



KHABBAR

North American Konkani Newsletter

✉ khabbar@mynaka.org

Edition

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From The Editorial Team

Dear Readers,

Welcome to the 2021 Q2 edition of Khabbar.

This is the second issue of Khabbar organized by the volunteer team from North American Konkani Association (NAKA) and we want to thank our volunteers for their efforts. We want to thank Vasanth Bhat (our very own Vasanth maam) once again for the FANTASTIC service he has done in publishing our Khabbar newsletter with love, dedication, and extreme attention to detail for **OVER 40 YEARS!** Truly Admirable...Much thanks to Mr. Khabbar (Vasanth Maam).

India was severely affected by the second wave of COVID-19. Though the situation is improving, there is still help needed for millions of people who have been impacted by this pandemic. We have included an appeal from Konkani Charitable Fund (KCF) about the COVID-19 India fundraising drive. We hope that you donate generously.

This issue starts with an article on Pranava, the universally accepted symbol of Hinduism. Regular readers of Khabbar will be happy to know that all the popular columns (such as Hoon Khabbar and the Konkani Kwiz) continue in this Issue. We have also added several contributed articles.

We request all of you to contribute articles of interest to Konkani, news of births, engagements, wedding, change of address as well as obituary to ensure your Khabbar remains a source for latest Konkani happenings.

With best wishes, Stay Safe.

Khabbar Editorial Team.

NOTE

We are currently in transition to a fully digitized version of this newsletter. In the meanwhile, please sit back and enjoy this Issue and of course do not forget to send your comments (and contributions) to us at khabbar@mynaka.org

Pranava (OM or AUM)

Author: Unknown; Submitted by Dr. V. Girijanand Bhat, Loma Linda, California

Pranava or **Om** or **AUM** is the universally accepted symbol of Hinduism. All sections, cults and groups honor this and use this. Even Jainism, Buddhism and Sikhism have adopted this. It is both an auricular (sound) and a visual symbol for Brahman; the Absolute of Hindu philosophy, and God of Hindu religion.

Literally 'Pranava' means 'that by which God is effectively praised'. It also means 'that which is ever new'. The word 'Om' is derived from the Sanskrit root 'ava' which has nineteen different senses. From these it is possible to construe that Om represents that Power which (1) is omniscient; (2) rules over the entire universe; (3) protects one from the evils of life; (4) fulfills the cherished desires of its devotees; and, (5) destroys ignorance and gives enlightenment.

Pranava has been extolled highly in the Vedas, the Upanishads and the Gita as also in other scriptures. The Gopathabrahamana of the Atharvaveda relates a story according to which god Indra successfully overcame the demons with the help of Om. The story can be interpreted to mean that man can conquer his beastly nature by having recourse to the repetition of Om. The Yajurveda exhorts us to try to realize Brahman through repeating and remembering Om. The Kathopanishad declares that Om is Parabrahman itself. The Mundakopanishad advises the spiritual aspirant to meditate on the unity of the atman (the Self) with Brahman (God) using Om for japa. Sri Krsna avers in the Gita that he is Om among words and that all religious rites are started with the repetition of Om. Not only that, if anyone succeeds in reciting the word Om at the time of death, simultaneously thinking of God, he will attain the highest Truth. The Yogasutras of Patanjali declares that Pranava is the symbol of God and

that one can get samadhi on Him by its repetition, and meditation on Him.



Actually, Om comprises three independent letters a, u, and m, each of which has its own meaning and significance. The letter 'a' represents 'beginning' (adimatva); 'u' represents 'progress' (utkarsa); 'm' represents 'limit or dissolution' (miti). Hence the word Om represents that power responsible for creation, development and dissolution of this universe, i.e; God himself.

Swami Vivekananda has given a very simple but interesting and instructive explanation of the three letters comprising Om thereby bringing out the uniqueness of this great symbol: 'The first letter A is the root-sound, the key, pronounced without touching any part of the tongue or the palate; M represents that last sound in the series,

being produced by closed lips; and the U rolls from the very root to the end of the sounding-board of the mouth. Thus, Om represents the whole phenomenon of sound-producing. As such it must be the natural symbol, the matrix of all the various sounds. It denotes the whole range, and possibility of all the words that can be made.

The full significance of this statement becomes unfolded only when we understand the Hindu theory of creation as mentioned in the Vedas and other scriptures. This theory can be summed up as follows: (1) Creation is not a linear process, beginning and ending at particular points of time, but it is a cyclic process going on eternally; (2) God creates this universe out of Himself by Himself. To put it in a technical language, He is both the material cause and the efficient cause; (3) Before beginning any particular cycle of creation, He utters the Vedic words denoting the various

classes of beings and objects; conceives of the corresponding forms (remembering them from the previous cycles of creation) and creates them.

Contrary to the general understanding, this means that form (rupa) are preceded by names (nama). Names are composed of letters which are sounds. All sounds are included in OM. Hence, the entire creation which proceeds from Vedic words or sounds, proceeds from the basic matrix of all sounds, viz; Om. Since God is the origin of this universe Om and God are identical. Or, at least, Om is the best symbol of God.

God is one. Sages call Him by various names. Though these various names differ from one another, all of them have sprung from the same basic source of all sounds, viz; Om. Hence Om represents all names of God; or, it is the best name of God.

Announcing Konkani Konsortium, some professionals in medical field felt we should have a forum of Konkani healthcare professionals. Please enroll if you are a healthcare professional by sending a note to healthcare@mynaka.org.

Konkani Konsortium

The following healthcare professionals have joined Konkani Konsortium:

1. Ramdas G Pai MD, FRCP (Edin), FACC, Professor of Medicine, Chair of Medicine and Clinical Sciences, Director of Cardiology Fellowship, University of California Riverside School of Medicine, Riverside, CA as a resource for General Medicine and its subspecialties.
2. Prabhakar K Baliga MD, FACS, Endowed Chair and Professor of Surgery, Director of Transplantation Surgery, as a resource for General Surgery and its subspecialties.
3. Chetan G Bhat BS, MD, Psychiatry Resident, Loma Linda University School of Medicine, Loma Linda, CA as a resource for Psychiatry and youth representative.
4. Shantharam Pai MBBS, MS, MD, FACFP, Redlands, CA as a resource for General Family Medicine and Geriatrics / Senior Health.
5. V Girijanand Bhat MD, MRCPsych, DABPN, Clinical Professor of Medicine, University of California Riverside School of Medicine, Riverside, CA, Retired Psychiatrist and Mental Health Lead for Research, Veteran Affairs Loma Linda Healthcare System, Loma Linda, CA.

We invite other healthcare professionals to join us:

1. An Academic Pediatrician / Child Health Specialist.
2. An Academic Obstetrics and Gynecologist / Women's Health Specialist.
3. Other Health Specialists.

Health Matters



Dhanvantari is the Hindu god of medicine, wellness and wellbeing. According to the ancient Sanskrit work Vishnudharmottara,

Dhanvantari is a handsome individual and is depicted as Vishnu with four hands, holding Shankha, Chakra, Jalauka (leash) and a pot containing Amrita (nectar). He is often shown with a leech in his hand rather than the scriptures. Some texts describe him as holding a conch, Amrita, medicinal herbs and a book of Ayurveda.

Health Matters – An Overview Of Mental Health

By Dr. Chetan G. Bhat and Dr. V. Girijanand Bhat, Loma Linda, California

Mental illnesses are common in the world and affects hundreds of millions of people each year. Only half of the people with mental illnesses receive treatment. Untreated mental illness consequences include suicide and disability.

World Health Organization (WHO) reports over 90 million Indians suffer from mental illness, an underestimate due its stigma in our culture. The consensus in the United States and Canada is that at least 20% of the population is currently dealing with mental illness. While some mild problems can be solved with a bowl of daal and a sloka to Lord Ganesha, moderate to severe mental health issues need professional help. The hope is that this brief

introduction to common mental health problems can provide basic information and some simple interventions to improve your condition and encourage you to reach out to a healthcare provider.

Depression may manifest as sad mood, too little or too much sleep, a decrease or increase in appetite, low motivation, disinterest in previously enjoyable tasks and low energy.

Anxiety Disorders can manifest as constant worry, panic attacks, fear of certain tasks, obsessive thoughts or urges to do particular acts or tasks, and bodily symptoms such as muscle tension, difficulty with sleep, or nausea.

Psychotic Disorders are conditions such as Bipolar Disorder or Schizophrenia that can consist of hearing voices or seeing things (hallucinations), unrealistic false beliefs (delusions), suspiciousness and paranoia, sleep disturbance, illogical thinking, and notable but sustained changes in personality. These disorders cannot be treated with therapy alone and warrant evaluation by a psychiatrist for diagnosis and care.

Attention Deficit Hyperactivity Disorder (ADHD) is frequently seen in children as impulsivity, inability to maintain focus, and inability to remain still in multiple settings like home, school and socially. This can be treated with medications or lifestyle modifications such as establishing a schedule, rewarding positive work, and limiting distractions.

Autism Spectrum Disorder (ASD) can manifest in children as difficulty with communication and interaction with other people, restricted interests and repetitive behavior and symptoms that hurt the person's ability to function properly in school, work, and other areas of life. Early treatment for ASD is

important as proper care can reduce individuals' difficulties while helping them learn new skills and make the most of their strengths. This can include medication, behavioral, psychological, and educational therapy.

Eating disorders include restricting how much one eats, taking supplements such as laxatives to lose weight inappropriately, large binges of food, and forcing oneself to vomit to lose weight. Main treatment is therapy with possible medication assistance.

Dementia is seen in the elderly as the brain shrinks due to aging or other medical conditions. It cannot be cured but aggression and rate of deterioration can be curbed using medications. Patients also benefit from lifestyle changes such as regular sleep schedules and encouraging both physical and mental activity.

Addiction is most commonly thought of as substance use disorders (nicotine, alcohol, opiates, methamphetamine, and cocaine) but can also consist of behaviors such as sex, gambling, or shopping. Intoxication with substances can mimic almost all other previously mentioned psychiatric diagnoses. Medications can help curb cravings or deal with withdrawal effects from addiction. The primary focus will be therapy, including groups such as Alcoholics or Narcotics Anonymous. There are also groups available such as Al-Anon for relatives trying to deal with their family member's addiction.

Lifestyle recommendations for Mental Health (especially in the time of COVID)

- Find ways to safely socialize, whether this is meeting in person with appropriate measures or simply having a phone or video call with friends or family every few days.
- Maintain a regular sleep schedule. You may be working or going to school virtually from home, but waking up and sleeping at the same time daily can help with motivation and keeping one well rested.
- Make sure to go outside. This does not need to be in public places but spending even 30 minutes sitting in the sun on the patio or going for a short walk can break the monotony of quarantine and help both physical and mental health.
- Exercise at least 3-4 days a week and maintain a healthy diet. There are multiple exercise channels on Youtube and other free resources that can facilitate home workouts. In terms of diet, there are grocery pickup and meal delivery services.
- Be virtually connected spiritually with your house of worship if it cannot be done in person.

Resources

With potentially long waitlists to meet with a psychiatrist or therapist, these are a few options to help with your mental health in the meantime:

- Books such as Feeling Good and Feeling Great by David Burns.

- Meditation applications such as Headspace, Calm, or Ten Percent Happier.
- Online therapy such as the app BetterHelp and talkspace.

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The authors have done their best to be accurate with all the above information.

If anyone wishes to contribute an article or request a particular health topic to be addressed let us know so our Khabbar Konkani Health Team (Konkani Konsortium) can address it. Please send your suggestions to health@mynaka.org.

A Fulfilling Moment Of My Life

By Gurudath Bantwalkar

Director, World Institute of Konkani Language, World Konkani Centre, Mangaluru

When we started the Vishwa Konkani Scholarship Programme in 2010 as envisioned by **Shri T. V. Mohandas Pai**, several people used to ask us time and again, the students won't payback. Will they?

Ramadas Kamath mam and **Pradeep G Pai mam** used to tell us “**Let us not think about that now. After all, they are our kids, if we don't support them, who will?**”

Today after 10 years of starting our programme, our alumni pledge donations have crossed the target, for a second year in a row!

That's not all, an incident happened today.

One of our alumni was in need of funds for her higher education abroad. She had some savings from her two-year stint in a job but was finding it difficult to raise enough funds to deposit in her bank account for US VISA requirement. She was still short by Rs. 3.00 lakhs even after all family borrowings, scholarships and individual donor supports. She is a very active alumna and was awarded **Pradeep G. Pai Scholar Excellence Award** in 2020 for being an outstanding World Konkani Center (WKC) scholar. We were trying to help her to raise the funds over and above the Scholarship WKC gives for Study Abroad. We casually asked another WKC alumnus, about any scholarship he is aware of by narrating the case at hand. His immediate reaction was, “Why any other scholarship? I will give Rs. 3.00 lakhs.” That was not expected of him though he has consistently donated to the alumni pledge; he is just launching his own career.

He said "I am giving on one condition. Please do not tell her who gave it." I saw another Ramdas Mam in the making.

There is more to it. What came next was truly a Déjà vu moment. He said, "She is our kid isn't she, if we don't give, who else will?"

I can only say, **TVM Sir, Ramadas Mam, Pradeep Pai Mam and all our donors**, your tribe has increased!

Responses from Leaders to Mr. Bantwalkar's note

It's a turning point for all of us. Reminded of an old saying.. Only when you go through a furnace, does one know whether you are 'metal' or 'slag'... Eventually metal is a large percentage of most ores.....

So don't worry this is just the beginning, many such metal's will emerge from the ore of WKC alumni/ecosystem...!!

Regards, Sandeep Shenoy

Gurumam, you have lots of good students who wants to do good things maintaining their anonymity. This tribe is increasing. They need an event to trigger action. Gurumam it is your and other team members guidance and PRAVACHANS have made the magic.

God bless these youngsters

Regards, Ramadas

Wow, this is great news

Mohandas Pai

Chairman, Manipal Global Education Services

It is heartwarming to see the recipients of the scholarships pay back the institution which helped them to complete their education. People with good hearts & good memories will continue this chain of giving back until every child in our country gets education, they deserve & strive for. Our salute to institutions like World Konkani Center, ASRP Memorial Fund & others who have helped thousands of aspiring students who needed funds to complete their education.

We are proud of you & will continue to help you as much as we can with funds from generous Konkani from Abroad.

God Bless!

Gopal Bhandarkar

www.konkanicf.org / President, Konkani Charitable Fund Inc / Tel 631 472 1418

COVID – 19 Vaccine: Authorization Vs. Approval

A rundown of the process of issuing an emergency use authorization for vaccines

By Ajit Basrur

The COVID-19 pandemic has negatively affected the entire world, causing historic social and economic disruption. The metrics of confirmed cases and confirmed deaths, especially in the United States, is certainly depressing and makes us all wonder when this will end and what the new normal will look like.

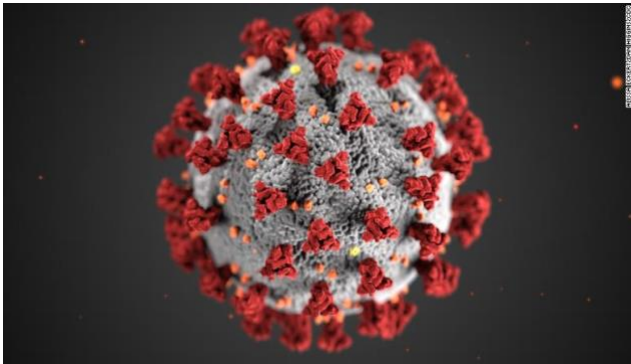


Photo credit: Alissa Eckert, MSMI,
Dan Higgins, MAMS

The below article describes the Emergency Use Authorization (EUA) process in the United States. Many other countries, including India, have similar process.

In this fight against COVID-19, measures such as social distancing and wearing masks reduces the chances of being exposed to the virus, but they are not enough. More robust solutions, such as vaccines, are necessary.

Among the responsibilities of the U.S. Food and Drug Administration (FDA), the federal regulatory body in the United States charged with protecting the public health, is reviewing lab data and clinical trials to ensure vaccines, such as the ones developed to combat COVID-19, meet the

requirements of safety, efficacy and quality—in terms of purity and potency.

The extreme urgency that surrounds developing a vaccine to fight COVID-19 and bringing the world back to some type of normalcy has brought to light the differences between an formal FDA approval of a vaccine and the FDA's emergency use authorization (EUA). This column walks through the different stages of EUA taken by the FDA, helps differentiate between authorization and approval, and describes the controls the

FDA has established to ensure the vaccine's safety, effectiveness and quality. The Centers for Disease Control and Prevention (CDC) and the FDA say the processes in place make the vaccine safe and effective.

What does EUA mean?

The EUA is part of the Project BioShield Act of 2004 that was designed in the wake of the Sept. 11, 2001 terror attacks. The measure provides additional and more flexible authorities and funding to financially support the development and procurements of medical countermeasures (MCM) against chemical, biological, radiological and nuclear (CBRN) threats.

The act also gives the FDA Commissioner the authority to issue EUAs to allow the use of unapproved medical products or unapproved uses of approved medical products (including vaccines) during the CBRN emergencies.

The EUA process is an expedited one and is different than an FDA approval. Under an EUA—given the urgency due to the

pandemic situation—the FDA makes a product available to the public based on the best available evidence without waiting for all the evidence that would be needed for a regular FDA approval.

In the case of vaccine approval, the manufacturers must submit a biologics license application (BLA). For its COVID-19 vaccine, for example, Pfizer submitted its EUA with only couple of months of data. Usually, a BLA would require several months of data to ensure continued safety, purity and potency.

To issue an EUA, the FDA evaluates the chemistry, manufacturing and controls information for the vaccine, using all its available tools and information—including records review, site visits and previous compliance history—to assess compliance with current good manufacturing practices. In short, the FDA ensures the vaccine's safety, effectiveness and quality, and works with the vaccine developers and undertakes a rigorous evaluation of the scientific information through all phases of clinical trials, which continues after a vaccine has been approved by FDA or authorized for emergency use.

Summary of EUA issuance process

The process of issuing an EUA involves four steps. (1)

1. **Determination of an emergency:** This is issued either by the Department of Defense (DoD) Secretary for military emergency or significant potential for military emergency; the Department of Homeland Security (DHS) Secretary for domestic emergency or significant potential for domestic emergency; the Department of Health and Human Services (HHS) Secretary for public health emergency or significant potential for public health emergency; or the DHS Secretary for a material threat.

In the case of COVID-19, the Secretary of Health and Human Services (HHS) on, on Feb. 4, 2020, determined—pursuant to his authority under section 564 of the Federal Food, Drug and Cosmetics (FD&C) Act—that there was a public health emergency that had a significant potential to affect national security or the health and security of U.S. citizens living abroad. This threat, of course, involved a novel (new) coronavirus (nCoV) first detected in Wuhan City, Hubei Province, China in 2019 (2019-nCoV). (2)

2. **Declaration of an emergency:** Based on the determination of the public health emergency on Feb. 4, 2020, the HHS Secretary also declared that circumstances existed to justify the authorization of emergency use pursuant to section 564 of the FD&C Act, on the same day. (3) This declaration is specific to EUAs and is not linked to other types of emergency declarations.

3. **Issuance of EUA:** The FDA Commissioner, in consultation with the HHS Assistant Secretary for Preparedness and Response (ASPR), the Centers for Disease Control and Prevention (CDC), and the National Institutes of Health (NIH), issued the EUA. The FDA publishes public notice of each issued EUA in the Federal Register.

Currently, there are three COVID-19 vaccines authorized by FDA. On Dec. 11, 2020, the FDA issued the first EUA that allows the Pfizer-BioNTech COVID-19 vaccine to be distributed in the United States. (4) On Dec.18, 2020, the FDA issued an EUA that allows the Moderna COVID-19 vaccine to be distributed in the U.S. for use in individuals 18 years of age and older. (5) On Feb. 27, a third EUA was issued to Johnson & Johnson. (6)

“We recognize the urgent need to develop a safe and effective vaccine to prevent COVID-19 and continue to work collaboratively with industry, researchers, as well as federal, domestic, and international partners to accelerate these efforts. While the FDA is

committed to expediting this work, we will not cut corners in our decisions and are making clear through this guidance what data should be submitted to meet our regulatory standards. This is particularly important, as we know that some people are sceptical of vaccine development efforts,” said FDA Commissioner Stephen M. Hahn, M.D. “We have not lost sight of our responsibility to the American people to maintain our regulatory independence and ensure our decisions related to all medical products, including COVID-19 vaccines, are based on science and the available data. This is a commitment that the American public can have confidence in and one that I will continue to uphold.” (7)

4. Termination of declaration of EUA: In most cases, an EUA will remain in effect until it is revised or revoked by a subsequent FDA order. The FDA may specify a duration (for example, one year) for an emergency dispensing order, but it also may extend the order as appropriate.

As a result of the continued consequences of the COVID-19 pandemic, and after consultation with public health officials as necessary, the HHS Secretary on Jan. 7 renewed the determination that a public health emergency exists. (8) This was the fourth determination with previous ones issued on April 21, 2020, July 23, 2020, and Oct. 2, 2020. (9)

Future EUAs

The FDA published a guidance document to provide sponsors of requests for EUAs for COVID-19 vaccines with recommendations regarding the data and information needed to support the issuance of an EUA under section 564 of the FD&C Act (21 U.S.C. 360bbb-3) for an investigational vaccine to prevent COVID-19 for the duration of the COVID-19 public health emergency. (10)

Robust oversight process

A lot has changed since the pandemic hit us in early 2020. Being a well-knit globalized community, the COVID-19 virus spread rapidly and affected several countries and citizens around the world. This prompted the World Health Organization, regulators and several agencies from different countries to authorize support the development and procurement of MCMs to contain the growing pandemic.

The FDA, in particular, could not have responded so quickly without its robust oversight process that ensures these unapproved but authorized MCMs comply with the requirements of safety, efficacy and quality. Through these efforts, let's hope we can put the pandemic behind us as soon as possible.

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2021 NAKA Board Elections Results



Namaskaru,

As the term of the 2016 NAKA Board comprising of Ramesh Kamath, President, Ajay Rao, Vice President, Sudha Shenoy, Secretary, Damo Baliga, Treasurer, Pramod Mavinkurve, Executive Member had expired, the Board set up the following Election Committee to plan and conduct an election: Sadanand Mankikar, Ontario, Canada, Ravi Nayak, New Jersey, USA, Sheila Reddy, Texas, USA, Rajaram Shenoy, Delaware, USA, Shalini Shenoy, Missouri, USA

The call for nomination was sent to all NAKA members on March 13, 2021. The nominations closed on March 28, 2021. As only one nomination for each of the position were received, the following were declared unanimously elected for the respective positions:

President:	Ram Acharya, California, USA
Vice President:	Surekha Shenoy, Ontario, Canada
Secretary:	Vasudev Nayak, New Jersey, USA
Treasurer:	Milind Gokarn, California, USA
Executive Member:	Shashank Honavar, Georgia, USA

On behalf of the entire North American Konkani community, we congratulate the new Board and wish them success. We also thank the outgoing Board for their dedicated service to our community.

Sadanand Mankikar

Chairman

NAKA Board of Directors Election Committee 2021

Message From NAKA



Namaskaru,

I would like to give a short update on behalf of the NAKA board of directors. We are happy that the pandemic is finally coming under control in North America. We also hope that your families in India and other parts of the world are staying safe and healthy!

The following NAKA board was elected and took charge of NAKA starting May 2021:

- President: Ram Acharya, California, USA
- Vice President: Surekha Shenoy, Ontario, Canada
- Secretary: Vasudev Nayak, New Jersey, USA
- Treasurer: Milind Gokarn, California, USA
- Executive Board Member: Shashank Honavar, Georgia, USA

We have enclosed the introduction of each of the Board member in the next section.

We would also like to thank the outgoing Board for their hard work and dedicated service over the past four years.

The new NAKA board members are enthusiastic and looking forward to serving the Konkani community. We are working on several ideas in (1) Promoting our Culture, Heritage, and Language, (2) Creating more networking opportunities for the Konkani community, including Youth and Young adults. You will hear more details in this regard in the coming months.

Devu Baren Koro,

Ram Acharya
President, North American Konkani Association

2021 NAKA Board Of Directors (An Introduction)

Ram Acharya, President



Ram Acharya took over as the president of the North American Konkani Association in May 2021. Ram and his wife Aruna are also the current presidents of the Konkani S sammelan, to be held in San Jose, CA, in July 2022. After the convention was postponed in 2020 due to the COVID-19 pandemic, Ram led his S sammelan team to create “Gharanthu Ek Saan Milan,” a set of virtual Amchigele programs to entertain our Konkani community at home. These programs featured prominent Konkani speakers and artists in a preview to the in-person convention during the lockdown time period.

Ram is passionate about several non-profit causes, particularly charities associated with the Konkani language, culture, heritage, and people. With his wife Aruna, Ram has been organizing annual “Arpana” dance fundraisers featuring Bay Area Konkani artists since 2015, raising over \$300,000 for the Konkani Charitable Fund in the last six years. He is also on the Board of Directors at Sanatana Dharma Kendra (SDK) Temple in San Jose.

Ram is Vice President of Engineering at a multinational company, and leads worldwide engineering teams.

Surekha Shenoy, Vice President

Surekha Shenoy is an accomplished business professional, a strategic thinker; and a leader in motivating community members. She has a passion for volunteering & supporting community initiatives, such as mentoring ‘Youth on Board’, Trinity Community Table (Soup Kitchen) and the Self-Help Food Bank. Surekha is a strong believer in an inclusive society, actively supporting visible minority groups and Indigenous Peoples issues in support of greater community contributions. She mentors youth, entrepreneurs and professionals to help set them up for success.



As the past Chair & Director of the Cambridge Memorial Hospital Foundation (CMHF), Ontario, Canada, Surekha championed many initiatives for the Foundation including their \$50M Capital Campaign by engaging with over 60 diverse community groups.

She currently sits on the Board of Directors for Hospice Waterloo Region and is co-Chair of the East Indian Community Walkathon of Waterloo Region which has raised over \$400K for local hospitals. She also serves as a Senior Advisor to the Cooksville BIA of Mississauga, Ontario. Surekha Shenoy was also the Ontario Liberal Party candidate for the Riding of Kitchener South Hespeler for the 2018 Ontario Provincial Elections.

As a professional, Surekha has her M.Sc. in Industrial Systems Engineering from the University of Regina, Saskatchewan, Canada and an MBA in Finance and Operations from Wilfrid Laurier University in Waterloo, Ontario, Canada. She lives in Cambridge, Ontario with her husband Revi Kizhatil and two daughters Ankita & Anoosha Kizhatil.

Surekha is currently the 2020-2021 President of the Ontario Konkani Association, Canada. She is excited and looking forward to her new role with NAKA.

Milind Gokarn, Treasurer



Milind Gokarn serves as a Treasurer of North American Konkani Association (NAKA). Milind lives in San Ramon, CA with his wife, Archana and his children, Mihika, Tejas and Aalok. Milind and Archana, also serve as Fund Raising Chair of the Konkani Sammelan 2022. They are responsible for fundraising to enable a successful Sammelan.

Milind has been very active in supporting many nonprofits that promote Konkani language as well as overall Indian culture. He is always willing to guide charities working to get their non-profit incorporated and established as well as to run it smoothly with donor management, fundraising campaigns and overall marketing (outreach to donors).

He serves as Director (Board of trustees) of several charities including Sanatana Dharma Kendra (SDK), VNIT NAAM Fund, Inc (alumni org for VNIT, Nagpur, India), Chitrapur

Heritage Foundation USA, Inc (chfusa.org), and Sanatana Yaksha Ranga Cultural Center (syrcc.org).

He has also guided and advised many other non-profits around the US in managing their web presence, incorporation as well as financial reporting and compliance.

Milind graduated with an MBA in Strategy and Marketing from the Kellogg School of Management (Northwestern University) he continues to serve on their Alumni Admissions Office (AAO) for Kellogg and Alumni Admissions Council (AAC) for Northwestern University.

Milind is the President and CEO of Selectiva Systems, Inc. an IT services company with multiple global locations where he leads worldwide operations and growth strategies. He can be reached at milind@mynaka.org.

Vasudev Nayak, Secretary

Vasu Nayak works for a company Gainwell Technologies, NJ. He is originally from Temple town Udupi, Karnataka state, India. He is married to Dr. Vidya (Dentist) and has 2 Boys



Rahul (Currently Attending Rutgers Univ, NJ) and Ashwin (Currently attending Univ of Pittsburgh, PA)

Organizing Konkani events and working for our Konkani community gives him immense pleasure. He has been associated with the Konkani Sabha of Tri-state, NJ for the past 20 years or so. He started volunteering in cultural events/programs and later joined the organizing committee.

Vasu has served in the KS Committee for 7 plus years now at different levels. He is the President of Konkani Sabha of Tri-state NJ since past 3 years. Has organized many events successfully for our Konkani community in the Tri-State NJ area, that includes Diwali Programs, Summer Picnics, Music Programs from Konkani Artists from India, Samoohika Satyanarayana Poojas at Temples at NJ. He was also a part of multiple committees at 2012 NJ Konkani Sammelan.

Shashank Honavar, Executive Member



Shashank Honavar resides in Milton, a suburb of Atlanta, Georgia with his wife Deepali and 2 kids, Sohum (19) and Divya (15). Originally from Mumbai, India, he has been very active within the local Konkani community serving in different capacities since the founding of KAOGA and was the President for the years 2002, 2012 and 2020.

Shashank loves working with the Youth and his efforts are mostly directed towards increasing their involvement. As a member of the Entertainment Committee, he worked with youth from Georgia and New Jersey to produce the Closing Ceremony for the 2016 Atlanta Konkani Sammelan wherein participants performed to lifting Bollywood tunes on a wide variety of musical instruments. As the President of KAOGA in 2020, Shashank and his team pulled off a 5 ½ hour virtual variety entertainment program that engaged members of all ages and included Bhagavad Gita recital competition and martial arts demonstrations along with the usual song and dance items.

Shashank has an undergraduate degree in Electronics Engineering from the University of Mumbai and an MBA in Enterprise Risk Management from the J. Mack Robinson College of Business at Georgia State University. In 2019, after serving in corporate roles for over 23 years, Shashank decided to become an entrepreneur when he founded S-square D-square LLC, a data analytics consulting firm.

Besides being newly elected to the NAKA Executive Board, Shashank serves as an Ambassador of the Chitrapur Heritage Foundation USA, on the Steering Committee of Coalition of Hindus of North America (CoHNA), mentors students enrolled in MS Analytics programs within the University System of Georgia colleges and in 2019 founded the Amchigale Professionals Network, a 450+ member strong market place for job seekers and hiring managers, that uses the LinkedIn platform.

Hoon Khabbar And Konkani Happenings

50th Wedding Anniversary

CHANDRAKANT & SHEELA MAHALE of High Bridge, NJ celebrated their 50th wedding anniversary on Wednesday June 16th 2021. Their oldest daughter **Priya**, middle daughter **Dr. Rekha** and son **Rajiv** made all the arrangements for a one-week beach vacation from June 12th to 19th at a Long Beach Island, NJ vacation home (7 bedrooms, four levels, elevator and pool, terrace with LBI and ocean views for miles). The entire family of fourteen, son in laws **Richard Page and Mihir Patel** and daughter-in-law **Jessica Mahale**, grandchildren **Aasha Page and Anya Page (Mother Priya)**, **Arya and Ayan (Mother Rekha)**, **Laila and Kaia (Mother Jessica)**. Catered Lobster dinner, rides for kids, eating out, kite flying and Barnegat lighthouse visit, professional photographer etc. The Mahales felt it was a great vacation and celebration.

Newly Weds:

Dr. MAHIMA DHUME, d/o Asha & Pankaj Dhume of Sugar Land, TX got married to **Dr. NIHAAR MAHATME, s/o Dhanshree & Nilesh Mahatme of Mumbai, India**. The wedding was officiated by priestess Achala Bapat in a beautiful waterfront ceremony on Saturday May 8th, 2021 in Houston. The groom arrived in a speedboat and was welcomed by a very energetic baraat and dhol. The bride was carried in a specially designed palanquin by her brother Gaurav & cousins to the mantap. The couple decided to modify the ceremony & instead of the traditional 'Kanyadaan' chose to do 'Hasta Milaap' wherein both the parents place their children's right palms on each other's advising them to protect, love & cherish each other. This was followed by a traditional Konkani seated dinner served on banana leaves. A fairytale style reception was held on Sunday May 9th 2021 in an exclusive, beautifully decorated French chateau with the couple arriving in a horse carriage. Celebrity singer, Jay Sean, flew in from New York and entertained the guests on the dance floor. The couple has now relocated to Fort Worth, TX where Mahima has begun her medical residency in Ob/Gyn.

New Arrival:

Rita (Golikeri) and Eric Wood have been blessed with a **baby boy, RONAN SUDHIR WOOD** on **April 17, 2021** in **Fort Worth, TX**. Ronan is a grandson to the late William B. Wood, Karen Wood Batcheller and Alan Batcheller of VA, **Ranjana and Sudhir Golikeri**, and a **great grandson** to **Radha Golikeri** of Richmond, TX.

Relocation:

The SHENOY family, PREMANAND & JYOTHI relocated from NJ to Canton, Michigan in October 2020 to be close to their son and his fiancée in Ann Arbor who work for University of Michigan hospital.

Congratulations:

Sneha Shenoy of Spring, TX Named U.S. Presidential Scholar



Sneha Shenoy, daughter of **Sunil and Sandhya Shenoy of Spring, TX**, has been named a 2021 U.S. Presidential Scholar.

Shenoy is one of 161 outstanding American high school seniors who have demonstrated academic achievement, artistic excellence, technical expertise, leadership, citizenship, service, and contribution to school and community.

“The 2021 Presidential Scholars represent extraordinary achievements for our extraordinary times,” said U.S. Secretary of Education Miguel Cardona, while announcing the selection of Presidential scholars.

“I am delighted to join President Biden in saluting these outstanding young people for their achievements, service, character and continued pursuit of excellence. Their examples make me proud and hopeful about the future. Honoring them can remind us all of the great potential in each new generation and renew our commitment to helping them achieve their dreams.”

The White House Commission on Presidential Scholars selects scholars annually based on their academic success, artistic and technical excellence, essays, school evaluations and transcripts, as well as evidence of community service, leadership and demonstrated commitment to high ideals.

Of the 3.6 million students expected to graduate from high school this year, more than 6,000 candidates qualified for the 2021 awards determined by outstanding performance on the College Board SAT or ACT exams or through nominations made by Chief State School Officers, other partner recognition organizations.

The 2021 U.S. Presidential Scholars are comprised of one young man and one young woman from each state, the District of Columbia and Puerto Rico, and U.S. families living abroad, as well as 15 chosen at-large, 20 Scholars in the arts and 20 Scholars in career and technical education.

Created in 1964, the U.S. Presidential Scholars Program has honored over 7,600 of the nation's top performing students. Since 1983, each U.S. Presidential Scholar has been offered the opportunity to name his or her most influential teacher.

Each distinguished teacher is honored with a personal letter from the Secretary of Education.

The teacher chosen for recognition by Sneha was Kristen Haggard of Klein High School in Klein, Texas.

Sneha is one of only five students to earn this accolade in the state of Texas, and the first ever Klein ISD student to earn this prestigious recognition.

“We are incredibly honored to have Sneha representing Klein ISD's tradition of excellence in education at the national level with this prestigious recognition,” said Dr. Jenny McGown, Klein ISD Superintendent.

“Her unwavering dedication to academics, character development, and serving our community continues to shine a light on just what a magnificent person she is.”

Sneha has also been a recipient of the 2020 Heroes Award for State Board of Education (SBOE) District 6. This award recognizes only 15 students selected statewide and acknowledges their acts of kindness, charity, and selfless service they offer others.

Sneha's biggest accomplishment to merit this award is her founding of the Pledge to Distance campaign, aimed at promoting social distancing through unique and personalized artwork.

A valedictorian of Klein High School 2021 class, some of Sneha's awards and accolades include being a two-time Barbara James Service Award Recipient, earning the Texas Education Agency 2020 Student Hero Award, the Klein ISD Distinguished Student Award, the National Charity League, a Senior Service Award and many others!

Sneha has learned Bharatanatyam, Kathak and Hindustani Classical singing. She has traveled to 18 countries, loves cooking and makes killer cupcakes.

Sneha plans to major in Public Health or Psychology at Harvard University.

The 2021 Presidential Scholars from Texas include Sarah Grace Kimberly, Friendswood - The High School for Performing & Visual Arts; Sneha Sunil Shenoy, Spring - Klein High School; Christian Tamez, Del Rio - Del Rio High School; Labiba Uddin, Frisco - Dr Justin Wakeland High School and Derek Pan Wong, San Antonio - Keystone School.

Nimesh Ramaswamy, husband of **Leela Pai** commenced his own Immigration Consultancy Company **Border'd** ("**Immigration Redefined**") as a Regulated Canadian Immigration Consultant. (RCIC). Border'd is a group of RCIC's, where they essentially assist in all kinds of Visas, Education, Permit, Residency & Citizenship services. **Leela and Nimesh** live in **Toronto, Canada**.

Below are the credentials:

- Website: <https://borderd.co>
- Facebook: <https://www.facebook.com/borderd.immigration>
- Instagram: <https://www.instagram.com/borderd.immigration>
- LinkedIn: <https://www.linkedin.com/company/borderd-immigration>

If anyone is interested, **Border'd** would be happy to assist.

Contact: http://borderd.ca/nimesh_ra/

Brief profile of the company:

The Company believes that immigrants make significant economic, social, and cultural contributions to the prosperity and diversity of Canada. Their mission is to bring more

successful, creative, and talented immigrants to this beautiful country. It is a full-service immigration firm, offering comprehensive services for a range of Canada's immigration programs. Whether they are a family hoping to immigrate as workers, an entrepreneur hoping to launch a new business or a spouse hoping to sponsor their partner, the company can help them! Border'd enables the cross-border transfer of professionals, business people and specialized foreign workers. They provide strategic citizenship, immigration and foreign worker solutions to varied clientele.

The company will also help Individuals with business/managerial experience and relatively high net-worth to apply for a Canadian permanent residence under the Canada Business Immigration Program in one of the following sub-categories:

1. Investors
2. Entrepreneurs
3. Self Employed Persons
4. PNP Business Programs
5. Corporate Immigration



Dr. SACHIN SHENOY, s/o Suresh & Usha Shenoy of Sugar Land, TX completed Fellowship in Minimally Invasive Gynecological Surgery from St Luke's University Health Network in Allentown, PA. He will be joining The University of Alabama School of Medicine as Assistant Professor of OB/GYN. Roll Tide!

Ramesh & Aparna Kamath of Katy, TX **celebrated** the **Bharatnatyam Arangetram** of their **daughter Uma** on Saturday, June 19th at 2:30 PM at Evelyn Rubenstein Jewish Community Center, 5601 S Braeswood Blvd, Houston, TX 77096. Uma is the disciple of Guru Indrani Parthasarathy of Abhinaya School of Performing Arts.

UPDATE From KASC (Konkani Association Of Southern California):

KASC Yugadi Function 2021

Article By Priya Gadiyar



Ugadi marks the first of the yearly gatherings that we have at KASC. Even though we are inching our way out of the pandemic situation, we decided to play cautious and hosted this beloved new year festival virtually. Given the tremendous response we had at our Virtual Diwali, we were sure that the virtual Ugadi would be a success too, which turned out to be true!

The evening commenced at 5 PM sharp on the sunny evening of May 22nd. The KASC zoom portal filled up with the lively chatter of the SO CAL Konkani community members exchanging pleasantries.

Like every KASC program, the event took off with an invocation to the almighty. KASC veterans Meena and Jaydev Rao performed a Puja at their home which was followed by a lovely Ganesh bhajan sung by all the participating kids.



The junior KASC committee members- Veda, Varsha and Daksh alerted us to important events and news relating to KASC in true journalistic fashion.



Baby Sia Prabhu kicked off the entertainment section of the evening with a creative sequel to the beloved Konkani story of the clever and brave Gurbanji akka. We hope Sia's stories become a staple at all upcoming events!



Tanusha Shanbagh delighted us with her graceful Kathak performance. We have no dearth of talent at KASC, and one such unusual talent was showcased by Chinmayee Nayak who amused us with her ability to whistle entire songs both classical and otherwise.



We were also enthralled by a dance medley of Bollywood through the ages performed, choreographed, and impeccably styled by the Baliga sisters-Veda and Varsha.

In true virtual programming style, all the kids and the men of KASC entertained us with "group" dance performances recorded individually at home. The evening's program also included a variety of comedy acts.

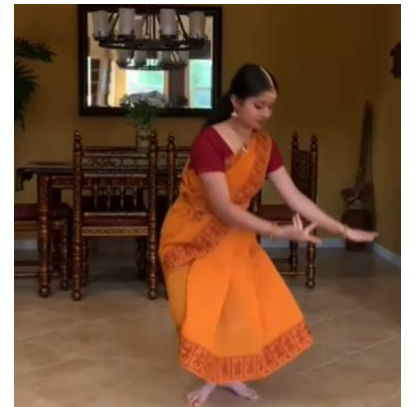


Rajesh Prabhu had us roaring in laughter with his pandemic themed jokes and Venu Baliga reminded us how our own mother tongue has its funny witticisms. Not to be forgotten were the musical performances of the evening- Vivek Ullal on the flute and Karaoke by Jayu Bhat and Veda Baliga.



The big event of the evening was the Konkani drama ‘Kalche Ayche Vardik’ written and directed by Venu Baliga. The skit, enacted by the talented members of KASC showcased the Soirika aspect of our Konkani weddings and how it has changed with the times. The drama was well received and applauded by the audience.

The evening winded down with a beautiful Bharathnatyam performance by Diya Agrahar.



We bid farewell to all the attendees with promises of meeting in person for the next event, maybe over the summer!

You may watch the recorded program on Youtube using this link:

[KASC Yugadi 2021](https://www.youtube.com/watch?v=XuE8L4gLwTg)

(<https://www.youtube.com/watch?v=XuE8L4gLwTg>)

UPDATE From OKA (Ontario Konkani Association):

TECHNICAL SUPPORT WORKSHOPS FOR SENIORS

(Other age groups are also welcome)

Ria Koppikar, grade 11 student from Minneapolis has developed unique series of virtual workshops to help seniors become confident and comfortable in handling modern communication technology. These workshops will be sponsored and promoted by Ontario Konkani Association, Canada and Super Tech Savvy Seniors, USA in collaboration with Sringeri Vidya Bharati Foundation, Canada, Chitrapur Heritage Foundation, USA and Saraswat Foundation, USA

THE FIRST SESSION was held on Sunday, June 27, 2021. which covered various email features including forwarding, trashing/deleting, managing attached documents, creating folders etc. In this session, Ria was assisted by Aditya and Ananya Pai of Ontario, Canada who too are teenagers. Those who could not attend this session may find the following YouTube link

<https://youtu.be/LdSbAvJEKlc> helpful.

THE SECOND SESSION will be held on Sunday, July 11, 2021 from 11:00 AM to 12:30 PM (EST). This session will cover additional email features such as adding tables, graphics, emojis in the emails. Major portion of the session will also focus on using zoom. For details, please see the attached flyer. Those who are interested in attending this session, please register using the following link:

<https://www.eventbrite.ca/e/technical-support-workshop-for-seniors-part-ii-tickets-161579583885>

A couple of days before the session, Ontario Konkani Association will forward a link to join the session to those who have pre-registered.

THE THIRD SESSION on Sunday, August 8, 2021 will cover everything about phones including smartphones, iPhones, iPads, texting, google maps, as well as social media such as WhatsApp, Facebook, Instagram, Facetime, Tweeters etc. Details will be shared at a later date.

FUTURE SESSIONS on dates to be determined will cover other devices and systems. Suggestions may be emailed to Ria at supertechsavvyseniors@gmail.com



Ontario Konkani Association (OKA), Sringeri Vidya Bharati Foundation (SVBF), Chitrapur Heritage Foundation U.S.A (CHF), And Saraswat Foundation U.S.A (SF)

PRESENT VIRTUAL

**Technical Support Workshop For Seniors
Session 2: Computer Basics Part #2**

*with Super (tech)Savvy Seniors
hosted by Ria Koppikar, Minneapolis
and other student volunteers*

SUNDAY, JULY 11 FROM 11-12:30 PM (EST)

In this session, you will learn: MORE about email and zoom accounts

- how to format emails, create folders, create contacts
 - how to download zoom app
- how to create a zoom account using your email
 - how to set up a zoom meeting
 - how to use features on zoom

SUBMIT YOUR QUESTIONS OR TOPIC SUGGESTIONS TO supertechsavvyseniors@gmail.com

PREREGISTER USING THIS LINK: <https://www.eventbrite.ca/e/technical-support-workshop-for-seniors-part-ii-tickets-161579583885>

FUTURE SESSIONS:

Sunday, August 8: Phone & iPad Basics - 11 am E.S.T
Others: Popular Apps (WhatsApp, News, YouTube, etc) - Date TBD

The content of these sessions may change based on the progress of the previous sessions as well as the requests and suggestions received from the participants.

In addition to these sessions, Ria is also planning to set up groups of teens to provide one-on-one technology support to seniors across North America. Anyone needing assistance may send an email to Ria. Any teenagers who are interested in actively participating in this project may also contact Ria.

Those who wish to receive information on future sessions, please contact the undersigned.

Sadanand Mankikar
OKA Seniors Forum

sadanand.mankikar@gmail.com

Konkani Kwiz

By “Vindyakka”: (New York, NY)

Last issue's kwiz:

Polo, or dosa, is a favorite breakfast item in most Konkani households. Polo is a delicious Indian pancake typically made from a fermented batter of rice and urad dal. Round and paper thin in shape, it is often accompanied with batata baji, coconut chutney, molgapodi, and/or peanut butter (try it!). It is traditional to eat dosa by hand, cutting it into small pieces and dipping it into one of the side dishes.

Have you ever considered eating polo with a fork and knife? Probably not! Imagine cutting your polo into several pieces using a certain number of straight cuts. With one cut, a polo can be cut into two pieces. Two cuts can make three or four pieces, and a third cut can make as many as seven pieces. Note that not all pieces need not be the same size and the pieces cannot be moved until all cuts are made. What is the most number of polo pieces one can make with six cuts?

The correct answer is **22**. In fact, the general formula for n cuts of a polo is a maximum of $\frac{1}{2}(n^2 + n + 2)$ pieces! For $n=6$, the maximum number of pieces is 22.

The following readers gave the **correct answer**:

Reena Nayak Bhaskar of Bentonville, AR

Govind Kamath of Austin, TX

Krishna Nayak of Long Beach, CA

This issue's kwiz:

Summer has arrived and the heat is on. In other words, we are all screaming for ice cream! Everybody's favorite, gudbud is the kitchen sink of ice cream sundaes with origins in Mangalore. Gudbud literally means “chaos” in Konkani. Consisting of layers of ice cream flavors, syrups, jellies, fresh fruits, dried fruits and nuts (hold the sprinkles), the creation certainly matches its namesake in the sweetest way possible.

How do you like your gudbud? Once you choose your ice cream flavors at your local parlor, you also have the choice of toppings: rose syrup, mango syrup, strawberry jelly, guava jelly,

falooda, apples, bananas, oranges, figs, raisins, dates, pistachios, almonds, cashews and peanuts. How many different gudbud topping combinations are possible? Include any selection of 0 to all 15 toppings in your count, and assume that order and amount of each topping requested is irrelevant.

Please send your responses directly to me at Vindya.bhat@gmail.com and we will announce the winners and the detailed solution in the next issue.

Kastaa Vishay – The Tricky Stuff

Volume 2: Acknowledging Traditional Territory

By Anuradha Rao (Vancouver, BC)

I was born on the traditional territories of the the Anishinabewaki, Attiwonderonk, Haudenosaunee, Mississauga and Mississaugas of the Credit First Nations and am currently based in the traditional and unceded territories of the x^wməθk^wəyəm, Skwxwú7mesh and səlilwətaʔl Nations.

Wait, what?

Many people will have no idea what I’m talking about and where I just said I’m from, or why.

Most of us in Canada and the U.S. are descendants of immigrants. I’m not just talking about those of us whose parents or grandparents arrived from India or other countries in the Global South. All white people in Canada and the U.S., whether they would admit it or not, are also descendants of immigrants. Indigenous people lived here before the first white settlers arrived. Many Indigenous peoples say that they were here since ‘time immemorial’. And their descendants still live here today.

For some reason, it seems that people in India know Indigenous peoples of North America as “Red Indians”, which is an incorrect term, for they are neither red nor Indians. In Canada, Indigenous people include First Nations (whose ancestors have been here since

time immemorial), Inuit (circumpolar people of the North who crossed the Bering Strait) and Métis (people of mixed Indigenous and European descent).

Before there were state and provincial boundaries, or even the border between the U.S. and Canada, Indigenous peoples maintained territories, large areas where they lived, travelled, and obtained all that they needed. Many Indigenous peoples migrated within these territories between areas that they used in different seasons. There were trade routes between territories, for example from the coast to the interior. Waterways were important travel routes. They were stewards of the lands, water and air, maintaining a complex understanding of, and deep relationships with, their environment and the plants and wildlife they depended on, as well as complex relationships with the other Indigenous Nations around them. These plants and animals are those that we enjoy today in our forests, grasslands, wetlands, mountains and coasts. Indigenous peoples' relationships with these plants and animals are engrained in their languages and cultures. There are nearly 200 distinct First Nations in the province of British Columbia alone, with many language groups among them.

With the arrival of Europeans came new diseases such as smallpox and many deliberate measures across North, Central and South America aimed at the genocide of Indigenous peoples. As a result, many Indigenous populations were beyond decimated, and the legacies of these brutal acts continue today. One of the measures that was enacted was to push many indigenous populations into small reserves (in Canada) or reservations (in the U.S.), restricted areas that represent a fraction of their traditional territories, removed from many of their ways of life and the lands, waters and wildlife upon which they have always depended. In the North, the Canadian government relocated many Inuit from the areas that they knew and depended on into remote areas that were unfamiliar and very harsh.

Indigenous Peoples are still very much here on this continent raising children, working hard to revive their cultures and languages, defending the environment upon which we all depend, and struggling to be heard and for their rights to be recognized. Many aim to continue to be stewards of their territories, even though they have been significantly altered by developments, industry and resource extraction that came with European settlement.

We currently live on colonized lands, within colonial systems, so the reality of what was done, and continues to be done to Indigenous people, are not subjects most of us were taught in school or upon arrival in the country. It is not in the federal governments'

interests to teach them to us. When we seek this knowledge for ourselves, we gain a fuller understanding of where we are and what happened to enable us to be here and enjoy our comforts.

Many non-Indigenous people in Canada and the U.S. go through their entire lives never having met an Indigenous person, and not knowing that they are living on an Indigenous Nation's traditional territory, on land that was stolen or swindled by European settlers. I myself would have known very little and met no one, had I not chosen to take elective courses from Indigenous professors while doing my undergraduate degree. Today, two decades later, most of my work is in partnership with Indigenous peoples.

An activity for you: Go to www.native-land.ca and enter your home address into the search bar. What will come up is the names of all the Indigenous groups on whose traditional territories your home lies.

There will likely be several, because territories often overlap. From there, take it one step further, and search for the website of at least one of those Indigenous Nations. Find out what they have to say about themselves, their children, their culture, their struggles, their successes. Find out how close their reserves or reservations are to where you live. Zoom out and see how big their traditional territory is, compared to the reserve or reservation into which they have been squished. Think about your favourite local nature place or natural landmark, and about how it may have practical, cultural or spiritual significance for the Indigenous Nation who has been there since time immemorial.

Some institutions, organizations and individuals in Canada and the U.S. begin their events with an acknowledgement of traditional territory, in recognition that they live or work on lands from which Indigenous peoples have been forcibly displaced. For some it is merely lip service, with no subsequent efforts at making amends, being allies or supporting Indigenous struggles. But it is a first step on a long journey, and we have to start somewhere.

A few more resources:

- [The Secret Life of Canada](#) podcast
- [Decolonization workshops](#)
- [Idle No More](#)
- [Reconciliation Canada](#)
- [UN Declaration on the Rights of Indigenous Peoples](#)

- Corporate [training on how to work with Indigenous Peoples](#)
- [How to be an Ally](#) toolkit
- [Land Back](#) movement

Your thoughts:

If you have any questions or ideas for this column, you can submit them anonymously [at this link](#).

About the author:

Anuradha Rao, *M.Sc., R.P.Bio., Cert.RNS*, is a conservation biologist, writer and facilitator. She is the author of the non-fiction book [One Earth: People of Color Protecting Our Planet](#) (Orca, 2020). Anu has worked on research, conservation, restoration, planning and stewardship projects with communities and organizations on the coasts of Canada and in 12 other countries.

***If anyone wishes to **contribute an article or request a particular health topic to be broached** let us know so our Health Konkani Konsortium can address. ***

NAKA Financials

(Reported by *Milind Gokarn*)

NAKA Financials as of June 30, 2021	
Bank Balance as of Feb 28, 2021	\$124,245.34
Add Interest	\$3.12
Closing Balance as of June 30, 2021	\$124,348.46
NAKA Endowment as of June 30, 2021	\$245,148.89

Konkani Charitable Fund (KCF) – Appeal For Donation For COVID19 Victims In India



<i>President:</i>	Dr. Gopal Bhandarkar
<i>Secretary/Treasurer:</i>	Mrs. Veena Kamath
<i>Directors:</i>	Dr. Surendra Shenoy, Mr. Ravi Shenoy, Dr. Vijayakumar Rao, Mrs. Aruna Acharya, Dr. Vasudev Shenoy, Dr Gajanan Shanbhag
<i>Founder/Director:</i>	Mr. Ramesh Kamath
<i>Emeritus Directors:</i>	Mr. Ravi Baliga, Mr. Ashok Bhatt, Dr. Ganesh Bhat, Mr. Ananth Prabhu & Prof. Vinayak Kudva

We started Covid relief fund at the height of Pandemic in India when 4000 people were dying a day, Hospitals were full & running out of oxygen, Medications, PPE & other essential supplies. Now India has to face the second wave with the Delta variant of Covid virus which is more transmissible & more lethal. On top of that many patients are affected with Black Fungus (Mucormycosis). On top of this, the medication to treat the black fungus is in short supply.

Due to lockdown, the poorest of the poor, cannot work & make a living. Those of us who have immigrated to this great country have a moral obligation to the people of India, our country of birth, to help with all our resources.

We sincerely urge you to donate & help India during the biggest crisis India is facing since Independence.

We would like to sincerely thank all the donors for your generous donations to Konkani Charitable Fund's India Covid-19 donation drive. The total **donations received** as of 7/7/2021 is **\$113,680**, including a \$25,000 matching donation from an anonymous

donor. We have **distributed** a total of **\$93,500** to Charities working for Covid 19 relief efforts in India.

Money sent to charities working for relief efforts in India.

1. American India Foundation \$10,000
2. Pratham \$5,000
3. AAPI Charitable Org \$5,000
4. UNICEF \$5,000
5. Oxfam \$3,000
6. Project Hope \$3,000
7. Americares \$2,500
8. GSB Sabha Matunga \$5,000
9. Care India \$5,000
10. Save the children \$5000
11. Sri Satya Sai Sarla Memorial Hospital \$5000
12. Sewa International \$12000
13. Sankara Eye Hospital \$5000

Please note out of 4 hospitals, Sankara has converted one hospital entirely & 3 hospitals partially to take care of Covid 19 patients.

We also have sent so far \$20,000 to the PM Cares Fund. Prime Minister Modi has started this fund to help Covid 19 relief efforts.

Total Donations sent to organizations helping India in Covid Relief projects. \$100,500.

Thanks again for your generosity. Together, we will help the country of our birth during the biggest crisis in history, since independence.

P.S. Please send your checks to KONKANI CHARITABLE FUND, 43 Spray Court, Bayport, NY 11705 OR Donate via Pay Pal at our Website. If you have any questions, please do not hesitate to call **Dr. Gopal Bhandarkar** at (631) 472 1418 or email him at gabhandarkar@gmail.com.

Fundraising For Education – Appeal From The PAI Foundation

The PAI Team Fund raising is organizing this fundraiser to benefit Konkani Charitable Fund.

We founded **Pai Team Fundraising** in January 2021 with the sole objective to support educational causes in India during the COVID pandemic and beyond. After a successful fundraising campaign for Pratham India, Pai Team Fundraising has partnered with the US based Konkani Charitable Fund. We will donate all proceeds to the GSB Scholarship League in Mumbai, India. The 109-year-old GSB Scholarship League ("the League") is a testament to our community's belief that Education Is Our Biggest Investment.

With the help of Mrs. Gita Pai, Chairperson of the GSB Scholarship League, we spent 2 months getting to know some of the past & present beneficiaries of the League. Their stories are uplifting, inspiring, filled with gratitude and give us much hope in these uncertain times. The League also prides itself on supporting as many female scholars as possible. Your funds will go to GSB & Saraswat students from Grade 5 to those pursuing postgraduate studies. Many are based in the smallest towns in Karnataka, with little or no resources. With the cost of education skyrocketing in India every year, we can do our part in reassuring our brothers and sisters that their educational futures now and in the future.

We have set up a GoFundMe option for all US, UK & Europe based donors. Please note that all GoFundMe funds will be received directly by the Konkani Charitable Fund. As the Konkani Charitable Fund is a 501(c)3 charity, all US made donations are tax exempt.

Our thanks fall short for your support. We will come out of this pandemic stronger and in a better place! Please give generously!

With Gratitude,

Nandan, Lakshan & Arya, Pai Team Fundraising

[Fundraiser by Nandan Pai : Support Our GSB & SARASWAT Scholars \(gofundme.com\)](https://www.gofundme.com/fundraise-for-education)

Khabbar From Kular

By Vishwa Konkani Sardar Basti Vaman Shenoy

Prama Guru H.H.Samyameendra Thirtha Swamiji, Sri Kashi Mutt and H.H. Sri Vishwa Prasanna Thirtha Swamiji ofPejawar Muth, Udupi met as a rare occasion at Udupi Sri Laxmi Venkatramana Temple on 17-02-2021. Canara High School Association, Maangaluru: Mr. M.Annappa Pai, Industrialist has been elected as President of Canara High School Association, Mangaluru and Mr. M.Ranganath Bhat, Mr. M.Padmanabha Pai, Mr. M. Vaman Kamath, Mr. B.Purushotham Shenoy are members.

Dr. Padma Baliga passess away : Library and Children literature expert Dr. Padma Baliga Passess away on May 12th 2021. She is the second daughter of Late Civil engineer C.V.Kamath of Mangaluru. Padma Baliga bagged first rank in M.A in English at Mangaluru University (1985-1987) . She also worked as a professor of English at St. Aloysius College in 2013, she did Ph.D from Gandhigram Rural University Dindigal. She Presented several research papers and She worked with Vishwa Konkani Kendra research work project (A Survey and critical reading of Konkani Childrens fiction in three scripts”) in 2017-2019.

Vishwa Konkani Scholars - KSHAMATA Virtual Programme :

KSHAMATA Academy has organized 3 days Zoom virtual Camp for those students who received Vishwa Konkani Students Scholarships. The Camp was inaugurated on May 28th through the Zoom. Mr. Basti Vaman Shenoy, founder of Vishwa Konkani Kendra welcomed the students and dignitaries. Mr. Ullas Kamath, Joint Managing Director, Jyothi Laboratories, Mumbai Inaugurated the camp. Mr. Sandeep Shenoy, Convener of Vishwa Konkani PRERNA Programme, Mr. Pradeep G.Pai, Secretary VKSSF and Gen. Secretary of WKC Mr. C.A. Nandagopal Shenoy, Mr. C.A. Giridhar Kamath, Convener, Kshamata Academy were present during the programme. Mr. Gurudath Bantwalkar, Director World Konkani Centre delivered Vote of Thanks.

Vishwa Konkani webinar on various aspects of Konkani language and people, series on Google Meet platform: Series of webinars on various aspects of Konkani language and people. Inaugural episode held on 12-06-2021 by Google Meet platform.

Mr. Basti Vaman Shenoy, founder of Vishwa Konkani Kendra, welcomed.

Dr. Kasturi Mohan Pai, Convener Konkani Education in Schools, Vishwa Konkani Kendra briefed about Antiquity of Konkani language. Mr. Ram Acharya, President, North America Konkani Sammelan talked about Konkani language and people outside India, particularly in USA.

Mr. Pradeep G. Pai, Secretary VKSSF and Dr. B.Devdas Pai, Dr. Jayawantha Nayak, Mr. M.R.Kamath , , Mr.Narasimha Naik from Konkani Kudubi Sangha, Mr. Gurudath Bantwalkar, Director World Konkani Centre Dr. Austin D'Souza Prabhu, Chief Editor Konkani Veez Magazine USA, Konkani Teachers from Udupi, Dakshina Kannada, Karwar, Kumta, Gangolli were presents during the programme. Mr. Venkatesh N.Baliga, Vice President, WKC proposed Vote of Thanks.

वीश्व कोंकणी केन्द्र - मंगळूर
World Konkani Centre - Mangaluru

Saturday
12th June, 2021,
6 PM -7 PM

कोंकणी संवाद अंतर्जाल गोष्ठी
Konkani Webinar Series on
Google Meet platform

उगतावणेचें उपाख्यान
Inaugural episode

येकार Welcome
Basti Vaman Shenoy,
President - 5 mts

प्रस्तावना Introductory talk
Uday Bab Bhemre,
Goa - 10-15 mts

कोंकणी भाशेचें पुराण
Antiquity of Konkani language
Dr. Kasturi Mohan Pai - 25 mts

विदेशांत कोंकणी भास आनी लोक
Konkani language and people
outside India
Rammurthy Acharya, USA - 15ts

link: <https://meet.google.com/qpp-qzyv-gjc>

KSHAMATA VIRTUAL CAMP SEASON (May - July 2021) GMCS 2021 and SCOPEA : Kshamata Virtual Camp Season May- July-2021, held at World Konkani Centre, on the occasion of release of first issue of newsletter of VKS Alumni Association 'VAA DIGEST', in KSHAMATA VIRTUAL CAMP SEASON May - July 2021, GMCS 2021 and SCOPEA. Mr. Basti Vaman Shenoy, founder Vishwa Konkani Kendra, Konkani philanthropist and Chief Promoter T V Mohandas Pa, Mr. Ramdas Kamath U, President, VKSF, Mr. Pradeep G. Pai, Secretary VKSSF and Gen. Secretary of WKC Mr. C.A. Nandagopal Shenoy, Mr. C.A. Giridhar Kamath, Convener, Kshamata Academy Mr. Gurudath Bantwalkar, Director WKC with 245 scholars participated in the programme. Mrs. Sneha V.Shenoy, President VKAA delivered Vote of Thanks.

Devu Baren Koro
- Basti Vaman Shenoy

Obituary



Smt. K. Suneethi Baliga, wife of Late Dr. K. Rathnakar Baliga passed away peacefully at her son's home in Charleston, SC on May 3rd, 2021 at the well lived age of 99.

She was a very loving caring lady and was part of the joint family of two sisters marrying two brothers. The six children felt they had two moms and two dads loving and nurturing them.

Dear Suneethi is survived by her 3 children Vasanthi Shenoy, Shanthi Pai and Prabhakar Baliga and their families. She is dearly missed by her sister's kids Radhakrishna Baliga, Vasanth Baliga, Jyothi Bhat and their families and all her grandkids and great grandkids who loved her dearly.

Vivek Nayak of Schaumburg, IL

We regret to inform you that Vivek Nayak of Schaumburg, IL passed away on June 9, 2021 after suffering a heart attack. He is survived by his mother, Vasanthi, wife Ratna, son Rahul and daughter Rupal and son-in-law Sandeep, two grandchildren, sisters Vishaya Pai (Somerdale, NJ) and Vindhya Prabhu (Trumbull, CT) and brother Vinith Nayak (Edison, NJ). We offer our deepest condolences to the family and pray the departed soul may find everlasting peace.

Konkani Sammelan Update

Namaskaru,

We hope you and your family are staying safe and healthy! We are encouraged by the speedy implementation of COVID-19 vaccinations in North America and worldwide too.

As we announced in May, Konkani Sammelan will be held from **July 2nd to 4th, 2022**, at the same venue (San Jose McEnery Convention Center, San Jose, CA). We have been able to negotiate the same hotel rates with each of the hotels for 2022.

- If you have already registered for the Konkani Sammelan 2020, your registration is carried over without any action on your part.
- We will announce further details about the registration and hotels later in the year.

In 2020, we arranged “Gharanthu Ek Saan Milan,” a set of virtual Amchigele programs to entertain the Konkani community at home. These programs featured prominent Konkani speakers and artists in a preview to the in-person convention. We are presently working on the third version of this program and will announce the date and details soon.

If you have further questions, please do not hesitate to call us at 408-459-8423 or email us at askammani@konkanisammelan.org.

Devu Baren Koro,

Aruna & Ram Acharya

Presidents,

Konkani Sammelan 2020

The Konkani family of Northern California is very proud to host and welcome you to

Konkani Sammelan 2022

10th North American Konkani Convention



San Jose Convention Center
San Jose, California
July 2-4, 2022

konkanisammelan.org
Contact: askammani@konkanisammelan.org

With Best Wishes to all our readers. Wishing You All a Safe Summer !!!



North American Konkani Association,

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NY 11234

www.mynaka.org

Please Note: The viewer and opinions on specific matters and issues articulated by the contributors to this newsmagazine are their own views and opinions and the North American Konkani Association and the editorial team at Khabbar do not in any way endorse or support any specific view or opinion expressed herein.