



Saraswath Vani

Spring edition - February 2011

GOWDA SARASWATH SABHA (U.K.)

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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.

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**'Promoting the Global
Saraswath Community'**

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Mr Sudeep Shenoy

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Dr Prabhakar Nayak
Mrs Suman Naik

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**.

CHAIRMAN'S REVIEW

Dear Members,

I have great pleasure in writing to you in the first issue of Vani for the year 2011. I sincerely hope that you will enjoy reading the same, as there are many interesting subjects included.

During the year 2010, the Sabha organised various events including AGM, Sports Day, Bank Holiday Weekend and Diwali. I consider that Diwali was both enjoyable and eventful, taking into account that it was a first major step taken after a long time to foster the relationship between G S Sabha and Saraswat Sabha. We could see new hopes and aspirations in the eyes of the members of both the Sabhas, specifically in the eyes of the youth members.

Year 2011 will be a special year in the history of our G S Sabha as we will be celebrating our Silver Jubilee i.e. 25 years since its inception. Preparations are in full swing for these Silver Jubilee Celebrations. We can already hear some fire-works in the form of suggestions and expression of hunger for this quality event to go down in the history.

I am confident that we will see the real Fire-Works at the August 2011 Bank Holiday week-end, when the full celebration takes place. In this issue of your Vani, there is a formal pre-invitation and I would ask you to please pen-down these dates in your diary as an important event to attend, participate, share your joy and enjoy all of it.

With warm regards and best wishes

Sadananda Nayak
Chairperson

EDITOR'S REVIEW

This year has been a very eventful one for us all. We Saraswath Brahmins here in UK have been very much at the centre of things:

- Being Indian when so much attention is now focused on our mother-country as an emerging Super-Power,
- Having benefitted from the 'boom' years of the late 1990's,
- Having established ourselves in the mainstream of British society (in Medicine, in IT Services, in the Media, in Financial Services),
- Being in the midst of the 2008 economic collapse and subsequent recession in UK,
- Taking a more active role in British society via key positions in private and public services,
- Ability to travel to India more easily and cheaply (qv Jet Airways, Kingfisher, Virgin), and
- Benefitting from the upsurge in interest in all things Indian (e.g. Bharatiya Vidya Bhavan; Bollywood; Fusion Music, Regional foods/ restaurants etc.).

As Prime Minister Dr Manmohan Singh has said " We are merely custodians of our planet and hence have a duty to preserve the essentials of life and culture and our environment; for our children to take the baton and develop these essentials further for the benefit of mankind".

Our youth has flourished as a direct result of our maintaining our core GSB values and cultural heritage, plus our ability to integrate into the 'host' UK community, and of course our intuitive Brahmin focus on Education. Nowhere is this more evident than at our major functions (Bank Holiday, Divali etc) where our younger members have shown their talents in music, dance, humour, drama, professional organisation And we have been able to enjoy/share our culinary skills ("Konkani food is the best"...Sanjeev Kapoor, TV Chef).

Over this past year, many things have happened to improve our lives within our GSB community: we have benefitted from our Indian 'saving' culture in an environment where the UK/US 'spend' culture has proved so disastrous. We are, as a consequence, better positioned to withstand the pressures on our household budgets and living styles. But, nevertheless, with education costs going up by 100's of percent, we need to be more 'smart' about managing our finances. I am particularly pleased that we have in our community many 'experts' who can help fellow members to deal with these pressures.

Despite the economic pressures, we have continued to maintain our 'positive' and 'happy' side by organising some major celebratory events; notably the August Bank Holiday and Divali events, plus a competitive Sports evening to 'spice up' our lives and bring our GSB community together.

Not just as your Vani Editor, but as an Executive Committee member, I would encourage you to take a more active part in our activities.

Over this past year, your EC members Dr Radha Bhat and Dr Prabhakar Nayak have initiated new projects to promote the Konkani language, especially among our children/youth; Our Chairman, Mr Sadananda Nayak has strengthened contacts with major Indian cultural institutions (e.g. Bharatiya Vidya Bhavan); our Secretary Dr Prakash Nayak has initiated new contacts with political 'friends' (e.g. Dr Neeraj Patil, Mayor of Lambeth Council, London); our Youth Secretary Leela Prabhu has organised several events bringing younger adults together for social connection across the country; our 'technological experts' Pundalik Nayak and Sudeep Shenoy have taken on the mantle of Web Masters (not of the Universe, I hasten to assure you, just to keep us all in the 21st Century), Dr Jayavant Kini has continued to amaze us all with his Magician skills; and our Treasurer Mr Dipak Rao has kept a 'safe pair of hands' on our finances. Mrs Suman Naik has taken an active part in the Silver Jubilee planning Committee, and Dr Geeta Pai has helped to improve communications within the Sabha.

We, as members, are thus very privileged to have such a great collection of skills and expertise to drive the Sabha forward into the future.

Looking into the future, we have the AGM coming up in May, and I hope all members will come and participate in this – what Prime Minister David Cameron would call a 'Big Society' event - to express your opinions, declare what you want the Sabha to do in the coming year, and to volunteer your support and efforts to making new things happen. We are looking for fresh ideas, new projects, application of expertise, and building of confidence in our community here in UK; as well as extending our influence and visibility within both UK and India.

I very much look forward to working with you all to continue building the Gowda Saraswath Sabha into a vibrant and developing community of our Saraswath Brahmins here in UK; but with strong links to our mother country.... Bharat Jai Ho !

*Dr Ashok Hegde,
Editor, Saraswath Vani*



Valentine's Day originated in Gujarat!

In spite of what you have been told by everyone, the truth is that Valentine's Day originated hundreds of years ago, in India, and to top it all, in Gujarat!!

It was acknowledged for some time that Gujarati men, especially the Patels, had a reputation for disrespecting their wives (Patelianis). One fine day - it happened to be the 14th day of February - one brave Pateliani, having had enough disrespect from her husband, finally chose to rebel by beating him with a Velan (rolling pin).

Yes....the same Velan which she used daily, to make chapattis for him....only this time, instead of the dough, it was the husband who was flattened.

This was a momentous occasion for all Gujarati women and a revolt soon spread, like wild fire, with thousands of housewives beating their husbands with the Velan.

There was an outburst of moaning "chapatti-ed" husbands all over Anand and Ahmedabad. The Patel men-folk quickly learnt their lesson and started to behave more respectfully with their Patelianis.

Thereafter, on 14th February, every year, the womenfolk of Gujarat would perform the ritual of 'beating' their husbands, to commemorate that eventful day. The wives thus had the satisfaction of beating their husbands with the Velan, and the men had the supreme joy of submitting to the will of the women they loved.

Soon The Gujju men realised that in order to avoid this ordeal, they needed to present gifts to their wives. So, they brought flowers and sweetmeats. Hence the tradition began.

As Gujarat fell under the influence of Western culture, that day was called 'Velan time' day.

The ritual soon spread to Britain and many other Western countries, specifically with the catch words 'Velan time!'. Of course in their foreign tongues, it was first anglicised to 'Velantime' and then to 'Valentine'. And thereafter, 14th of February, came to be known as Valentine's Day. So now you know !

Ms Nilam Raichura, London 2011

GONE ARE THE DAYS

by an IT specialist

Gone are the days

When we used to talk for hours with our friends!
Now we don't have time to say a 'Hi'!

Gone are the days

When we played games on the road!
Now we type on the road with laptop!

Gone are the days

When we saw stars shining at night!
Now we see stars when our program doesn't work!

Gone are the days

When we sat to chat with friends on grounds!
Now we chat in chat rooms.....!

Gone are the days

Where we studied just to pass!
Now we study to save our job!

Gone are the days

Where we had no money in our pockets and still fun filled on our hearts!!
Now we have the ATM and our credit card, but with an empty heart!!

Gone are the days

Where we shouted on the road!
Now we don't shout even at home

Gone are the days

Where we got lectures from all!
Now we give lectures to all... like the one I'm doing now.....!!

Gone are the days

But not the memories, which will be lingering in our hearts for ever and ever and Ever and ever and ever

The Days are Gone . But still there are lots more days to come in our Life!!

NO MATTER HOW BUSY YOU ARE , DON'T FORGET TO LIVE THE LIFE THAT STILL EXISTS.

Keep Smiling

(Compiled by Mr Mb Prabhu, Birmingham UK)

Indian singing legend Pandit Bhimsen Joshi passes away, country mourns death of its 'Ratna'

Pune, January 24 , (IANS) :

As thousands queued up to pay their last respects to the 88-year-old music maestro, artists across the country described the loss as the sunset of Indian music. Joshi, who was awarded the country's highest civilian honour the Bharat Ratna in 2008, died at Pune's Sahyadri Hospital on January 24th 2011. He was suffering from old age related ailments, including kidney problems.

Calling him a "doyen of Hindustani classical music", President Pratibha Patil said "the nation has lost one of the greatest and most popular classical vocalists".

A "deeply grieved" Prime Minister Manmohan Singh said: "I join music lovers across the world in mourning the demise of this iconic vocalist. In his passing away, the nation and the music world has lost a towering musical genius and the most famous and accomplished exponent of the Kirana gharana."

"His rendering of the song "Mile Sur Mera Tumhara" on the theme of national integration is etched in the popular consciousness."

A practitioner of the Kirana gharana, Joshi was known for his mellifluous 'khyals' as well as for his popular renditions of devotional 'abhangs' and 'bhajans'.

"Jab maine suna, laga ki subah subah surya ast ho gaya. Bharat ka sangeet ka suraj doob gaya hai (When I heard about his death, I felt that the sun has set in the morning...the sun has set on Indian classical music)," eminent Hindustani classical singer Pandit Jasraj said reacting to Joshi's demise.

For 81-year-old Carnatic vocalist M. Balamuralikrishna, who had sung several 'jugalbandis' with Joshi, the loss was personal.

Reminiscing about their singing 'jugalbandis' together, 81-year-old Carnatic vocalist M. Balamuralikrishna said: "My experience when I was singing with Joshi was unforgettable...When he started singing in Hindi, then I sang in a south Indian language. Then after some time, he forgot his words and sang my words."



His disciple Basant Garud called Joshi the biggest figure in Indian music after Tansen, the legendary musician in Mughal Emperor Akbar's court in the 16th century. "He was thought as god. If we had a glimpse of him, then it seemed that we are blessed," Garud said.

Expressing the deepest sense of grief, Governor K. Sankaranarayanan said Joshi, who moved to Mumbai in 1943 at the age of 22 and later made Pune his home, was a "celestial phenomenon" in the world of Hindustani classical music.

Chief Minister Prithviraj Chavan said in his message: "We have lost a legendary, unique personality."

Lata Mangeshkar, who said it was an honour to sing with him, said "a legend" had passed away.

Born to a Kannada Brahmin family in Gadag town in northern Karnataka, Joshi lost his mother early. He was initiated into classical music by legendary musician Sawai Gandharva -- but only after he left home at age 11 to find himself a guru.

Joshi also lent his unforgettable voice to Bollywood. He play-backed for several Hindi movies like "Basant Bahar" (1956) with Manna Dey, "Birbal My Brother" (1973) and "Ankahee" (1985).

Pandit Bhimsen Joshi was a Life member of Kannada Balaga U.K.

GS SABHA & SARASWATH SAMAJ SPORTS DAY JANUARY 22ND 2011

Organised by Dr Balakrishna Shenoy, members were invited to participate in a Badminton Tournament at Harrow Leisure Centre, London. With a tremendous turnout, the three-hour evening session was filled with activity and excitement

After the tournament, while addressing the media, Sadanand gave the following match commentary on the day's proceedings :

TEAMS :

Raj and Andy- winner of the GSB trophy for the year 2011- both played well and were the clear favourites on the day. Hearty congratulations. No doubt Mithali and Anay could have added more sound and music to their matches.

Sachin and Navin- Runners Up- a combination of aggression and strategy. Definitely need more match practice.

Damodar and Naresh- spectators thought Damu could singly beat even a whole team, so it is still a mystery how this team lost – was there any match fixing?

Kalpesh and Swapnil- Swapnil you need to have better match practice. Chodona- abhi bachcha hai !!

Ravi and Sadanand- though Ravi was playing well, he could not compensate for his weak badminton partner... Sadanand it is time for your retirement from international matches.

CHILDREN :

Prerna, Prarthana, Aditya and Niti- well done, you occupied one court for the full three hours and still could not complete the round-robin matches.

LADIES MATCHES :

Mamatha, Kiran, Shweta, Lata Aunty, Hetal, Ishwari- the matches were quite colourful and lovely though real badminton shots were missing

MATCH OF THE DAY :

Damu and Sadanand beating Sachin and Navin in straight sets (no, there was no physical abuse)

SHOT OF THE DAY :

The powerful shot of Damu piercing through Sadanand and landing on opponents court. What a shot!!

Seema and Aditya - You should have read the disappointment on the face of Balakrishna.

Narayan, Shalan and Sneha - you were missed on the day.

Archana and party - did not arrive 'till everybody left !!

Non-Playing captain : Balakrishna.

Chair Umpire : Chitra...yes she never got up from the chair kept in the corner.

Well done, well done, everybody!

Mr Sadanand Nayak, Chairman

WE MUST BE THANKFUL FOR ...

The offer and willingness to help, not the outcome;

The challenges, not just the successes;

The spirited debate, not just the resolution;

The child that tries to cheer us up when we are down and the child that tries to help another child, not just the child that does his/her chores;

What the Creator has done, but also what he hasn't done;

Our trials and tribulations, not just our glorious victories;

The clothes on our back, and not ungrateful for the style they lack;

The £10 we might have today that we didn't have yesterday, and then let go of the fact that we did not get the £1000 we wanted;

The hug our loved one gave to us, although they did not say they loved us;

The meal we had today, and not dwell on the one we might have dreamed of;

The job we have now, not just the one we might get or wished we had;

That friend that is with us and supports us, not just the best friend that isn't there;

The survivors of natural catastrophes, but also the memory of those we might have lost.

We must be thankful for all things.

By Raymond Sheppard, via Vidya Baidur - UAE

GS SABHA AND SARASWATH SAMAJ JOINT DEEPAVALI CELEBRATION

On Saturday October 30th 2010, The Gowda Saraswath Sabha and Saraswath Samaj held a joint celebration of Deepavali at Waldegrave School Hall in Twickenham London. Dr Neeraj Patil, Mayor of the London Borough of Lambeth, was the chief guest and Dr Nanda Kumar Executive Director of Bharatiya Vidya Bhavan UK was the guest of honour.

The programme was celebrated in a grand style with around 340 members attending for the day. On arrival, members were served with amchi style Rulam, Shevo, Vada, Chetney and Jelebis. The main programme started with Lighting The Deep, invocation followed by an enthusiastic talk by Dr Neeraj Patil on the political climate in UK and implications for Asian communities here; and an informative talk by Dr Nanda Kumar on the meaning and significance of Divali.

Sri Venkatesh Sthalakar, Chairman of Saraswath Samaj and Sri Sadanand Nayak Chairman of GS Sabha thanked all members of both organisations for supporting the get-together in such large numbers and making the event a great success.

There was a varied and colourful entertainment programme organised by Drs Ganesh & Archana Mallya and Mrs Sadhan Kulkarni; and performed by both children and adults enacting our religious stories,

traditional dances, instrumental music & singing, and humorous sketches. Ms Leela Prabhu presented a fashion show with Bollywood style models i.e. our youth members !

The entertainment programme was followed by a sumptuous Konkani style dinner and concluded with a raffle and auction to raise funds for the two organisations.

There were numerous members who together made this event the success that it was; all co-ordinated and organised by Dr Prakash and Mrs Kumuda Nayak.

Mr Sudeep Shenoy made a record of the whole event on still and movie cameras. You can reference this on the Radio Idli website i.e.

<http://www.radioidli.net/from-uk-gssamaj-and-saraswat-samaj-diwali-celebration-2010/>



Silver Jubilee of our GSB Sabha UK, August 2011

“Save the Date” Invitation

Details for this Gala Event:

- DATES:** Saturday 27th August to Monday 29th August 2011
VENUE: Stratford-upon-Avon Youth Hostel
HIGHLIGHTS: Grand sit-down dinner on Saturday with live entertainment

‘Anand Mela’ on Sunday with lots of fun activities for all.

Book these dates in your diary for this Extravaganza - more information to follow

WATCH THIS SPACE

MATHEMATICS IS A FASCINATING SUBJECT

Mathematics is said to have been developed in China in 300BC but of course the simple ideas of counting and measurement had been around long before then. Over thousands of years the subject of Mathematics has expanded to cover a wide range of fields, from Applied Mathematics, where real life occurrences are modelled to the incredibly abstract field of Pure Algebra, where numbers are rarely seen.

Indian mathematics refers to the mathematics that developed from ancient times until the end of the 19th century. Indian scholars like Aryabhata, Brahmagupta and Bhaskra II made many very important contributions to Mathematics. For example the Indian Mathematicians were some of the first to develop the concept of zero as a number as well as the modern definitions of sine and cosine.

Aryabhata defined the approximation for Pi (π) as follows: Add 4 to 100, multiply by eight, and then add 62,000. Using this rule the circumference of a circle with a diameter of 20,000 can be approached. $(4+100) \times 8 + 62000 / 20000 = 62832 / 20000 = 3.1416$, which is accurate to five significant numbers. These mathematical concepts were transmitted to the rest of the world and led to further developments that now form the foundations of many areas of mathematics.

At its heart Mathematics is the study of patterns. It involves first the observance of a certain phenomena and then the attempt to order what we have seen in a neat manner to spot any hidden patterns. This can help us to understand these phenomena better and perhaps reveal new and exciting things. For example take the prime numbers. A prime number is a number that has only two divisors, itself and one e.g. 5 and 17 are prime numbers but 4 is not. We can take a grid of the numbers 1 to 100 and circle all the prime numbers in an attempt to spot a pattern. If we were to take the same grid and circle all the even numbers then the pattern would be obvious; every other number is circled in our grid. But is there a similar pattern for prime numbers? This sounds like a simple enough task but is in fact is a great unsolved problem in Mathematics. Currently it seems prime numbers are completely randomly distributed but only time will tell if there is some hidden pattern amongst these numbers.

Carl Friedrich Gauss, known as the "Prince of Mathematicians" referred to the subject as the "Queen of the Sciences". Mathematics is a tool used widely in subjects ranging from Business to Physics to Engineering. In fact its uses are so widespread that we wouldn't be able to go about our daily lives otherwise.

by Ms Reshma Mallya, London UK

SOME PUZZLES

1. Use the number 8 exactly 8 times to make a 1000. You can use any mathematical symbols.
2. The following equation is wrong: $101 - 102 = 1$. Move one numeral to make it correct.
3. Use the numbers 8,8,3 and 3 to make the number 24 using the four main mathematical symbols.

ANSWERS:

1. $888 + 88 + 8 + 8 + 8 = 1000$
2. Move the numeral 2 half a line up to achieve $101 - 102 = 1$
3. $8 / (3 - (8/3)) / (1/3) = 24$

CHILDRENS NURSERY RHYMES

Tha thingana

(child has to make a turning motion with his cupped palm thru the rhyme)

Chardale hathanthu edde edde vayingana

(A tiny brinjal in Baby's hand)

Te vayinganache phodina

(With a pakoda made of the brinjal)

Chardak kokko lavi na

(I'm feeding Baby rice)(with feeding motion)

Paoos yetha, Vath yetha,

(when it will rain and sun shine)

Kunkda Mankda valdik jatha

(The chicken and the monkey get married)

Donyeri baysunu varan yetha

(The wedding party comes in a boat)

Katteri baysunu jauvan jatha!

(They eat lunch sitting on an edge)

Dolli re dolli

(Child with big Stomach)

Madde rukkari challi

(Climbed up a coconut tree)

Payi nisornu palli

(Foot slipped and fell)

Mullen baysunu ralli!

(Cried sitting at a corner)

Akka makka taak nakka

(akka-older sister I don't want buttermilk)

Tallale phodi jayi makka

(I want fried fritters)

Akka gelli takkaka

(akka went to get buttermilk)

Sunena dharle nankaka

(doggie caught her nose)

Itte itte mora

(come here come here peacock)

Baisa re keera

(sit down parrot)

Charukaurnu bhurukaurnu

(gobble)

BhudkuLachye uddaka piyunu

(drink water from the pot)

Burrr jaavun ubbun vattha

(and off it flies with burr sound)

Compiled by: Sadananda Nayak

COCONUT WATER : WHY YOU SHOULD DRINK MORE OF IT !

According to Mortin Satin, Chief of the United Nation's Food & Agriculture Organization, "Coconut water is the very stuff of nature, biologically pure, full of natural sugars, salts, and vitamins to ward off fatigue... and is the next wave of energy drinks BUT natural!"... because coconut water:

- contains more potassium (at about 294 mg/100ml) than most sports drinks (117 mg) and most energy drinks.

- has less sodium (25mg/100ml) where sports drinks have around 41mg and energy drinks have about 200 mg!

- has 5mg/100ml of Natural Sugars where sports and energy drinks range from 10-25mg of Altered Sugars.

- is very high in Chloride at 118mg/100ml, compared to sports drinks at about 39mg.

"It's a natural isotonic beverage, with the same level of electrolytic balance as we have in our blood. It's the fluid of life, so to speak."

- More nutritious than whole milk – less fat and NO cholesterol!

- More healthy than orange juice – much lower calories

- Better than processed baby milk- it contains lauric acid, which is present in human mother's milk

- Naturally sterile - water permeates though the filtering husk!

- A natural isotonic beverage - the same level as we have in our blood.

- A universal donor - it's identical to human blood plasma.....In fact, during the Pacific War of 1941-45, both sides in the conflict regularly used coconut water - siphoned directly from the nut - to give emergency plasma transfusions to wounded soldiers.

Most coconut water is still consumed fresh in tropical coastal areas. Once exposed to air, the liquid rapidly loses most of its organoleptic and nutritional characteristics, and begins to ferment.

So, what's stopping you? Start drinking your fresh coconut water today !

[Compiled by Mr Mb Prabhu, Birmingham UK]

HOLISTIC THERAPIES

Holistic is a word derived from the Greek word Holos, meaning complete or unified. The Holistic Therapist treats the whole person. This is a generic term for any treatment/ therapy session that is intended to treat the individual as a whole on all, mind body and spirit. The focus should be on achieving balance and harmony of body and spirit. The focus should be on mind and spirit as means of maintaining good health.

In holistic medicine, body and mind are integral functioning rather than separate mechanisms and there is an emphasis on mental and emotional states, as they together affects the health and well being.

There are various fields of therapies, i.e.

Reflexology

Body & head massage

Aromatherapy

Reiki

Ayurveda

Naturopathy and many more.....



History of Reflexology



The roots of Reflexology traced back to ancient history when pressure therapies were recognized as preventive and therapeutic medicine. It is believed that reflexology

was originated in China about 5.000 years ago. Although Egyptian and Babylonian contributed valuable evidence such as a pictograph, shown below dated during 2500 and 2300 BC and discovered in the tomb of an Egyptian physician. It has been said, "Our feet are our contact with the earth and the energies that flow through it"

The cover painting of hand and foot reflexology, a wall painting in the tomb at Saqqara is dated 6th dynasty, about 2330 BC. It was widely believed that reflexology had ancient origins and development alongside the ancient Oriental practice of Shiatsu and acupuncture.

In North American Indian medicine men believe to manipulate and stimulate the feet as part of healing practice. One of the earliest books was written on reflexology by two European physicians, Dr. Adams and Dr. A'tatis in 1582. However in western society it was Dr William H. Fitzgerald who advanced and developed the practice of reflexology. He was a graduate from the University of Vermont in 1895. After two years he was

Holistic therapies have been around for thousands of years. Chinese have known about the energy flowing through the meridian over 4000 years and have developed, Acupuncture and herbal remedies while from Indian sub continent, we have Ayurveda "the Science of life"—a system that has been around 5000 years. Ayurveda deals with the principles for maintaining good health and have developed a wide range of therapeutic measures to combat illnesses.

During 20th Century many new Holistic therapies have emerged: flowering essence from flowers, trees, crystal, light, sound and sea. Sound and colour therapy are very effective.

transferred to Central London ENT Hospital, England. He also had developed a new system of ten zones running from the top of the head to the tips of the toes and hands. Known as "Zone Therapy"

Sir Henry Head demonstrated the neurological relationship that exists between the skin and the internal organs. The whole body adjusts to a stimulus when it is applied to any part of the body.

In the last 30 years, because of Eunice Ingham's travelling around the country teaching groups of people, the method of Reflexology, a grass root following of Reflexology emerged in USA. The term reflexology itself was considered illegal until a legal skirmish over the publication of Mildred Carter's book- *Helping you with Foot Reflexology*, in 1970. Today recent research studies have been conducted around the world, including in the US, on the effectiveness of Reflexology on a wide variety of conditions. Chronic conditions seem to respond especially well to Reflexology. In China, Reflexology has been accepted by the central government as a means of preventing and curing diseases and preserving health. In Japan and Denmark, it has been incorporated into employee health programmes and saving each company thousands of dollars annually in paid sick leave benefits. Many of our health problems can be linked to stress. Reflexology is primarily a relaxation technique.

Aromatherapy and essential oils



As Holistic therapy, Aromatherapy is believed to benefit both the mind and body. The aromatic substances from a flower stimulates the olfactory bulb and neurons.

The desired emotional response (i.e. relaxation) is activated from the limbic system of the brain. Aromatherapy is the use of volatile plant oils, including essential oils, for psychological and physical well-being. Although the term aromatherapy was not used until the 20th Century, the foundation of aromatherapy dates back to thousands of years. The use of essential oils in particular dates back nearly one thousand years.

A major event for the distillation of essential oils came with the invention of a coiled cooling pipe in the 11th century, Persia, by the birth of Avicenna who invented the coiled pipe which allowed the plant vapour and steam to cool down more effectively than previous distillers who used a straight cooling pipe. Avicenna's contribution led to more focus on essential oils and their benefits.

The pure essence of aromatic plants have been prized for thousands of years for their holistic properties and the various techniques and recipes have been combined and developed into what we know as Aromatherapy.

Aromatherapy is the systematic use of volatile plant oils known as essential oils, for the treatment or prevention of diseases. The oil consists of tiny aromatic molecules that are readily absorbed via skin, and while breathing enters the lungs, then to enter blood stream and are carried around the body, and can deliver healing power. Today it is one of most popular of all complimentary therapies, offering wide range of highly effective treatments for both acute and chronic illnesses and diseases.

The Chinese were one of the first to use aromatic plants for well being. Their practice involved burning incense to help create harmony and balance.

Oils of cedar wood, clove, cinnamon, nutmeg and myrrh were used by Egyptians to embalm the dead. When a tomb was opened in the 20th century, trace of the herbs were discovered with intact portion of the body. Although a crude distillation process distilled the cedar wood the Egyptians used, the other oil used, were most likely infused oils. The Greeks learnt great deal from the Egyptians. They recognized the medical and aromatic benefits of plants.

Body Massage

Health Benefits:

- Relieves stress
- Encourages relaxation
- Improves circulation
- Improves posture
- Lowers blood pressure
- Helps manage pain
- Relaxes muscles
- Improves flexibility
- Improves breathing
- Relieves tension headaches
- Strengthens immune system
- Decreases depression

A good massage is an exhilarating experience.



Mrs Suman Naik, Birkenhead UK

THE GOOD, THE BAD, AND THE UGLY THINGS ABOUT CHOLESTEROL

"My mother used coconut in every meal, coconut oil and ghee for cooking, and ate a lot of deep fried food and butter... yet she lived to 95 years. Look at me!" asked one of my not-so-elderly uncles who had just undergone a bypass surgery. So why is it different in this day and age?

Our ancestors may have eaten food rich in coconut and used coconut oil for cooking, but most of them also did a lot of physical work regularly as a part of their everyday life. In today's life, thanks to technology and development, you don't have to walk more than a hundred steps a day to get everything you need! Everyone owns at least one car, televisions, computers, the Wii, Xbox and the like, keeping children and adults entertained at home; machines are available to wash clothes and dishes, and you don't even need to step out for shopping as you can use the internet for just about anything! We have adapted to these advances very easily, leading to sedentary lifestyles, but unfortunately our diet has been slower to adapt.

The good news is that small changes to our lifestyle, especially our diet, can go a long way. Excess cholesterol in the blood lodges in the blood vessels of the heart, narrowing them down and leading to angina or heart attacks. People who are obese, have diabetes or suffer from high blood pressure are at a higher risk of heart disease and should be more cautious. It is always good to know our baseline blood pressure, sugar and cholesterol levels which can easily be done at a GP surgery. Reducing the amount of salt used during cooking can help lower blood pressure which is good for the heart. Controlling the sugar we use day to day and replacing it with honey or sweeteners where possible, has the benefit of both lower calories as well as maintaining lower sugar levels, especially important for diabetics. Cholesterol however requires bigger dietary and other lifestyle changes in order to be lowered. Some people have high cholesterol as a result of hereditary disease. This may ultimately require medication, as it is difficult to maintain with lifestyle changes alone, but there is no harm trying for as long as possible.

Cholesterol is mainly produced in the liver and is required for the absorption of fat soluble vitamins A, D, E, and K, for the production of certain hormones and for the normal functioning of every cell in our body. There are three main types depending on the lipoprotein

that is used to transport the cholesterol in the blood. High density lipoproteins (HDL) or the good cholesterol carry cholesterol away from other organs to the liver for excretion. Low density lipoproteins (LDL) and very low density lipoproteins (VLDL) are the bad cholesterol that transport cholesterol from the liver to the other organs.

We must aim to reduce the total fat we consume and replace the bad cholesterol with the good. In our diet, the 'saturated' fats contribute to the bad cholesterol whereas the 'unsaturated' fats, particularly the 'poly-unsaturated', contribute to the good cholesterol. Butter, ghee, full fat dairy products such as milk, cheese, yoghurt, etc. all contain saturated fat. Olive oil, rapeseed oil and oily fish, etc. all contain poly-unsaturated fat. Therefore substituting butter for low fat spreads and olive oil, whole milk to skimmed or semi-skimmed, high

fat cheese and yoghurts to low fat; can all reduce the amount of bad cholesterol we consume. A high fibre diet consisting of fruits, vegetables, beans, lentils and oats also help to increase the HDL cholesterol. In addition to making

such dietary changes, cooking methods such as grilling or baking instead of frying, steaming vegetables rather than boiling in water, shallow rather than deep frying (if you must!) can help us gain all the health benefits of the food that we eat.

Even more crucial however, is combining these dietary changes with regular physical activity which also helps to lower bad cholesterol. The importance of regular physical activity cannot be stressed enough. The Department of Health recommends at least 30 minutes of physical activity on or more than five days a week. This physical activity can range from a brisk walk, to a run, to a cardio vascular workout at the gym.

Making some of these changes as a family - young or old, male or female - is a good first step. So, it can't be that hard can it? Not really. Thinking twice next time we get into our cars, reach for that samosa, or decide to skip the gym, may actually go a very long way!

Dr Anjali Nayak, London UK"

[For further information, visit the British Heart Foundation at www.bhf.org.uk]

TELL TALE SIGNS

In a restroom:

"Toilet out of order. Please use the floor below"

In a Laundromat:

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

In a London department store:

"Bargain basement upstairs"

In an office:

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

In an office:

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

Outside a second hand shop:

"We exchange anything – bicycles, washing machines.
Why not bring your wife along and get a wonderful bargain?"

Notice in health food shop window:

"Closed Due to Illness"

Spotted in a safari park:

"Elephants please stay in your car"

Seen during a conference:

"For anyone who has children and doesn't know it, there's a day care on the 1st floor"

Notice in a farmer's field:

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

Message on a leaflet:

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

On a repair shop door:

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

CHILDRENS LULLABY'S ...

SORRY, WITHOUT THE MUSIC !!



Need re bala, champyakalga

(sleep my son, bud of champak [flower])

Magelya mandar

(on my lap)

Need kanna, radchan sonna

(After sleep without crying)

Bas re kandar

(sit on my waist)

Tanni ghara yevchen jalena,

(it's time for him [husband] to come home)

Keecheri hyan

(from office)

Ranolap haven kelle nare

(I have not cooked food)

Tugelya trasen!

(Due to your trouble)

Bal baro phanasa ghara

(My son is soft and fair)

Goro angan

(Like jackfruit kernel)

Dole Lhan, rund kaan

(With small eyes, broad eyes)

Sunder rupaam

(Has a beautiful face)

Iss baye must challo

(Oh, this boy doesn't stop sucking)

Pivchen sodena

(No time, no place)

Vel nago, kal nago

(Does not stop his mouth)

Tond kadna

(from sucking)

Ago Lilu, hanga yogo

(Oh, Lilu come here)

Hakka, nidaygo

(Help him to go to sleep)

Najalyan chacho ujo

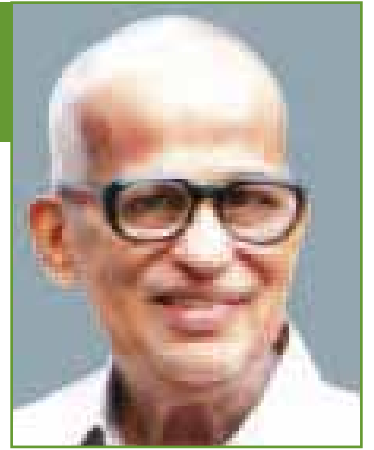
(Otherwise keep an eye)

Matso palaygo

(On the fire, to make tea)

*Poet: Dinker Desai, Karwar, 1930, translated
by Vithalray Bhat (Thane)*

GSB DOYEN PASSES AWAY



An excellent professional, Gandhian in principle and truthfulness, spiritually ordained, great social activist, a core leader who led many teams in the society you may use many such descriptions but none of them fully defines the true character of the great visionary, S Prabhakara Prabhu.

Born in the year 1927 in the Chenothuparambil family at Chendamangalam, S. Prabhakara Prabhu affectionately called 'Prabhakar' was to shoulder many responsibilities for the welfare of people.

He completed his BA in Maharajas College and later studied for his double graduation in B.Com at S.H. College, Thevara • He joined MIs Varma a: Varma Chartered Accountants, leading Chartered Accountants to complete FCA in 1951. He retired in 1998 as Jt. Managing Partner in the same organization which also shows his loyalty.

He had divine blessing to meet Guru Gopaldaswami, a great saint, when he was working at Thiruvananthapuram. Prabhakar and his friends used to spend time with Swami after their work and he used to take notes of the discussion. Destiny prevailed on

Prabhakar to compile the divine sayings by the name of "Arulmozhikal" in Malayalam which was later translated into English as "Words of Wisdom". The work is simple in its presentation and useful for common man to understand "Atma

Sakshatkaram" (Realisation of Self). "Prabhakar is a pearl from the heart of Mahavishnu" thus spoke Gopaldaswami to us in his absence, said his friend Rama Varma of Mavellikara.

He married Savitha daughter of one of the earliest doctors in our society Dr J V Kamath in 1960.

In the first meeting convened at Karnakodam by H H Sreemad Sudheendra Theertha Swamiji for the discussion of Swamiji's pet project of Kuladevata Complex in the year 1988, Prabhakar's name was written first in the list of the committee prepared by Swamiji Himself and he was made the President.

MAHABALESHWAR FIRST RECIPIENT OF VIMALA PAI AWARD

Chief Minister of Goa, Digambar Kamat called upon Konkani organizations to work hard for the protection and preservation of Konkani culture and tradition. The Chief Minister was speaking at the maiden Vimla V Pai Vishwa Konkani Sahitya Puraskar function at Ravindra Bhavan, Margao on 18th December 2010. Kamat and Odisi writer Prof Prafulkumar Mohanti presented the award, citation and ,1 lakh cash prize to Konkani writer Mahabaleshwar Sail for his novel Hawthian (kiln for baking the utensils) a fictional story on potter community. Sail who belongs to Karwar and now settled in Goa has 13 works in his credit.



The award is constituted by World Konkani Centre, Mangalore and installed by T V Mohandas Pai, Director - Human Resources, Infosys Technologies Ltd, in the name of his beloved mother and mentor, Vimala V. Pai who was also honoured on the occasion. The Chief Minister also commended the service of the Konkani Language and Cultural Foundation for the development of Konkani Language.

Speaking on the occasion, Uday Bhembre, Konkani writer and activist recalled the earlier announcement of the Chief Minister to start Parichay Kendras in States where there is large presence of Konkani migrants. He urged the Government of Goa to coincide the inauguration of Kendras with the celebration of the 50th year of Goan independence in 2011.

Prof Prafulkumar Mohanti, P Dayanand Pai, TV Mohandas Pai, Mahabaleshwar Sail also spoke on the occasion. Basti Vaman Shenoy welcomed the gathering.

VISWA KONKANI FEST FLAVOURS KOCHI

Two days of Viswa Konkani Manyata Celebrations ended with a glittering show of Goan Folk Dance by Directorate of Art & Culture, Government of Goa at P.G. Kamlath Nagar (Town Hall), Mattanchery on 5th September 2010.

The 18th Anniversary celebrations of inclusion of Konkani in the 8th schedule of the Indian Constitution was inaugurated by Viswa Konkani Sardar, Basti Yaman Shenoy, President of Konkani Bhas Ani Sanskriti Pratishtan, Mangalore. The uniqueness of migration of Konkani people to western coast of India was to protect their language and culture, said Yamana Shenoy and remembered the contribution made by many in its struggle during the last five centuries.

There should not be any instance of denial of education to bright students of Konkani community said Pradeep G Pai, Secretary, Viswa Konkani Students Scholarship Fund. He announced the decision taken by T V Mohandas Pai, Director and Ramdas U Kamath, Senior Vice President of Infosys Technologies Ltd, who are guiding the Scholarship Fund to reach out to 2000 students in the coming year.

Scholarships to the tune of ~40 lakh to 135 medical and engineering students including those from Kerala were already distributed in August 2010.

Konkani is one of the oldest languages spoken by millions of people scattered throughout the world, said K K Subramaniam, Chairman of Kerala Konkani Academy. It has rich literary strength and also has age-old Devanagiri as its script, said Subramaniam.



Basti Yaman Shenoy unveiling the photo of P.G. Kamath

K. Purushothama Pai, N. Purushothama Mallaya and Prof. Vasanthamoni were given a traditional honour for their outstanding contribution to Konkani language. Prizes were also distributed to the winners of Konkani Variety Cultural Competitions held on the sidelines of the celebrations.

R. Bhaskar Shenoi, President, Anugraha Charitable Trust welcomed the gathering and Suresh A Shenoi, Treasurer, Kerala Konkani Academy proposed vote of thanks.



Goan folk dance performance

Honouring Konkani Activists



K. Purushothama Pat



N. Purushothama Mallaya



Prof. R. Vasanthamony

THE LAW OF THE SEED . . .

Take a look at an apple tree. There might be five hundred apples on the tree, each with ten seeds. That's a lot of seeds. We might ask, "Why would you need so many seeds to grow just a few more trees?" Nature has something to teach us here. It's telling us: "Most seeds never grow. So if you really want to make something happen, you had better try more than once."

THIS MIGHT MEAN:

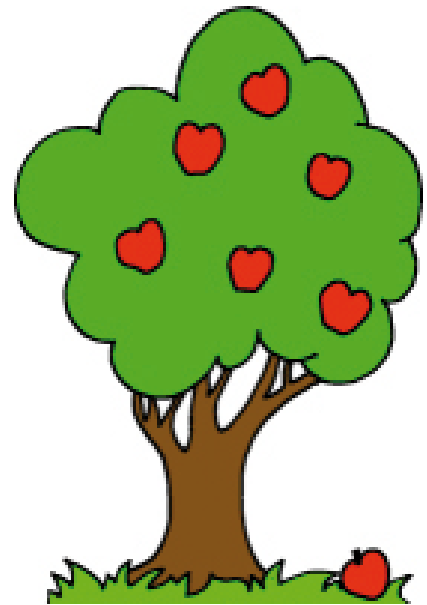
You'll attend twenty interviews to get one job.

You'll interview forty people to find one good employee.

You'll talk to fifty people to sell one house, car, vacuum cleaner, insurance policy, or idea.

And you might meet a hundred acquaintances to find one special friend.

When we understand the "Law of the Seed", we don't get so disappointed. We stop feeling like victims. Laws of nature are not things to take personally; we just need to understand them - and work with them.



For things that are beyond your control, tell yourself:

**"I WOULD PREFER "A",
BUT IF "B" HAPPENS, IT'S OK TOO!"**

This is really a game that you play in your head. It is a shift in attitude, and it gives you more peace of mind.

You prefer that people are polite ... but when they are rude, it doesn't ruin your day. You prefer sunshine ... but rain is ok!

To become happier, we either need to

Change the world, OR

Change our thinking.

It is easier to change our thinking!

IN A NUTSHELL.....

It's not what happens to you that determine your happiness,

It's how you think about what happens to you.

(Compiled by Mr Mb Prabhu, Birmingham, UK)

IN A NUTSHELL.....

Successful people fail more often. But, they plant more seeds.

When things are beyond your control, here's a recipe for permanent misery:

Decide how you think the world SHOULD be.

Make rules for how everyone SHOULD behave.

Then, when the world doesn't obey your rules, get angry!

That's what miserable people do!

Let's say you expect that:

Friends SHOULD return favours.

People SHOULD appreciate you.

Planes SHOULD arrive on time.

Everyone SHOULD be honest.

Your husband/wife SHOULD remember your birthday.

These expectations may sound reasonable. But often, these things won't happen!

So you end up frustrated and disappointed.

**There's a better strategy: have fewer demands.....
instead, have preferences!**

THE AGONY AND THE ECSTASY: My Great North Run

About a year ago, my best friend Jody was telling me about her rigorous training regime for the upcoming London Marathon. I was in awe of the level of dedication but secretly wondered why she was bothering.

A couple of weeks later Jody rang me up to tell me she'd entered herself for the Leeds 10K in preparation for the marathon. Great stuff I thought, until she casually mentioned that she'd entered me for it too. She said she needed a running partner so reluctantly I agreed to the challenge.

I forced myself to train 3 times a week. I can't say I enjoyed it, mainly because it was a constant reminder of how unfit I was; but I slowly built up my distance to about 5 km which was pleasing but I wasn't really sure how I would magically double my distance for the 10k approaching in 2 weeks time.

The 10K race soon arrived and the centre of Leeds was buzzing with excitement. There were hundreds of entrants from several of Leeds' best running clubs... and me.

I started to panic but luckily there wasn't much time to dwell and off we went. I realised that running with lots of people was actually easier and I soon found my rhythm. I was really enjoying this. At the 8km mark I was starting to tire and at 9km I had reached my limit. I stopped for a few seconds and then someone from the crowd pointed out the finish line in the distance and told me to go for it. So I did. And when I crossed the finish line I got a huge adrenalin rush. I was even more ecstatic to learn I'd run it in 63 minutes !!

The other GPs at work were impressed by my efforts and wanted to try it out themselves so I suggested we all enter together as a charity fund raiser. Whilst the concept of me inspiring people to go long distance running tickled me somewhat, it obviously worked and a week later we received 6 entry places through Wakefield Hospice to do the Great North Run.

The final few weeks leading up to the race were stressful and unpredictable. I had visualised myself at this stage to be fit and full of energy but in reality I was physically and mentally drained. Some days I could run for more than 2 hours and other days I couldn't manage more than 2 miles. I was praying I wouldn't flake out on the day, particularly since this was now a group effort and I was running for charity so was determined not to let anyone down.



Before I knew it, September the 19th had arrived and I was in Newcastle, about to run the most famous half marathon in the world. The weather conditions were perfect: 16C and no rain. This was a relief. Especially considering the rather unsettling conversation I had had the night before with a fellow competitor about the higher than usual number of deaths during last year's race because of warmer than predicted temperatures for that time of year.

The atmosphere was phenomenal. I was overwhelmed by the scale of this event which could only be truly appreciated by being there. There were 50,000 people taking part and the start line was over 1km long. I was hoping to steal a quick glance at Gabrselessie for some last minute inspiration but soon realised this wouldn't be possible. Ant and Dec greeted and waved everyone off at the start line and away we went.

It was an emotional experience; especially seeing my fellow runners who included an 81 year old lady, 2 blind brothers, a dad holding his baby and running for meningitis UK., members of the Territorial Army running with backpacks filled with rocks, and a man wearing an entire suit of armour !!

It all seemed plain sailing for about 10 miles and then the muscle aches began. I was struggling to carry on at the 11 mile mark. All I remember of the last mile was the crazy cheering from on-looking spectators, heavy rain smacking against my face and the Red Arrows up above making beautiful patterns in the sky. I don't think I had any adrenalin left when I crossed the finish line, but I was smiling inside because I had proved to myself more than anyone that marathons aren't just for athletes...

I completed the Great North Run in 2½ hours and am very proud; but I can't help wondering whether it would be worth trying to do it in 2 hours next timeAnyone fancy joining me next year?

I would like to thank the GSB(UK) as well as individual Sabha members for all your support in helping me raise just over £4,000 for Wakefield Hospice.

Dr Bina Pai, Birmingham UK