



KHABBAR

North American Konkani Newsletter

✉ khabbar@mynaka.org

Edition

July, August, September 2021



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From The Editorial Team

Dear Readers,

Welcome to the 2021 Q3 edition of Khabbar.

This is the third issue of Khabbar organized by the volunteer team from the North American Konkani Association (NAKA), and we want to thank our volunteers for their efforts.

Khabbar editions are now available on our recently enhanced NAKA website. We regret a delay in publishing the Q3 edition due to the Khabbar transition to mynaka.org website. You can find the current and past issues at <https://mynaka.org/E-Khabbar>

We are also looking for a volunteer to serve as the Editor for Khabbar. If you are interested in volunteering, please send an email to president@mynaka.org.

We request all of you to contribute articles of interest to Konkani, news of births, engagements, weddings, and change of address, as well as obituary, to ensure your Khabbar remains a source for the latest Konkani happenings. Please send your entries to khabbar@mynaka.org

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

Prayer of Thanks

Source: Bhagavad Gita; Submitted by Dr. V. Girijanand Bhat, Loma Linda, California



BRAHMARPANA BRAHMA
HAVIH BRAHMAAGNAU
BRAHMANA HUTAM.
BRAHMAIVA TENA
GANTAVYAM BRAHMA
KARMA SAMADHINA

Everything In This World
Has Come From God And
Everything Ultimately
Reaches Him

Konkani Konsortium

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.

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. Dr. G Shashidhar Pai MD, Professor of Pediatrics and Director, Division of Medical Genetics, Medical University of South Carolina, Charleston SC
6. 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 – Sarcopenia

By Dr. Shantharam T Pai, MD and V. Girijanand Bhat, MD, Loma Linda, California

In the 2021 eKhabbar Q1 we addressed Covid as it is a global crisis. In Q2 we addressed Mental Health as it is common and a major burden of illness. In the Q3 article we are focusing on a subject that has implications for senior health. In Q4 we hope to address a topic on child health.

The term Sarcopenia is derived from Greek ‘sarx’ or flesh and ‘penia’ or poverty / loss. This can sometimes be confused for muscle weakness.

Sarcopenia is defined as a condition characterized by loss of skeletal muscle mass and function. Though primarily a disease of the elderly it may be associated with other conditions. Progressive loss of skeletal muscle mass and strength is correlated with frailty.

Frailty is a geriatric syndrome that affects 5% to 17% of older adults. It is a state of increased vulnerability across multiple health domains that leads to adverse health outcomes. Frail older adults are at increased risk of falls, disability, hospitalizations, and death. Frailty may initially be overlooked or incorrectly identified as part of the normal aging process because of the variable nature of the presentation and diagnosis. Symptoms include generalized weakness, exhaustion, slow gait, poor balance, decreased physical activity, cognitive impairment, and weight loss. There is no current recommendation for routine screening. A comprehensive geriatric assessment can identify risk factors and symptoms that suggest frailty. Several validated frailty assessment tools can evaluate a patient for

frailty. Patients are diagnosed as not-frail, prefrail, or frail.

Patients with a larger number of frail attributes are at higher risk of poor outcomes. The management of frail patients must be individualized and tailored to each patient’s goals of care and life expectancy. Physical activity and balance exercises may be suitable for patients who are less frail. Palliative care and symptom control may be appropriate for those who are considered more severely frail.

Sarcopenia is associated with physical disability, risk of falls and fractures, poor quality of life and death. The estimated prevalence in 60-70 year age group is 5-13% and increases to 11-50% in people over 80 years of age.

Symptoms include weakness and loss of stamina. Reduced activity further shrinks the muscle mass. Researchers believe causes may include reduction in nerve cells responsible for sending signals from the brain to the muscles to start movement, lower concentrations of hormones including growth hormone, testosterone, and insulin-like growth factor, a decrease in the ability to turn protein into energy and not getting

enough calories or protein each day to sustain muscle mass.

Risk factors include age, gender and level of physical activity. It is associated with obesity, osteoporosis and type 2 diabetes.

Protective factors include building muscle mass before the age of 40 through good balanced nutrition and optimal physical activity.

Diagnosis is based on an individual's reported symptoms. A doctor may recommend a dual energy X-ray absorptiometry (DXA) and a walking speed test to make a diagnosis. DXA uses low-energy X-rays to measure skeletal mass and usually measures bone density and tests for osteoporosis. When used in combination with walking speed tests, it may be helpful in diagnosing sarcopenia. In some instances, doctors may perform additional tests, such as measuring handgrip strength.

It is important to prevent or postpone sarcopenia to improve quality of life, enhance survival and reduce the need for long term care.

Treatment

Exercise is the primary treatment, specifically resistance training or strength training. These activities increase muscle strength and endurance using weights or resistance bands. Resistance training can help your neuromuscular system and hormone levels. It can improve an older adult's ability to convert protein to energy in as little as two weeks.

The proper number, intensity, and frequency of resistance exercise is important for getting the most benefit with the least risk of injury. You should work with an experienced physical therapist or trainer to develop an exercise plan.

Nutrition: Intake of calories and protein are important for muscle protein synthesis. Older adults may not utilize protein as efficiently as younger people and may require higher amounts to prevent muscle atrophy. Supplementation with larger doses of amino acids particularly leucine or β -hydroxy β -methylbutyrate (HMB) a metabolite of leucine has been reported to counteract muscle loss with aging.

Medications are not the preferred treatment. A few being studied include:

- Urocortin II. This can prevent muscle atrophy that can happen when you're in a cast or taking certain medicines
- Testosterone supplements
- Growth hormone supplements
- Medication for treatment of metabolic syndrome (including insulin-resistance, obesity, and hypertension)
- Other medications under investigation as possible treatments for sarcopenia include ghrelin, vitamin D, angiotensin converting enzyme inhibitors, and eicosapentaenoic acid

If these prove useful, you'll use them with resistance exercise and good nutrition not instead of it.

About the Authors:

Shantharam Pai MBBS, MS, MD, FACFP

General Family Medicine and Geriatrics / Senior Health, Beaver Healthcare, Redlands, CA.

V Girijanand Bhat MD, MRCPsych, DABPN

Clinical Professor of Medicine, University of California Riverside School of Medicine, Riverside, CA.

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.

Hoon Khabbar And Konkani Happenings

Book-Series Publication (Note from Mukund Pai, Solon OH)

My cousin from **Houston, Suresh Bhat**, has published a paperback book and a 6-part e-book series which are available on Amazon.com. It is titled "From the Slums of India to the suburbs of America: My Life's Journey". You can search for it on Amazon.com under Books or Kindle Books categories and search for Suresh Bhat or the part of the book title.

Unlike many other books by Konkani authors, it has no political, religious, Indian, Konkani food or Konkani heritage agenda or content. It is purely his personal story of how a shy, poor, introverted, stuttering boy from Bombay slums makes good in America. Many of us Konkanis in America may have similar stories to tell but have not taken the time to write down our experiences for the future Konkani generations. Maybe this book will inspire some of them to write their own stories for their future generations to cherish.

I am proud that my cousin took the time to publish the book for his, mine, and other future Konkani generations.

Please make the book information available to the Konkani community in America via your contacts, local & National Konkani newsletters, and Khabbar.

Retirement (Note from Vilas Prabhu, Millersville, PA)

After five decades of serving higher education in the United States in various faculty and administrative positions including 17 years as Provost and Chief Academic Officer at Millersville University of Pennsylvania, I **retired** at the end of August 2021. In honor of my service to the university and the community, the Council of Trustees of the University took several actions yesterday. Please see link below.

Just as an FYI, it was one of my life's highlights to serve as the keynote speaker at the Houston Konkani Sannelan.

https://www.linkedin.com/posts/brandondanz_millersvilleuniversity-publicservice-lancasterpa-activity-6846427631479525376-HB-d

Spiritual E-Books (Note from Dr. Sainath Shenoy, Mumbai)

Dear Divine Readers,
Warm Greetings

- Are you interested in Spiritualism with reference to Hinduism (Sanatan Dharma)?
- Do you want to know about the sacred Hindu Religion (Sanatan Dharma)?
- Are you interested in learning more about the Sacred Indian culture?

Let's understand Spiritualism, Hindu Religion (Sanatan Dharma) and its sacred Indian Culture from the historical point of view, through my eBooks, which is explained in a very simple and interesting manner. The links of these two of my EBooks are given below.

Sr. No	Title of the E books	Links for the EBooks
1	<p>Free E book Titled HINDU PURAN (हिन्दुपुरान) Volume 1 A Divine Seva to the Almighty “LORD SHREE RAM”, in the name of my father, Shree Pandurang Ramchandra Shenoy.</p> <p><i>It is available for free on Google Books worldwide</i></p> <p>To Know more about my Ebook kindly click: https://sainathshenoy.blogspot.com/2021/04/jai-shree-ram.html</p> <p>Your valuable Comment on my blog is appreciated.</p>	<p>The Link of the Free Ebook “Hindu Puran” (हिन्दु पुरान) Volume 1 on Google Books is</p> <p>https://books.google.co.in/books?id=Xo4mEAAAQBAJ&printsec=frontcover&source=gbs_ge_summary_r&cad=0</p> <p><i>This link is functional all over the world.</i></p> <p>Your valuable review regarding My Ebook Titled “Hindu Puran” (हिन्दु पुरान) Volume 1, on Google will be appreciated.</p>
2	<p>E book Titled “Education and Women from Ancient India”.</p> <p>It is available for sale Only on Amazon.</p> <p><i>This book is a small attempt to put forth the prestigious status of women in the Hindu Society of the world right from the ancient times.</i></p> <p>To Know more about my Ebook kindly click: https://sainathshenoy.blogspot.com/2020/08/education-and-women-from-ancient-i-am.html</p> <p>Your valuable Comment on my blog is appreciated.</p>	<p>The Links of my E book Titled “Education and Women from Ancient India”, in the respective Amazon Markets is given below. Your Valuable Review regarding my Ebook Titled “Education and Women from Ancient India”, on Amazon, will be appreciated.</p> <p>United States of America : http://www.amazon.com/dp/Bo8F5JVHP6</p> <p>Germany : http://www.amazon.de/dp/Bo8F5JVHP6</p> <p>India : http://www.amazon.in/dp/Bo8F5JVHP6</p> <p>Japan : http://www.amazon.co.jp/dp/Bo8F5JVHP6</p> <p>Italy : http://www.amazon.it/dp/Bo8F5JVHP6</p> <p>Mexico : http://www.amazon.com.mx/dp/Bo8F5JVHP6</p>

		France : http://www.amazon.fr/dp/Bo8F5JVHP6
		Spain: http://www.amazon.es/dp/Bo8F5JVHP6
		Brazil http://www.amazon.com.br/dp/Bo8F5JVHP6
		Australia: http://www.amazon.com.au/dp/Bo8F5JVHP6
		United Kingdom: http://www.amazon.co.uk/dp/Bo8F5JVHP6
		Netherlands: http://www.amazon.nl/dp/Bo8F5JVHP6
		Canada: http://www.amazon.ca/dp/Bo8F5JVHP6
		Other readers who reside in different countries can refer to amazon.com
3	<p>To Know more about me as an author kindly click on the link:</p> <p>https://sainathshenoy.blogspot.com/2021/07/suggestions-for-changes-in-text-books.html</p> <p>Your valuable Comment on my blog is appreciated.</p>	

Enrich yourself with spiritual knowledge. Enjoy reading my eBooks.

Proud to be an Indian

Regards

Dr.Sainath Pandurang Sumati Shenoy

Mumbai

B.Sc, Diploma In computer Science, B.Ed, M.Ed, M.A (Education) and Ph.D (Curriculum Development)

Blog: sainathshenoy.blogspot.com

Konkani Kwiz

By "Vindyakka": (New York, NY)

Last 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.

The correct answer is 32,768. One approach to obtain this count is to observe that there are two outcomes for each of the 15 toppings: include or not include. The result is the cardinality of the power set of toppings, or $2^{15}=32,768$. Another approach to obtain this count uses a sum of binomial coefficients.

The following readers gave the correct answer:

Ajit Pai of East Brunswick, NJ

Shivadev Ubhayakar of Rancho Palos Verde, CA

Krishna Nayak of Long Beach, CA

This issue's kwiz:

The Konkan Railroad is nearly 500 miles of tracks and 69 stations connecting coastal families and businesses from Udupi to Mangalore, and beyond, by train. We all have those memorable moments on the train eating a certain food, visiting a special someone, traveling to a new place, meeting a business contact, or simply enjoying the scenic beauty of our country. Close your eyes, take a deep breath, and relive your pleasant train memories all over again.

More than 23 million passengers ride India's trains each day, and so it is no surprise that some train routes and classes are notoriously overcrowded. There are typically 72 seats per car on a train, however people are often standing, hanging out the side, or maybe even dancing on the roof like in the music video for Chaiya Chaiya. Now for the Kwiz, how many people must be in a train car to ensure that at least 3 of them have the same birthday? You may assume that there are 366 (includes February 29th) possible birthdays.

Send your answer to Vindyakka at vindya.bhat@gmail.com. Those who submit correct answers will have their name published in the next issue.

Kastaa Vishay – The Tricky Stuff

Volume 3: Black Lives Matter to Amchis

By Anuradha Rao (Vancouver, BC)

Anti-Black racism has come to the forefront in the last year, but not because it has only existed in the last year. It has played a major role in shaping our entire societies in the West, from how our infrastructure was built, to whose stories we see in the media in a positive light versus a negative light, to whose communities are sited near polluting industries. It is intertwined with the colonialism that affected India, as well as its after-effects. It enters our lives, our families, and our minds, whether or not we admit it.

As explained on their website: Black Lives Matter began as a call to action in response to state-sanctioned violence and anti-Black racism. It is a response to this world, in which Black lives are systematically targeted for demise. It is an affirmation of Black people's humanity, their contributions to society, and their resilience in the face of deadly oppression.

I knew I wanted to write about this subject for this column, but honestly, I was so overwhelmed about doing so. I didn't know where to start, where to go with it, or where to stop. Thankfully, while researching, I came across this website containing open letters to share with family. I have copied or paraphrased the following from there...

These words come from love, so that we can all do better. Some of us do not have Black and Indigenous friends, colleagues, or acquaintances. For many of us who do, Black and Indigenous people are a fundamental part of our lives: they

are friends, neighbors, family. And we are scared for them.

You likely heard that a white police officer killed a Black man named George Floyd by kneeling on his neck for almost 9 minutes — ignoring his repeated cries that he was unable to breathe. He is one of many Black sons and daughters who have been killed by police in the U.S. Over the years, Canadian police have also killed many Black and Indigenous people. For example, Regis Korchinski-Paquet, an Afro-Indigenous woman, fell to her death from an apartment balcony after police were called.

Overwhelmingly, police haven't faced consequences for murdering Black and Indigenous people, even when there's been extensive media coverage. Many more incidents go unrecorded or unseen.

It is easy to think: We are also a minority. We've managed to come to this country with nothing and built good lives for ourselves despite discrimination, so why can't they?

For the most part, when we walk down the street, people do not view us as a threat. We do not leave our homes wondering whether or not we will return that day. We don't fear that we may die if we're pulled over by the police.

This is not the case for our Black and Indigenous friends.

Europeans colonized this continent on which we have chosen to make our homes. They stole land and resources from Indigenous peoples, and forcibly brought Black people from Africa as slaves. Black and Indigenous communities, families, and bodies were abused as property for profit. Even after slavery and signed treaties, the colonial governments have not allowed them to build their lives — they legally denied them the right to vote, get an education, and own homes and businesses. Black and Indigenous people live under a constant threat of violence that continues today.

For those of us in Canada, it's easy to think that anti-Blackness is an American issue, but this isn't true. Black people make up only 3.4% of Canada's population, but they represent 9% of people killed by police. Indigenous people are less than 5% of Canada's population, but between 2007 and 2017, they made up 36% of the people killed by the Royal Canadian Mounted Police. And slavery existed in Canada too.

These issues are worrying, scary and uncomfortable, which is why we need to hold each other and talk about them together. Bringing them forward does not minimize the struggles our own people have endured in countries that have not always been kind to us, nor the traumas we ourselves have endured while making our way in lands where most people do not look like us, and not everyone is welcoming. Many of us have been subject to racial slurs,

taunts, ridicule because of how we look or dress or talk. We have been falsely blamed for bringing poverty, disease and terrorism, and for taking jobs away from others. Some of us faced hate crimes after 9/11. Many of us have suffered through humiliating racism and prejudice so that our children could have a better life. There is always a silver lining, however, and in this case it is our ability to empathize, and understand what a difference it makes when someone chooses to show love, and to stand up for what is right.

Black and Indigenous people have persisted and persevered against all odds. They continue to fight against the same state violence that their ancestors fought against. They've been beaten by police, jailed, and killed while fighting for the rights that we all enjoy today. Even in an unfair system that pits us against each other, Black organizers have helped to end racial segregation for us all, and Indigenous peoples have shown kindness and solidarity with people of Asian descent.

Our individual and collective struggles show us that we are all in this together, and we can each take steps to appreciate and support each other, particularly our Black and Indigenous compatriots.

Resources:

- NOT our Black friends, neighbors and colleagues. Fielding questions and having to educate people over and over about how they have been mistreated over centuries, and how non-Black people should do better, is exhausting emotional labor, and it is not their jobs to do this for us. There are enough resources out there for us to do our own homework. Here are just a few...
- So You Want To Talk About Race by Ijeoma Oluo

- How to be an Antiracist by Ibram X. Kendi
- The Secret Life of Canada podcast
- Several podcasts about Black history
- History of over-policing of Black and Indigenous lives in Canada

They said this would be Fun: Race, Campus Life, and Growing Up by Eternity Martis, a Pakistani-Black journalist, about her experiences as a student attending the University of Western Ontario

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**) as of October 31, 2021

NAKA Financials as of 10/31/2021	
Bank Balance as of Oct 31, 2021	123,628.45
NAKA Endowment as of 10/31/2021	245,671.72

NAKA Financials Updates:

#1: Taxes have been filed for Fiscal Year ending 12/31/2020. Taxes are typically due May 15, 2021 for Non-Profits but we had filed suitable extension and hence due by 11/15/2021. Filed in second week of October.

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 you and your families stay safe and healthy!

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.

Our website (<https://mynaka.org>) has been renewed with relevant information on NAKA activities:

- The present and past issues of Khabbar have been moved mynaka.org website. You can find the current and past issues at <https://mynaka.org/E-Khabbar>
- We have added some of the videos from our past programs. We plan to add more archive videos from past Sammelans and past events from regional Konkani organizations. NAKA will also work on creating unique programs of interest, including entertainment, music, and seminars.
- We are also in the process of renewing information and discussion forum for other activities. Please stay tuned.

Devu Baren Koro,

Ram Acharya

President, North American Konkani Association

Konkani Charitable Fund (KCF) Update



President: Dr. Gopal Bhandarkar

Secretary/Treasurer: Mrs. Veena Kamath

Directors: Dr. Surendra Shenoy, Mr. Ravi Shenoy, Dr. Vijayakumar Rao, Mrs. Aruna Acharya, Dr. Vasudev Shenoy, Dr Gajanan Shanbhag

Founder/Director: Mr. Ramesh Kamath

Emeritus Directors: Mr. Ravi Baliga, Mr. Ashok Bhatt, Dr. Ganesh Bhat, Mr. Ananth Prabhu & Prof. Vinayak Kudva

KCF Covid Fundraiser Final Update

We would like to sincerely thank all the donors for their generous donations to Konkani Charitable Fund's India Covid-19 Emergency Fund. The total money raised was \$118,800.

Below is the breakdown of money sent to charities working for relief efforts in India. Please note that we received a pledge from every American charity that every penny given by KCF will go to India for Covid relief efforts.

• AAPI Charitable Org	\$ 10,000
• American India Foundation	\$ 10,000
• Americares	\$ 2,500
• Care India	\$ 5,000
• Gowd Saraswat Sevak Samaj	\$ 3,000
• GSB Dahisar Borivali	\$ 5,000
• GSB Sabha Matunga	\$ 10,000
• Oxfam	\$ 3,000
• PM Cares Fund	\$ 20,000
• Pratham	\$ 5,000
• Project Hope	\$ 3,000
• Sankara Eye Hospital	\$ 5,000
• Save the children	\$ 5,000
• Sewa International	\$ 12,000
• Sri Satya Sai Sarla Memorial Hospital	\$ 5,000
• UNICEF	\$ 5,000
• World Konkani Center Mangalore	\$ 10,000

Thus, we have disbursed all the money raised for Covid Emergency Fund.

Thanks again for your generosity. Together, we have helped the country of our birth during the biggest crisis in history, since independence. Our Hats off to the generosity of the Konkani Community in the USA for raising a significant amount of money for fighting Covid19 in India.

Konkani Charitable fund is proud to announce a major fundraiser started by a teenager & his team from Michigan & collecting an incredible amount in donations for Impoverished students in India & donating the money in partnership with Konkani Charitable Fund to GSB Scholarship League, Mumbai.

Seventeen-year-old Nandan Pai along with his younger siblings Lakshan & Arya founded Pai Team Fundraising in January 2021 with the sole objective of supporting educational causes in India. Pai Team Fundraising has partnered with the US-based Konkani Charitable Fund. They will donate all proceeds to the GSB Scholarship League based in Mumbai, India.

The 109 year "young" GSB Scholarship League ("the League") is a true testament to the GSB & Saraswat community's belief that Education Is Our Biggest Investment. The League also prides itself on supporting as many female scholars as possible.

This fundraiser was launched on June 15 of this year & just concluded on September 30. Nandan & his team worked very hard canvassing for funds, starting a Go Fund Me donation site for small donors. Large donations were sent to KCF directly. Nandan's Parents, Ajnya & Dr. Rakesh Pai & Grand Parents, K.Vaman Kamath and Rajalakshmi Kamath & Dr. Ramnath & Rajashree Kochikar Pai were a great support to the team. KCF President Dr. Gopal Bhandarkar & the Board of directors secured a lot of donations too. A well-wisher from the New York area for support of education for impoverished Konkani students in India brought in significant donations.

The final Fundraising tally is as follows.

Funds Raised in India in dollar terms	\$	67, 246
Funds Raised from Middle-East	\$	10,000
Funds Raised in the USA	\$	91,050
Total	\$	168,296

We think this is a remarkable achievement for a seventeen-year-old & his team. KCF thanks the Pai family for raising this significant amount for the Education of the impoverished students in India. God Bless all those involved in this noble cause of Fundraising.

Remember, the most important thing in life is not how much you have, but how much you gave!

Devu Baren Koro

KCF Board of Directors.

Announcement: Arpana 2021 Fundraiser

Dear friends,

We are proud to present Arpana 2021, a virtual classical dance fundraiser event for the Konkani Charitable Fund, Inc. Since 2015, we have had the pleasure of annually showcasing talented Konkani dancers from the Bay Area, and we are excited to continue this tradition this year.

Arpana 2021 will be virtually streamed via Youtube on Sunday, November 21st, from 3:00 - 4:30 pm Pacific Standard Time. You can watch this the program at <https://tinyurl.com/ArpanaOnline> (Please subscribe to the channel so that you can be notified when the Livestream starts)

This program will feature young, outstanding **Konkani dancers: Archana Kamath, Rajnita Kamath, Shreya Kamath, Krithi Pai, and Niya Shenoy.**

This is a free event for all to enjoy. We would highly appreciate your donations, which will benefit the Konkani Charitable Fund, Inc (KCF), a 501(c)3 nonprofit organization that supports grassroots charitable initiatives in India, with zero administrative costs. You can donate by

- By sending a check payable to “Konkani Charitable Fund” at the following address:
Aruna Acharya
2142 San Benito Drive
Fremont, CA 94539

Please add “**Arpana 2021**” in the memo on your check.

- Or through PayPal (using a donate button in the following link
<https://tinyurl.com/Arpana2020>; please add a comment “Arpana 2021”)

Arpana 2021

A Fundraiser for Konkani Charitable Fund, Inc.



DATE:

Sunday
November 21, 2021

TIME:

3 - 4:30 PM
Pacific Standard Time

Streaming on YouTube:

<https://tinyurl.com/ArpanaOnline>

WITH CLASSICAL DANCE PERFORMANCES BY

Shreya Kamath



Krithi Pai



Archana Kamath



Rajnita Kamath



Niya Shenoy

100% of
donations will
go toward
grassroots
charities in
India.

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We are excited to host the Arpana show for the seventh consecutive year, raising about \$300K in the last six years! Some of the leading charities that we have supported in the past are:

- Chetana Child Development Center, Mangalore: <https://www.chetanasociety.in/> Please watch a Youtube Video about their activities here- <https://youtu.be/WnBHClqvofA>

- Anandashram Seva Trust, Puttur: <http://www.oldagehome-india.org/aboutus.htm> Please watch a Youtube Video about their activities here: <https://youtu.be/iGd9XjywOXI>
- Srivali Trust, Shirali <https://www.chitrapurmath.net/site/affiliate-srivali-trust> Please watch a Youtube Video about their activity here:
<https://www.youtube.com/watch?v=RQuaxomDBdA&feature=youtu.be>
- Vishwa Konkani Kendra, Mangalore (<https://vishwakonkani.org/>) Please watch a Youtube Video about their activity here: <https://www.youtube.com/watch?v=O9itTNmjGN4>

The list of all the approved charities of Konkani Charitable Fund is available at:
<https://www.konkanicf.org/index.php?lang=en>

We look forward to sharing our love of Indian classical dance with you all and appreciate your support for both the dancers and the incredible work being done by KCF-supported initiatives!

Regards,
Aruna and Ram Acharya
Organizers of Arpana Fundraisers for KCF

Khabbar From Kular

By Vishwa Konkani Sardar Basti Vaman Shenoy

Vishwa Konkani Kendra webinar series 2nd episode :

Vishwa Konkani webinar was held on 10-07-2021 on various aspects of Konkani language and people and also past history of India by Google Meet platform.

Mr. Basti Vaman Shenoy, founder President of Vishwa Konkani Kendra, welcomed. Mr. Jayanarayan Bhat, and Mrs. Shambavi Kamath from England, spoken about Konkani Language and people in U.K, Kerala Konkani Academy Former president Mr. Payyanuru Ramesh Pai gave the details about Konkani Language and Literature in Kerala.

Dr. Kasturi Mohan Pai, Convener 'Konkani Education in Schools', Vishwa Konkani Kendra briefed about Konkani webinar and Introduced the Guests. Konkani Teachers from Udupi, Dakshina Kannada, Karwar, Kumta, and Gangolli participated during the programme. Mr. Venkatesh N.Baliga, Vice President, proposed Vote of Thanks.

75 th Independence Day celebrations :

Gowd Saraswat Brahman Seva Sangh, Mangaluru organized 75th Independence Day program in Association with Vishwa Konkani Kendra on Sunday 15th August 2021 at Sujir C.V.Nayak hall, Kadri, Mangalore. Essay Competitions, Elocution competitions in Konkani were arranged for Konkani students.

H.H.Srimad Vidyadhiraja Thirtha Swamiji attained Samadhi:

His Holiness Srimad Vidyadhiraja Teertha Sripad Wader Swamiji, the spiritual and administrative head of the Shree Samsthan Gokarna Partagali Jeevottam Math, Goa attained "Samadhi" on 19-07-2021.

H.H. Srimad Vidyadheesha Thirtha Swamiji Peetharohan :

H. H. Srimad Vidyadheesh Teerth Shripad Vader Swamiji Peetharohan Ceremony was held on 30-07-2021 at Shree Samsthan Gokarn Partagali Jeevottam Math, Goa.

Chaturmasya Vrita of H.H. Swamijis

H.H. Srimad Samyameendra Thirtha Swamiji of Shri Kashi Math Samsthan commenced Chaturmasa Vruta at *Cochin* Tirumala Devaswom, Gosripuram, *Kochi, Kerala*.

H.H. Srimad Vidyadheesha Thirtha Sripad Vader Swamiji of Sri Samsthan Gokarn Partagali Jeevottam Math commenced Chaturmasa Vruta at Jeevottam Math, *Canacona, Goa*.

H.H. Srimad Shivananda Saraswathi Swamiji of Shri Kavale Math Chaturmasa Vruta commenced at Walkeshwara, *Mumbai*.

H.H. Srimad Sadyojat Shankarashram Swamiji of Shri Chitrapur Math, Shirali - Chaturmasa Vruta commenced at Mallapur, *Karnataka*.

Nagar Panchami festival celebrated on 13-08-2021 and **Sutta Punnav Parab festival** celebrated on 21-08-2021. Sri **Gowri (Tayee) and Sri Ganesh Chaturthi festival** celebrated on 9th and 10th Sept 2021 throughout India.

Vishwa Konkani Kendra webinar series 3rd episode :

Regarding 75th Independence Day programe celebrations, Vishwa Konkani webinar 3rd episode, on various aspects of Independence since of India in 1857 was held on 15-08-2021 on You Tube link. Mr. Basti Vaman Shenoy, founder of Vishwa Konkani Kendra, welcomed. Mr. Ganesh Kamath, Coordinator Canara Engineering College, Benjanpadavu spoken about History of Indian Independence struggle up to 1857 first war of Independence.

Mrs. Vidya Kamath, Principal, Shakthi School, Mangalore briefed about 'Role of Armed struggle against the British Rule 1857 to 1947'.

Mr. Mahesh Nayak, Journalist, Mangaluru Today talked about ‘Mahatma Gandhi and Satyagraha’.

Mr. Walter D’Souza, Entrepreneur and Trustee of World Konkani Centre briefed about ‘Pre to Post Independent India, growth of Commerce & Industry’.

Dr. A. Ramesh Pai, Mangaluru talked about ‘Konkani People in the Independence struggle’.

Dr. B. Devdas Pai, Director, Konkani MA studies, Mangalore University briefed about ‘On the eve of Independence’.

Dr. Kasturi Mohan Pai, Convener Konkani Education in Schools, Vishwa Konkani Kendra briefed and Conclusion Post Independent India and delivered Vote of thanks. Konkani Teachers from Udupi, Dakshina Kannada, Karwar, Kumta, and Gangolli were present during the programme.

Vishwa Konkani Kendra, A newly installed Library :

A newly installed Library of 8000 Books donated by Smt. Vidya Ramadas Kamath Bengaluru was inaugurated at World Konkani Centre, on 20th August 2021 on the auspicious occasion of ‘Konkani Manyata Divas’ by way of Ganahoma and Saraswathi Pooja. World Konkani Centre Trustees and Vishwa Konkani Students Scholarship Fund Alumni members were present during the function. This unique library with a large collection of Coffee Table Books with subjects ranging from Architecture, Animals and Birds, Trees and Gardens, Science and Technology, Nature, Personalities, Places of the World, Wonders of the World, History, War, Art and Literature and is a feast for book lovers and a gift for young and old alike. The World Konkani Centre invites enthusiasts to visit the library and immerse in this ocean of knowledge.

Mr. Hanumanth Pai (PUTHANNA) no more

Mr. Hanumanth Pai, our beloved friend and well wisher popularly known as our PUTHANNA. Founder of Sri Krishna Milks (p) Ltd passed away on 30-08-2021. World Konkani Centre Family and Members prayed to give strength to bare the family members, grief caused by the death of Late Puthanna.

Mr. Oscar Fernandes, 6 times M.P passed away:

Mr. Fernandes from Udupi worked for the common people all his life. He was closed to Gandhi, Nehru family. He was bed ridden for 2 months in Yenepoya hospital, Mangaluru. He died on 13-09-2021 he was 80. H.E President of India, Honble Prime Minister of India condoled demise of Mr. Fernandes.

He had given support to Konkani activities all his life time. World Konkani Centre President and Members also condoled his sad demise.

Devu Baren Koro

Basti Vaman Shenoy

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 in early December.

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 Holiday Season !!!

Enjoy Good time with family & Share your blessings with others via Konkani Charities.



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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.