



# SABHA NEWS

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For circulation only among the members

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## EDITOR'S SPEAK:

*We are happy to place before you the 44th edition of our Sabha News. This issue covers reports of the Diabetes Screening Camp conducted for the underprivileged section of our community, by the Sabha in December 2014 and annual Vinayaka Chaturthi celebrations, apart from contributions from members touching upon various aspects like health, humour, philosophy, tributes to prominent personalities from our community and interesting life experiences. We thank and appreciate the continuing patronage by our regular contributors and look forward to participation by other members to make the Newsletter more interesting. We also invite articles on enriching Konkani culture, language, recipes, life style and tradition.*

*Wishing you a Happy and Prosperous 2015!*

## DIABETIC SCREENING CAMP 2014

A two-day Diabetic screening camp for the underprivileged section of our community was conducted by the Sabha in association with Sri Ramachandra University Hospital at the Sabha premises on 20th and 21st December 2014. The registration for the camp commenced at 6.30 a.m. 55 people registered their names. The following investigations were performed.

CBC (Complete Blood Count)  
Post Prandial  
Blood Urea  
Serum Creatinine  
Lipid Profile  
ECG  
Ultrasound Scan of the abdomen  
Echo  
General Dental Check

Faculty from Sri Ramachandra Medical College Hospital and Research Institute conducted Diabetes, ECG and related tests. Faculty from the Sri Ramachandra Dental College and Hospital screened beneficiaries for dental ailments and advised follow up treatment.

On the 2nd day specialists from the following departments examined the beneficiaries with the results of the investigations performed on the previous day.

General medicine/ Diabetology  
Ophthalmology  
Skin  
Cardiology  
Neurology  
Clinical Nutrition





Investigations being carried out in the camp



Dr Kamakshi Shanbhogue and Dr Dinesh Nayak, members of our Sabha, screened the beneficiaries for neurological ailment and advised follow up action.

There was a special counter which showcased healthy food items like vegetables and fruits and nutritional specialists interacted with the beneficiaries on the need for a healthy diet for adequate diabetic control. The exercise was highly appreciated.

The beneficiaries were given anti-diabetic medicine and B complex totally free for a period of one month.

The Sabha honoured all the doctors and technicians who took part in the camp and rendered their services.

The secretary of the Sabha also honoured Dr. Sudha Pai for her services and Vice-President Dr. H.R. Shabhogue for his key role in organizing the camp.

On both days the patients and the volunteers were provided with breakfast and lunch.



*Doctors being felicitated at the camp*

### **WE REPEAT OUR REQUEST**

Please inform the Sabha Office as soon as there is any change in your address to avoid inconvenience or non-delivery of letters. We still receive quite a large number of communications addressed to our members returned undelivered for want of information of change of address. We appeal to members who have not furnished their e-mail addresses to the Sabha to do so now as most of the members are yet to furnish their email address.

We welcome your valuable suggestions, feedback and contributions for the Newsletter.  
Do write to us at [sgsabhachennai@yahoo.co.in](mailto:sgsabhachennai@yahoo.co.in)



## 51<sup>ST</sup> VINAYAKA CHATURTHI CELEBRATIONS AT OUR SABHA



The annual Vinayaka Chaturthi festival was celebrated with pomp and grandeur at the Sabha for five days from August 29, 2014 to September 2, 2014. This is the 51st year of celebrations in our Sabha. On the first day, the celebrations began with the Pratishtha ritual at 6.00 a.m, amidst chanting of mantras and slokas. This was followed by Ganahomam and Sarvajanic Moodganapathi Seva. This year saw a record number of three Mahamoodganapathi Sevas and 34 Moodganapathi Sevas, including Sarvajanic Moodganapati Seva.

Members of our community participated in large numbers on all the five days. In the evenings, bhajans were sung by various bhajan mandalis, followed by mangala aarthi and prasad.



Sarvajanic Rang Puja was held in the evening on 1st September. The visarjan procession on the final day began with a kolattam dance by the Mahila Vibhag volunteers. The idol of Lord Ganesha was placed on a Pallaki adorned with flowers and taken around the campus amidst singing, dancing and shouts of Ganapathy Bappa Morayya, Managla Murti Morayya. The idol was later immersed in the well at the Sabha premises. Samaradhana Lunch was provided to the members on all the five days in the afternoon. A widespread, consisting of traditional Konkani food items such as rice, dalithoy, ghassi, saaru, upkari, ambede nonche, phodi, pappad, pachadi, valval and payasam, was served. It was catered by Shri Babuji (Surendra Prabhu) and Shri Ravi Nayak. Under the able guidance of the Management Committee, support from volunteers and participation by members, the festival was a grand success. ❁

## RENOVATION OF MARRIAGE HALL



Renovation of the marriage hall of the Sabha was under taken during the period July-November



2014. The flooring of the marriage hall has been replaced by new tiles keeping the traditional look





of the mandapam and wall decorations. Over the years, the floor levels have been shifting and causing breakage of tiles. The main cause of the problem was identified as roots of the trees around Sabha penetrating the flooring. In consultation with leading architects, pile foundations were laid over which slabs and tiles were re-laid. The new foundations



were treated by pesticide application to prevent growth of roots.

The photographs show roots in the floorings and the new flooring in the hall and mandapam after the renovation.



## TRIBUTE TO A JOURNALIST



*MVK never used the computer or e-mail; an assistant would help him with e-mails sent to him.*

In the late '70s, I was moving into senior school and though it was early days, my imagination was fired up with thoughts of becoming a journalist. Reading *The Illustrated Weekly of India*, which I used to regularly, starting with the comics, I was chuffed to see the byline of MV Kamath. I asked my father who this namesake of my grand dad's was (he was Dr MV Kamath). I was quite surprised then to learn from my dad that Madhav Kamath was my grand mum's cousin and that they had grown up together in the small coastal town of Udupi, where my dad spent his early days of school too.

### *Vinay Kamath*

News of his passing away brings back many memories of spending time with him in his small book-lined apartment in Khar, Mumbai, where I would have long conversations with him on journalism and my career while he would also recount anecdotes from his glittering career as a journalist. He would himself make tea for us if his help was not around. I always made it a point to visit him whenever I was in Mumbai and he warmly made the time for me; he was retired, no doubt, but kept up a punishing schedule of reading and writing columns for many newspapers. It kept him alert, he had said. And, of course, not to mention his prodigious output of books.

I recall my father writing to him when he was with the *Weekly*, asking him about a career in journalism for me. I must have his neatly typed out letter somewhere, but do recall him saying that journalism is a hard grind and that I should venture into it only if I was fully convinced about it. I guess I was, since 28 years on, I am still a journalist!

I last visited him in his elegant home in Manipal, an hour's drive from Mangalore, a few years ago. It was a small bungalow given to him in his capacity as the honorary director of the Manipal School of Communication. I had a 1 p.m. train to catch from Mangalore, so took a cab early that morning



*Mr. M.V. Kamath with his Olivetti typewriter*

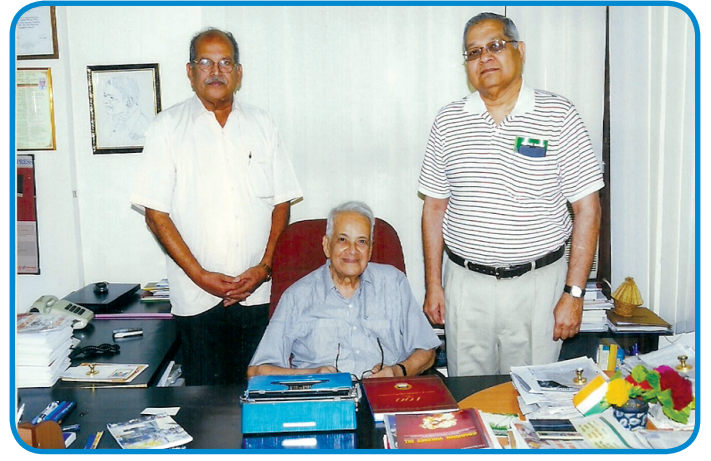
to visit him. He was almost 90 years old then, but very alert and spry as usual. His memory at that age surprised me as he remembered everyone in our family, enquired about my career, and all the while mindful too of the fact that I had a train to catch. He lived alone but had a maid who offered my brother and me a tasty breakfast of idlis and sambar.

MVK never used the computer or e-mail; an assistant would help him with e-mails sent to him. He pointed to his trusted Olivetti typewriter on a table in his workroom which he had used for years. At that time, he still kept up his column in the local Kannada daily Udayavani.

MVK's output as a journalist, even much after he retired from The Weekly as its Editor was formidable. He has written over 40 books on diverse subjects, including many biographies, ranging from Kissinger to Verghese Kurien. But, to me his autobiography A Reporter at Large is not only a compelling read, but also a commentary on the epoch-making times he lived in and the redoubtable personalities he interviewed. On many occasions he was literally writing the first draft of history as it was being made.

His book has many anecdotes of encounters with the well-known personalities of his time. One of those is a fascinating account of his interaction with Indira Gandhi who had visited Paris as Information Minister when MVK was posted there as a correspondent for The Times of India. It was at a party for M.C. Chagla. To quote: "I met her a couple of days later at the farewell party she gave to Mr Chagla.

My wife and I had been invited to the party and Mrs. Gandhi was most charming. My wife and she



*Sabha Secretary Mr. C.J. Nayak with Mr. MVK*

got along very well. I suppose in part because Elinor was an American and knew a great deal about UN organisations. That evening, the American community in Paris had arranged for a film show on President Kennedy's last three days before he was assassinated. Elinor wondered whether we should invite Mrs Gandhi to join us. She seemed only too pleased to accept our invitation, considering that she knew the Kennedys well. It was a poignant evening.

"The show was over by 8.30 p.m. At this point, Elinor whispered to me whether she can ask Mrs Gandhi to come over to our apartment for dinner. "What have you got?" I asked and Elinor replied, "Darling, only left-overs!" Mrs Gandhi, who must have overheard our conversation seemed amused and said she could most happily come with us despite my protestations that we could only serve her pot-luck!

"We had a wonderful evening. Elinor managed to whip up a dinner of sorts but Mrs. Gandhi turned out to be the ideal guest. The food did not bother her. She said she enjoyed it. What amazed me was the chatter she kept up, about herself, her family, her daily routine and a host of other things like how her husband proposed to her on the steps of the Sacre Couer (the famous cathedral in Paris); how much she liked French bread, how she saved money during her foreign trips to send it to her two sons studying in England and so on. She enjoyed being teased and ever since then I had always had the feeling that what she needed most was not a husband or sons, but a younger brother who could tease her and love her, but never be a competitor in her power game.



“We must have talked endlessly from around 9 p.m. to 2.30 a.m. when she caught me looking surreptitiously at my watch; whereupon she asked: “Do you want to throw me out?” She was enjoying the evening and would have happily sat throughout the night chatting merrily and we had finally to tell her that in her own interest she should have a good night’s rest. She had told me that she loved Paris a great deal and I promised her that the next time she was back in the city, I would personally show her around.”

MVK goes on to write that she did come to Paris soon enough, this time as Prime Minister! And, the meeting had an unexpected denouement. At an interview organised for him and the PTI correspondent, Mrs Gandhi refused to recognise him! “Right away it became clear to me that Mrs

Gandhi had decided that she did not know me. She was as cold as a refrigerated fish and just as stiff. Having anticipated such a likelihood, I was not taken by surprise and behaved as if that was the first time I had set eyes on her,” he wrote.

MVK’s book is a fascinating story of the life and times of someone who became a journalist through sheer serendipity (he had set out in life to be a chemist!). Having become one, he went on to live life to the fullest in a career spanning Europe, the US and then back home to a prolific career as a political and social commentator. His passing away at a grand old age brings to a close an era of old school journalists.

*Courtesy: Business Line*



## CELEBRATING LIFE

*G.V. Prasanth Kumar Baliga*

*If you think positively, Sound becomes Music, Movement Becomes Dance, Smile Becomes Laughter, Mind Becomes Meditation, And Life Becomes a Celebration....*

from: <http://rishikajain.com/2010/11/25/life-is-a-celebration/>

Life is a gift of God in answer to the prayer of our parents and the blessing of our forefathers. It is the spark of the celestial –a microcosm of the Universal energy smiling at the womb of living beings. All beings under the sky are born to celebrate their lives. Then the question arises why human beings do not celebrate this gift of God? An introspection of my life and an observation of those around me have enlightened me with certain facts. This article is my sincere attempt to highlight some basics of life and the means and ways to celebrate one’s life. Life is not a gamble as many people think it to be. It is not by accident that we are all born in this world. It is not a coincidence that we are born in a community or neither is it a chance that we are born into a family. If each one of us walks back in the sands of Time, we can identify some part of us in each one of our forefathers - both maternal and paternal.

The birth is marked by the transfer of DNA from the parents to the child. DNA is the accumulation of the energy (neuro-chemical programme) transferred through generations from the ancestors to the child. After birth, every experience –good or

bad adds to the DNA. The interaction of the living soul is the transfer of some part of one’s energy to another. Friendship, Enmity, Love, Hatred, Care and Indifference are manifestations of such transfer. Every communication we make is the result of change in the energy within and without. Virtues are Positive energy which enhances the quality of life and the Vices are Negative energy which results in suffering and unhappiness.

The following five steps will guide one

**1. Be completely true to yourself!** This is not as easy as it seems to be. We always tend to live for others. In the process, we demean our belief in us. This negative attitude impedes our mental growth resulting in physical and mental sickness. Know what you want and what you don’t want. Be aware of your beliefs. Enjoy the tick of your heart and the flow of your breath.

**2. Appreciate your body, mind and spirit!** We always tend to compare ourselves with others. Learn to appreciate what God has given us - Physique, Mind and Spirit. How many of us have seen ourselves? Most of us are blind neck below and thus ignorant of the rest of the body. Our intuition is thus limited to that. To be intuitive, one should be aware of the sensuousness of the body. Only then, we can see the symptoms of illness and sufferings long before it actually strikes. Appreciating your body, mind and spirit will also help one choose

healthy relationships, avoid harmful situations and most important to enjoy the movement (dance) of the senses.

**3. Perceive the subtle Energy!** All activities of body, mind and soul are a result of energy transfer. Yoga identifies various energy centres of our body. Most of the solutions to our day-to-day problems lie in learning to balance these energies. Love is one of the manifestations of the feeling of energy.

**4. Look for the solution in your Mind!** Think before you leap. Meditate in silence when the whole world seems to bang your head. Look in Nature for peace and calm. Listen to music. If everything goes awry, do not feel shy of running into the silent wild world of yours and scream your heart's full. If it is not possible, play the music and swing your arms and

legs. Then sit down and think. There is always a solution to one's problems in one's own mind. Get guidance from your Mind!

**5. Pay attention to Dreams!** Dreams reflect the Intuition. It is the voice of the Inner Self or the Sixth Sense. According to psychologists, we dream during the ninety minutes of Rapid Eye Movement stage of our sleep. We tend to ignore dreams as just dreams. We need to remember the Dreams. That is the Secret! They provide answers to most of our problems related to relationships, health and career choice.

Thus, celebrating life is just to live our life – being conscious of the limitations within us. It lies in understanding unlimited freedom of expressions while appreciating beauty in self and in others.



## DOYEN AMONG DOYENS – PROFESSOR ULLAL VENKATRAYA NAYAK

*Dr. U.S. Nayak*

There was a time in the 1930s and 1940s, when the medical field in Madras was dominated by doctors from our community. Here is a list of these stalwarts and the posts they held, as far as memory goes.

- Dr. C. Rama Kamath, D.M.O., Madras Constituency
- Dr. M. Keshav Pai, Director of King Institute, Guindy
- Dr. U. Venkatraya Nayak, Prof. of Anatomy, Madras Medical College
- Dr. K.K. Shenoy, Prof. of Social and Preventive Medicine, MMC
- Dr. M. Balakrishna Prabhu, Prof. of Obstetrics & Gynaecology & Superintendent, Women & Children Hospital, Egmore
- Dr. B.H. Padmanabha Pai, Prof. of Medicine, MMC.
- Dr. N. Mangesh Rao, Prof. of Surgery, M.M.C.
- Dr. M. Narayana Prabhu, Prof. of E.N.T. Surgery, MMC.
- Dr. G. Dinkar Rao, Prof. of Medicine, Stanley Medical College.
- Dr. M. Gopal Kini, Prof. of Orthopedics, Stanley Medical College
- Dr. N.N. Sujeer, R.M.O., Govt. General Hospital, Madras



The younger generation today is not well aware of these medical luminaries and the footprints that they have left on the sands of time. It would be useful if a brief sketch of their lives could be



published in the Sabha News Letter, written by one of their descendants. Being the son of late Dr. Ullal Venkatraya Nayak, I am presenting this brief memoir of my father.

U.V. Nayak was born on 15th May 1897, to Ullal Subraya Nayak and Kamala Bai in Mangalore. His father was a schoolteacher, initially in Ullal, a village near Mangalore, who later migrated to Mangalore city to become a wholesale grains merchant. They had 5 sons and 4 daughters, my father being the eldest son. He had his schooling and college education in Mangalore and joined the Madras Medical College in 1916 for the M.B.B.S. course. He was a brilliant student and secured several medals throughout the course and, finally, the prestigious Johnston Gold Medal for the best outgoing student in 1921. (Two others from our community have subsequently won this medal. One is Dr. M.V. Bhat in 1947 and the other, Dr. Ajit Pai in 2002.)

Dr. U. V. Nayak was appointed as Tutor in Anatomy, M.M.C. In 1931, he went to London for the Ph.D. In those days travel to London was by sea and it took nearly 3 week's time. He returned to India in 1933 after acquiring the Ph.D. and was posted as Assistant Professor of Anatomy, M.M.C.

He was felicitated by the S.G.S Sabha at that time. He became Professor of Anatomy in 1941.

He was an excellent teacher and was greatly appreciated by his students. He could draw with both hands simultaneously on the blackboard and one of students told me that when he taught embryology the foetus 'grew on the board.' He was very good at dissections and some of these specimens are preserved in the anatomy museum at MMC, even today. Many of his students, like Dr.B. Ramamurti, have become international figures.

He was a religious person and arranged Gita classes at his house on Casa Major Road, Egmore on Sundays. These classes were conducted by his father-in-law, Dr.C. Rama Kamath, and attended by several members of our community. He passed away in 1944 at the young age of 47, at the peak of his career. One of his students, Dr. C. Satyanarayana, prepared his bronze bust and this is installed in the Anatomy Museum, of Madras Medical College. He left behind 2 daughters and a son, Late Mrs. Susheela Rao, Dr. U. Sunanda Kini, Retd. Professor of Pathology, Kasturba Medical College, Mangalore and Dr. U. S. Nayak, Retd Professor of Plastic Surgery, Madras Medical College, Chennai.



## POST OPERATION PHYSIOTHERAPY – TRIUMPHS AND TRIBULATIONS

*K.P. Ramesh Rao*

In my article "Accidental Musings" written last year (vide Sabha News of Aug. 2013), I had written about different types of accidents. Little did I know at the time, that there was an accident waiting to happen to me. On the 31st of May 2014, I went on my weekly visit to the Shani temple accompanied by my daughter. While she waited in the parked car, I walked in to the temple and started climbing the familiar set of three steps – holding on to the rickety booth for support. Before I knew it, I was lying horizontal on the steps with a broken left hip joint. The excruciating pain I felt when I tried to get up clearly indicated that I had fractured some bone. I borrowed a cell phone from another devotee and called my daughter in for help. She attended the situation immediately, hired an ambulance from a nearby diagnostic centre and took me to a good hospital in the vicinity. Given my unusual height, my legs were dangling out from the Maruti Omni ambulance. It is fortunate that I didn't have any further injury en route the hospital!

On arrival at the hospital, I was put through an X Ray test which confirmed that my left hip joint had been fractured and I was immediately admitted to the hospital as an in-patient. The doctor asked me how the accident happened and after I had explained the background, he said I should follow Sant Kabir's advice and look for God within, rather than in temples! I was in the hospital for close to 3 weeks and was discharged after the surgeons finished their carpentry work of placing rods, nuts and bolts in my person. Then it was the turn of the physiotherapists – they took charge and put me through a regimen of painful exercises in the name of helping me recover. I was advised that I would recover faster if I performed the exercises according to their military plan. They did their level best to convince me that my entire recovery depended on my executing the plan which included making me do excruciating exercises as many times a day as possible, topped with 3 rounds of walking using a walker.

It was only when I went through the Physiotherapy phase that I was able to empathize with my late mother's resistance to the physiotherapy that she was asked to undergo at the age of 86, when she had had a fall and fractured her hip. While she was successful in warding off the physiotherapists, I was not. The silver lining in all of this was that the nurses were very kind and apologetic. When one of the nurses had to tie my hand to the side of the bed to give the sodium drip, she apologized and said "sorry, I have to keep one of your hands tied for some time". I retorted jovially "Relax – at home both my hands are tied"! I was discharged soon after. After I came home, a male nurse was appointed to look after me during the convalescence. He did a good job of taking on the physiotherapist's role in addition to other duties. After the 2nd review visit, the doctor mentioned that the hip joint had healed well and that I could gradually give up the walker at my discretion. This was mentioned in my wife's presence. On the way back, I suggested we call the physiotherapist to chalk out an action plan to give

up the walker. My wife said it was not necessary as she had already left the walker at the hospital requesting it to be donated to a poor patient. So much for my discretion! Luckily the ward boy had the sense to pursue us to the car and return it! Soon after the 2nd review visit, the male nurse took leave and my wife took over the mantle of ensuring my return to normalcy via the exercise highway. She monitored me with an eagle eye supervising the exercises and making me continue the 3 times daily walk routine. She also added a new challenge to the hurdle race – climbing 2 flights of stairs, twice a day. All this, was of course, with the good intent of getting me back to my job of driving her around for errands as soon as possible. Husbands are wont to complain about their wives (and vice versa of course) but I am an exception as I am a compliance minded person and I hoist the proverbial white flag at the earliest hint of combat. Besides, in my heart of hearts, I do realize that all of this was intended for my benefit.



## MY CELEBRITY MOMENT

*Vidya R Prabhu (Works at Infosys, Mahindra City)*

Have you ever dreamt of being a celebrity? Do you wish that one day, the whole world would know your name, and people would rip off an arm just to get a glimpse of you, and you couldn't get from point A to point B without being mobbed by your fans?

I guess a fair majority of you are nodding 'yes' to the above questions. A grumpy minority are wondering what point I am trying to make and when I plan to make it. Soon, I promise.

Most of us have already grown up and realised that we were not cut from the same cloth as Shah Rukh Khan and we can't beat Magnus Carlsen at chess. But we've had our minor celebrity moments that make us feel like we have some royal blue stuff coursing through the veins, haven't we? I'm going to tell you about one such.

It was during the Ganesh Chaturthi celebrations at SGS Sabha. Pujas were being offered to the beautifully decorated idol, families sat around in groups, most of them engaged in gossips, some solemnly watching the rituals on stage, some plain bored and yawning, the inevitable hyperactivity in the form of little children running around non-

stop, the small group of college-going youngsters laughing loudly at a joke someone had cracked, the hustle and bustle of volunteers carrying puja items authoritatively demanding their right of way "vaat vaat!".

And I was blissfully lost in this commotion that had a soothing effect on a lazy beholder. It was a blur of wondrous colors and a melodious cacophony of noises.

I would have sat there forever (maybe), if my father hadn't informed me that it was time for lunch. That jolted me from my thoughts. When there is delicious Ghassi to be tasted, I'm afraid there can be little room for much else on this particular mind. And so, after an enjoyable half-hour in front of the banana leaf filled with delicacies and a little after-the-food socialising, my father and I decided to leave. We picked up some groceries on the way back home and came to collapse under the fan for an afternoon nap. That's when it finally hit me.

There is often a lot of clamour these days about how electronic devices and the people who own them have begun to lead a symbiotic existence. One cannot thrive without the other. This is also



true in my case, but only partially. Regardless the number of wall clocks there are in a given place and a watch securely strapped on my wrist, I find that I reach for my smart phone to check the time. But I discovered then, that my phone was gone. Frantic searches in all possible places and some desperate yelling did not cause my Nokia to magically reveal itself as I had hoped.

My father called my number and someone answered and told him that the phone was at the Sabha office. Some kind soul had found the abandoned gadget and handed it over to the office. My father told me to relax and that we could go and collect it later in the evening. But I would have none of that. I couldn't bear to be separated from my soul-mate for that long. Besides, how was I going to know what time it was! I rushed there on my bike immediately and presented myself with at the Sabha office .

My immense relief at having been told that my phone is safe, somehow automatically led me to believe that it would be handed over to me the moment I showed up. But that was not to be.


I introduced myself and in the best possible Konkani, trying not to use any English or Tamil words, explained why I had come, only to be given crisp responses in English. The gentleman at one of the desks wasn't impressed. My identity was in question. "How can I know you are who you claim to be?". I offered to show him my driver's licence . "Yes we're going to need a copy of that. You young people will leave your things carelessly about and

tomorrow if someone else comes asking for the phone, what can I tell them?'

I was then told to wait. 'Mr Balaji will come in some time now. He will deal with this'. I didn't protest. I sat down on a chair nearby nervously enjoying the excellent air conditioning in the office. A few minutes later Mr Balaji showed up. Luckily he didn't seem annoyed. "I know your father well. It's a good thing you had saved his photo on your phone. I have never seen his daughter but I guess its you". He laughed and I squirmed guiltily in my seat.

Mr Balaji turned to the strict gentleman and said "Sir, she's the one who has been writing the articles for the Sabha newsletter. The one about the OMR road bus journey?" I was pleasantly taken aback, but that didn't stop me from correcting Mr Balaji meekly 'Actually sir its GST not OMR' . (There's a world of difference between the two.) But that fact was largely ignored by the two men.

The stricter gentleman softened considerably. " Oh is it..is it? Very nice very nice. The articles are very nice ," he said approvingly. After that, no identity proof was required. Contrary to expectations, grumbling about traffic and weddings in the Sabha newsletter had won me some favour. A deal was made and I was given back my fancy time-keeping device.

That evening I felt like a celebrity. I could have sworn there were little wings on my feet but I still took the bike cruising through the slow moving traffic on Anna Salai, grinning to myself, from behind the helmet of course. 

## MOUTH WATERING MALAI

*Priya Narahari Rao*

### RAS MALAI

Ingredients -

Milk -1 1/2 litre

Cardamom -10 nos.

Sugar as required

Lemon 1

Pistachio for garnishing- a few

Take 1 1/2 litres of milk. Keep 1 litre for boiling. At the same time in a bowl take little hot water and add the juice of one lemon. When the milk boils (take out the cream from the milk in another vessel where you are going to boil the remaining half litre of milk, which is the 'ras' in which the rasgullas will be dipped in the end) add lemon juice spoon

by spoon and keep stirring... You can see paneer coming out. Sieve this paneer into a thin cloth. And in a big vessel take regular water and dip this cloth containing paneer. Repeat by changing the water for three times so that the smell and traces of lemon goes.

Now take the paneer in a big plate and knead till it becomes soft enough to make balls. Now in another vessel take sugar. The quantity of sugar should be same as that of paneer. Add three times water and keep it for boiling. Make paneer balls and slowly press them. When the sugar melts, place these paneer balls into the sugar water on low flame slowly one by one. Your paneer balls (rasgullas) which are boiling will increase in size.

Now rasgullas are ready. In another vessel where you have already taken half litre of milk, keep that for boiling add cardamom and sugar and allow

to boil till it becomes thick ( consistency of your choice ).Now put the rasgullas in it and garnish with pistachio.



## KALAKAND (also known as Malai burfi)

Ingredients –

Milk 1 1/2 litre

Sugar as required

Lemon 1

Take two vessels each with four glasses of milk. Keep them for boiling. To one vessel when the milk comes up pour lemon juice slowly and mix well till you can see paneer coming out of it. Separate paneer from the water using a muslin cloth. Then below the running water hold this paneer which is

covered with cloth for few minutes till the smell of lemon goes off. Then measure it and keep it aside. Now the milk in the other vessel should be reduced to half quantity by boiling. When the quantity is reduced, add the paneer to it slowly and keep on stirring till it becomes thick. See that when there is little more milk left add sugar. If the quantity of paneer is two bowls, add two bowls of sugar then mix well. See that kalakand is not too dry, pour this on a plank and cut them to your desired shape.



## SOME HEALTH TIPS FOR SENIOR CITIZENS

*P.B. Athulendranath Shenoi*

The United Nations International Day of Elder persons is celebrated annually on October 1 to recognize the contribution of elders. The number of Senior Citizens in India is rising and expected to increase by 300% in the next 40 years.

### DIET SUPPLEMENTS:

1. Soak a spoonful of Methi (Fenugreek) – whole in a little water, previous evening. Next morning on empty stomach chew and swallow the soaked Methi. The immediate affect will be hunger and lower blood sugar (fasting reading. Take regularly morning and evening.
2. If you drink tea in the morning add little raw ginger, Cardamom and Lavang to your tea while boiling. It will boost your immune system against Digestive and respiratory infections.
3. Take less quantity of rice a day for lunch. After lunch, drink a glass of butter milk with a raw pod of garlic mashed or whole. Regular consumption of raw garlic has a wonderful effect on your cholesterol and B.P. levels. Raw onion slices and cucumber are also good for B.P.

### 4. VEGETABLES

Fresh Cucumber, Onion, Tomatoes, Beans, Raw Cabbage (Salad) White Pumpkin, Ginger, Capsicum (raw) and Dhaniya.

### 5. FRUITS

Guava, Kiwi, Figs, Peaches, Apples, Papaya, Mosambi and Jamun (Lava fruits). The cost of some may be on higher side, but the health benefits far outweigh the costs.

### 6. DRY FRUITS

Walnut, Almond, Pistachio and Black dried grapes. Again cost may be on the higher side but health benefits that accrue are worth it. Small quantities eaten daily will suffice.

### 7. WALKING

It is said ‘sitting idle at Home all the time is ‘Asking the Heart to fail’’. Try to be on your feet as much as possible at home and outside. Park your 4 wheeler and find an excuse to go by walk for making small purchases, paying mobile and telephone bills and medicines. This will lend purpose to your walking while giving health benefits. While going for walk, take your mobile, a small water bottle and umbrella in a small bag.

### 8. PERSONAL HYGIENE

Daily bathe in hot water with a few drops of Eucalyptus oil in it. It will improve your blood circulation; and protect against the viral infections.

### 9. COMMUNICATION

Reading Newspapers, books like Readers Digest,



watching T.V. News Channels, General Knowledge, History of Travel Channels, keeps you well informed. Keeping regular contact with your loved ones, relatives, dear friends go a long way to boost your mental and physical well being.

## 10. SPIRITUALITY

Performing daily prayers to God for the welfare and wellbeing of your loved ones. Spirituality and prayers have a positive effect by giving mental and physical strength.

## 11. GENERAL

Spend your Pension and savings for yourself judiciously to enjoy the few healthy years you have left. You need not become full time baby sitters for your grandchildren. Keep time for your activities.

## CAUTION

Please note that these tips are not a substitute or alternative to your Doctor's prescribed Medicines. These are only a supplement to keep your readings under control and help reducing them. On no account should prescribed Medicines be stopped or reduced without Doctors supervision. If you do so, you will be putting your life at risk by speeding up collateral damage to your vital organs

Abstinence from Sugar and Sugar preparations and reduce salt is a must for Diabetics with B.P. Discipline in Diet, taking regular medication and walking exercise is of utmost importance.

(The writer is 66 years old and follows all that is written above with desirable results).



## HOW I JOINED THE AIR FORCE

*K.P.D. Rao*

To learn to fly I joined the Madras Flying Club. I thought it will be easy to get into the flying branch (Pilots) of the Air Force. Initially, when I sounded out the idea about flying to my dad, he was annoyed threatening to 'Payya Gaanti Monu Galtha' and so I gave up. Shortly after this, other Konkani families were boasting of their sons flying. Feeling somewhat ashamed he gave me his consent and before he could change his mind I ran to the recruiting authorities for further action. On the way I saw a plane slowly falling downwards but rolling on its axis (aero-batics). I got scared and came back home keeping to myself. My father wondered what had happened and I lied to him I got scared. Raising his tone a bit he called me 'Bayya Pukki-Lashi Vorne'. This shocked me and warned me to further my guts enough to change my mind. My succeeding in the Interview Board at Pune to make it to the flying branch (G.D. Pilots) of the Indian Air Force was over shadowed by my failing to pass the medical board and so I had to come back home disappointed. Luckily for me, I must have impressed the Selection Board well enough for the President of the Interview board to offer me another chance to join other Branches like the Army or Navy and I was asked to apply again. I was from the beginning all for Air Force and nothing else. When I returned to Madras, my friend and college classmate C.M. Prabhu IAS showed me the newspaper calling for applications for other branches of the Air Force. And for every person flying we had to look after the others like clothing, Catering, Monthly Allowances

and such others. Happily I applied for the Admin Branch and eventually got orders to join for training for 8 weeks at Pune. As I came to know that for purposes of age one had to be above 22 and I was hardly 20 I was rather vulnerable. Unless I could prove that the factor of age only can make me fit, I had to prove my competence to run the show. We had to face weekly tests and so I took pains to do well to score either the first or second rank in every one of them. In the matter of Parade ground drill my previous experience in college in the NCC made it easy for me to look smart all the time (Right Marker) and in sports like Hockey and Cricket me being the Goal and wicket keeper made it possible to judge my worth as I was again likely not to commit any mistakes in anticipation or judging a situation in the game. In our infrequent entertainments in Music I was on the top with all English songs of all time and a few Hindi tunes too. We all know that we were being watched 24/7 and were on the alert all the time. Since I did well all the time I felt confident to face the final interview and I came out smiling. I came out after the orders. The other officer cadets of my level were also happy for me as they knew about my age and qualification. But it was short lived as I was called back. I thought as a last defense effort I face come what may. They asked my age and I proved that I had given the same facts and the recruiting authorities must be held responsible for any mistakes. I had also told them that I had left my final year BSc (Hon.) University degree course to do my bit in this area. If I am not selected I would be

unfit to get a good enough job. I also gave the case of another officer cadet who was short by 2 months. This case got those relaxing the age feature. I asked

for similar action and finally got the commission to select me as Pilot Officer Indian Air Force.



## HAVE A GOOD LAUGH!!

*K.R. Baliga*

A teacher had twenty-six students in her class She presented each child in her classroom the 1st half of a well-known proverb and asked them to come up with the remainder of the proverb. It's hard to believe these were actually done by first graders. Their insight may surprise you. While reading, keep in mind that these are first-graders, 6-year-olds, because the last one is a classic!

1.	Don't change horses	until they stop running.
2.	Strike while the	bug is close.
3.	It's always darkest before	Daylight Saving Time.
4.	Never underestimate the power of	termites.
5.	You can lead a horse to water but	how?
6.	Don't bite the hand that	looks dirty.
7.	No news is	impossible.
8.	A miss is as good as a	Mr.
9.	You can't teach an old dog new	math.
10.	If you lie down with dogs, you'll	stink in the morning.
11.	Love all, trust	me.
12.	The pen is mightier than the	pigs.
13.	An idle mind is	the best way to relax.
14.	Where there's smoke there's	pollution.
15.	Happy the bride who	gets all the presents.
16.	A penny saved is	not much.
17.	Two's company, three's	the Musketeers.
18.	Don't put off till tomorrow what	you put on to go to bed.
19.	Laugh and the whole world laughs with you, cry and	you have to blow your nose.
20.	There are none so blind as	Stevie Wonder.
21.	Children should be seen and not	spanked or grounded.
22.	If at first you don't succeed	get new batteries.
23.	You get out of something only what you	see in the picture on the box.
24.	When the blind lead the blind	get out of the way.
25.	A bird in the hand	is going to poop on you.
<b>And the WINNER and last one!</b>		
26.	Better late than	pregnant.



## SGS SABHA CHARITABLE TRUST

*U. Prabhakar Rao, Managing Trustee*

We have 12 residents in the Old Age Home.

We are happy to note that the residents are living as a family helping each other in case of need and are happy. Because of their advanced age they are frequently falling sick and more and more medical attention is required. However the timely help from S.G.S. Sabha and Madras Shri Kashi Math is a big source of strength for them.

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

We express our grateful thanks to the donors who sponsored for 126 days under the "One Day Expenses Scheme" from April 2014 to November 2014 by paying ₹1,500/- per day. We appeal to our members to celebrate special occasions such as birthdays, wedding anniversary etc. by contributing ₹1,500/- under this scheme.

We repeat that the donations to the Trust are eligible for Income Tax concession under Sec. 80G. Cheques drawn in favour of "SGS Sabha Charitable Trust" may kindly be sent to the Trust Office, Dr. K.P. Mahale Centre, New No.17, (Old No.3), Ujjini Devi Street, Ayanavaram, Chennai – 600 023. Telephone: 2644 9585



## THE LUNCHBOX

*Dr. (Mrs.) Vidya Nayak*

Childhood obesity is on the rise all over the world and even in developing countries like ours. This is partially due to an increase in the consumption of fast foods that are high in fat, sugar and calories. Furthermore, both in school and at home, children take part less in physical activity like outdoor sports and games. Instead, they spend more time on sedentary entertainment like video games and TV viewing. Oftentimes, these activities are accompanied by snacks such as chips, popcorn and noodles, which tend to be high in salt and calories. So much so that while our TV screens are getting thinner, our children in front of the TV are getting fatter.

Unfortunately, as a result of this change in lifestyle and nutrition, childhood health problems are on the increase. Hypertension, hyperlipidemia, diabetes mellitus, menstrual disorders, high cholesterol and visual disturbances are becoming commonplace among children.

To return to healthy, wholesome, nutritious and tasty eating at home, a good place to start is our children's lunchbox! A child's packed lunch can be made tasty and appealing while still being healthy. Children can be enticed to enjoy their lunch by making their lunchbox visually appealing and temptingly appetizing with a variety of surprise healthy lunches packed each day so that there is little temptation to buy junk food at school. This can be accomplished

by not eliminating any of the foods they love but turning them into healthy alternatives.

For example, a lunchbox pizza can be made healthier by reducing the amount of cheese and adding more vegetables. Burgers can also be a healthy lunch option with the addition of more grated vegetables in the vegetarian or meat patty and reducing the amount of cheese and fatty condiments. Frankie made with whole grain flour and filled with a variety of colorful vegetables is another healthy alternative. Even rice or noodle dishes can be made healthier and better balanced by substituting brown rice or whole grain noodles and adding more vegetables and protein (like chicken, fish, tofu, beans or lentils) and reducing the fatty add-ons like oil, butter, cheese or paneer.

Small frequent meals (every 2-3 hours) are important in maintaining a healthy metabolism and providing children with the energy boost they need throughout the day. Breakfast is the most important meal of the day and it is important that children take the time to have a healthy and wholesome breakfast before school and on the weekends. Snacks in the lunchbox and while at home can be made healthier by including more mixed nuts, seeds, fruits, yogurt, raw vegetables (salads) and sprouted moong. Dinner is best eaten at least 2-3 hours before bedtime so that children have the time to digest their food.



In addition, we need to make physical activity more attractive for our children by finding creative ways to get them to move. Physical activity should be made a part of the everyday routine and can be as simple as walking the dog, gardening or walking together with the family, playing sports like tennis and badminton.

With our effort, attention and a little planning it is possible to get our children to be healthy, enjoy good nutrition, shed the extra kilos, enjoy an active lifestyle and avoid a lot of medical problems that can persist into adulthood.



## SCHOLARS' GRATITUDE

Respected Sir/Madam,

During my college days (1984 to 1986), I have received the scholarship from the reputed SGS Sabha, Chennai. Because of your generous support, today I am leading a normal peaceful life in Pune, along with my wife Vidyalakshmi and two daughters – Aditi & Jahnvi.

Now, it is my turn and moral responsibility to contribute from my end towards the benefit of poor child from our society. Kindly let me know

the amount for the patronship of M/s. SGS Sabha Educational Trust and way to contribute

(i.e. NEFT – Bank details \_ IFSC, A/c. No. etc).

With your blessings & support, today a poor GSB student like me standing proudly crossing all hurdles in my life. Myself & my family is very much grateful for your timely support during my education.

Thanking you,

Yours Gratefully,

**Uday Hanumant Prabhu, Pune**



## WE MISS THEM

Since the publication of the last Newsletter No.43 in July 2014 the Sabha has come to know about the sad demise of the following members.

Mrs. Sumathi L. Hegde, Chennai	13-06-2014
N.G. Srinivasan, Chennai	22-06-2014
R. Janardhan Pai, Chennai	29-06-2014
Miss N. Sundari, Chennai	03-07-2014
Mrs. S. Shanthi Bai. Tirupur	Date not known
P. Vasu Kamath, Chennai	29-07-2014
Mrs. Nirmala Rao, Chennai	14-08-2014
Mrs. G. Yesodamma, Chennai	17-09-2014
V.S. Kamath, Chennai	20-09-2014
P.R. Nayak, Coimbatore	Date not known
Nityanand G. Pai, Chennai	Date not known
B. Rajendra Pai, Chennai	31-12-2014
B.P. Baliga, Mangalore	31-12-2014
Mrs. K. Sumana Prabhu, Chennai	02-01-2015