is a very delicate piece of art. How do you arrange for its delivery to ensure it reaches

the customer in the same condition in which it left your home kitchen?

RM: Ensuring that our creations reach customers in perfect condition has been quite a journey! We've put a lot of effort into planning and working with reliable delivery partners. However, for our fresh cream cake varieties, we go the extra mile. My husband personally delivers them within the city to guarantee that care is taken to avoid potential mishaps that can happen with larger delivery platforms. After all, a cake is something that should bring delight and joy.

BU: What plans do you hold for the future of "Oh My Dough!"

RM: Looking into the future of 'Oh My Dough!' we want to stay consistent with our quality, keep innovating, and always put our customers first. We would like to open a shop or cafe in Mumbai someday, a place where people can relax and enjoy our treats.

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With Love & Best wishes

Prashant, Ujwal & Aniketh Konaje
Prathibha, Vijay & Aman Tallur
Shwetha, Guru Vinayak & Shanthanu Baliga
Relatives & Friends

VIJAYALAKSHMI (Nee RAO) & GIRISH TRIKKANNAD, Goa - 28th May 2024

"What a gift it is to celebrate
50 Years of love
surrounded by the ones
who bring us joy.

How precious to remember
all the years we've left behind
as we welcome each new blessing
still to come.

The story of our past is now
a brightly-woven tapestry
made with love
and coloured with threads of gold

What a gift it is to celebrate
50 Years of Togetherness.."

Pramathesh, Akhila
Avani & Stuti.

Apoorva
Sahitya & Siddharth.

Best wishes from family & friends.



Chitrapur Heritage Foundation

711 Daylily Court, Langhorne, Pennsylvania, USA

Connecting US Amchis to Chitrapur Math

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

The activities of CHF includes:

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

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

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

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



In Loving Memory of Shri. Sanjay Anand Murdeshwar

(Son of Late. Dr Anand Murdeshwar & Late. Sharada Murdeshwar)
14. 12. 1953 - 11. 04. 2024

On This World Fathers' Day
Dear Pappa,
In life I loved you dearly, I miss & remember you still,
In my heart you hold such a place, that no one will ever fill.
I feel that you are with me in everything I do,
Every year I will celebrate Fathers' Day,
But sadly by missing you.
From: Daughter Kavita Kartik Yederi

Missed & Fondly Remembered by

Wife: Sheela

Daughter: Kavita Kartik Yederi & Son in Law: Kartik Gurudath Yederi

Sisters: Sujata Kate, Dr. Hema Wakade (Sangeeta) & Neena Nair

Nephew: Aditya Murdeshwar & Akshata Murdeshwar

Murdeshwars, Deshpandes, Gokarns, Mavinkurves, Kilpadis, Shiralis, Aidoors, Yederis, Honnavars,

Santapurs, Koppikars, Nagarkattis, & Mudbidris

Friends: Ravi Katre, Aziz, Hanif, Sudhir Dhurandar, Ravi Adarkar, Javed, Nanda Kumta & Many More

Don't SUFFER in SILENCE. REACH OUT and ASK for the HELP that you need, because YOU ARE NOT ALONE



Niyati Basrur
Clinical Psychologist

Jai Shankar! My name is Niyati Basrur and I am a Clinical Psychologist. I completed my Masters in Clinical Psychology from Pune University. I also gained additional training in Rational Emotive Cognitive and Behavioural Therapy (RE&CBT) from Albert Ellis Institute, based in New York. I have seven years of experience working with Children, Adolescents, and Adults. My areas of expertise include the following:

- Effective/Positive Parenting
- Pre-Natal and Post Natal Counselling
- Child Behaviour Modification
- Substance and Gadget Addiction
- Couples Therapy
- Effective Management of Emotions
- Time and Stress Management
- Work Life Balance
- Goal setting and achievement
- Relationship issues
- Good Touch/Bad Touch Training
- Family Counselling

To get in touch and know the full process of Therapy Sessions, you can call me or send me a WhatsApp message on +919892546122 or send me an email on mentalwellbeing2008@gmail.com

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Gunner's Eye

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

When I was commanding 15 FAD, we had a Sub-Area Commander (my immediate superior) who took pride in saying that he had a 'Gunner's Eye'. Meaning if things were not in alignment it would immediately catch his eye. It was the first time I had heard the term and I supposed being an Artillery Officer he had a honed-up faculty for judging distance, range, direction, and appreciation of how military equipment were arrayed.

On reflection, however, I realized that this quality had been ingrained into all military officers right from our NDA / IMA days. The first things we learned were to keep our boots, webbing, uniforms and leather work spotlessly clean. 'Cleanliness, neatness and orderliness' was the mantra that was drilled into us. The frequent 'cabin and cupboard' inspections ensured that every item was serviceable and folded as per teaching. Every bit of equipment, clothing and equipment had its place as shown in a photograph, prominently displayed on the squadron notice board. This meant orderliness. Things were a bit extreme we first termers felt; boots and belts had to be polished to mirror finish, brass items had to be shining spotlessly, and the beds were to be done in a specified manner (as in hospitals: tightly, without any crease and perfectly tucked in), the khaki uniforms starched to stiffness. Even twisted laces or tarnished brass buttons would attract punishment.

The importance of always having things perfectly lined up was brought home to us in the second term itself, during Camp Greenhorn. Lt Cdr P S Bahar, IN, Squadron Commander of George Squadron who had a reputation of being more of a stickler than the strictest army officer in the academy, was inspecting, to our misfortune, the bivouacs of Easy Squadron. The Packs 08, all beautifully blanched olive green and brass buckles shining, were perfectly aligned on ground sheets in front of the bivouacs and we were seriously hoping to be adjudged the best squadron, considering the terrific effort we had put in to win the competition. Cdr Bahar came and eyed the layout and snorted. Then to our utter surprise he went to the end of the

row of bivouacs and lay down flat on his stomach on the ground and eyed the alignment of the packs. One pack out of the ten was perhaps sticking out for a millimetre. We were given marks based on "one pack in line. Nine out of alignment" 1/10. None of us in the 18th Course Easy Squadron has ever forgiven him for that, to date.

But the incident taught us an important lesson all right. Thereafter whether we were marking a volleyball court, or checking alignment of flower pots displayed in front of the squadron, we always used a taut string to check length and alignment. We used inch tapes for measuring exact sizes. We found it laughable when we were issued little, wooden 'hose-top measuring sticks' to check the width of the fold of our stockings. Exactly three inches at the top with the maroon garter flashes showing below the fold, protruding for exactly one inch. And woe betide the cadet who was careless. He was asking for extra drills.

Military units are subjected to strict annual inspection by the higher formation commander every year. A very good thing because it ensures that all warlike equipment is held, is in working order, and well maintained; the morale of the men is high; and the turn out of the vehicles reflects the pride of the paltan. Men wear new uniforms on the day of the actual inspection and the unit lines and offices are all done up to highest military standards. Meaning everything receives a new lick of paint and is in a proper state of repair. All brass and silver items are highly polished. Firing records and BPET (Battle Physical Efficiency Test) results and inspection reports are kept ready for the information of the inspecting officers. The 'court-martial box' is opened and checked that it contains everything prescribed; that the MIML (Manual of Indian Military Law), copies of the Bible, Gita and Quran are in place.

All books, ledgers and documentation are brought up-to-date; new file covers replace the year old grubby ones. The event invariably starts with the book inspection by designated staff officers. Audit/inspection reports and regimental accounts are placed before the inspecting officers. Everything is brought up to date and a special

effort is made to put the best foot forward.

And it is at such times that cleanliness, neatness and orderliness are most visible. The Quarter Guard, the pride of the unit, is specially done up. The barracks are all painted and repaired; even the trees and bricks lining the road receive a new coat of 'chuna-geru'. The blades of the fans in the barrack are all parallel. In the unit MT lines the vehicles are perfectly lined up and in front of each vehicle is a large ground sheet having the outlines of all authorised tools and accessories drawn on it; so every tool has its proper place. Thus the inspecting office can see at a glance if all authorised tools are held or which tools are missing. The army truly has a great way of going about these things.

Brig Gurjit Singh Randhawa, of the Sikh Regiment was my Brigade Commander during the 1971 war. Although an Infantry officer, he too had a well developed Gunner's Eye. I was the administrative staff officer of the brigade. After two years in the desert of the Barmer sector the formation was pulled back to Kota for a few months for rest and recreation. The Commander gave the units a month to relax, enjoy some leave, make up the war losses and ammunition deficiencies and get ship-shape again. Then he asked me to accompany him on a visit to an infantry battalion. During the visit to the unit mandir, (in a large tent) the Commander observed that the mandir flagpole was not perfectly erect; it was slightly inclined to one side. He stopped, and the look he gave the CO, said it all. No words needed to be spoken.

After I became conscious of the term Gunner's Eye, I developed the ability to notice things that were not in order till it became a habit. I used to feel immensely glad when things were as one expected to find it and irked if I found when inspecting units, that adequate effort was lacking. As Additional DG OS in Army Headquarters, I once had to visit a Central Ordnance Depot in UP. When I was taken around, I found things so shabby and the depot looking so unkempt, that I felt compelled to order a re-inspection. I did not require a gunner's eye to notice the slovenliness. I issued a written warning to the Commandant and gave the depot one month to get things ship shape. Needless to say, everything was tickety-boo the next time around.

My ability to see things from the inspecting officer's point of view always helped in service. Once the DGOS (Director General of Ordnance Service) was to visit 42 Vehicle Company when I was MGAOC Northern Command. I called up the OC of the Vehicle Company and told him that I would like to visit his unit before the visit of the DGOS. It is a good thing I did. I made the OC and Senior JCO follow me with a notebook and pencil and jot down all the points I noticed with my Gunner's Eye. There were 46 observations in all and the unit had four days before the DGOS' visit to put things right. To the credit of the OC he went at it hammer and tongs. The visit of the DGOS was a smashing success and the OC got a big 'shabash'.

Earlier, as a Brigadier, when I was Commandant COD Kanpur and also the Station Commander of Kanpur Military Station, I was informed that the Army Commander was visiting Kanpur in three da. I held a conference immediately and gave explicit orders to all unit commanders about what I expected from them. Because I had heard that the Army Commander had just returned after a visit to Pachmari and, was disappointed with things in that military station, and quite annoyed with the Pachmari Station Commander.

I took the Garrison Engineer and the Administration Commandant with me in my staff car and we went over the entire route the Army Commander would take and where all he would go. I saw Kanpur station from the Army Commander's point of view. Everything must look military and in a high state of care and maintenance. I gave on-the-spot orders for grass cutting, getting stray animals impounded, doing up the sign painting, filling up potholes on the road, where to locate the MPs, tightening of sagging fences etc. Thanks to my Gunner's Eye, the detailed reconnaissance cum rehearsal paid rich dividends. The Army Commander's visit was a huge success and Kanpur came in for repeated praise in Central Command.

To end on a lighter note. A Jat soldier was reportedly very happy in the army. His villagers were very curious to know what special thing was keeping him so happy. What was his secret? Simple he said. "Salute everyone who moves and paint everything that doesn't."

Strategic Quitting - The Agile Way

GIRISH KARNAD

“Winners never quit.” We have all heard the popular advice given by influencers and leaders: “Learn how to deal with obstacles. Never give up.” This mantra has been drilled into our heads, often leading us to believe that quitting is synonymous with failure. But is that always the case? Let us dive in.

The Art of Strategic Quitting

Sometimes, it makes more sense to quit rather than unnecessarily investing money, effort, and time. This is not about giving up at the first sign of difficulty, but about understanding when continuing is futile and counterproductive. It is about recognizing when the cost of continuing outweighs the potential benefits. This is what we call **Strategic Quitting**.

The Divine Example of Strategic Quitting

Let us take an example from Indian mythology. Lord Krishna defeated Jarasandh 17 times but decided to quit and relocate to Dwarka with his brother Balaram. This was not because he was afraid or incapable, but to stop the repeated suffering of the Mathura people due to the wars. This act of quitting earned him the infamous title of “Ranchod” (one who quit the battlefield). But did this act of quitting make Lord Krishna any less of a leader or a warrior? Absolutely not! It was a strategic move, a decision taken for the greater good.

The Dip: A Lesson on When to Quit

Seth Godin, in his book *The Dip*, talks about strategic quitting. Every new venture has a honeymoon phase, followed by a ‘dip’—a period of high difficulty and low results. This is the make-or-break phase. If we can push through the dip, great success awaits. Sometimes, the dip is a dead-end, and that’s when strategic quitting is crucial. Godin suggests asking three questions to decide whether to quit or stick:

- 1. Am I panicking?** Decisions taken in a state of panic are usually wrong. Do not quit because you are panicked. Quit because it is a part of your strategy.
- 2. Who am I trying to influence?** If you are not making an impact on a broad audience, it might be time to try a different approach.

3. What measurable progress am I making?

Lack of progress despite best efforts may signal the need to quit.

Annie Duke – Author & Former Professional Poker Champion

Annie Duke argues that quitting can sometimes be a strategic success. Grit is valuable, but ignoring signals to stop is no longer a virtue, but a folly. In her work, Duke covers topics like risk management, decision-making, problem-solving, and prioritizing when to quit. She dismantles the stigma around quitting, offering a guide to making informed, strategic decisions that pave the way for greater success and fulfillment.

Joe Rogan’s Success

Joe Rogan’s diverse career is a testament to strategic quitting. His success comes not from being singularly focused but rather multi-passionate. Before what the world viewed as his career, Joe was a passionate martial artist. After dropping out of college, he pursued various passions, quitting those that did not work. This strategic quitting has been key to his success in multiple fields. He has had a diverse career, from hosting Fear Factor to becoming one of the most influential podcast hosts in the world.

Quitting a Corporate Job

One of my clients strategically quit her corporate job to start her own business. She saved money for a year before resigning, allowing her to focus on building her business without immediate financial stress. This is a great example of how strategic quitting can open new opportunities and lead to success.

Strategic Quitting in Business

In the business world, strategic quitting often involves leaving something behind to pursue something better. It could be leaving a secure job to start a business or quitting a project that is not yielding results to focus on a more promising one. The key is to make the decision strategically, not out of fear or stubbornness.

Let us explore some examples of strategic quitting across different industries:

- 1. Software Development:** In the tech industry, it is not uncommon for companies

to abandon projects that are not yielding the desired results. For instance, Google has a history of discontinuing products that do not meet their expectations, such as Google Glass and Google Plus. This allows them to focus their resources on more promising projects.

- 2. Automotive Industry:** Car manufacturers often discontinue models that are not selling well to focus on developing new models that better meet consumer demands. For example, Ford made the strategic decision to stop producing sedans in North America due to declining sales.
- 3. Retail Industry:** Retailers frequently discontinue products that are not selling well. This is a form of strategic quitting that allows them to free up shelf space for more popular or profitable items.
- 4. Entertainment Industry:** TV networks often cancel shows that are not attracting enough viewers. This allows them to invest in new shows that have the potential to attract a larger audience.
- 5. Quiet Quitting in the Workplace:** Quiet quitting is when employees disengage from their job description without formally resigning, contributing the bare minimum while flying under traditional performance metrics.

Balancing Persistence with Strategic Quitting

Balancing persistence with strategic quitting is a delicate act and requires a deep understanding of your goals, the situation at hand, and the potential outcomes of your decisions. Here are some key points to consider:

- 1. Understand Your Goals:** Before you can decide whether to persist or quit, you need to have a clear understanding of your goals. What are you trying to achieve?

How important is this goal to you? If the goal is of high importance and aligns with your long-term plans, it might be worth persisting even when things get tough.

- 2. Assess the Situation:** Take a step back and objectively assess the situation. Are the obstacles you are facing temporary or permanent? Is there a way around them? If the obstacles seem insurmountable and permanent, it might be a sign that you need to consider strategic quitting.
- 3. Consider the Costs:** What are the costs of continuing versus quitting? Consider not just the financial costs, but also the emotional, physical, and opportunity costs. If the costs of continuing significantly outweigh the potential benefits, it might be time to quit.
- 4. Seek Advice:** Do not decide in isolation. Seek advice from mentors, peers, or others who have been in similar situations. They can provide valuable insights and perspectives that can help you make an informed decision.
- 5. Trust Your Instincts:** Sometimes, your gut feeling can guide you. If something does not feel right, it might be your intuition telling you that it is time to quit.

Remember, there is no one-size-fits-all answer. The decision to persist or quit is highly personal and depends on a variety of factors. The key is to make the decision strategically, considering all the relevant factors, and not out of fear or stubbornness.

Strategic quitting can be the most agile move forward. The next time you find yourself in a tough spot, do not be afraid to consider it. It might just be the best way to achieve success.

KS Magazine invites contributions from readers

The Editorial Committee plans to publish the following stories in our forthcoming issues and invites contributors from across locations, to send us the same:

1. Roads and Junctions named after Bhanaps - Sirur Park Road, Bangalore; N.S. Mankikar Marg, Sion, Mumbai; Koppikar Road, Hubli; Smt. Girijabai Heblekar Marg, Borivali (West), and many more in Karnataka, Delhi, and elsewhere.

If one cannot pen an article, please share the details, and we will do the needful. Please write to: editor@kanarasaraswat.in



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INVITATION

28th

Chāturmāsa Vratam

Krodhī Saṁvatsara

by

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

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

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Indonesia Beckons

KRISHNANAND KHAMBADKONE

Indonesia is a fascinating country that should be on everybody's must-go list. The name Indonesia itself translates to Indo (Indian) Nesos (Islands) derived from the Greek. Several Hindu kingdoms flourished in this region, some famous ones being Srivijaya, Sanjaya, Mataram, Angkor, Khmer, and Majapahit.

When one travels to Indonesia, the Indian influence is prominent. It is hard to imagine that Indonesia is the largest Muslim country in the world. One will encounter more Sanskritization here than you ever would in India. Starting with the names of the people and their institutions, a lot of Sanskrit use is in evidence. Wisnu, Ganesha are common names. Garuda is their national symbol and also the name of the national airline. Pancasila, adopted from Indian Panchsheel, the five principles of peaceful co-existence are part of their constitution and represented in their national flag and emblem.

Let us start with Yogyakarta which is the cultural heart of Indonesia. Yogya-karta is named after the Indian city of Ayodhya, the birthplace of the eponymous hero Rama from the Ramayana epic. *Yogya* means «suitable; fit; proper», and *karta* means «prosperous; flourishing». Thus, *Yogyakarta* means «[a city that is] fit to prosper». There are two UNESCO world heritage sites that one must visit. The first one is the most magnificent Prambanan temple complex. Built in the 9th century AD, it is the largest Hindu temple complex in Indonesia consisting of several temples spread over a vast area. One can easily spend a day or two touring this complex of several large and small temples. There is also a small deer park nearby.

The second one is the magnificent Borobudur temple which is located close by. This is a Buddhist temple complex, supposed to be the largest in the world.

One can easily spend a whole day touring these two temple complexes. Another must-do is the Ramayana Ballet which lasts about three hours in a small amphitheatre. Before the start, one is treated to a sumptuous buffet dinner.

Another activity is shopping at the various stores

located on Malioboro street, the main thoroughfare in Yogyakarta. Apart from the usual trinkets and souvenirs add some Indonesian Batik clothing to your shopping bag. There are several large malls and a department store called Ramayana.

Using this rough itinerary, one can plan by staying in a hotel close to Malioboro street and engaging a taxi:

Day 1: Prambanam temple tour during the day. Ramayana ballet dinner package which can be booked at the hotel where you are staying.

Day 2: Borobudur temple complex tour for the first half of the day and then post lunch, visit the other smaller temples.

Day 3: Shopping on Malioboro street.

Our next destination was the Island paradise of Bali, which ideally deserves a separate article! There is so much to see and do there that one would love to frequent it every year. One interesting fact to note is, 90% of the people of Bali are Hindu. When the last Hindu kingdom of Indonesia the Majapahit kingdom fell, all the Hindus fled to Bali. There are several things to do in Bali. It grows on you the moment you land at Denpasar International Airport.

Here is a rough itinerary, best done by renting a car :

Day 1 and 2: Temple tours. There are several temples in Bali and here are a few that you must visit.

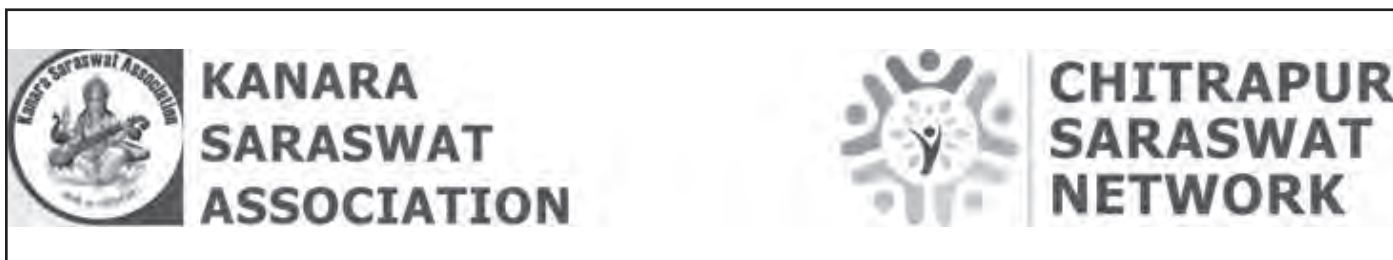
- a. Thanu Lot temple – This temple is located on the west coast of Bali and is located slightly off the coast. During high tide there is a body of water separating it from the mainland.
- b. Uluwatu temple – This temple is located on a peak off the coast at the southern end of Bali in its peninsular section called Nusa Dua. There is a monkey forest located at the entrance to this temple.
- c. Ulan Danun Beratan temple – A magnificent temple located at a high altitude beside a beautiful lake.

- d. Besakih temple – This is the largest temple and probably the oldest temple complex in Bali, located near Mount Agung, the largest volcano on the island.

Day 3: Visit Ubud, a town located in the southeast. It is the center of many crafts centers dealing in traditional Balinese crafts like woodwork, painting, jewelry, metal works, etc. There is also a traditional market and a palace that one can visit. There are of course a lot of restaurants. One can easily spend the whole day there. On the way back one can indulge in beachside dining at one of the many restaurants dotting Kuta beach.

Day 4: Shopping. The Sheraton Kuta beach where we stayed, is attached to a large mall. . There are other attractions like a Koi pond and entertainment areas for children. There are also a few malls located within walking distance.

Day 5: Continue shopping – especially in the Krisna Oleh Oleh Bali store. They have 4 to 5 outlets across the island that offer traditional Indonesian goods including clothing, handicrafts, food etc. Another attraction one should not miss is the traditional Kecak dance.



APPEAL

- A) Are you a **“SME“ (“Subject Matter Expert”)** ? As per Wikipedia, SME “is a person who has accumulated great knowledge in a particular field or topic and this level of knowledge is demonstrated by the person's degree, licensure, and/or through years of professional experience with the subject.”
- B) DO you have a flair for writing ? OR
- C) DO you have a flair for Public Speaking ?

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WANT TO LEARN THE DEVABHASHA?

Here is detailed information about the various interesting and enriching courses offered by Girvanapratishtha -the Department of Sanskrit Studies, Shri Chitrapur Math

Since 2002, Gīrvānapratishthā, the Sanskrit department of Shri Chitrāpur Math has been popularizing Sanskrit by taking offline and online classes, organizing *shiviram*-s for the laity and for teachers (to upgrade their knowledge), updating the website and publishing a quarterly in the *Devabhāsha*.

Gīrvānapratishthā holds regular classes for structured three-level courses - *Ārādhānā*, *Sādhanā*, *Dhāraṇā*. The courses teach concepts of grammar and also give some overview of Sanskrit literature and *stotra*-s. Classes are held once a week or twice a week, as per the convenience of the teacher and the students. Homework, unit tests are given to understand if the students have grasped the concepts. The *Ārādhānā* course is designed in such a way that those who do not know Sanskrit can also learn the basic concepts. Since Covid, a majority of the classes are online. Students, not only from Bhārat but from abroad too, are taking advantage of these courses. From Bharat, students of Maharashtra (Mumbai, Pune, Kolhapur), Karnataka (Bengaluru, Mysore, Mangaluru), Tamilnadu (Chennai) Kerala, Gujarat (Ahmedabad, Surat), Delhi, Rajasthan have enrolled for the courses. From abroad, we have students from Australia, New Zealand, UK, USA, South Africa, Singapore, Malaysia, Canada and Kualalumpur. Many of them are non-amchi students. They are learning about our Math, our *Guruparamparā*, our Swāmījī and His love for the *Gīrvānabhāsha*. The syllabus gets completed over 12-18 months. Twice a year, final exams are scheduled, so that the students can go to the next level. These courses and exams are senior citizen-friendly. Therefore, many senior citizens join the courses and get both enjoyment and enrichment. Learning Sanskrit without any pressure is a great experience for them.

Another very popular course run by Gīrvānapratishthā for Sanskrit *sambhāshana* is **Girvanavaikhari**. Gīrvānavaikhari course encourages the participants to learn Sanskrit through conversations. Online classes of about an hour and a half's duration are held once a week. The total course is covered over four months comprising 16 sessions. A maximum of 20 students are

enrolled in one batch. Thus, every fourth month new batches are announced. Sometimes, special batches are announced for yuvās, or for the Saraswats from North India whose mother tongue is Hindi and so on.

The Sanskrit language is introduced through interactive fun-filled sessions using pictures, games, quizzes, stories and dialogues. Ample vocabulary is provided to encourage conversations. Students who do not have prior knowledge of Sanskrit or Devanāgarī script can also join. Beginners gain confidence to take up serious study of the elements of Sanskrit grammar.

Gīrvānapratishthā also tries to keep the teachers updated. A new course called **Vandanā** has been introduced for post - Dharana students. '**Vandanā**' was inaugurated in Shirālī, on 30th January 2023 on the august day of the *Vardhanti*-s of Devī Bhuvaneshwarī *Sannidhi* and Parijñānāshram Swamījī's *Pādukā Sannidhi*. The course is in the developing stage, as yet. Very able teachers of Gīrvānapratishthā are designing and teaching and guiding the teachers who have registered for the course.

Gīrvānapatrikā is a tri-monthly online magazine published by Gīrvānapratishthā. It is a magazine completely dedicated to Sanskrit. Shri Chitrāpur Math is one of the few Maths publishing an entire magazine in Sanskrit. The magazine caters to readers of सामान्य, मध्यम तथा प्रौढ categories – meaning fresh students, those who have done a course or two and seniors. Teachers, as also present and ex-students, write for the magazine. The *patrikā* publishes the *Upadesh* of our 10th and 11th Gurus regularly. There are articles, stories, हास्य-कणिका-meaning jokes, riddles and a lot more in the magazine. Once the magazine is ready, it is uploaded on the website of Shri Chitrāpur Math (www.chitrapurmath.net) under the Gīrvānapratishthā tab.

Samvāda Varga-s – conversational classes are also conducted by Gīrvānapratishthā teachers in many Sabhā-s. The present or past students join the class to do *sambhāshana* on practical, day-to-day situations. Stories are told and question - answer sessions conducted. The sessions are all in Sanskrit. As far as is

~~~~~Parisevanam~~~~~

possible, no other language is used. The words for our daily activities are not included in any syllabus. They have to be looked for in a dictionary and then used in the conversation. This exercise is tedious but necessary to learn a language, which was actually the spoken language in ancient times!

Gīrvāṇapratishthā teachers participate in **Bhāshya Pathaṇa** and conduct sessions to correct the pronunciation of *stotra-s* स्तोत्र-उच्चारण वर्गः:

Once a week the Gīrvāṇapratishthā teachers participate in **Chintana** – Discussion (online) in Sanskrit – *Āshīrvachana-s* of Parama Pūjya Swāmījī and *Subhāshita-s* are discussed as a topic for *Vimarsh* – an interactive discussion – in Sanskrit. Many students who have cleared *Dharana* also join these sessions.

In Bengaluru, the teachers **share best practices** to help each other improve their teaching skills and methodologies on alternate Fridays. They conduct **Sambhāshana varga** for all, on Thursdays. These are very popular in Beṅgaḷuru and other cities of Karnataka. More than 80 people participate on a weekly basis.

Gīrvāṇapratishthā teachers are also conducting Sanskrit sessions in the Prārthanā Varga. Sanskrit stories, words are taught in the *varga-s*.

Gīrvāṇapratishthā has been sharing a ‘सरल-संस्कृतम्’ page in the Kanara Sāraswat magazine since June 2022. Vocabulary and language concepts are taught through - filling blanks, word- sorting,

crosswords, puzzles, and short stories. This play-way method is greatly appreciated by the readers.

During *Chāturmāsa*, Gīrvāṇapratishthā teachers conduct *sambhashana* sessions wherever Pūjya Swamiji is camping. Various activities such as story-telling, quiz, songs, *hasya- kanika* are shared during these fun-sessions. *Shivir-s* are also organized for the laity. One such *shivir* was recently organized in Anandashram Math, Khar, where there were 84 participants . Even those without prior knowledge of Sanskrit can join because, in these *shivir-s* , Sanskrit is taught in a very interesting, playful manner.

Gīrvāṇapratishthā teachers also judge the annual Shrīmatī Ambābāī Heble *Bhagwadgītā* recitation competition and *Abhivyakti* session held in Talmakiwāḍī every year. Both these sessions are becoming very popular and the number of participants is increasing every year.

Gīrvāṇapratishthā teachers, under Parama Pūjya Swamījī’s Guidance and Blessing, are working continuously- अहर्निशम् | Teaching more and more students, gaining more knowledge and serving the Math and our beloved Swamījī is the ध्येय- the one-pointed focus of all the teachers.

Om Namaḥ Parvatī-Pataye Hara Hara Mahādeva!

Girvanapratishtha conducts Online **Certificate Courses** for Sanskrit in a graded series from beginner to advanced levels and **Girvanavaikhari Online Sanskrit Sambhashan Course for beginners**. Know more about our courses at – www.chitrapurmath.net/site/activities-girvanaprathistha-online-classes
Read our quarterly E-magazine Girvanapatrika at – www.chitrapurmath.net/site/activities-girvanaprathistha-patrika



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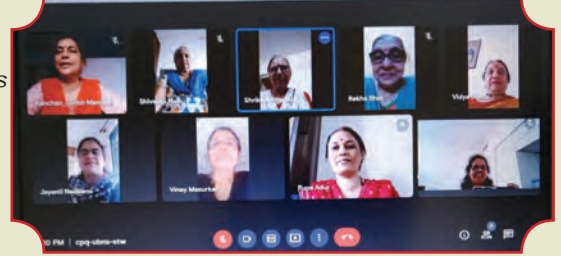
~~~~~ Parisevanam ~~~~~



At the recent shivir at Anandashram, Khar in Mumbai



Vaikhari and Sambhashan Varga-s



Online Sanskrit Varga



At the Shivir in Bangalore



Golden Wedding Anniversary Celebrations of Usha (nee Ullal) and Satish Murdeshwar

(12th May 1974 - 12th May 2024)

were held at Karla temple on 12th May 2024, blessed by Guru Parampara and Shree Durga Parmeshwari Devi, in the presence and good wishes of close family and loved ones. May the years ahead be filled with good health, happiness, togetherness and countless precious moments.

May both continue to be an epitome of love and support to all as they always have been.

With love and best wishes from

Maya, Anand, Riya, Shreya

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Murdeshwars, Ullals, Golikeres & Kallianpurs.



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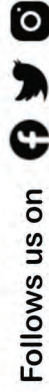
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The cultivated appetite for haldi-paan patholyo

PRERNA MULLERPATEN

1. Anticipation

The appetite for a particular dish has been passed down through generations, as have been the recipes that come with it. Mine began with haldi-paan patholyo, and the story of Gouri. Amamma must have passed it down to Ma, and then, to me.

In honour of Gouri, on the day before Ganesh Chaturthi, these stories rise to the surface, and linger throughout the day, observed not in words but through the simple act of putting together somewhat of a feast.

As the tale goes, Gouri returns to Her mother's house after marriage. In anticipation, Her mother prepares a simple meal – often a medley of dhanv kheeri (rice gruel), ambat (gravy), kochholi (cucumber side-dish), bhajji upkari (leafy green side-dish), and patholyo (the only sweet delicacy). Amidst the hubbub, Her mother forgets to add salt to the upkari. That still remains my favourite part of the story.

2. Preparation

Then begins her arduous feat of cooking. In no particular order, Ma sets out on the task of making a simple variety of home-cooked meals – the vegetables, rice and dhal are thoroughly washed, and steamed as required. Dhanv kheeri and ambat are made as simultaneously as the others are being prepped.

I remember I had watched, with rapt attention, the care that goes into the making of patholyo. The haldi paan is handpicked and washed carefully; the cups of flour shaped into the likeness of a dough, a combination of water and salt in the mix. The soft dough moulded into small undiyos and then shaped into thinner circles that house the sweetened mixture. A perfect balance of sweetness to spice, in goes the shredded coconut, the jaggery and the cardamom – no white sugar, please – held together when the jaggery softens.

The rolled-out dough contains about a spoonful of the sweet mixture and the wrap folded in half; the edges are then gently pleated to avoid spillage, and to secure centuries of a passed-down art form. The ready-to-cook patholyo are then placed on the haldi paan lining the idli cooker, and then brought to steam. That cooking is as much a

divine act, and a medium to bring people together is not completely lost.

The soft steam billowing out of the idli cooker is what keeps me awake on this September day. It is as though I can almost taste the sweet jaggery filling, draw in the distinct aroma of the haldi paan that shelter and conspicuously add flavour to the sweet rice dumpling-like delicacy inside. Led by that aroma, with a hint of cardamom in the air that implores me to get dressed for the day, preferably in green clothes, it conceals a secret that is waiting to be told.

How do you anticipate a belly-filling delicacy if you do not fantasize the outcome?

3. Offering

To give before one receives; prayers and utterances of gratitude are abound. Steaming hot containers of food are placed in front of the deity, offered and then served.

The time to cherish and honour womenfolk lasts for a week longer – food is shared, and so are hopes of blessings passed on.

4. Eating

The banana leaf replaces the steel plate I usually eat in, and it has been laid out for me to dine on. The dishes are served. The delicacy, I know, is the sweet ending I've been looking forward to. It is a feast to behold, for my eyes first, and then for my tastebuds. The texture of the dhanv kheeri offers much relief to the junk-food laden core of my stomach, and I revel in the smells and tastes of homely food. The dishes are soft to bite into, only the kochholi adding a crunch factor.

Finally, the time has come, for joyful reunion with the patholyo. As I bite into the first one, the jaggery-sweetened coconut feels luxurious – the fragrant haldi paan reveals its mystery, and just as the spice from the cardamom kicks in, I cannot help but smile.

5. Gratitude

There is much anticipation that comes with getting into the delicacy I wait for all year long. That patience is a virtue has been the lesson this dish leaves me with, after, of course, more longing after the last bite has been devoured.

I am aware I can make it at any given time, but

I wait for this one sweet moment; something to look forward to, something to look back on. In the end, it is close to my heart, a little edible story to cherish.

RECIPES

RICE GRUEL – Dhanv Kheeri

1. Pressure cook rice with water, 1:3 ratio
2. Grind 1 cup coconut, save the coconut water
3. Combine all the ingredients, and add turmeric leaves for extra flavour. Boil for 2 minutes.
4. Add salt to taste when ready to serve.

AMBAT

- 1 ridge gourd
 - 3/4 cup grated coconut
 - 1/2 tsp turmeric powder
 - 1 small ball of tamarind
 - 5-6 red chillies
 - 1/4 tsp fenugreek seeds
 - 1.5 tsp salt
 - 1 cup toor dhal
1. Wash, peel and cut the ridge gourd into cubes.
 2. To the dhal, add the cut ridge gourd and pressure cook the mixture for 3 whistles.
 3. In a small pan, fry fenugreek seeds and red chillies without oil.
 4. Once roasted, add this mixture to a combination of grated coconut, tamarind and turmeric powder, and grind.
 5. Add this masala to the pressure-cooked dhal and ridge gourd, add salt, and boil until it blends to form a liquid gravy.

KOCHHOLI

- 1/4 kg cucumber
 - 1 cup grated coconut
 - 2 green chillies
 - 1/2 tsp mustard seeds
 - A few curry leaves
 - Salt to taste
1. Wash, peel and cut cucumber finely.
 2. Grind grated coconut and green chillies.
 3. Mix the ground masala with the cucumber.
 4. Heat oil and prepare a seasoning with mustard seeds and curry leaves.
 5. Add the seasoning to the dish with salt to taste.

BHAJJI UPKARI (SALTLESS)*

- 1 bunch of 5 varieties of leafy greens (as per availability)

- A small piece of ginger, chopped
 - 1 tbsp oil
 - 1/2 tsp mustard seeds
 - 1/2 tsp cumin seeds
 - 1/2 tsp black gram dhal (urad dhal)
 - 2-3 red chillies
 - A pinch of salt
1. Sort of the bunches, wash them thoroughly, and finely chop them.
 2. In a pan, heat oil and season with mustard seeds, cumin seeds and black gram dhal, and red chillies.
 3. As it splutters, add ginger and chopped leaves.
 4. Allow to steam cook for a few minutes. Add salt and cook until leaves soften.

PATHOLYO

Outer wrap:

- 1.5 cups coarsely ground wheat flour
- Water to mix
- Salt to taste

Filling:

- 1 cup coconut grating (coarsely ground)
 - 1/4 tsp cardamom powder
 - 1 cup jaggery
 - A few turmeric leaves/haldi paan
1. Mix the flour, salt and (required amount of) water to form a chapati-like dough.
 2. Roll them out into small roti-like wraps.
 3. For the filling, mix coconut gratings, jaggery and cardamom powder.
 4. Add a spoonful of filling per wrap, fold in half and pleat edges to avoid spillage.
 5. Use an idli cooker to line the haldi paan on the trays and arrange the ready-to-cook patholyo on the leaves.
 6. Steam cook for 20 minutes, or pressure cook without weights for 15 minutes.

[Recipes gleaned from conversations with Ma, and a little help from Rasachandrika, Saraswat Cookery Book]

Prerna Mullerpaten is a twenty-something homebody from Chennai. She has a soft spot for exploring the world through words. She has edited and written for InFrame, a local magazine company. Her latest recognized work remains a 70-word tale, for an Instagram contest hosted by Notion Press, India. She dreams of putting together lesser-known stories from around India.

Not Complete, Not Perfect

USHA AROOR

Do incompleteness and imperfection have a place and a purpose in life?

I will never forget a college professor who was invigilating an exam I was writing. Time was up, I hadn't finished but he gently, firmly took the answer sheets from my hand. As we were all leaving, I went up to him. 'Sir, you took away my book,' I wept. 'You could have given me five more minutes and let me complete my answers!'

He looked at me and gestured towards the answer books we had submitted. 'Our marking is based on what your incomplete answer suggests,' he said. 'It gives us an idea of what you know. That is enough.' 'And remember,' he added, 'with my students,' I am looking for reasons to pass them, not fail them!'

This was my first encounter with the other side of incompleteness. Over the years, other experiences have emerged.

Recently I embroidered a cushion cover for a visiting friend. I wanted to give it to her before she left and so hurried through but there was at least two days' work left after which it needed to be sewn by Rafi into a cushion cover. And there was the cushion itself to make. So I thought it might be better to give my friend the incomplete cushion rather than not give it to her.

I finished as much as I could, Rafi made it into a cushion and I gave it to my friend, explaining that it wasn't quite done. The birds and leaves were only partly embroidered, and of the lotuses, only some were filled in.

She received it with great joy and her reaction was unexpected. 'It's perfect,' she said. 'I can't see any unfinished bits.'

And then she told me something which amazed me. 'In any case, as you know,' she said, 'the carpet weavers in Kashmir and elsewhere in the world always leave some tiny thing incomplete or done imperfectly. They believe that since only God can create perfection, it would be hubris for humans to pretend we can!' This set me thinking. It was a new way of looking at or accepting incompleteness.

Anand Coomaraswamy (d 1947), the metaphysician and art philosopher, said at one point that restoration of ancient broken images was possible because even the inexpert eye could 'see' the complete figure and could 'read in' the missing features and details, our experience helps

us manage this.

Then, as we know, many unfinished novels and stories are read and appreciated worldwide, and what they have carries some examples of the authors' best writing. Chaucer's Canterbury Tales and Dickens' Edwin Drood are examples. In the same way, many unfinished films thought to exemplify fine work, are studied for research.

Recently, I came across the fascinating Japanese concept of wabi-sabi. It moves us to appreciate that nothing is completely perfect or permanent. It finds beauty in objects that are not perfect or complete and opposes the relentless pursuit of perfectionism. Wabi-sabi stems from the Buddhist understanding of three basic life principles: impermanence (sanbōin), suffering (mujō), and emptiness or absence (kū) (source: studysmarter.co.uk). I found this approach of not seeking symmetry all the time, moving and fascinating.

I recently read about the Soviet psychologist, Bluma Wulfovna Zeigarnik. She discovered what later came to be called the Zeigarnik effect after a study she completed in the 1920s. 'Our minds quickly forget about finished tasks. However, they are programmed to remind us incessantly of those we do not finish.' Incomplete tasks, she found, are easier to remember than successful ones. 'The incompleteness adds tension, heightens focus, and creates a desire to close the loop, finish the task, or complete the thought.'

And then, from Japan again, comes this story. Someone once asked a man why he drank from a broken cup. 'For me,' said the man, 'this glass is already broken. I enjoy it; I drink out of it. It holds my water admirably... If I should tap it, it has a lovely ring to it. But when I put this glass on the shelf and the wind knocks it over or my elbow brushes it off the table and it falls to the ground and shatters, I say, "Of course". When I understand that the glass is already broken, every moment with it is precious.' (source: © Inspira)

And finally, the beauty of phrases left suggestively incomplete in songs like this one from Himalay ki God Mein:

Baalma, tu bada woh hai!

I am sure we can all list others!

(First published in the Canara Union Newsletter)



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॥ सरल - संस्कृतम् ॥

25.1 अव्यय - Indeclinable – A word that never ever changes - irrespective of gender, number or person or tense. In the following examples many अव्ययs have been introduced.

Eg. यथा – तथा just as – so , यदि – तर्हि if –then, यदा –तदा when – then, अतः therefore
यावत् – तावत् until– till then/ as much as – that much,
यद्यपि – तथापि even though – yet, यतः – because

1. --- प्राध्यापकः वर्गं प्रविशति --- छात्राः
अभिवादनं कुर्वन्ति ।

When the principal enters the class
the students greet him.

3. --- स्वास्थ्यं सम्यक् नास्ति --- विश्रामं करोतु ।
If you are not feeling well, then rest.

5. --- अग्रजः व्यवहरति --- अनुजः अपि व्यवहरति ।
As the elder brother behaves the younger
brother also behaves.

7. ---- जनकः खादति --- पुत्रः न खादति ।
The boy does not eat as much as the
father does.

9. सायं कार्यक्रमः अस्ति --- जनाः नाट्यगृहं गच्छन्ति ।
There is a program in the evening therefore
people to the theatre.

2. --- वर्षा अस्ति --- क्रिकेटक्रीडां द्रष्टुं
जनाः क्रीडाङ्गणे आगच्छन्ति ।

Even though it is raining yet people
go to the play-ground.

4. --- सूर्यप्रकाशः अस्ति --- कृषकः कार्यं
करोति ।

As long as there is sunlight, the
farmer works.

6. --- विद्युत् प्रकाशते --- बालाः भयम्
अनुभवन्ति ।

When lightning flashes, children
feel scared.

8. --- अहं गायामि --- मम अम्बा
आनन्दम् अनुभवति ।

If I sing my mother feels happy.

10. बालिका क्रन्दति --- दन्तवेदना अस्ति ।
The girl cries because of toothache.

Answers given on Page 46

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How I Got School'd with Cricketers

PAARTHA S. RAY

In April 2024, just when I was practicing for my school annual day skit, I was thrilled to know that I had been selected for a show called “Get School'd” with famous Ex-cricketers on the ESPN Cricinfo Social media channel. I was one of the three children who would interview these stars at the ESPN studio! There were going to be five videos with one Ex-cricketer each. These interviews were going to be based on the then-ongoing Tata Indian Premier League (Tata T20 IPL). I am not too much into cricket but I do watch the important matches, like the T50 World Cup, IPL final, T20 World Cup, etc. and I am a great fan of Virat Kohli too.

I was excited that I would be a part of this show, but there was a problem. Our annual day skit had to be performed three times in front of three different audiences; the parents of the primary students, parents of the secondary students, and parents of the main actors, 11th 12th Standards, and ISC students. The first play would be performed on the first day, and the second and third ones on the second day with an hour's gap between the two. The problem was that ESPN had called me for the shoot of the first two videos - the timing such that I would miss the first play of the second day. And, in all of that, I was one of the main actors. I did not want to and could not afford to miss even a single play. It was tough to decide what to do.

After the first play was over, me and my parents met our skit director, and also our speech & drama teacher and explained the whole situation to him. Since I didn't have any dialogues in the skit it wouldn't be that much of a problem not having me for one play; and as it could be a once-in-a-lifetime opportunity to meet Ex-cricketers also while being shot on an ESPN program. Luckily my teacher agreed to let me skip one of the shows and I was so relieved.

Finally, when ‘the great day’ arose me and my mother went to the ESPN studio in the afternoon in a car sent by them. It was a tall building in South Mumbai and the studio was on the 27th floor. Apart from ESPN, the building had other studios of different channels like Star Sports, Zee, Disney, Hotstar, Disney+Hotstar, etc. Since important sportspersons, stars and celebrities

come here, there was tight security inside and around the building. Only people with special electronic sensor identity cards were allowed inside. Even the six of us (3 kids and 3 parents) were given special temporary ID cards. When we entered the building, Hrishikesh Gangoli from ESPN was waiting to guide us to the studio. Here, I also met the other two children who had been selected. We went to the 28th floor waiting room was, and over there we were introduced to each other and briefed on what we had to do, etc. That day we were going to interview Tom Moody, an ex- Australian cricketer and Varun Aaron, an ex- Indian cricketer. We were on the 28th floor and the view from the windows was wonderful. One could see the whole of South Mumbai, the railway line, the sea, and all the nearby buildings.

Then came the moment when we went to the studio. All three of us were excited, thrilled, and a little nervous at the same time. Hrishikesh gave us our team jerseys. I was representing Royal Challengers Bengaluru and was given a red T-shirt. The other two wore Mumbai Indians blue and Chennai SuperKings yellow. The studio was a medium-sized one, with a table and two sofas around it, and who was sitting on it? Of course, the famous ex-cricketer, Tom Moody! First, we shook hands with him and introduced ourselves to him and the compere, Raunak Kapoor. Tom Moody is the first Australian national I have ever met. After that, a person pinned the mic on our t-shirts, and we started our show. All these years I had only seen other people being introduced in a show, but that day I was one of them too! 4-5 cameras were kept facing us at different angles. Behind the cameras, the editors, producer and assistants were sitting reviewing if they could hear us properly, if the cameras were in the right angle or not, etc. One or two times, the voice of the cricketers couldn't be heard through the headphones, so they paused the video and asked the assistant to adjust the mic.

After that, we started with the questions. There were 4 rounds- 1. We would ask him about the new slang words the new generation speaks, etc; 2. We would ask him about his own cricket career; 3. One of us would ask him a technical

cricket question and 4. He would ask us some IPL-related questions. When he asked one of the questions to my colleague, she forgot it and asked him, “Sir, please can you repeat the question?” and he said, “I will, just because you said please.” The first experience was fun and we were pretty comfortable till the next video. We didn’t have to wait for long to meet ex-cricketer Varun Aaron. Tom Moody gave us autographs and a selfie and went, and the next minute we were shaking our hands with Varun Aaron.

It was the same setting with Varun Aaron. We were to ask him questions in three rounds, and then he would ask us some IPL questions. When we asked him the technical question about bowling, (as he was a fast bowler) he answered it in a very simple and understandable way. As I said I don’t follow cricket that much, and couldn’t understand Tom Moody’s explanation, but I understood the difference between the swing and seam ball properly (that was the question we asked Varun Aaron). Even this shoot was awesome, and we felt a little more comfortable as we knew what to expect, and we felt more comfortable as Varun Aaron is an Indian, so he played for India!

After the shoots, we were hungry so we went to the canteen and had snacks, Maggi, juice, etc. And on the way in the passage, we saw the great ex-cricketer, Harbhajan Singh! Our parents were

eager to know what happened, how the experience was, etc. After telling everything, we headed home. The shoot we had been waiting for so many days, just got over.

The other two shoots happened in the same way, with Aaron Finch, a former Australian Cricketer, and Irfan Pathan, the great Indian fast bowler. They were also fun, especially Irfan Pathan. When not shooting, he told us many jokes. All the shoots were a wonderful experience. Even though we were nervous at first, later we talked very casually, and without restricting ourselves to say a joke, laugh, etc. I loved my experience at the ESPN studio. A big thanks to Hrishikesh Gangoli for making us feel comfortable at the studio and giving me this wonderful opportunity to be a part of this exciting program.

You can watch the shows on the following links:

<https://www.youtube.com/watch?v=sWxnh0uFOE8> (Tom Moody)

<https://www.youtube.com/watch?v=Kbrr98vVOsU> (Varun Aaron)

<https://www.youtube.com/watch?v=rtZILxPwVZo> (Irfan Pathan)

<https://www.youtube.com/watch?v=Eeqn8QKXTsI> (Aaron Finch)

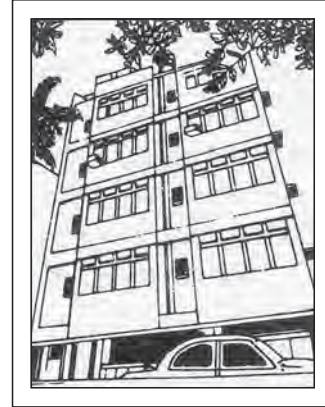


Paartha (centre) flanked by Tom Moody and the show host Raunak Kapoor, along with the other two participants.

Hrishikesh Gangoli from the ESPN team, seen with the participants

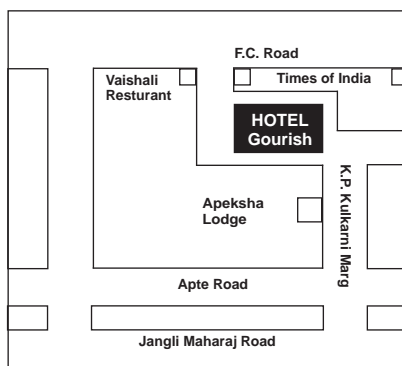


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Little Dhun's Wisdom

KRUTHI K MASURKAR

"Dhun! Have a great day at school, bye!" wished Akshara, her mother. "Bye, amma" said Dhun, as she prayed to God and the Guru, Param Pujya Shrimat Sadyojat Shankarashram Swamiji before going to school. "Come on, let's go," called Bhairav, Dhun's father.

Dhun Nadkarni was a sweet little 7-year-old girl studying in Grade 2. Every day, Bhairav dropped her off at school before going to work.

On reaching her school, Dhun bid goodbye to her father and went inside her classroom. She met her friends, Krupa and Lakshya. The classes went by and soon, it was lunch break.

After lunch, some boys came up to them and started to bother Lakshya. They were jealous of him because he was a model student and a favourite among the teachers. Suddenly, one of the boys pushed Lakshya. He fell and hurt himself. A furious Lakshya shouted at the boy and was about to push him back. Just then, Dhun stopped him.

"Let me go, Dhun. He needs to be taught a lesson," said Lakshya. "Yes, but not like this. If you fight with him, then what is the difference between you and him? You are supposed to set a good example to other students. Let's go and talk to our class teacher, Parvathi Ma'am" advised Dhun. So, the three friends went to their class teacher.

The boys were warned to not repeat it, or else their parents would be informed. The boys agreed and left. Parvathi Ma'am then said to Dhun, "Dhun, I'm so proud of you. Though Lakshya is a model student, he was about to fight that boy. But you stopped him and gave him good advice. Who taught you all this?" Dhun smiled and answered, "Ma'am, I belong to a community called Chitrapur Saraswat Brahmins (CSB). We have something called Prarthana Varg for children. Every week, we learn something new about our history, tradition, and culture and have fun activities which teach us values. What I told Lakshya was one of them."

"I'm impressed, Dhun. I'm curious to know more about Prarthana Varg. I'm surprised by your knowledge at such a young age. You have a bright future, little one," praised Parvathi Ma'am. Dhun smiled and went back to her class.

That evening, when Dhun and her mother were about to leave, Parvathi Ma'am called them. "Hello, ma'am. I'm Parvathi Iyer, Dhun's class teacher. You

are very fortunate to have a daughter like Dhun. Today, she prevented a fight and advised her friend that violence should not beget violence. Rather, it should be met with patience and love. She has even volunteered to help the miscreants with their studies, so they can also get good grades. Lakshya is a model student. But, after today's incident, I know that Dhun is no less than him. We all can learn a thing or two from her!"

Akshara's heart filled with joy and pride. She had already felt blessed the day Dhun was born. Today, she felt the blessings multiply. Parvathi Ma'am politely said, "I have a request - an idea which would be beneficial to so many children." "What is the idea?" Akshara curiously asked.

"Today, Dhun briefly told me about your community and the Prarthana Varg where she is learning all the principles needed to lead a good life. Staying in connection with our roots is good because these children will carry forward the essence to future generations," stated Parvathi Ma'am.

She continued, "Every child needs to learn the same principles. Hence, can Dhun tell my entire class about what she learns every week? I can give her the first 20 minutes every Monday to share what she learned in her Prarthana class. It would help the kids."

Akshara felt that it would be a huge responsibility for Dhun. Sensing this, Parvathi Ma'am said, "Maybe you can help her choose what to share - a story, a game, or an activity. It will also help Dhun to become an effective speaker and boost her confidence."

"Amma, I want to do this. I always discuss Prarthana Varg with Krupa and Lakshya. It would only be fair if all my classmates knew about it. As Parvathi Ma'am said, you and Papa can help me do this. Please say yes," Dhun pleaded.

Akshara smiled. "Okay. If it makes you happy, then I will not stop you," she said. Parvathi Ma'am was overjoyed and said, "Thank you! I will talk to the Principal and let you know when to start."

"I'm so proud of you, Dhun. Papa will be happy, too. As a reward, today, I will bake your favourite chocolate-chip cookies and strawberry cupcakes," said Akshara, as she watched her daughter's face light up with happiness. "Yay! I can't wait. Let's go home soon, Amma" exclaimed Dhun, as they started walking back home.

Culinary treasures of India- Sindhi cuisine

ANJALI BURDE

The Sindhi diaspora that migrated to India during the Partition originally belong to the Sindh province of Pakistan. Primarily a business community, they have settled in every corner of the country yet retained their original culture, traditions, language and cuisine. They have maintained their particular dietary habits and retained basic flavours of their traditional cuisine.

A typical Sindhi home-style meal consists of wheat-based flat breads like phulkas, lolo or dodo, rice, a dry vegetable dish and a gravy based dish. Curd, papad and pickles are regular accompaniments to their meals. The Sindhi fondness for papads is well-known with many of them doing business of home-made papads, vadis and pickles. Like all other Indian communities, food is an inseparable part of their celebrations, weddings and festivities.

Sindhi food includes a variety of vegetables, dals, fish and meat. Breakfast includes lolo (sweet roti), koki (spicy roti), seyalmani (left-over rotis cut into bits, tempered and cooked with tomatoes), dal pakwan, bread cholle etc.

Dal Pakwan is a very popular dish that is relished by non-Sindhis as well. Pakwans are crisp puris which are served with sweet-spicy chana dal garnished with chopped onions and sweet tamarind chutney.

Aloo tikki, bhee tikki (made using lotus stem), ragda patties, bread pakora, aloo tuk, sana pakora (onion fritters), chole samosa are popular snacks.

Their main course dishes include sindhi kadhi & bhuga chawal, sai bhaji, sai dal, tidali dal, sindhi biryani and seyal murgh. Sai here means green.

Sindhis prepare sweets that are very unique namely; singhar barfi (made from unsalted sev and mawa), gheeyar (a kind of jalebi), mesu (similar to mysore pak), pragree (a flaky layered maida based deep fried puff stuffed with mawa), tosho (sugar syrup coated oblongs made from flour and ghee) besides these there are the common ones like gulab jamun and kulfi that are popular across all communities in India.

Sindhis have always been water worshippers as the mighty Sindhu (Indus) river flows through the Sindh province and to the south of the Sindh province is the vast expanse of the Arabian Sea. Lord Jhulelal considered to be an avatar of Lord Varun is worshipped on Cheti Chaand, the second day of the Hindu calendar month of Chaitra. It is celebrated as New Year's Day by them. Sindhis celebrate almost all Hindu festivals namely Navratri, Raksha Bandhan, Janmashtami and Diwali and follow certain unique customs and rituals.

Sharing two popular recipes from this cuisine.

Sai bhaji- This is a healthy wholesome dish eaten for lunch or dinner with phulkas or rice.

Ingredients- 3 cups chopped spinach
1 cup chopped sorrel (ambadi or ambat chukka)
½ cup chopped dill leaves (optional)
1tsp grated ginger
2tsp finely chopped garlic
2-3 green chillies chopped
1 cup finely chopped onions
1 small potato,
1 cup chopped tomatoes
1 small brinjal, 1 medium carrot- cut into cubes
½ cup chana dal soaked for an hour and drained
2 tbsp. oil ½ tsp hing 1tbsp dhania powder
1tsp red chilli powder
½ tsp haldi powder 2 tsp kasuri methi
salt to taste 2tsp ghee

Method: Heat oil in a pan/a small pressure cooker. Add the onions and fry for a few minutes. Add the ginger, garlic and green chillies and continue frying till the onions turn pink. Add the tomatoes and fry till they turn soft, add the soaked dal and saute well. Add the cubed vegetables and fry for few minutes. Then add the greens, stir in well. Add the hing and other dry masalas. Add ½ cup water and pressure cook for 3-4 whistles on a high flame. Switch off the flame and let the pressure release on its own. Open the cooker and mash the bhaji lightly using a masher or churner. Crush the kasuri methi between your palms and add to the bhaji. Add two tsp ghee and

mix well. The bhaji should have a thick gravy like consistency. Serve hot with phulkas or rice.

Mitha dhabala- This is a very simple and easy to prepare sweet dish.

Ingredients- 6-8 bread slices

1 cup sugar ½ cup water

few drops rose essence

Slivered nuts for garnish

some ghee for deep frying

Method: Trim the edges of the bread slices and cut into square, triangle or small disc shapes. Heat ghee in pan and fry the bread pieces gently till crisp and golden brown. Heat sugar and water

in a pan till a thick syrup is formed. (You may also use leftover syrup of gulab jamuns). Add the rose essence. When the syrup is still warm add the fried bread pieces and allow them to soak for 3-4 minutes. Remove the soaked bread using a slotted spoon. Arrange on a plate and garnish with the slivered nuts. Serve warm.

We invite articles, poems in English, Marathi, Sanskrit; sketches, and constructive feedback letters from our readers. Please send them to: editor@kanarasaraswat.in

Here & There

Report of Vile Parle – Vakola Local Sabha

After almost three years or so, our Local Sabha celebrated its first offline function on the 9th of April 2024 - the auspicious New year Chaitra Shudha Gudipadwa/Ugadi Parva welcoming new "Krodhi Naam Samvatsara." It was celebrated in the quadrangle of Guruprasad Bldg.no.III on a grand scale, with overwhelming response, attended by around 54 sabha members and their families. Vedmurti Honnavar Yogesh Bhat performed Guru Ganesh Pujan, Panchang Vachana/Shravan and Rashiphala, and Mangalarati.

Thereafter followed a short Upanyaas by Shri Vittal Rajagopal Bhat, who narrated the significance of the new "Krodhi Samvatsara." He explained that each Samvatsara gives us a message. Krodhi means to be angry and, as a result, to be violent. The Bhagavad Gita says Krodha is one of the three gates of hell, the other two being Kaama and Desire (Lobha and Greed).

On 6th May 2024, we observed online, the Samaradhana of PP Parijnanashram Swamiji I of Bhandikere Gokarn. In his short Upanyaas, Shri Vittal Rajagopal Bhat selected a mantra from Rudra Adhyaaya, "Aum Namaste Astu Bhagawan" beautifully explained the various names of Eashwar alongwith the characters and their significance.

As part of Shivasayujyam, Samuhik and Vaiktik Sadhana were performed by our Sadhakas. The three Stotras that were recommended by our Parama Poojya Swamiji are being followed and also to perform extra Japa daily Gurupujan on

Thursdays and Devi Anusthan on Shukla Navami every month.

On 8th of June 2024,we observed online, the Samaradhana function PP Pandurangashram Swamiji. A short Upanyaas was presented by Shri Vittal Rajagopal Bhat on Ashtakshara on "Aum Namō Narayanaya Namaha" wherein he explained the meaning and the significance.

This was followed by Bhajan seva, Deepanamaskar, Shankar Narayan Geet, Mangalarati, Mangal Paad and a Valedictory speech on our Sabha's activities by the President Vile Parle-Vakola Local sabha.

On the 14th of June 2024, our laities, along with Khar/Bandra Local Sabha, participated at Karla Math in the Janmadivas celebrations of PP Shrimat Parijnanashram Swamiji III in the Saptaha Prahara activities with chanting of Navaratri Nitya Paath,Samuhik Gurupujan, Stotra/Bhajan seva, Shri Devi Pujana and chanting of Lalitashtottarashata Stotra Namavali Archana.

In addition to the above activities, we hold regular Stotravali chanting every Wednesday evening.

From 16th to 23rd June 2024, our laities participated in Seva Saptaha and Sannikarsha at Karla Math.

- Reported by Shrikar Talgeri

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DOMESTIC TIDINGS

THREAD CEREMONY

We bless the following batu:

May 06 : Vedant Prabodh Pandit at Bengaluru.

MARRIAGE

We congratulate the following couple and wish them happy married life:

May 05 : Deepali Pramod Savur with Aakash Bhargava at Bengaluru

OBITUARIES

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

Mar 08 : Shaila Dayanand Baidur (73) at Matunga (W), Mumbai.

Apr 06 : Dinesh Manjunath Turme (74) at Mumbai.

May 02 : Suresh Bhavanishankar Koppikar (86) at Borivali (West) Mumbai.

May 12 : Dr Aparna (Shobha) Mahesh Koppikar (79) at Great Falls, Virginia, USA.

May 20 : Subhash Rao Tonse at Mahim, Mumbai.

May 22 : Jayant Mangesh Basrur (82) of Andheri at Kanjurmarg.

Jun 08 : Usha Satish Trikannad (78) of Talmakiwadi at Hyderabad.

Jun 09 : Chitra Durgadas Shirali (86) of Dharwad at Pune.

Jun 10 : Shantabai Tallur (86) at Hubli.

Jun 11 : Pandit Rajiv Taranath (91) at Mysore.

Jun 15 : Dr Srikar Amladi at Talmakiwadi, Mumbai.



Vinay V Gangavali

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Answers to सरल-संस्कृतम्

Exercise 25.1 -

- | | | |
|----------------|-----------------|--------------|
| १. यदा तदा | २. यद्यपि तथापि | ३. यदि तर्हि |
| ४. यावत् तावत् | ५. यथा तथा | ६. यदा तदा |
| ७. यावत् तावत् | ८. यदि तर्हि | ९. अतः |
| १०. यतः | | |

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Shivanand Kundaje won Gold in the 69+ years category men's singles at the Maharashtra State Veterans Table Tennis Ranking Tournament on 22 and 23 June at Palava, Dombivli.

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