



A MONTHLY MAGAZINE OF KANARA SARASWAT ASSOCIATION

Kanara Saraswat

Vol. 90, No. 11, NOVEMBER 2009. | Rs. 20 /-



Asha Bhatkal

Asha



Chetana Kadle





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Kanara Saraswat

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Office: 13/1-2, Association Building,
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e-mail: kanara_saraswat@hotmail.com
(For Publication in the Magazine)

e-mail: shobhanadrao@gmail.com
(For Administrative matters)

President: **Dr. Harish Kodial**
Vice President: **Uday A. Mankikar**
Chairman: **Avinash Trasi**

MEMBERS OF THE EDITORIAL COMMITTEE

Managing Editor: **Gurunath Gokarn**
Editor: **Jyoti S. Moodbidri**
Associate Editor: **Uday A. Mankikar**

Computer Composing
VISION DTP – Sujata V. Masurkar
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KSA Telephone: (022) 2380 2263
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Tel: 95253-2580575 / 0253-258331

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INVITATION & APPEAL

DATTA JAYANTI UTSAV 2009

ALL CHITRAPUR SARASWAT YOUTHS TRUST (A.C.S.Y.T) UNDER THE JOINT AUSPICES
OF THE MUMBAI (GRANT ROAD) LOCAL SABHA OF CHITRAPUR SARASWATS,
THE KANARA SARASWAT ASSOCIATION AND THE TALMAKIWADI CO-OPERATIVE HOUSING SOCIETY

It is our *param bhagya* that our beloved Guru His Holiness Shrimat Sadyojat Shankarashram Swamiji will be camping in Talmakiwadi, Javji Dadaji Marg, Mumbai, **from 26th November, 2009 to 6th December, 2009 for the annual Datta Jayanti celebrations.**

This is our 24th year of celebrating Shree Datta Jayanti Utsav. This Utsav commenced in 1986 with the *prerana* and blessings from our most revered Guru His Holiness Shrimat Parjnanashram Swamiji III of hallowed memory. The basic idea of Swami Parjnanashram to start this Utsav was to encourage youths to develop devotion to God in general and reverence in particular. Since then, Shree Datta Jayanti Utsav has been celebrated every year.

Like last year, this year also, certain specific Mahapoojas will be performed during Shree Datta Jayanti Utsav; specific Samudaik Mahapoojas being **Chandika Havan, Geeta Havan and Shree Ganesh Havan**. These Mahapoojas will be performed in addition to daily poojas. There will be religious programmes too. This year also, we are anxious to see that HH's stay at Talmakiwadi will be memorable and in a serene atmosphere. Plans are being drawn towards this end.

Any programme of huge magnitude can be successfully carried out with the co-operation of all and necessary financial support. We proudly mention that you have always supported us in our all our endeavours. We, therefore, earnestly appeal to every one to contribute liberally to this divine cause.

The funds so raised are utilized for the said Utsav and the surplus, if any is used for a noble cause like educating poor children, providing medical assistance to needy people, helping people who are below the poverty line etc. Hence, your helping hand will definitely help us in this endeavour.

We conclude this appeal with *sashtang pranams* to Lord Bhavanishankar and our most revered Guru Parampara.

Avinash Trasi
President, A.C.S.Y.T.

[See Pages 14-15 for Programme]

**IN LOVING MEMORY OF
SHARDA & RAMESH BALSEKAR**



**29th March, 1919
to
23rd June, 2009**

**25th May, 1917
to
27th Sept, 2009**



From the President's Desk

मनुषू आजन्म 'खुशी'च्यें स्वागत करतं आसता आनी सदाई. सुखी राब्बूक प्रयत्न करता, तो लेकता ती 'खुशी' ताका भौतिक वस्तू जावो स्वतः लागी आशील्या संपत्तीथावनुची मेळता. तो केन्नाई आपणालें पोळोंच्यें सोणू दुसऱ्यांलागी इतलें कशी? हाज्जोची विचारू करता. तो विसरता की खुशीतू जीवन जगचें जावो दुःखांतू जगचें, ही सर्वस्व तागली स्वतःगलीची निवड आसता.

नामांकित मराठी कवी मंगेश पाडगांवकर म्हणता:

सांगा कसं जगायचं?

कण्हत-कण्हत की गाणं म्हणत?

ते तुमचं तुम्हीच ठरवायचं.

पैर आरतां प्रसिद्ध हिंदी कवयित्री श्रीमती नंदिनी मेहता हिगली 'खुशी की खोज' ही कविता आयकली. मस्त प्रेरणादायी आशीली.

माक्का ती ऐकून मेळ्ळेली 'खुशी' तुमच्या वट्टू वांटूक 'खुशी' जात आस्स.

'खुशी की खोज'

जो न मिला मुझे उसके दुख में
जो मिला उसे क्यों भूल जाऊं
दुख के चुल्लु भर पानी में
अपनी खुशी की दुनिया क्यों डुबाऊं?...

कहीं न कहीं कुछ तो कम रहेगा ही
कुछ न कुछ पहुंच से दूर रहेगा ही
क्यों हर घड़ी उसी की शिकायत करती जाऊं
क्यों जीवन में स्वयं कांटे बोती जाऊं?...

जो चाहा यदि सब मिल जाता
तो फिर चाहने को क्या रह जाता
और चाहे बगैर जीवन भी क्या रहता
ईशकृपा से मिला उसी में मगन हो जाऊं!...

अपनी पीड़ा को इतना क्यों सहलाऊं
कि अणु जैसी वह विराट शिला बन जाये
क्यों अपनी पीड़ा में इतनी डूब जाऊं
कि किसी दूसरे के आंसू देख ही न पाऊं?...
- नंदिनी मेहता

शुभम भवतु॥

डॉ.हरीश कोडियाल

KANARA SARASWAT ASSOCIATION

98TH FOUNDATION DAY CELEBRATIONS

Wednesday, 21st November, 2009
at 6:00 pm at
Smt. Indirabai Kallianpurkar Hall (Sundatta High School),
Off Talmakiwadi, J.D. Marg, Mumbai 400 007

PROGRAMME

The Kanara Saraswat Association celebrates its Foundation Day on 26th November every year. This year, the Foundation Day will be observed on Saturday, 21st November 2009, due to Swamiji's arrival on 26th November 2009 to Talmakiwadi for Datta Jayanti.

On the occasion of its Foundation Day, this year too, the Association will felicitate prominent Chitrapur Saraswats in recognition of their contribution to society and the nation, in different fields of work.

- Address by Dr. Harish Kodial, President, KSA.
- Release of the biography of Shri Nalkur Sripad Rao titled, "Formula for Fulfilment", written by Vidya S. Gunavanthe, on the occasion of his entering his nineties. Dr. Harish Kodial, will release the book.
- Felicitation of eminent Chitrapur Saraswats in different fields.
- Vote of Thanks by Shri Uday Mankikar, Vice President, KSA.

The following eminent persons will be honoured:

- | | |
|---|---|
| 1. Shri Nalkur Sripad Rao | – Jeevan Gaurav Puraskar |
| 2. Shri Dinkar Honavar & Shri Vikram Sirur | – Entrepreneurship |
| 3. Pandit Omkar Gulvady | – Music |
| 4. Shri Prakash S. Khambadkone | – Education |
| 5. Dr. Aroon B. Samsi & Dr. Diwakar Heranjal | – Medicine |
| 6. Shri Madhukar Chandavarkar | – Konkani Literature |
| 7. Shri Mandeep Rai (Manu Ulpe) | – Drama & Entertainment |
| 8. Shri Kisan Balse & Shri Ramesh Taggarshe | – Social Service |
| 9. Shri Vithal Nadkarni | – Sports |
| 10. Shri Sadanand Bhatkal, Smt. Nirmala Bhatkal
& Shri Gurunath Gokarn | – Prolonged and Distinguished
Service to KSA |
| 11. Shri Ramdas Mundkur | – Finance & Corporation |

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Letters to the Editor

Appreciation

Dear Editor: Hearty congratulations to you and your team on two counts - (a) on the bringing up of a much more colourful magazine with more readable fonts and a beautiful get-up. It is a pleasure to read it, and (b) on the launching of a very attractive website; altogether a vast improvement in communications - with your members and the community in general.

You make us proud to be members of the Kanara Saraswat Association.

Kishore Sunder Rao (Amembal), Bengaluru

Dear Editor: You have given us two extraordinary gifts in your Diwali issue.

1. A poem "Asmi" by Indu Gersappe. I reverently bow down and pay my respects to her mystical wisdom which, I am sure, has arisen spontaneously from the depths of BEING, I AM - pure awareness.

2. KSA Vice President Shri Uday Mankikar's Independence Day speech. Although short, it seems to be aimed at every human being's true freedom - freedom not from thoughts which no one can avoid, but freedom from thinking - unnecessary, continuous, inner thinking which results in human suffering. And yes, this is what is needed in the present days of abundance.

Hemant Nadkarni, Mumbai

Dear Editor: I just got the Diwali issue which has indeed turned out very attractive.

First of all, the cover "Surya" is superb and extremely meaningful. Every Diwali issue is normally symbolised by *diyas*, fire crackers etc. But, finally, it is Surya, the Sun, who is the ultimate in light, life and growth. I feel proud to see the work of this innovative artist, Chetana. Apart from the beautiful painting, the concept itself as well as its presentation are superb. I am glad that KS chose to display it for us through this Diwali issue.

I also liked very much, KSA President Dr. Harish Kodial's Diwali message to readers, since the theme currently is "Giving" and, that too, with humility as he has quoted. Two articles that I particularly liked - one in English by Shweta Rao, "Two years, five homes and counting" which picturizes beautifully the lifestyle of Services people, and the other in Marathi, "Chakva" by Shamala Bhat which is simply hilarious. In the Personalia column, I was much impressed by the literary contributions Shobhan Bantwal is making in presenting true Indian-ness, both good and bad aspects, in the US.

My congratulations to the Editor, Jyoti Moodbidri, and the editorial team for bringing out a beautiful KS Diwali issue.

Kunda Kagal, Virar, Mumbai

The cover article of this issue features eminent artist Asha Bhatkal and a glimpse of her work. Alongside, we give a more inclusive representation of Chetana's work which the October issue, with its focus on Diwali, could not carry. -Editor

Dear Editor: It was a delight to go through the Diwali Special issue which provided a good combination of articles, poems and valuable information. Here is a spontaneous outburst - a poem - in response to this issue!

KSA is a feather in the cap of pride we wear!

The devoted management, there

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It helps to shine talent

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KSA moves forward with time

And social synchrony

So, we are ahead in pride

Though our community is so tiny!

Chaitanya Nadkarni, Goregaon (W), Mumbai

Thank you again, dear readers, for your appreciation and encouragement. - Editor



TWO FOR JOY!

On the 3rd of October - that most auspicious day of Kojagari Poornima when we propitiate Devi Lakshmi to shower upon us Her gifts of peace and plenty, the benevolent Poorneshwari chose to travel all the way to Seattle to bless Smt. Samvita (nee Padukone) and Shri Sanjay Mavinkurve with two bonny babies - a boy named Rishi and a girl named Isha. Sharing their ecstasy are the brand new grandparents Smt. Geetanjali and Shri Gajanan Mavinkurve and Smt. Gauri and Shri Ravi Padukone.

Sanjay's maternal grandmother - Smt. Shalinipachi Kalyanpur, Samvita's paternal grandparents - Smt. Sunitipachi and Shri Narendramam Padukone and maternal grandparents - Smt. Sudhapachi and Shri Mohanmam Kodikal, are all eager to fondly welcome the new arrivals – their beloved great-grandchildren.

Golden Wedding



Sidhanand Harihar Harite and Shashi

(nee Shalini Shankarbhat Mangalore)

It is our great pleasure to ring in Golden Wedding bells for our Dear Parents who were married on November 18, 1959.

Our prayers to our Kuldevata Shantadurga and sacred Guru Parampara to bestow their blessings on them for health, happiness and long life.

May the Golden Jubilee turn into a Diamond Jubilee.

Nandkishore
Sabita
Sushant

Deepa
Raghunandan Bangalorekar
Neeraj

Dr. Vrinda
Dr. Jayesh Bellare
Jai

Dear Editor: Where are we really today, in our awareness of our sacred customs and traditions? We have seen so many exchanges on Hindu customs and practices and Indian traditions with vastly differing perceptions, and even after decades of debates even within our small Chitrapur Saraswat circles, it has left many wondering! In the last few decades, many of the customs that our forefathers had nurtured and cherished have been often confused by perceptions and semantics during the transition of the local scene to the global village culture.

In the midst of such turmoil, in the book, “From Pada Prakshalana to Phalamantrakshat”, we have a brilliant treatise by our respected Dharma Pracharak Shri V. Rajagopal Bhat. It is like a welcome rain shower after the heat and drought of so many conflicting views and perceptions. It is a brilliant, concise guide for all and especially for the younger generation as it explains all aspects of our Math culture and practices with links to our Shastras. I took up this book for serious study last year and continued it during Chaturmas-2009, and it has helped me greatly to understand the many details of Math practices: Purna Kumbha, Swagath, Pada Prakshalana, Dhool Bhet, Prasad, Ashtavidhan etc. Eighteen Chapters cover every aspect in detail and there are Annexures on related topics.....indeed a treasure — a **kalpa vriksha**.

At first glance, it appears simple, but on second reading, for study, it clearly calls for great care; each word and line has to be read and assimilated as is taught in yogic learning systems for Swadhyay that is, with **Shravanam, Mananan to Nidhidyasanan**.

Capt Trikannad Rajkumar, Chennai

Dear Editor: I am in complete agreement with Mr. Bipin Nadkarni regarding the creation of wealth (see his letter in the October 2009 issue) when he wrote about my article “Poverty and Plenty” regarding an imaginary Saraswat wedding. I also agree that how to spend one’s earnings is an individual decision. In fact, it is a well accepted principle of economics that the more we spend the more is the creation and distribution of wealth. However, the real point of my article is contained in the last two paragraphs. It

is a sad truth that many Chitrapur Saraswats do not believe that there is poverty in the community – therefore, they do not make an attempt to identify these poor; the result is that the poor in the community get poorer and continue to suffer.

Kishore Sunder Rao (Amemba), Bengaluru

Dear Editor: I refer to “From the President’s Desk” in the October 2009 (Diwali) issue of KS, in which Dr. Harish Kodial writes about Abdul Rahim Khan and his way of giving alms.

Abdul Rahim Khan believed that he was only a medium in obeying the Creator’s dictat; that the less fortunate should also SHARE a portion of what he was bestowed with, hence the associated *humility*.

My humble suggestion is that the opening line of the last paragraph namely, “Well. such is an example of giving in charity that we must follow”, may be more meaningful if it read as, “*Well, such is an example of sharing that we must follow.*” For example, a daily first act in the morning of setting aside a fistful of cereal that he/she consumes and giving away the month’s accumulation to a less fortunate person (a rag-picker who struggles in preference to routine beggar), could be the best act of *humility*. This daily ritual is not the same as once-a-month giving away from the cereal container.

Radhakrishna Kalawar, Bengaluru

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Artists at work

Asha Bhatkal

Asha Anil Bhatkal is the artist behind the paintings that have adorned numerous covers of the Kanara Saraswat magazine, Vantiga Payers Directories and some Math publications.

Asha, born to Vithal and Indumati Nadkarni, is a fine artist of repute. Her father's transferable job as trainer to IPS officers in the subject of Law, enabled her to spend her formative years in different parts of the country, closer to nature. This enriched her young creative mind. She took to using visual expression for her thoughts and ideas.

Encouraged by her parents and siblings to explore and hone her creative talents, she went on to graduate from the Bandra School of Art. She held the first exhibition-cum-sale of her paintings in 1972 at the age of 24, and received excellent reviews for presenting an exemplary range that included landscapes, portraits and still-life paintings. In the following years, she interned with the revered artist Chetan Arya, who was closely associated with Jehangir



Art Gallery. Marriage and motherhood took precedence as she continued working part-time from home during the late '70s and early '80s.

Of the three paintings that we bring you, the one above, portrays Ganapati, the remover of obstacles and the supreme god of intellect and wisdom, while one of her two paintings on the top half of our front cover, captures the pristine beauty and majesty of a mountain peak (left), and the other (right), a glimpse of Varanasi (Benaras), the city of temples.

Many of Asha's "Indian ethnic Art" paintings adorn the walls of homes and commercial establishments in India, Singapore and the US. Her masterpiece "Omar Khayyam" won her many accolades in these circles; over the years clients would regularly fly down to select her works of art for their homes and workplaces. Asha has also put her keen sense of aesthetics to good use as an interior designer and decorator and designed tasteful homes for a few esteemed clients.

An excellent conversationalist, extremely passionate about social causes and an instant relationship-builder, Asha is an inspiration to people around her. Honest and straightforward, yet sensitive and compassionate, she indeed has balanced both her personal and professional roles very well.

Currently, Asha is busy working on exhibits for yet another exhibition-cum-sale of her paintings to be held in the near future.

Chetana Kadle

Chetana, daughter of Anand and Kumud Mangalore, grew up in Hyderabad, described by Pt. Jawaharlal Nehru as the "microcosm of Indian culture", absorbing the melodious strains of her mother's harmonium and the tranquil notes of her father's flute, along with the city's well-preserved cultural heritage. No wonder then that Chetana, a Home Science graduate, showed a keen aptitude for arts and music right from childhood, an aptitude that evolved into a passion for sketching and painting.

Encouraged by her parents, and after marriage, by her parents-in-law and husband Praveen Kadle, in particular, Chetana enjoys working with oils on canvas as it lends itself readily to the creation of realistic facial expressions. Occasionally, she experiments with new ideas and media. Many of her paintings adorn the homes of her relatives and close friends both in India and abroad.

The Moghul painting alongside is acrylic on handmade paper; the plywood border is moulded ceramic clay glued on, and painted black and gold. The painting on our front cover (lower left), captures vividly the combination of a Banjara mother's shy smile with the impish one of her child. (Chetana caught them squatting at a busy bus-depot at Belgaum, unaffected by the surrounding chaos; the little boy readily obliged and coerced his reticent mother to pose along with him).



The painting of the dancing Ganesha, next to it, is in the well-known, traditional art form of Tanjavur; it entails skillful cutting and pasting of real gold foil, embedding semi-precious stones on the initial 'jesso' work to achieve depth and texture, and finally, working in the minute details with water colors. Chetana chose the dancing pose, as it embodies grace and fluidity of movement. The brilliance of the gold is enhanced by the richness of the royal blue surrounding it.

A sensitive and gifted artist, reflective and serene, Chetana says that she has many more artistic avenues to explore and, as an amateur painter, a lot more to learn and accomplish.

DATTA JAYANTI UTSAV 2009

PROGRAMME

26th November, 2009 to 7th December, 2009

26th November'2009, Thursday: Arrival of HH Shrimat Sadyojat Shankarashram Swamiji at Talmakiwadi gate 6.30 pm Purnakumbha & 7.00 pm: Arrival of Dattatraya Idol from Datta Mandir to Parijnanashram Mantap in presence of HH; Swagat Geet; Paduka Poojan by A.C.S.Y.T., Grant Road Local Sabha, KSA and Talmakiwadi CHS; Welcome Speech by President; Offering Manpatra & Recitation by Secretary; Upadesh by HH; Samudaik Dhool Bhet.

○ **1st December, 2009, Tuesday:** 7:00 pm Deepanamaskar followed by **PALKI UTSAV**

DAILY PROGRAMMES

TIME	DATE: 27 th November, 2009 to 6 th December, 2009
6.00 am	Suprabhatam
7.00 am	Japa
11.00 am	Morning Pooja, Mangalaarati, Paduka Poojan, Tirtha Vitaran

MORNING POOJAS: MUKHYA POOJAS

	DATE	DAY	POOJA'S	TIME
a)	28 th Nov '09	Saturday	(Geeta Jayanti Day) GEETA HAVAN	9.00 am
b)	1 st Dec '09	Tuesday	(Datta Jayanti Day) SATYA DATTA VRATA Avdumber Abhishek by ladies at Avdumbar Katta	
c)	4 th Dec '09	Friday	CHANDIKA HAVAN	9.00 am
d)	5 th Dec '09	Saturday	SAMUDAIK SHRI GANESH HAVAN SATYA NARAYAN POOJA - at Shrimat Anandashram Hall	9.00 am 4.00 pm

DAILY PATHAS

	DATE	DAY	PROGRAMME	TIME
a)	27 th Nov '09	Friday	Navratra Nitya Path	10.00 am
b)	28 th Nov '09	Saturday	Sampurna Geeta Pathan	10.00 am
c)	29 th Nov '09	Sunday	Samuhik Guru Poojan	10.00 am
d)	30 th Nov '09	Monday	Shiva Mahimna Stotra	10.00 am
e)	1 st Dec '09	Tuesday	Shri Ganapati Atharvashirsha Pathan	10.00 am
f)	2 nd Dec '09	Wednesday	Navratra Nitya Path	10.00 am
g)	3 rd Dec '09	Thursday	Guru Geeta Pathan	10.00 am
h)	4 th Dec '09	Friday	Shree Lalita Sahasranama	10.00 am
i)	5 th Dec '09	Saturday	Hanuman Chalisa	10.00 am
j)	6 th Dec '09	Sunday	Samuhik Devi Anushthan	10.00 am

EVENING PROGRAMMES

	DATE	DAY	PROGRAMME	TIME
a)	27 th Nov '09	Friday	Bhajan Seva by Shri Ravindra Bijur	5.00 pm to 7.00 pm
b)	28 th Nov '09	Saturday	Geeta Competition Prize Distribution	5.00 pm to 7.00 pm
c)	29 th Nov '09	Sunday	Cultural Programme by Prarthana Varga	5.00 pm to 7.00 pm

	DATE	DAY	PROGRAMME	TIME
d)	30 th Nov '09	Monday	Cultural Programme by Grant Road Yuvadhara	5.00 pm to 7.00 pm
e)	1 st Dec '09	Tuesday	PALKI UTSAV	7.00 pm onwards
f)	2 nd Dec '09	Wednesday	Sanskrit Diwas Programme	5.00 pm to 7.00 pm
g)	3 rd Dec '09	Thursday	Yuvadhara interaction with HH	10.00 pm
h)	4 th Dec '09	Friday	Programme by Talmakiwadi Children	5.00 pm to 7.00 pm
i)	5 th Dec '09	Saturday	OUTING WITH HH	5.00 pm to 10.00 pm
j)	6 th Dec '09	Sunday	Dharma Sabha	6.00 pm onwards

EVENING POOJAS, DEEPANAMASKAR FOLLOWED BY POOJAS BY HH

	DATE	DAY	POOJAS BY HH
a)	27 th Nov '09	Friday	Devi Poojan
b)	28 th Nov '09	Saturday	Shiva Poojan
c)	29 th Nov '09	Sunday	Guru Poojan
d)	30 th Nov '09	Monday	Shiva Poojan
f)	2 nd Dec '09	Wednesday	Shiva Poojan
g)	3 rd Dec '09	Thursday	Guru Poojan
h)	4 th Dec '09	Friday	Devi Poojan

	DATE	DAY	UPADESHA /AASHIRVACHANS BY HH
a)	28 th Nov '09	Saturday	Upadesh on Geeta Jayanti
b)	1 st Dec '09	Tuesday	DATTA JAYANTI DAY
c)	6 th Dec '09	Sunday	Dharma Sabha

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Durgesh Chandavarkar Rs. 2,50,000

(The donation by Shri Durgesh Chandavarkar is Rs. 2,50,000 and not Rs. 25,000 as printed in the October issue of KS. The error is regretted.)

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Indira and Shree Parshuram

ANANYA KOPPIKAR-MOORTHY, MUMBAI (AGE: 10 YEARS)

A long time ago, in Pune, there was a temple called 'SHREE PARSHURAM MANDIR.' It was very famous at that time.

Sadhus who used to worship the idol in the Mandir used to live there. One of the sadhu's daughter used to live there too. Her name was Indira.

She had three friends who played with her on many days. One day, when Indira had gone to pick flowers for God, what did she see? Two boys were throwing stones at one other! She quickly ran and stood in front of them.

In a stern voice, she said, "Stop that, you naughty boys! The stones will hurt you on the body and in your hearts."

One of the boys asked, "What does it matter to you? Get out of our way, or else I'll aim the stone at you!"

Indira replied, "For me everything is God. For

me, even YOU are God. I don't mind if you aim the stone at me; it will be a stone from Shree Parshuram. I'll reach Shree Parshuram directly and very easily."

Feeling very insulted, the boys ran off to the temple, bowed low before the deity and said, "He Bhagwan! Please permit us your benevolence and care too." Then, they cried for what they had done to one another, and to Indira. How should they apologise to her?

Standing behind them was our little Indira, also bowing low to give her gratitude to Shree Parshuram and waiting for her friends to come to her.

MORAL: Be happy, and also remember God at that time.

Ananya Koppikar-Moorthy is a Std. IV student of Tridha School, Vile Parle (E), Mumbai.

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HH Sadyojat Shankarashram Swamiji has kindly consented to grace the occasion.

PROGRAMME

18.11.2009	Wednesday	Mritika Harana from Adisthala (Early morning) Morning Koshagara Pooja Mahapooja and Mangalaarati
19.11.2009	Thursday	Morning - 9:00 a.m. onwards, Samuhika Prathana Dhwajarohana, Mahapooja Mangalarati and Utsav: 8:00 p.m.onwards
20.11.2009	Friday	Mahapooja, Mangalaarati and Utsav
21.11.2009	Saturday	Mahapooja, Mangalaarati and Utsav
22.11.2009	Sunday	Mahapooja, Mangalaarati Night - 9:00 p.m.onwards, Mrigabete Utsav
23.11.2009	Monday	Maha Rathotsav at 12.00 noon
24.11.2009	Tuesday	Avabhrathotsava (8:00 a.m.) Dhwajavarohana, Mahapooja Mangalaarati, Samuhika Prarthana Ankur Prasad Vitarana Naga Tambila at Nagakatte at 5.30 p.m.

- Note:**
- 1) At noon - Mahabhisheka, Pooja, Nitya Bali and Santarpana on all days
 - 2) In the evening - 5:30 p.m. to 7:30 p.m. - Bhajans, Deepanamaskar
8:00 p.m. onwards - Rangapooja and Utsav on all days.
 - 3) Devotees' Meeting will be held on 22.11.2009 at 4.00 p.m.

DONATIONS AND CONTRIBUTIONS for the Shashti Mahotsav celebrations may kindly be remitted to the Manager of the Temple by M.O. / Cheque / D.D. drawn in favour of '**Shrimath Anantheshwar Temple, Vittal**' giving full address and telephone number for speedy dispatch of receipt and prasad.

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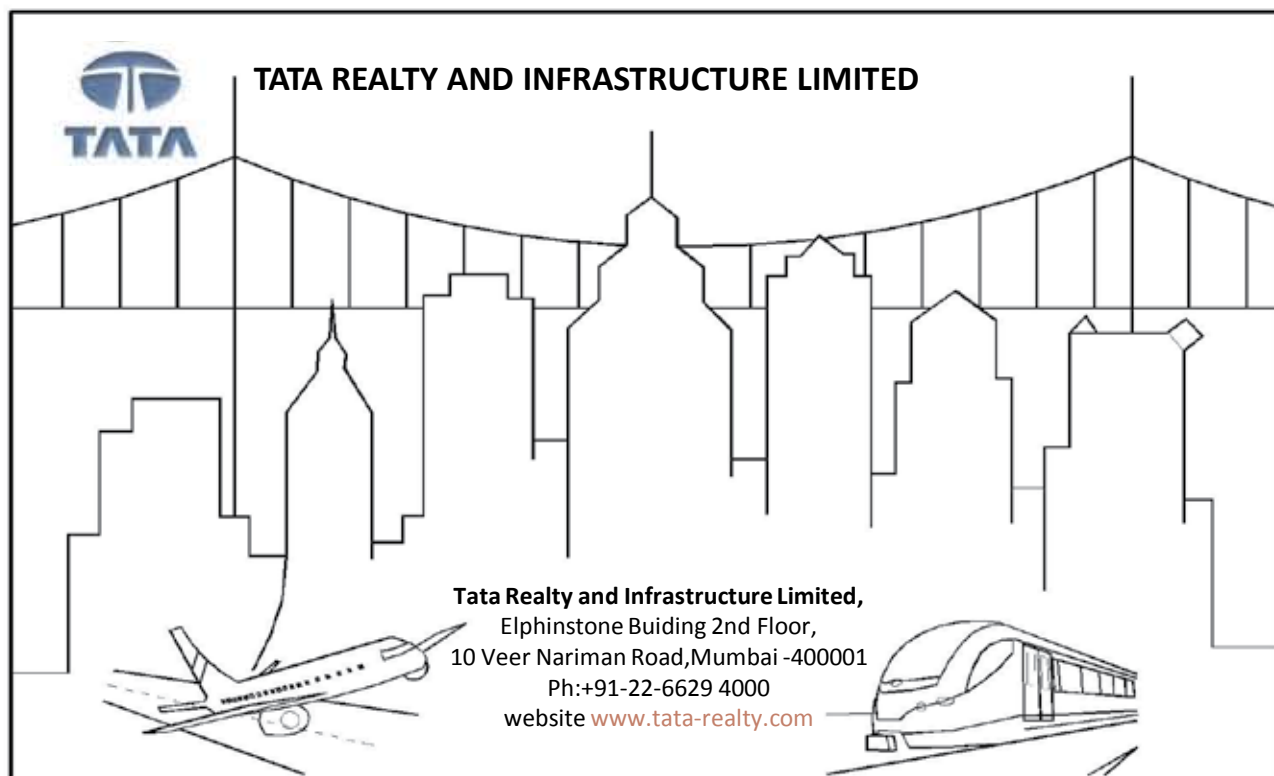
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GUNNU TALGERY, BENGALURU

September 1965. I spent four weeks in a small town called Mosbach-Baden, in West Germany, for training with LUWA, a specialist in air-conditioning for trains of the German Railways, DBB. Having a two day weekend and nothing much to do, I picked up my 35mm Yashica and boarded a train for the 30 minute ride to the historical town of Heidelberg. H'berg is the largest base in Europe for the US forces. You see cars and military vehicles bearing US Army license plates everywhere, low flying choppers and jets clattering and whistling above, boys and girls in bright clothes, wearing baseball caps, zipping around on skate boards and restaurants catering typical Yankee fare to the large American clientele posted there.

Munching on a "Smokey Joe" burger, I joined a guided tour of the city's star attraction – The Heidelberg University- The oldest in Germany. As the tour guide reeled off the names of great personalities (some of the greatest thinkers, philosophers, scientists, writers including Somerset Maugham and at least 30 Nobel laureates) that had walked under the hallowed portals of this temple of learning, I was completely overwhelmed and started wondering what made them so special and what had conferred such greatness upon them. I was 27 then and the answer eluded me.

Thirty five years later, in May 2000, I was standing at the ornate gates of Princeton University, in Nassau Street, Princeton, New Jersey. This abode of knowledge has an alumni consisting of the most celebrated Presidents, Heads of States, Supreme Court judges, academicians, astronauts, corporate legends, economists, litterateurs, sportsmen, journalists, entertainers, artists and soldiers. A hush falls as you enter the lecture halls with high ceilings, mahogany desks and larger-than-life portraits of the greats, adorning the teak-lined walls. And, the same question popped up in my mind: what distinguished these men from the others? Still no answer.

One day, much later, I was watching a potter working on a vase at the Chitra Kala Parishad in Bangalore, and suddenly, the answer dawned upon me. He must have collected the clay from the same pit as the other potters - clay that gets transformed by skilled hands into a pot or vase or an ornamental lamp. The same clay may also be used to make bricks to build a wall or to make tiles for the floor. But every piece has to be baked before it can bear the load or withstand pressure. Whether the pot gets a pride of place in someone's living room after an artist has worked on it, painting and glazing it in vivid colours and patterns, or gets filled with water and sits on a heap of sand in the desolate corner of a slum, is a matter of luck and chance. Men are born equal, it is said. But equality seems to end there. Not everyone who attained greatness was born with a silver spoon in the mouth or of scholarly parentage, nor can everyone born into aristocracy lay claim to greatness. Therefore, what one becomes, depends to a large extent, on the kind of people he/she is destined to be associated with.

Parents, friends, peers, mentors, spiritual gurus or institutions – anybody, at one time or the other becomes the potter who moulds or shapes our personality. Some of us make an effort and are fortunate in getting moulded by the right potter. But every singer cannot expect to be taught by Pandit Jasraj, nor every dancer by Birju Maharaj or Bala Saraswati. Like the pot which gets tough only after it is baked in a kiln, man has to bear the heat that life throws at him, if he has aspirations to fulfill.

and that thought opened a Google page in my memory – and I watched, as a cavalcade of the many individuals who had helped to shape me into a human being, filed past – parents, elders in the family, the school teacher with his stern look, the grudging admiration of a mentor, the peers whom I envied, the bosses who taught me the tricks of the profession, and the little nuggets of wisdom I

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collected from them – a word, gesture, body language – it was a veritable mosaic.

A flower vendor who remarked about my temper; a small child amused at my impatience; a ticket booking clerk who was an example of a cool head in stressful situations; the courage, composure and sense of humour which never deserted a terminally ill friend who laughed in the face of death; the flexible principles of some who never practice what they preach; a shrewd negotiator in a Japanese technical delegation; a retired Admiral and his humility; an Italian colleague who accepted me as a member of his family with all his love and affection during the 16 months I had known him in a foreign land; the 6'4" African cop at Nairobi Airport customs; my cigar toting French instructor and his family who treated me to a fabulous weekend in their little home outside Paris; the Swiss who tried to cheat me by pretending to be an Italian; the Italian colleague who showed me Milan and Venice; my

German tutor and his aged mother who invited me home for Christmas; the Hungarian who shared his Schnapps with me on a cold winter evening – I have learnt something from each one of them. They were ordinary individuals with something extraordinary about them.

There were also two institutions – the first was The Round Table which provided me the platform to build my self-confidence as a young professional and a responsible citizen by welcoming me into a large, extended family. The second was the Nightingales, which gave me a new purpose in life and the opportunity to spend my twilight years in the company of interesting, like-minded people.

And lastly, I remember and cherish with deep gratitude, the understanding, kindness and generosity of friends, the inspiring words of my Guru, and the unfailing support of my family, in times of distress and total helplessness.

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passed away peacefully in Mumbai on August 19, 2009.
Deeply mourned and fondly remembered by: Family, Relatives and Friends.**

My Bosom Friend ... by Sadhana Kamat

Sudhatai is no more and it breaks my heart to think that we will never see her cheerful face again.

Some people have names that suit them so well that we cannot imagine them with any other. Sudha is "nectar" and we appreciate the sagacity of her parents in choosing this name for her.

How did I meet her?

Shri S. K. Nadkarni, the architect of our Anandashram Colony used to live in a spacious flat in our Society.

(His family lives there now.) Shripad Mam and Bai Akka were a hospitable couple and the house used to be constantly visited by relatives in Mumbai and elsewhere. We, as children, had a special attraction for this house. They had a huge wooden swing (with shining brass chains) in one of their spare bedrooms. Kumud, Shripad Mam's daughter, was our friend. Sudha was her elder cousin and was addressed as "Sudhatai". Thus, she was Sudhatai for us too. She lived in Dharwad and visited Mumbai in her vacations. I shared a special bond with her, as both of us had no siblings.

Soon we discovered another way of being close to each other. Both of us were extremely fond of writing letters. It used to be like a tennis match. The ball was served, pat came the response and the game continued. She had a beautiful handwriting and a mastery over language. Both of us enjoyed making full use of the inland letter from beginning till the end, filling it with news and views. I preserved this treasure-trove of scores of her letters for many years to come. When I met her in her last sickness, a dark cloud of sadness enveloped me after coming home. I sent her a letter remembering the years gone by and implored her to reply to me. "You can even dictate it to someone, but I must have your reply," I wrote. But some wishes are never fulfilled. Her health deteriorated and I never got the reply which I would have cherished all my life.

Sudha was born on May 11, 1935 at Dharwad. Her father had a government job that was transferable. As a result, Sudha did her primary schooling at Ahmednagar and secondary schooling and college at Dharwad. She graduated with B.A. Honours (Sociology and History) from Karnatak College in 1955. Her mother, Shantabai, a multifaceted personality, was bedridden due to arthritis at an early age and Sudha helped take care of the household with her aunt Umabai Arur. Sudha was married to Suresh Betrabet, a chemical engineer, in 1957 at Kolhapur. Suresh has a keen sense of humour and Sudha used to appreciate and enjoy it whole-heartedly. After their marriage, they settled in Mumbai. Sudha had a good memory and was good at remembering telephone numbers and significant dates such as birthdays and anniversaries. Gregarious by nature, she used to be in constant touch with her relatives and friends. An expert in culinary arts, she also excelled in embroidery, painting, instrumental music and acting. Her interest in languages led her to study and complete the German language course at Max Mueller Bhavan in Mumbai, where she stood first in her class.

Sudha was a dutiful daughter, a devoted wife, a loving mother and mother-in-law, a doting grandmother, an affectionate aunt, a caring sister-in-law and a warm-hearted friend. In their closely knit family, her son and her nieces grew up as siblings and her sister-in-law was like a sister to her. Sudha was very kind to those who looked after her in her illness. The smile on her face never left her until she breathed her last.

Sudha came across this quote by Ralph Waldo Emerson, was much impressed by it and we think, tried to live her life by it:

**"To laugh often and much, To win the respect of intelligent people and affection of children,
To earn the appreciation of honest critics and endure the betrayal of false friends,
To appreciate beauty, to find the best in others,
To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition,
To know even one life has breathed easier because you have lived, This is to have succeeded."**

And Sudha did succeed in more ways than one.

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On having a pet

ASHOK MASKERI, MUMBAI

For as far long back as I can remember, I had always wanted to have a pet. I had asked my father once and he had agreed but put a condition that I should first learn to do all my work by myself. Perhaps I was too lazy; I did not have the guts to broach the subject again.

So, when my daughter took up the topic with me, I obviously could not tell a daughter who was just out of college what my dad had told me when I was about two or three years old. I, therefore, tried the next best ploy. I asked her to pray hard and if the Lord was willing, she would get one soon.

A stray kitten, starving and apparently abandoned by her mother, was seen roaming about in our neighbourhood. My daughter soon started feeding her. Days passed and the bond between them strengthened. The kitten would come up to our house whenever she was hungry and, in no time, the little kitten had won our hearts.

We called her Cookie. She was used to being shooed away by most people who saw her on the road and had grown wary of all human beings except the four of us at home, who all loved and fed her. She was scared of getting wet and so when the rains started, she began to spend the nights at ours, cuddling up to anyone whom she fancied that night.

She became very much a part of our family and was like a third child to us. She even started to behave like a child. At night when we were preparing for bed, she would get into high spirits and start playing, refusing to sleep. Nights were the only time when all of us were at home together, and she liked to be the centre of attraction. Sometimes, in frolic, when she would scratch the wall paper, we only had to reprimand her in a stern voice; she would understand and sit a little away from the wall. However, the desire to scratch would remain and when she felt no one was looking, she would inch up to the wall again. One glance at her then would suffice to make her back away. She would then sit with her head down, feeling guilty and, at same

time, unable to comprehend why anyone would not allow her to do what she very much longed to do. This behavior reminded me of our children when they were tiny tots.

Was Cookie behaving like a human? The similarity was indeed very striking. Was Cookie a human being in one of her past lives? But, an animal behaving like a human being was something I could not digest. So, what then could explain such similarities?

A possible explanation soon dawned on me - could the children be behaving more like animals rather than the other way round? What distinguishes human and animal traits is the capacity of man to think. When a child crosses his teens, he is considered to be an adult. An adult is deemed to be responsible for his actions. In other words, every action of the adult is considered to have been taken after a due process of thought. 'I did this because he did such and such a thing to me' is an excuse that is not expected from an adult.

Does man truly think or does he behave in a reactive mode rather than adopting a more proactive role? Thinking is a logical process wherein he starts with certain data and reaches a certain definite conclusion. Inability of the thought process to reach it, is worry - a state of uncertainty. Does man think up alternative ways of reacting to a situation before taking any step? Or, does he go by his hunches which, perhaps, are decided by the experiences of his past life, unknown to him or anyone else?

We inadvertently missed printing the name of the author, Sameer Halady, in the article titled "It's in <http://www.kanarasaraswat.in>" in the Diwali issue of KS (October 2009). Sameer has been very instrumental in the development of the website since its inception and continues to support in maintaining it. KSA would like to thank him for all the assistance offered in spite of his busy schedule.

- Editorial Committee

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Non-Chitrapur Saraswat Temples of Kanara Districts

Part 3 - Shree Kukke Subramanya Temple

SATYANARAYAN PANDIT, ANDHERI, MUMBAI

One of the holiest of the holy shrines in Karnataka State, dedicated to Naaga Devta, the Aadi Shesha, is Kukke Shree Subramanya Temple (see picture of temple and deity alongside). It is believed that this shrine is one of the seven most sacred and much revered seats of the Lord for spiritual upliftment, liberation and salvation. Moreover, the temple is considered to be one of the 108 foremost 'Shiva' temples in India. As such then, thousands of devotees from all parts of the state and outside it, visit the Kshetra every day. The shrine is also one of the important shrines in the region for overcoming the effects of 'naaga dosha' and related problems. Devotees who have such problems, perform 'Aaslesha Bali' and associated *sevas*. Childless couples offer prayers and seek the Lord's blessings for fulfilment of their wishes.

History reveals that the main idol installed in our own Shrimath Anantheshwar Temple, Vittal, has its origin in Shree Subramanya Kshetra and was brought from there.

Location: Nestled in the foothills of Shesha Parbat and Kumaradri, part of the conglomerate of the mighty Western Ghats, and surrounded by thick, wooded rainforests, Shree Subramanya is on the banks of the gently flowing holy River Kumaradhara which eventually joins River Netravati at a place called Uppinangady. It is 104 kms. east of Mangalore, via Puttur. Well connected by good, motorable roads, the shrine can be reached from any location in the coastal belt and also from across the Western Ghats. The winding drive is scenic and eye-catching with paddy fields, coconut and areca nut palms, meandering rivers, hillocks on both sides, and greenery strewn all around.

Historical background: The Kshetra was originally known as 'Kukke' or 'Kukkepura' in ancient scriptures and also on the copper plates (*tamra shasana*) found in the temple premises. The shrine is unmistakably ancient and details of its origin or

of the installation of the diety are not available. It is believed that Jagadguru Shri Aadi Shankaracharya had visited the Kshetra in the 8th Century and reference to 'Kukke Purastham' and 'Kukke Lingam' is available in the 'Subramanya Bhujanga Prayaata Stotra' scripted by the Jagadguru.

Kshetra Mahima: The most significant and striking feature of the shrine is the presence of a '*valmeeka*'

(*mritika* hill — '*hutta*' in *Konkani*) inside the *sancum* sanctorum. Do not be alarmed!

The *valmeeka*

contains live '*naaga devatas*' who come out once in a while, offer '*darshan*' and make their presence felt.

In front of the imposing *valmeeka* are magnificent *panchaloha* idols of Shesha Naaga, Vasuki Naaga and Mayura Vahana Subramanya. The *mritika* from the *valmeeka* is taken out once in a year, after offering prayers to the Lord and constitutes the most important *prasad* from this Kshetra. The other shrines inside the temple precincts are dedicated to Kukke Lingam, Lord Umamaheshwara, Hosaligamma and Samputa Narasimha.

Yet another remarkable feature of the Subramanya Temple is the amalgamation of 'Skanda Aradhana' with 'Naaga Aradhana', worshipped in the form of a *linga*. According to legend, Vasuki Naaga appeared in the form of a *linga* and was covered by a *kukke* (basket) for protection, prior to constructing the temple. This led the shrine to be known as 'Kukke Linga' (and hence, the temple, 'Kukke Subramanya').

The Umamaheshwar shrine is also very ancient.



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The deity is a beautiful idol of the Lord in *panchaloha*, along with other idols of the Sun, Ambika, Vishnu and Ganesh. On Shivaratri, the Lord comes out in all His glory in a tastefully decorated *rath* and special *poojas* are also held.

'Hosaligamma' is the Kshetra-Rakshaki of Kukke Subramanya Kshetra along with Her *parivara daivas*. There is also a *sannidhi* dedicated to Bhairaveshwara.

Pooja-aradhana are offered at all the shrines thrice a day. For devotees who wish to perform special *sevas* such as 'Aaslesha Bali' and other associated offerings, facilities are readily available. The most important festival is the annual 'Champa Shasti Maharathosava' in the Hindu month of Margashira, which attracts lakhs of devotees.

According to records available, the Kshetra came to be known as 'Kukke Subramanya' from the beginning of the 20th century. Copper plates indicate that the shrine had a long association with the Vijayanagar kingdom and Mysore rulers. Records show that most of the *dharamashalas* near the temple were built by the Wodeyars of Mysore

State who were ardent devotees of the Lord.

The present administration of the temple has initiated a number of projects in various spheres - religious, educational and social. Thus, it organizes religious meets and conferences from time to time, and runs a number of educational institutes, primary and secondary schools, colleges and technical institutes.

Aadi Subramanya: This is the original shrine and is a short distance away from the main temple. It is on the bank of a rivulet, Darpana Teertha. Here again, the shrine contains a *valmeeka* and the *mritika* is taken out of it and offered as *prasad*.

A message for our younger generation: The Subramanya Temple is a temple that has been oft-visited and worshipped by our forefathers, despite all the hardships and travails of travel in those days. It is a 'must-visit' temple whenever opportunity offers a sojourn in that part of the coastal belt of Karnataka.

(Source: *Dakshina Kannadada Devalayagalu*)



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ASHATAI BIJUR

We offer our heartfelt condolences to the members of Ashatai's family on her sad demise on 6th October, 2009, due to a road accident on the main road where Karla Math is situated.

Ashatai was a very dedicated worker, completely immersed in the service of our beloved Parijnanashram Swamiji and the Karla Math. May her soul rest in peace.

From

*The members and volunteers of the Karla Navaratri Utsav Committee
Mohan Hemmadi (Convenor)*

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Headmaster of Ganapathy Higher Primary School, Mangalore.

Shri Vittal Mangesh Bhat has taken up teaching profession from last 32 years. He has worked as a teacher for 25 years & since last 7 years, he has been working as the Headmaster of Ganapathy Higher Primary School, established by Saraswat Education Society, Mangalore. This school has a history of 137 years.

He has been distributing uniforms, books & umbrellas to the students with the help of donors. He has been arranging various educational programmes & seminars for students as well as their parents. He has been actively participating in the "Adopt a Child" policy with the help of Saraswat Education Society.

He is a Spiritual Talker, News Reader, Master of Ceremony for various programmes as well as for Serial, Film, Drama, Yakshagana & All India Radio Artist. He is an active member of International Lions' Club of Vittla Section for last 25 years & helps the Club in their social service activities.

He has won many awards like Vishwa Saraswat Sadhana Prashasti, Kamalaksha Govardhana Nayak Samskratika Pratishthana Prashasti in the year 1999.

Recently, he has been honoured with the Dakshina Kannada's Best Teacher Award for the year 2009-2010.

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Overcoming frustration through Yogic Niyamas

GEETA MOHAN RAO (NALKUR), MUSCAT

One of my friends, frustrated with continual injustice in her life, confided her anguish to someone close to her. However, that person was so immersed in her newly achieved worldly success that she could not apprehend my friend's predicament thereby making her even more frustrated and depressed. My friend then asked me whether yoga has any remedy for frustration.

Frustration results from entrapment in an unpleasant situation, sometimes indefinitely. As a result of this, we cannot flow with life normally, nor does our internal energy flow with us naturally, eventually making us experience a deep and lingering sense of uncertainty and insecurity. It also changes our temperament and body language. No doubt, it affects our health adversely.

Frustration is a normal human phenomenon. It is not a disease or disorder and, therefore, there is no medicine or treatment for it. A frustrated person can run away from one situation to the other; but it is not possible to run away from one's own destiny and if we are destined to experience frustration, we need to look deeper for the reasons and then for some effective antidotes which can help us overcome frustration by changing our approach towards it. Today, despite tremendous progress in the field of science and technology, modern-day life still threatens us with unbearable and unsolvable frustration at times, and then one seeks recourse in the tried and tested ancient system of yoga.

Our body has a way of expressing frustration by manifesting it through our frazzled nerves. This often results in losing one's mental balance and ending up in recurrent emotional meltdowns. This negative impact is also discernible in the vulnerable and oft-used parts of our body. The tension from frustration accumulates around the neck, shoulders, lower back and the knees which begin to pain, sometimes seemingly without any cause or reason.

Let us decode frustration manifested in these different parts of the body. When the neck feels stiff, it denotes rigidity in thinking with stereotype thoughts. Painful shoulders represent irritability and resistance to change. Lower back ache is related to a specific kind of frustration stemming from an aversion towards certain restrictions which stall progress in life. A prolonged frustration of this sort turns into deep anger, hostility or even rage. The hurting knee is a classic example of feeling trapped in a peculiar situation and not knowing a way out.

Being proactive in order to overcome frustration is a good idea but it does not happen quickly especially when the mind is loaded with anxiety and stress. However, the '**Yogic Niyamas**' which seem hard to adopt in this strife-ridden global situation, are the only remedy that might help, to a great extent, in transforming one's approach to reinvent oneself and reverse the situation to one's favour.

In yoga, there are five Niyamas such as '**Soucha**', '**Santosh**', '**Tapa**', '**Swadhyay**' and '**Ishwar Pranidhan**' which help to overcome frustration by promoting positive energy in the body and radiance in the mind.

'**Soucha**' means self-purification of the body and mind. Cleansing the body through ablution, cleanses the aura. It is amazing to notice that a bath/shower from the head to toes with warm water instantly invigorates the auric energy. This helps in dispelling frustrating thoughts and negative emotions and brings calmness to the nerves and clarity to the mind which eventually helps in relieving toxins from the body. Fasting for purification is often recommended for a good detox but fasting alone cannot bring purification if the mind is loaded with negative thoughts.

'**Santosh**' means contentment. It is different

from happiness as happiness is mostly sensual whereas *santosha* is a state of inner gratification. Accepting life as it is and being satisfied with what we have is very important. We should look up and thank our stars and bow our heads looking down to count our blessings. Once we adopt this attitude, our mind will be filled with contentment.

'*Tapa*' is a determined and concerted thought process to bring about a change for the better. It also means a willingness to sacrifice to attain a higher level of awareness. '*Tapa*' means heat and that is how we say 'Taap' for fever. Practising '*Tapa*' generates heat in the body and mind which helps in the incineration of toxins from the body and negative thoughts or frustration from the mind.

'*Swadhyay*' means the study of self or a soulful search of our spirit, and being totally honest with our conscience to make it feather-light. Our actions or thoughts should not weigh on our conscience at any given time. When our conscience is clear, it builds the necessary confidence level in us which convinces us that the frustrating situation will not

last forever.

'*Ishwar Pranidhan*' means a total surrender to the Divine and making the Almighty your partner at every step of the way. This includes discarding ego-driven activities in order to have tremendous faith and awareness of the Divine presence that grants us what we deserve and not what we desire so as to make us understand the sole purpose of our existence on this earth. This is one of the most important lessons in life.

Sometimes, not getting what we desire teaches us the true meaning and the purpose of life on this earth. Whatever we learn through our experiences brings wisdom to grow and evolve and make changes for the better in life.

A simple yogic exercise to overcome frustration: sit in a comfortable position. Gently cover the eyes with a soft eye mask. Breathe gently. For the next few minutes, visualize a tunnel and a glow at the end of the tunnel. Repeat this exercise everyday. This is very therapeutic in bringing in hope, giving a jump-start to the day, and to begin a new phase in life.

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KUNDA KAGAL, VIRAR, MUMBAI

THEN — those were the days when my three kids were of school-going age and yours truly was the over-enthusiastic mom dropping them and picking them up in the car ever so often. Rather, finding any excuse to do that, since those days I was totally driven by what you medically term as an OCD, “Obsessive Compulsive Disorder” — of driving. The world was in my pocket (errr... purse) in the form of a newly-acquired, shiny license.

But along with the pros come the cons too. The law of nature, I suppose. It happened in my case too, a couple of times. Memories are vivid even now. I just can't forget one nightmarish (now funny, in retrospect) incident that happened during Ganesh Chaturthi when I was on my way to the Siddhi Vinayak temple in Prabhadevi. Again, those were the days when traffic signals were a novelty and were installed only in select, commercially busy places like the Fort and Fountain areas. In the temple area at Prabhadevi, as in most other places, a policeman stood on a brightly painted (yellow and black stripes) square wooden block and controlled the traffic with his shrill whistles and robotic hand movements. As luck would have it, a rash car driver on my left tried to overtake me and come to the right. In order to dodge him, I was forced to swerve to the right, and in the process, hit the policeman's wooden block. And down came the policeman tumbling like Humpty Dumpty! I braked with a shriek. The policeman got up, dusted his clothes and came to me menacingly. I prayed to Lord Siddhi Vinayak as never before and asked Him to save me the ignominy of a lock-up and the resulting public embarrassment. And, lo and behold, I got the inner strength to explain to the policeman calmly how I had to swerve only to avoid the car on the left crashing into my car, and plead with him in chaste Marathi. Indeed, my prayers and pleadings helped the milk of human kindness in him to ooze out. He heard me out coolly, argued, and at the end of half an hour of our 'pleasant' conversation, in turn, 'pleaded' with me, “Look, Madam, be more careful in future. Even we poor policemen have to

live to feed our families.”

And once, how a BEST bus driver had overtaken and deliberately scraped my car just to teach me a lesson, as his male ego was woefully hurt after I had beautifully overtaken him earlier and driven merrily ahead. I still can't forget the malicious, triumphant, broad grin he threw at me, waving his hand from the window.

NOW — 30 years down the line, it is my turn to sit back and enjoy my children's driving escapades on the road and their encounters with the traffic policemen. Of course, the whole scenario has changed, the traffic signal system is all over Mumbai and is absolutely hi-fi, like in the US. And yet, the traffic policeman still happens to be like a member of the family — forever there in our lives.

My eldest daughter, Krishna, never ever lets the policemen forget that she is a doctor. Whenever she is caught inadvertently jumping a red signal or taking a turn from the wrong lane, by a hidden-behind-a-tree policeman, her staunch policy is never to argue, nor to bribe, but plead. And wow, how beautifully she can do it! Pleading so perfectly and convincingly in her broken Marathi with a sprinkling of Konkani and English words that, sitting by her side, I feel very proud of her acting skills. Her typical words of defence, which I have by heart now, are: “Please, *Havaldaar saheb, mee doctor aahe, ek responsible citizen aahe, mee ase kadhi kamar kaa? Red light disla naahi mala, yellow waatla! Kaahi chad une jhaale, chuki jhaali, tar sorry mhante.*” The *havaldaar* who is already bowled over by the sweet pleadings (half the battle won!), then looks at her car windshield to confirm the Bombay Hospital and Doctor stickers, then at her visiting card to ascertain whether she is what she says she is. After that the scene suddenly changes. *Havaldaar saheb*, all agog with admiration, courtesy personified, requests if he can retain the card so that he can visit the hospital if and when a family health problem crops up. My daughter too, overcome with emotion and goodwill, concedes exuberantly, “*Jaroor yaa, aani mala bheta.*” Thus, with no license

confiscated, no bribe demanded, the *havaladar* and doctor bid farewell and part happily with that all-is-well-with-the-world feeling!

Exactly opposite is the situation when a *havaladar* confronts my son. When the *havaladar* stops him and tries to be aggressive by demanding his license or a fine payment, Uday's long sermon starts. Also in broken, shocking Marathi — as to why only innocent citizens are harassed when hundreds of crooks who break traffic rules left and right just go scot-free; how the system has one standard for some who inadvertently make a mistake and quite another for the hard-core rule-breakers who drive recklessly risking innocent people's lives; how the police department must stop this step-motherly treatment and be fair to one and all; how the government must curb such irrational activities in the state for effective, smooth and trouble-free governance etc etc etc. Being in the marketing line and used to conducting workshops and seminars, his communication skills are unbeatable by any standard, and the poor *havaladar* certainly cannot compete with him. So, during his talk, the *havaladar* who is gaping unbelievably, and yawning intermittently, suddenly wakes up to reality and realizes that he has also to control the ongoing traffic. The result is inevitable. With folded hands he pleads with Uday to stop talking and start driving! Happy ending again!!

In the US, hidden police cars kind of emerge out of thin air, with multi-coloured lights flashing and melodious musical sirens blaring (which I loved). Once, when we were heading from Boston to New Jersey, my daughter Anjali, who was driving, was stopped by such a police car. Exhausted and under great stress after winding up the house, she had crossed the speed limit just a wee bit. Once again after so many decades, that was an emergency when I had to pray and call Lord Ganesh to her rescue. Anjali, looking the perfect, proverbial "damsel in distress", utterly helpless and down-in-the-dumps, apologised profusely and waited for the worst to happen. But, again, the Lord's blessings and her genuine reasoning seemed to have melted the hard-core cop's heart; he allowed her to go only with a small warning and without a 'ticket', penalty or fine.

- Letters or articles of a controversial nature will not be published.
- The opinions expressed in the articles are those of the authors and not necessarily of KSA.
- 'Letters to the Editor' and articles are welcome. Letters should be brief, and articles should be about 800-1000 words preferably. Both will be edited for clarity and space.
- Unsolicited articles will not be returned.
- All matter meant for publication should be addressed only to the Editor c/o KSA Office/e-mail id given above.
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अटळ असा मी!

डॉ. सुनन्दा कार्नाड, धारवाड

प्रत्येक मानवाच्या जीवनात मी कधी ना कधी येऊन, त्याला उचलणार हे कधी न बदलणारं सत्य! तरी मला टाळण्याचा, माझं नावही न घेण्याचा, माझ्याविषयी भीती बाळगण्याचा अट्टाहास कां? मला मान्य आहे, मी अतीव दुःख देतो, पचवता न येणारे मानसिक धक्के देतो- पण माझं कर्तव्य करीत असतांना, मला काही आनंद वाटतो असं मुळीच नाही. तसा मी 'सॅडिस्टिक' नाही हो! माझ्या कामांत भावनाविवश होऊन चालत नाही, तटस्थपणे माणसाचं आयुष्य संपलं की त्याला मुक्ती देणं माझं काम! ते चोखपणे पार पाडणं हेच माझं कर्तव्य! नियतीने ग्रीन सिग्नल दिला की मी हजर! मग कुणाची गय नाही, माझ्याकडे कुणाचाही वशिला चालत नाही, लांच तर मी कधीच घेत नाही. आय.एम.ए. मॅन ऑफ प्रिन्सिपल, यू नो? पाहिलंत, शुद्ध मराठीत बोलणं आणि लिहिणं किती कठीण झालंय!

गेल्या काही शतकांत माणसाने अनेक शोध लावून निसर्गावर मात करण्याचा प्रयत्न केला पण मला टाळणं त्याला अद्याप शक्य झालं नाही. आपल्या कर्तृत्वाने काहीजण अमर होतात पण 'जुनं वस्त्र' फेकावं तसं माझ्या स्वाधीन व्हावंच लागतं प्रत्येकाला. मणसांच्या 'कर्तृत्वाने' नवीन रोग निर्माण झाले, अपघात वाढले, राजकारणी लोकांनी जातीय दंगली घडवल्या देशादेशांत महायुद्धे घडवली. त्यांत भर दहशतवाद्यांनी घातली आणि माझं काम प्रमणाबाहेर वाढवलं. त्यामुळे मला ओव्हर टाईम करावा लागतो हो! माणूस बुद्धीमान खरा, पण तितकाच निर्दयी, स्वार्थी आणि घातकी! आणि हा माणूस मला 'निर्दयी' म्हणून कोसतो! माझ्यासाठी एक तरी मंदिर उभारलेलं कुणी पाहिलंय? माझी आळवणी करण्याचं धाडसच नाही माणसांत!

अलीकडच्या काळात माझं काम किती दगदगीचं, 'फटीग' आणणारं झालंय याची कल्पना आहे तुम्हांला? एकाच वेळी असंख्य लोकांना उचलणं म्हणजे काय खायचं काम आहे? इथं बाँबफेक, तर दुसरीकडे भूकंप, तिसऱ्या ठिकाणी अतिवृष्टीने पूर तर चौथ्या ठिकाणी प्लेन क्रॅश! अथक प्रयत्नांनी मी माझं काम करीत राहतो. कामचुकारपणा करून केवळ पैसे खाणं हे केवळ माणसांना जमतं.

मी अगदीच भावनारहित आहे असं नाही. जन्मापूर्वीचे किंवा बाल्यावस्थेत लहानग्यांना नेतांना वाईट वाटतं, तरुण कर्तबगार माणसं आत्महत्या करतात तेव्हांहि हात थरथरतात माझे! पण मज्जा नाइलाज होतो. कॅन्सर सारख्या असाध्य रोगाने पछाडलेल्या, अनेक वर्सं बिछान्यात रेंगाळणारे माझी आतुरतेने वाट पाहतात, त्यांचे स्नेहीसंबंधीही मनांतल्या मनांत 'सोडव बाबा याला' म्हणतात. आणि मी येताच 'हायसं' वाटतं त्यांना! वर वर नक्राश्रू

ढाळतात ते वेगळं! पूजाअर्चा, जप-तप करून दीर्घायुष्याची याचना करणारा माणूस देवालाही लाच देऊ करतो जित्याची खोड, आणखी काय? सती सावित्री सोडली तर आजवर माझ्याशी कुणी चालाखी केली नाही. कुणाचेही विधीलिखित माझ्याशिवाय पूर्ण होत नाही, म्हणूनच अटळ असा मी?

ग्रामस्थ वर्षाकालीना शोभा

ग्रामस्थ वर्षाप्रभातकालीना शोभा ।

अनुपमा मनोहरा चित्ताकर्षका वर्षा ॥

प्राच्यवाची प्रतीची च तुर्योदीची ।

वहति निचितशीतमन्द समीरणेन ।

सवितुः श्रावणमासस्य पाटलजलस्य ।

सुगन्धित अञ्जलिस्त्र्योर्ध्वेव भासत् पर्जन्यैः ।

तस्मात् वस्त्रपूत दुग्ध धवल तेजसः विभावेन ।

निखिलं भुवनं व्याप्तं चराचरम् ॥

विनयान्वितनूतैः आहरितकिसलयैः ।

गभीरहरित निबिडपर्णैः ।

वृक्षावलिलतासु सुशोभितसुमैः ।

सर्वत्र हर्षोत्पत्तेन पृसत् बालतृण दुर्वाङ्गुरैः ।

तस्मात् मौक्तिकेव व्यलसत् मृदुलकुसुमैः ।

निर्मलनीरंकासारे ।

उन्मीलितैः पद्मकुमुदैः ।

यौवनसम्पन्ना वसुन्धरा ।

भूषिता सर्वालङ्कृता ॥

यशारुचि स्वच्छन्देन ।

गोवत्सां सकाशात् ।

चरत्य गोभिः ।

वियति वयसां सुमधुरविरावैः ।

निशङ्केन व्यहरन्तः चित्रपतङ्गैः ।

त्रिदिवं भूतले अवतरति इति भासते ।

इयम् ग्रामस्थ अवर्णनीया शोभा ॥

इदम् निसर्ग सौन्दर्यं अनुभवितुम् ।

पुनः पुनः ग्रामक्षेत्रे ॥

— श्रीकला कौशिक, अंधेरी



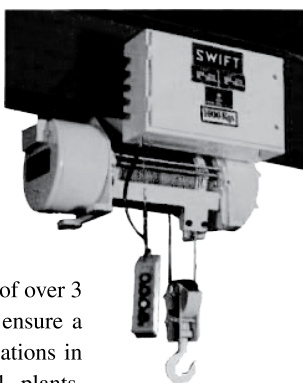
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टिकली टिकली

सौ. श्यामला भट

आपल्या हिंदू स्त्रियांच्या जीवनांत कुंकूवाला महत्त्वाचे स्थान आहे. आपल्या परिचयाची ती खूण, निशाणी आहे. आता ते 'सौभाग्यचिन्ह' राहिले नाही. पति असो वा नसो, कुंकू लावा वा न लावा, तुमची मर्जी असा समाजाचा उदार दृष्टिकोन आहे. पण बहुतेक स्त्रिया ते लावतातच.

काही वर्षांपूर्वी घरोघरी लाकडाच्या फोल्डींग पेट्या असायच्या. ती उघडली की वरच्या बाजूला आरसा. आंत मेणाची लहानशी डबी, कुंकूवाची कोयरी व इतर 'प्रसाधनाचे' साहित्य. आधी कपाळावर मेणाचे बोट लावून गोल रेखायचा त्यावर एकाग्रपणे कुंकू लावायचे. त्यानंतर आले द्रवस्थितीतले 'गंध'. गंधाचा मनाजोगता आकार व गोल साधणे हे एक काम. त्यांत हात लागून फरकटणं, पावसापाण्यात धुवून जाणं, प्रवासांत सांडूलवंडू नये म्हणून सांभाळणं ही आणखी एक डोकेदुखी.

टिकलीने या रंगभूमीवर पाऊल टाकलं आणि बाजी जिंकली. आधी लहानमोठ्या गोलाकारातच दिसणाऱ्या टिकल्या आतां विविध रंगात, आकारांत आणि डिझाईन्समध्ये दिसतात. साऱ्या स्त्रियांची पसंती आता टिकलीच आहे. का नसणार, पर्समध्ये घालून्यायला सोयीस्कर, घाईगडबडीत काढली- चिकटवली, आरशांत पहायची सुद्धा गरज नाही. प्रसंगानुसार अगदी 'हिरे, मोती, रत्ने' जडवलेल्या टिकल्याही मिळतात. तऱ्हेतऱ्हेच्या टिकल्या पहातांना कौतुक वाटते.

मात्र टिकली जिंकली तरी कुंकूवाचे माहात्म्य कमी झाले नाही. देवीला कुंकूमार्चन, हळदीकुंकू समारंभ यावेळी टिकलीला स्थान नाही, तिथे हवे कुंकूच.

या टिकलीचा मुख्य गुण 'चिकटण'. आमचे एक नातेवाईक सदगृहस्थ लेकीवर नेहमी तणतणायचे. 'काय हे आरशांवर, इथेंतिथें टिकल्या चिकटवलेल्या?'

लेकीचे लग्न झाले. दोन दिवस आधी बिचारीने सगळ्या टिकल्या काढल्या. त्यांचे डाग घासून पुसून काढले. लग्नानंतर दूरवर पतिगृही केलेल्या कन्येच्या आठवणीने वडील हळवे झाले आणि त्यांना एकदम जाणवलं, सगळे आरसे स्वच्छ, एकही टिकली नाही. ते व्याकूळ झाले. पोरीला फोन करून म्हणाले, 'का गं काढल्यास टिकल्या?'

आतां हे टिकलीपुराण लावायचे कारण म्हणजे हल्लीच शिराली मठांत गेले असताना तेतील नव्या सुसज्ज खोलीतील आरशासभोवती बाथरूम मधील भिंतीवरती काही टिकल्या व अनेक चिकट डाग पाहिले तेव्हा वाटले त्यापेक्षा साबणाच्या पेटीवर, पावडरच्या डब्यावर टिकल्या लावता आल्या असत्या. आपली निशाणी अशा रितीने ठेवण्याचे काहीच कारण नाही, खरं ना?

सदाफुली

साधीशी सदाफुली
सम सामान्य
सर्व साधारण
सदांचीच सदाफुली
सदासुखी समाधानी
सरळसरूपी
सदाफुली
सदां फुलतली
सदां हांसतली
धवी जांबळी गुलाली
सदाफुली
कोणय पोळोवो, ना पोळोवो
कोणय हांसो, ना हांसो
तूं सदां हांसतली
सदाफुली
वाटेवयल्या शेंकऱ्यांतू (सान फात्तर)
तूं सहज सुलभ कोंबरेतली
तूं सदां फुलतली
उदाक सारें घालूक
अपूर्वाय कोरुक
कोणाकय वेळ ना
हितलांतूले गुलाबाक
सारें घाली उदाक घाली
आळो करी मांटव धरी
ताजो तुका जाळ ना, खंत ना
तूं सदां हांसत हांसत
नाजूक चवरां नाचैत, नाचैत
धोलतली, फुलतरी.
वाटेर येतल्या वतल्यांक पोळोवन
मोळ्यो करतं हासतली
कोणय एकाद्रो वाटसरं
संवकळीचो हांसो पोळोवन
हगूर हांसतलो
खूशीन उमेदीन
पावलं मुखार घालतलो
सदानंदी
अशीच सदां फुलत राब
अशीच सदां हांसत राब
सदाफुली.

- सौ. इंदू गेरसप्पे

आराम हराम नहीं ।

रेखा राव (कावळ), विलेपार्ले, मुंबई

मंडळी, तुम्ही म्हणाल अहो ही कुठली नवी म्हण? अहो, पण आजच्या आधुनिक संगणक युगात ही म्हण थोडीशी बदलणं गरजेचं आहे. तुम्हीच बघा नं अगदी के.जी.च्या बालकापासून ते निवृत्तीला आलेल्या नागरिकाला आयुष्य जगत असताना किती दिव्यातून, ताणतणावांतून जावं लागत. साधी के.जी.ची अँडमिशन घ्यायची असेल तर त्या तीन-चार वर्षांच्या छोट्याशा बालकाला चाचणी परीक्षेला तोंड द्यावं लागत. त्या परीक्षेची तयारी करून घ्यायला त्याच्या पालकाला. ही तर कुठे सुरवात... मग पुढे तर अनेक दिव्यातून वाट काढावी लागते. दहावी-बारावीची परीक्षा संपताच त्याबरोबर अनेक स्पर्धात्मक परीक्षा द्यायच्या. रिझल्ट येताच अनेक कॉलेजच्या प्रवेशासाठी अहोरात्र राबायचं. त्यातून मनाप्रमाणं हव्या त्या कॉलेजात प्रवेश मिळेलच ही खात्री नाही. शिक्षण, इतर व्यवसायिक कोर्स करून नोकरीसाठी वणवण करायची. त्या नोकरीच्या स्पर्धेत स्वतःला टिकविण्यासाठी रात्र-दिवस मेहनत करायची. कामाला जाण्याची वेळ निश्चित, पण काम संपण्याची किंवा घरी येण्याची वेळ अनिश्चित. स्वतःला सिद्ध करण्यासाठी राब राब राबायचं. रात्र-दिवस संगणकासमोर बसून काम करायचं. त्यामुळे मनाला-शरीराला विरंगुळा आराम नाही. खाण्या-पिण्याकडे दुर्लक्ष. साहजिकच लहान वयात स्कदाब, मधुमेह, हृदयरोग, मानदुखी, कंबरदुखी असे अनेक रोग वस्तीला येतात. कित्येकांचे यात बळी जातात. मग लक्षांत येतं कि हे कुठंतरी थांबवायला हवं. पण तेव्हां खूप उशीर झालेला असतो. स्पर्धेच्या चुरशीत तो पूर्णपणे भरडून गेलेला असतो. म्हणून योग्यवेळी तारतम्य राखून नोकरी-व्यवसाय करायला हवा. आरोग्याकडे लक्ष पुरवायला हवं. तरच माणसाची कार्यक्षमता वाढेल. त्याचे काम निकोप होईल. आज काल याची सर्वांना जाणीव होऊ लागली आहे. म्हणून सर्वच क्षेत्रात योगा, हेल्थ चेकअप, व्यायाम याला महत्त्व दिलं जात आहे. कामाबरोबर थोडा आराम, विरंगुळा हवा आहे याचे महत्त्व पटू लागले आहे. म्हणून आराम हराम नहीं अशी म्हणण्याची पाळी आली आहे. इंग्रजीत एक म्हण आहे, **All work and no play makes Jack a dull boy** किती सार्थ आहे.

स्नेहेन कृतानि न पण्यार्हाणि

सौ. वसुधा बिजूर

शान्ता अष्टवर्षीया मुग्धा बालिका। सम्यक् पठनं लेखनं च करोति स्म सा। पठने नितरां रुचिः तस्याः। किमपि कागदं वाचनात् ऋते न क्षिपति सा। कदाचित् तया एकं देयकं दृष्टम्। देयकं पठित्वा सा किमपि विचिन्त्य स्वस्य प्रकोष्ठं गत्वा लेखनम् आरभत।

रात्रौ अम्बायाः शय्यायाः उपधानस्य उपरि एकं पत्रं स्थापितं तया। अनेयद्युः स्वनाम्ना लिखितं पत्रम् अम्बा पठितवती।

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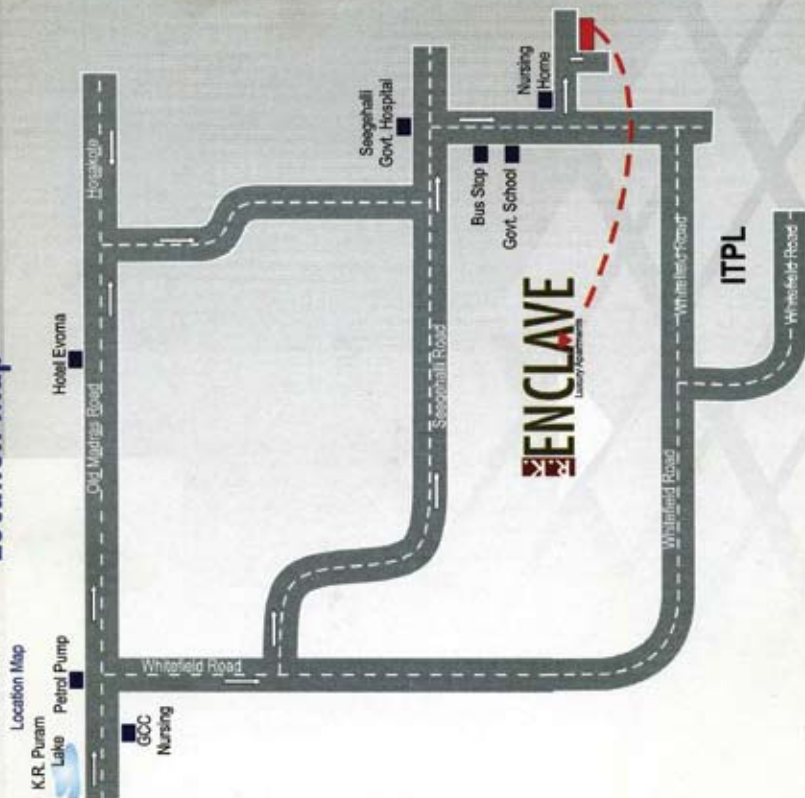
(श्रुतायाः घटनायाः कथारूपम् एतत्)

Specifications

- Structure**
 - RCC framed structure.
- Walls**
 - 6" thick cement hollow block for exterior walls & 4" thick cement solid block for internal walls.
- Doors**
 - Main door teak wood frame with OST Shutter door and remaining doors m.s. steel frames with flush door shutters
- Windows**
 - Powder Coated Aluminum windows with fly proof shutters
- Flooring**
 - Ceramic Tiles flooring
- Common Areas**
 - Grey Mosaic flooring for common areas like staircase, lobbies, etc.
- Kitchen platform**
 - Granite platform with Granite sink.
- Electrical work**
 - Concealed copper wiring with Anchor dyna switches and sockets.
- Toilets**
 - Ceramic tiled flooring and glazed tile dado up to 7 feet height
- Sanitary**
 - Standard fittings
- Water Supply**
 - 24 hours water supply from borewell with the overhead tank and sump
- Painting**
 - Oil bound distemper paint for internal walls and emulsion for external walls and enamel paint for doors
- TV and Telephone**
 - Individual TV and Telephone points in drawing and master bedroom.
- Lift**
 - 5 passenger lift is provided
- Car Parking**
 - Exclusive covered car parking
- Intercom**
 - Provided for each flat
- Power Backup**
 - (Generator for common area, lift and 0.5KVA power for each flat)

Note: This brochure is purely conceptual and does not constitute a legal document. The architects and promoters reserve the right to change, delete or add any specification or elevation mentioned in here.

Location Map



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Personalia

Apurva Talgery, daughter of Reveti and Gurudutt Talgery, has been awarded the prestigious National Talent Scholarship on the basis of the National Talent Search Examination 2009, a national level scholarship programme that identifies and nurtures talented students. Conducted by the National Council of Education and Research (NCERT), New Delhi, the scholarship award comes after her success in a rigorous three-stage qualification process that starts with a state-level examination, leading to a national level examination followed by a personal interview. The NCERT awards 750 scholarships in the general category every year across India. Aparna, a class 9 student of National Public School, Bangalore, has a brilliant academic record.



Neena, daughter of Nayan and late Jayant Hemmady of Chicago, Illinois, has been promoted as Director of Environmental Health and Safety, ComEd (Commonwealth Edison Company, a major energy delivery company which provides power to 70 percent of the state's population). Neena's new position makes her responsible for improvements in safety, environmental and human performance, ensuring regulatory compliance, and increasing organizational awareness and excellence. Neena has been very effective in this role and this promotion reflects her high level of commitment and achievement. She has been with ComEd for 13 years.



Neena holds a B.S. in Civil Engineering from the University of Illinois and a M.S. in Environmental Engineering from the Illinois Institute of Technology. While in college, she worked for the upliftment of the needy and viewed everybody equally with a

smile on her face; her *raison d'être* is to fulfill her aim of eradicating pollution of the space and the human mind.

Saumil Anil Karnad, 17, won the Alec Mendoza Memorial Trophy at the annual event of St Joseph Choral Society's annual music contest for "best individual performance" up to the age of 30 years. He played "Sonata, Opus 60 – no 2, composed by Friedrich Kuhlau" on the piano.



Saumil will be appearing for the 7th Grade examinations of Trinity College, London, this year. He passed his 6th Grade from Trinity with distinction last year and ranked 1st in Mumbai.

Dr. Aditi Akshay Nadkarni (Bijur) has completed her DGO (Diploma in Gynecology & Obstetrics) with flying colours from the Wadia Maternity Hospital, Parel, Mumbai (Mumbai University). She has joined her sister-in-law Dr. Pooja Nadkarni Singh at the 21st Century Hospital & Test Tube Baby Centre, Surat.



Aditi has a keen interest in Assisted Reproductive Technology (treatment of infertile women and men), endoscopy and ultrasound. She will be doing her Masters course in ultrasound with Dr. S. Suresh of Chennai, a world-class Ultrasonologist and proceeding to Keil, Germany, in May 2010 for advanced endoscopy training with Dr. Liselletto Mettler.

Dr. Akshay Kishore Nadkarni of Killa Pardi was presented a gold medal and Rs 5000/- in cash by the chief minister of Goa, Mr Digambar Kamath, at the National Conference of All India Colorectal Surgeons Association (a branch of the All India Surgeons Association), held in Goa from September

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23-28, 2009 (photo alongside). This honour was given to Dr Akshay for the best research paper presented at the Association's national conference held in September 2008 in Mumbai. The paper compared the outcomes of a newer technique with the conventional open technique for the treatment of piles. Akshay, a final year post-graduate Resident doing his Masters in Surgery at Kasturba Hospital, Manipal, Karnataka, is the youngest surgeon member to receive the award.



Akshay, son of Dr Purnima and Dr Kishore Nadkarni of Killa Pardi, has a brilliant academic record; he stood first in school in Class 12th CBSE and topped in the final MBBS from Sardar Patel University, Vallabh Vidyanagar, receiving a gold medal for the highest aggregate overall and in gynecology.

Vaibhav Nadkarni has topped the CBSE Class XII science stream from Vallabh Ashram School, Killa Pardi, Gujarat, securing an aggregate of 92.8%. A multi-talented all-rounder, Vaibhav was a house captain in school, and as the district badminton champion, had been selected for national level



training a few times. He has secured several prizes and medals in CBSE inter-school events – badminton competitions as well as debates and dramatics. He is also a good swimmer and cricketer, and has a keen interest in music and computers.

Vaibhav has joined V. S. Medical College in Ahmedabad for the MBBS course, and has already gained the title of 'Mr. Fresher' and is the badminton champion. He aspires to become a cardiac surgeon and follow in the footsteps of his parents and siblings who are his role models.

Maithili Sirur, daughter of Lakshmi and Subhash Sirur, celebrated the first anniversary of

her institute, Mannas Institute of Performing Arts, on June 27, 2009, with a grand show of dance, vocal and instrumental performances by students of all age groups. Held in a hotel, the 150-plus audience applauded the beautiful event as also her excellence in arranging it single-handedly in addition to performing on stage.

Malvika Sirur, daughter of Lakshmi and Subhash Sirur, bagged the first prize yet again in the All India Corporate Table Tennis tournaments held on September 19, 2009, in Mumbai. She won the 1st prize in the women's singles as well as in the mixed doubles and was awarded two gold medals on October 9. The tournaments are held every year in five cities and are said to be registered in The Limca Book of Records. Malvika, who works as a research analyst, made her company proud by winning these events.



Vinay Murlidhar Tonse, Assistant General Manager & Head, Regional Treasury Marketing Unit, State Bank of India, Bangalore, has been transferred to the Bank's Osaka (Japan) Branch. He has been designated as Chief Operating

Officer & Branch Head of SBI's Osaka Branch and has assumed charge of the prestigious position in August.

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HERE AND THERE

Ahmedabad: On July 26, members performed Devi Poojan as per the Sadhana Panchakam module. The Punyatithi of HH Shrimad Parijnanashram Swamiji III was observed on August 9 with *bhajans* and Parijnan Trayodashi recitation.

On August 15, at a well-attended get-together, ongoing Sabha activities were highlighted. The programme started with Guru *bhajans* sung by Prarthana class children, while Yuvadhara member, Priyam Divgi, narrated her experiences of *karseva* at the *shibir* held in Shirali in May 2009. Games, puzzles, dumb charades based on Konkani idioms saw active participation by one and all. The function concluded with the singing of the national anthem.

Reported by Shubhangi Kabad

Bengaluru: The Punyatithi of HH Shrimad Parijnanashram Swamiji II was observed on September 14 with *bhajans* and Ashtavadhan Pooja. The Punyatithi of HH Shrimad Shankarashram Swamiji I was observed on September 24.

Navaratri was celebrated at Bangalore Math from 19-28 September with great fervor. It began every day with Navaratri Nityapath and Devi Anushtan, followed by recitation of Shri Sukta and a *bhajan*. After Deepanamaskar, Devi Poojan was performed; a different *Devi stuti* was sung daily, followed by the Ashtottara. *Samuhik* Kumkumarchana was done on Ashtami and Kumarika Poojan on Navami.

On September 27, 20 *yuvas* met at Bangalore Math to celebrate Navaratri. They performed Devi Anushtan, and later discussed what they had learnt from an interactive game called 'Build a Nest' which followed. Later, Yuvadhara representatives gave a brief account of the Karseva Shibir and PP Swamiji's interaction with them. Finally, at a feedback session, they suggested activities for the following month.

A meeting of vantiga collectors on October 2 was apprised of vantiga-related matters discussed at the recent Standing Committee meeting, one of which emphasized that communication of information and feedback must be smooth from the Math to the vantiga payers and vice versa.

Reported by Uma P. Trasi and Amit Kilpady

Goa: Members observed the Punyatithi of HH Shrimad Parijnanashram Swamiji III on August 9 with Guru Poojan and chanting of Gurupaduka *stotra*, Parijnan Trayodashi, Trishati *samuh* *gaan* and Lalita Sahasranam.

Navaratri was celebrated individually (at home) with Devi Anushtan and chanting of Lalita Sahasranam. On the second day, the Sabha held its 109th *satsang*, well attended by members including Yuvadhara members. Devi Poojan

was performed by a Yuvadhara member, followed by Devi Anushtan, chanting of Navaratri Nityapatha and Lalita Sahasranam, to conclude with Shankarnarayan *geet*, Mangalpad, Mangalaarati and concluding prayers.

Reported by Dr. Sushama Arur

Hyderabad: This year too Navaratri was celebrated with great fervour and devotion, and was well attended throughout. On all the nine days, *sadhakas* performed Devi Anushtan and recited Navaratri Nityapath.

On Vijayadashami, Devi Poojan was performed; melodious *bhajans* by Sushama Shukla followed, and thereafter, Deepanamaskar, Mangalaarati and *prasad*.

Reported by Gowri Arur

Mumbai, Dadar: The Punyatithi of HH Shrimad Parijnanashram Swamiji II and HH Shrimad Shankarashram Swamiji I were observed on September 14 and 24, respectively, with Guru Poojan performed by the Yuvadhara and Prerana youth; subsequently others too chanted the *stotras*.

Navaratri was observed with Navaratri Nityapath chanting in front of the Devi beautifully adorned by the lady *sadhakas* who were clad in sarees following a colour pattern for each of the 10 days; the daily session concluded with *aarti* and a different *prasad* contributed by each of them.

On September 24, about 10 *sadhikas* went to Karla Math for a *darshan* of Durga Parmeshwari and PP Sadyojat Shankarashram Swamiji and performed *bhajan seva* and Sadhana Panchakam. Some also did voluntary *seva* whenever they got a chance.

On October 4, the Sabha had the opportunity to perform Sannikarsha at Karla and many *sadhakas* and Yuvadhara youth went for the *darshan* of Durga Parmeshwari and *sannidhi* of PP Parijnanashram Swamiji III and took the blessings of Pooja Swamiji, chanted the Nityapath, Bhagawadgita, Guruparampara Ch. 11, performed Devi Anushtan and Guru Poojan, partook *prasad* and returned home after a memorable spiritual journey.

Reported by Shobha Puthli

Mumbai, Vile Parle: The Punyatithi of HH Shrimad Shankarashram Swamiji I was observed on September 24 with Deepanamaskar, Ashtavadan, *aarti* and *prasad*. A large number of devotees not only participated in this function but even in the Navaratri festivities and Kojagiri Pournima celebrations held on October 3 at Karla during Swamiji's camp at the Math.

Reported by Shrikar Talgeri

Mumbai, Santacruz: On September 14, the Punyatithi of HH Shrimad Parijnanashram Swamiji II was observed; the evening began with Sabha commencing prayers, followed by Deepanamaskar. The large number of devotees who had gathered to pay their respects, sang

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bhajans in a group as well as individually. The evening concluded with Ashtak, Mangalaarati and concluding prayers. *Prasad* was served thereafter.

Reported by Kavita M Karnad

Pune: The Punyatithi of HH Shrimad Anandashram Swamiji was observed on August 22 with Guru Poojan; the sacred *padukas* of Poojya Anandashram Swamiji were worshipped. On the following day of Ganesh Chaturthi, both Gouri Poojan and Ganesh Poojan were performed.

The *nitya-poojans* held through Chaturmas with the enthusiastic participation of devotees, concluded on September 4 with a *samuhik* Guru Poojan led by Dr. Mankikar Gajananmam followed by a dinner prepared by his wife, Prabhapachi, for over fifty people!

Navaratri Utsav was observed with Devi Poojan every day at the Pune Math. The Samaradhana of HH Shrimad Shankarashram Swamiji I was observed with Guru Poojan. Sannikarsha at Karla took place on October 11 with one representation each from Yuvadhara and Prarthana! Devi Anushtan was done along with Navaratri Nityapath chanting; Guru Poojan was performed with great devotion followed by *stotra pathan*.

Reported by Jyothi B. Divgi

Thane: The Sabha had the honour and privilege of offering *bhajan seva* at Karla Math on September 26; the

inspiring *bhajans* were highly appreciated by all. On the 27th, a classical music recital by Geeta Gulvady was the highlight of the evening programme at Karla.

At **Mulund**, members practiced *bhajans* for the *seva* at Karla on the 26th; *sadhakas* from Vashi, Thane, Powai centres joined the practice session.

The Punyatithis of HH Shrimad Parijnanashram Swamiji II and HH Shrimad Shankarashram Swamiji I were observed on September 14th and 24th, respectively, with Guru Poojan and recitation of *stotras/shlokas* by *sadhakas*. Ramanand Karkal read out the *charitra* of Poojya Swamijis. *Bhajans*, Deepnamaskar, Shankarnarayan Geet and Mangalpad followed.

At **Dombivli**, Ganapati Atharva Shirsha was performed on September 8, Saptashati Patha from September 19-27, Kumkumarchana and Lalita Sahasranam on September 20th, 22nd and 24th and Satyanarayana Pooja on the 27th.

At **Powai**, the Punyatithis of HH Shrimad Parijnanashram Swamiji II and HH Shrimad Shankarashram Swamiji I were observed on September 14th and 24th, respectively. Nandini Hattangadi read out the *charitra* of Poojya Swamijis. Guru Poojan was followed by *bhajans*, Deepnamaskar, Shankarnarayan Geet and Mangalpad.

Reported by Prakash R.Hattangadi

OUR INSTITUTIONS

Saraswat Association, Chennai: The Punyatithi of HH Shrimad Parijnanashram Swamiji II was observed and on September 14 with Guru Poojan, *bhajans*, *aarti* and *prasad*. Guru Poojan was also performed on the 10th.

On September 21, the Mahila Samaj arranged a talk on 'Nutrition and Health' by the AMC International Group, followed by a health camp for height, weight and body fat analysis; reports and advice were given on the spot. This was followed by Shiv Poojan.

On September 23, a *haldikumkum* function was followed by chanting of Lalita Sahasranam. On September 24, the Punyatithi of HH Shrimad Shankarashram Swamiji I was observed with Guru Poojan, *bhajans*, *aarti* and *prasad*. On the 25th and 26th, there was Devi Anushtan, Devi Poojan and recitation of Navaratri Nityapath; Saraswat Poojan was performed on the 26th, and on the 27th, Devi Anushtan and Devi Poojan were followed by recitation of Navaratri Nityapath, Bhagavadgita and Lalita Sahasranam.

Reported by Arun Hoskote

Saraswat Cultural Forum, Pune: The AGM of the Saraswat Cultural Forum was held on September 6. The Chairman, Savanal Bhavanishankarmaam (ever-young at 85 and popularly known as Savanal Baby!) announced his decision to step down after a long, successful innings. For his wonderful, inspiring leadership of many years,

especially during the Silver Jubilee Year of the Forum, the Chitrapur Saraswats of Pune salute Babymaam!

The AGM was followed by the felicitation of successful students. Later, an impromptu fun session was conducted by the seasoned Prashant Mavinkurve – with fun-songs and mimicry. Youngster Angad had us scratching our heads when he fired quiz questions at us. It was a great session! After a yum lunch spread, the AGM ended with promises of more activities in the year to come.

The Forum unanimously elected Sharad Upponi as Chairman. Bhalchandra Karpe was elected Vice Chairman and Leenata Rao, the Secretary, while Padbidri Aparna continues as Treasurer.

Reported by Jyothi B. Divgi

The Saraswat Senior Citizens Association, Virar: The Association continued to hold monthly get-togethers on the last Tuesday of the month. In May, June and July we had several interesting topics for discussion such as the 'Education system of today as compared to our school and college days'. On the issue of languages, compulsory and optional, Ashok Hemmady narrated several funny instances of errors and confusion created inadvertently by the misuse of languages.

September saw an unusual discussion topic – experiences of our member Shanta Karpe who had undergone major knee replacement surgery on both knees. She recounted the experiences of her three-month

stay in the military hospital "Ashwini" in Mumbai, in a very interesting and, at times, humorous manner.

Lt. Col. (Retd) Karpe gave us, civilians, a very clear picture of how well military hospitals are run and how they are absolutely self-sufficient in the latest medical equipment. Everybody enjoyed the talks and the refreshments too, sponsored by the Karpes and Mankikars (Maanu and Prema).

Reported by Kunda Kagal

Senior Citizens Club, Vile Parle, Mumbai: At its monthly meet on September 27, members enjoyed an hour of melodious Marathi and Hindi *bhajans* and songs of Lata Mangeshkar and Noorjahan sung by Aparns Ullal.

October 1 being World Elders Day, at a large gathering of members and guests, Krishnabai Khambadkone (80), one of the senior-most members of the Club, was honoured with a shawl, bouquet and shreephal for her philanthropic services. The function concluded with refreshments.

Reported by Shrikar Talgeri

Erratum

In the article "The Joy of Giving Week" on page 78 of the October 2009 issue of KS, the third line of the second last paragraph should read as "... sent to us by Arvind Burde of Anand ..." and not "... sent to us by Arvind Burde of Ahmedabad....". The error is regretted. -Editor

SMT. AMBABAI HEBLE

GEETA RECITATION COMPETITION – 2009

Verses for recitation:

a) Groups I, II and III (up to 15 years of age on 1st December, 2009): Dhyani Shloka (as in Sadhana Shrunkhala Books) and Bhagvad Geeta Chapter 12

b) Groups IV & V (above 15 years): Bhagvad Geeta Chapter 6, shlokas 24 to 47.

The Competition will be held on Sunday, 22nd November 2009, at 3.00 pm at Talmaki Wadi.

PP Shrimat Sadyojat Shankarashram Swamiji has graciously consented to award prizes to the winners and bless all the participants on Geeta Jayanti Day, Saturday, 28th November, 2009.

For details/entries (with name, date of birth, contact no), contact: Mahesh (9322515884), or Sudhir (9820817732), or Suneela/Prakash (at 9869925373 or email to: mcurve52@yahoo.co.in) by **November 10, 2009.**



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and Gourang Kundapur 26116394 at Vile Parle.
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HEALTHY BABY CONTEST IN BORIVALI

This year, KSA organized a Healthy Baby Contest in partnership with members of its Borivali Committee. Held on October 11 in Vamanashram Hall in Borivali, Mumbai, the contest received a huge response. As usual, there were three age categories of contestants: under 1 year, between 1 and 2 years, and between 2 and 3 years.

The children were examined by Dr. Amith M Shetty, Dr. Madhu Parikh and Dr. Gaurang Hattangadi and judged on criteria such as physical



appearance, healthiness and personality. Dr. Hattangadi, who undertook the main responsibility of conducting the Contest, introduced Dr. Amith Shetty who gave a much-appreciated talk on the theme of the day. Events such as these help increase and sustain community awareness of the importance of teaching children good health and nutrition habits that can lead to a healthy lifestyle..

The following children won prizes in the different categories:

Under 1 year: 1st Prize: Om Srinjoy Murdeshwar; 2nd Prize: Niyati Nikhil Shanbhag; 3rd Prize: Tanay Padbidri. *Consolation Prize:* Chimnay Devdutt Kulkarni

Between 1 & 2 years: 1st Prize: Soumya Vikram Sashital

Between 2 & 3 years: 1st Prize: Dev Srinjoy Murdeshwar; 2nd Prize: Nidhi Ajay Pandit; 3rd Prize: Udayan Manoj Dhareshwar. *Consolation Prizes:* Adwait Amit Basrur and Sanjana Sanjit Bhat

The programme concluded with a vote of thanks.

Reported by Dilip Sashital

An Appeal from Gibb High School, Kumta

Gibb High School (GHS), Kumta, is celebrating its Centenary on 19th, 20th and 21st December 2009. Religious heads and dignitaries will grace the event and many past students are expected to join in the three-day celebrations.

The school has taken up several developmental projects such as renovation of classrooms, a dining hall, a road leading to the school etc. It is proposed to build a Corpus Fund to establish such facilities for students and teachers of GHS and its sister schools. The GHS Centenary Celebration Committee, requests all past students, well-wishers and philanthropists to kindly donate towards the Centenary Project. Advertisements for the Souvenir may also be given.

Donations are exempt u/s 80C of IT Act. Cheques/DDs may be sent in favour of; GHS Centenary Celebration Committee, K.E. Society Kumta. More details on our website: www.kesociety.org

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MARRIAGE

Apeksha, daughter of Meenal and Arun Gurunandan Katre of New Delhi with Siddhartha son of Sheela and Ashok Rao of Houston, Texas, on Thursday, August 27, 2009 at Bangalore.

ENGAGEMENT

Talgeri-Sujir: Niranjan, son of Smt. Sheela and Shri Kisan R. Talgeri of Mahim with Namita, daughter of Smt. Naina and late Shri Ramchand J. Sujir of Goregaon (E) on September 28th, 2009. (R-1701)

BIRTH

Baby Girl (Aarnavi) born on 20th March 2009 at Wilmington, Delaware, USA to Santosh and Shruti Gunavante (nee Idgunji), sister to Aarushi, grand-daughter to Deepak and Pratibha Idgunji and Prabhavati Gunavante.

LOOKING FOR A FLAT

Bhanap family looking for a residential flat at Saraswat Colony, Santacruz or at Chitrapur Coop CHS, Contact-9820224149.

PUROHIT

H. Prashant Bhat, B-17, Deepanjali CHS, BAF-Hira Nagar, Marve Road, Malad (West), Mumbai - 400095. Mobile No. 9820920671/9892614433.

DOMESTIC TIDINGS

BIRTHS

Oct 03 : Bonny twins - a daughter (Isha) and a son (Rishi) to Samvita (nee Padukone) and Sanjay Mavinkurve at Seattle, USA.

THREAD CEREMONY

Sept 27 : Gaurav Gourang Mudbhatkal at Mumbai.

MARRIAGES

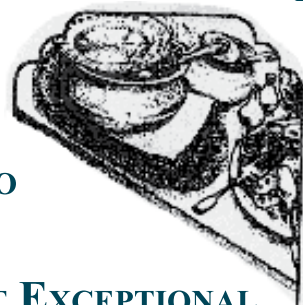
Aug 27 : Apeksha Arun Katre with Siddhartha Ashok Rao at Bangalore.

Sept 28 : Shefali Ravindra Taggarsa with Durgesh Hanumant Karkal at Mumbai.

OBITUARIES

- Aug 19 : Sudha Suresh Betrabet (74) at Mumbai.
Sept 21 : Shashikala (Ramabai) Bhavanishankar Mavinkurve (nee Marballi) (89) at Bandra (East), Mumbai.
Sept 22 : Vasudha Bhalchandra Haldipur (85) at Bengaluru.
Sept 23 : Nalini Pandurang Shirali (86), (Chitrapur CHS, Bandra) at Mumbai.
Sept 23 : Manorama (Premlata) (90) Manohar Hosangady in Surrey (United Kingdom).
Sept 24 : Nadkarni Pandurang Rajaram (80) at Vile Parle, Mumbai.
Sept 26 : Invally Rajiv (53) at Badlapur (Dist. Thane).
Sept 27 : Krishnanand Ganesh Kulkarni (Baldada) (88) at Mahim, Mumbai.
Sept 27 : Balsekar Ramesh S. at Mumbai.
Oct 1 : Kabse Shankar Ramrao (93) at Mumbai.
Oct 8 : Khambadkone Mangesh Suresh (18) at Mumbai.
Oct 9 : Khambadkone Suresh Laxman (55) at Mumbai.
Oct 12 : Pandit Bhavanishankar R. (86) at Bangalore.

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