



# Saraswath Vani

**SPRING EDITION  
April 2010**

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**GOWDA SARASWATH SABHA (U.K.)**  
(Registered with the Charity Commission of the United Kingdom Reg No. 299275)  
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*The objective of the Vani is to promote, inform, communicate, help, advise and develop links with its members in the U.K. and similar institutions in India and abroad.*

**GOWDA SARASWATH SABHA (U.K.) COMMITTEE MEMBERS**  
**FOR THE YEAR 2009-2010**

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- Joint Secretary     Dr. Ashwin Mallya
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- Vani Editor            Mr. Jayant Shenoi
- Web Master            Mr. Ranjit Shenoy
- Youth Co-ordinator Ms. Leela Prabhu

Committee Members

- Mr. Naresh Pai
  - Mr. Dipak Rao
  - Dr. Ganesh Rao
  - Mrs. Suman Naik
  - Mr. Ganesh Mallya
- 
- Auditor                Mr. Subhash Kamath

The Sabha would encourage members, willing to contribute their time and energy to advance the charity cause of the G S Sabha, to put their names forward. The Sabha has incredible depth of skill and talent and there are loads of areas where your involvement can benefit the charity and the overall membership.

The election of the next committee will take place at the AGM, based on the nominations and interests tabled.

If you would just like to volunteer, as and when you have some time to spare for the Sabha, that is equally welcome – please do not hesitate to support YOUR Sabha.

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## Secretary's Report

*Sri Kula Devatha Prasanna*

Dear Sabha members

I am delighted to welcome you to this final edition of our Saraswath Vani before the next Management Committee takes over at the AGM. I hope you will have received the invitation for the AGM and the new edition of the Members' Directory. I also hope that this year's AGM in Derby will be even more successful than the one we had last year.

I recently attended a meeting of the Karnataka NRI forum in London as your representative. There were many eminent people like Hon Minister for Sports Rt Hon Kate Hoey MP, Capt Ganesh Karnik, Deputy Chairman NRI forum and MLC Karnataka Govt.; Dr Bhanumati President Kannada Balaga UK, Councillor Dr Niraj Patil of Lambeth, Mr C B Patel, Editor, Asian Voice and many others. Mr David Marks founder of London eye gave a detailed presentation. The NRI forum is planning to construct a London eye in Bangalore.

As a group the Sabha is keen to raise our public profile so that our members benefit from the networking.

Many of you may have heard about the GSB Yuva Sammelana held in Mangalore in January. Please visit [www.kodialkhabar.blip.tv](http://www.kodialkhabar.blip.tv) for some very interesting watching.

Just the other day our valued member Bhadri Acharya told me that a group of Konkanis in Canada have booked a vessel exclusively for their cruise to Alaska. Isn't that fantastic?

Yes I have more such interesting news for you; Mr Sudeep Shenoy has recently come to take up a job in the UK. He has lot of experience of working for social and cultural organisations. He told, he will be the coordinator for [www.radioidli.net](http://www.radioidli.net) for the UK. I am looking forward to working with Sudeep.

If you or any of your friends want a printed copy of Vani do let me know.

Hope to see you all in Derby, please give your Sabha all the support you can. Together we shall make the Sabha more vibrant.

*Dr Prakash Nayak*

*Secretary G S Sabha U K*

[drprakash@gmail.com](mailto:drprakash@gmail.com)

## MEMBERS's NEWS

Dear Sabha members

It is with a deep sense of loss and sadness that I have to inform you that one our Life member Mr. Keshav Pai passed away in the morning yesterday. He was in the local hospital due to the difficult chronic condition of Parkinson's disease.

Some of you may recall that some time ago dear Keshav had a kidney transplant that was donated by his devoted wife Tara.

Keshav had been a life member from the beginning. Those who knew him would agree that he was an affable man; he always had a pleasant smile for the people he met. The Sabha will miss his support and his presence at the functions.

Our thoughts and prayers are with dear Tara, her son Ashok and the family

With regards

Prakash

Dr Prakash Nayak

Secretary, G S Sabha UK

## EDITORIAL

Dear Sabha members,

We're delighted to bring you this "Spring" edition of the Saraswath Vani.

The financial year has drawn to a close and hopefully this new financial year will bring sunshine (yes even literally!) and prosperity, which should be a welcome change from the recessionary climate for the past few years. Sadly many western economies have a legacy of structural, economic issues that need urgent attention, but in the meantime, we are thankful to have the support of fellow Sabha members and friends as we continue on our journey through these "interesting" times.

This edition features contributions from members and their family and friends. Thank you to all those that contributed. Whilst efforts have been made to check accuracy and correct errors where possible, if some have slipped through, please bear with us.

Our enthusiastic "quiz-master", Dr. Shalini Gadiyar has sent in couple of new quizzes, which we are sure, you will enjoy puzzling over. The winners of the last two competitions were announced by email and we hope they have received their prizes as well.

Don't miss my special section on Distinguished Konkaniis.

This is YOUR newsletter, please let us know what you would like to see included and continue to keep sending in your contributions to the usual address: [vani.editor@konkanieui.com](mailto:vani.editor@konkanieui.com)

Best Regards,

Jayant Shenoii

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## Yugadi

On Yugadi day we expect a shower of blessings targeting Prosperity, Peace and Health. Thought of sharing a few points I compiled on this occasion.

Yugadi is derived from Sanskrit, which means beginning of a new year. It is observed on the first day of the first month, Chaithra. According to the Lunar Calendar March 16, 2010 is Yugadi when Vikruthi named samvatsar begins. According to Maharshi Vedavyas, the very first Yugadi was in the year 3102 BC, when Kaliyuga began. This means now we are in the 5112th year of Kaliyug.

Yugadi or Ugadi is popularly known as Samvatsar (samsaar!) Padvo in Konkani, Gudi Padva in Marathi, Cheti Chand in Sindhi, and Navreh in Kashmiri. The occasion signifies beginning of a new phase in life with renewed energy, forgetting the past.

Temples and homes are decorated with fresh mango leaves signifying a general well being of the household. In America I find magnolia leaves replace mango leaves. Many wear new clothes and pray for a prosperous new year. A mixture of Bevu-Bella (neem and jaggery) is served (every one shrink their face at

the first bite), to prepare us to accept both pleasure and pain in life with equanimity.

In Maharashtra, a bamboo pole (Gudi) covered by a garlanded goblet and a silk cloth is worshipped on this Gudi Padwa day. The pole signifies success. Mouth watering Obbattu or Holige or Puran Poli is Yugadi special in Karnataka. Pachchadi is special in Andhra Pradesh. It is a mixture of neem leaves, jaggery, raw mango, tamarind, green chilli and salt representing six tastes – bitterness, sweet, tang, sourness, heat and saltiness corresponding to six experiences of anger, happiness, disgust, sadness, fear and surprise. We had Konkani style Yugadi with a menu: Breadfruit phodi (ber-halasu/ neer halasu); madgane (kadle paayas); Ambe sasam (mango coconut gravy); bibbe upkari (tender cashew palya) were the yugadi specials.

On Yugadi evening, people are curious to listen to the panchanga predictions on individual rashi as well as on weather (rain, flood, draught etc.) the harvest; price rise expectations, the loss and the gain, preparing the people for the life ahead.

**Contributed by Dr. M. G. Kamath**

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## **KYA Event – 16th January 2010**

On Saturday, 16th of Jan between 17-20 Konkani Youth members joined together and had an amazing meal at Kazan restaurant in Central London as well as a rousing session of karaoke straight after our bellies were filled with sumptuous Lebanese cuisine. Old faces met new faces and people were reunited after a long time; to many people's delight I must add! The event was a grand success and people came from all over the UK to London to join in and be a part of the action. Some even managed to get through both parts of the event and keep the KYA party going till late in the night. The last event organised managed to get 12 people together, this one managed nearly 20. What is next in store for the Konkani youth...world domination perhaps?! Well we can at least give it a go eh!!!

Here are some snippets of what some members had to say about the event:

“On Saturday 16th January, a new generation of Konkani's met in Kazan restaurant in Houndsditch. The group consisted of young professionals and students - most of whom were second generation konkanis - and little did they know that this event would not only turn out to be a hugely enjoyable experience, but also unlocked the potential for keeping a thriving konkani community alive. That day we proved that we can do this from all four corners of England, thus not allowing the hundreds of miles of collective distance between the individuals to act as an obstacle.

One of several reasons for this was that the event itself was excellently organised and co-ordinated with aplomb by our very own committee youth representative Leela Prabhu, who in the run up to the event kept us all informed by email and text message with the details and information of the event so that everybody knew where they were meant to be and at what time. The group were given a choice of what activity to do on the day around two months prior, and the choice was made to go for a meal at Kazan, followed by Karaoke singing in Queensway. This part of the event exceeded the expectations of anybody within the group because we all knew we would enjoy ourselves no matter what due to our strong friendship bond, but no one could predict the sheer volume (both emotionally and sonically!) of fun that was had.

A few hours, decimated songs and hoarse throats later we all agreed that this event had been the best youth event any of us had ever experienced. Saying goodbye proved to be the toughest part of the night but I truly believe that old friendships were reinforced, new friendships were made and that this event will encourage the Konkani youth to stay in contact with each other, just like our parents did when they moved over to the UK allowing us all to have met in the first place. With the assistance of the older generation in

the Sabha, I can confidently say that the GSS and GSB are in safe hands going forward into the years, as the youth will keep the flame roaring and burning bright. I hope that this style of event happens again and I for one will certainly be attending!” – Arun Kamath

“It was great to meet everyone at the KYA Event. It was good to see there was such a large group of young people across England that I could meet. Everyone was from different backgrounds and in different professions and courses of study, so it was fun to talk to everybody there” – Pradeep Baliga

All of the youth members would like to say a BIG thank you to the GSB Sabha Committee for all your support in making this happen – thank YOU ☺ - Here’s to bigger and better events!

Please don’t hesitate to contact me if you know a youth member who wants a piece of the action in the future!



**Contributed by Ms Leela Prabhu Youth Co-ordinator**

## Sri Ravishankar Guruji's 25 ways to success

1. Review the context of your life
  - In terms of space you simply don't exist; this dissolves the ego.
  - You should be happy in life
  - Take care to see happiness is always established in U. This is 'Pushushartha'.
  - If you are grounded with faith like the husk with grain - you will progress.
  - Take the decision "Whatever happens, I will be there, I will be grounded." God's protection is always there on me. "Whatever happens I will never go down. I always have God's hands in mine".
  - Keep your mind at peace in all situations.
2. Know life's impermanence
  - In order to keep you alive, now and then, here and there - nature gives little pinch. This makes life livelier; accept it.
  - You don't have to be afraid in life. There is always support in life.
3. Make your smile cheaper
  - You should smile more.
  - Every morning look at the mirror; give a good smile to yourselves. Muscles relax, brain relaxes. Confidence, courage, energy increases to move forward in life.
  - Don't let your smile to be snatched away by anybody.
  - Make your smile cheaper and anger expensive.
  - You are here for a greater cause.
  - Take a challenge. "Come what may, I am going to smile today and be happy!" Smile more.
4. Be enthusiastic and praise others
  - Enthusiasm is the nature of life.
  - Take every opportunity to praise others and support their enthusiasm.
  - As you sow, shall you reap.
  - If you feel down, appease and please yourself.
  - It is not possible to attain divine love with a complaining face.
  - Become one whose enthusiasm never dies.
  - Be happy and bubbling with enthusiasm.
5. Make meditation part of your life.
  - Meditation is mind without agitation.
  - Mind in the present moment is meditation.
  - Mind that has no hesitation, no anticipation is meditation.
  - U R JOY!
  - Meditation is art of doing nothing. Rest in meditation is deeper than the deepest sleep.
  - Meditation is letting go of anger, of past and planning for future.
  - Accepting this moment and living every moment totally with depth is meditation.
6. Go to the most beautiful place; it is within you.
  - No breath, no life. Know breath, know life.
  - Seven layers of our existence are - Body, breath, mind, intellect, memory, ego and self. Maintaining balance of all the above is the art of living.
7. Communicate effectively
  - Communicating effectively with everyone is a skill worth possessing.
  - Communicating without prejudice is vital for success.

- Share with friends, learn from elders, teach youngsters.
  - If communication improves, life improves.
8. Take out time for yourself
- A few quiet moments are a source of creativity.
  - Creativity springs up when you are relaxed.
9. Better the world around you
- Life runs with commitment.
  - Mother to child, child to parents, wife to husband, husband to wife.
  - Greater the commitment, easier the things are.
  - Whatever you are committed to - brings strength. Commitment brings strength in the long run.
  - If committed to family, then family supports. If committed to society, society supports.
  - Make a commitment to make this world a better place to live.
10. Nourish your emotions
- Nurture yourself with Music, prayer and service.
  - Share others sorrows and joy.
  - To overcome personal misery, share universal misery!
  - To expand personal joy, share universal joy!
  - Think what I can do for the world.
  - Lack of service can land man in depression.
  - Pain is inevitable – It is physical.
  - Suffering is optional – It is mental.
  - Silence heals and rejuvenates.
  - When you bring some relief or freedom to someone through Seva, good vibrations and blessings come to you.
  - Seva brings merit → meditation → smile.
  - When you sing and pray from your heart, your emotions are nourished and you become lovely.
11. Plan short and long term goals
- Plan the goals, also methods and means to work.
  - Where would you like to see yourself after 3 years, after 20 years or 40 years?
  - Give your 100%.
  - Again and again remember that U are PEACE, U are LOVE, U R JOY and that U are hosting the CREATOR.
12. PRAYER IS A VITAL TOOL.
- It also nurtures values like integrity and honesty
  - Prayer happens when: U feel grateful OR helpless.
  - What U can do, U do,
  - What U cannot do, U pray for!
  - The divine DAWNS in U when U pray for it, when U cry for it, when u SING for it!
  - The divine is only waiting for U to dig a little deeper into yourself, Because it can then fill U with MUCH MORE NECTAR!
  - DIVINE wants U to Create MORE SPACE in U.  
Cry from your soul for help.
  - This is for seekers who are weak.
  
  - Those SEEKERS, who are STRONG, with the power of knowledge, can SING with that JOY of what they have ACHIEVED!
  - The moment U sing in GRATITUDE, in glory of the divine,
  - It immediately dawns in you and fills you up again!

- One type is grateful for their growth.
- Other type is helpless and weak,
- Both will be helped.
- Spirituality is not a ritual.
- It is a very pleasant, uplifted state of being and seeing that the whole world is all spirit or consciousness.
- Whatever U do, know that the higher power has the final say and it will always be for the best!

13. Implement changes if needed.

- Sorrow simply means Viveka (discrimination) is overshadowed.
- VIVEKA means knowing that everything is CHANGING.
- U r body, U r emotion, people around U, world, everything.
- Time and again U have to awaken to this reality.
- U are often fearful of change.
- Change is inevitable in many fronts, though security is hooked on to stability.
- U need courage, to accept change,
- Evaluate pros and cons; see whether short term joy and misery in long term.
- So use our intelligence and courageously implement changes when U feel that there is need for change.

14. Identify your limitations:

- Everytime U are unhappy or miserable ,
- U are coming in touch with boundaries.
- Turn the whole situation into a prayer.
- Let there be peace, not just inn me, but in everybody!
- Bring me peace; I am giving it all to U". That moment U will start smiling!
- However hopeless the situation is U will walk through it, sing through it, and dance through it!
- This is LOVE.
- If it is there in our heart, nothing can rob u of peace.

15. Do not lose our friends.

- To correct mistakes U need authority and love.
- When U allow room for mistakes U can be both authoritative and sweet: Krishna and Jesus had both.
- Don't make mistake by pointing out mistake! (will make the person more guilty)
- Magnanimous person will correct with love, care and compassion.

16. Don't look for perfection.

17. Let us be unpredictable.

18. Have a sense of humour.

- Keep it alive!
- Humour will grease all tough situations!
- One who has humour can sail through any conflict.
- Humour is the buffer that saves u from humiliation.
- Humour brings everyone together.
- How to cultivate humour;taking life not too seriously
- Having a sense of belongingness to everybody.
- Practicing Yoga and meditation.

- Having unshakable faith in Divine and laws of karma.
- Willingness to be a clown!

19. Don't be afraid to make mistakes.

- Don't make the same mistakes.
- Got to be innovative even in our mistakes.
- Mistakes of past are past.
- When this knowledge comes, ur perfect again.

20. Overcome our prejudice.

- Prejudice against gender, religion, caste and class does not allow u to mingle with everyone.
- Learn to break the barrier.
- Age prejudice, religion prejudice.
- When u overcome prejudice will be very natural and our quality of life will improve.

21. Feel that "I am blessed".

- Success is ignorance about the power of self.
- Failures are stepping stone to greater success.
- Actually there are no failures in life.
- All seeming failures are only stepping stones for greater success.
- If U feel the obstacle is too big, deep prayer can work miracles.
- The feeling that "I am blessed" can help you to overcome any failure.
- Once you realise that u are blessed,
- Then all the complaints disappear.
- All the grumbling disappears.
- All the insecurities disappear.
- Sense of not being loved disappears.
- Wanting love disappears.
- There is a saying Behind every successful man is a woman. I will modify this: Behind every success there is the divine saying, "I am behind U".
- Ego is always ambitious and wants to do tough jobs like climbing Mount Everest, whereas simple acts like watching butterfly, watering garden, watching birds in the sky can bring deep relaxation and relaxation brings immense peace and rest.
- Just come out of our little shell and feel free.

22. Do random acts of kindness.

- U R the Christmas tree.
- At the time when no tree bears anything it has many gifts to offer.
- All the gifts U are carrying in your life are for others.
- Anyone who comes to U , U offer them ur gifts.
- When U show kindness, your true nature comes to play.
- Have U ever done acts of kindness.
- Without expecting anything out of it?
- Don't have to plan, just do something spontaneously.

23. Be a student always.

- Know that ur a student always, forever.
- Let knowledge flow to me from all sides"
- Each occasion teaches U and each person teaches.
- When U are always looking to learn will stop underestimating others.
- Humility will dawn in ur life.
- UR also going to be old one day.

24. Dream the impossible.

- Unless U have a dream, U cannot realize it.
- Every invention has come out of a dream.
- We are all born to do something unique and wonderful, don't let this opportunity pass by.
- Have the courage and determination to achieve those dreams that r dear to u .
- Do something creative, not a year should pass without doing something creative.

25. Compare ur performance.

- As we flip the calendar, we need to keep flipping our mind as well.
- A poor man celebrates New Year once a year.
- A rich man celebrates each day.
- A richest man celebrates every moment!
- How rich are U? If U celebrate every moment, U are the Lord of creation.
- Review the year while U celebrate.
- This is ur homework. Compare ur performance in the year before last and smile.
- U keep SMILING.
- The year 2010 is fortunate because UR living at this time!
- Be ever Happy

**Contributed by Dr. Padmini S. Shenoy, Ankleshwar, India**

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## AMGELE KUTUMB

Anna bhaine akkaa tu javanka makka

Amma bhaine maavshi yu makka pavshi

Anna bhaavu bappa aka kanni saanguka

Bappale baiyle pacchhi kopu kadanaiye yannache

Ammalo bhavu maamu karta tukka salamu

Maamale baiyle maami mogachi tigale ammii

Daddali baiyle vahini gomti mrignayani

Akkalo bammunu Bhayya pranam tugale payya

Puttale baiyle soona godda godda chuuna

Dhhuvalo bammunu javaiye paanch povan khavaie

Bammnalo bhavu deeru pollonu ailo teeru

Deerali baiyle Jaave barain kellae naaven

Baiylelo bhavu mevhano yho gharcho pahuno

Baiyleli bhaine mehuni mejjeri koppan jevani

Bamnalo anna bhavo haanga kedanaye yayvo

Bhavali baiyle Jaav akka mahante haaven

Bamanli bhaine nanand konkani kavita baraite

Bamnale avvasu maiye makka teechi aaie

Bammalo bappusu maavun hoodu taagelo gavun

Baiyleli avvsu maaine bholi baabdi gaaie

Bailelo bappusu Maavun Godshe mahlyeree ravu

Annalo anna mhantu motyavi daantu

Mhantuli baiyle Mahav naatra makshi Dhaave

Annlo Aaanu ajjo, ammalo annui ajjo

Ammali amma ammama, annali amma annamma ( Bappamma)

Assale kutumb mayanche, vardan devale daiyanche

Vardan devale daiyanche.vardan devale daiyanche

Contributed by MsYashodhara Bhat from the UAE

# **DISTINGUISHED KONKANIS**

When we started this section within the Saraswath Vani, our aim was to showcase and profile, Konkani who have made a mark, within their respective fields and stand out as leaders in our small, but significant Konkani community.

## **Dr. B Jayant Baliga**

Two such people that are profiled in this article are recognised as being at the forefront of the scientists and inventors of the modern age.

The first – Dr. B. Jayant Baliga - He has authored 15 books and over 500 scientific articles. Over 100 US patents have been awarded to him. Scientific American has named him one of the eight heroes of the semiconductor revolution. He shares this honour with four Nobel Prize laureates and the founders of Intel Corporation. His inventions have saved consumers \$ 2.6 Trillion over the last 20-years while reducing carbon emissions by over 30 Trillion pounds, equivalent to the carbon footprint of the entire world in two years. Yet, he remains a quiet, unassuming, humble individual.

Dr. Baliga has an extensive list of awards and recognitions to his name, in a career spanning over 4 decades, and to name, but a few:-

- 2005 - Member, European Academy of Sciences
- 2001 - ISI "100 Most Highly Cited Scientists in Engineering"
- 2000 - Distinguished Alumnus Award, Indian Institute of Technology, Madras
- 1999 – IEEE Lamme Medal given at Whitehall Place, London
- 1999 - Bell Tower Lighting for 100th US Patent (NC State)
- 1998 – IEEE Ebers award from Electron Devices Society
- 1998 - O Max Gardner Award for 'greatest contribution to the welfare of the human race' (University of North Carolina Board of Governors)
- 1997 - Scientific American Magazine 'One of the Eight Heroes of the Semiconductor Revolution'
- 1993 - National Academy of Engineering elected at age 45 as Foreign Affiliate from India
- 1993 – IEEE Liebman Award for contributions to 'Smart Power Technology'
- 1992 - Pride of India Award (First Recipient), BSS Society, USA
- 1991 – IEEE Newell Award from the Power Electronics Society
- 1988 - Whitney Hall of Technical Achievers, General Electric Company
- 1984 - Science Digest Magazine's '100 Brightest Young Scientists in America'
- 1983 - GE Coolidge Award (Highest Scientist Designation)
- 1983 – GE Dushman Award for 'The Insulated Gate Bipolar Transistor'
- 1983 - IEEE Fellow elected at age 35 for contributions to Power Semiconductor Devices
- 1974 - Allen B Dumont Prize (RPI, Top PhD Graduate)
- 1969 - Philips India Medal (IIT, Madras, Top EE Graduate)
- 1969 - Special Merit Medal (IIT, Madras, Valedictorian)

Dr. Baliga's academic prowess starts way back from school days, where after what was then PUC Senior Cambridge, he gave the tough IIT entrance examination, where a mere 1% of the students applying actually get in. His rank was 47th out of over 2000 selected across India. IIT (Indian Institute of Technology) remains one of the foremost and globally respected engineering institutions in the country.

He then topped his class at IIT Madras and went on to do his M.S. and PhD at Rensselaer Polytechnic Institute, Troy, New York and then joined General Electric "GE". Whilst at GE, he invented the Insulated Gate Bipolar Transistor "IGBT" which is a power semiconductor device known for high efficiency and fast switching. Not only did he invent the device, but he also created a process to build the IGBT using existing production lines. Thus, he took his idea from invention to production in under six months, an extraordinarily short time for any major innovation. This impressive invention and his work at GE, impressed among others, even the then GE Chairman, Mr. Jack Welch and he became a Coolidge Fellow, the highest scientist designation at GE.

The IGBT is now produced by a dozen companies around the world and is used in regular cars for running the ignition system, electric cars for running electric motors and even in bullet trains. It is used in compact fluorescent lamps to save about 75% of energy. It is used in UPS systems and to control robots in factories. Recently, the IGBT has been used to create portable defibrillators which can save over 100,000 lives per year.

A study conducted by the Department of Energy outlines how impressive the IGBT truly is. They estimated reduction of power consumption by which has saved consumers \$ 1.2 Trillion over the last 20-years while reducing 16 Trillion pounds of carbon emissions from coal-fired electricity generating plants. The over 10-percent improvement in fuel efficiency achieved by

using IGBT enabled electronic ignition systems for automobiles has resulted in \$ 1.3 Trillion of savings for consumers while reducing 15 Trillion pounds of carbon emissions during the last 20-years.



As an entrepreneur, Dr. Baliga has started four companies in North Carolina. Among his inventions commercialized through one of his companies (Silicon Semiconductor Corporation) are technologies for improving the efficiency for delivering power to computer microprocessors and graphics chips. He and the start-up team managed to get a product out in 6 months which was benchmarked by Intel to be about 3 years ahead of other companies like Phillips, Hitachi and Mitsubishi.

Since 1988, he has been at North Carolina State University and is currently the Distinguished University Professor of Electrical and Computer Engineering and Director of the Power Semiconductor Research Center, an international industrial consortium he founded in 1991 to sponsor his research at the university.

He is married to Mrs. Pratima Baliga and they have two sons, Avinash and Vinay, who have followed their father in the field of Electrical Engineering, albeit with different sub-specialties. Avinash obtained his Bachelors and Masters Degrees from Carnegie Mellon University and works for NVIDIA Corporation. Vinay obtained double Bachelors degrees from North Carolina State University and is completing his Masters degree at Cornell University. Dr. Baliga and his wife enjoy classical music and travelling/sightseeing, and are avid gardeners. Last year, they enjoyed hiking through Glacier National Park, the Canadian Rockies, and Acadia National Park.



## Dr. Kishan Shenoi

A prominent technologist living in the US, whom I greatly admire and respect, is Dr. Kishan Shenoi

Like Dr. Baliga, Dr. Shenoi also graduated from the prestigious IIT and followed it up with a Masters and PhD from two premier institutions in the US – Columbia University and Stanford University. He ranked fifth in the All-India National Science Talent Search (1967) and 18<sup>th</sup> in the Joint IIT Entrance Exam the same year. He finished first among EE graduates from IIT Delhi in 1972.

His extensive and impressive list of accomplishments include: -

- 40 US patents
- 2 books in Telecommunications describing his R&D efforts, namely, “Digital Signal Processing in Telecommunications” and “Synchronization and Timing in Telecommunications”
- Over 70 publications in leading technical journals, conferences and workshops.
- Significant contributions to Telecommunications standards for North America as well as worldwide via the ITU-T.
- Over three decades of research and development in leading roles with top Silicon Valley technology firms designing next-generation telecommunications equipment.

Education and training has always been one of his passions and he has the unique ability to explain even the most complex subjects in the most interesting and lucid manner.

Since 1985 he has been active as visiting faculty to the University of California, Berkeley’s Extension Program where he has taught Communication Theory and Digital Signal Processing.

He embarked on a unique training initiative and became Dean of “Sync University”. It is an online university that offers a range of courses on synchronisation as applied to telecommunications. It has over 3.600 students of which nearly half are outside the US.

For a person, who has accomplished so much and is so widely respected globally by international telecommunication bodies, he is incredibly down to earth and is a genuinely wonderful person.

He keeps himself fit and still manages to slot in a morning run before heading off to work.



Dr. Shenoi is married to Mrs. Amita Shenoi and they have a son, Neil who is currently at the Soka University of America.

*Dr. Baliga and Dr. Shenoi are truly two distinguished Konkanis that have quietly contributed to making our lives easier and better through technological breakthroughs. And on a personal note, I am honoured and privileged to be related to both of them.*

*Editor*

*Both Dr. Baliga and Dr. Shenoi work and reside in the US. Closer to home, the person profiled in this article has been a long-standing supporter of the Sabha, but one who's modesty and humility, often means, people do not often realise how much he has achieved - Dr. Umesh Prabhu.*

## **Dr. Umesh Prabhu**

Dr. Prabhu came to the UK in 1982, after graduation in India. He then trained in Paediatrics at Oxford, Edinburgh and Leeds and in 1992 was appointed as a Consultant Paediatrician to the Bury NHS Trust. He then became the Clinical Director of Paediatrics till 1998 and then rose to become the Medical Director of Bury NHS Trust between 1998-2003.

Besides his hectic clinical duties, Dr. Prabhu has also managed to support other NHS bodies in various roles outlined below:-

- NPSA Non-Executive Board Member (2001-2003)
- NCAS Adviser Since 2003
- National Vice Chairman of BAPIO (2001 -2008)
- National Vice Chairman of BIDA since 2009
- National Vice Chairman of BMA Equality and Diversity Committee
- Member of the BMA, DOH, GMC, NCAS equality and diversity committee.



To top this illustrious career thus far, he is taking up a bigger role as the Medical Director of the Wrightington, Wigan and Leigh NHS Foundation Trust. This is a major acute trust serving the over 300,000 people in the Borough of Wigan and surrounding areas. The Trust operates across 3 hospital sites and a state-of-the-art outpatient centre. It invests about £ 200 million each year in a range of highly regarded general and specialist acute services.

Two of the areas that Dr. Prabhu is passionate about are preventing medical errors and patient safety. Indeed, he believes that protecting

patients and supporting doctors are two sides of the same coin.

In his prior role a Medical Director, Dr. Prabhu conducted an audit of all medico-legal cases and complaints. He also analysed all cases of severe birth asphyxia at Bury NHS Trust from 1986-1994.

A few words can summarise the level of support and guidance that Dr. Prabhu has provided through a range of activities detailed below:-

Leadership, Development, Support and Guidance

1. Given - nearly 60 lectures in various parts of UK on a range of areas including - patient safety, medical errors, clinical risk management, racism and discrimination, performance management of doctors, clinical governance and patient and public involvement.
2. Conducted - Workshops with about 100 Medical Directors and HR Directors on identifying poor performance early and how to help, support and guide doctors and when to refer to the GMC
3. Provided - advice to nearly 300 Medical Directors.
4. Supported - and advised nearly 200 doctors, who have called for his guidance. Dr Prabhu is also a moderator of a yahoo discussion group called Indi\_go which has nearly 5000 doctors as members. For the last six years, Dr Prabhu has moderated and contributed regularly to the group. This group was established to help, advice and support overseas doctors that too doctors from India.

Whilst patient care remains his primary, lifelong objective, he has equally emphasised that doctors

and nurses should also be treated fairly and equally.

If you thought, that this was more than enough to keep anyone busy 24 x 7, he has always had a soft corner for our Sabha, and has served on the Committee and indeed as our Chairperson in the recent past. We are fortunate that he agreed to become one of our Trustees and remains one of our guiding forces, as we take our small community association forward.

Dr. Prabhu comes from Palimar, a village in the Udipi district of the state of Karnataka in India. You may find this hard to believe, but he didn't wish to become a doctor. In fact before he joined medical school, he was a little afraid of blood and fainted at the interview, when he was shown

a video of a caesarean section. However, post qualification, his first job was on a paediatric ward in India. His Professor and teacher, Dr Nirmala Kesaree, was a fantastic paediatrician, who dedicated her whole life to the care of children, and was a huge influence on him. He knew then, where his specialisation lay and has a long and distinguished career ever since.

It goes without saying that behind "Behind every successful man there is a wise woman" – and that is Mrs. Shanta Prabhu, who has supported him at every step. As many of you may know, they have two children – Deepti and Suraj. Suraj is following his father's footsteps and is now in his 3<sup>rd</sup> year of medicine.

*I've been fortunate to have been associated with Dr. Prabhu from the time, I came to the UK and been part of our organisation – the Gowda Saraswath Sabha (UK)*  
*Editor*

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## **LOW BACK PAIN- A common problem**

This article will give you some idea about the common problem of low back pain. This is not a comprehensive review.

Back pain is a very common condition that affects people of any age, but is common after 35 years of age. It is the largest cause of work related absence. Despite causing severe pain, it is not a serious condition in most patients.

Back pain can arise from various structures in the back.- bones, muscles, ligaments, discs or pressure on the nerves. There are 24 vertebrae (bones) in the spinal column and five at the lower part(L1-L5) are commonly involved in low back pain. In between the vertebrae are discs which act like shock absorbers.

### Types of low back pain:

**Non- specific low back pain:** This is the most common type of back pain affecting 8 out of 10 people and it is called non-specific because there is no specific problem or disease that can be identified. It may be related to bad posture and poor back care.

**Nerve root pain or sciatica:** About 5% of the back pain patients get nerve root pain. This is basically irritation of the nerve root in the spinal column. Most common cause of nerve root pain is disc prolapse (slipped disc). Prolapsed part of the disc can put pressure on the nerve and cause nerve irritation which gives rise to the shooting type of pain travelling down the nerve, typically down the leg, as far as calf or foot. One can also get root pain due to the chemical irritation of the nerve from the prolapsed disc.

**Cauda equina syndrome:** This is a rare but serious type of back pain. Here the nerves at the bottom of the spine are under pressure. This can cause loss of control over bowel and bladder function, numbness around the anus and weakness in legs. An urgent scan and operation may be needed.

Other causes of back pain include arthritis, Ankylosing spondylitis, cancer etc.

From now onwards I will concentrate on non specific back pain.

Non Specific back pain: This may be caused by overstretch of muscles or ligaments. This may also be due to pain arising from the small joints in the back called facet joints. The only way of diagnosing this is by doing facet joint blocks using local anaesthetics. Blood tests and scans may not show anything. This may be frustrating for the sufferer who is looking to find a cause but may be comforting to know that there is nothing serious.

Back pain may come on its own or may be triggered by lifting something heavy or straining your back. The pain is normally felt in the back but can also spread into buttocks and thighs. Pain may increase with activity. Hence it is also called 'mechanical' pain. Most often, it lasts for about a week or ten days and then resolves.

When you go to your GP with back pain, they may not be able to find anything abnormal after examination. This should be reassuring. Weakness and numbness in legs, around the anus, and loss of control over bowels and bladder are worrying signs.

You do not need investigations for non specific back pain most of the time. An x ray is usually unnecessary. Blood tests may be done to rule out other causes such as infection and inflammation.

#### Treatment:

Pain relief: Paracetamol 500mg tablets up to 8 a day may be sufficient in most people. Other medicines that could be added include anti-inflammatories such as ibuprofen and diclofenac. Stronger pain killers such as codeine and tramadol can be used if pain does not settle. In case of acute spasm of the back muscles, diazepam can help as muscle relaxant. Hot water bottle may provide you with a bit of comfort.

Exercise: It may be difficult to be active when you have acute pain. But once it settles a little, it is important to keep yourself as active as possible. Gentle walking around the house will be beneficial. Try to sleep in as comfortable position as possible. It is advised to get back to work as early as possible. Most back pains will get better in about 4-6 weeks. Back pain can recur from time to time. To prevent back pain becoming a chronic problem, keep active and exercise regularly. Simple exercises like walking, running, swimming, aerobics and stretching exercises will help a lot.

Good back care is also very important. Keeping your back straight and bending your knees when lifting things from the floor, holding weight close to your body and avoiding awkward postures are examples of good back care.

Sometimes back pain may become chronic (lasting more than 6 months). Most of the patients that I see in pain clinics belong to this category. These patients need other special forms of treatment. This includes TENS pain relief machine, acupuncture, physiotherapy, manipulation and chiropractic. Stronger medications such as morphine derivatives, amitriptyline, gabapentin, pregabalin for root pain may be needed. Pain procedures provided by pain specialists include facet joint injections, epidurals, nerve root blocks etc. In some patients, a pain management programme which includes structured exercise and group therapy is beneficial. Most patients also benefit from psychological interventions such as cognitive behavioural therapy.

**Contributed by Dr. Vinod Gadiyar, Chairperson - Gowda Saraswath Sabha (UK)**

## **THE Day I Became a British Gowda Saraswath Brahmin...**

On Monday 8<sup>th</sup> March 2010, at approximately 14.55 GMT, I was conferred British citizenship by Councillor Jeff Hook, Mayor of Southwark.

Of course I am happy, why shouldn't I be? I have undergone a rigorous test and filled out application forms meticulously. Not to mention accumulated all the documents to go with it, to finally get my hands on that certificate. So, yes, I am happy and relieved. But I have to say I don't feel any less Indian than I did yesterday and no more British either.



I came to the UK about 4 years ago after marrying Pundalik. As he was already a British citizen, I came to the country with a spouse visa, valid for two years. After this I was eligible to apply for an Indefinite Leave to Remain (ILR) visa. This involved taking a test called the 'Life in the UK Citizenship test'. Previously, this rule applied to only those who were seeking citizenship. But in 2008, the rules changed, and anyone applying for permanent residency was expected to take this test. I cannot remember the details of the test, except that I crammed as much information as possible about the populations in each of the countries in the UK, the different governing bodies, schools, St Patrick's Day, St George's day, etc. I think I can safely say that I knew more about the UK than my husband and any of my in-laws did – all of whom had lived here for at least 30 years! In my case I was also expected to submit proof of living with my husband in the last two years and an English language test certificate with the minimum required score.

I got my ILR approved within 3 weeks. I was pleasantly surprised and relieved. The UK Borders Agency says it can take up to 3 months.

I was eligible to apply for British citizenship last year, but not wanting to give up my Indian citizenship, I held on. I decided to go for it earlier this year. Again a tedious process of filling out forms, getting a suitable picture taken after finding the right photographer, getting suitable referees to give me references, and burning yet another hole in my pocket, I applied for it. To be assured of submitting all the right documents, I applied through the 'Nationality Checking service' available all over the country, and recommended by the UK Borders Agency. This is an excellent service that I would recommend to anybody wishing to apply for citizenship. For a small fee, they will check all your documents and post your application for you; leaving you feeling completely reassured that all will go well. The UK Borders Agency says it can take up to 6 months for an application to be approved. But once again I was pleasantly surprised, as three weeks later; I got a letter in the post inviting me to the oath ceremony. You can choose a convenient date for the group ceremony (a private ceremony will cost you) which will take place at your local Town Hall. You can choose to take an Oath or Affirmation of allegiance to the Crown. On the day, you can take two guests (you are allowed more on permission). After the initial registration formalities, you are taken along with your fellow to-be British citizens to the town hall chambers. The Mayor of your local borough will be present. There will be a couple of speeches about becoming British and the duties and responsibilities that you will have to your country. Then is the group oath ceremony, followed by a Pledge of loyalty to the United Kingdom. We were then individually called to receive our certificates of Naturalisation. The ceremony ended with the playing of the National Anthem. I must admit, there was a general feeling of happiness, cheer and relief on the day.

So, yes now I am a British citizen. The citizenship process although tedious and a bit emotional, was very quick, easy and efficient in comparison to other western countries that I am aware of. If the Indian government allowed it, I would have taken dual nationality. I am in the process of applying for a British passport now, and as soon as I have it, I will be applying for an

Overseas Citizenship of India (OCI) (two more long application processes). I cannot bear the thought of needing a visa to go the country I have always considered home. I am now British

on paper and will definitely fulfill the duties and responsibilities of being one; but I will always, always remain Indian at heart.

**Dr. Anjali Pai Nayak**

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## **BRAINTEASERS**

1. A murderer is condemned to death. He has to choose between 3 rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?
2. A woman shoots her husband. Then she holds him under water for 5 minutes. Finally, she hangs him. But 5 minutes later they both go out and enjoy a wonderful dinner together. How can this be?
3. How can you throw a ball as hard as you can and have it come back to you, even if it doesn't hit anything, and there is nothing attached to it, and no one else catches or throws it?
4. A train enters a tunnel at 7 o'clock. Another train enters the exact same tunnel at the other end, also at 7 o'clock on the same day. The tunnel has only one track, no passing places and no other means for the trains to pass, around, under or over. However, both trains make it safely through the tunnel. How?

**Contributed by Dr. Shalini Gadiyar**

*Please send in your answers to the usual address ... [vani.editor@konkanie.u.com](mailto:vani.editor@konkanie.u.com)  
Editor*

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## **MY MOM**

Capturing in a poem  
The sweetness of your love is impossible.  
Memories of beautiful nights  
Only you and me beside,  
Laughing and singing till we fall asleep;  
Only to wake up into a day of happiness deep.  
Long chats with my head on your lap  
And me in your arms you wrap  
Short were the holidays  
And long is the time when I am far away.  
From the first words I fumbled,  
From the first time I stumbled,  
From the first hug and kiss,  
Till this day, you are bliss.  
I wish we were trapped in time.  
But now I can hold your hand in mine.  
I can sing a song for you to sleep.  
I can shoulder and hug you in need.  
This is not for you to know.

This is not for me to thank.  
This is usual of most of us.  
This is unusual of anything new!  
For the defense against hurt,  
For the place to hide,  
For warmth of love,  
And for the depth of life,  
I love you so very much.

**Contributed by Mrs. Pavithra Kameshwaran from Chennai**

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*Some basic truths and good tips ... "tried and tested" .... Editor*

## **SUCCESS**

1. **Self-Belief**: Success begins in the mind. One has to be a believer, first, if one wishes to be an achiever. Never under estimate yourself. You have no idea how often you can surprise yourself. So to begin with, let's get in the belief, "I Can."
2. **Clarity of Vision**: There is no point running around without knowing where one wants to reach. You must get your job cut out. Greatest achievers in the world have been visionaries. Know exactly what you are best at and give it your best shot.
3. **Setting the Right Goals**: The goals should be realistic .The goals should be achievable, and yet challenging enough - neither too easy nor too difficult -something in the middle.
- 4: **Be focused**: If the sun's rays are focused on a piece of paper with a lens, the intensity of the concentrated energy burns the paper. Focus on your objective will enhance the intensity of the effects of your efforts.
5. **No Short Cuts to Success**: There are no short cuts to success. Divide your overall goals into smaller targets. Divide your monthly plans into weekly and weekly plans into daily plans and see how simple things can be.
6. **Take Risks**: Without any risk no progress is possible. Life comes to a stable standstill. People who take chances are the people who get ahead in life .The only way to reduce risk is to take risks.

**Contributed by Mr. G N Prabhu**

**Source: The Web / Author(s) – Unknown**

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## Tell Tale Signs

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In a restroom:

Toilet out of order. Please use the floor below.

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In a Laundromat:

Automatic washing machines : Please remove all your clothes when the light goes out.

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In a London department store:

Bargain basement upstairs.

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In an office:

Would the person who took the step ladder yesterday, please bring it back or otherwise further steps will be taken.

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In an office:

After the tea break, staff should empty the tea-pot and stand upside.

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Outside a second hand shop:

We exchange anything – bicycles, washing machines.

Why not bring your wife along and get a wonderful bargain?

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Notice in health food shop window:

Closed Due to Illness.

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Spotted in a safari park:

Elephant please stay in your car.

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Seen during a conference:

For anyone who has children and doesn't know it, there's a day care on the 1<sup>st</sup> floor.

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Notice in a farmer's field:

The farmer allows walkers to cross the field for free, but the bull charges.

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Message on a leaflet:

If you cannot read this, this leaflet will tell you how to get lessons.

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On a repair shop door:

We can repair anything (Please knock hard on the door – the bell doesn't work)

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**Contributed by Mr. G N Prabhu**

**Source: The Web / Author(s) – Unknown**

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## **Think About It!**

- \* Money doesn't bring you happiness, but it enables you to look for it in more places.
- \* Your conscience may not keep you from doing wrong, but it sure keeps you from enjoying it.
- \* Middle age is when broadness of the mind and narrowness of the waist change places.
- \* Misers aren't much fun to live with, but they make great ancestors.
- \* Be careful what rut you choose. You may be in it the rest of your life.
- \* The trouble with bucket seats is that not everybody has the same size bucket.
- \* When you see the handwriting on the wall, you can bet you're in a public restroom.
- \* Opportunities always look bigger going than coming.
- \* The real reason you can't take it with you is that it goes before you do.
- \* Junk is something you throw away three weeks before you need it.
- \* A closed mouth gathers no feet.
- \* A man (or woman) who can smile when things go wrong has found someone to blame it on.
- \* A modern pioneer is a woman who can get through a rainy Saturday with a television on the blink.
- \* The world is full of willing people: some willing to work and some willing to let them.
- \* Money isn't everything..., there are credit cards, money orders, and travellers checks.

**Contributed by Mr. G N Prabhu**

**Source: The Web / Author(s) – Unknown**

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*Mr. Yogesh Kamath moved from sunny "London" to relatively sunnier "Chennai" and has kindly sent in an article on his new adopted city.... Editor*

## **Chennapattinam... Madras... Chennai...**

What's in a name?..they say. A rose smells as sweet by any other name and a renamed city will carry on with its lifestyle despite the political gimmickry that triggered the change.

History - Chennapattinam (historical name after a local Nayaka) -> Madras (East India company HQ once) -> Chennai, that's it! for if I delve into the history, it would be enough details to be yet another article and so would like to share some impressions of the city being a newcomer relatively.

### Coming to life and the city -

Any strata of people/society can survive, from the living on pavements to the living in palatial penthouses. Before I landed here, had met an elderly relative in Bombay who had stayed in Madras in the 1950s. He reminisced fondly about Connemara library and museum, the tranquillity, the tree-lined roads like - Sterling road, College road, Haddows road, Harrington road which had many bungalows for railway and other govt. officials. Mount road/Anna Salai was synonymous with Madras even then, and now it is such a winding road from Egmore to Nandanam that you have to be specific as to Egmore, LIC or Teynampet or Nandanam else you would end up searching far and wide. My relative would now be quite surprised to see quite a few of those have given way for multi-storeyed apartments and commercial complexes; the quiet roads are now choc-a-block with traffic. He had mentioned Parrys corner, T.Nagar, Marina beach, Mount road, Broadway(now a narrow way!) as shopping/leisure places then. But with the mall-culture having struck Chennai, the cool hang-outs have dispersed to much larger area. Each area like Anna nagar, Adyar, Nungambakkam, etc. has its own popular favourite spots including Barista, Quickys and Dosa-Pizza joints. But the rage is the ECR(East coast road) which has Cineplexes and resorts.

Places of worship like Purasawalkam, Parrys, Mylapore temples and R.K. Mutt, San Thome Basilica, Thousand lights mosque, Theosophical society and Music auditoria like Music Academy, Gaana Sabhas are frequent visits for the spiritually and musically inclined.

The city is the cultural capital of Southern India and come December(called Margazhi music season), the air hangs heavy with Carnatic music wafting from the many Gaana/Nritya Sabhas. That is also the time for NRI folks to visit the city, to be seen in Kutcheris in their finery, meeting acquaintances and socializing. However the cultural standard has not extended to audience discipline. People in the hall wander about at will; talk over mobile phones even when the music performance is in progress. Even the front-seaters keep conversing, when the music is at its crescendo, something which is unimaginable in a concert hall of any metropolis in the West or within India - in Music centres like Dharwad. Somehow it seems to be made up by the quality of catering available at the Sabha halls.

Traffic in Chennai is a newcomer's nightmare due to the lack of traffic sense in drivers. The MTC buses are so overcrowded that it is difficult to get in or get out. However if you have the time and manage to get a window seat, that could be opportunity for window shopping and Chennai darshan. Though a few brand new buses have been introduced recently, the fleet is ill-kept and depends only on the next rain for a wash. The majority depend on auto rickshaws as fast means of transport apart from personal vehicles, though auto drivers are an impolite/uncultured lot here being experts in customer exploitation.

Except a few good men, much akin to Lawyers being liars - the Police/Traffic police are a species not very different from daylight robbers and seem just separated by birth; for they always try catching you on the wrong foot, sometimes with a tow-vehicle and a chance encounter could make you feel lighter by at least 50 bucks! And if you seem to look like an outsider, it's more, maybe like in case of my friend - even for silly reasons like having other state registration number etc. Of late they are found to be lurking around corners in lanes of Annanagar apart from those at the signals.

The Chennai public seem to be an impatient lot with less of civic/traffic sense and jumping at signals is the order of the day. Traffic signals at some locations just seem to be some kind of musical chair! Pedestrians are a hapless lot having tough time dodging vehicles. Careless spitting (even from within speeding bus without concern of people passing by) and littering around is rampant! Also in Chennai's day-to-day life, conversation is almost in singular.

When I came to Chennai, the water scarcity was acute. Water bottling companies are having a field day since the Metro water board is lethargic in providing potable drinking water to citizens in all areas. But yes, Chennai makes an outsider more water conscious for - Avoiding wastage and saving water is the need of the hour. The water tankers along with the MTC buses – a deadly combination – were vying for the might of the road and were in news for a lot of accidental deaths on the road.

Garbage disposal is another area where Chennai needs lot of improvement since the city stinks here and there. Also drainages are almost non-existent making rain water flow on the roads even during a moderate rainfall; forget about rains in our native places like Udupi on the west coast! For that matter - in any city/town - throwing "bajji" wrapping old newspaper or plantain leaves beside the road after lunch at the function for the stray cattle to feed on may not be pollution for the good earth, but littering of plastic cups, snacks wrappers all around is! - a case of civilized ignorance... nobody cares. Due to their non-bio-degradability, usage of plastics should be banned or at least minimized – as now they have become part and parcel of life. Also with regard to increasing the green cover, politicians here should take a cue from their Karnataka counterparts for implementing the state-funded afforestation programme – "Vana mahotsava" every year which we participated as students when in school/college during the onset of monsoons in KA state.

The bright spot in Chennai is the TNEB. Having seen scheduled, transformer-down powercuts in many other places, this was a relief. Others who have to share kudos are the Chennai airport and Metro trains which run only in main areas though.

Chennai BSNL is doing good service except that you may have to follow a maze of dialing 3 or 4 numbers sometimes if you call the helpline and this seems to be in sync with their motto of connecting Chennai !

Thieves/robberies are less in Chennai and is a matter of better safety, for in some other cities flashing that mobile phone or company id-card while on the road would prove too costly, for they whisk with your mobile leaving you shouting instead of talking!

Chennai is a place of gastronomical delight! with a wide variety of food. Purasawalkam Krishna Sweets is a heritage foot spot now; if you want to time-travel backwards to the days of the Raj with aromatic filter coffee...the ambience is such! There are many other places to explore for good food.

Times are changing...they say.. It is evident that Chennai skyline is changing rapidly, many trees are being felled beside the roads too to make way for high rise buildings, and every new building seems to be getting bigger and taller turning the city into a concrete jungle. Most of the landmarks here are old British buildings like Fort St. George, Central Railway station, St.Andrew's church, St.George's Anglo-Indian school, Rippon buildings which stand testimony to their architectural expertise. They are along the Poonamallee high road and in Egmore area.

Though the climate is hot and humid -making one wipe sweat with a phew!, Chennai continues to attract visitors by its metropolitan yet traditional charm!

**Contributed by Mr. Yogesh S Kamath from Chennai**

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*Moving from Tamil to Hindi .... Here is a tongue-in-cheek look at some "Hinglish" .... Editor*

## **Hindi Lingo**

Q: What did the lonely banana say?

A: I'm a "kela".

Q: What did the green peas say?

A: Nothing. They just "mutter"ed.

Q: What did the potato say when it answered the phone?

A: "Aaloo?"

Q: Where do cauliflowers hang out?

A: In the Gobi desert.

Q: What did the flower say to its girl-friend?

A: Why do "phools" fall in love?

Q: What did the fat car say?

A: I'm a "mota"car.

Q: What did the confused egg say?

A: I don't "unda"-stand.

Q: What do shrimps sing on Christmas?

A: "Jhinga" Bells.

Q: What did the half eaten naan say?

A: I wish I was "puri".

Q: What did the lonely potato sing?

A: "Aaloo lonesome tonight?"

Q: What language do carrots speak?

A: Gajar-ati.

Q: What do you call an almost bald poet?

A: Ik-bal.

And dis is da funkiest...

Q: What did the first pizza slice say to the other pizza slice so  
it would move?

A: Pizza - "HUT"

**Contributed by Mr. G N Prabhu**

**Source: The Web / Author(s)– Unknown**

## Radio Idli

Radio Idli ([www.radioidli.net](http://www.radioidli.net)) is a site dedicated to celebrate Saraswat Talents and Culture from around the world. The site seeks to provide a fair stage to talents from our community, and features multimedia content including videos, audio and photo slideshow. The site is run by Sankalp Nayak (US) and Nagesh Pai (Mumbai, India) with numerous voluntary representatives world over. Radio Idli invites each one of you from the saraswat community to utilize this wonderful online stage to showcase talents of yourself or your close relatives. The site will gladly showcase audio recordings, videos (preferably through youtube) along with a detailed description of the participant's profile. Sudeep Shenoy, based in the UK (London), will be a point contact for helping you post your content on the website, and be applauded by your global Saraswat brethern. Sudeep's details can be reached on [sudeep@radioidli.net](mailto:sudeep@radioidli.net) and 07875080996

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## Quiz-Body Parts

Each of the following refers to a body part. Can you guess which one it is:-

1. Red Indian collected these.
2. Top teacher
3. School children
4. Giving this says goodbye
5. A symbol of royalty
6. Found along tropical coasts
7. Shun people with a cold one
8. Goes in the dustbin
9. Just over three to a metre
10. A place of worship
11. To reverse
12. Part of a relay race
13. Where treasure can be stored
14. Spring bulb flowers
15. Eve's friend's fruit
16. Combs have these
17. The Dover variety
18. A command to keep your dog in order
19. Young ones found in a farmer's field
20. Fish or chocolate biscuits

**Contributed by Dr. Shalini Gadiyar**

*Please send in your answers to the usual address ... [vani.editor@konkanie.u.com](mailto:vani.editor@konkanie.u.com)  
Editor*

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## **5 THINGS YOU PROBABLY NEVER KNEW YOUR MOBILE PHONE COULD DO**

There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

### Emergency

The Emergency Number worldwide for Mobile is 112.

If you find yourself out of the coverage area of your mobile; network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly this number 112 can be dialed even if the keypad is locked. Try it out.

### Have you locked your keys in the car?

Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone: If you lock your keys in the car and the spare keys are at home, call someone at home on their mobile phone from your cell phone.

Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end.

Your car will unlock. Saves someone from having to drive your keys to you.

Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other 'remote' for your car, you can unlock the doors (or the boot)..

### Hidden Battery Power

Imagine your mobile battery is very low.

To activate, press the keys \*3370# Your mobile will restart with this reserve and the instrument will show a 50% increase in battery.

This reserve will get charged when you charge your mobile next time.

### How to disable a STOLEN mobile phone?

To check your Mobile phone's serial number, key in the following digits on your phone: \* # 0 6 #

A 15 digit code will appear on the screen.

This number is unique to your handset.

Write it down and keep it somewhere safe.

When your phone gets stolen, you can phone your service provider and give them this code.

They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless.

You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones.

### ATM - PIN Number Reversal - Good to Know

If you should ever be forced by a robber to withdraw money from an ATM machine, you can notify the police by entering your PIN # in reverse.

For example, if your pin number is 1234, then you would put in 4321.

The ATM system recognizes that your PIN number is backwards from the ATM card you placed in the machine.

The machine will still give you the money you requested, but unknown to the robber, the police will be immediately dispatched to the location.

This information was recently broadcast on CTV by Crime Stoppers. However it is seldom used because people just don't know about it. Please pass this along to everyone.

This is the kind of information people don't mind receiving, so pass it on to your family and friends

**Contributed by Mr. G N Prabhu**

**Source: The Web / Author(s)- Unknown**

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## Uses For Tea

### Deodorize Your Feet

Boil three or four tea bags in one quart of water for ten minutes. Add enough cold water to make a comfortable soak. Soak your feet for twenty to thirty minutes, then dry and apply foot powder. Do this twice a day until odour is under control. Then continue twice a week to keep odour under control. Tannin, which can be found in tea, is a drying agent.

### Highlight Brown Hair

Rinse red or brown hair with brewed tea for golden highlights.

### Relieve Sunburn Pain

Pat your sunburn with wet tea bags.

### Deodorize Stuffy Rooms

Mix one quart brewed tea and four tablespoons lemon juice, strain through a coffee filter, and store in empty spray bottles.

### Soothe a Sore Throat or Laryngitis

Drink brewed tea with lemon juice or honey.

### Invigorate House Plants

Water ferns and other houseplants once a week with a weak, tepid brewed tea.

### Polish Black Lacquer

Wash black lacquer pieces with strong brewed tea, then wipe dry with a soft cloth.

### Help Relieve Diarrhea:

Drink plenty of tea and eat toast. The tannin in tea is reported to be helpful in cases of diarrhea, while its liquid replaces fluids lost by the body.

### Soothe Tired Eyes

Place tea bags soaked in cool water or lukewarm water over your eyes for at least fifteen minutes.

### Soothe a Burn

Apply wet tea bags directly to the burn, or secure in place with gauze.

Stop Gums From Bleeding After Having a Tooth Pulled

Press a cool, moist tea bag against the cavity with your finger.

Fix a Broken Fingernail

Cut a piece of gauze paper from a tea bag to fit the nail, coat with crystal clear nail polish, and press gently against the break. Then cover with coloured nail polish.

Clean Varnished Woodwork

Cold tea is a good cleaning agent for any kind of woodwork.

Tenderise Meat

Add equal parts strong brewed tea and double strength stock to a tough pot roast or stew. The tannin in tea is a natural meat tenderiser

**Contributed by Mr. G N Prabhu**

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