



SABHA NEWS

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EDITOR'S SPEAK:

We are happy to place before you the 43rd edition of our Sabha News. This issue has varieties of interesting articles. Apart from articles contributed by members, this edition covers reports of Medical Screening Camp for the weaker section of our community members successfully conducted by our Sabha in March 2014. We have also included details of New Medical Schemes for the benefit of the economically weaker sections of our community launched with effect from April 2014. The picturesqueness of Konkani expressions is revealed by a fresh selection of proverbs we have published. We thank and appreciate the continuing patronage by our regular contributors and we look forward to the participation by other members in making the Newsletter even more interesting. It is a privilege to publish articles from budding and new writers, and rejoice at the unlocking of the hidden talents.

Happy reading

CARDIAC SCREENING CAMP

For the first time, a cardiac screening camp for the economically weaker section of our community was conducted by SGS Sabha in association with Sri Ramachandra University Hospital, at the Sabha premises on 9th March 2014.



Registration of beneficiaries

The medical team was headed by Prof. J.S.N. Moorthy, Senior Cardiologist of the hospital and

currently Vice-Chancellor of the Sri Ramachandra University. He was accompanied by three other cardiologists, professional assistants from the lab services, personnel from the pharmacy and executives from the guest relations desk.

The camp started at 7.00 a.m. in the morning with the registration of the beneficiaries. 96 members were registered for the screening.



Consultation by Prof. (Dr.) J.S.N. Moorthy



Consultation by other doctors at the Camp

Initially, height, weight and blood pressure were recorded. The following investigations were planned and done for all beneficiaries: CBC (Complete Blood Count); Blood Sugar – fasting; Blood Sugar – post prandial; Blood Urea; Serum – Creatinine; Lipid - Profile; ECG; Echo and Ultra Sound examination of the abdomen.



Prof. (Dr.) J.S.N. Moorthy felicitated

All the beneficiaries were examined subsequently by the doctors and were prescribed medicines which were dispensed by the pharmacy in the Sabha premises.



Dr. H.R. Shanbhogue explains the need and importance of medical camps before the beginning of interaction session of Doctors and staff of nutrition and psychology departments with the members

In the evening, at an interactive session, Prof. Muralidharan, Prof. of Cardiology, Sri Ramachandra University, addressed the members of the Sabha and answered all their queries regarding heart complaints and blood pressure. The staff from the nutrition and psychology departments of the University also interacted with the members. It was a very educative session for all the members.



Dr. Muralidharan, Professor of Cardiology, Sri Ramachandra University Hospital, interacting with members

Subsequently, the President of the Sabha Mr. A. Arjuna Pai honoured the medical faculty. Others were honoured by the volunteers of the Mahila Vibhag. The day's proceedings concluded with a vote of thanks proposed by the Treasurer of the Sabha Mr. K.P. Lakshmana Rao.

With this registration, the beneficiaries will automatically become the patients of Sri Ramachandra hospital and can avail all the facilities which other patients get in that hospital.

All the beneficiaries and volunteers were provided with breakfast, sumptuous lunch and high tea. The programme was well received and the Sabha hopes to continue the same screening camp in the years to come.

Appreciation for the camp

Appreciating the Sabha for conducting the camp, Mr. K. Raman Prabhu of Saligramam, Chennai, a beneficiary, wrote:

“The medical camp you organized for the benefit of the economically weaker section of our community members helped us in our old age to diagnose diseases and get necessary treatment. This Medical Camp was a great help for members like me.

Conducting various clinical tests, handing out reports and following it up with doctors' consultation - all in a single day for the convenience of members - is highly appreciable. We also thank you for the free medicines given. I pray to God that the selfless

services you are rendering to the economically weaker section of our community may continue forever and I thank you very much.”

Durgesh S. Manikere, Virugambakkam, Chennai, a beneficiary, wrote:

“The Sabha has been doing noble work for the welfare of our community. Health care camp like this is very important these days, as medical expenses have gone up and are beyond the reach of many middle class and below middle class people. So the Sabha has done great job in this regard.

The excellent arrangement for the Camp, the tireless service of the volunteers and the food served were par excellence.”

NEW MEDICAL SCHEMES FOR OUR MEMBERS RESIDING IN CHENNAI CITY

The Sabha is pleased to announce the launch of New Medical Schemes for the benefit of the economically weaker sections of our community members residing in Chennai City. The salient features of New Medical Schemes are given below:

1. The scheme has come in to effect from 1st April 2014.
2. The scheme is restricted to members of our community residing in Chennai city and whose Annual Income from all sources does not exceed ₹3,00,000 (Rupees Three Lakhs).
3. Those who are covered by their employers or Mediclaim policies will not be considered for assistance under this scheme to the extent their medical treatment costs reimbursed.
4. The assistance is in two categories:
 - (A) For medical treatment which requires hospitalization in a recognized hospital/nursing home for minimum of 24 hours. Dental treatment however, is not covered under the scheme.
 - (B) To cover hospitalization of less than 24 hours which will cover short term management of chronic diseases of Cancer & Kidney ailments.

The assistance would be actual expenditure incurred on surgeries, clinical tests, medicines, X-ray, doctors' fees, scan etc., subject to a maximum of ₹25,000 per annum per person in the case of (A) above and ₹15,000 per annum per person in the case of (B). The amount will be paid as reimbursement to the applicant by cheque subject to production of original bills or by Account Payee cheque to the Institution where the treatment has been availed.

Special Disadvantage Group: This would cover physically handicapped persons and other related

categories involving disability. The eligibility criteria as indicated above is applicable in this case also.

The assistance would be subject to a maximum of ₹10,000 per annum per person. The payment will be by Account payee cheque as indicated above.

The application for the above schemes should be submitted in the prescribed form available at the Sabha and the medical assistance is subject to the clearance of medical sub committee of the Sabha constituted for the purpose.

Community members of Chennai fulfilling the eligibility criteria and desirous of availing the benefits of the above scheme are requested to apply in the prescribed application form available at the Sabha Office/Sabha Website.

The following are the other proposals under consideration:

- 1) **Screening Camps:** Special camps at the Sabha for members of weaker section for diagnostic coverage for cardiac, diabetic, orthopaedic, geriatric conditions will be conducted periodically.

We are happy to inform Members that the Cardiac Camp conducted by the Sri Ramachandra Medical College & Research Institute at the Sabha on 9th March 2014 was a grand success and appreciated by everyone. The Sabha has plans to undertake such camps this year also.

- 2) **Linkage with Institution:** In addition to our existing Nethra Daan Scheme, the sabha is exploring the possibilities of linkage with Hospitals within Chennai city for Medical benefit of our community members.

The Medical Assistance Scheme as indicated above, implemented from 1st April 2014, will be reviewed after one year.

SWAMIJI 'S VISIT TO THE SABHA

His Holiness Srimad Samyamindra Thirtha Swamiji, Patta Shishya of H.H. Shrimad Sudhindra Thirtha Swamiji, Mathadhipati of Shri Kashi Math Samsthan, who was camping in Chennai visited the Sabha on the evening of 26th January 2014.

In his Ashirvachan, Swamiji highlighted that the samskaras, traditions and the cultural values of the GSBs which have come down the ages need to be preserved. Going into the origin of the Konkani language, which had evolved from Mythili Prakrit and has close affinity to Sanskrit, the Swamiji exhorted GSBs to use Konkani as much as possible

for communicating among themselves, and to encourage their children to speak in Konkani at home. This is only to preserve our own special culture and identity and not because of any ill-will against other languages.



Mahila members and children line up to welcome Swamiji



Swamiji received by the Hon. Secretary



Ashirvachan by Swamiji

Deva bhakti and Guru bhakti are also an important component of GSB heritage. Everyone should worship daily his Ishtadevata and Kuladevata. It is not because God needs our worship or seva. It is only for our spiritual growth and as a mark of our gratitude to God for all that He has given us. Referring to the study of the Vedas, H. H. said that only those who observe the rituals like Sandhya Vandana, Agnihotra etc acquire eligibility for taking up Veda Adhyana.

Speaking on the role of women, he rejected the wrong notion some had that women do not have independence. What it meant was that they had to be taken care of by their parents when they were young, by their husbands after marriage, and by their children in their old age.

In fact, it is the duty of people to take care of their women-folk. That is why it has been said in tradition that half of punya done by the husband goes to the wife, but the paapa done by him has to be borne by him totally. The punya done by the wife remains with her totally and half her paapas are to be shared by the husband. The duty of the women is to create conditions favourable (anukoola) for the family members to perform their duties.

The Swamiji appreciated the good work done by the Sabha in helping the needy students with Education Scholarships and invoked the blessings of Vyasa Raghupati on the disciples in Chennai.

Earlier, the Swamiji was received in the Sabha with full honours, Poorna Kumbha, music and Veda Ghosha. The Sabha President Sri A. Arjuna Pai delivered the Welcome Address in which he mentioned the Sabha's activities and future plans. High Tea was served to all who attended the function.

KONKANI DRAMA SUNDARI MAYYELI SOONA

A Konkani drama *Sundari Mayyeli Soona*, by an all-women troupe Sri Laxmi Venkatesha Mahila Kala Ranga, Udupi, was staged at the Sabha premises on January 5, 2014. The play was written by Smt. Mundashi Shwetha Sudhakar Pai and directed by Sri Mundashi Devadas Pai.

The drama, based on GSB ethnicity and traditions, had Sundarimayi and Gopalman, an elderly couple, whose son Ratnakar works in the US. The old couple had made up their mind to get him married to Ravitha, the daughter of Sundarimayi's brother- a *mavle bhacchi soirika*.



But, when Ratnakar comes back from the US, he brings along his wife Mariya. His parents are shattered. But as Ratnakar is their only child, they accept him and his foreign wife with a heavy heart.



Mariya's mannerisms and anglicized Konkani and Sundarimayi's housekeeper Pinso's antics had the audience in splits.

The unexpected twist in the story came towards the end when Mariya's true identity was revealed. And the drama ended on an 'all's well that ends well' note.

The drama was well appreciated by one and all.

The programme concluded with the Managing Committee of the Sabha felicitating the artistes.

The artistes, in turn, thanked the Sabha for all the arrangements made for their travel and stay.

ANNUAL FAMILY DAY 2014

The SGS Sabha and its Mahila Vibhag organised the Annual Family Day on January 14th 2014. The fun-filled evening provided an opportunity to bring out various talents among our members and their families, especially children. Competitions, games and lucky draws were organised as part of the programme.

A drawing and painting competition was held for children below 14 years of age. As in the past, this year too, there was a huge response from young participants from various age groups.

'Test your vocabulary contest', a new and interesting word game, was conducted by Mr. K R Baliga for participants of three different age groups. The participants came forward in large numbers to display their vocabulary skills.



Konkani skit by children

A junk art or art from waste competition was held. Participants were asked to make something new and interesting from scraps and throwaways. There was an overwhelming response, and children teamed up with parents to give vent to their creativity. Many of them came up with interesting art work like flowers made out of PET bottles and serial bulbs, jewellery made from glossy magazine paper, painting made from Pista shells, toy made from coconut shell, and flowers made from tissue papers and tray made from old newspaper.

A fancy dress competition was held for children under different age groups. Tiny tots dressed in colourful costumes enacted various roles and provided a visual treat to the audience.

The highlight of the evening was a Konkani skit 'Brahman Ani Vaagu', based on a Panchatantra story, presented by children. The costumes, makeup, settings, dialogue delivery and role play by the kids were well appreciated by one and all.

A solo Bharathanatyam recital by Shivani Bharadwaj gave a traditional touch to the evening programme.

A short skit by ladies – Gharma Gharam Khabar -- showed how two women engage themselves in gossip over the telephone and forget their daily chores, resulting in funny situations.



Konkani skit Gharma Gharam Khabar

A Rajasthani folk dance by young girls had the audience on their feet-- an apt finale for the cultural events.

The programme concluded with the distribution of prizes for various competitions and lucky draws.

A RIDE IN THE HALWA LAND

S. Ranganatha Rao, B.Sc (Engg.)

Halwa, the King of the Indian confectionery world, is known as *halva* or *halvah* in the northern regions and as *aluva* in Malayalam and *halvo* in Konkani.

In my childhood, I had heard of a variety of *halwas* like Karachi *halwa*, Bombay *halwa*, Mahim *halwa* and the like and even tasted some. Hailing from

an ancient tharavad, *Swarga madom*, Calicut (now Kozhikode in northern Kerala). 'Calicut *halwa*' was forbidden for us in our family. True, a forbidden fruit is always tempting! I adopted a ploy of pestering my mother at the Calicut railway station to buy a small cube out of the large tempting blocks of Calicut *halwa* of various hues, taking advantage of the absence of the super-seniors of the joint family. If my mother's look could kill, I would not have been here to write this piece. At long last, on the threshold of 80 years, I could taste this famous aluva too recently as if to fulfil my life's ambitions.

I could not gauge the intense bias against this aluva for quite a long time. I presumed that it could be the lack of hygiene. On a deeper study, it dawned on me that 'Calicut *halwa*', is made in the medium of pure coconut oil, instead of the conventional 'pure ghee' in the run-of-the-mill *halwas* of the various regions. People had no quarrel with 'Dalda', 'OK' or other hydrogenated vegetable oils, including coconut oil! The dictionary states that *halwa* is a sweet food prepared from milk, sugar, almond, nuts and ghee. For religious-minded orthodox people, ghee is Anna-Sudhi and a must to go with rice! Thus, in our family, Calicut *halwa* or aluva was relegated to the position of a poor cousin vis-a-vis other accepted authentic *halwas* in pure ghee. No doubt, Americans could have taken cue from us for their bias against coconut oil.

There is an interesting true story about Calicut *halwa* or aluva which is historically true too. This *halwa* was exported, in the hoary past, from Malabar Coast to Arabian countries. Arabs used to bring 'dates' to Malabar coast by 'dhows' (single-masted Arabian sea-ships of about 200-ton capacity). They carried Calicut *halwa* on their return to Arabian countries. Now, hold your breath. Arabs used to take gold from the Malabar Coast to Arabian countries then. Loads of Calicut *halwa* came in handy to conceal gold from sea-pirates! Gold coins were deeply embedded in *halwa* blocks and the Arabs lovingly passed on the *halwa* cubes to their sweet hearts! Thus, the much maligned (in our family) *halwa* or aluva is also known as Gold Halwa now. Though gold smuggling has now 'reversed', Arabs still relish Calicut *halwa* perhaps more fondly to placate the lady of the house!

The sweetmeats sale is flourishing in the famous outlets of 'Mittai Theru' in Kozhikode. Probably, as the standing monument of the gold trade of the hoary past.

To do full justice to the *halwa* world, let me mention about the famous 'Tirunelveli *halwa*'. While in service, I served in Tirunelveli and its nearby places. To my knowledge, there are two varieties of the same *halwa*. The first one is available at the popular 'Iruttukada', opposite to Sri Nelliappan Temple, in the heart of the city. It is rightly named so because there is only one light in this shop. People do not mind the dull lighting and queue up in front of the dingy shop to buy the authentic Tirunelveli *halwa*. The sale is limited to just 100 gms per head. Meera (my wife), Bala (our foster-daughter) and myself had to join the 'Q' to buy the measly quantity of 100 gms of the Ambrosia each, served on a roughly 6" by 6" plantain leaf! The *halwa* was slightly (rightly too) hard and deeper in hue. Of course, good things come in small quantities.

There is another outlet known as 'Lala Kada', near the town bus stand where you can buy any quantity. The *halwa* was better in consistency and lighter in hue. But both were divine in taste. I learnt that special taste of this *halwa* is derived from the use of Thambraparni River water, which is believed to have traces of copper and some moolies (Ayurvedic herbs.)

In Toronto, Mr. Easwarnathan, my gracious host, took me to a departmental stores run by Sri Lankan Tamil (migrated to Canada). On being told that I was from Tamil Nadu, he readily showed me a neat pack of Tirunelveli Halwa repacked in Canada after stringent quality control measures. It warmed the cockles of my heart to see our Tirunelveli *halwa* proudly displayed abroad.

Now a days, I see Iruttu kada Tirunelveli *halwa* is freely available in Chennai. I learnt that there is a litigation in the offing on usages of Iruttu kada for the product manufactured in Chennai.

In Tamil, the phrase 'Avan alwa koduthaan', means he took me for a ride. Are we being taken for a ride in Halwa world today? Beware, there are colourful imitations all around.

PETTY TYRANNIES OF LIFE (2)

K.P. Ramesh Rao, Bangalore

This article is in continuation of my article which was published in the previous issue of 'Sabha News'. It explained in detail, a few instances of petty tyrannies. Some friends suggested that I should write a sequel to the article. One even went to the extent of saying that I should attempt a serial! Please relax and be rest assured that I don't have any such

intentions. I am content to write a sequel covering a few episodes, as I would otherwise end up a tyrant myself and not a petty one at that!

The tyrant in this context is an eighty-year-old cantankerous lady with whom we are acquainted. She, of course, has the proverbial heart of gold, but it is well concealed under layers of temperamental behaviour. Her utter rudeness towards the people who want to help her is to be experienced to be believed. Having retired from a top position in an MNC about twenty years ago, she feels she deserves the same respect and treatment that she enjoyed while in employment. Other people living in the vicinity have given up trying to help her and have even started avoiding her. There are very few persons left on her list of helpers. The list is topped by my wife as she is, by nature, a very helpful person.

My wife diligently offers to help her get her weekly requirement of vegetables from fair price shops during the weekends. Every Friday night, she tries to get the list of vegetables only to be rudely fobbed off, saying that the list is not ready. On most occasions, it takes her three persistent attempts, fraught with frustration, to get the list. Quite often she gets it just as she is rushing to leave for the market along with our daughter. There have been quite a few occasions when she has had to obtain the list over phone after reaching the market! Even a loan collections officer doesn't show such diligence!

Delivering the vegetables to her doorstep is an equally demanding task. She takes her own time to respond to the doorbell. Of course, this happens to every visitor without exception. If my wife happens to be in a hurry, she sometimes, leaves the bag along with a computerized bill, telling her that she will collect the amount later. The lady insists on completing the payment immediately and sure enough, she lands up at our door with the empty bag and a hundred rupee note, muttering away that nobody listens to her these days.

At the request of the same lady, my wife agreed to accompany her to the doctor. She was briefed about the medications on the previous day, in case she needed to assist in conversing with the doctor. When the doctor questioned the lady about the medicines, she could not reply, as she is hard of

hearing and probably did not hear the doctor's question. At the request of the doctor, my wife briefed him about the medicines whereupon the lady shouted at her stating, "You keep your mouth shut. Go and sit there [pointing out a chair placed at the far end]. You speak only when you are spoken to by me." The doctor intervened and thanked my wife for furnishing the required information and appreciated her patience. After this humiliating incident, my wife refused to accompany the old lady to the doctor, as she felt her efforts were purposeless, besides being unpleasant.

I also happen to be on the list of helpers, albeit at the very bottom! My services take the form of helping her book a gas cylinder refill, every couple of months. I tried avoiding it for some time but one day, in a moment of weakness, I succumbed without realising what I had let myself in for. This moment occurred when I was requested by my wife to hand over the bag of vegetables after returning from the market.

As requested (rather 'ordered'), I call at her house periodically when her cylinder runs out of gas. She keeps the requisite information such as the phone number of the dealer and her consumer number ready for my use. She has three phone instruments at her disposal. When I dial using the first one, there is usually no response whatsoever, as the instrument is out of order (I know this from several such attempts, but I have to go through the ordeal each time). After three attempts, she allows me to use the second instrument, through which I am able to connect to the gas agency IVR, but I do not succeed in registering the refill request. The attempt fails in spite of entering the correct responses, as some of the digits required for the IVR response, have worn out with use. With my irritation levels building up, I wait while she fetches the third and only instrument capable of fulfilling the task – the precious cordless telephone! She hands it over to me with much reluctance, eyeing me suspiciously as one would a stranger to whom one is handing over the family jewels. With this instrument in possession, I finally complete the transaction, with sweat pouring down my face, regardless of winter or summer!

Throughout the ordeal, she supervises my work as a demanding boss looks over the shoulder of a

SABHA WEBSITE REDESIGNED

Our Sabha's website has got a new look. Members are requested to visit our website @ www.sgssabhachennai.com We shall be uploading photographs of important functions and events shortly.

shivering novice, to ensure I commit no mistakes. On every occasion, I have to undergo the same laborious, serial procedure and I have never been accorded the privilege of using the cordless phone right away. I relentlessly go through the process of trying the exercise, first with the dead instrument, second with the instrument with the defective digit keys and finally with the prized cordless phone. On one occasion, the cordless phone was out of charge and so I was asked to report for duty, the next day!

When I take leave after a successful exercise, she thanks me profusely and at the same time, orders me to lodge a complaint about the non functioning instruments, and hand over the docket number to her forthwith. I dart out of her home, with the speed of an Olympic sprinter, to avoid further follow-on tasks.

Needless to say, my wife and I can compile a treatise of such episodes, but I rest my pen here for now. May be someday, I will actually start a serial, if not a book!

MY FLYING CLUB EPISODE

K.P.D. Rao, IFS (Retd.)

Years and years ago in 1942, I joined the Madras Flying Club to learn flying under Government scholarship. About this time the Club authorities received a communication to depute two ferry pilots to Karachi (now in Pakistan) to fly back to Madras two tiger moths (training aircraft with dual cockpits) after repairs and with certificates of air worthiness, as per the rules in force then.

When I got this news, I straight away asked if I may fly in one of them (occupying one of the empty cockpit) if I pay the train fare to Karachi, a long journey lasting about three days. Since our flying scheme was to provide us all possible experience to equip us to join the Indian Air Force, my suggestion was accepted and I left by train with the two pilots to Karachi. We took charge of the aircraft and I flew with the senior pilot, Mr. Dastur.

We reached Bhavnagar (en-route to Bombay) and as civil flying was banned after sun down, we landed there and were to leave the next morning. The Dewan of Bhavnagar State, being Dastur's classmate, received us at the airport and made us State guests. The airport authorities while doing their routine security check found me wanting anything in the way of identity or status, the other two had their pilot licence and so I was considered

as one under detention and a State Guest at the same time! At dinner, the other two were formally dressed while I was wearing khaki shorts and checked shirt. Dastur had warned me not to bring any extra clothes as our light aircraft had no provision to carry luggage.

Next morning we flew to Bombay to land there for fuelling. Sitting close by for tea and snacks we were dumb founded when an Indian Air Force plane smashed our aircraft while landing. The pilot shouted saying our aircraft was in his blind spot and pushed off.

I reached Madras by train, reaching some seven days since leaving for Karachi. My father had short of a heart attack, a hell of a time knowing next to nothing about me as the Flying club also had nothing to tell him. Also any letter to my father would have reached him only after I reached home. Bad indeed, but how could I help?!

A TYPICAL WEDDING

Vidya R Prabhu

(Works at Infosys, Mahindra City)

Some months of a year are set aside for weddings in our country and these are dubbed the "wedding season". These are not unlike the winter season and the summer season in terms of their predictability.

Whether one likes them or not, they always come around once every year. And these are the months I wish to take off for Timbuktu.

Attending wedding parties is supposed to become more fun as you grow older, but at 25 I can still relate to the grumpy kid I was at 5, wondering in earnest, how time manages to stand still at these occasions.

My father also assures me that I was never much of a guest as a baby either and that, I would regularly raise hell and insist on being a very noisy carry- on luggage for my mother, whenever my parents had the misfortune of taking me to weddings. As a young teenage girl, I was often tricked into manning the reception table at these events. Now this requires you to transform yourself into a smiling robot which does two things exclusively. Sprinkle rose water on the guests (a time honoured custom) and point gracefully at the plate of flowers and (or) bowl of sugar to help themselves. It's enough to drive any active kid insane. And this insanity has once in a while made me take revenge on some unsuspecting

guests, by pouring the rose water accidentally on purpose on their finest wedding attire or gobbling down all the sugar in one go and welcoming them with a sugary leer.

Times have changed now and certainly for the better too. I have learned now to deftly avoid these reception tables and the robot recruiting aunties, by taking a quick detour through the car park. The reason I was able to discover an escape route is one I am sure all the readers of this newsletter will have already guessed. 99% of Konkani wedding parties happen at the same place - the SGS Sabha on Habibullah Road T Nagar - a spacious place with enough detours, back entrances and hiding places, and an adequate number of Konkani weddings each year to learn these by heart.

The unsociable image of myself I have painted so far is not entirely an accurate one. I love the company of my uncles, aunts and my favourite cousins. But I often find myself attending one of these snooze fests without anybody to talk to. Mostly there are only little kids in whose games I am obviously too old to join. Or older relatives or friends, in whose company I am sure to be questioned about why my own wedding invitations seem to be stuck at the printing press.

This year though, my cousin's wedding reception made me think twice about my prejudice that these functions are meant to be boring. When the endless photo session finally concluded and almost everyone had stuffed their faces with the extravagant food and were getting ready to call it a night, one person decided to turn it all around. My uncle Raju mama, the family's joker/entertainer, pulled all of us out of our chairs one by one and made us all dance, albeit after the band had packed up for the night. The micro phones were still left unattended and some of the friends of the couple started singing popular Tamil movie songs. The bride and groom did a brief Titanic style waltz. The parents of the groom, my aunt and uncle, revealed their hitherto unknown fun side and started kuthhu dancing. Soon our typical Konkani wedding turned somewhat Punjabi where no aunt, uncle or shy kid was spared. Everyone was made to do at least half a jig. The whole thing lasted barely more than half an hour but this was the highlight of the evening. I for one do hope that a trend has been set and there is more dancing and fun in the future!

SIMPLY SALADS

Anita P. Kamath

Salads form the healthy element of a meal and are highly recommended for their minerals & nutrients by dieticians and nutritionists alike!! Salads have become the order of the day today and there are even "Soup n Salad" Cafes mushrooming everywhere. Indeed, they have become an integral part of any meal. The Pizza Hut salad bar has always been our family favourite. "I have to lose some weight" is an oft repeated refrain and fitness freaks stick to their salad quotient of the day to achieve their mantra of a "Healthy body in a healthy mind." Here are a few of my favourite salad recipes:

1. Russian Salad:

Ingredients:

- 1 Potato
- 2 Carrots
- 8 - 10 French Beans
- 1/2 Capsicum
- 1 Apple

(All diced together into small cubes and boiled.)

- 1/2 cup boiled peas
- 1/2 cup paneer (optional)

Dressing:

- Hung Curds - 3 cup becomes one cup.
- Cream - 1/2 cup
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoon Honey

Method:

Mix hung curds, cream, salt, pepper, honey together.

Add all the vegetables to it.

Serve Chilled.

2. Moong Matki Chat

Ingredients:

- Sprouted Moong - 1 Cup
- Onion - 1
- Cucumber - 1
- Tomato - 1

Green Chilly - 1 Tablespoon chopped
Red Chilli Powder- 1/2 teaspoon
Roasted Jeera powder -1/2 teaspoon
Garlic - 1 teaspoon chopped
Lime - 2 tablespoon

Method:

Boil sprouted moong very slightly. Strain.
Add all other vegetables and ingredients and salt.
Mix well , top with a little Sev and serve immediately.

3. Sweet potato and Carrot Salad

Ingredients:

1 Sweet Potato (Peeled, diced and boiled in salted water)
2 Carrots (cut into diagonal slices, and boiled in salted water till crunchy)
A few cherry tomatoes (or 3 normal tomatoes)
8 - 10 ice berg lettuce leaves shredded.
1/4 cup channa boiled.
1 tablespoon each of walnut and raisins
1 small onion (cut into rings)

Dressing:

6 tablespoon natural yoghurt
1 tablespoon clear honey
1/2 teaspoon salt
1 teaspoon ground black pepper

Method:

Mix together the sweet potatoes, carrots, tomatoes, channa and arrange them in a bowl.
To make the dressing, mix together honey, yoghurt, salt & pepper.
Garnish with walnut, raisins and onion rings.
Pour the dressing over the salad and toss well.

Serves: 4

SGS SABHA CHARITABLE TRUST

U. Prabhakar Rao, Managing Trustee

We have 13 residents in the Old Age Home. 3 applications are under consideration.

Smt. Sarojini Kulkarni one of the residents of our Old Age Home passed away due to old age on 1st May 2014. Her sons were informed and they did the last rites. May her soul rest in peace.

The 9th Annual Day Celebration were held on 18th April 2014. There was a good gathering of donors and well-wishers. The need for a paid Old Age Home was expressed by some guests.

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 58 days under the "One Day Expenses Scheme", from January 2014 to May 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

POINTS THAT ONE SHOULD KNOW WHILE WRITING A WILL

K.P. Kiran Rao, Advocate & Notary Public

Will is an instrument under which the Testator (person who writes the Will), declares his intention with regard to distribution of his property, which shall come in to effect after his life time. The following are the important points that one should know while writing a Will:

1. Will should be in writing and the Testator should sign or affix his thumb impression to the Will on each page;
2. Will should be executed by a person out of his own free will and with a sound and disposing state of mind, without any force, threat, undue influence or coercion;
3. Will should be attested by at least two witnesses, each of whom have seen the Testator sign the Will or affix his thumb impression and each of the witness shall sign the Will in the presence of the Testator. Additionally it is advisable to get the Will attested by a Notary Public or Oath Commissioner;
4. The beneficiary under the Will shall not be the Witness. A Minor/ a person of unsound mind cannot be a witness;

5. 'Codicil' means an instrument made in relation to a Will, and explaining, altering or adding to its dispositions, and shall be deemed to form part of the Will- Indian Succession Act, 1925, Sec 2(b);
6. Will or Codicil can be written on plain paper. It is neither required to be executed on a Stamp Paper nor is it mandatory/compulsory to register a Will. Whereas other documents under which immovable property is transferred have to be compulsorily registered with appropriate stamp duty;
7. Even though it is not necessary to register/ stamp a Will under the law, it is advisable to execute the Will on a stamp paper of any value or to register it to avoid any doubts/disputes about the genuineness of the Will;
8. A Will comes into effect after the death of the Testator. Will written by Testator with his own hand is a Holograph Will and Law attaches great presumption of genuineness to a holograph will;
9. The Testator can revoke a Will and write a fresh Will any number of times during his life time, if his intentions change/circumstances change;
10. Will relates to bequest of property (both movable and immovable property);
11. In order to administer the WILL and to carry out the directions under the WILL, the Testator can appoint any person as executor of the Will;
12. A Will cannot be executed by a minor (less than 18 years of age), or a person who is insane/mad/unsound mind/lunatic;
13. A person of old age/ suffering from serious illness can make a Will but it is advisable to get the Doctor's certificate as to his being in sound state of mind and having understood the contents of the Will before signing it;
14. A Will caused to be executed by fraud or undue influence or coercion or threat is void;
15. Under the provisions of the Indian Succession Act, 1925, a Will executed in metropolitan cities viz., Bombay (now Mumbai), Calcutta (now Kolkata), and Madras (now Chennai) has to be probated in the High Court of the concerned jurisdiction, which can only authenticate the execution of the Will.

Probate application has to be filed in the High Court by the Executor, failing which by one of the beneficiaries under the Will after the death of the Testator within reasonable time. Application made beyond three years has to explain reasons for the delay. Probate duty of 3% of the value of the property has to be paid by the applicant;

16. Probate of the Will is expensive and can end up in time consuming Testamentary suit if contested by any one of the legal heirs and the wishes of the Testator may not see the light of the day;
17. Family Settlement is a good option to avoid Probate expenses and litigation among family members, where the immovable property can be settled in favour of the spouse/children/brothers/sisters/parents/grand parents/grand children according to ones wish during his/her life time by reserving life interest for self and spouse (for security purpose to protect your own interest). As on date Family Settlement costs stamp duty of ₹25,000/- + ₹4,000/- towards Registrar's fees, irrespective of the value of the property settled;
18. In respect of investments in Banks/ financial institutions/ shares/Bonds and Lockers, Nomination can be made to avoid complications.

PICTURESQUE KONKANI

Collections by K.R. Baliga

1. **Alpaanlo sangu abhimaanaa bhangu:**
Association with the unworthy will spoil what little respect or prestige one has.
2. **Aavsooka cherdu jada nahin, vaalleeka phala jada nahin:**
We are quite comfortable with whatever problems or difficulties which we naturally have.
3. **Udkaa taakoonu ujjaantu pallyaavari:**
Konkani version of "from the frying pan into the fire".
4. **Yeka Vaatheena hazaara dive jaltaachi:**
- Konkani version of "Jothise jothi jalaavo".
A good work done will have hundred fold benefit without any diminution in itself
5. **Kaanto Kaadchaaka Kannana Haallyaa vari:**
It is foolish to use too much force for doing a very minor task as in "using a sledge hammer to crack a nut"

6. **Kolle tayin Kunkada Soyiro gellyaa vari:**
Venturing into dangerous areas is not wise. Konkani version of "fools rush in where the angels fear to tread"
7. **Kaanto Kaanu Khunto purlyaa vari:**
As if one has exchanged a smaller hazard for a bigger one.
8. **Keeru ullayitaa mhonu Moaru Ullayitave:**
Stick to your knitting. You cannot imitate others blindly.
9. **Kaanu vinditalyani vindlyaaari dooki naa:**
A job can be done best by the one who has the right skill
10. **Khaanki vohchunu vonki aaili:**
Almost the same as 7 above; but the exchange of one difficulty for the other is not that serious
11. **Kasheentu Kaasaa Yeku ghodo:**
No use dreaming of things unreachable. It will cost a lot more to bring the horse bought there.
12. **Kurdo devaaka kushshilo naarlu:**
Passing on something inferior to another knowing it to be so, especially when the one who receives it is gullible
13. **Kayilya punyaari ponosu piklaa:**
Nature rewards those who wait even if they have not tried too hard
14. **Galyaache tuntile vhanteentu palyaavari:**
There is no real loss as one feared.
15. **Gurbanjivairi Brahmaastra sodcheve:**
A different version of the proverb listed 5 above
16. **Gaayi mhonu leklyaaari vaagu jallo:**
Appearances are deceptives. He who was thought to be a goody goody person turned out to be very hostile.
17. **Surveri aaayilo kannu vhayi, maaggiri aayile sheenga nhayin:**
One is better reconciled to hardships already being suffered than those yet to come.
18. **Udkaa hoonsaani ujjo aassu tanyi:**
Refers to someone whose prestige, power, respect, honour etc. are dependent only on the position he holds and not his inherent abilities.
19. **Ullocha Keeru, Naancha moaru:**
One who has excelled in both fields – An all-rounder
20. **Muyye roopaari saakkara Khaattaa; Hasti roopari paallo Khaatta:**
One who appears to be poor and shabby may in fact have rich things with him, but the One who appears to be grand is in fact short of resources and may be living in debt.

WE MISS THEM

Since the publication of the last Newsletter No.42 in January 2014 the Sabha has come to know about the sad demise of the following members.

Mrs. Sundari Bai H. Shenoy, Mumbai	15-07-2013
Mrs. B. Parvathi Rau, Manipal	09-11-2013
R.R. Prabhu, Chennai	26-12-2013
Mrs. Pushpa H. Rao, Chennai	26-02-2014
G. Ananda Rao, Chennai	26-03-2014
K.S. Padiyar, Mangalore	01-05-2014
Mrs. Vijayalakshmi Achar, Chennai	08-06-2014

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 sgssabhachennai@yahoo.co.in