



SABHA NEWS

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GREETINGS TO ALL OUR MEMBERS

*The Sabha wishes all Members
A very Happy and Prosperous*

NEW YEAR 2011

EDITORS SPEAK:

We welcome the new managing committee on board and with the new year ushering in the centenary celebrations, there is an enormous responsibility and stupendous task ahead for them in the new term. We join the readers in wishing the new members all the success. Despite our repeated requests, members have not been forthcoming with contributions. This is your magazine and each member hence has to assume ownership in this endeavor.

Happy reading

The Spiritual Significance of Navaratri

Ratri means "night" and Nava means "nine". At Navaratri ("nine nights"), the Lord in the form of the Mother Goddess is worshipped in Her various forms as Durga, Lakshmi and Saraswati. Though the Goddess is one, She is represented and worshipped in three different aspects.

On the first three nights of the festival, Durga is worshipped. On the following three, Lakshmi and then Saraswati Devi on

the last three nights. The following tenth day is called Vijayadasami.

Vijaya means "victory", the victory over our own minds that can come only when we have worshipped these three: Durga, Lakshmi and Saraswati.

Durga:

To gain noble virtues, all evil tendencies in the mind must be destroyed. This destruction is represented by the Goddess Durga. Durga is durgati harini: "She who removes our evil tendencies." This is why

she is called Mahishasura Mardini, the destroyer of Mahishaasura (demon), mahisha meaning "buffalo." Isn't there a buffalo in our minds as well?

The buffalo stands for tamoguna, the quality of laziness, darkness, ignorance and inertia. We have these qualities too. We love to sleep. Although we may have a lot of energy and potential inside us, we prefer to do nothing - just like the buffalo that likes to lie in pools of water. In the Puraanic story, Durga Devi's killing of the Mahisha demon is, symbolically, the destruction of the tamoguna within us that is very difficult to destroy. In the Durga Devi Havana(sacrifice), we invoke that Divine Power within us to destroy our animalistic tendencies.

Lakshmi:

For knowledge to dawn within us, we have to prepare our minds. The mind must be pure, concentrated, and single-pointed; this purification of the mind is obtained through the worship of Lakshmi Devi.

In our society today, however, when we think of Lakshmi, we think only of money - counting gold and dollar bills! This is why if one goes to a Lakshmi temple, one will find a crowd. Everybody likes Lakshmi Puja (Lakshmi worship) because they think she represents material wealth. But what is real wealth? Even if we have material wealth but no self-discipline or self-control, nor the values of love, kindness, respect and sincerity, all our material wealth will be lost or destroyed. The real wealth is the inner wealth of spiritual values that we practice in our lives, by which our minds become purified. Only when we have these noble values will we be able to preserve our material wealth and make good use of it. Otherwise money itself becomes a problem.

In the Upanishads, the Rishis never asked for material wealth only. In the mantras of the Taittiriya Upanishad, they first asked to have all the noble virtues fully developed in them. "Having gained the noble virtues, thereafter Lord please bring

wealth to us". The Rishis express here that in the absence of right values and good qualities, all our money will be wasted, and there are countless examples of this in the world around us.

Our wealth of virtues is our true Lakshmi. Its importance is shown by the fact that Adi Shankaracharya himself, in Vivekachudamani, describes that sat sampati, or six forms of wealth (calmness of mind, self-control, self-withdrawal, forbearance, faith and single-pointedness) that are to be cultivated to attain wisdom. These virtues are important because our goal is victory over the mind - a victory such that we do not get disturbed by every change that takes place in our lives. This victory comes only when the mind is prepared, and this mental preparation is the symbolism of the Lakshmi Puja.

Saraswati:

Victory over the mind can be gained only through knowledge, through understanding; and it is Goddess Saraswati who represents this highest knowledge of the Self

Although there are many kinds of knowledge in the Vedas - phonetics, astronomy, archery, architecture, economics and so on - the real knowledge is in the spiritual knowledge. Lord Krishna himself says in the Bhagavad Gita: "The knowledge of the Self is the knowledge"; and He adds, "It is my vibhuti, my glory." In other words, we may have knowledge of many other subjects and sciences but if we do not know our own Self, then that is the greatest loss. Therefore the supreme knowledge is the knowledge of the Self that is represented by Goddess Saraswati.

Navaratri:

Thus, at Navaratri, Goddess Durga is invoked first to remove impurities from the mind. The Goddess Lakshmi is invoked to cultivate the noble values and qualities. Finally, Saraswati is invoked for gaining the highest knowledge of the Self. This is the significance of the three sets of three nights

when all these three are gained subjectively, and then there will be Vijayadasami, the day of true victory!

At Navaratri time, the Rasa dance (dance of joy) of Sri Krishna and the Gopis is also performed. As the mind becomes purer, calmer quieter, and more cheerful and greater understanding is gained, do we not feel happier? Similarly, the Rasa dance is the dance of joy and realization. But, nowadays, the theme of Sri Krishna and the Gopis dancing around the Rasa seems to have been lost in our society. The true meaning and purpose of the ritual is often forgotten, as more importance is given to other types of dancing.

Why is the Navaratri festival celebrated at night rather than in the day time? This is another interesting question. Night-time is generally the time when we go to sleep, so the spiritual message is, "You have lived long enough in the sleepy ignorance of tamoguna. It is time to wake up now. Please wake up!" For a puja, unfortunately, we are never willing to stay up late and so we ask, "What time will it end?" For a party, we never ask this question. If the party ends at 10.00pm, we say "What! The party is finished?! What kind of a party is that?!" Yet we find it difficult to stay awake for a puja!

The Importance of Ritual: Not everyone, it is true, will be of the intellectual type to appreciate everything philosophically. Therefore, philosophy or spiritual truth must be demonstrated visually in some ritualistic form. In this way, when children are first introduced to it, they enjoy a dance or a festival, and then later begin to question, "What is this dance? Why are we doing this Puja? What is the meaning of Navaratri?" So the purpose of the concretized ritual is fulfilled when these questions begin to arise in the children's minds.

Unfortunately, when we take our children to functions at the temples and they begin to ask questions about what

they see, we cannot answer them. Yet when the children revolt later as teenagers, we say, "What happened to the children? These kids are terrible. We never used to question our religion!"

We take pride in the fact that we never used to question anything, but it would have been better if we had asked questions and found out. Why did we not ask? Because of intellectual inertia. Inertia is of different kinds. Physical inertia is not as bad because it is usually temporary. There are also mental or emotional stupors that some people remain in, but the intellectual inertia is the worst kind because under its influence, we do not want to think at all. It is said that people can live without air for two minutes, without water for a few days, without food for a month or so, and without thinking for generations! Some people just do not want to think. This is our inner Mahisha (the lazy buffalo), and our spiritual Mahisha is that we do not want to wake up from this sleep of ignorance.

As we can see, the theme of the entire Vedas is reflected in the Navaratri festival: Purify the mind and remove all negativities; cultivate positive virtues; gain spiritual knowledge and transcend limitations. This is the real victory - the dance of joy - ritualistically performed at night, as it is also on Shivaratri (auspicious night), to signify our spiritual awakening.

(Source: Excerpts from a talk by the President of the Chinmaya Mission.)

TELEPHONE CONVERSATIONS

- K.P. Ramesh Rao

It is a well known fact that our population is increasing rapidly. However, the proportion of phone users is galloping much faster. Gone are the days when we had to wait for a number of years to get a phone connection. After privatization, the supply of phone connections has increased considerably. With the advent of cell phones, practically everybody, at least in

metropolitan and urban areas, owns one. Truly, Indians are taking the advertisement 'Bol India Bol' very seriously.

Twenty five years ago, when a telephone was installed in our house, my five year old daughter ran to the phone, dialed her friend's number and said "Is it Smitha speaking?. tell her I called". After a few unsuccessful attempts to get her friend, she was counseled that she should first disclose her name and leave her phone number for the friends to call back. When she became a teenager, she started making long conversations on the phone with her friends. This led to an embarrassing situation once, when my Bank's Chairman was frantically trying to reach me, his Secretary had to call me finally on my neighbour's phone. No doubt I was annoyed but I got her a cell phone in the interest of domestic peace. I understand, nowadays banks have started providing cell phones to their executives as a perk. Good for all of them viz. banks, executives, their families and, of course, the cell phone companies!

Phone conversations between two women are rarely of a short duration except when the maid servant of either one is on French leave. Such conversations cover a variety of topics ranging from the sloppy work of maid servants, recipes, rising prices (and costly purchases made notwithstanding), to unhelpful husbands! The list is endless. Often, the original purpose of the call is forgotten in the midst of all the miscellany. They generally conclude their conversations complaining that they hardly get time to talk on phone and therefore should meet in person as soon as possible to discuss the remaining topics. And there are, of course, the exceptional women who can easily talk for twenty minutes on wrong number calls by not giving the other person any chance to interject. Men are no exception. They also indulge in long conversations covering mostly office gossip and of course, cricket, our national obsession.

I cannot resist narrating a phone conversation of mine which took place at Patna (Bihar) where I was posted for the first time as a Regional Manager. Bihar State was considered to be the grave yard for Bank official in those days. As I entered the residential quarters allotted to me, I heard the telephone ring. I picked up the receiver and before I could say "hello", a rude voice at the other end ordered me in Hindi to call one Prasad Babu to the phone immediately. As there was no Prasad there, I could only say "Wrong number", whereupon the voice at the other end thundered in Hindi "Do what you are told – Don't argue – I know what is wrong and what is right." All I could manage to do was to disconnect the phone, stating "Wrong number" again. Needless to say, the phone started ringing again. As I heard the rude voice, I told him to check the number again before dialing. He responded "Why should I check? – you rude fellow – you disconnect and keep your receiver off the hook so that I do not get your phone again." I wondered if this could happen to me at my residence even before joining work, what would be in store for me at office the next day – a day specially chosen to be an auspicious day by my astrologers.

Another instance of how times have changed can be observed in today's youngsters who are truly 'mobile' i.e. always glued to their cell phones. It often appears that they are talking to themselves, what with hands-free gadgets. It reminds me of the popular TV advertisement in Hindi: "Yeh Fevicol ka mazboot jod hai, tootega nahin". No doubt, this craze will last till the next gadget catches their fancy.

Well, I would love to continue on this topic, but sorry, I have to rush now as my phone is ringing!

Travails of old age

- Dr. U.S. Nayak

Said the little boy, "sometimes I drop my spoon."

Said the old man. "I do that too."

The little boy whispered, "I wet my pants."

"I do that too", laughed the old man.

"But worst of all", said the little boy, "it seems grown ups don't pay attention to me."

And he felt the warmth of a wrinkled old hand, "I know what you mean", said the old man.

"I AM FINE, THANK YOU"

I'm as healthy as can be.

I have arthritis in both my knees

And when I talk, I talk with a wheeze.

My pulse is weak and my blood is thin

But I'm awfully well for the shape I'm in.

I have arch supports for both my feet

Or I wouldn't be able to be on the street.

Sleep has denied me night after night

And in the morning, I'm just a sight!

My memory is failing; my head is in a spin

But I'm awfully well for the shape I'm in.

The moral is this, as my tale I unfold

That for you and me who are growing old,

Its better to say, "I am fine" with a grin

Than to let people know the shape I'm in.

I get up each morning and dust off my wits

I pick up the paper and read the 'obits'.

If my name is still missing, I know I'm not dead.

So I have a good breakfast and go back to bed.

Global rise in Caesarean Section

- Dr. Vidya Nayak

Roman law in the 17th century BC forbade burial of a pregnant woman until the child within was removed surgically with the hope of getting an heir. Until 1614 prior to discovery of anesthesia, suturing materials and antibiotics a C-section was an impossibility.

It is a myth that the name "Caesarean" came from Julius Caesar who was born to his mother Aurelia by C-section. His mother continued to live a long time after his birth – and it was impossible for this to happen as Caesar was born long before the advent of antibiotics and anesthesia.

Early 20th century, the C-section became a popular, safe and quick method of delivery with a minimal stay of 40-60 hours in hospital. With increase in sedentary jobs, lack of exercise and better nutrition, post dated pregnancy is a common reason for resorting to C-section. The patients' demand for C-section is in the increase as the mother's desire to deliver on an auspicious or a chosen day (E.g. 10/10/2010) and the young mothers do not want to go through the process of pain and desire to opt for an easy way out.

It has become fashionable to say "I just had an L.S.C.S (lower section caesarean section) – I'm in no pain at all. It is within the bikini line. I can also for the Mrs. World Contest." Thus more Caesarean sections are done on patient request and are on the rise today.



I'M COMING! I'M COMING! PUT
DOWN THAT SCALPEL!

Hita Chintana

(Source- Ruppayeka Hazar Phula)

Bhukeri javka khana jevana
 Kramari assuka potta jirvana
 Korka hita mita vyayama shayana
 Javka karma mala moothra shodhana
 Swatcha snana suvastra dharana
 Arogyavanta deha karana
 Shradha, bhakthi , dharma ,chintana
 Shudha karma prithi bhavana
 Nitya javka atma shodhana
 Henchi moksha prapthi sadhana

MANAGEMENT IN DAILY LIFE A COMMON SENSE APPROACH

- P.R. Shenoy

Do what matters first

The most important approach is to prioritize all tasks that you envisage in your daily routine. You have to focus on important tasks ensuring that all issues influencing the outcome have been accounted for. One of the best ways to achieve this is to create a "To Do" list. First and foremost list all tasks to be accomplished rank them in order of importance and then draw a realistic action plan.

Learn to say NO

Learning to say NO will save you so much time because it will ultimately impact the step above executing what matters. Often, one is distracted or slowed down because we can't say no to something of lesser importance. You must flex this muscle as otherwise you are allowing others to take precious time away from you. Please remember that time is of essence; hence guard vigilantly.

Complete what you have stated

Try and do the job right in the first instance. You have to do a lot of introspection. After duly considering your strengths and weaknesses in the execution style, you need to meticulously plan for the task. You need to then meticulously plan for the tasks after identifying the various impediments that you may encounter. After accomplishing each step, clearly spell out "Dos and don'ts" to prevent recurring errors in execution. You will need to detail the pattern of mistakes and find simple solutions to resolve the same.

Delegate

You have to learn consciously to delegate tasks. Delegation is the most important for effective time management. Real purpose of delegation is to assign relevant tasks to the most appropriate people. You need to be rest assured of the competencies of all such people and their capability.

Self Motivation

It is extremely important to keep oneself motivated. First step is to decide your goal and then decide on a self (silent) reward for accomplishment.

Stop the Blame Game

Stop blaming others or circumstances in the event of a failure and accept the same in the right spirit. The lessons learnt have to be comprehended to avoid future recurrence.

Focusing on the above commonsense approach should effectively manage your time and yield the desired results given the multitude of tasks to be undertaken in daily life including home management. These suggestions can help to achieve personal, professional as well as social goals, besides improving The quality of our lives.

COUNT DOWN TO A CENTURY

- K.R. Baliga

Aren't we all proud and thrilled to know that our Sabha will complete its first century in 2012 and step into the second century. We are all privileged to be the members of the Sabha and to participate at this point of time – an epoch-making in milestone in the annals of the Sabha. It is but appropriate that we, the members of the Sabha should give our considered and valuable suggestions to help the Managing Committee to celebrate the Centenary Year in a fitting manner making a permanent and lasting mark.

Here are a few suggestions to kick-start the exercise:

- (a) Determine what is the date on which the Sabha was set up.
- (b) The nearest Sunday to that date can be the date of inauguration of the Centenary Year in 2012.
- (c) Have an Inaugural Function which can be a whole-day affair (say 8 a.m. to 8 p.m.) with lectures, entertainments, cultural events etc. Needless to say lunch, tea and dinner to be arranged, preferably on a contributory basis (reason given in 'f' below).
- (d) The Valedictory Function (closing) can similarly be the nearest Sunday of the same date/month in 2013 with a similar whole-day function.
- (e) Mark all our stationery that we use during this period "Centenary Year".
- (f) Try to spend the minimum on the functions and lunches so that the amount saved is available for some permanent investments.
- (g) Bring out a Centenary Souvenir which should contain articles on the early years of the Sabha contribution

of our founding fathers, GSB Culture etc. making sure that this Souvenir is of such a standard and it becomes a prized possession in all homes. Souvenir to be self-funding by advertisements.

- (h) Approach at least twenty persons of our current membership aged 60 or more who or whose parent/relatives contributed to the growth of the Sabha and ask them to give their reminiscences. If they cannot write, we can have it recorded on audio and use it for the articles after editing.
- (i) Set up Centenary Scholarship of say `25,000 or `50,000 p.a. to be given to an outstanding scholar for pursuing higher studies. How to choose the candidate needs to be considered carefully.
- (j) Formulate a scheme for medical assistance to families with an annual income of less than `3,00,000 to meet a part of the cost of major surgeries, illness etc. The scheme should be so framed that genuine claimants find it easy to cope with. Nowadays, even families with an income of `25,000 p.m. find it tough to meet unforeseen heavy medical expenses.
- (k) The expenditure we incur on "Centenary has to make a lasting mark. Mere lunches, dinners and cultural programmes will not achieve this object. The purpose will be better served by constructing a "Centenary Block" using the funds available in our Building Fund. If the construction is taken up in 2011, this block will be ready for inauguration during 2012-13.
- (l) Fix a Centenary Plaque on the ornamental pillar which already has Diamond and Platinum jubilee plaques.

These are personal suggestions of just one member and have been given only to encourage all other members to give even better and interesting suggestions. It is our duty as Members to see that the Managing Committee is given an opportunity to know what the members' ideas are on celebrating the Centenary.

GANESH CHATURTHI

This year Ganesh Chaturthi, the most popular and well attended event, was conducted on 11th to 15th September 2010. As usual each day there were poojas, archanas, moodganapati sevas etc., Rang Puja was done on Sunday, 12th September 2010. In addition there were two Maha Moodganapati Sevas. There were Bhajan sessions on all evenings except on the viisarjan day.

There was, as usual, Samradhana (lunch) on all five days. The Sabha thanks Mr. R. Radhakrishna Shenoy of R.R.K. Catering for his continued kitchen and dining hall services since 2000, rendered as Seva to Lord Ganesh.

On the immersion day, the deity was taken in a palanquin and the ladies of Mahila Vibhag performed Kolattam.

NEW OFFICE BEARERS

At the Annual General Meeting held on 26th September 2010 the following were elected for a fresh term running up to September 2013 (The Managing Committee of the Sabha is elected for a three year term):

Mr. K.R. Kamath	- President
Mr. A. Arjuna Pai	- Vice-President
Mr. C.J. Nayak	- Hon. Secretary
Mr. Vasant M. Shanbhag	- Joint Secretary
Mr. K.P. Lakshmana Rao	- Hon. Treasurer

Members:

Mrs. Premalatha U. Baliga
Mrs. Vijayalakshmi R. Pai
Mr. V. Mohandass
Mr. V. Muralidhara Rao
Mr. H.R. Shanbhogue
Mr. P.R. Shenoy
Mr. H. Mohandas Pai

The President, Hon. Secretary, Joint Secretary and Hon. Treasurer were elected unopposed.

The nominations were scrutinized by the Electoral Officer Mr. U. Suresh Rao assisted by the fellow scrutinizers Mr. K. Umesh Rao and Mr. K. Ramadas Kamath.

The Sabha places on records its grateful thanks to Mr. U. Suresh Rao for taking charge as Electoral Officer and conducting the elections in an excellent way and to the entire team of assistants who assisted him.

CONGRATULATIONS!

The National Cybre Olympiad conducts a nationwide talent hunt, on the lines of the National Science Olympiad, to identify and encourage the creativity of a child on issues relating to computers and IT. We are happy to note that Sharath B. Pai (aged 9), son of our members Mr. Bhavani Shankar Pai and Mrs. Parvathi Pai of Valsaravakkam, Chennai has secured the 90th rank in the state, 32nd rank in the City and the first rank in his school. We wish him all success and a bright future.

FREE SCHOLARSHIPS

Lists I & II comprising 442 students for `16,78,000 has been sanctioned by the Managing Committee. The subsequent lists will cover the remaining applications. It is expected that the total disbursement in scholarships will be more than `20 lakhs this year thus our Sabha is now embarking to reach new heights in disbursements of scholarships which is its main objective.

FREESCHOLARSHIP ENDOWMENTS

From 1st April 2010 to 31st December 2010 we have received 252 Free Scholarship Endowments of `2500 each (Total `6,30,000). The highest number of endowments with `1,15,000 was donated by Mr. Shevagoor Pundalik Kamath of Mumbai, followed by `1,00,00 by Messrs. T. Narendranath Kini, T. Rajendra Kini and T. Ganesh Kini of Chennai, `75,000 each by Mrs. Premi Shenoy and Mrs. Anandi Shenoy, Chennai and `50,000 by Mrs. Meera Shenoy, Hyderabad.

CONGRATULATIONS YOUNG ACHIEVERS 2011

Sabha will be honouring on 15th January 2011 two of our young persons who have made us all proud by their achievements.

Dr. K. Disha Kamath, daughter of Mrs. Sangeetha D. Kamath, Mysore, who stood first in her B.D.S. examination from J.S.S. Medical College, Mysore. She has been awarded Gold Medal for securing the highest marks in Periodontics of BDS examination held in March 2010 from Rajiv Gandhi University of Health Sciences, Karnataka.

Mr. Ganesh Bhat (31 years), son of Mr. R. Sitaram Bhat, Purakkad (Alappuzha), secured State Championship, representing Ernakulam, in the 48th State Chess Championship competition held in 2009. He won the championship out of 78 competitors securing seven points out of nine rounds.

The Sabha wishes these two young achievers many more laurels in their respective fields.

RANDOM THOUGHTS

D. J. Kamath
kamath.dj@gmail.com

Food for thought! This story appears in various publications and websites, so I don't know the original source. All I know is I did not write it! Here it is:

One day a fisherman was lying on a beautiful beach, with his fishing pole propped up in the sand and his solitary line cast out into the sparkling blue surf. He was enjoying the warmth of the afternoon sun and the prospect of catching some fish.

About that time, a businessman came walking down the beach and noticed the fisherman. "You aren't going to catch many fish that way," said the businessman to the fisherman. "You should be working rather than lying on the beach!" The fisherman looked up at the businessman and asked, "And what will my reward be?" "Well, you can get some big nets and catch many fish!" was the businessman's answer. "And then what will my reward be?" asked the fisherman. The businessman replied, "You will make money and you'll be able to buy a boat, which will then result in larger catches of fish!" "And then what will my reward be?" asked the fisherman again. The businessman was beginning to get a little irritated with the fisherman's questions. "You can buy a bigger boat, and hire some people to work for you!" he said.

"And then what will my reward be?" repeated the fisherman. The businessman was getting angry. "Don't you understand? You can build up a fleet of fishing boats, sail all over the world, and let all your employees catch fish for you!"

Once again, the fisherman asked, "And then what will my reward be?" The businessman was red with rage and shouted at the fisherman, "Don't you understand that you can become so rich that you will never have to work for your living again! You can spend all the rest of your days sitting on this beach, looking at the sunset. You won't have a care in the world!"

The fisherman looked up, smiled and said, "And what do you think I'm doing right now?"

In his book, *A View from the Zoo*, Gary Richmond describes how a newborn giraffe learns its first lesson:

The mother giraffe lowers her head long enough to take a quick look. Then she positions herself directly over her calf. She waits for about a minute, and then she does the most unreasonable thing. She swings her long, pendulous leg outward and kicks her baby, so that it is sent sprawling head over heels.

When it doesn't get up, the violent process is repeated over and over again. The struggle to rise is momentous. As the baby calf grows tired, the mother kicks it again to stimulate its efforts. Finally, the calf stands for the first time on its wobbly legs. Then the mother giraffe does the most remarkable thing. She kicks it off its feet again. Why? She wants it to remember how it got up. In the wild, baby giraffes must be able to get up as quickly as possible to stay with the herd, where there is safety. Lions, hyenas, leopards, and wild hunting dogs all enjoy young giraffes, and they'd get it too, if the mother didn't teach her calf to get up quickly and get with it.

These quotable quotes offer some more food for thought:

The stupid neither forgive nor forget; the naive forgive and forget; the wise forgive but do not forget. - *Thomas Szasz*

An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.-*Martin Luther King, Jr.*

Everything that can be counted does not necessarily count; everything that counts cannot necessarily be counted.-
Albert Einstein

PLEASE NOTE

As you may be aware, SGS Sabha will complete a century of existence in 2012. The Managing Committee deems it appropriate to call for Members' suggestions to celebrate the centenary year in a fitting manner to leave a permanent mark in the history of the Sabha. The Managing Committee invites suggestions from all members in this regard by 28-02-2011.

The Managing Committee's decision on the implementation of the suggestions received would be final.

- Managing Committee

FIRST FLYING EXPERIENCE

-P.K. Shenoy

Air travel nowadays has become very common. Mangalore which was connected to Mumbai by a single daily flight has become a busy hub receiving over a dozen flights including international ones.

It is with this as background I am recollecting my first flying experience which was unique in many ways.

Within weeks of my joining HEC Infotech. in 1961, my name figured in the first group of trainees selected for overseas training. Since the project was aided by the then USSR our training was scheduled behind the curtain. As there was little knowledge about the life in that part of the world (no luxury of the internet) I managed to get hold of a book 'Inside Russia' by Jhar Bunthar which was very informative in this regard.

Availing special home leave of 2 weeks and hectic preparation for our prolonged stay over 18 months, we were on our way for our training.

Our flight was scheduled for 28th February 1962 and we were to travel by Aeroflot. On reaching Palam Airport we found that we were to travel by the Soviet Airlines IL-18 (ILLUSHIAN). Boarding the plane after usual formalities (there was no security check up) early morning the plane, a four engine turboprop, reached Tashkent, capital of Uzbekistan by noon after a smooth event free flight over Himalayas.

En route to Moscow, I was occupying a window seat with the full view of the 2 engines with smoothly whirring. When we had hardly reached the cruising altitude the propeller of the inner of the 2 engines came to a stop. I also could observe the pilots' unsuccessful attempt to restart the engines with the propellers rotating off and on. Incidentally, my 'clever' colleague sitting next to me quipped 'I see they have shut off the engines to save on fuel'. I could not help ignoring his observations. In the meantime, somebody from the opposite side of aisle saw similar thing happening for one of the engine on the other side. This brought on a lot of discussion in Cabin which was suddenly silenced when an announcement came on informing us that due to "technical difficulties" we are returning to Tashkent. We then retraced our flight back to Tashkent in absolute and grim silence.

When we landed back at Tashkent the relief among the occupants of cabin was really to be seen to be believed. Tashkent airport was in full alert with all the equipment in place for an emergency landing. All of us got out of the craft as fast as we could as if to put a distance between us and the crippled craft.

Our onward was scheduled by another plane, this time a Turbo-jet, and suffice it to say in spite of lost time due to the emergency we landed at Moscow on schedule. You all know that the jet planes are much faster than the propeller ones.

I hope you have understood why I called my first flying experience as unique. For

one, I had the experience of enjoying flying by the slower turboprop as well as the modern jet liner. I do not know how many of us would have had an opportunity to encounter an emergency that too on their virgin flying experience. I do hope you enjoyed reading this wonderful though frightening experience with 2 of the 4 engines crippled.

DO'S AND DON'TS IN DENTAL CARE

- Dr. R. Sujeer

1. Eat foods that are rich in vitamins and minerals. Fresh fruits, vegetables, eggs, milk, fish and meat contain vitamin and minerals that make the teeth strong. Crunchy fruits like apples and carrots also have a cleansing action the teeth.
2. Avoid sweet foods. Sweet foods are rich in carbohydrates. Bacteria love sugar and turn it into acid which in turn cause cavities in the teeth. If sweets are eaten they should be taken at the end of a meal so that when the mouth is rinsed and cleaned – no debris is left for bacteria to act.
3. Brush after every meal. Brushing removes plaque. Plaque is an invisible layer of micro organism on the teeth. The upper teeth should be brushed from gum downs. The lower teeth from gums upwards. To and fro movements on the chewing surfaces ensure that the teeth are free from food particles on the molars and premolars. While brushing gentle pressure can be given to remove food particles that are stuck in the crevices. Brushing also has a massaging effect on the gums.
4. Use a good dental tooth paste. Paste are preferable to powders. Do not use cheap dental dentifrices – as they can cause erosion of teeth. Brick-powder, charcoal, salt are to be avoided.
5. A good tooth brush helps in a good brushing. Brushes are marketed as hard, medium and soft. Your dental surgeon can guide you on selecting a good tooth brush.

6. Avoid drinking alcohol, smoking, and chewing pan and betel as these have a harmful effect on the teeth, gums and oral tissues. People with the above habits are more prone to cancer.

7. In case of bad breath consult your dentist. In addition to scaling and polishing your dental consultant will guide you on general dental care.

8. In case of tooth ache do not medicate yourself or place any aspirin tablet on the affected tooth. Kindly get in touch with your dental surgeon.

9. Children that are breast-fed have better teeth than those that are 'not fed by the mother'.

10. A word of advice for children - children's teeth should be checked by the dentist at frequent intervals after appearance of the first milk tooth. Pit and Fissure sealants are available to prevent and reduce dental tooth decay. Your dental surgeon can also guide you on prevention and correction of mal-aligned teeth in the mouth.

11. In case of any injury or fracture or road accident preserve the exploited tooth in a saline gauze and call on your dental surgeon as it can be re-implanted and fixed in its old position.

12. Call on your dental surgeon once in every 6 months to ensure good teeth and oral health. Remember good teeth means good health.

SGS SABHA CHARITABLE TRUST

- U. Prabhakar Rao, Managing Trustee

Number of residents at the Old Age Home being run by the Trust, as on 30th November 2010, is Ten (10). All the residents are looked after very well with their needs like food, clothing and more importantly medical expenses being met by the Trust.

All the residents at the Home were given, during Diwali, cloth hampers and dry fruits, which was appreciated by them. M/s. A.A.Pai, Gopal Shanbhag, S.A. Pai and Mrs. Vijayalakshmi R. Pai presented the hampers to the residents.

Usage of the first floor is encouraging and return on efforts taken by our Manager Mr. S.A. Pai, is bearing fruit. The Board of Trustees decided to relay the flooring of the dining area with tiles giving it a better look.

Donations towards 'Days Expenses' have dropped as compared to last year for period ending November. The Trustees express their grateful thanks to those who have come forward to support this cause. We appeal to the respected members of SGS Sabha to kindly help us to reach the target of sponsors for entire year, we are short by over 200 days.

Mr. K.R. Baliga and Mrs. Deepa Shenoy continue their good work of lecturing to the residents on religious matters. Bhajan classes are conducted by Mrs. Vijayalakshmi R. Pai, and Dr. (Mrs.) Shantha Kamath has been advising the residents on health care regularly. Our thanks to all of them for their excellent contributions.

We repeat that donations to the Trust are eligible for Income Tax concession under Sec.80G. Cheques drawn in favour of 'SGS Sabha Charitable Trust' may be kindly sent to the Trust Office, Dr. K.P. Mahale Centre, New No.17 (Old No.3), Ujjini Devi Street, Ayanavaram, Chennai 600 023

OBITUARY

We regret to inform the sad demise of Mrs. M.G. Narayana Shenoy, Chennai, on 13-08-2010 and P. Vasudeva Kamath, Manali, on 20-12-2010 since the publication of the last Newsletter No.36 in July 2010.

The Sabha is grateful to Sri Vasant M. Shanbhag, Canara Traders & Printers Pvt. Ltd. for printing this issue, free of charge. He is the Joint Secretary of the Sabha.