

Utsav.

SOUVENIR MAGAZINE

KONKANI SAMMELAN 2022 • SAN JOSÉ, CALIFORNIA



ABOUT UTSAV MAGAZINE'S COVER ART—

Our magazine's theme was "fresh, forward-looking, and handmade" to reflect our authentic Indian-American experiences. The pandemic made us lean into this even more. Once we picked an illustrated style for the cover, our brief to the artist was to represent joy, revival, coming together, and, of course, a colorful celebration!

The art had to tie into our Sammelan's tagline, "Amgele Utsav, Coast-to-Coast." We wanted site and date references, and also cultural ones. The Utsav team brainstormed keywords such as rangoli, buntings, fireworks, dancing, *Vaga Vesu*, coastal foliage, the Bay Area, and Independence Day!

The artist, [lina_graphic](#) on [fiverr.com](#), delivered a vibrant composition that checked most items on our list. How many unique elements can *you* spot in the design?

ABOUT THE KONKANI SAMMELAN 2022 LOGO (NEXT PAGE)—

Our logo was designed by Ram Acharya and professionally cast by Smita Kasargod. It features a dancing Saraswati, the revered goddess of knowledge and arts. She is also the namesake of the ancient, now extinct river where the greater Konkani community was ancestrally based. The words "Amgel Utsav" are designed to form a silhouette of this image. The inclusion of both Saraswati and the Golden Gate Bridge is a nod to the Konkani Association of California(KAOCA) logo, the Bay Area Community of Konkani. The large number "10" highlights that this convention is a milestone 10th for the Konkani community.







Blessings & Greetings

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॥ श्री रामदेव वीरविठ्ठली प्रसन्नोस्ताम् ॥

श्रीमद विद्याधीश तीर्थ श्रीपाद वडेर स्वामी

श्री संस्थान गोकर्ण पतर्गाळी जीवोत्तम मठ

SHREE SAMSTHAN GOKARN PARTAGALI JEEVOTTAM MUTT

PARTAGALI, CANACONA, GOA - 403 702 PHONE - (0832) 2633183 Email : partagalimutt@gmail.com

To,

Our Most Beloved disciples
Aruna and Ram Acharya, Presidents,
Konkani Sammelan 2022, San Jose,
California.

Blessings with Shree Narayan Smaranam

We are pleased to receive your Vinanti Patra along with Kanika offered by you and are happy to know that Konkani Community of Northern California is organizing 10th North American Konkani Sammelan at San Jose, California between 02nd July to 4th July 2022.

It is rightly said that the language is not only a means of communication, but is also a carrier of the culture. The North American Konkani Sammelan will certainly help to focus and strengthen the cultural heritage among Konkani people around the globe and more particularly in North America. It will help to create unity among Konkani community and also aid to give exposure to their talents towards preservation and promotion of our linguistic identity.

It is heartening to note that the Konkani community around the globe is seen united and proactive to protect their culture and unique identity. It is equally true that Konkani language has been bedrock of the preservation of the culture and upholding of our rich traditions. Our community have always strived to preserve this magnificent language despite of confronting with many challenges springing from geopolitical uncertainties. The Konkani people have achieved honours and occupied high positions in the fields of governance, medicine, engineering and corporate world by their sheer hard work, perseverance and inborn intelligence. They take pride to demonstrate that Konkani is their Mother Tongue.

Konkani populace, wherever they live, have maintained their rich tradition and unique identity in the fields of education, literature, science, technology, art, culture, cuisine etc, but the remarkable thing is that all these has been done and achieved with total devotion and loyalty to the age-old traditions and rituals coupled with progressive outlook to adapt with the changing times. The strong roots of our Konkani heritage have been widely spread out on the strength of inborn intelligence and collective wisdom and with Holy blessings of Kuldevata and Gurupeeth at its forefront.



॥ श्री रामदेव वीरविठ्ठली प्रसन्नोस्ताम् ॥

श्रीमद् विद्याधीश तीर्थ श्रीपाद वडेर स्वामी

श्री संस्थान गोकर्ण पर्टगाळी जीवोत्तम मठ

SHREE SAMSTHAN GOKARN PARTAGALI JEEVOTTAM MUTT

PARTAGALI, CANACONA, GOA - 403 702 PHONE - (0832) 2633183 Email : partagalimutt@gmail.com

The concept of organizing such an event will certainly boost the relations and will help in developing harmony among all Konkani people. We expect that you carry this tradition relentlessly and pass on the same to the future generation.

Accept our Best Wishes for the Success of the 10th North American Konkani Sammelan and Blessings for the Theme "San Jose – Hod Gammath".

With prayers at the Lotus Feet of Sri Ramdev Veer Vithal for your perpetual well-being and that of all other members and sending Mantrakshata as a token of our blessings.

ITI NARAYAN SMARANAM

Partagali, Canacona-Goa
26th April, 2022.





श्रीशमचन्द्राय नमः

H.H. SHRIMAD SAMYAMINDRA TIRTHA SWAMI
MATADHIPATHI OF SHREE KASHI MATH SAMSTHAN, VARANASI

Camp : **Bangalore Shree Kashi Math**
Malleshwaram, Bangalore 560 055
Date : **11.12.2019** Blessings sent previously.

Ref. : 1866

Hearty blessings to our beloved disciples, Presidents and Members of Konkani Sammelan 2020 with meditations of Lord Shree Narayana.

We are pleased to receive your Vinantipatram dated 08.10.2019 informing us of the 10th North American Konkani Sammelan from 02.07.2020 to 04.07.2020 at San Jose Convention Center, California and also your Kanika of Rs. 8000/= sent with devotion towards the Samsthan.

We are happy that such an event has been taking place regularly with the aim of preserving and promoting our linguistic and cultural identity and strengthening the bond among the members of the community spread across the world particularly in North America.

Events like this help us remember our past, recall our glory, replenish the well springs of our faith and power, rejuvenate ourselves and mould a better future . It is our prayerful wish that this Sammelan will achieve this.

May the Sammelan promote among our people unity, traditional values and culture which give the community its distinct identity and also true belief in our Dharma which is the greatest and noblest ideal to which human thinking and conduct can aspire.

Prayers are offered at the lotus feet of Lord Shree Vyasa Raghupathi for the grand success of the Sammelan and of all your endeavours towards the welfare of the Konkani community in North America.

Shreegandha Prasadakshatham is enclosed for the welfare and prosperity of you all.

Once more with hearty blessings.

श्रीशमचन्द्राय नमः





॥ श्रीभवानीशङ्करो विजयते ॥
श्री चित्रापुरमठ संस्थानम्
शिराली (उत्तरकन्नडम्)



स्वस्ति। श्रीमत्परमहंस परित्राजकाचार्यवर्य पदवाक्यप्रमाण पारावार पारीण यमादि अष्टाङ्गयोगानुष्ठाननिष्ठ तपश्चक्रवर्ति रमणीयचरण सर्वसर्वसहासश्ररण समुद्रोदित सच्छिष्य महाजन भक्तचिद्गुरण श्रीचरण श्री गौडपादाचार्यप्रवर्तित श्रीमज्जगद्गुरु आद्यशङ्करभगवत्पाद सत्सम्प्रदाय परम्परा प्राप्त सकलनिगमागमसारहृदय वैदिक मार्गप्रवर्तक भक्तियोग वैभवसिंहासनाधीश्वर श्री गोकर्णक्षेत्रादि प्रतिष्ठापित श्रीमत् राजाधिराज श्रीगुरु सारस्वतमण्डलाचार्य चित्रापुराधीश्वर शरावतीतीरवास श्रीमत्प्रथमपरिज्ञानाश्रम गुरु सत्सम्प्रदाय विलसित श्रीभवानीशङ्कर श्रीराजराजेश्वरी दत्तात्रेय दक्षिणामूर्तिपादपञ्चाराधक श्रीविद्यावतिस्वस्यासमासक्तचित्त श्रीमत् तृतीयपरिज्ञानाश्रमस्वामी गुरुकरकमलानुग्रहसञ्ज्ञात अविच्छिन्नपरम्पराप्राप्त तुरीयाश्रमोचित अनुष्ठाननिष्ठ श्रीमतीय साम्प्रदायिक देवताराधनपरायण

श्रीगुरु सद्योजातशङ्कराश्रमस्वामिभिः
विदित नारायण स्मरणपूर्वक शुभाशीर्वादाः

॥श्रीः॥

We are pleased to know that the Konkani community of Northern California will be hosting the 10th North American Konkani Sarmelan to be held at the San Jose Convention Center from 2nd to 4th July 2022 with the theme "San Jose - Hod Gammath".

The Konkani community has always striven for the preservation and promotion of our unique language and rich culture wherever the members of the community have settled down and the efforts being put in this Sarmelan are laudable.

We offer Our Prayers to Lord BhavaniShankar and Our Guru Parampara to bestow Blessings on all the members of the community in general and the organizers in particular to ensure successful conduct of the Sarmelan.

With Love and Blessings,

सद्योजातशङ्कराश्रमः

Swāmī Sadyojāt Shaṅkarāshram
Mathādhīpati – Shrī Chitrāpur Math

Camp: Shirali

April 20, 2022





CONSUL GENERAL OF INDIA



MESSAGE

I would like to congratulate the organisers of 'Konkani Sammelan 2022' on their celebration scheduled this year.

I am also happy to note that it has been a tradition of a quarter century and it is 10th edition of the Sammelan in California. Konkanis, though relatively small in number, are very distinctly popular across the fields including politics, music, bollywood, education and excelled in other professions too. The Konkani language and heritage goes back to ancient times with mention in various texts. It is highly appreciated that the 'Konkani Sammelan' aims to preserve the language and culture for generations to come in the US.

It is heartening to note that Konkanis in Bay Area are uniting Coasts of Konkan and California. Such exchange of ideas and cross border interactions will help in preserving not only the culture but strong economic partnership. As we celebrate Azadi Ka Amrit Mahotsav – 75 years of India's Independence during this year, your Sammelan gives an opportunity to reflect on the rich contributions made by Konkanis over the period and also to chart out future plan of action in strengthening US-India partnership.

I wish the Sammelan a big success.

(Dr. T.V. Nagendra Prasad)



April 20, 2022
Office of Mayor Sam Liccardo
City of San José

Greetings from the City of San José City Council,

I am honored to greet everyone at Konkani Semmalan 2022 at the McEnery Convention Center in San José. The City of San José applauds the work done by Konkani Semmalan and gives its support for this celebration of Konkani traditions and achievements.

Since 1996, Konkani Semmalan has brought together thousands of Konkani people from all across North America to celebrate and pass on Konkani heritage and traditions, and we are very honored to have this celebration hosted in San José. We consider Konkani Semmalan's work in organizing these events extremely important, as they bring together and connect Konkanis, highlight the Konkani achievements, and preserve Konkani traditions and values for future generations.

The City of San José truly appreciates the work done by Konkani Semmalan and hopes that Konkani Semmalan 2022 will be another wonderful event. On behalf of the San José City Council and myself, we extend our gratitude to the work done by Konkani Semmalan and hope for its continued success.

Sincerely yours,

Samuel T. Liccardo
Mayor
City of San José

A Look Inside *Utsav.*

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BLESSINGS AND GREETINGS

From our Gurus & well wishers.

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EDITOR'S NOTES

A warm welcome from the Utsav team.

Learn about Konkani Youth Conventions.

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AWARDS OF EXCELLENCE

Meet the outstanding Konkanis we're felicitating.

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GANESH VANDANA

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LIFESTYLE

Articles on health, travel, and leisure.

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ESSAYS & POEMS

Expressive writing from across the world.



FEATURED

Evolution of Konkani Food

A brilliant essay by D. Thoy that's sure to double your eating pleasure. P. 94



FEATURED

Bay Area's Hidden Gems

Make the most of your visit by checking out our team's favorite locations in Paradise! P. 38



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TRAILBLAZERS

Celebrating intrepid Konkani.

P. 89–115

ALL THINGS KONKANI

Learn the most fascinating things about us!

P. 117–140

THE KONKANI TEST KITCHEN

Explore classic and fresh recipes for cooks at all levels.

P. 141–147

REBOOT. SURVIVING THE PANDEMIC

See how some coped in novel and inspiring ways.

P. 149–158

COMMITTEES

All the people who pulled off this event.



FEATURED

Saraswat Jewelry

Shanti Shirali Mhatre explores the history and beauty of our traditional jewelry. P. 105



FEATURED

“Kombe Baal’n”

Our food editor, Shaila Nayak, pulled out all stops to make over popular libations. P. 135



Editor's Notes

Namaskaru.

The North American Konkani Sammelan! An event where we all come together to preserve our cultural and linguistic identity, strengthen our community, and pass on our traditions to the next generation. A consequential convention started in 1996, and here we are, twenty-six years later. More than a thousand of us are gathered at the 10th Konkani Sammelan in San Jose — upholding the tradition that started almost a quarter of a century ago! Had it taken place in 2020, as initially planned, we would have more people here, but the pandemic had other plans for us.

The theme of the Sammelan is “San Jose Hod Gammath – Amgel Utsav Coast to Coast.” Our community may be small, but we never miss the opportunity to celebrate BIG as we bring our Konkani coastal heritage to American shores. We’ve enriched it with flavors from the big melting pot of North America.

Our souvenir is called “Utsav” to reflect the sumptuous celebration for you all here in San Jose. It’s a festive compilation of curated content.



You'll glimpse the achievements of our very own Konkani entrepreneurs and hi-tech achievers. Relive joyful times spent here by trying new or traditional recipes from our "Konkani Test Kitchens." Get over Sannelan withdrawal symptoms by browsing articles about "All Things Konkani" — essays, short stories, and poems reflecting our Konkani community's views, expert opinions, and sparkling humor. Nurture your wanderlust with travel tips provided by our intrepid Konkani travel gurus. Read about safeguarding physical and mental well-being, and bookmark articles about our "Bay Area's Hidden Gems" and unmissable eating spots. These articles feature our editorial team's top picks for places they frequent for rest & relaxation. So, if you have some time in the San Jose Bay Area before or after the Sannelan, check them out! And, of course, we would be remiss if we failed to mention the two years of lockdown. We have a section on how people turned to different pursuits to stay positive during this unprecedented time.

Our Souvenir committee voted to make the souvenir digital and environmentally friendly and reduce our carbon footprint. You can easily print what you want on your own printer. In addition, the digital PDF document will stay online for an extended time so that you can access it long after the Sannelan!

We expect that you will have spent a glorious weekend reconnecting with extended family, renewing old friendships, and forging new ones by the time you dig into the souvenir. In addition, some business deals will be struck, and a few budding romances may have blossomed. We hope this souvenir will help you relive all the magic moments from the Sannelan.

Tumka saglyanka Devu baren koro!

—Uma & Dinkar Hoskote, and the Souvenir Committee

The Souvenir Committee

Uma & Dinkar Hoskote (Co-Leads)

Gaurita Amladi

Shaila Nayak

Vidya Nayak

Archana & Milind Gokarn

Youth Editors – Leela Amladi, Kedar Amladi, Vijay Nayak, Shloka Kini





Konkani Youth Conventions

–Priya Sorab



2018 Convention in
NYC

The 2018 Youth Convention, organized by Priya Sorab, Naina Kamath, and Nikhil Shenoy, was held over a weekend in July in NYC. Konkani Youth from across the continent met on Friday, June 29, 2018, and engaged in ice-breakers to get to know each other. Over the next two days, the group conducted further meetings reconnecting with friends and relatives and making new connections. Individuals hailed from regions spanning the coasts, Midwest, and Texas. Some attendees had grown up in India and migrated to the US for education. Career fields represented included medicine, law, and engineering. The diversity of thoughts and background amidst a backdrop of shared Konkani heritage and culture paved the way for a grand weekend. Attendees were able to discuss shared aspects of their culture, with each person also bringing unique perspectives to the discussion. Furthermore, attendees could engage in career networking, given the wide range of careers represented.

Following the 2018 Convention, the youth remained in touch via social media groups. The Facebook group grew in size

and remained active; it was ultimately used as a platform to encourage attendance at the 2019 Convention. This event was organized by Priya Sorab, Rohit Golikeri, Sarvesh Baliga, Anissa Nashikkar, Ajay Prabhu, and Pratik Keni. It was held in Chicago, IL. Like the previous convention, it united young amchis from around the continent. Activities included a Konkani Focus Group and a dedicated career event. Once again, youth from around the continent commemorated their shared Konkani heritage.

The momentum from these Conventions was geared toward further maintaining an active group throughout the year and towards encouraging attendance at future events. Planning for the 2020 (2022) Youth Convention began shortly after the 2019 Convention; several volunteers were attendees of the 2018 and 2019 Conventions.

It is the hope that yearly Konkani Youth Conventions will be held perpetually. Despite being separated by geography and time, Konkani Youth can meet each other, celebrate their shared culture, and often remain in contact throughout the year. Such Conventions have also facilitated career networking.



As the Konkani Diaspora spreads across the North American continent, it's challenging to maintain our Konkani heritage among the youth. There are yearly Konkani Youth Conventions to keep the sense of Konkani culture alive among the next generation.



2019 Organizers (left to right): Sarvesh Baliga, Anissa Nashikkar, Priya Sorab, Rohit Golikeri, Pratik Keni, Ajay Prabhu.



2019 Convention in Chicago, IL

Please contact Priya Sorab (sorabpt@mail.uc.edu) with any questions.



तरनजीत सिंह संधू
Taranjit Singh Sandhu



भारत का राजदूत
AMBASSADOR OF INDIA
2107 Massachusetts Ave., N.W.
Washington, D.C. 20008

MESSAGE

I extend my warm greetings and congratulations to the Konkani Community of Northern California as it hosts Konkani Sammelan 2022.

Indian Diaspora has been a critical pillar in fostering India-US bilateral relations. Events such as the Konkani Sammelan brings together the community to celebrate India's rich and varied heritage, and keeps the Diaspora connected to its roots. The event assumes special significance this year, as India marks 75 years of Independence. The Konkani Community has made seminal contributions to India and the world in diverse sectors. The event would also be an opportunity to celebrate the success of the Konkani Diaspora, which is a matter of pride for all of us.

I wish Konkani Sammelan 2022 every success.

(Taranjit Singh Sandhu)



Awards



HARI NAYAK



SAMARTH NAGARKAR



ARUN NETRAVALI



SUJATHA BALIGA



MANKIKARS



PRAGNYA ALEKAL



RIA BALWALLI



VILAS PRABHU



RAMESH GANGOLLI



NEAL SHENOY



NIVEDITA BIJOOR



NITANT KENKRE



RAGAVENDRA BALIGA



NALINI NADKARNI



AKSHAY KAMATH



SNEHA SHENOY



VASANTLATA MIRJANKAR



GOPAL BHANDARKAR



VASANTH BHAT



Hari Nayak

Chef Hari Nayak was born in the coastal town of Udupi, a region known for its fantastic cuisine. After graduating from a hotel training school in Manipal, he joined the prestigious ITC hotels as a Kitchen Executive Trainee before joining the Culinary Institute of America, NY. Graduating at the top of his class in 1998, Hari

continued to build his skills under the guidance of world-renowned chefs like Daniel Bolud, Marcus Samuelson, and Albert Adria. He debuted in the culinary world by opening America's first patisserie in Princeton, NJ. Chef Nayak has also made his mark in Asia and the Middle East as a restaurant consultant helping foodservice establishments execute successful culinary projects and events.

Hari is involved in every aspect of his restaurants — concept development, menu, architectural design, talent recruitment, and training. Inspired by his travels, Hari constantly develops fresh concepts and evolves as a chef and restaurateur.

ARTS

He has published five cookbooks and is the author of the widely acclaimed "Modern Indian Cooking," a collection of simple, stress-free, and fun menus for memorable occasions. "My Indian Kitchen" is filled with recipes for preparing delicious Indian meals without fear or fuss. Upcoming, "My India – A journey through Culture and Cuisine," describes the cultural evolution of Indian cuisine over the centuries.

Chef Hari is one of the pioneers of modern Indian cuisine and brings it to a global audience.



Samarth Nagarkar

Hindustani classical vocalist, educator, and author, Samarth Nagarkar, features at global festivals and venues such as The Lincoln Center (New York), LearnQuest Conference (Boston), and the Chicago World Music Festival.

He has several solos and collaborative albums to his credit and authored the much-lauded book Raga Sangeet. Samarth trained under distinguished gurus Ulhas Kashalkar and Dinkar Kaikini and is a former scholar of the ITC Sangeet Research Academy, Kolkata. In addition, he is a torchbearer of the Gwalior, Agra, and Jaipur Gharana traditions. Samarth also collaborates with reputable Jazz, Western classical, African, and Middle Eastern musicians.

Samarth currently runs Raga Sangeet Creative and is among the first to scale digital platforms

ARTS

like Patreon in the Indian classical music world, pioneering new avenues for audience engagement, education, and monetization. He is a founding member of Brooklyn Raga Massive, a collective striving to make raga music mainstream and create sustainable livelihoods for musicians. He frequently lectures at universities like NYU and MSM. He works relentlessly to make this genre accessible to listeners through masterclasses and innovative presentations. Samarth is a voice coach to several prominent personalities and western musicians.



Arun Netravali

Dr. Arun N. Netravali was the 9th President of Bell Laboratories (and CTO of Lucent Technologies). Regarded as a pioneer in digital technology, he led the groundbreaking development of motion-based video coding and compression algorithms that ushered in a digital video revolution. This is the basis

for the MPEG compression standards and enables a wide range of revolutionary services such as digital television, HDTV, and video streaming. This technology is embedded in nearly every computer, phone, and television across the globe.

He authored over 180 technical papers and three books. In addition, he has over 100 patents in computer networks, human-machine interfaces, and image processing. His many awards include the IEEE Alexander Graham Bell Medal (1991), an Emmy for HDTV (1994), the NEC C&C Prize (1997), the IEEE Frederik Philips Award (2000), the IEEE Jack S. Kilby Signal Processing Medal

TECH

(2001), and the Marconi Prize (2017).

He is a member of the National Academic of Engineering and a fellow of IEEE and AAAS. Dr. Netravali received the Padma Bhushan from the Government of India and the US National Medal of Technology from President Bush, both in 2001.

Dr. Netravali, a native of Bombay, India, earned his B.Tech from the Indian Institute of Technology (IIT) Bombay and his Ph.D. from Rice University in Electrical Engineering. He holds honorary doctorates from EPFL, Clarkson University, Osmania University, and IIT Bombay and served as a Professor at MIT, CCNY, Columbia University, and Rutgers University.



Sujatha Baliga

Sujatha Baliga's work is characterized by an equal dedication to crime survivors and people who have caused harm. She speaks publicly and inside prisons about her own experiences as a survivor of child sexual abuse and her path to forgiveness. A former victim advocate and public defender in New York and

New Mexico, Sujatha was awarded a Soros Justice Fellowship in 2008, which she used to launch a pre-charge restorative juvenile diversion program in Alameda County, California. As the Director of the Restorative Justice Project at Impact Justice, Sujatha helped communities across the nation implement restorative justice alternatives to juvenile detention and zero-tolerance school discipline policies. As a Just Beginnings Collaborative Fellow, she is dedicated to using this approach to end child sexual abuse and intimate partner violence.

Sujatha earned her A.B. from Harvard and Radcliffe Colleges, her

PUBLIC SERVICE

J.D. from the University of Pennsylvania, and has held two federal district court clerkships. Sujatha is a frequent guest lecturer at universities and conferences; she has been a guest on NPR and the Today Show. In addition, the New York Times Magazine and The Atlantic have profiled her work.

Her personal and research interests include the forgiveness of seemingly unforgivable acts, survivor-led movements, restorative justice's potential impact on racial disparities in our justice system, and Buddhist notions of conflict transformation. She was named a 2019 MacArthur Fellow.

Sujatha lives in the Bay Area with her partner Jason and their child, Sathya.



Sadanand & Suvarna Mankikar

Sadanand Mankikar's call for community service in Canada came forty-five years ago when he was elected to the Toronto Marathi Bhashik Mandal's Executive Committee. Since then, he has been a volunteer serving the South Asian community and the Canadian community. Sadanand says his

community service has been possible only because of his wife, Suvarna's wholehearted support.

Born and raised in Honnavar, Sadanand graduated from Bombay and Tennessee Technological Universities and migrated to Canada in 1971. Suvarna joined him in 1975.

Sadanand is the Coordinator of the OKA Seniors Forum. He was President, Marathi Bhashik Mandal; Chairman, Metro International Caravan; Vice President, Federation of Indo-Canadian Organizations; President, Ontario Konkani Association and Executive Vice President, Konkani Sammelan 2006. He served NAKA as a

PUBLIC SERVICE

Board member (2006-2012) and Vice President (2012-2016). Sadanand has organized numerous workshops and seminars on Health Awareness, Emergency Planning, Technical Support, and Socio-Cultural Programs.

Professionally Sadanand had an illustrious career in Virology Research and Quality assurance at several reputed health institutions in Ontario. Suvarna served 38 years with the Ontario Government and retired from the Ontario Securities Commission after a successful career in banking and finance.

The Mankikars live in Burlington, Ontario, Canada.



Pragnya Alekal

Born in the US to a typical middle-class Amchi family, Pragnya and her siblings were sent to a small village in rural India for a unique education that had a huge impact on her. The contrast in extremes that she experienced as a child made her uniquely aware of the impact that the lack of infrastructure had on poverty. Determined to make a difference, she specialized in water engineering as an adult. She spent many years working as a public health engineer in the developing world with a focus on off-grid communities in rural and semi-rural Asia (including India) and Sub-Saharan Africa.

PUBLIC SERVICE

After living and working abroad for many years, she moved back to the US in 2016 to spend more time with her family. She continues to be heavily involved in her local community, particularly on issues surrounding hunger, homelessness, and incarceration. She has degrees from UCLA and MIT and is a TED Fellow and a Clinton (now called "Banyan Impact") Fellow.



Ria Balwalli

Ria Balwalli is a university freshman, athlete, and advocate for deaf community empowerment. Despite being profoundly deaf, Ria has shown her resolve to overcome challenges. Ria founded 'Hear Us Out,' a high school club to raise awareness about the deaf community. In the summer of 2019, Ria served as a volunteer

teacher at the Central Society for the Education of the Deaf in India, where she taught deaf children in elementary grades.

Ria has worked to inspire the deaf community by appearing in television and print media. The USA Deaf Sports Federation selected Ria to represent USA in the World Deaf Badminton Championships held in Taipei, Taiwan, in 2019. She finished in the top 16 in a field of 34 international players. Additionally, she has won the Women's Singles title in multiple University tournaments.

In middle school, Ria spoke at Central Florida Women's STEM forum, won the school

SPORTS

spelling bee, and was placed in the Sanford Middle School Hall of Fame. Ria is the author of 'Stories Worth Hearing,' a self-help book that provides strategies for hearing challenges. Ria is studying Biomedical Engineering at University of Florida and plans to pursue a medical career to help children with disabilities.



Vilas Prabhu

Dr. Vilas A. Prabhu has served higher education in the United States for over four decades in various capacities, including a faculty member, department chair, dean, associate provost for academic and student affairs, and provost/chief academic officer.

Recently, Millersville University dedicated the Vilas A. Prabhu Center for Academic Excellence, the first such naming of a Center in the Pennsylvania State System.

Dr. Prabhu is a recipient of many honors and awards, including the Bernhardt Academic Excellence Award and Provost Emeritus. He has numerous professional presentations, publications, and patents to his credit. He is widely recognized as an expert in new academic program development and institutional change. Dr. Prabhu is a life-long Rotarian and was elected to serve on the Weatherford (OK) School Board for five years.

EDUCATION

He earned his Ph.D. in Pharmaceutical Chemistry from the University of Texas at Austin, MBA from SW Oklahoma State University, MS in Pharmacy from Idaho State University, and a BS in Chemistry from the University of Bombay. Dr. Prabhu is a graduate of the Institute of Education Management of Harvard University Graduate School of Education. A native of Mumbai, he currently lives in Lancaster, PA, with his wife, Sneha. They have three children, Shilpa, Ajay, and Smita, and two grandchildren, Siddhi and Ayan.



Ramesh Gangolli

Born in Bangalore, India, Ramesh Gangolli was educated at the Universities of Bombay, Cambridge, and MIT. After his doctoral degree at MIT, he taught there for a year before joining the Department of Mathematics faculty of the University of Washington, Seattle, in 1962. He served as

Department Chair between 1981–85 and 1991–93. He has been active in mathematical research and education during his career. He was a Sloan Foundation Fellow (1966–68) and; Member of the Institute for Advanced Study, Princeton (1966–67); In 1966, he was awarded the Prix Paul Levy by the Academy of Sciences of France. He has served on advisory committees of the National Science Foundation, the National Academy of Sciences, and the National Research Council, as a Trustee of the American Mathematical Society, as Chair of the AMS's Committee on Education, and in other similar roles. He served as Principal Investigator of two National

EDUCATION

Science Foundation projects involving K–12 mathematics teachers from six school districts in the Seattle Metropolitan Area.

Ramesh Gangolli also maintains a keen interest in North Indian classical music. A trained vocalist, he is an Adjunct Professor of Music at the University of Washington. He has given several recitals and lecture demonstrations in the US and India. In 1981 he co-founded Ragamala (a volunteer organization devoted to the music of India and South Asia).



Neal Shenoy

Neal Shenoy is CEO & Co-Founder of BEGiN, one of the fastest-growing platforms for early childhood education globally in HOMER. BEGiN's mission is to provide children with the best educational start possible through an award-winning subscription that has received major

industry accolades, including the Teacher's Choice Award, Academics' Choice Award, Mom's Choice Award, and Parenting Publications Award, and Children's App of the Year. In addition, Neal manages BEGiN's purpose and vision, sets its strategic plan, recruits talent, and manages its investors and partners.

Neal is also a Co-Founder of Saavn, the largest South Asian streaming music service globally, which was recently acquired by Reliance Industries, the largest conglomerate in India, in a transaction valued at over \$1BN. Saavn reaches millions of consumers and was chosen by Forbes as one of "America's Most

ENTREPRENEURSHIP

Promising Companies." Neal is a Founding Partner at MEDIA which builds consumer media ventures in fragmented markets alongside major media companies. Neal also co-founded each of the MEDIA portfolio companies (valued at \$2BN+), including LeagueApps, the largest independent SaaS platform for recreational sports, and LiftMetrix, a leading content analytics company that was acquired by Hootsuite.

Neal earned a BSFS in International Relations at the Walsh School of Foreign Service at Georgetown University, where he served as President of the Academic Council.



Nivedita Bijoor

Dr. Nita Bijoor founded Oakview Medical Associates in 2008 to provide personalized medical care to the Greenville Spartanburg community in South Carolina. It offers traditional family medical and primary care to all ages, with urgent care access and walk-in appointments. It also focuses on pediatrics, internal medicine, women's health, preventive health

and screenings, primary care dermatology, and managing several chronic diseases such as diabetes, hyperlipidemia, and asthma.

Recipient of "Top US Family Physician" award, she is triple board certified by the American Board of Family Medicine, Lifestyle Medicine and Obesity Medicine. Her passion for Lifestyle Medicine helped create a unique program that incorporates a highly effective evidence-based holistic approach to healthcare. She is a national instructor, speaker, healthcare entrepreneur, corporate health physician, certified physician coach, mindfulness practitioner, and budding blogger. Dr. Bijoor graduated as the Chief Resident from the Spartanburg Regional Healthcare System's Family

Medicine Residency program. She believes that daily conscious practice to increase mindfulness and applying it to every aspect of our lives is the key to long-term health and wellness. She has gained a reputation amongst her peers as the place to refer their patients to reverse obesity, hypertension, coronary artery disease, and diabetes through Lifestyle Medicine and safe monitored medication minimization.

She is active in several community service projects. A devoted physician spouse and proud mother of three children, she loves to travel, learn about new cultures and volunteer on medical mission trips. She enjoys educating her community through her TV segment on Fox Carolina.



Nitant Kenkre

V. M. (Nitant) Kenkre is a Distinguished Professor (Emeritus) of Physics at the University of New Mexico, USA. He did his undergraduate studies at IIT, Powai (India), and his graduate work at SUNY New York, Stony Brook (USA). He was elected Fellow of

the American Physical Society in 1998, Fellow of the American Association for Advancement of Science in 2005, and has won several awards for his international work. He was the Founding Director of an international research Center in interdisciplinary science for 17 years and recipient of his university's highest faculty research award in 2004. He supervised the Ph.D. research of about 20 postdoctoral and 25 doctoral scientists.

Through 270 outstanding published papers, his research achievements include formalistic contributions to nonequilibrium statistical mechanics, luminescence and exciton/

RESEARCH

electron dynamics in molecular solids, and providing solutions to cross-disciplinary puzzles.

He has interests in comparative religion, literature, and visual art and has often lectured on the first of these. He has published five books on theoretical physics, covering his research on the Spread of Epidemics (Cambridge), Memory Formalism, and Interplay of Quantum Mechanics with Nonlinearity (Springer Nature). He has also published a book on his poetry entitled Tinnitus, one on The Pragmatic Geeta, another on What is Hinduism.



Ragavendra Baliga

Ragavendra R. Baliga, MD, MBA, FRCP (Edin), FACP, FACC, has excelled as an educator and clinical investigator on three continents, including Asia, Europe, and North America. He is the recipient of the American College of Cardiology 2017 Gifted Educator Award.

Dr. Baliga currently serves as a Professor of Cardiology and is the Inaugural Cardio-Oncologist at the Ohio State University, Wexner Medical Center. In addition, he currently serves as the CME editor for the Journal of American College of Cardiology.

He served as consulting editor of Heart Failure Clinics of North America for five years. In addition, he served as the deputy editor for Global Heart Journal. He has also served in several editorial roles, including the Editor-in-Chief of the Oxford University Press Series of Cardiovascular Handbooks.

He has also co-edited several textbooks, including Practical

RESEARCH

Cardiology, Management of Heart Failure, and Textbook of Cardiology. His books have been translated into Mandarin, Polish and Italian.

He has written over 500 editorial comments and blog posts on the American College of Cardiology's websites. As the website's e-learning editor/associate editor for education, he introduced key features, including EKG of the Month and Image of the Month.

His podcast Dr. Baliga's "Got Knowledge Doc" for Physicians, has nearly 50,000 downloads.

Follow him on Twitter
@RRBaligaMD



Nalini Nadkarni

Dr. Nalini Nadkarni is known as "the Queen of the Forest Canopy" for her pioneering work studying the plants, animals, and microbes in rainforest treetops in Costa Rica and Washington State. Her work in the Costa Rican rain forest was featured in the 1988 PBS series, The Second Voyage of the Mimi.

OUTSTANDING ACHIEVEMENT

The National Science Foundation website has highlighted her work. She is the author of Between Earth and Sky: Our Intimate Connections to Trees and has delivered TED Talks on Conserving the Canopy and Life Science in Prison.

In 2019, National Geographic and Mattel consulted with her to develop a line of Barbies to make science interesting and accessible to children. Mattel created dolls, outfits, and accessories to highlight women who are astrophysicists, nature photographers, entomologists, and wildlife biologists.

An author of over 140 scientific papers and three scholarly books, Nalini also shares her knowledge

through collaborations with faith-based groups, artists, corporations, and people in prisons, jails, and juvenile detention centers. Her work is featured in journals ranging from Science to Playboy Magazine, and in public media such as Science Friday and RadioLab.

Her awards include a Guggenheim Fellowship, the AAAS Award for Public Engagement, The William Julius Wilson Award for the Advancement of Social Justice, and the Archie Carr Medal for Conservation.

An Emeritus Professor at The Evergreen State College, she currently is a professor of biology at the University of Utah.



Akshay Kamath

Akshay Kamath is a social entrepreneur, youth mentor, and strategy consultant passionate about making healthcare more accessible for underserved communities.

As Co-Founder & CEO of Nutrivide, an infant health startup,

OUTSTANDING ACHIEVEMENT

Akshay has spearheaded the development of a pacifier that delivers unit-dose medication to infants to reduce dosing errors. In addition, as a Consultant at The Dedham Group, a boutique life sciences consulting firm, Akshay has helped leading pharmaceutical companies develop strategies to enhance cancer patients' access to therapy. His commitment to service is evident in his efforts to empower youth pursuing entrepreneurship and promote policies for healthy living in his community, serving as a mentor for the Clinton Global Initiative University and as a board member for the Wellspring Center for Prevention.

Akshay was recognized as a

Forbes Under 30 Scholar, a Finalist at the MIT-Harvard Medical School Healthcare Innovation Bootcamp, and a winner of the MIT COVID-19 Challenge series. His social impact work has earned him speaking opportunities at the United Nations and alongside President Clinton and media exposure in magazines from Jersey's Best to The Chicago Maroon. In his recent book, *Make It Matter: A Guide to Mastering the Art of the Pitch with Principled Storytelling.*, Akshay shares the lessons learned from his entrepreneurial journey.



Sneha Shenoy

Sneha Shenoy is the daughter of Sunil & Sandhya Shenoy of Spring, Texas, and the granddaughter of Shri. R.G.K. & (late) Prema Shenoy and Shri. D.N. & (late) Meera Pai of Mumbai.

OUTSTANDING ACHIEVEMENT

Sneha is a rising sophomore at Harvard College. She is currently studying Economics and Global Health and is working on AIDS legislative research this summer. Sneha's interests are firmly centered around the intersection of health care and art. In 2021, Sneha was named a United States Presidential Scholar for her academic endeavors and artistic approach to COVID-19 advocacy. She also enjoys participating in many cultural activities, especially Indian classical dance. Sneha has been training in Bharatanatyam and Kathak for over a decade and performed her Bharatanatyam Arangetram in August 2019. At Harvard, Sneha is a

member of the Bhangra team, South Asian Association, and Emergency Medical Services crew and works at the Harvard Global Health Institute.

Sneha likes to travel (been to 18 countries and counting) and loves cooking with a penchant for making unique cupcakes.



Vasantlata Mirjankar

Vasantlata (Vasant didi) Mirjankar was the first Saraswat amchigele lady MLA of India. During World War II, she volunteered as a teleprinter operator. Unable to attend her state board exams due to the partition, she did a Montessori training course and started working with a school.

Upon moving to her marital home in Kumta, she started

working toward the betterment of the local backward community.

She started a Montessori school for young children. She was soon nominated to the Karnataka State Board for Women's Small Savings. Her achievements soon caught the attention of the administration. Vasant didi stood for elections and won from the Kumta Constituency.

She secured government funds for dams and implemented lift irrigation projects. She also formed a Co-operative Milk diary and brought electricity and telephone connectivity to Kumta. When H.H. Swami Anandashram was due to visit Mallapur, she had organized electricity supply to the village within a week.

Vasant didi took a keen interest in integrating young widows into mainstream society.

Widows were educated till class 8, tutored for state board exams, and trained in tailoring, nursing, midwife duties, and other skills. At the first International Woman's Year celebration in Washington D.C, she was felicitated for her efforts in the field of women's empowerment.

She played the role of both mother and father to her three young daughters when she lost her husband early. She is fond of classical Indian music and an avid traveler. At age 98, Vasantlata Mirjankar continues to inspire generations of amchigeles.



Gopal Bhandarkar

Gopal Bhandarkar, MD, has served as the attending anesthesiologist and President of Medical Staff at Brookhaven Memorial Hospital Medical center in Patchogue, NY, since 1971. As Director of Anesthesia from 1995 to 2005, he expanded the anesthesia department, started a Pain Management Department, developed Conscious Sedation protocols, and

introduced several new protocols, equipment, and pharmaceuticals at the Medical Center.

Dr. Bhandarkar graduated with his B.Sc. degree from the Institute of Science, Bombay in 1959, and earned his medical degree (M.B.B.S.) from Grant Medical College and J.J. Group of Hospitals in Bombay in 1965. In the United States, he completed his residency in anesthesiology at Nassau County Medical Center, East Meadow, NY, in 1969. He did a Fellowship in anesthesiology at the Albert Einstein College of Medicine in 1970 before joining the Brookhaven Memorial Hospital in 1971.

Dr. Bhandarkar has held leadership positions in several professional societies and institutions in his

field. He served as co-chair of the Credentials Committee at Brookhaven Memorial Hospital, President of the Suffolk County Society of Anesthesiologists, and President of District VIII of the New York Society of Anesthesiologists. He is on the Board of Directors of the American Society of Indian Anesthesiologists. In 2003, he received the Dr. Jacob Dranitzke Award for outstanding service to Brookhaven Hospital Medical Center and the Community.

As President of the Konkani Charitable Fund, he helped raise over 2.4 million dollars for charities in India.

LIFETIME ACHIEVEMENT



Vasanth Bhat

Born and raised in Mangalore, Vasanth Bhat spent more than 42+ years as a Cost Engineer at BASF, a German Chemical Company, working at their New Jersey and Texas offices. Vasanth received his B.E. degree in Mechanical Engineering from the Karnataka Regional Engineering College in Surathkal and completed post-graduate studies

in Foundry Metallurgy at the Indian Institute of Science in Bangalore.

Vasanth immigrated to Brooklyn, New York, in 1970 to pursue higher education, and married Poornima Pai Bhat in 1973. Vasanth and Poornima have two children, Vinodh and Vindya, and are the proud grandparents of Shoriya, Daana, Zade, and Selma.

Along with close friends in the New York Metropolitan area, Vasanth got involved with Khabbar in 1979 as a newsletter aiming to connect Konkani throughout North America. For more than 42 years, he volunteered as Editor to manage, publish, and distribute the newsletter to nationwide subscribers.

During this time, Vasanth grew the

subscriptions, maintained address lists of the Konkani Community, and launched eKhabbar.com, an online edition of the newsletter, enabling families to build relationships and community. Over time, Khabbar grew to feature articles, profiles, news, and quizzes submitted by many subscribers. Khabbar also played an essential role in the planning, development, and execution of Sammelans. He transferred oversight of Khabbar and eKhabbar.com in 2021.

Vasanth is forever indebted to the Konkani community for the goodwill and support that he earned through Khabbar.

*Heartiest
Congrats!*

We wish the award recipients and their families the best and express our pride in your endeavors and achievements.

The Awards Committee—

Ranjana & Ashok Kulkarni

Ranjana & Sudhir Golikeri

Sushma & Raj Kini

Vidya & Vasu Nayak

Anusuya & Rajendra Pai

Deepa & Rajesh Prabhu

Chitra & Ajay Rao

Jyotsna & Dinaker Rao

Sheela & Dilip Rao



Ganesh Vandana

–Jayaram (Jay) Kamath.

PraTHAma namana tukka sarvai kaala
Nirmal, komal deena dayaaLa,
Mangala kaaraka, sadha bhagya daayaka,
Gauri tanayaa, Vighna Vinashaka.

Ever the perfect, sublime divine protector
Your blessings I seek in silent prayer,
O the son of Gauri, benevolent bestower of grace,
All troubles vanish in the aura of your presence.

Aadhi, madhya ani untha viheena Tu,
SamasTHA lokank jnana vidhata Tu,
Tu'n chi sarvai Brahma jnani,
Deena rakshaka antaryamee.

To you, the cycles of the beginning, middle, nor end
apply. In you, cosmic wisdom and enlightenment lie.
The infinite omniscient power you are, a protector of
the weak and vulnerable for sure.

Na gothu makka samah veda puraNA,
Sangeeta, gaayana, gita-parayaNA,
Japaa-tapa-aalaap kaayee yaana,
Jalyaar, bhakitina apaitana, tu soNU ghalna.

Innate knowledge of the scriptures I may lack,
Or, of the sacred texts, lilting melodies and music,
Pardon my imperfections in fervour, devotion.
Yet, my prayerful call, I know, shall never be in vain.

Naamah Amrita tu triloka Vaasi,
Mata, pita, ani guru sahavasi,
Shuddha manache, migele chira nivedana,
Kripa davari Bappa, kari sadha kalyaNA.

With nectar sweet name, cosmic universe you
pervade. To sages, elders, you are the celestial
abode. With total devotion, I longingly beseech—
Guide, grace and bless, for ever so much.

Janma aiilee, ammi, khaali hatha na,
Jaatha sarvai tyaagi vapaas vatha na,
Bhakteena, karta, kevala, ek,prarTHAna,
Prabhu, Kari migele hrdayaanthu tugele
STHApana.

At birth, we enter with open fist,
Verily forsake everything when we exit.
This devotee's prayer contains just a small wish,
Lord! Make my heart forever be worthy of your divine
presence.

Jay is a founding member of Ontario Konkani Association, Canada. Born
in Ganguli, Jay now lives with his family in the Greater Toronto Area.



Lifestyle

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10 Warning signs of Alzheimers Disease

-alz.org

With early detection, you can explore treatments that provide some relief of symptoms and help you maintain a level of independence longer. For additional support, please contact Alzheimer's Association at 800. 272. 3900.

1 Disruptive memory loss

Forgetting important dates or events, asking the same question repeatedly or asking family members for help doing things they did independently.

2 Challenges in problem solving

Changes in ability to follow a plan or work with numbers. Trouble following a familiar recipe or keeping track of monthly bills.

3 Difficulty completing familiar tasks

Trouble driving to a familiar location, organizing a grocery list, or remembering the rules of a favorite game.

4 Confusion with time and place

Losing track of dates, seasons, and the passage of time. Forgetting where they are and how they got there.

5 Trouble understanding visual images and spatial relationships

Vision problems can affect balance and reading. Problems judging distance and determining color contrast causes issues with driving.

6 Problems with words

Trouble following or joining a conversation. They may struggle with vocabulary and have trouble naming familiar objects.

7 Misplacing things

A person living with Alzheimer's may put things in unusual places, and accuse others of stealing, especially as the disease progresses.

8 Decreased judgment

Use poor judgment managing money and pay less attention to grooming.

9 Withdrawal from work or social activities

They may withdraw from hobbies, social activities, or engagements.

10 Changes in mood or personality

This includes becoming confused, suspicious, and depressed. They may be easily upset at home, with friends, or out of their comfort zone.



Melding of Complementary & Allopathic Medicine

–Dr. Nirmala Nayak

In recent times, the medical community has come to accept patients' desire to try alternative therapies such as homeopathy, Ayurveda, acupuncture, herbal preparations, etc., to alleviate their symptoms. It has been estimated that upward of 60% of patients in the US seek complementary (also known as integrative or holistic medicine) therapies. This statistic is especially true of patients with chronic conditions burdened with taking lifelong medicines fraught with side effects that sometimes are worse than the initial condition. The acceptance of alternative therapies by physicians is a step in the right direction. Not just beneficial for the patients, but knowledge of these therapies can prevent harmful effects such as herb-drug interactions and decreased drug potency. The importance of good communication between patients and their care provider is the key to a successful outcome of melding complementary and allopathic therapies**

*Integrating Alternative Medicine Into Practice:
Jay Udhani MD; JAMA 1998;280(18)

**Herb-drug interaction: The importance
of communication. Rajarshi Bhadra, et al.
Australasian Medical Journal 2015;8(10) 315–319

Nirmala Nayak MD, a graduate of Bangalore Medical College, practiced Physical Medicine and Rehabilitation in the US. Following retirement, she practiced acupuncture for ten years as a volunteer. Nirmala is married to Narayan Nayak, an ER physician, and has two sons and four grandchildren. She enjoys travel, reading, and crafting.

Circle of Life

We are born, live our lives,
and inevitably make that last
“return trip” out of the physical
world. It is simply the circle of
life. Therefore, it is advisable to
be prepared as best one can.

–Nirmala S. Bangalore

.....

This is a modest effort to lessen the stress of losing a family member based on my personal experience. Rules vary regionally and change often. This is not meant to be medical, legal, or financial advice; please consult professionals.

Keep accessible:

- Passports, birth, and marriage certificates
- Passwords for possible future use
- Documents:
 - › Will. 18 years or older
 - › Living will. Think “five wishes”
 - › Healthcare power of attorney
 - › Financial power of attorney

Inform your family:

- End-of-life wishes: Intubation, CPR, etc.
- Scale and format of the memorial



Immediately after death:

Tip: Keep an online spreadsheet shared with key family members with dates, institutions, contact information, and action taken.

- Contact a funeral home. Rules vary regarding burial or cremation. Ask whether a religious ceremony or puja can be performed indoors. For a cremation, provide clean, light-colored cotton clothes clearly marked with the deceased's name.
- Contact agency if deceased was an organ donor.
- Get several official death certificates. Most institutions don't accept photocopies.
- Contact your lawyer for guidance on legal matters and estate probate.
- Arrange for obituaries in newspapers. Organize a memorial.
- Contact a priest for cremation rites and the 12th/13th-day puja.
- Notify Social Security and review spousal benefits. Usually, a one-time death benefit applies (currently \$255.00)
- Notify financial institutions that hold accounts and lockers in the deceased's name.
- Notify employers of the deceased. Inquire about pension and other possible benefits for spouse or heirs.
- Jointly-held residence: Homeowners, notify the mortgage company and ensure ongoing payments; Renters, inform the landlord.
- Contact the life insurance company and put in a claim.
- Adjust Automobile, homeowners/renter's insurance.
- Re-title jointly owned cars via the DMV.
- Cancel individually held credit cards in the name of the deceased and shred them after ensuring no outstanding balances.
- Keep track of medical bills.
- Health insurance. If the holder was deceased, request a change to the surviving spouse. Ensure that all medical bills relating to the deceased will be covered until they clear.
- Properly dispose of leftover medications. Stop auto refills.
- Make any changes for utility companies. Cancel individually held phones by the deceased.
- Contact credit card companies to shut down credit in the name of the deceased to prevent identity theft. Request a credit report for the deceased.
- Tackle any special requests (e.g., a bonus for caregivers).
- Thank-you notes to well-wishers and those that helped.
- Tackling possessions:
 - Durable medical equipment (wheel-chair, walker, canes) can be donated to the VA.
 - Comforters, blankets, and functional clothing can be cleaned and donated to local charities or thrift stores.
 - The Lions Club has donation boxes for prescription glasses, sunglasses, and cases.
 - The Salvation Army accepts scrubbed computers and accessories.

When I lost my dear husband, Shrikar, a year ago, I was unprepared to deal with the aftermath — but managed to cope with the help of my family. I hope this short guide helps our Konkani community. Dev baren koro!

Excerpts from various sources include: <https://www.dhs.wisconsin.gov/>; <https://www.ssa.gov/>; <http://puja123.com/>



That was Then!

Imagine a young woman fresh out of a busy grad school dorm, leaving behind her fun-loving friends, swept off her feet, and flown halfway around the world by the man she wants to spend the rest of her life with.

—Suman Shiralkar

Transported from a large Gothic Victorian apartment in the bustling metropolis of Mumbai to a cookie-cutter one-bedroom in serene San Jose, the magnitude of the change was mind-blowing! From the moment I saw my newly-wed husband Bharat off to work until he returned each evening, homesickness engulfed me.

There was, in those days, no Internet, no Vonage, no WhatsApp. Instead, reading, watching TV news, and game shows provided most of my entertainment.

I could carry home two full bags of groceries for under \$7 and fill our car's gas tank for 37 cents a gallon, but phone calls to India cost over \$3 a minute. Bharat generously suggested I call my parents. I eagerly did, but severe withdrawal symptoms followed the heady feeling of talking with them, leaving me even more homesick!

So began the weekly aerograms. I would describe my life in this seemingly utopian environment to our respective moms. Then, I would be rewarded by much-awaited news and recipes for the home-cooked food I craved.

Orchard after orchard populated the Valley of Heart's Delight (today's Silicon Valley). Houses and malls were few and far between. The prospect of a five-mile drive to a Tennis class would leave me mildly apprehensive. There wasn't a soul to reach out to if the car broke down!

Padma and Anand Savur and their two young children were the first Amchi family we met. Having long phone conversations and learning new recipes from Padma was a delight. Every weekend they hosted several friends for a day-long food fest which Padma cooked, and we all avidly polished off!



Preparing Indian food was a challenge. A quarterly pilgrimage to an Armenian-operated ethnic grocery store in San Francisco netted us dals and much-coveted spices. It ended invariably at the City's solitary Indian restaurant in Chinatown. Cilantro was flown in weekly to a Hawaiian supermarket in San Jose. Then, in 1972, Bharat Bazar opened its doors in Sunnyvale, igniting the excitement of all the Konkani chefs!

Over the years, more Konkani engineers trickled into the Bay area with their growing families to work for Bechtel, GE, or IBM. The families would host dinner in monthly rotation.

Circa 1985, "Amchigele Samaj," the predecessor to today's KAOCA, was born. Ramesh Kamath, VP Shenoy, and Anand Savur were its first office bearers. Sant Keshavdas inaugurated the Samaj with a Harikatha. Food, then as now, was an integral part of our get-togethers for Yugadi, Diwali, and Picnic. Each family brought a 5-quart pot of a typical Konkani dish to share after the entertainment. Many of us fondly remember items like Bharatnatyam dances, fashion shows, Brides of India, and humorous skits like "Hindi Phormula Phillum." Participation was enthusiastic and well-received. I used to look forward to the camaraderie and supportive attitudes at the practices held every weekend in our Bonus Room for a couple of months before the events.

Sammelans held in 1998 and 2008 were well-attended, and KAOCA earned countrywide acclaim for their meticulous organization and successful execution.

With KAOCA membership at 500+ families and authentic Konkani food still cooked by the KAOCA ladies, a Konkani who arrives in the area today will find a community waiting to provide a warm welcome at every get-together.

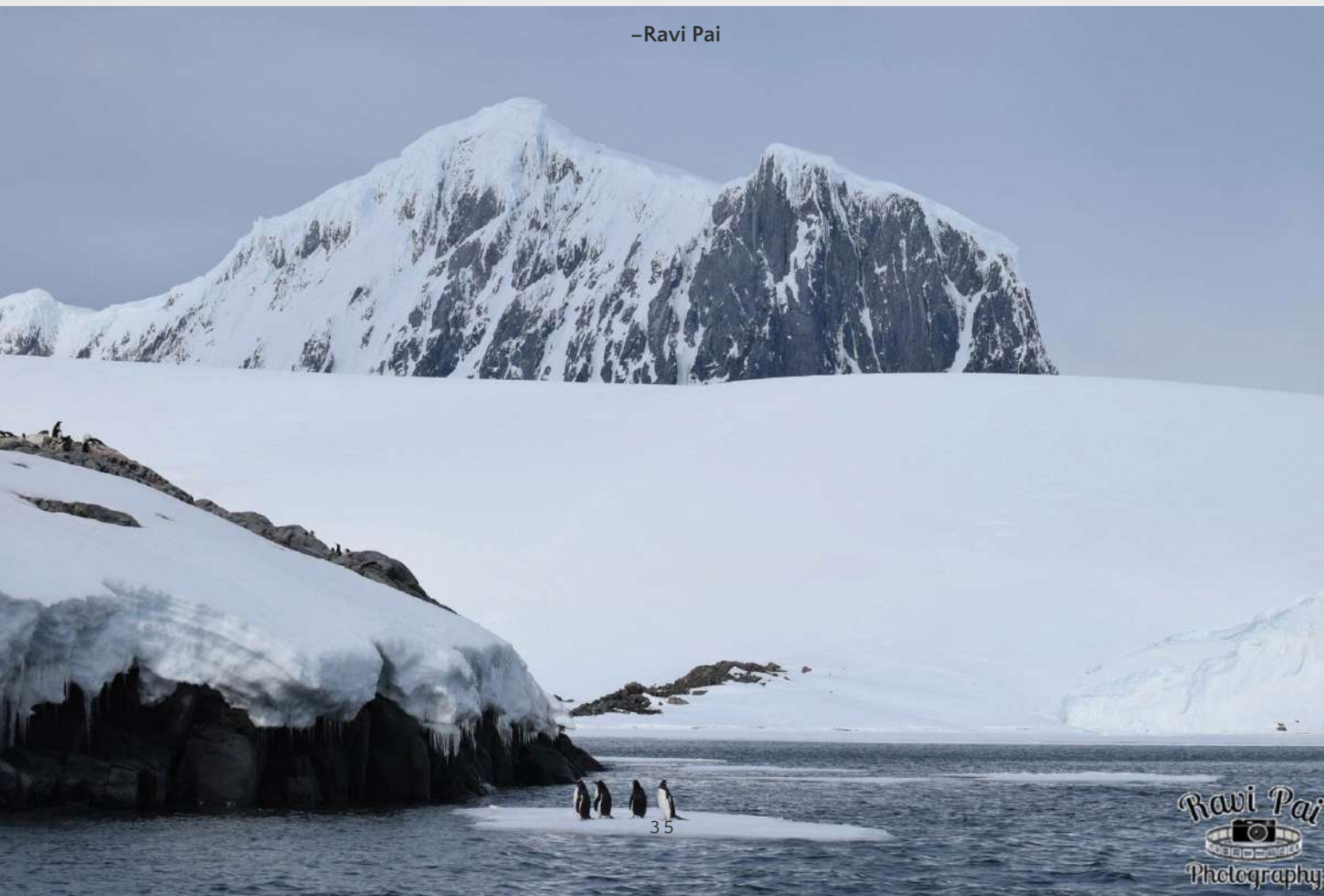
It makes me happy to witness today's reality — a far cry from that of a half-century ago!

Suman Shiralkar arrived in San Jose, California, in Fall 1968 with her husband, Bharat. Both are now retired after raising two children and pursuing careers in the IT and Nuclear industries. They have been active and enthusiastic members of the Bay Area Konkani community. They enjoy traveling and spending time with their family, including three young grandchildren.



A MAGICAL JOURNEY TO THE LAND OF ANTARCTICA

—Ravi Pai





Two years ago, I joined the elite 1%. No, not the group you're thinking of, but a smaller and more exclusive club of people who have traveled to the 7th continent, Antarctica. As soon as I acquired a U.S passport, the travel bug bit me and pretty soon made a bucket list item of visiting all seven continents. In December 2017, I finally had an opportunity to travel to Antarctica and fulfill my dream.

The journey to get there wasn't easy — it was long, treacherous, and expensive. However, it was nothing short of an adventure. First, I traveled from Seattle to Buenos Aires and to the southern-most city Ushuaia in Argentina. I met with our tour group and started on the 10-day cruise through the dreaded Drake Passage. The cruise ships to Antarctica are much smaller in size & carry only 200 passengers. This ensures they adhere to the treaty and bring a limited number of people to Antarctic land.

After cruising through the inner passage overnight, our ship was in the middle of the Drake Passage, a violent convergence zone of the Atlantic, Pacific, and Southern oceans. We were churned around like an *angso* (dish towel) inside a washing machine for the next two days. Although the ship had top-notch food, bird talks, and a happy hour, many of us preferred the confines of our staterooms and were glad to stay close to a restroom.

Finally, on the morning of Day 4, we could see land, and we were dying for an opportunity to step on Antarctic soil. The first stop was the South Shetland Islands. We first saw ink blue icebergs and naturally sculpted ice caves. Small zodiac boats would carefully maneuver around the iceberg-strewn waters to bring us closer to the magnificent landscape. Fat, content, and happy seals greeted us when we first stepped on land. The feeling was surreal. The arduous journey was well worth it!



Our next stop was Deception Island, a horseshoe-shaped island with a caldera. Volcanic formations were not something I expected to see in Antarctica. Still, the remnants were everywhere, including a pristine black sand beach. We could see steam rising from shore—showcasing geothermal activity as we approached the shore. The island also had abandoned boats — remnants of the whaling era when thousands of whales were hunted and killed for their oil.





Memories of visiting Antarctica will stay with me forever. If you're planning a trip to Antarctica, please do not hesitate to reach me at ravipai@yahoo.com.



ALL PHOTOS BY RAVI PAI

Paradise Harbor was the next stop. While we had seen a few penguins here and there while cruising the waters, this was the place where they were in abundance. We recognized the different types — Gentoo, Adele, and Chinstrap penguins. It was fascinating to watch penguins up close building a nest one pebble at a time to incubate the underlying eggs.

We then moved on to Port Lockroy, a natural harbor and home to the southernmost operational post office in the world. Everyone excitedly participated in the rituals — mailing a

postcard from this post office and getting their passports stamped with the Antarctica seal.

The most memorable land destination was Bailey's head, one of the largest breeding grounds (100,000 pairs) of chinstrap penguins. It blew my mind to see how these intelligent birds would form a queue and jump into the water for food in batches. We Konkanis wouldn't have the same level of control at the sight of *dalithoy*.



FEATURED

Bay Area hidden gems

Our Favorites



COURITA AMLADI

“There's more to the Bay Area than Silicon Valley and the Golden Gate Bridge. So if you're staying here for a few days beyond the Sammelan, check out our team's favorite destinations. We have something for all ages, interests, and fitness levels.”

UMA HOSKOTE

Editor and hiker



The Municipal Rose Garden.

1649 Naglee Ave San Jose CA 95126

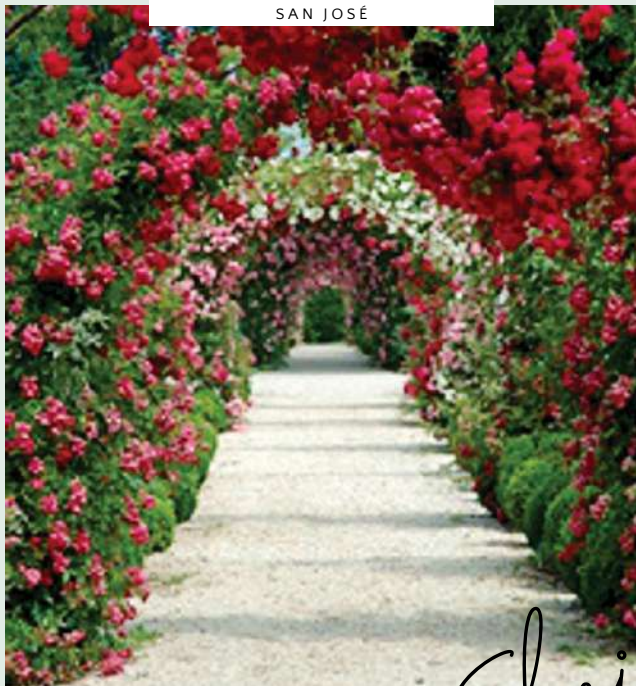
This five-acre rose garden, with its lush green lawns and fragrant colored roses, is a paradise for any rose lover!

With over 4,000 rose shrubs and 189 varieties, rose lovers descend from April to November to view rose varieties. See floribundas, hybrid teas, clusters, single stems, climbers, miniatures, polyanthus, and more! Look for the "Map of Plantings" that lists hundreds of rose varieties with names ranging from "Bon Bon," "VooDoo," "Ole," and "San Jose Sunshine." The roses are tested for health, blooms, color, form, and other unique qualities before being documented as a new variety and released to the public.

This venue is just a short hop from the Sammelan venue, and the entrance to the garden is free between 8am - 8pm, with street parking outside. So grab a picnic lunch and spend a beautiful afternoon in a shady spot by the barbeques!

-Shaila Nayak

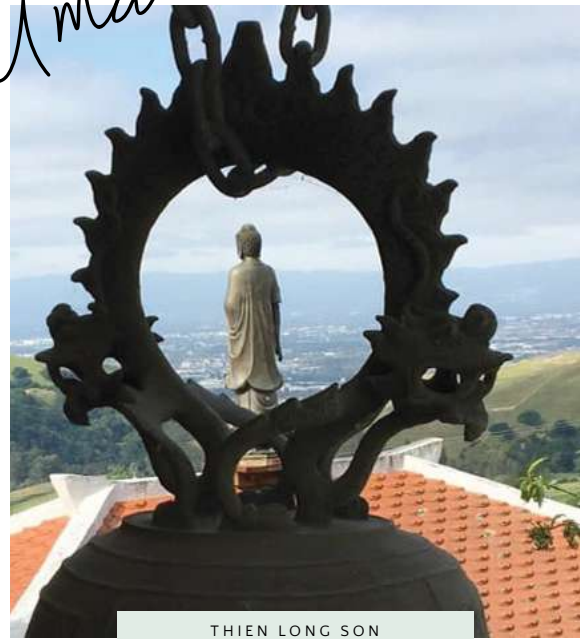
MUNICIPAL ROSE GARDEN
SAN JOSÉ



SHAILA NAYAK

Shaila

Uma



THIEN LONG SON
MILPITAS

UMA HOSKOTE

LIFESTYLE

Thien Long Son

3215 Calaveras Rd, Milpitas, CA. thienlongson.org.

A true hidden gem even locals aren't aware of. After the Sammelan, you may enjoy a tranquil place to unwind after hectic socializing. Then, this is the perfect place to visit!

Thien Long Son (Dragon Mountain) is a Buddhist monastery in Milpitas. From the parking lot at the mountain base, you'll climb 300+ steps to reach the monastery prayer hall with its Buddha statues. Catch your breath, spend some time in quiet introspection, and proceed to the shaded gazebo. You'll be rewarded with some of the best views of Silicon Valley and the Bay Area. In spring, the hills in the area are covered with California poppies and Lupine. You'll find hammocks and picnic tables outside the prayer hall if you wish to linger. If you're craving a more intense workout, follow the trail further to the mountain's peak. Unable to handle the strenuous climb? No worries, you can drive up to the temple!

-Uma Hoskote



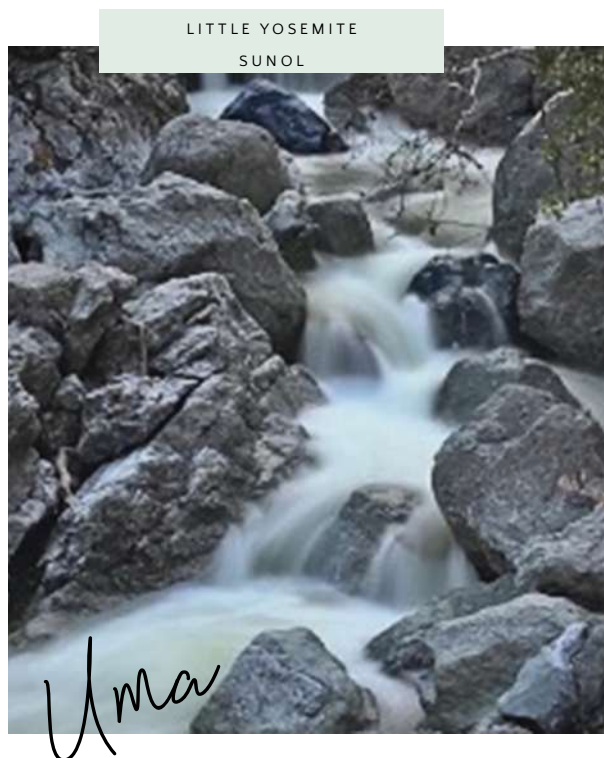
Little Yosemite

1895 Geary Road Sunol, CA.

A heavenly refuge in our own backyard. In the Bay Area, where startups multiply and stress runs high, is the Sunol Regional Wilderness Area. It is a serene haven with beautiful trails and gurgling streams that make you forget its proximity to Silicon Valley. It's one of my favorite places to hike!

The highlight of this park is Little Yosemite, where spring snowmelt from nearby hills creates gushing waterfalls in the Yosemite-like gorge. Little Yosemite can be reached by taking the Canyon View Trail from the parking area. The four-mile trail leads you high into the hills with jaw-dropping views of the oak-lined canyon before descending to the Little Yosemite area with granite boulders and tumbling waters. Then the trail follows the gurgling Alameda creek back to the parking lot. This area experiences its own "super bloom" of California poppies and other beautiful wildflowers in spring. The stunning vistas with Instagram-worthy photo ops and trails with varying difficulty levels make it a popular stress-busting destination for Bay Area techies.

-Uma Hoskote



Rosicrucian Museum

1660 Park Avenue, San Jose, CA 95126

Why stand in line to travel to Egypt and see King Tut when you can visit this Bay Area gem? This museum is a wonderful place for families and boasts the most extensive collection of Egyptian artifacts in the western United States. They have mummies, a recreation of an actual tomb, and many more unique and exciting exhibits. The museum also has a planetarium and, for the young chemists, even an Alchemy section.

Entrance fees range around \$8-10, and you get \$1 off if you are an AAA member. So you can easily spend a half-day and emerge feeling enlightened. I promise you'll love the place.

-Vidya Nayak



Lafayette Reservoir

3849 Mount Diablo Blvd. Lafayette, CA 94549

One of the hidden gems in the east bay is located in Lafayette, about a mile from the local BART station. It's a water reservoir built in 1933 as an emergency water supply. It's now owned and maintained by the East Bay Municipal Utility District (EBMUD). The reservoir is bordered by a 2.7-mile walking trail with delightful flora and fauna. Majestic California oaks, Monterey pines, and Douglas firs surround the trail and provide a habitat for various birds. Canada geese in season and white pelicans taking off in flight from the waters are a magnificent sight. Rental rowboats and pedal boats are available to leisurely paddle or fish for trout, catfish, and bass. There's a children's playground, picnic areas, and a performance stage. Bikers are welcomed Tuesdays and Thursdays. There's a 4.5-mile trail along the rim for hikers to enjoy the 928 acres of open land. This hidden gem is worth visiting with something for every age and interest.

-Nirmala Nayak

LAFAYETTE RESERVOIR
LAFAYETTE



JOHN MORGON @FLICKR.COM

Nirmala



FITZGERALD MARINE RESERVE

GOURITA AMLADI

Fitzgerald Marine Reserve

200 Nevada Ave, Moss Beach, CA 94038

Visit this tucked-away nature preserve on the Pacific Ocean in Moss Beach, around 20 miles south of San Francisco. The stony beach is fronted by lacy tidepools teeming with starfish, neon urchins, sponges, hermit crabs, octopus, anemones, and colorful algae. Best visited at low tide, wear non-skid shoes and tread carefully on the delicate exposed reef. When you're done admiring the miniature universe of the tidepools, walk on the bluff trails passing through ancient cypress groves and eucalyptus knolls.

The Reserve is open 8:00 AM to 8:00 PM, but time your visit to sync with the tides. Later, visit the nearby fishing village of Pillar Point Harbor off Highway 1 for fish tacos or warming hot chocolate.

-Gourita Amladi



An Urban Hike in San Francisco

Start at the iconic Art Deco-style Round House Café. Enjoy a coffee by local roasters Equator Coffees while admiring the best views of the Golden Gate Bridge.

Then walk through Crissy Field and arrive at the Palace of Fine Arts. The renowned pavilion was built in 1915 for the Pan-Pacific Expo by famous local architect Bernard Maybeck. Walk around the two-block site to view all angles of the architecture crossed by water bodies with swans floating by.

Next, return to the SF Marina and walk for an hour until you reach historic Fort Mason perched on a hill. End at the all-vegetarian restaurant Greens, with outstanding views of the Bay (be sure to make a reservation beforehand).

Optional drink at Radhaus or tea and snacks with incredible ambiance at The Interval at Long Now. Try their lemon-ginger tea with jalapeno tincture, an SF twist.

-Kedar Amladi



SFEATER.COM



OUR FAVORITE BAY AREA RESTAURANTS



While in the Bay Area, why not take advantage of the exciting array of cuisines? Here are our team's favorite restaurants to satisfy any craving.

-Uma Hoskote

LA CAPILLA, 1106 UNIVERSITY
AVE, BERKELEY, CA 94702

This is one of my favorite Latin American eateries that serves fresh and innovative food with vegan and vegetarian options. To name a few: the 23-ingredient Veggie Mole, Chiloquiles, Pollo Asado with Green Rice and Black Beans, and colorful street style Shrimp/Fish/Chicken Tacos, besides many other choices. Each delectable food plate is loaded with farm-fresh ingredients mingled with the right touch of spices to tantalize our Konkani taste buds!! They also serve made-to-order custom-blended fresh fruit and vegetable juices/smoothies to top this. I give two thumbs up to La Capilla!!

-Shaila Nayak



BURMA BURMA. 7294 SAN RAMON RD., DUBLIN, CA 94568

This restaurant is our family's favorite when it comes to Burmese cuisine. Our go-to dishes are the fermented tea leaf salad, the minted jalapeno chicken, and the black pepper Swai fish. The salad is an explosion of flavors in your mouth with different textures and aromas. The chicken and fish have the right amount of heat combined with exotic Burmese ingredients making them perfect for our Indian palates.

—Uma Hoskote

HOOK FISH CO. 4542 IRVING ST, SAN FRANCISCO, CA 94122

Hook Fish CO. will tantalize every fish-loving bone in your body. This no-frills eatery serves the freshest catch of the day — grilled in tacos with guac and pickled veggies and fried with chips. Enjoy sublime fish with their homemade carrot-habanero sauce, agua fresca, and the best local crafts and wines. Get there early to snag a seat before they run out of fish. You can thank me later.

—Gourita Amladi

HOUSE OF NANKING. 919 KEARNY ST, SAN FRANCISCO, CA 94133

House of Nanking is my favorite walk-up dinner spot in the city. Start off with a round of the blossom tea, and for the food, sit back and let the staff order for you! They will take note of your dietary restrictions (perfect for vegetarians) and preferred spice levels and bring out round after round of a fabulous multi-course meal full of fresh and unique dishes.

TARTINE. 600 GUERRERO ST, SAN FRANCISCO, CA 94110

Tartine is an absolute must-visit if you're a fan of pastries, bread, and coffee. Visit the bakery's original location in the sunny Mission district (or the less crowded outpost in the Inner Sunset) to get your hands on their morning buns, frangipane, or chocolate croissants. And if you're in the mood for something savory, try their ham and cheese croissants, or pick up a fresh loaf of their country bread. Unfortunately, the lines at Tartine can get long, so plan ahead by scheduling a pick-up online!

— Leela Amladi



-AMEETA MANJESHWAR

My Travel chronicles in 2015-2017.

Ever since I was a little girl, I'd look up at a plane flying in the blue sky and wonder, "Who's up there? Where are they going? What are they eating?"

When my career began tapering, and work didn't hold my attention, I started my "travel chronicles." It all began in 2015. After re-reading Rebecca, I had the intense desire to see the Northern Lights, and I soon found myself going to Iceland.

Reykjavik, the Fjords, a snowstorm and a blizzard, trolls, the freshest fish you can possibly find, and the Northern Lights! I was so lucky to witness these phenomena.

Having traveled to exotic Egypt and Africa earlier, I always

wondered what Mexico was like. "It's right next door, I'll get to it someday." However, after an impromptu lunch, a chat with friends, and a quick decision, I was on a small Mexican coastal cruise.

After attending seven schools, I ended up in Madras at Holy Angels (sorry, I can't get used to calling it Chennai). Thanks to social media, the "Angels," as we're called, are in touch. After bonding on WhatsApp, we decided to take a holiday together. Angels from all over the world descended upon China.

China taught me never to judge. I expected to find a country steeped in history — the Forbidden City in Beijing, Xian and its magnificent Terra-cotta warriors,

the glitz of Shanghai, and the adorable pandas of Chengdu. Instead, what surprised me most was the excellent infrastructure: the roads, trains, the discipline, and the convenience of everything! I had imagined China to be like a third-world country, but I was utterly wrong.

What can I say about Japan? If you want Zen, you'll find it in Japan. If you want to know what humility and reverence look like, it's all around. Looking for modesty? Look no further. I traveled from bustling Tokyo to serene and ethereal Mount Fuji. I've never seen anything like the Cherry Blossoms and the Geisha culture. Japan was a trip of a lifetime. It's one of the places I would like to live in and learn to be Japanese.



Excerpted from her article in the “Panchadik” newsletter published in the Fall Issue, October 2017.



So it was adieu. I will see you again soon, hopefully in this lifetime.

Growing up in India, as a product of Christian schools, I was always fascinated by Christianity. When I thought of God, Christ's face came to mind. So once again, over dinner with friends, I found myself super excited to visit the Holy Land. Despite inner turmoil and dire warnings from friends, the trip was so memorable. Visiting the site where Jesus was

born in Bethlehem, walking the Via Dolorosa, Garden of Gethsemane, and others, was a dream come true. The highlight of this trip was visiting Yad Vashem, a sad and humbling reminder of the horrors of the Holocaust.

Currently, I am taking a year off to traverse the world with school and college friends, family, and my California buddies and make new ones along the way. Some call it unemployment; I call it funemployment.

Today, as I am up in a plane high up in the blue sky, I wonder if there is a little girl somewhere below thinking, “Who is up there, where are they going and what are they eating?”

Ameeta Manjeshwar calls the Bay Area home, and when she is not traveling the world, she spends her time with friends, the theater, and films. ameetam@yahoo.com



A SOCIAL, CULTURAL NETWORK *for* SENIORS

-SADANAND MANKIKAR

In North America, the population is aging fast. In the last 15 years, the 85-99 age group grew by 90%. A review of several population samples from the Konkani community indicates that the over 60 years group is much larger than those under 30 years. The over 70 years group is expanding much faster. Amongst us, we already have a significant number of seniors over 90. With the advancement in science and medicine, life expectancy continues to increase. So soon, we will have many centenarians among us. In all these age groups, the percentage of women is much higher than men. Of North American centenarians, over 84% are women. In 105 plus group, this ratio is even higher.

With changing demographics, needs also change. Time, when old took care of young and young took care of the old and invalid. Things have changed even in India, where children find it difficult to take care of their aged parents as both are at work, jobs take them away from

parents, parents are not willing to move, and changing lifestyles and culture. Therefore, seniors need a well-planned social service network. We ought to start working on these projects through group discussions and brainstorming sessions at local, national, and international levels with representatives from all age groups to meet everyone's needs, interests, and concerns.

Following the 2016 Konkani Sammelan in Atlanta, Georgia, the Ontario Konkani Association (OKA) established the OKA Seniors Forum. The goal of the Forum was to develop socio-cultural programs to help the seniors and soon-to-be seniors to prepare for and adapt to the changes. Through Brainstorming Sessions and Focus Group Meetings, several priorities were identified. Following are the initiatives implemented by the Forum.

1. Interactive Forum for seniors: A web-based OKA Aadhar Chat to share information

and seek advice and support within the community.

2. Resource page on OKA website: A webpage with links to services and documents of relevance to the community. It contains OKA-driven programs as well provided by Government and non-Government agencies.

3. Information sessions/seminars/webinars: This program adds knowledge on health, legal, financial planning, and socio-cultural services available for seniors.

4. Health Awareness Program: It has covered various health-related topics, including Diabetes, Alzheimer's, Dementia, Mental Health, Heart & Stroke, Parkinson's Disease, and COVID 19.

5. Technical Support: Under this program, seniors learn how to navigate emerging technologies, especially in the communication field, from tech-savvy youth in the community. Thus far, youth have



conducted nine sessions attended by international audiences.

6. Carpool: Volunteers offer seniors rides to/from OKA events.

7. Buddy System: Volunteers are ready to offer support and companionship to the seniors who would benefit from routine phone calls or in-person contacts.

8. Emergency Preparedness Program: Recognizing the need for assistance and support during emergencies, including death in the family, in August 2019, the OKA Emergency Preparedness Program was launched.

Under this program:

- Many volunteers in and around Greater Toronto Area are prepared to provide information and/or assistance during an emergency. The information is listed on the OKA website.
- Multicompartmental plastic kits containing information on Estate and End of Life Planning were distributed to the OKA members.
- A series of Information Sessions covering Estate and End of Life Planning were conducted.
- A central depository with information on relevant resources, including priests' contact numbers, funeral homes, legal

matters, government services, etc., has been created.

9. Retirement Community Housing Project: After meetings and surveys, we identified a definite need for community-based adult lifestyle housing for independent and assisted living. Many projects are underway, and the Forum is monitoring the progress.

North American Konkani communities at large may find some of these projects beneficial. Some of these programs can be conducted more effectively by National and International collaboration.

Sadanand Mankikar, Burlington, Ontario,
Canada sadanand.mankikar@gmail.com

Kodial Tera Gammath

-Anu Pai, Faltu Productions
(YouTube)

Faltu Productions, the delightful YT channel dedicated to food, comedy, and the loving use of the Konkani language — has a huge fan following. Watch Anu from Faltu Productions enact iconic scenes from a Teru or the "Rathostav" held in Kodial, Karnataka, each year.

To view, type in your Browser
bit.ly/Tera-Gammath



Presented by: Anuradha Pai, Sandeepa Mohal, Kavitha Kukkilaya, Nikhil Kamath, Saahil Mohal.



Top Three Apps For your Smart Phones

–Milind Gokarn

Most people have a smartphone as their primary device. Even the Luddite amongst us has a smartphone (may not be the latest, but we do have smartphones – iPhone or android phone).

We have apps installed on these smartphones to manage your bank accounts, brokerage, health care

appointments, music, weather, social media apps, news updates, and other valuable tasks.

The Editorial committee of our Konkani Sammelan did a quick analysis. We recommend a couple of simple and practical apps that could help simplify some aspects of your life.

1: DROPBOX

This app, along with its desktop account, allows you to sync your files (securely) from your desktop and online. We have found that storing critical documents like passports, birth certificates, driver's licenses, OCI cards, etc., provides you insurance. You can access docs easily from your smartphone in case of emergencies.

Another crucial feature is Sharing. You can securely share specific files or folders with specific people you want to allow. *Available for iOS, Android, Windows, and Mac OS.*

2: CAMSCANNER

CamScanner App allows you to scan documents from your smartphone camera directly as a PDF. This helps you when you want to urgently send a copy to someone (say pages from a passport or your driver's license) and do not have time or access to a scanner.

This app allows you to Smart-enhance multi-page documents scan. You can auto-crop scanned photos and save them in PDF/JPEG format. You can add notes and tags to any document for easy search. In addition, you can upload files to cloud storage and print files wirelessly with Google Cloud Print. *Available for iOS, Android, Windows, and Mac OS.*

3: MINT

Imagine a tool that allows you to see all your financial data from a single app. This includes accessing your bank details, mortgage, brokerage, and similar financial accounts from one app on your smartphone.

Other features in Mint:

- Manages your bank accounts, mortgage, and credit/debit cards
- Automatically suggests budget amounts based on your spending history.
- Set up short or long-term savings goals like emergency funding or reducing debt.
- Set reminders to pay your bills and get customizable reports, including income, spending, debts, assets, and net worth.
- Obtain your credit score within this app.

Mint was acquired by Intuit and is thus now part of a much larger company that can ensure your data privacy and compliance with security concerns.



Mangalore to Murudeshwar

A DAY TRIP ITINERARY

–Sachin Kamath

1) Mangaluru to Mulky Temple (~30 minutes):

Mulky S.V. Temple (of the GSB community) is the sacred place of a confluence of idols of three deities: Venkataramana, Ugra Narasimha, and Bindu Madhav. Two Vittala idols (belonging to Vatsa Gotra & Atri Gotra) are on either side of Ugra Narasimha idol on the central peetha of Simhasan. Wednesdays-Saturdays feature a special event.

2) Mulky to Katapady Temple (~35 minutes):

Renovated in 2014, Katapady Venkatramana Temple (more than 400 years old) is one of the 18 temples of the GSB community. Seeking blessings from the Venkatramana idol is blissful. Annual Rathotsava takes place in January-February every year.

3) Katapady to Murudeshwar (~2 hours):

Murudeshwar has the tallest Lord Shiva statue in the world (in a sitting position). The Gopuram and the Nandi statue are equally impressive. The Murudeshwar linga (2 feet below ground) at the main temple is believed to be one of the pieces of the original Atma-Linga. Devotees can view Linga by standing before the sanctum. Entry into the sanctum is not permitted for devotees. Additional Sundhara Rameshwara Linga (with devotional services) is at the bottom of main hill. The site also has outdoor statues depicting Hindu stories & the Bhukailasa cave museum displaying several Hindu stories through statuettes and dioramas.

ALL PHOTOS BY SACHIN KAMATH





4) Murudeshwar to RNS Highway Hotel (close by):

A good stop for refreshments and clean restrooms.

5) Murudeshwar to MGM Temple in Shirali (~15 minutes):

The temple dedicated to Mahaganapati & Mahamaya in Shirali is the Kuladevata temple of several Konkanis. It was established more than 500 years ago by devotees who escaped from Goa (during the Portuguese invasion). The main idols originally from 2 areas of Goa were brought to Shirali when the temple was constructed. Several Sevas can be performed here. Seeking Darshana of the idols during Aarti times is blissful. Meals are available at the dining hall at a nominal price.

6) MGM Temple to Chitrapur Saraswat Math (close by):

Some CSBs were inspired by Shri Anandashram Swamiji in 1953 to acquire property in the name of Lord Bhavanishankar, the presiding deity at this Math. They made renovations periodically while preserving its quaintness. This resulted in a charming structure with a beautiful courtyard, sprawling garden, spacious main hall, smaller hall for Prasad meals, a Yajnasala, and accommodation for Swamiji.

7) Shirali to Hotel Prakruthi in Uppunda (~35 minutes):

Stay for Refreshments and clean restrooms.

8) Uppunda to Krishna Math in Udupi (~1 hour):

Krishna Math in Udupi is one of India's holiest pilgrimage sites. It was established by saint Madhavacharya in the 13th century C.E. The Balakrishna idol at the temple of this Math is believed to be originally from the Dwarka temple, which traveled miraculously to the Arabian sea before being handed over to Madhavacharyaji by a sailor. The statue was installed facing east as per customs. Subsequent unusual positioning of the same idol involves Kanakadas, a strong devotee of Lord Krishna. After being rejected entrance to the temple due to his lower caste birth, he prayed to the idol from the western area through three holes in the wall. His devotion impressed Krishna, whose idol turned to face west to bless him. The small window is named Kanakana Kindi. Thus, a unique pattern began offering prayers and worship through a silver-plated window with 9 holes (Navagraha Kitiki).

9) Krishna Math to Hotel Diana in Udupi (close by):

Refreshments and a restroom break!

10) Udupi to Mangaluru (~75 minutes)

It will feel great to reach Mangaluru and revive the memories of an unforgettable day! Moreover, Konkanis will feel strongly connected to their roots after such a day trip.

The information is based on my own travel experience. The stories are shared by various individuals at the sites, and from the websites of some of the temples.



1



2



6



5



8





Painting of the magnificent statue of Lord Shiva in Murdeshwar, Karnataka.
Artist: Ranjana Kulkarni



Essays & Poems

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कर्ता-कर्ता म्हणु म्हणता

Karta Karta Mhanu Mhanta

—Shri Sudhir Kodkani.



कर्ता-कर्ता म्हणु म्हणता.. कजाल्यारिचें वेळारि कर्ना..
 व्हर्ता-व्हर्ता म्हणु म्हणता..जाल्यारि व्हर्चें तेंचि व्हर्ना..
 धर्चें तावळि धर्ने जाल्यारि..उब्बुन गेल्लेले वापस फिर्ना..
 कर्चें तावळि कर्ने जाल्यारि..खंचेई काम वगगी सर्ना !.....१
 भोवु-भोवु ताक्का दणु जाता..जाल्यारि भोंव्चे सोडुक्ताक्काजाया
 उत्रं-उत्रंतु तो वेळु काडता ताक्का जातक व्होरुककांई वेळु ना..
 पोळोंया-पोळोंया म्हणत आस्ता..एक्कई काम-तो वेळारि कर्ना..
 व्हडिंक म्हळ्ळे की तोंड फिरयता..आलोचना कर्चें कांई सर्ना...!.....२
 लाल्लयेने सांगुनु पळैल्या हांवें..एक्कई स म कानारि घे ना..
 जोर कर्का म्हणु दिस्ता जाल्यारि..तश्शी कर्चें धैर्यकांई जाया..
 मनांतुले सगट सांगुन जाल्या..आनि कस्ले कोर्चें कांई कळना..
 सांगिले-दीस मात्र ताक्का होई दिस्ता..जाल्यारि मूळ स्वभाव कांईवळना!...३

“कर्ता-कर्ता म्हणु म्हणता” is a short and simple poem written by our dear dad, late Shri Sudhir Kodkani. He was born and brought up in Belgaum and spoke and communicated in Marathi for almost twenty-five years of his life. However, it was only much later that he picked up Konkani. To his credit, he started writing Konkani poems. What’s more impressive, his poems were appreciated and broadcasted by All India Radio (Akashvani) from its Mumbai Station for the first time on 12th January 1995. His later poetic

works were also broadcasted in rapid succession from 1996 through 2012.

Sudhir’s poems have appeared in prestigious Konkani magazines such as Bimb, Jaag, The Kanara Saraswat, and in two anthologies — Kupam Pondlim Mukham and Visavyaa Shekdyaachyo Konkani Kavita. In addition, his poems are available in Devanagari, Kannada, and Romi scripts. Furthermore, they are found on websites such as Kavyaasudha, Konkannigaan, and Konkanimitr.

Our dad was genuinely concerned about the sad state of our Konkani language and the threat of extinction due to non-use by the current generation. He was also worried about the dwindling Bhanap population, partly due to late marriages and other demographic concerns such as the low birth rate. The below poem reflects this very concern in a very simple, straightforward, and honest manner. Yet, there is a feeling of helplessness too.



What Does a Mother Look Like?

—Nalini Nadkarni. Mumbai, India

Nowadays, most married women wear designer outfits. Some fifty-odd years ago, married women chose to just wear sober-colored sarees. Young girls were equally conservative — at least my daughter Nina was.

I couldn't drop my six-year-old Nina to school as a working woman. So, she took the school bus. Her classmate and friend, Priya Kapoor, also used to take the school bus. Sometimes, Priya would spend a weekend with us and go to school on Monday with Nina. Though we knew Priya, we had never met her parents. So, I wondered how Priya was allowed to stay over at our place, as the parents didn't know us.

I was probably over-protective, for I had strictly warned Nina that she was never to go out with strangers. I explained that children were likely to be kidnapped by undesirable people who sent them off to work in the circus. I had also told her not to go out with anyone "except Mummy, Daddy, or Granny," my widowed mother who lived with us. And if she were to be stranded, she should request an elderly person to direct her to the nearest Police Station. Her dad, a Police Officer, could rely on the Police to help her.

I came home from work around three o'clock to find my mother in tears one Saturday afternoon. Her leg was in plaster, and she was confined to bed. She explained that Nina was not yet back from school though it was long past the usual time for her return. But, there was no response when I called the school. So, I took a taxi to school and found it closed. So, I quickly returned home to call my husband.

Thankfully, there was no need for this, for I walked Nina with Priya and an intelligent young lady in tow. The minute she saw me, Nina ran towards me and hugged me tightly, sobbing with relief. The lady who introduced herself as Mrs. Kapoor was pleasant enough, but she was dressed in a bright nylon saree tucked well below her navel. She wore a sleeveless blouse. She had thin penciled eyebrows and bright red lipstick. She explained that she had taken a cab to school when Priya failed to come home at the usual time. Apparently, the school bus had not come to drop the children home. (I wondered how the other children had managed to reach home.)

Finding Nina with Priya, Mrs. Kapoor had offered to drop her home. But, surprisingly — for Mrs. Kapoor — Nina refused to go home with "anyone except Mummy, Daddy or Granny." I was secretly proud that, young though she was, Nina had obeyed my instructions without questioning.

Apparently, she asked to be taken to the nearest Police station.

"At the Police station, I explained the situation to the Officer on duty," said Mrs. Kapoor, "It was only when he told her to go with me that she agreed to come." I was amazed that she had remembered my advice when the situation demanded.

I thanked Mrs. Kapoor profusely for her kindness. After tea and refreshments, Priya and Mrs. Kapoor left for home. When Nina had calmed down, I asked Nina why she had refused to accompany Priya's mother.

Her surprising answer was, "Oh, that's because she didn't look like a Mummy at all!"



Reflections

I go to the ocean to still my mind
while I watch the waves and listen
to their unfailing rhythm as they
rise and fall and then come rushing
to caress my feet.

Some rise higher than the others before
they splash down.
Then each one runs with all the strength
it can muster to reach the beach.
Was it the waves that inspired
the motto of the Olympic Games
Citius, Altius, Fortius?

I think it matters little
which wave rises higher
which one reaches the beach first
or which one runs the farthest.
Their energy spent, they all retreat
only to be buried under
the new oncoming waves
that repeat the pattern.

From somewhere I hear
<Punarapi jananam, punarapi maranam
Punarapi janani, jathare shayanam>*

My mind set on an even keel
I retreat.

*Again and again we are born,
again and again we die
Again and again we return to
the mother's womb
From Bhaja Govindam, a
composition in Sanskrit by
the 8th century Hindu philosopher
Adi Shankaracharya.

(Con)fusion

Am I on Mahatma Gandhi Road
or Montgomery Avenue?
People are driving on the left of the road
It must be the former.

Am I eating masala dosa or chicken marsala?
There is the distinct taste of oregano
It must be the latter.

Am I listening to Mahler or Raag Malhar?
There is no drone instrument in the background
It must be the former.

Am I in Mullica Hill or Malleswaram?

I get the heady scent of fresh mallige (jasmine)
It must be the latter.

Straddling two worlds and attempting fusion
often results in confusion.

—Both poems by Prabha Nayak Prabhu



EFFICIENCY — THAT UNKIND VIRTUE

—Shyam Amladi

Another letter from Sadanand B. Ugran, “Bhayya,” the bohemian from the heavenly hamlet of Honnehalli.

Honnehalli, 8 December 2019.

My dear Shyamsunder:

Blessings to you and Meera. Putta, Life sure throws googlies.

Remember my friend, Savnaal? 6’2” tall, Bhayya named him Chutkoo, a very successful trader.

Chutkoo barged into our living room. “Hello, Chutkoo.” Silence and angry glare.

“Have I ever done anything to displease you? For example, did I borrow money and not repay it? In other words, am I not your friend?” He asked.

“Of course, you are! My bosom-buddy, what’s wrong?”

“You referred me to your friend Dingo Kamath, the banker who runs the Indo-Austrian bank in town, do you remember?”

I had indeed, and I had won eternal gratitude from Dingo, including a membership to the Bundikatta Club, an asylum for insane bankers.

“Say Chutkoo, have they mistreated you? Have they bungled your account? Tell me if they did, I’ll go right now and set things right.” I added.

Here, Chutkoo put up his hand, “No, nothing is wrong.” He proceeded to tell me that his trading account is impeccably-handled, and his settlements always arrived on time. So why the hang-dog look, then?

“You know Saddu, for years I used Maha Poonjikaar Karnataka Bank. They handled all my business. It was a fight every step of the way. For example, to cash a check, I took the check to the bank. My thirty-five year-old vintage signature didn’t match their records. I wandered over to my friend, the deputy manager. We chatted, sipped tea, and gossiped. I waited for the cash box to be opened. Another half hour to get a token because their cash counting machine was broken, and they had to hand-count the cash. I waited in line patiently, and then I argued with the Teller to get clean-looking currency. Another half hour to update my passbook, which ran into lunch time.



Rama, Rama, it took two whole days to open a Letter of Credit, and even longer if they couldn't locate the country in their hand-written ledgers. Inbound clearing took five days. In other words, time passed slowly, if at all, at the Maha Poonjikaar. I loved it."

"Now thanks to you, at Dingbat's bank, everything is zip, zip. No tokens, no soiled currency, the Letter of Credit takes just 10 minutes — with no signature needed. A sterile machine dispenses tea and coffee, and there's no one to fight with. It's so confusing."

I was confused. "What is the problem??"

"Problem?" Chitkoo thundered. "Aren't you listening"? I feel like an abandoned orphan. Everything is computerized. No gossip or even just standing around. Darned infernal "efficiency!" What do I do with the three hours I used to spend at the bank? Are you going to get me out of this mess?"

At moments like these, Bhayya doesn't just shine. He glitters.

"Go back to the other bank, that Maha Moonji or whatever, and re-open a savings account so it won't cost you anything. And be sure and ask to use your old signature cards. DON'T sign any new ones."

Chutkoo's brain started working slowly, and his eyes lit up. "Say, you aren't such a goddo after all. It's brilliant! Now I can skip Dingo's bank when I have a half-day free to enjoy a visit! Free tea, biscuits, lunch, and a fight. Ooh, it is too glorious, wah, wah! Saddu, you're a genius."

Chutkoo rushed out in a gust of wind and didn't stay to finish his third Lagavulin drink. Aaah! Another good deed is done!

Affectionately,

Bhayya

A retired banker, entrepreneur, musician, composer, author, and vocalist, Shyam has performed music, drama, and comedy at several Konkani Sammelans. His lyrics and music compositions were performed at several opening events. Shri Ajit Kadkake and Shri Upendra Bhat, a prominent disciple of Pt. Bhimsen Joshi recorded his music. He has authored two books on humor and several articles besides.



The “DUB-DUBBLE” Amchis

—Jyothi Bharat Divgi

No, I’m not out to attack that section of our Amchis, who must be by sheer weight and size “DUB-DUBBLE” — one obvious reason being that I am happily a part of that group.

This is just about how a typical Amchi day begins, “SAKH-SAKHANI!” With that inevitable cup of “HUN-HUNNA” cha.

Back in my childhood, my mom said that my constant “BADH-BADH” was a delight, but my “KAR-KAR?” It seemed to give her a kapala “KAN-KAN,” which drove her to spank me, a “RAP-RAPPI” maar! The result? I would “DHUR-DHURRI” run out and “BHAL-BHALLI” cry my heart out. My mom says, an ardent bathroom singer that I was, my “GOON-GOONCHE” caught the attention of all our “AZZ-BAZZUCHE.” Though the houses in our neighborhood were not “LAG-LAGUNNU,” my “KHAN-KHANNI” voice traveled far out. This, coupled with my younger brother’s constant “VAT-VAT” and my other brother’s “DHAMA-DHAMA” on his tabla, the home front was always “GAL-GALLI.”

When I moved to the University, my mom needlessly feared that I would be a thin “KIR-KIRRI” girl. So she sent me dabbas, “HALL-HALLUNU” crammed with “NUR-NURRI” chaklis (mind you, not once did the chaklis turn out “KAT-KATTI.”) There were lovely vados made painstakingly in Bellary’s notorious “RAN-RANNI” sunshine. You see, in Bellary, we never once heard the “GOOD-GOODU” of thunder, nor experienced any “CHIR-CHIRRI” pavsus, nor did we have the thrill of walking barefoot in the “PICH-PICHI” chikol.

Now, take my dear mother-in-law. I never ceased to wonder at her culinary talents, and believe me, she has them “BAS-BASHICHI!” She turns out the world’s best dhodaks, perfect “CHAR-CHARRI” fried bajis the right shade of “KUR-KURRI,” churns out gojjus that are “DHAB-DHABBI,” a song that is “CHAM-CHAMMI,” and chutneys that are “ZAN-ZANNI!”

And so, coming back to my “TOON-TOONINESS,” I strongly suspect that it is the large “MUSHT-MUSHTE” helpings of all the “NUR-NURRI” and the “KUR-KURRI” that are largely responsible for my, er, “GUL-GULLI” gaal and my general “GUB-GUBBINESS!”

And that is how we Amchis go about “DUB-DUBBLING” everything.

No wonder, then, even the poor bitter Karathe is not spared! It is tortured in an Amchi kitchen into a “VAL-VALLE!”

I could go on like a “CHIR-CHIRRI” pavasu, but before you start your “PHAD-PHADCHE” and “GURRU-GURRU” glare at me or wring your hands in despair and brand me a thorough “KAR-KARRASHI” or “VAG-VAGGI” throttle me, I think I should “SAT-SATTI” say a “BAB-BYE!”

Any regrets? Nope! Only a plain “CHUR-CHURRO.”

Originally published in the Kanara Saraswat Association Magazine in December 1990. Our sincere gratitude to Jyothi Divgi for permission to reproduce this article.



A GIRL CHILD, NO LESS

DR. NEETA NAYAK

A "girl" child, no less!
You saw me as no less
You debated with me
We talked for hours
and wrote essays,
We planned strategy from
elementary through high school.

We loved language you and I
You taught me new words
alternating between Konkani,
Kannada and English
You applauded when I
wrote a good verse,
Your praise was never fake.

You were ambitious for me
You never ever went easy on me
Even when going easy on me,
may have been easier for you!

Married off at 15
Nobody asked if you were ready
It was arranged with dowry,
To a man who was
already past 30.

You wanted more education
Instead, you got babies
You wanted so badly
to be a doctor,
Instead, your life was
spent in the kitchen.

Only once were you
furious with me,

When I said I was
tired of school
I was 5 years old,
And you scolded
"Young lady, buckle up, your
journey is just beginning."

When I was 15 you
reminded me,
how lucky I was that,
Instead of babies
I would get more education.
(Cherda, Tugele
Adhrushta megelya pashi
Changassa- you said)!

You were born in India at a time
When a girl had little value.
I was born 50 years later
When a girl still had little value.

I overheard your friends
say with condescension,
What, your son has no sons?
You scoffed in their faces
And said, my girl will
make me proud.

You suffered in your life
A teen wife, a young mother,
and a very young
widow you were,
In my time this was a
woman's lot you said— Passed
from father to husband
to son in that order.

You had the biggest smile
Your humor was the
best in a sense
You used it as armor
against the world,
I loved your resounding laugh.

You made me strong
Being nice is not a
weakness you proved,
Learn everything you can about
this universe you advised
Miss not an opportunity to
grow you emphasized.

I cannot believe 16 years
have passed this month,
Since you breathed your last
As I hugged you one last time
My sweet Bapama,
my soul friend.

A "girl" you were, born
in the 1920's,
Always a lesser human being
But rest assured my
dearest friend
Thanks to your confidence I'm
a proud Konkani woman,
No less.

A heartfelt verse written by Dr. Neeta
Nayak MD CMD as dedication to her
late Mangalorean grandmother.



The Harmonium

— Journey of the Instrument over the Centuries

— DILIP RAO

In her keynote speech at the 1998 North American Konkani Sammelan, Chief Guest Sadhana Kamath said that every Konkani should seek to nurture our rich artistic and cultural traditions. She suggested that a way to achieve this might be to have a musical instrument in the home and thus encourage the family members to pursue music as an art form. I have reflected on her observation many times over the years, and I can appreciate how it relates to my own experience.

My own musical journey with playing the harmonium was somewhat serendipitous. My aunt's harmonium of 1930s vintage, and somewhat the worse for wear, had been kept in storage at our home. As a child, it seemed like just another toy to me, but playing it was fascinating, nonetheless. I dabbled in playing the instrument over the years. While my father encouraged me to listen to and appreciate Hindustani classical music when I was young, it was only in the recent past that I have been fortunate to pursue formal training from teachers in the San Francisco Bay Area.

A fortunate set of circumstances initiated me into an appreciation of classical music and started me on my journey. In a way, my own journey could be seen as a reflection of the historical journey of the harmonium itself, which has been through periods of neglect and near extinction and has since been rediscovered.

I have appended links to two articles on the harmonium: The first is a quasi-historical treatise, and the second pays tribute to those who have worked tirelessly to make this nearly obsolescent instrument a well-established presence in South Asian music.

Here are links to two articles on the harmonium: The first is a quasi-historical treatise, and the second pays tribute to those who have worked tirelessly to make this nearly obsolescent instrument a well-established presence in South Asian music.

The Harmonium was born in Europe, so how did it become synonymous with Indian music? bit.ly/harmonium-1
A perspective on the Indian Harmonium. bit.ly/harmonium-2

Dilip Rao, originally from Mumbai, lives in San Jose, California. He receives training in Hindustani classical harmonium and instruction in harmonium accompaniment for vocalists, both in the Gwalior Gharana tradition. He accompanies students and local artists regularly at concerts in the San Francisco Bay Area.





Stirring the Pot

–Prabha Nayak Prabhu

As I watch the vegetable pieces
in various shapes, colors and textures
bobbing up and down,
competing with each other
in the furiously boiling water,
I am filled with doubt.
Will they ever come together
to form a cohesive whole?
I stir the pot.

A little later I find the earlier rivalry
replaced by a spirit of cooperation.
The pieces have softened, are now
in close proximity to each other.
The colors they have shed
have been absorbed by the water
I stir the pot again.

After a while I see the pieces
have made further adjustments
to form a group while still
retaining their individuality.
I add some spices and stir the pot.

I then turn off the heat
let the contents sit for a while.

I stir the pot one last time
and taste the concoction.
I marvel at the unification
of disparate ingredients.

From somewhere I hear
E Pluribus Unum

A Wordled Poem

–Dr. Neeta Nayak

Dedicated to our staunch Konkani Wordlers.

My poor neurons are in disarray,
Grey, yellow, and green squares flash all day!

The brain is in a state of deep curdle,
All thanks to this addictive Wordle

I love you so much to lose sleep,
Waiting post-midnight, for a new one to peep.

My heart goes thumpity-thump,
Just for a green-squared adrenaline jump!

You're not a healthy beau,
So, sadly on Valentine's Day
I break up with you,
BOOHOO!



Nithyantu kitli aamka madat melta

–Savithri Babulkar

Savithri Babulkar passed
away on June 5, 2022.

नित्यांतू कितली आमकां मदत मेळता

फाल्फाल्यारी दूधवाल—आम्होळो दुहापेंकेट घेवुयेत्ता,
भाय्र लाम्बइले चिल्लां घाल्लू तशी परत तोगु वत्ता

पेपरवाल—आमगेळो Times of India घेवू येत्ता
बागला—हॅडलाक सम लावू तांवेई परत तोगुवत्ता

पाववालो मागीरी बेल्ल कोर्नु 'किल्ले पाव जाई' म्होणु निम्मीता
वगीवगी पाव दिवू तो मागीरी म्हैजानेम्हैने पैशें कर्ता

भर धोण्यां निवेवळारी इस्त्रीवालोपाडू बेल्ल करता
बांदिली पोटीली खाकंमाणु तांवेई तशीची धावुवत्ता

पोस्टमन येवू कागद तोगु पेटवेंतू घाल्लू वत्ता
रजिस्टर्ड लेटर आस्ल्यारी मात्र बागलांतू येवू, हात्तां दिता

दाणेवालो फोनारी सांग्ल्यारी सामान दीवू तो पेटैता
आम्मी पैशें ताका दिल्ली सुट्टपैशे पदकन दिवू वत्ता

अंडेवालो मात्र तोगुथनू सायकला बेल्ल वाजैता
कंडयेंथानू सांगलेंकी तो अंडीं वैरि हाणू दिता

आम्होली रंदप कर्तली पोरी सदसटी पूराई काम कर्ता
पीट मळणू, नाल कांतूनू, मास्ला रंदयां थाई कोर्न दिता

आम्होली भाईलकामा बाई कैरकाणू आमगेले नॅल पुस्ता
मशिनांतू आम्मी धुल्लेले कपडे भायर वत्तांतसुककद घालता

फुलवालो आमले फुल्लापुडी सांजेचें कंदनाई दीवू वत्ता
गोंड्याफुल्लं आनी मॉर्गकळे आनी गुलाब सुध्दाई तो हाडता

तागेली मदत मेळ्ळेमितीची आमकां मस्त आराम मेळता
पाप, तागेले मितीची आमगेले बाकी काम आमकां करूजात्ता

सावित्री बाबुलकर

(Adapted from Helping Hands in RHYME TIME, available on Amazon.in)



A Slight Misinterpretation

-Nalini Nadkarni, Mumbai, India

Our wedding invitations usually have a picture of Lord Ganapati adorning them. When my daughter was to be married, she did not favor this tradition. After a wedding, the card loses its value and is often thrown into the wastebasket. Nina felt this would amount to disrespect to the Lord. After much discussion, it was decided that the cards would be printed with "Shri Kuladevata Prasanna" at the top.

At that time, Nina used to model for ads. She had great regard for Rahul Sahu, an elderly photographer. Having had no time to personally hand over the invite, she mailed it to him. A few days later, Mr. Sahu sent us a letter that read as follows:

Dear Kuladevata Prasanna,

Thank you for your wedding invitation. I regret that I shall be unable to attend your wedding, as I expect to be abroad on an assignment these next two months. However, I wish you a long and happy married life.

For every wedding invitation I receive, I keep aside a small amount of money to be given away to charity. I shall do that in your case as well.

My blessings to you both!

Best wishes,

Rahul Sahu

We laughed heartily at this misinterpretation. But Nina could not contact him on the phone as she had heard that he had already left.

After her marriage, Nina began wearing sarees unless her work demanded otherwise. A couple of months later, she received a call for a modeling assignment from Mr. Sahu. He was surprised to see her in a saree. She explained that she started wearing sarees after her marriage. Mr. Sahu seemed hurt that he had not been invited to



her wedding. She produced the carefully preserved letter as evidence that she had not forgotten to send him an invite. On seeing the letter, he laughed aloud at his own folly! He confessed that he had imagined the invitation to be from Prasanna, the noted cricketer whom he admired but had never had the chance to meet!

Within a year of their marriage, Nina migrated to the US with her husband. Her two children — Pia and Neil — born in America, are now working there. As teenagers, they came on their own to visit me. They were keen to see the schools and Colleges their parents attended, their wedding venue, and other places. To their great joy, despite their other commitments, they could see everything they wished to.

Rummaging through old documents, I found Nina's wedding invitation. They roared with laughter when I showed them the photographer's letter. Pia's eyes brightened as she said, "I must write about this, it will make a nice topic for the Souvenir of the Konkani Sammelan."

I don't know whether she did write the article as she wished. However, I felt that I shouldn't miss the chance to do it now that the Sammelan is slated to be celebrated in California shortly.

God bless Rahul Sahu and the cricketer Prasanna!



MUSIC TO SOOTHE YOUR SOUL

Spirit's triumph over infirmity

-Shyam Amladi. shyam70sunder@yahoo.com

I have selected three musicians who are still giants in music. Although very different in background and musical style, they shared three attributes:

1. They overcame and rose above a debilitating disability
2. Their greatest compositions were created when they were suffering
3. Their music is marked by respect for structure while departing radically from the traditional style

BEETHOVEN (1770-1827) battled deafness throughout his adult life and was totally deaf towards the end of his creative years.

Beethoven transformed the classical western music era by making enlightened themes – defeating tyranny and oppression, defiance against fate, and spiritual ascendancy – the centerpieces of his music. His innovations include: weaving these lofty themes into his works, introducing stark rhythmic passages, use of extended architectonic structures, and deployment of large orchestras, as in his 3rd and 9th symphonies. A thematic motif seeps into his compositions. Examples: Cruel fate in Symphony No. 5; unrequited love in Fur Elize; and rippling beauty of nature in Symphony No. 6. As his deafness worsened, his music became more sublime, more gripping. Beethoven conducted one of the most stirring, uplifting of his symphonies, the Choral Symphony no. 9 (Ode to Joy) when he could barely hear a single note.

Comparing the music of the three post-Baroque era composers, Hayden is pleasant, Mozart impetuous, and Beethoven is—incisive and hard-hitting.

KUMAR GANDHARV (1924-1992) lost his lung to tuberculosis, gave up music for 10 years, and emerged with a unique, intense musical style and superb creativity.

Kumar was a child prodigy. Faiyaz Khan, upon hearing him perform when he was but 11, bestowed the title “Kumar Gandharv,” the Young Angel of Music. During his recovery, he experimented with folk tunes of Madhya Pradesh. Kumar’s Raag style is sometimes called “aakaar-bhav” and “dhun-ugam,” respectively sing-along and folk-melodic style. His thematic blend of notes and idiom is unconventional, marked by sharp, staccato phrases flawlessly delivered in a rapid-fire tempo. Then juxtaposed with upper falsetto notes, creating polar opposite moods. Instead of the traditional “bandish” sung by others, Kumar sang his own compositions. For example, he contrasted the riveting imagery describing the strange, ascetic magnificence of Lord Shiv in his Raag Shankara, “Sheer pe dhurree gunga, kumura mrig chala,” with his plaintive Sohni “Rung naa daalo Shyamjee.”



Kumar turned the traditional ritual of developing a “raga” slowly on its head, not unlike what Beethoven did to the slow development of symphony and concerto. The listener is sent on a roller coaster of fast tempos and breathless glissandos from his initial note. Kumar’s concerts are adventures in scale, tonality, and melody.

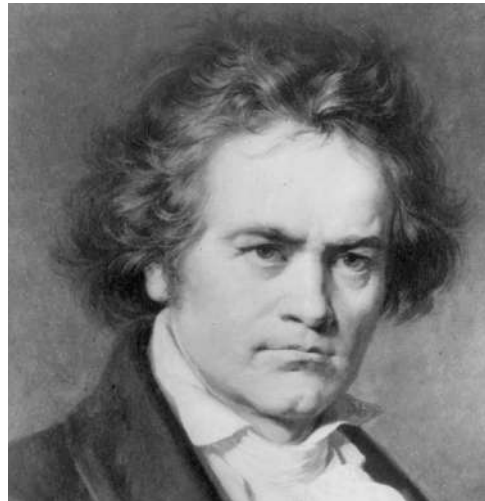
NUSRAT FATEH ALI (1949 – 1999) suffered and prematurely died from an enlarged heart and obesity.

His primary genre of music, Qwalli, or group vocal singing with rhythmic clapping of hands, is an import from the cultures of Iran and Afghanistan. Nusrat has a piercing, high-pitch tone unique in its intensity and breadth. He glides easily in and out of 3 octaves like Bade Gulam Ali Khan. The irresistible call of his music is his ability to weave a Punjabi, and Multani Raag based Qwalli into a Sufi theme and keep its anticipation and hypnotic feeling through the use of rhythm and tonal variations.

His lyrics are profound too. He specializes in poems of Bulle-Shah - a 17th-century Sufi leader who popularized the concept of “Yaar” or friend, a teacher crucial to our individual faith. Here is a sample:

*Mainnoo yaar manunon dee fursat nayeen, dusso
rub noo manavaan kis vele*

I am so busy pleasing my yaar; when
do I have time to please God?



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A NEW CHAPTER

–Nirmala S. Bangalore (nee Koppikar)

I had in mind one simple wish:
To be, someday, a poetess
stringing together meaningful words
in my native Konkani mellifluous.

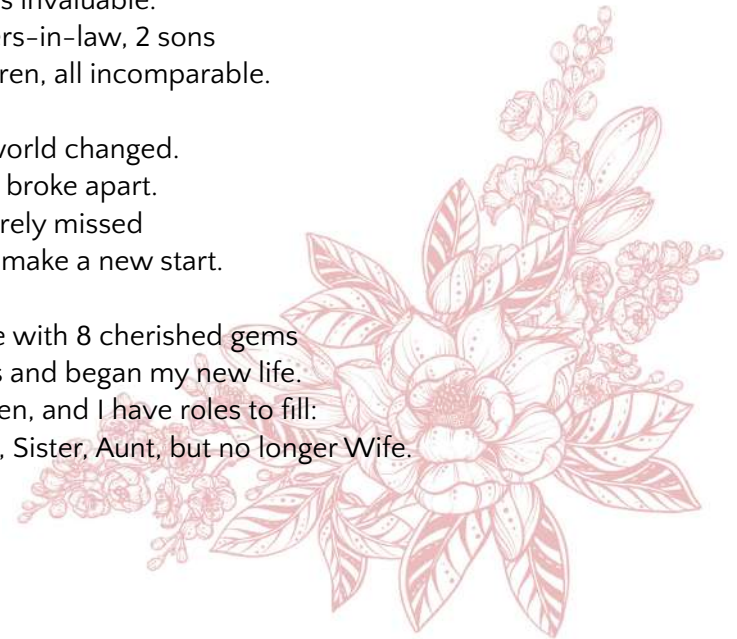
Leaving behind everything dear
I flew far and away, north and west
En route to my husband, across 7 seas
Till in beautiful USA my feet came to rest.

At the challenging UW Madison campus,
we newlyweds studied side-by-side.
A full graduate load, part-time work, social life,
careers and home kept us fully occupied.

God granted me a silver chain
to link together 9 gems invaluable:
my spouse, 2 daughters-in-law, 2 sons
and 4 cute grandchildren, all incomparable.

Suddenly my whole world changed.
My precious necklace broke apart.
1 gem was lost and sorely missed
Time to be brave and make a new start.

I relinked my necklace with 8 cherished gems
Counted my blessings and began my new life.
God's still in His Heaven, and I have roles to fill:
Mother, Grandmother, Sister, Aunt, but no longer Wife.





Trailblazers

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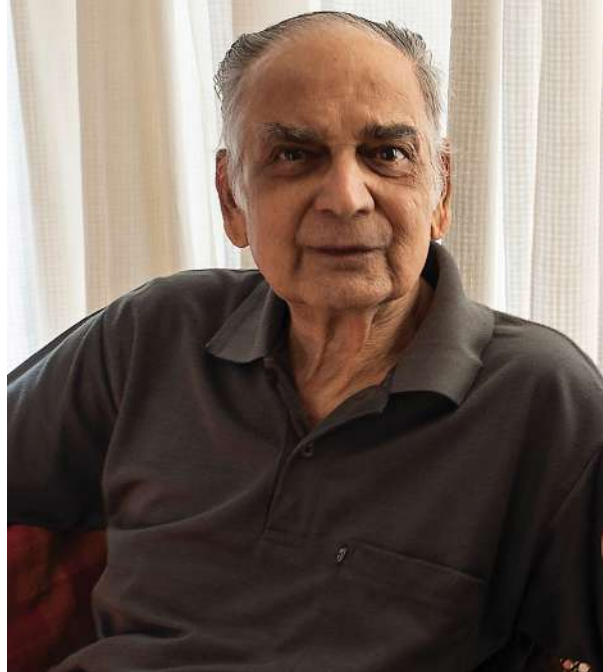
AKSHAY PRABHU 86



Yeshwant Mulky

A MUSICIAN PAR EXCELLENCE

—Pradip Rao. Co-author: Nina Rawal



He was named Yeshwant, but his father called him Bobby. Perhaps Yeshwant sounded too officious. To us, his nephews and nieces, he was Bobby Maam. I personally got to know Bobby Maam well when I spent a few years in Kolkata. He was good to me; he would take me for walks and order, Chow Mein, for me from his favorite Chinese restaurant.

Bobby Maam's talent for music was a gift from God. It all started with a relative presenting a flute to him. Bobby Maam mastered it in no time. He then acquired an organ (elevated harmonium) with foot pedals that could blow air through the reeds. He learned to play that fluently with both hands. On many evenings after dinner, Bobby Maam would play the organ, and we would listen. Often, my grandfather would request him to play "Ro Ro Beeta," a melodious tearjerker by Talat Mahmood. We must have heard him play that a hundred times.

In those early years, Bobby Maam played music for fun. He was often called to play at informal events. Friends and admirers would often come home to hear him play. He and his father owned a business importing cloth from England and distributing it locally, but this abruptly ended when imports were banned. Bobby Maam then started his own

line of readymade clothes while continuing to play the accordion in orchestras and concerts.

One day he caught the eye of V. Balsara, a brilliant music director who took him under his wing. That was the turning point in his life. He became a professional musician. He went on to play in many films in different languages. Bobby Maam soon became a top arranger and worked closely with Balsara and Salil Choudhuri. In the recording industry, arrangers create music that blends with and enhances the melody of the lyrics. They select the instruments for the song and what each should play for the best result. They also conduct the musicians during the recording.

Bobby Maam's first composition and record were with Khokon Mukherjee, a brilliant guitarist, and Dilip Roy, a gifted violinist. They recorded four original tunes. We were proud to hear "Road to Kathmandu" on All India Radio.

Bobby Maam often played in playback singer Manna Dey's songs. They became close friends. It was Manna Dey who persuaded Bobby Maam to move to Mumbai. In Mumbai, he worked with Jaidev, Ravindra Jain, Salil Choudhuri, and other famous music directors. He worked



on arrangements for many film songs and the background score of many movies. Besides, he accompanied stars like Manna Dey and Lata Mangeshkar on several international tours.

In some handwritten notes, Bobby Maam explains how an arranger's skill lies in the judicious use of harmony (a Western music concept) and how even a completely Raag-based Indian classical music composition can be enhanced through harmony (See below).

In March of 2017, he was awarded the Mirchi Music Award for his Outstanding Contribution to Hindi Film Music.

Bobby Maam released several CDs which were well received in India and abroad, such as "Mellow Gold: Melodies Forever," "The Piano Sings" "Songs Without Words," and "Rabindra Sangeet."

On 20th August 2017, Bobby Maam passed away at 88, just days after a bad fall. Bobby Maam's last words when I was leaving in November 2016 were, "Come back soon. We are all growing old." I regret that I did not plan my next visit soon enough. Bobby Maam has left this earth, but he has left us with a rich legacy of his music and our beautiful memories of him.

Links to his music videos:

- <https://bit.ly/YeshwantMulky-1>
- <https://bit.ly/YeshwantMulky-2>



Author with Shri Yeshwant Mulky

But the arranger's skill lay in the judicious use of harmony (a Western concept) in our music. Even a completely Raag-based composition could be enhanced by the proper use of harmony, as the work of composers like Anil Biswas, Salil Choudhury, a Raja, Lakshmi Kant/Pyarelal, Shankar/Jaikishan, Roshan, and R.D. Burman demonstrates.

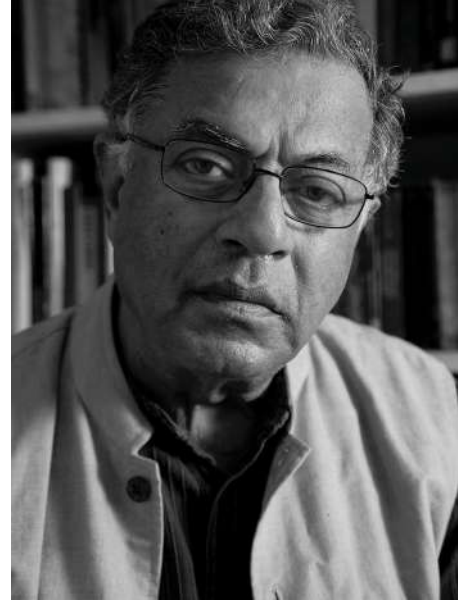


Girish Karnad

—Dr. Ramesh Gangolli

My friendship with Girish was initiated in our mature years, but grew to be a lasting one. I first heard of him in 1957 when I had just returned to India after my studies at Cambridge University. He was making a mark as an excellent student in Statistics who was also passionate about Theatre. After a year in India, I left in 1958 for my post-graduate studies in Mathematics at MIT. There, I heard in 1960 that Girish had been awarded the Rhodes Scholarship. There was only one Rhodes scholarship for India in those days, and it was a highly coveted prize, a signal honor for anyone to get it.

For the next several decades, I followed Girish's career with great interest and admiration as he went from one achievement to the next. He started as the guiding spirit of the Oxford University Press (India), leaving after a few years to concentrate on his deep passion for the Theatre. A series of groundbreaking plays flowed from his pen. Although abroad, I stayed connected to cultural trends in India, and I was well aware of the innovative aspects of his work. His remarkable ability to select some story that mixed elements of myth with intensely human emotions and portray the resulting interaction in terms of the challenges it creates. His creativity in choosing a well-known historical event and viewing it through an unconventional prism, creating



SANDESH RAVIKUMAR

intensely human dramas out of these elements in Kannada and English. I watched from afar as he developed into a great playwright and conquered more heights in the world of film as an actor, director, and archivist; this last role in his capacity as the Director of the Indian Film Institute in Pune.

In 2007, aided by several colleagues at the University of Washington in Seattle (which has been my academic home since 1962), I nominated Girish for the John Danz Lectureship. This is the University's most distinguished Lectureship, and it has been graced by many internationally known scholars spanning a wide range of fields. Our nomination was successful and Girish, accompanied by his wonderful wife Saras, came to Seattle. They stayed with us, and for the next couple of weeks, we basked in their company with stimulating discussions ranging from performing arts to literature and politics. Besides two public lectures on the recent History of Theatre in India, Girish interacted with students and faculty in the University's School of Drama, one of the finest in the country. Coincidentally, one of the professors in the school had selected one of Girish's plays, titled "Bali - The Sacrifice," as his focus for a Set Design course, and Girish had a marvelous interaction with faculty and students. These memorable weeks led to a deep friendship between our two



SANDESH RAVIKUMAR

families. Ever since, we kept in touch, invariably meeting during my annual visits to Bengaluru.

I discovered many facets of his complex personality through these conversations: his wide reading and sharp memory, his wry wit with a mischievous smile hiding behind one of his comments. And his truly cosmopolitan views, unfettered by petty considerations of religion, caste, or gender, that were ingrained in his commitment to liberal principles. This was exemplified in his showing up in his 70s to stand in solidarity with Muslim lynching victims despite inclement weather, carrying an oxygen tank to help him breathe because of his degenerative lung disease. “Girish Karnad Sir has arrived!” exulted some of the Muslim men.

That said it all. I am lucky to have enjoyed the friendship of this wonderful human being.

Ramesh Gangolli was born in Bangalore, India, and educated at the Universities of Bombay and Cambridge, and at MIT. After taking his doctoral degree at MIT, he taught there for a year before joining the faculty of the University of Washington, Seattle, in 1962.

He is currently Professor Emeritus of Mathematics and Adjunct Professor of Music at the University of Washington. In 1981 he helped to found Ragamala (a volunteer organization based in Seattle, devoted to the Music of India and South Asia), and served as its President for several years, intermittently. Currently he serves on the Board of Directors of Ragamala.



Amit Masurkar

INDIE FILM DIRECTOR

—Nandini and Sheila Bijur



Amit Masurkar, a modest and publicity-shy young man, is an upcoming Writer and Director in the Mumbai Film Industry. He is a grandson of the late Shri G. V. Masurkar (Entod Pharmaceuticals) and son of Sujata and Vinay Masurkar, a family far removed from films. With talent and hard work in a short time, he has carved a name for himself in a fiercely competitive capricious industry.

Amit's most recent film, "NEWTON," was released at the Berlin International Film Festival, where it won the CICA Art Cinema Award in the Forum section. It also won the Jury Prize at the Hong Kong International Film Festival. In addition, the film has been screened in the international competition section in Tribeca Film Festival, New York, and is currently traveling the festival circuit.

Amit Masurkar's debut feature film *Sulemani Keeda* (2014) was a likable comedy film about two struggling screenwriters set in suburban Mumbai. However, the subject and backdrop of his second film, *Newton*, are vastly different.

NEWTON, a black comedy shot in the jungle of central Chhattisgarh, is the story of Newton Kumar, a rookie government clerk who finds himself entrusted with a task that appears deceptively simple: conducting elections in a remote village in the jungles of central India. The bushes teem with Communist guerrillas, who

have been waging a decades-old war against the state, even as the indigenous tribals live without any access to mainland amenities. Conducting "free and fair" elections in a minefield like this is no child's play, as Newton learns over the course of this eventful day. Unfazed by the cynicism and danger around him, Newton is determined to do his duty. But, as they say in the jungle, "The more things change, the worse they will get."

Amit quit engineering college due to his parents' concerns about being a lowly paid intern on film sets. He asked many filmmakers to mentor him with a job in their productions, but it didn't happen. He soon moved to writing comedy for television, a well-paid job that gave the family a sense of relief. Meanwhile, Amit graduated in History from Mumbai University. He also completed a course in screenplay writing in New York. Realizing it was a mistake to wait for someone to discover him, he decided to help himself and wrote a script that could be made under Rs nine lakhs. Slowly and quietly, he made his first film, *Sulemani Keeda*. The film had a minor release and was an indie sleeper hit. *Newton*, his second film, directly resulted from the first one getting noticed within the industry.

Amit prefers directing to writing and is working on his next film.



Harold D'Souza

HUMAN TRAFFICKING CRUSADER

—Sadanand Mankikar

Hon. Harold D'Souza, a native of Bajpe, Mangalore, was born in Vadodara, Gujrat. His father, Henry D'Souza, had moved to Dabhoi, Gujarat, with a job at Western Railway. Bajpe runs in Harold's blood. He credits Mangalore for his respect for value, character, education, faith, love, and humility.

A friend living in the United States since the 1960s and owned a restaurant in Cincinnati, Ohio, lured him with a better life. In 2003, at 37, with a master's degree in Marketing Management and a postgraduate diploma in Human Resource Development, Harold stepped down from a senior management position to follow the American Dream. Once he and his wife Dancy, also from Mangalore, and two sons – Rohan, then 4 years old, and Bradly, 7 years were in the U.S., their perpetrator took their documentation, wiped their bank account, and put them in a one-room apartment. He threatened to have them deported unless they worked in his restaurant. Harold and Dancy toiled 24/7, 16 hours a day without pay. Harold puts it, "but my American dream transformed into hell. I lost my freedom and struggled to keep those I loved safe". They had become Human Trafficking victims.

After 19 months of servitude, Dancy confronted the owner and demanded their back wages. He repeated his threat to have them deported. The restaurant's chef overheard the conversation and

connected the D'Souzas with the U.S. Department of Labor. His exploiter sent a hitman to have him killed. They escaped their imprisonment with help from Trafficking Assistance Programs, their church, and community. The family's story is one of survival, resilience, and triumph.

According to the International Labor Organization, approximately 24.9 million people are forced into labor worldwide. But reliable statistics on human trafficking are hard to come by as victims often do not know they are being victimized. For example, in 2018, of the 85,613 cases identified, there were 7,481 convictions, only 259 for labor trafficking.

Traffickers use coercion and deception to exploit their victims for compelled labor or commercial sex. The victims often borrow money for passports, visas, or travel expenses with the promise of a job or romantic relationship, only to be forced into servitude. Often victims are reluctant to report to the authorities as they are threatened that they will be deported or prosecuted if they come forward.

Trafficking is estimated to be a \$150 billion industry, the second most profitable illegal business after the drug trade. Victims are often lured by someone they know, commonly friends or family members. Recruiters may be acting independently or connected to organized criminal networks or terrorist groups.



Combating crime requires worldwide collaboration. The Office to Monitor and Combat Trafficking in Persons at the U.S. Department of State leads diplomatic engagement with foreign governments. It supports antitrafficking organizations in nearly 100 countries. In collaboration with international organizations like the U.N. Office on Drugs and Crime and the International Organization for Migration, they assist foreign governments in establishing comprehensive victim assistance services and developing training programs on investigating and prosecuting trafficking crimes. It also facilitates the U.S. Advisory Council on Human Trafficking, composed of survivors working to end trafficking globally.

Life has come full circle for Hon. Harold D'Souza. From nearly enslaved to becoming the "Voice for the

Voiceless Victims," the D'Souzas are an inspiration for those caught in the clutches of human trafficking. Harold was appointed to the U.S. Advisory Council on Human Trafficking by President Barak Obama in 2015 and then by President Donald Trump in 2018. He and Dancy are the Co-Founders of Eyes Open International and are inspirational survivor advocates of international reputation.

Already, two different films are in production telling his story – "To be free" and a biopic by International Film Producers & Directors.

(Victims of Human Trafficking may call 1-888-373-7888 in the U.S. or 1-833-900-1010 in Canada.)



Kavita Baliga

A PROFILE

—Mihika Gokarn

Kavita Baliga is a professional singer specializing in German and French art song. But that wouldn't be giving her full credit where it's due. She's also a vocal coach, choir conductor, a TED Fellow, producer, music startup founder, and activist!

"We knew she was into music from the age of four," Kavita's mother, Asha Baliga, said. "We didn't think much of it. It became more apparent [that she would pursue it] as she reached high school,"

A few KAOCA members fondly recall her singing at various intimate family get-togethers. One particular highlight was "Hello Hello Tanha Dil Ghabrata Hai" from the iconic Bollywood film *Tyagi*. Thoroughly impressing everyone with her talent, she started taking Hindustani lessons with Smt. Anupama Chandratreya Dalal. In addition, she participated in many classical music competitions, including the Satya Devi Memorial Trust Competition, the Bay Area's largest Indian youth classical music competition. Despite it being her first year, she placed first in her age category.

Kavita's music career officially started with a high school chamber choir, which led her to Western classical music — a path she intended to pursue in her higher studies. Kavita attended UC Irvine for

performing arts. Her studies progressed as planned until her junior year when she was diagnosed with stage 2A Hodgkin's lymphoma, a white blood cell cancer. In remission, this brief encounter with a terminal illness ultimately gave Kavita a newfound purpose: to make the most out of life.

"Once I got diagnosed with cancer, it became very obvious that I didn't necessarily have time to waste," Kavita said. "Doing what you love and really focusing on it is something I strongly believe in because you never know how long you're going to be around."

Though she sings Western classical music, she has always tried to keep in touch with her Konkani roots. In 2015, she released a Konkani language cover of the hit song "Let It Go" from the Disney film *Frozen*. With thousands of views, the project was a success, and she plans to release more Konkani-based projects in the future.

While performing at a prior Konkani Sammelan, her unique singing style thoroughly impressed Guitar Prasanna, an Indian classical music pioneer. However, she never anticipated the genre would help her work with Grammy Award winner AR Rahman as Prasanna passed her name along to



the maestro. Thus, Kavita, AR Rahman, and five other musicians from around the world helped create the curriculum for KM Conservatory, which London's Middlesex University later accredited.

She helped create her own chamber choir and conducted them during the In Memoriam segment at the 2012 Oscars. She has also sung scores in various Bollywood films such as "Ghajini" and "Jab Tak Hai Jaan." In addition, Kavita has performed at many prestigious global venues such as the Venice Film Festival, Le Vieilles Charrues, and with the Indo-French performance troupe, Olli Goes to Bollywood in front of 40,000 people.

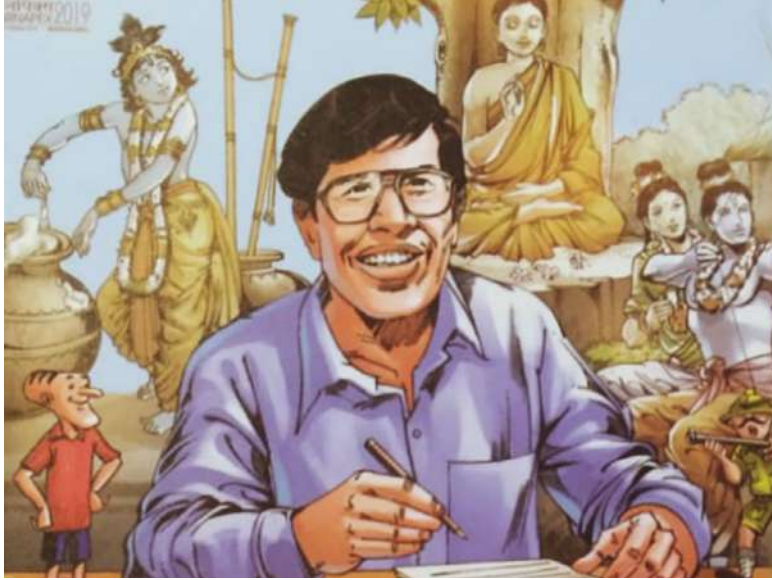
While Kavita had received an education in operatic singing, she also amassed a lot of work experience with performance, music technology, and post-production. She sought to combine these acquired skills by creating a music incubator startup, Desi Music Entertainment,

an audiovisual company currently focused on promoting South Asian talent and content.

Their first single was called "Solidarity Song (Hindi)," featuring popular Bollywood singers like Benny Dayal and Neeti Mohan. "[I have been] taken by the magic in the Indian music industry where anything is possible," Kavita said.

Kavita is a founder of a music startup, DME, focused on promoting music from the South-Asian community. Catch up with her on www.kavitabaliga.com

Mihika Gokarn is currently a rising senior at UC San Diego, where she is studying international relations and philosophy. Her hobbies include traveling, photography, singing, and playing the guitar.



Anant Pai

THE VISIONARY STORYTELLER

– Written by Anant Pai's nephews in Mumbai,
Prakash M. Pai and Jagannath V. Prabhu.

Anant Pai, better known as Uncle Pai to millions of children worldwide, and also the Father of Indian Comics. He was born in Karkala, near Mangalore, on 17th September 1929. He lost both his parents by the time he was three years old and was raised at first by his maternal grandfather and later by his cousin in Bombay.

Anant Pai graduated with distinction from the Department of Chemical Technology, Bombay University. Still, he was more interested in literature, languages, and philosophy. He joined The Times Of India news media in 1961 in the Books Division, which published “Indrajal Comics.” During his tenure there, he witnessed a quiz contest of school-going children in which not a single participant could correctly name the mother of Lord Rama. At the same time, they could answer a question on Greek mythology. Anant Pai realized that our children were alienated from their roots and hence not acquainted with their rich heritage. Therefore, he pledged to correct the situation by writing and publishing a series of easy-to-read, attractive, and affordable comic books. Pai mam hoped to excite childrens’ minds while imparting knowledge of the rich heritage of our country. He enlisted the support of India Book House, a publishing house in Mumbai. As a result, “Amar Chitra Katha” (immortal illustrated stories) was born in January 1970.



After that, Anant Pai brought out another comic book series titled “Tinkle,” which was aimed at making education fun for children. For several years, Uncle Pai traveled the length and breadth of India to fulfill his mission of educating children of India’s rich heritage. His selfless dedication saw the popularity of “Amar Chitra Katha” rise to great heights. Over 440 titles of “Amar Chitra Katha” were published, of which over 100 million copies have been sold to date. Moreover, “Amar Chitra Katha” has been published in 20 languages, indicating the global reach of these immortal classics.

Anant Pai was bestowed with many recognitions and awards in India and abroad. In 2007, Mumbai University honored Anant Pai as one of 150 Most Distinguished Alumni in its 150-year history. “Konkani Samaj” awards include: Dr. T. M. A. Pai Memorial Award (1997), Millennium Konkani Sammelan Award, Illinois, USA (2000), Vishwa Saraswat

Sammaan (2003). In February 2011, Anant Pai, the Indian Comic Book Industry pioneer, was honored with the Lifetime Achievement Award at India’s first-ever “Comic Con.”

Despite his fame, Anant Pai and his wife Lalita lived a simple life in a modest apartment in

Mumbai. Both were vegetarians and abhorred alcohol. Anant Pai was proficient in several Indian languages and was considered a walking encyclopedia by his colleagues. Though the couple did not have children, they could bond instantly with children of all ages wherever they traveled. When children learned that Uncle Pai was visiting their town, they would turn up in huge numbers to meet him, and he never disappointed his little fans.

On 24th February 2011, Uncle Pai, the man who had brought smiles to millions of children of at least two generations of Indians, passed away. A visionary had departed, leaving behind a rich legacy and millions of grieving Indians of all ages who had grown up reading “Amar Chitra Katha” and “Tinkle.” His work will inform Indians everywhere of their true roots and glorious culture. India Book House published an “Amar Chitra Katha” on Anant Pai as a fitting tribute to this great legend.



A young fan, Arjun Bhandary, shares how he got hooked on reading Amar Chitra Katha books! Go to bit.ly/Anant-Pai to watch.



Aruna Rao-Kundaje

A CELEBRATED POET

– Kalpana Kundaje

कोंकणी भास आगगेली गोवाळ गोग्गाची
कोंकणी भास आगगेली आगकां लाख गोलाची ॥
एकएक अक्षर गोग्ग्या कळयांचे
शब्द गांतले वाक्य विणले नाजूक विणियेचें ॥
कोंकणी भास आगगेली अमृत-शीलेची
गंदिराच्या गोपुराक घड्याली शब्दांची ॥
हो कोंकणी भापेचो कल्पतरु होडू होडू
सावळेंत मेळता फळ ताजें आगका गोडू गोडू ॥
ही भास तिगेल्या प्रजेक घेता पोटीलून
रिवाज रिती प्रेम-प्रीती गोग्गाने शिकोवनू ॥
कोंकणी भापेची शोभा मधुर उत्रांतु
कोंकणी भापेची सभा देवाल्या दरवारांतु ॥

I pay tribute to Smt. Aruna Rao (nee Chandragiri), a veteran Konkani author and poet. She passed away at 94 years on Oct 22, 2018. Aruna Rao was presented with many prestigious awards such as the Konkani Lekhan Puraskar, Karnatak Sahitya Academy Puraskar, and the prestigious Sahitya Akademi Award from the Government of India — the highest honor in the field of literature.

Being my mother-in-law's zaau, I had many interactions with her. I can still visualize her reciting her poems to spell-bound admirers. She charmed me with the rhythm and imagery of words and expressive gestures, movement, and voice modulation. She was utterly immersed in Konkani literature and lived in a world of poetry and imagination.

Arunapacchi was keen to popularize and promote our mother tongue and wrote delightful little poems for children and more serious ones for adults. Her award-winning book of poetry "Saakshaatkaar," is worth acquiring! She recited some of these poems at the World Konkani Convention in Mangalore. Every poem sparkles, but the verse "Konkani Bhaasa Aamgeli" shows her immense love and respect for our rich language and its mastery.



आकाश मांटवा मूळाक
झाड माड उदाक
पाचवें रान पान्नाक पान
सान्न पक्षाक उव्वूक

आकाश मांटवा मूळाक
रंगचि रंग फुल्लांक
गुलाव तांवडे कगळ नीळें
परमळ पावलें भोवर्याक

आकाश मांटवा मूळाक
धार धो धो पावसाक
तळें न्हंयी भरली वांयि
गुपचेक एक घोट पिवच्याक

आकाश मांटवा मूळाक
नांचरे मोराले नाटक
उवली पाक्कं जांभळी चाक्कं
थक्क केल्ले गनाक
आकाश मांटवा मूळाक

Her beloved three-act musical play, Aakash Maantav, was staged during the Konkani Drama Festival held at Karnatak Sangh Auditorium in Mumbai. The superb vocabulary, lilting prose, sensuous imagery, and onomatopoeic words make the musical a masterpiece and a must-read for lovers of our beautiful language.

Arunapacchi's work evokes scenes from nature and inspires an appreciation of nature when its rampant destruction has reached unsurpassed levels. Here's a small piece from Aakash Maantav which will give you a taste of her characteristic style.

Her acclaimed play, Ammi Amchigelyo, was staged during the Platinum Jubilee Year of the Saraswat Mahila Samaj at Gamdevi, Mumbai. Arunapacchi also wrote folk literature in Konkani, taking inspiration from Powada, Garba, Manglagaur, Lagna Geet, and many other forms. Her folk songs on Lord Krishna's theme Gaulanya were presented by our amchi ladies in Mumbai in 1996.

Arunapacchi did much to give our Konkani language pride of place! I hope to honor her and keep her memory alive. Her death is a loss to family, friends, and the entire literary world.



I.M.Pai

(Irvathur Manjunath Pai)

A TRULY REMARKABLE SOUL!

—Dr. Veena Adige and Mohan M. Pai (son of I.M.Pai)

I. M. Pai (Irvathur Manjunath Pai) was an icon, a beacon for our GSB community. He was a philanthropist who helped any GSB in need. When jobs were scarce, GSBs came from Mangalore to Mumbai — the city of dreams. Paimam made their dreams come true. He even went to the extent of making fellow GSBs stay at his small home when they had no roof over their heads.

Paimam was the founding member of GSB Mumbai. The hall in his name speaks for the work and contribution he gave to the community. He was a proud GSB and remained so till the end.

Born in 1908 in the village of Irvathur, Karakal Taluk, he was the second among five children. At age 7, he lost his father. At that young age, he understood what responsibility meant and helped his brave mother sell chakulis, happol, pappod, etc., during the weekly market (Santh). He was a gifted child, outstanding in his studies. From the 7th class onwards, he gave tuitions to fellow students to earn some money to support his family. He completed his Matriculation Exam with flying colors, being a gold medal student in the entire Madras Presidency, which included all the current five southern states. However, he couldn't continue his studies as he had to take care of his family and joined Canara Bank, Mangalore. To his great fortune, a director of Canara bank noticed his excellent work



and academic achievement in the Matric Exam on a visit to his branch. He immediately helped in sending him to Mumbai for higher studies. Here, while working during day time and studying at night, he completed the All India Government Accountancy Exam with flying colors achieving the gold medal.

During this period, General Motors Corporation, the American auto giant, learned about his achievement and immediately absorbed him as their Senior Account Executive at the Sewri plant, Mumbai. From here onwards, his life changed for the better, and he frequently climbed up the ladder.

In the 1940s, he joined the Swadeshi Movement encouraging artisans to manufacture Indian goods made from leather and other materials. He also joined the Salt Satyagraha at Wadala, Mumbai.

Paimam's desire to serve the motherland made him join a large Indian-owned company belonging to Sardar Baldev Singh, the first Defense Minister of India. He held a very responsible job at Jamshedpur as the CEO of IS&WP Ltd, managing 10,000 employees. Here, he got employment for fresh graduates and several people from our community from around Mangalore.

1940-1960 was his golden period when he raised the performance of this loss-making company, raising it to the highest profit-making company in India.

Around 1960, he felt like doing something of his own and came to Mumbai. At 52 years, he became an entrepreneur. He started Firth India Steel, setting up a specialty steel plant at Thane and Nagpur. Here again, he gave employment to a large number of GSBs. Paimam was a good boss, and his employees worshiped him. Though he was quite firm with his employees, all who knew him well would vouch that he was kind, helpful, and sincere with everyone.

He traveled abroad at least 35 times, at a time when traveling was not common. Paimam's circle of friends and acquaintances was large.

He had a family of 5 sons and 3 daughters. His house in Sion, Mumbai, was not big, but his heart certainly was. On July 12th, 1982, sadly, Paimam left the world, leaving the GSB community orphaned. His memories are still fresh in many minds whose lives he touched and live forever in their hearts.





An Entrepreneur's Journey

– Sonia Kini Sharma

.....

I co-founded Pantheon, a Virtual Reality/Augmented Reality application to make 3D content creation faster, acquired in 2019 by Ubiquity6. My entrepreneurial journey began in 2016 as a Computer Science student at UC Berkeley. Some friends asked me to work together on an idea - using Facebook's newly released Virtual Reality Headset to teach biology. As I was previously a Molecular Biology student, I was intrigued.

We spent the summer learning the skills needed to develop interactive 3D content, which we used to create bite-size VR biology lessons. These lessons allowed students to inspect human anatomy as though they were inside the body. While creating these lessons, we discovered an even more significant opportunity: making the painstaking process of creating 3D content easier.

We then decided to make a content creation tool that allows anyone to build an experience in a few hours. This tool enabled novices to intuitively layout 3D content in virtual reality, making it easier to create content than a traditional 2D desktop screen. After releasing a beta, we raised funding through the YCombinator program and later from other seed investors.

We quickly realized the lack of affordable VR technology would impede our growth. Therefore, we modified the tools to be able to create content on any modern smartphone device, using Augmented Reality to interact with content in 3D.

Eventually, our team's in-depth knowledge of creating cross-platform 3D creation tools attracted the interest of Ubiquity6, who acquired our team to help build out their 3D creator tools.

Through building a company, I found three significant learnings that are critical to the success of a product — talking to your users, iterating rapidly, and getting to the root of the customer's problem.

■



Akshay Prabhu

Founder, Foodnome

.....

BRINGING POSITIVE CHANGE TO OUR
COMMUNITY, ONE MEAL AT A TIME

—Akshay Prabhu

For as long as there have been humans, we have been gathering around the hearth. But food is more than survival — with it, we make friends, court lovers, and count our blessings. Blissful memories are created over the warmth and aroma of a homemade meal.

We don't as often sit around a real flame anymore, but the warmth from the community and the warm plate in front of us continues to burn. With Foodnome, I hope to keep this flame alive.

My name is Akshay Prabhu. I'm a 26-year-old GSB Konkani born and raised in California. I am single (if any ladies were curious).

As Konkanis, we see the powers of food firsthand. Whenever I come home to visit my family, the first thing we do is plan what meals will be eaten for the next few meals. Not even halfway through eating the steaming warm dhaia idly, my Bapama prepared lovingly the night before, we are already talking about what we will have for lunch and what to ferment for breakfast the following day.

It is not that we are obsessed with food in our culture, though it is quite delicious — it is that for us, food is symbolic of love. It is this energy that has fueled much of the Foodnome journey.

Foodnome is a marketplace for home restaurants. We help home-based cooks manage, market, and monetize their home restaurants and create a meaningful secondary income. So diners finally have a place to order my Bapama's shockingly delicious patholi and pathrodo.



Foodnome began as a way for me to share my pop-ups and food with the community and has quickly grown into a larger national movement.

I began cooking as a young boy, watching the Food Network with my Amma after school. I would try the recipes for my parents, and they would always tell me how delicious it was (even if they sometimes weren't).

When I went to college to study Neuroscience at UC Davis, I knew it wasn't the right move for me as I was always thinking about cooking. I tried to get into the food industry many times, including building a pedal-powered steamed bun cart, but nothing stuck. So I eventually settled on running a pop-up restaurant, and it quickly grew. I was in the newspaper and on local TV for my food, and it soon came to a point where I received some pushback from the county health department. Not for getting anyone sick, but rather because of an outdated regulatory system that stifles innovation. This lit a fire within me.

I began to work to lobby for a bill in the state of CA to create a permit for you to run a small-scale restaurant in your home. After a year of lobbying, rallies, and petitions, our law was unanimously passed by the CA legislature and went into effect Jan 2019. This is the first law of its kind in the country!

Foodnome is now a seven-person venture-funded team. We are currently running a network of Home restaurants in Riverside, CA, the first county in the nation to begin permitting. This month, we had a cook successfully pay their house payment by selling food from their home. With Foodnome, I hope to connect people and get them out of their boxes.

To support [Foodnome] (<https://foodnome.com>) and help us grow, you can invite your friends to like our Facebook page, share our social media posts or sign up to become a cook. You can also call your county supervisors and tell them to support [AB-626] (<https://foodnome.com/ab-626>).



Contact:

Akshay Prabhu

Akshay@foodnome.com

bit.ly/Foodnome



Konkanis don't know streets
by their names.
We know them by the nearest
food place.
"Kamath Hotelaa laggi left
ghe...maggiri kadgi podi stalaa
dokoону straighta..."

Konkani's don't have a family
tree.
We have FAMILY FORESTS!

Most people say:
"Work is Worship."
We KONKANIS say:
"Food is Worship, Work is Varshikk!"

We have to add
"aa" or "uu" when addressing
someone – Rameshaa,
Dineshaa, Ajayuu, Vijauu...

Konkani pick-up line—
"Your amma must have eaten
a lot of teekh batata song
when pregnant, coz you're
sizzling hot!"



All Things Konkani

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The Core Vidhis of a Konkani Wedding

—Mangala Madiman Kilpadi

Hindu weddings are known to be as vibrant and colorful as they are long. Konkani weddings, however, raise the bar for length, intricacy, and the sheer number of rituals. In modern times, it can be difficult to fully commit to longer ceremonies, especially when it involves marriages between different cultures. Luckily, the essence of a Konkani wedding can be condensed into seven core vidhis, or rituals.



INVOCATION

The ceremony begins with an invocation of the Almighty. The family asks for blessings and implores the Lord to guide the ceremony successfully.

CHIPOOT CEREMONY. GIFTING OF THE CHIPOOT

The Chipoot, or Mangalsutra, is a chain of black beads with one gold tali or pendant which symbolizes marital bliss. The tali is filled with red kumkum and is placed around the bride's neck by her mother after the mantvi, or marriage site, is sanctified. The bride is also presented with her wedding sari. Before the next vidhis commence, any married sisters of the bride and their husbands are also honored.

VARMALAA. EXCHANGE OF THE GARLANDS

At the mantvi, the bridegroom awaits the bride, who is led in by her maternal uncle. First, a cloth known as antarpaat is held between the couple, indicating that they are separate entities that will soon be joined in union. The antarpaat is held up by two persons, one of whom is the priest. Then, Vedic verses are chanted to sanctify the ceremony and invoke the Almighty to witness and bless the marriage and the couple.

KANYADAAN. THE DEPARTURE OF THE DAUGHTER. (KANYA, DAUGHTER; DAAN, GIVING AWAY.)

The bride's father places her cupped hands into the groom's and asks him to look after her as he has. The groom assures the father-in-law of his faith, trust, and love for his bride. The bride's mother shows her approval by pouring water over her husband's hand so it trickles through the hands of the bride and into those of the groom — symbolizing the giving away of their daughter.

MAAYAPAASH. TYING OF THE THREAD.

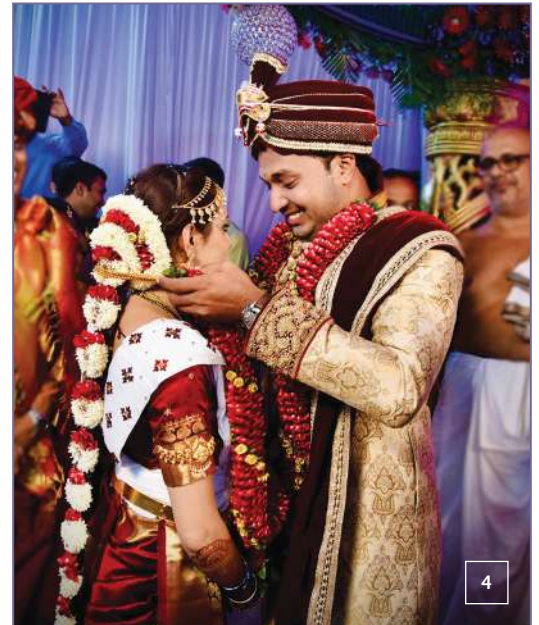
The symbolic union is expressed by winding a thread around the bridal couple while the Vedas are chanted. (Later, this thread is worn by the groom as the second janvein or sacred thread. The first janvein is the one he wore after his moonji.) The couple then ties threads around the others' wrists.

KASHITAALI. THE GIFTING OF THE KASHITAALI

The groom's mother, sisters, and sisters-in-law bring the kashitali — a symbol of the union from the groom's side. This is a chain with coral, gold, and black beads and a central diamond-shaped gold locket. The groom ties the kashitali around the bride. The bride is then gifted a sari and boxes of kumkum, haldi, and kajal and is welcomed into the family.

SAPTAPADI. THE CIRCLING OF THE FIRE

The couple joins hands and their garments are knotted. Agni, or fire, is lit in an urn and the groom leads his bride around it. Agni is asked for blessings and to be a witness to the couple's vows. The bride's brothers place her foot onto a stone mortar meant for making sandalwood paste and place rings on the toes, telling her to be firm, like rock, and to emit the aroma of goodness, like sandalwood paste. The couple



- 1 INVOCATION
- 2 CHIPOOT
- 3 ANTARPAAT
- 4 VARMALA
- 5 KANYADAAN
- 6 MAAYAPAASH
- 7 KASHITAALI
- 8 LAHYI
- 9 SAPTAPADI

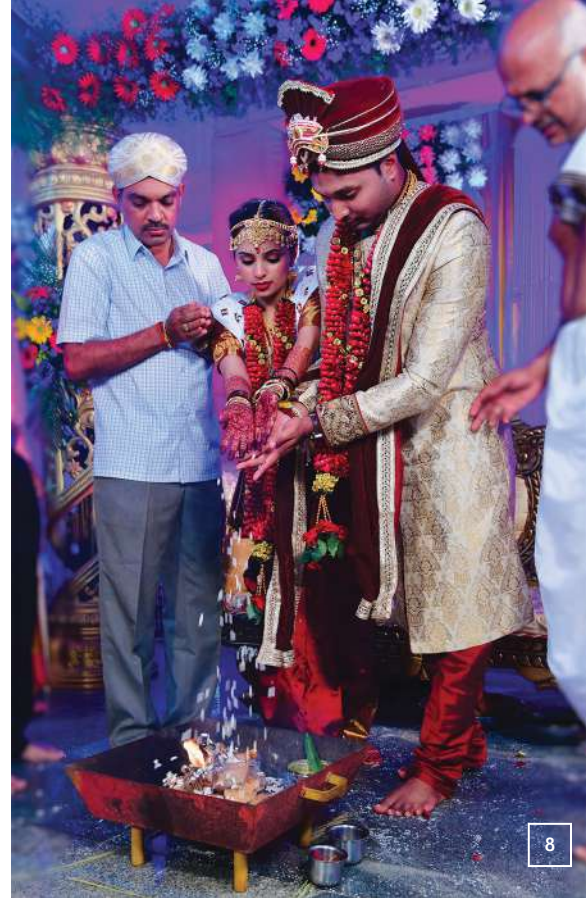


Photo credits:

Bride & Groom: Shweta and Ajay Shenoy

Bride's Parents: Sanjana & Ram Shenoy

Groom's Parents: Rekha & Ashok Shenoy

Many thanks to the Shenoy's for sharing their photos,
and to Veena Kamath for curating photos for this article.

feeds *lahyi* (popped rice) to Agni while praying that their bonds to each other and their new families strengthen. The couple walks seven steps for the seven vows, with the bride stepping on a mound of rice after each. The seven vows are for prosperity, strength, wealth, happiness, progeny, the season's favors, and companionship.

The groom's sisters now obstruct the couple's path, teasing, until the groom gifts a present and assures them that he will always remember them. The bridal couple then touches the feet of the elders. Finally, the couple is shown the twin stars that in mortal life were Arundhati and her Rishi husband, a couple so devoted to one another that, as per their wish, they live on as twin stars in the afterlife. This couple is held as a role model for the bridal couple, who pray to them for moral guidance.

Mangala Kilpadi (nee Madiman) was born in Dharwad in 1943. She grew up in Hubli. She has been married to Vivekanand Kilpadi since 1965. While raising her three children, she continued to teach students who needed additional academic support. Mangala is a grandmother to three grandkids.



The Evolution of Konkani Food

—D. Thoy

Food plays an enormous role in Konkani life. In fact, one could say the food is what makes our Sammelan a “Konkani” Sammelan. Most Konkani food we love today evolved after the Saraswats migrated to the Konkan. Take my favorite dishes – *batata song*, *tomato saru*, *cabbage ambado*, *cauliflower phodi*. All these are possible because the Portuguese brought chilies, potatoes, tomatoes, cabbage, cauliflower to India in the 16th century from the new world. So, what did our ancestors eat on the banks of the Saraswati River 4000 years ago?

OLDEST CURRY ^{1,2}

Thanks to archeology and chemical analysis, we now have a fair idea of what Saraswat muni ate before the 12-year drought. In 2010, researcher Arunima Kashyap, along with Steve Weber, professor of archeology at Washington State University, applied starch grain analysis to clay potshards at a dig in Farmana, a 2500 BC site fifty miles from Delhi, on the banks of *Drishadvati*. Teeth analysis from an excavated cow jawbone showed turmeric and garlic. With these techniques, they constructed the recipe for the oldest-to-date known curry — eggplant curry with garlic, ginger, turmeric, raw mango, salt, and long pepper (pippal) for spiciness. In addition, starch belonging to millets from grinders, excavated rolling pins, and tandoors suggested that the curry was eaten with bajra rotis. So, how did this simple food evolve into the rich, complex Konkani food of today?

IT'S THE “PHANNA” STUPID!

The art of tempering or *phanna galche* likely developed with Ayurveda from 500BC to 500AD, starting with the Samhitas, which later codified into Ayurvedic texts. Frying in ghee or oil enhances fragrance — aromatic compounds in spices dissolve flavors in oil much better than in water. Tempering also retains the active compounds in spices, delivering vast health benefits. For instance, mustard seeds ease muscle pain, cumin targets acidity, coriander is effective against IBS, and garlic has anti-bacterial properties. *Phanna*

PC: VEENA KAMATH



ALL THINGS
KONKANI



became further refined as Saraswats moved into the Konkan and discovered curry leaves. With *phanna*, Konkani creativity turned a simple coconut gravy into a wide variety of dishes – with onions added for *ambat*, garlic for *koddel*, hing for *humman*, and curry leaves for *ghasi*. With *phanna*, the stir-fry became *upkari*, and the dry boiled or steamed items, *usli*. Even diluted buttermilk became a spicy, tasty concoction — *phanna taak*.

HUMBLE DALITHOY

Dal, a powerhouse of nutrition, considered tridoshic in Ayurveda, is the ubiquitous Indian comfort food. Yajurveda mentions three types of dal — masoor, urad, and mung. Ancient texts describe a special dal served at Chandragupta Maurya's wedding in 303 BC. As Saraswats migrated to the Konkan, they discovered toor dal, which had been widely grown in Maharastra and Karnataka for 3500 years prior. With the combination of toor dal, curry leaves, and later, chilies, and *phanna*, the *dalithoy* we know and love today was born.

SOUTHERN IMPORTS ³

As Saraswats moved into Karnataka and Kerala, *Dosa*, *Idli*, and *Sambhar* were all gradually adopted into Konkani cuisine. *Dosa* is mentioned in Tamil Sangam texts (100-300 AD) as *dosai*, and a recipe for *Dosaka* is provided in “Manasollasa” by the Chalukyan king Somadeva (1130 AD). *Idli* made from only urad dal is called *iddalige* in the Kannada text “Vaddaradhane” by Sivakotyacharya (920 AD), while *idli* made from rice is only mentioned after 1250 AD. Rice *idlis* were, in fact, imported from Indonesia. Cooks accompanying Indonesian Hindu Kings coming in search of brides (800-1200 AD) brought fermentation and steaming methods and their dish Kedli to South India. As usual, Konkani creativity produced delectable modifications such as khotto, pan polo, mushti polo, and *soornali*. Finally, *sambhar*, named after Emperor Sambhaji, came about when royal cooks of the Maratha ruler of Thanjavur made Maharashtrian *amti* and substituted toor dal and tamarind pulp for the missing mung dal and kokum.

As we look at the great American melting pot, it appears that food alone survives after a few generations of integration. And so may be the case with Konkanis and the Konkani food.

1. <http://antiquity.ac.uk/projgall/kashyap326/>
2. <https://www.bbc.com/news/world-asia-india-36415079>
3. Indian Food: A Historical Companion, by K. T. Acharya



Magelya Sambhandhikangelo Parichayu

–Nalini Nadkarni

मगेल्या संबंधिकांगेलो परिचयु

हावं एकि बारा वर्सांची चल्ली,
दोनि भावांनंतर उबजलेली;
म्हुणु जाता मगलं थाँगण,
आनि आपैताति माक्का आम्मण

सुमंतु मगेलो होडु अण्णा
मज्जेर दादागिरी कोर्चि कांयि सॉण्णा;
हेमंतु मगेलो सानु अण्णा
तां माक्का चिडांवचें कायि बंद कर्ना.

मगेलि आम्मा आस्स भो मायस्त
जाल्यारि आनु चिके कोपिष्ट;
आम्मागेलो भावु मगलो मावळो,
स्वभावाने भो बरो, जाल्ल्यारि दिस्सूक चिके सावळो

आम्मागेलि भैणि लील म्हाव,
म्हणता “तुमगेल्या साहाय्याक येवूं गों हांव”
आन्नागेलि भैणि तारक्का
चेष्टेक सून म्हणता माक्का

आन्नागेलो होडु भावु म्हांतु
मग्न आस्ता तागेल्या नात्रांतु;
आनि सानु भावु भास्करू
चॉकलेट दिता म्हुणु चेईवांतु पॉप्युलरू

आम्मागेलि आव्सु आम्माम्मा,
खावंचाक दिता म्हुणु अन्नपूर्णाम्मा;
आम्मागेलो बाप्पुसु आम्माज्जो,
काण्यो सांगता म्हुणु काण्यो आज्जो

आन्नागेलि आव्सु आन्नाम्मा,
जपु कर्ता म्हुणु जपमाळाम्मा;
आन्नागेलो बाप्पुसु आन्नाज्जो,
परवडि शिकैता म्हुणु मास्तर आज्जो

– नलिनी नाडकर्णी



Konkani Culture & Tradition

–Manohar Nayak



A delightful speech by
Shri Manohar Nayak presented
at the Manipal Konkani Sahitya
Sammelan held in 2014.

bit.ly/Manohar-Nayak

Note: This link plays an
audio clip on YouTube.

Manohar moved to Mumbai in 1982 after completing graduation in his native Udupi and has carved a niche for himself as a creative advertising professional.

In 1983, he started his advertising career as an office boy, then became an assistant in various Ad Agencies for the first three years. While at Leo Burnett, he had a springboard for many creative endeavors. Later, he was Creative Director–Indian languages and Operations Director there. He has also served as Consultant Creative Director with Ambience Publicis for 5 years. Additionally, Manohar has been on the panel of writers with the Films Division, Ministry of information, Govt. of India. He is the

current President of the Language Club, Mumbai, and the Chairman of the Art Society of India.

Currently, Manohar is MD, Lingo India P. Ltd. He owns three sound studios called Shankh Sound Studios, said to be Mumbai's most esthetically designed and state-of-the-art.

Manohar believes that every tree is only as strong as its roots, so now he is back in his beloved Tavarumane, Udupi, for good!



Amchigeli Bhaasa

TRACING ITS EVOLUTION

–Shanti Shirali Mhatre

Which is the only language written in five different scripts and the first Asian one to be printed? If you guessed Konkani, read on to discover its evolution, existential struggle, and current trajectory.

EARLY KONKANI²

This developed independently via the Indo-Aryan southern language zone with Sanskrit roots, though influenced by other zonal dialects. Written Konkani initially used the 1stC BCE Brahmi alphabet (deemed the ancestor of most modern Indian alphabets), which was replaced by Goykanadi and Nagari before the current Devanagari version. Ancient inscriptions in varying scripts³ dating from the 2nd CE were discovered in The Konkan (western coastal region). Konkani-speaking people settled here almost two millennia ago, establishing their language, grammar, and literature.

MEDIEVAL KONKANI^{2,4}

The first Portuguese missionaries wrote up Konkani grammars and dictionaries, the earliest for any modern Indo-Aryan languages. “Arte de Lingoa Canarim,” was published in 1640. However, the advancement of Konkani suffered serious setbacks starting in the 14thC with the infiltration of languages of internal and foreign invaders. But worse disruptions came from the Portuguese conquest⁵, persecution, and proselytization of Konkani in Goa.

The 1684 century-spanning royal edict banned their written and spoken language and destroyed their literature and manuscripts to make Portuguese the mandatory and sole language. This led to an exodus of Konkani speakers into other regions like today’s Maharashtra, Karnataka, and Kerala. Combined with expanding sea trade and intermarriage, words

from newly-learned regional languages expanded Konkani vocabulary and dialects. For example, the one spoken by the Konkani Muslims of Bhatkal.

For those who remained in Goa, Christian converts normalized Portuguese. Marathi gained eminence for Hindus — being permitted for priests and sacred Sanskrit scripture translations. The preservation of spoken Konkani, its songs, and lore was confined to homes. Written Konkani endured in the émigrés’ adopted scripts: Kannada, Malayalam, Urdu-Arabic, and Roman, with the oldest preserved literature, the 1556 Romi Konkani printed transliteration of the Ramayana and Mahabharata, discovered centuries later in Portugal.

KONKANI REVIVAL^{4, 5}

Even though the Portuguese ban on Konkani ended by the early 19thC, Konkani remained sidelined^{3,4}. The Christians preferred Portuguese for colonial administration career opportunities. Hindus had depended on Marathi for four centuries, the émigrés had become proficient in their adopted regional languages, and English had become the common language across India. Hence, even in the 1950s, there was lukewarm response to unite Konkani-speaking people and revive Konkani prominence, heritage, and cultural identity. This led to the “Konkani is a dialect-of-Marathi” controversy.

Multiple protests demanding Konkani’s official recognition followed India’s 1961 annexation of Goa from Portugal¹. Finally, in 1975, India’s National Academy of Letters, Sahitya Akademi, confirmed Konkani as an independent and literary Indo-Aryan language, with unchallenged evidence of its ancient and distinctive grammar,



phraseology, extensive vocabulary, and literary legacy. In 1987, Konkani in the Devanagari script became the official language of Goa, and it was added to India's National Language List in 1992.

MODERN ERA ⁶

The previous half-century's broad exodus further into India and globally brought challenges to Konkani's eminence and mainstreaming – with few opportunities to study Konkani in schools or colleges. With the highest number of Konkani speakers, Karnataka recently approved it as an optional third language in schools.

Several organizations emerged to preserve and promote the Konkani language, heritage, arts, and culture e.g. Mangalore's World Konkani Center involving Konkani globally, Mumbai's

Konkani Triveni Kala Sangam, Karnataka's Konkani Sahitya Academy, the Konkani Ekvott in Goa, regional associations like Bangalore's Canara Union, the North American Konkani Association, and Gowda Saraswath Sabha (UK) uniting Konkani across regions.

Let's commit to the continuity and success of our truly unique Amchigele, with its Sanskrit-rooted lexicon, enriched with words from Kannada, Marathi, Persian, Arabic, Turkish, Portuguese, English, and who knows which others in the future!⁵

Footnotes:

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- **The Formation of Konkani:** Dr. S.M. Katre

Shanti Mhatre (nee Shirali) retired after 39 years at Citigroup, her more recent assignments taking her all over the globe. She continues to travel widely, indulging her interests in the Arts, Architecture, and wines and food in the different regions across the world. But Mumbai is still Amgele Mumbai for her, and her parents' and grandfather's reminiscences of old Bombay got her collecting old pre-independence Bombay maps and postcards, the collection now reaching over 300, some from the turn of the late 19thC. Her books on the history and growth of Bombay over 400 years got her interested in writing about the evolution of the Konkani language.



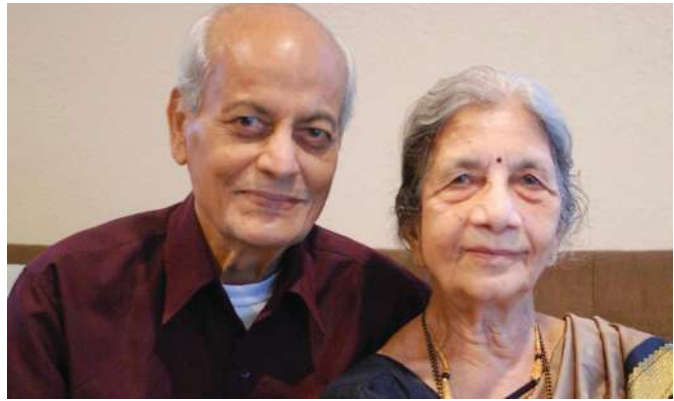
A Fine Konkani Romance

A collection of romantic anecdotes from all ages.

Who said Konkani are an unromantic bunch?

Kala - Vasant

—Ranjana Kulkarni



My mother, Kalavati (Kala), was indeed endowed with artistic talent, as her name implied. She was a topper in her class, proficient in science and languages, and wanted to pursue a college education. However, her aunt advised her parents that a beautiful girl needed to be married off soon and that going to college would increase her expectations and make it difficult to find her a match. My mother told me this was the darkest day of her life. She cried all day, but the elders prevailed. However, she got one concession- she could work outside the home. One day, my father's aunt asked for her hand for her sister's handsome son, Vasant. The boy's party was invited for afternoon tea. Kala devised a plan that would make the boy's family reject her! After work, she took a long route home in the hot sun, hoping she would look so tired and 'ugly' that the boy's family would 'reject' her! Her plan failed

because when she was brought into the room where Vasant's clan was waiting, everyone liked her instantly, and the wedding date was finalized. My aunt, Saru Akka, described the scene to me years later, "Ayyo, Kala honni looked so beautiful, her cheeks flushed pink after walking home in the sun!" I asked my mother why she didn't protest getting married, and she shyly replied, "Because we liked each other as soon as our eyes met!" As the jingle goes, "Just one look, oh, that's all it took!"

Vasant and Kala met every day until their wedding day at restaurants close to their offices without their family's knowledge. After their marriage, they stayed with his joint family. They had little opportunity to even look at each other in the presence of the elders. However, they devised clever ways around this impediment. Kala would bring snacks and tea for everyone and



could steal glances at her husband while serving him! The women would eat after the men had eaten, and sometimes some snacks might run out. Vasant would take extra items of Kala's favorite snacks and leave them on his plate for her to take when the women sat down to eat! Soon they had their own place. I would watch my mother wait on the veranda for

my father to come home from work each day. As he entered the building gate, she would rush to the kitchen and be ready to serve him tea and snacks.

Romance takes on a different form in each era, but the spark in their eyes was the real thing for me. Love you both, dear Aai and Papa.

Shanti - Bhalchandra

—Mangala Madiman

Young Shanti accompanied her aunt and uncle, visiting her future in-laws. She was nervous. The marriage proposal had been made after her future father-in-law saw Shanti dance at a variety program where he was Chief Guest. Shanti's confidence and personality had impressed him. In addition, her future father-in-law was fulfilling his promise to Shanti's late father, who was a close friend of his. He had promised he would make one of his six daughters his daughter-in-law!

Shanti was an intelligent and diligent child. The dream that she and her father had always shared was for Shanti to continue on to higher studies. However, when this proposal came, their relatives convinced Shanti to marry into this prestigious and good family as it would be a boon for Shanti and a relief for her bereft mother with five other daughters at home.

Bhalchandra, the boy she was engaged to, had only seen her in a photograph and was naturally very eager to see his future wife. (Seeing your wife before marriage was a no-no in those days!) However, seeing her little brother's eagerness, his older sister played Cupid. There was a cabinet in the living room with a large mirror in the door. She had Shanti sit



on a sofa such that her image would be reflected in the large mirror when its door was angled just right. Bhalchandra could see her reflection in the other room without the adults having a clue.

The couple, Shanti and Bhalchandra, are my parents! Romance has existed from time immemorial, but the way of expressing it keeps changing. No matter how one says it, we surely all agree that romance is a mixture of excitement, a touch of mystery, and something to express in everyday life! Today's generation may not be aware, but despite arranged marriages in those days, married life was full of romance, snatched in moments like this one. It was charming in its own way — a friend keeping his promise, a proposal based on a spontaneous and strong conviction, and the creative help of the doting sister. All of it is romantic in the true sense.



Shanta - Ramesh

-Shanta Gangolli



I've been thinking about my meeting Ramesh when we were just sixteen. This was in 1951 when things were very different. I had just entered college, and Ramesh was a year senior to me. I was planning to take math as one of my electives, and since Ramesh had just passed his first year of college with math, I decided to get his used textbooks. That was our first meeting. Even though we both lived in Anandashram, a Konkani housing society in Mumbai, we did not speak to each other.

In those days, boys and girls did not mix or talk to each other. After our first meeting, we got interested in each other. As a math student, I always found some problems that I could not understand (or tried not to understand). This gave me an opportunity to go ask him for an explanation. I am not sure whether he felt obliged to help me or he too wanted a reason to see me. Soon these math-related meetings became more frequent. We started seeing each other at lunchtime in college. We were always under the impression that no one else knew about us. But it is like a cat drinking milk with her eyes closed! Soon

many of our friends started teasing us, and a year later, our parents found out. In those days, a girl's parents worried about the bad name a girl would get by going out with a boy she was not engaged to. So they tried hard to keep me from being a "bad girl." But as you see, they did not succeed, and when we were both nineteen, we decided to tell our parents that we wanted to get engaged. Ramesh was already looking at scholarships to go to Cambridge, England. So with the blessings of both parents, we announced our engagement. Ramesh did leave for Cambridge soon after, and we waited until he returned to get married in 1958. So far, our marriage has lasted for 62 years in spite of many arguments and one-upmanship.

We still argue about who proposed first. (I think he did).

Shanta Gangolli passed away on
November 21, 2019 at age 84.



Chitra - Zakir

-Chitra Parpia



In July 1977, after a hush-hush registered marriage, we hosted a wedding reception a month later. When my uncle received the invitation, he said, “ayyayo, Chitra konke naitheya vottu vardik kelen kein ani receptiona Kuh appelan.” My aunt called out from inside, “ayyo deva, vaiveh? Konuh konuh?” “Konki Parpia khain” “Toh veh championu courtari?” She asked as she emerged from the kitchen. “Lawyer nahi goh” “toh nah, hageluh navunh Zakir.” My aunt replied, “kahin hoodnahi” A ki Z, thechi family dista. Love puhlen dista! Jalle naven, kornuh ghetalen! Aatunh amaka appyilan ani dhairyan rabochi ashirwadh divyan. Aasoh! Teeka saan dhornu pallelan, umedh ani uri maasteh, vochaan!”

In English:

My uncle said, “ayyyyooo, Chitra married some Muslim, and now we’re invited to the reception. “My aunt replied, “Ayyo Deva! Really? Who? Who? Wait, I’m coming out. Uncle said, “Parpia.” “Oh, him! He’s the champ on the court,” referring to my husband’s cousin, a famous tennis champion. Uncle said, “Not him, this guy’s name is Zakir.” Aunt, “It doesn’t matter! A or Z, it must be the same family. They must have fallen in love. What’s done is done! Now that we’re invited, we need to bless them. Never mind, let it be. I’ve seen her as a young girl, always eager and curious. Let’s go!

My family came around to my marriage in this fashion, and now my husband and I have been happily married for 45 years!



Neena - Amisha



Love Has No Barriers. I met Amisha in 2001 after she moved back to Chicago after living in the Bay Area for many years. We had a fast and easy friendship with a strong connection — we had so much in common. We laughed hard together, shared a passion for social justice, and had shared experiences growing up in our families. For years, we supported each other in the ups and downs of our lives.

Our story is rooted in the power and luck of timing when it comes to love. In 2014, we were both single for the first time in our friendship.

One night in April 2014, Amisha performed some stand-up comedy for a fundraiser, and I felt butterflies looking at her. After years of being friends, I was so nervous to tell Amisha that I had feelings for her! After hanging out together with another close friend, we had a great night laughing and playing pool together. At one point, Amisha mentioned that she was having a hard time sleeping. She had recently broken up with the person she was dating. I was worried about her — I didn't like

her heart hurting. So, after I got home, around 2:30 AM, I texted to tell her she could talk to me about anything and that I was there for her.

To my shock, about 10 minutes later, my phone rang. It was Amisha! "Hello? Are you ok? What's going on?" I bombarded her with questions.

"Shush!" she said. "Shush! Give me a second!" I grew silent and waited. "I have something to tell you. But I'm debating telling you," she said.

My stomach started doing flips. As soon as she said that, I knew. Carefully, I tried to stay calm, but my voice shook when I said, "You can tell me anything." Long pause. Finally: "I have all these feelings for you," said Amisha.

And with those words, spoken on April 20th, 2014, I began the relationship of my life with my best friend, Amisha.



FEATURED

Saraswat Jewelry — A Snapshot

Bailanu, chalyanu aykayati. Did you know that our Konkani traditions are reflected not just in our food, festivals, rituals, and language but also in our jewelry? Some of those unique ornaments, locked away in the bank — possibly more than a century old — were likely handed down by mothers, grandmothers, and even a great grandmother.

—Shanti Mhatre

Saraswats, or Konkanis, have a long tradition of endowing their daughters and daughters-in-law with jewelry handed down over several generations. Many of these pieces were distinctive to their communities and crafted by skilled Konkani goldsmiths. The gold was usually 22 or 24- Karat. Its value is measured not by the price of gold which could fluctuate, but by tola weight. 1 tola = 11.66 grams; a unit of measure that may still be used in some regions. The gifting of jewelry started as *deen* — dowry or *stree dhun* — a bride's wealth. As enlightened families shunned the concept of dowry, it evolved into a valuable gift.

Bridal jewelry considered obligatory is the **Mangalsutra** (also called *Dharemani* or *Chiput*. This necklace of coral,

PC: SWARNA JEWELERS - UDUPI - MANGALORE



ALL THINGS
KONKANI



gold, and black beads identifies a woman as married. The **Kutka**, pearl or diamond flower-shaped earrings, and **Kannkan**, bangles that could be plain gold or the glass beaded *Pirdukai*.

These three items were gifted by the bride's parents to be worn into the *mandap*.

The **Kashitali** — a coral and octagonal gold beaded necklace with a distinctive diamond-shaped *tali* (pendant) would be gifted by the mother-in-law. This was placed on the bride by the groom at the end of the wedding ceremony. Depending on both families' wealth and social status, the bride could be showered with additional traditional and intricate ornaments for the neck, wrists, upper arms, and even hair.

After this point, the jewelry belonged to the woman; it was her wealth to control and dispense of. Sadly, however, in times of family need or hardship, she may have been expected to sell all or part of her trove, often bought by wealthier relatives or friends. Selling

jewelry would often invite sympathetic whispers from family members. “Paapa, tigelé bhangaar vikkaa laglé,” as it suggested the depth of adversity.

The style and craftsmanship of Konkani jewelry have not remained the same over the years. Maharashtrian, Kannadiga, Rajasthani, Western, and Bollywood influences have all influenced newer designs. In addition, the skyrocketing gold price and the increasing difficulty of finding skilled traditional goldsmiths have directly impacted the shapes, sizes, and quantity of gold and gems of each piece.

So ladies, go raid your bank lockers every so often, find an occasion to wear those gorgeous heirlooms with pride and community spirit and encourage your daughters to do so. Document their provenance and any anecdotes you remember. Safeguard them for your children just as your family matriarchs treasured and preserved them for you.

VARIED EXAMPLES OF SARASWAT JEWELRY

NECKLACES:

Zaudpaud. *Zaud* means a pair and *paud*, a strand. This necklace depicts the married couple with a pair each of different fruits and vegetables. It has a black bead at each end and may be worn by the married woman in place of the “chiput” or “mangalsutra.”

Campaa Kanthi. A necklace of faceted or rounded dark pink or reddish stones. While the name implies rubies, naturally colored sapphires were also used.

Misrémaal. A necklace of gold coins, *misré*, often etched with the Goddess Laxmi on one side.

Appé Saru. A string of beaten gold beads named after *appé*, round rice balls.

Hattikuttu: In Kannada, “woven on cotton.” Here, an entire necklace of beads and gold pieces is intricately woven onto a cotton backing that is typically red. Today, a goldsmith with the intricate craftsmanship needed for repairs may be challenging to find.

Mohanmaal. Either a single or multiple-stranded necklace of carved gold beads.

BANGLES:

Todé. Heavy bangles of varying designs.

Kuykut. Coral is woven on gold. *Kuy* in Kannada means hand and *Kutt* woven, often accompanying the *Kashitaali*.

Patliyo. Faceted gold bangles.

Baazubandh. A gold band is sometimes adorned with gems to be worn on the upper arm.

Peel. Meaning twisted, typically with knobs at the end providing a little flexibility.

HAIR ADORNMENT

Phool. A flower. This piece represents any design worn in the hair, though it is typically made of gold with pearls or gems.



PC: SHWETA SHENOY



MANGALSUTRA



KUTKA



KANNKAN



KASHITALI



ZAUDPAUD



CAMPAA KANTHI

PC: GUJJADI SWARNA JEWELLERS



MISRÉMAAL



APPÉ SARU



HATTIKUTTU



MOHANMAAL



TODÉ



KUYKUT



PATLIYO



BAAZUBANDH



PEEL



PHOOL



Shanti Mhatre (nee Shirali) originally from Mumbai, lives in Hastings-on-Hudson, NY and retains strong links with her Saraswat heritage. Her jewelry collection includes multigenerational heirlooms of which she considers herself merely a custodian for the next generation —her daughter Nayantara, for whom she has documented the provenance and various anecdotes that go with the jewelry.

The author thanks — Jaya Nagarkatti, Sadhana and Vibha Kamat, Mithila Nagarkatti, Shubha Kasbekar, Shyamala Joshi (nee Madiman), Nayantara Mhatre, and Kanta Rajkumar (nee Mugve) for sharing pictures of their jewelry.

The Utsav team thanks — Pramila Nettar, Uma Hoskote, and Shaila Nayak for help and enthusiasm, and for letting us take photos of your precious heirlooms!



Coming Out To A New Reality

–Nikhil Aziz

Excerpt; read original article here: bit.ly/Nikhil-Aziz

I never felt I was out as a gay man until I came out to my parents, Shaila and Suresh Hemmady, even though I'd been out much longer to myself and many friends. I had been going to gay clubs and been part of gay groups in the US, where I've lived since 1986. After coming out to Amma when she was visiting the US, I came out to Annu in 1998, over the phone. He was in Bombay. I was in Denver, Colorado. The first thing he said to me was: "I'm proud that you've decided to not live a lie." The very next thing he said was: "I wish you'd never told me."

Those seemingly conflicting responses might sound strange to some, but to me, it was who Annu was. In public, he was bold, frank, extroverted, social, a captain of industry, a leader in his multiple communities. In private, he was a family man, a benevolent patriarch who preferred to avoid conflict, often shutting down when we disagreed.

Annu was liberal in many ways, and Amma is even more liberal. But, like most parents living in India and leading very public lives, they had to contend with the society they lived in. While they treated my sister and me equally and gave us the same opportunities, having a gay child wasn't something they'd ever expected and, I daresay, wished for. I wanted to give him time to accept this new normal. Annu's initial preference for me to not tell the larger family changed, and he told all his family himself; Amma covered her side of the family.

And that was just the beginning. Over time, Annu quietly donated to Indian LGBTI organizations fighting for human rights. He donated anonymously not because he didn't want to be outed as the father of a gay son, but because he felt it was about the cause, not about him. But when he needed to be out, he was more than willing.

Annu and Amma were the first parents to join the fight to repeal Section 377 of the Indian Penal Code, a relic of the colonial era that criminalized consensual sex between same-sex adults. They were joined by my cousin Chitra Palekar, whose daughter is gay.



The Supreme Court judgment on September 6, 2018 striking down 377 as unconstitutional was a bittersweet moment for me, as Annu was not there to join in the celebrations. He passed away on July 9, 2017, a year to the date the Supreme Court heard the petition that now bore only Amma's signature. But he would have been proud, not only of me, but of the Supreme Court and of all those who fight daily for human rights, justice, and equality. And I am proud of Annu and Amma for being there for me.



Nikhil Aziz is director of the Land and Water Rights & Climate Justice program at American Jewish World Service in New York. Before joining AJWS, he was executive director of Grassroots International, which funded social movements for resource rights in the Global South and did advocacy in the United States. Previously, Nikhil was associate director at Political Research Associates, which studied the right-wing for the progressive movement. He continues to speak, teach and write on human rights, international development, and social change. Nikhil serves on the board of Greenpeace International. When not working, among other things, he loves cooking, especially Amchi food in traditional cookware like Khadyekuli.

AN AWARD-WINNING KONKANI FILM

BY KASARGOD CHINNA

bit.ly/Ujwadu



Ujwadu is a 2011 Konkani film directed by Kasargod Chinna and produced by KJ Dhananjaya and Anuradha Padiyar. It's the third film ever made in the GSB Konkani language. It attempts to showcase Konkani Saraswat tradition and culture. Released 14 October 2011, and with music by V Manohar, the film stars Shivadhwaj, Neethu, Sadashiv Brahmar, Human Right Activist Prameela Nesargi, Dr. Ananth Prabhu, Sandhya Pai, and Umashree. Ujwadu movie was nominated for the Best Regional Film award of the Indian state of Karnataka. The award was presented at the annual Karnataka State Film Awards.



MANOHAR NAYAK *presents*

Mogāre kaLo



Mogāre kaLo, (jasmine bud) is a Konkani song specially written for Manohar Nayak's daughter Panchami's wedding. "Mog" (immense love) is the theme of the wedding, but they tried to depict every traditional ritual of a typical GSB wedding.

bit.ly/Mogare-Kalo



Mog, A Konkani Lullaby

Sung by Mahalaxmi Shenoy

Lyrics by Manohar Nayak

Music by Chandresh Kudva

Supervision by Prashanth Nayak

Recorded at Shankh studio, Mumbai

Sound recording by Jovis Mosedo

bit.ly/Mog-Lullaby





Bay Area'Ché Kaakmaam and Goobiakka

A Most Konkani Bedtime Story

–Shaila Nayak

Long ago in Saan Jose, there lived a mean, lazy crow called Kaakmaam and a friendly, hardworking sparrow named Goobbiakka. They each had two children. During Fall, long before it turned cold and snowy, GoobbiAkka built a home of wax taken from candle drippings. Her little ones, Lilly and Pilly, were great helpers. Together, they built a sturdy and comfy home.

But lazy Kaakmaam built his home just by tossing a heap of leaves in the corner of a branch. Then he goofed around flying over Chinatown in San Francisco, swooping under the Golden Gate Bridge, and flapping over Napa Valley with his little ones, Goondoo and Poondoo. *Caw Caw! Haava smartu, GoobbiAkka peddhi*, he hummed.

Then came Winter!

On a blustery morning, Kaakmaam awoke to the whoosh-whooshing of the wind and the pitter-patter of raindrops. It soon turned into a storm and washed away little Goondoo and Poondoo, along with their home built of soggy leaves. Kaakmaam was sad and soaking wet. He hopped from one home to the next in his neighborhood, cawing. Please *baggila kaadi, baggila kaadi!*

A tired, cold, and hungry Kaakmaam perched outside Goobbiakka's house and tapped on the door. Goobbiakka, Goobbiakka, *door open kaari!*

GoobbiAkka chirped in her sweet voice, *tweet, tweet, who's there?*

Haav goh, your friend, Kaakmaam. My Goondoo and Poondoo, were washed away by the rain along with our home. I have nowhere to go, please let me in!

Oh no! Please wait. I'm busy feeding Lilly and Pilly, she replied.

Ten minutes went by. Shivering, Kaakmaam knocked once again. *Goobbiakka door open kaari!*

Be patient, Kaakmaam! I'm bathing Lilly and Pilly, she replied in her calm voice. Another five minutes passed, and Kaakmaam tapped once more, cawing in distress. *Goobbiakka, door open kaari!*



Nearly there! I'm tucking the babies in bed, was her reply.

Finally, she opened the door, and Kaakmaam hopped inside. After a hot shower and a warm dinner of dhalithoy and sheetha, Kaakmaam was ready for bed. Goobiakka asked him to sleep in the family room.

Kaakmaam replied in horror! *But what if the furniture fell on me?*

Then find a place to sleep in the kitchen, she said.

But I'm scared of the darkness, Kaakmaam whined. Kind and unsuspecting Goobiakka let Kaakmaam sleep in Lilly and Pilly's cozy room for the night.

All was quiet for a while. Then, in the middle of the night, Goobiakka heard something go crunch, crunch.

What's that noise, Kaakmaam? she asked.

Nothing goh, I was munching on some peanuts, he replied.

The following day, when Goobiakka went into Lilly and Pilly's room, she discovered the horrible truth! During the night, the mean Kaakmaam had gobbled them up!

Clever, brave Goobiakka! She made a tall cup of boiling hot cocoa and mixed in some bitter juice. Greedy Kaakmaam gulped down the drink. He soon began cawing and throwing up, and out came Lilly and Pilly, slimy, but safe.

A scared Kaakmaam zoomed away, and boy, oh boy, what joy! Goondoo and Poondoo flew up right beside him.

A relieved Goobiakka gave Lilly and Pilly a big hug and a good scrub. After that, she never invited evil Kaakmaam into her home again!

The end.

Shailaja Nayak is a former educator from sunny California. She loved telling the original Konkani version of Kaakmaam and Goobbachhiakka story to her two children when they were young. Shaila modified the original story to appeal to the present generation of Konkani kids. Gardening, cooking, and spending time with the family's Golden Retriever, are a few of her interests.



A-Z

Build your *Konkani Vocabulary*

–Shaila Nayak

Do you know what these words mean?

ADDoLi	A sit-down cutting board
Baski	Sit-ups
ChippuTa	A small spoon mostly used during pooja
Dhivli	A small flame lamp that uses oil and cotton wicks
EeroLu	Ice apple
Fulaavar	Cauliflower
GooD-goo-doo	Thunder
Hitthala	Backyard
IngaLo	Charcoal
JibLi	A small piece of roof-tile used for playing games such as hopscotch
Kachkuli	Tickle
LokkanD	Iron
MiLLi	A small cup or container used for liquids
Narla SoaNh	The outer fibrous covering of a coconut
OkkuL	A Konkani version of the festival Holi played during KoDial Teru
PittaLi	Brass
QaTara	An enormous stockpot used for cooking during weddings
RannipeD	Fireplace for cooking food
She'tha	A harvested stalk of paddy with grains of rice on it
Tapila	A small container that is used to pour water on oneself while bathing
UppaT	A traditional Konkani curry mostly made with fish
Vintsuh	Scorpion
Wonki	Vomit
Xacut	A Goan Konkani Chicken recipe
Yembo	One kind of an insect
Zarlo	Cockroach



Every Konkani mom in a restaurant—
“Chhe! Yhe makka gharkade korcha jattha!”

Konkani saying —
If life gives you lemons,
save them for khola lonche!

“Pathrado”
is our
Sushi!

Whether cooking or
gossiping, we Konkani
have mastered the art of
“Phanna Ghalche!”

A Konkani tea stall in China
would be called—
“Phoonkoon Phoonkon Pee”



Konkani Test Kitchen

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KONKANI TEST KITCHEN

Welcome! *NoNchenthulo Bhattu! JhaLkya Majjara! Limbiyo PiLchen!* The Konkani passion for cooking appears even in our funny proverbs. We couldn't possibly publish our souvenir magazine without sharing our most prized recipes.

YOUR TIME IS PRECIOUS!

Why "Test Kitchen?" We tested each recipe meticulously, so you're sure to succeed on the first attempt! In addition to submissions by our readers, I've curated exciting recipes that are sure to tickle your taste buds. We take you back in time with some nearly-forgotten recipes, land on our current obsessions with the Instant Pot and air fryer recipes, and present young Konkani with easy, delicious, and convenient menus. There's something for everyone, be sure to try them all!

-Shaila Nayak, Food Editor
sha12na34@gmail.com



Shaila conducting a recipe testing session.



A waltz down memory lane

In search of little-known Konkani gastronomic delights.

–Shaila Nayak

Airawat, KaNya Hindri, Dudiya Kadamb, Kannga MergoLa! Dive into these little-known Konkani gastronomic delights. I promise they will jog nostalgic memories for you!

AIRAWAT

This simple sweet, sour, and spicy delicacy is probably named for Indra's mythical white elephant because of its heavenly taste. It will surely tantalize your taste buds. A few years ago, I had the opportunity to taste this dish and learn how to prepare it while attending a celebration at a temple in Goa. You can serve it as a side dish at lunch or dinner.

Recipe:

- Soak ¼ cup tamarind and ⅓ cup dates in just enough water for 1–2 hours.
- Grind this along with 5–6 roasted red chilies, 2 Tbs crushed jaggery, 1 Tbs roasted hurikadalai, ½ inch piece of ginger, 2 Tbs chopped coriander leaves, and salt into a smooth thick paste.
- In hot oil, make a seasoning of mustard seeds, asafoetida, and curry leaves and add it to the Airawat.

KANYA HINDRI

This sweet dessert is offered as neyvedhya to Tulsidevi during Tulsi pooja, celebrated in the month of Karthik as per the Hindu calendar. I remember tasting it when it was prepared by my grandmother during Tulsi Pooja many years ago. While I don't know what the word "Hindri" means, I believe that the term "KaNya" probably refers to the coarsely powdered rice/poha/laayi, an ingredient used in this recipe.

Recipe:

- Roast 1 cup thin poha/laayi (popped paddy) on low heat until crisp. Cool, then powder coarsely.
- Coarsely powder ¼ cup cashews and fry until light brown with a bit of ghee.
- On medium heat, prepare a syrup that can be drawn into long strings using 1 ½ cup powdered jaggery and ½ cup water.



- Add 1 cup of finely grated coconut and stir until the mixture is dry.
- Add the powdered poha, cashews, and some powdered cardamom seeds. Stir well and turn off the heat.
- Fill this mixture in small greased idli katoris and press down the mixture lightly using fingers. Flip the katoris on a wooden board using a little force to dislodge the hindris.

DUDIYA KADAMB

This healthy steamed pumpkin snack is usually served at evening tea time. I am not sure where it got its name from. However, this dish originated in the North Kanara district of Karnataka, which was ruled by the Kadamba Dynasty in ancient India.

Recipe:

- Roast $\frac{3}{4}$ cup wheat rawa/rice rawa on low heat, and cool.
- Add 1 cup grated coconut, 1 cup grated pumpkin, $\frac{1}{2}$ cup powdered jaggery, $\frac{1}{2}$ tsp cardamom powder, and mix well.
- Divide the mixture equally between 6 “x6” size pieces of banana leaves.
- Shape the pumpkin mixture into cylinders on the banana leaves.
- Enclose the filling by folding and sealing the leaf before placing it in a hot steamer. Cook for 20 – 30 minutes till the Kadambas are cooked through.
- Cool slightly, discard the banana leaves, and serve with ghee.

KANNGA MERGOLA

This is the spicy version of MergoLa served with rice. There is also a sweet version that is eaten as a dessert. I do not know the origin of this dish; I tasted it at a friend's house in Mangalore.

Recipe:

- Cook 1 cup cubed sweet potatoes in a bit of water.
- Add $\frac{2}{3}$ cup chopped tomatoes, 2–3 slit green chilies, salt, and cook on low heat.
- Add 1-cup coconut milk and 1 tsp sugar and allow it to come to a boil, and then remove from heat.
- Add a seasoning of mustard seeds, 2 cloves crushed, and a $\frac{1}{2}$ inch piece of cinnamon crushed in some ghee.





Chicken!

Three Ways

-Utsav team

These recipes are family favorites, chosen especially for our young adults. They come together quickly and taste phenomenal. You'll find all the ingredients at a Whole Foods; the prep and cleanup are minimal. So don't wait to try!

CAL-MEX CHICKEN

-Vidya Nayak

This recipe produces exceptionally tender and flavorful chicken that shreds quickly. Use it to top tacos, salads, tostadas, mix with cooked rice, fill burritos, or bake in enchiladas. (Recipe for enchiladas follows.)

Ingredients:

- 1-can Frontera Sauce. Red or green.
- 1.5 lbs. chicken thighs.
- Additional: Tortillas, shredded Mexican cheese, sour cream, salsa, and guac.

Method:

1. Rinse and pat dry the chicken.
2. Add to the inner container of the Instant Pot®.
3. Add the entire can of Frontera Sauce and mix with the chicken (or keep ¼ cup aside to top enchiladas).
4. Secure the Instant Pot lid and press the "Chicken" setting. That's it!
5. Let the pressure release naturally.
6. Remove chicken to a chopping board and shred using two forks.

For the Enchiladas—

1. Warm tortillas for a few seconds on either side in a heated pan.
2. Layer each tortilla with grated cheese, shredded chicken, and roll.
3. Place seam-side down on a baking tray and top with a bit of Frontera sauce and some cheese.
4. Bake for 10–15 mins at 350° F.

Serve with your favorite fixings such as sour cream, cheese, salsa, guac., etc.



SPICY ASIAN CHICKEN WITH ROASTED VEGETABLES

-Shaila Nayak

Try this delicious, recipe when you're craving a spicy, Asian-flavored chicken meal. The vegetables make it colorful, crunchy, and wholesome!

Ingredients:

- ¼-cup soy sauce.
- ¼-cup honey.
- 2-Tbs rice vinegar.
- 1-tsp sesame oil.
- 3-tsp Sriracha/hot sauce.
- 5-garlic cloves minced/2-tsp garlic powder.
- 1-pound boneless chicken breasts (2 half breasts), clean and prick all over with a fork.
- ½-cup water.
- 1-tsp cornstarch.
- 1-large onion, cut into large chunks.
- 2-medium zucchini squash, cut into large chunks.
- 1-each red and yellow bell peppers, cut lengthwise into thick slices.
- A handful of French beans/snap peas, strings removed.
- 4-baby bok choy, separated into sections.
- 1-tsp oil.
- Optional: 1-Tbs toasted sesame seeds/slivered toasted almonds.

Method:

1. Preheat oven to 400-degree F.
 2. In a bowl mix together the first six ingredients.
 3. Pour ¼ cup of this sauce over the chicken. This can be done just before cooking or a day prior and kept in the refrigerator.
 4. Pour the remainder of the sauce in a saucepan, add water and bring it to a boil on medium heat.
 5. In a small cup combine the cornstarch with 1-tsp of water till well dissolved.
 6. Add this to the saucepan and keep stirring till the sauce thickens, then turn off heat.
 7. Line a baking sheet with parchment paper and place the chicken in the center. Pour the marinade over the chicken.
 8. Arrange all the veggies except for the bok choy around the chicken. Drizzle oil over the veggies.
 9. Bake for 20 minutes. Remove sheet from oven. Toss the veggies, top with the bok choy, and drizzle a few tablespoons of the prepared sauce over the veggies. Return the sheet back to the oven for 10-15 minutes.
 10. Slice the chicken, drizzle more sauce on the chicken and veggies and sprinkle with toasted sesame seeds or almond slivers prior to serving.
- Enjoy with brown rice or cauliflower rice.



BUTTER CHICKEN

-Uma Hoskote

Don't be alarmed by the number of ingredients — you'll find them in the spice aisle at Whole Foods. The trick is to keep all ingredients measured and ready before starting cooking!

Ingredients:

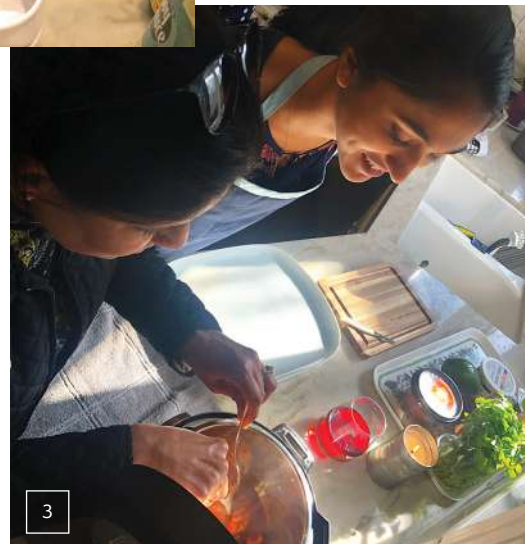
- 1 lb. cooked chopped chicken pieces. Either defrosted from frozen or cut from a freshly roasted rotisserie.
- 1-can tomato sauce.
- 2-Tbs butter.
- 4-Tbs onion powder or minced onion flakes.
- 1-tsp garlic powder.
- 1-tsp ginger powder.
- $\frac{3}{4}$ -tsp cardamom powder.
- $\frac{1}{2}$ -tsp cayenne or chilli powder.
- $\frac{1}{2}$ -1 tsp turmeric powder.
- $\frac{1}{2}$ -tsp coriander powder.
- $\frac{1}{2}$ -tsp cumin powder.
- 1 individual child's serving of applesauce or 3-tablespoons from a jar.
- Salt to taste.
- 1 tsp honey or sugar.
- Optional: 2-Tbs cream, 1-tsp Kasuri methi powder (dried fenugreek powder available on Amazon).

Method:

1. Heat butter in a heavy-bottomed pan on low-medium heat. Add the onion powder (or minced flakes) and stir for 30 seconds taking care not to burn it.
2. Quickly add the garlic and ginger powders and stir for 10 seconds.
3. Immediately, add the tomato sauce, cardamom, cayenne, turmeric, coriander, and cumin powders. Add salt to taste and honey or sugar. Stir for 30 seconds.
4. Add the chopped chicken, stir. Cover with a lid, set the heat to low and let simmer for 10 mins.
5. Open the lid and add the applesauce. If using Kasuri methi, lightly crush between your palms to release fragrance and add it to the pot.
6. Turn off the heat and top with a swirl of cream before serving.
7. Enjoy with naan, white, brown, or cauliflower rice.



- 1 CAL-MEX CHICKEN ENCHILADAS
- 2 SPICY ASIAN CHICKEN WITH ROASTED VEGETABLES
- 3 RECIPE TESTING IN PROGRESS!



CHOCOLATE MUG CAKE

-Vidya Nayak. Courtesy The Food Network

While not chicken-based, try this perfect recipe for a bit of cake to satisfy your chocolate cravings. Servings: 1

Ingredients:

- 3-Tbs all-purpose flour
- 3-Tbs sugar
- 2-Tbs cocoa powder
- 1/4-tsp baking powder
- Pinch of salt, optional
- 3-Tbs milk
- 3-Tbs vegetable oil
- Splash vanilla extract, optional
- 3-Tbs chocolate chips
- Additionally: A 12-ounce microwave-safe ceramic mug and a microwave oven.

Method:

1. Put the flour, sugar, cocoa powder, baking powder and salt, if using, in a 12-ounce microwave-safe ceramic mug.
2. Blend thoroughly with a fork. Add the milk, vegetable oil and vanilla, if using, and blend until smooth. Stir in the chocolate chips.
3. Microwave on high for 90 secs.
4. Let cool for a few minutes and enjoy it with a dollop of ice cream.



Konkani Coconut & Chilli Chicken Fry

–Archana Gokarn

And now, we feature a chicken dish steeped in flavors of the Konkani. Picture yourself on a Sunday afternoon enjoying a thali with fluffy rice, chapatis, kosambari, a glass of sol kadi, and this lovingly-prepared *Konkani Chicken Fry*.

Ingredients:

- 2-lbs chicken pieces (boneless, skinless)
- ¼-cup curry leaves
- 4 green chilies slit
- ¼-cup coconut oil
- Onion rings cut from 2 small onions

For Coconut Chilli crust:

- 1-cup fresh grated coconut and ½-tsp Kashmiri chilli powder toasted with a few drops of coconut oil

For the marinade, grind together:

- 2-Tbsp coconut oil
- 1 ½ -Tbsp Kashmiri chilli powder
- 1-tsp roasted Peppercorns
- 1-small onion
- ½-tsp turmeric powder
- 1 ½-tsp roasted fennel seeds
- ½-tsp any garam masala
- 2-Tbsp ginger garlic paste
- 25 curry leaves
- 3 green chilies
- Juice of one lemon
- Salt to taste

Method:

1. Marinate the chicken in the marinade paste for a minimum of 30 mins or more.
2. Then cook the chicken with its marinade on medium heat till it is cooked almost 80%.
3. In a separate kadhai, heat the coconut oil. Add curry leaves and green chilies and fry until crisp.
4. Add the onions and saute till translucent. Drain and keep aside.
5. Add the hot oil to the chicken pieces, stir fry on medium heat, and cook until the chicken is done.
6. Just before serving, toss in the toasty chili coconut. Next, sprinkle fried curry leaves, green chilies, and onion rings.
7. Mix well till the chicken pieces are covered with this coconut garnish.
8. Serve hot as an appetizer, in a naan wrap, or a Malabar paratha. Enjoy!



Batata Saung

Veg & Non-veg Versions!

–Neela Balsekar, Mumbai

Create everyone's favorite dish in two ways to suit all palates. A classic in the Saraswat Amchi cuisine, Batata Saung is a simple quick-fix recipe. This potato dish combines spicy and sour flavors and is an excellent addition to every meal. Best eaten with hot *varan sheet* or fresh chapatis!

Neela Balsekar is a BSc in Microbiology. She is an award-winning author with several novels & stories to her credit. She was one of the translators of the English edition of the iconic *Rasachandrika*. For the last 75 years, this Saraswat culinary recipe book has been presented by every Saraswat mother to her child at the time of marriage. Neela, age 82, is well known for her delicious and authentic food preparations.

Watch on "Amchi Cooking with Amma,"
Youtube Channel by Neela Balsekar.
bit.ly/Batata-Saung



Konkani Delicacies *for the* American Kitchen

–Shaila Nayak

I vividly remember how excited I was to buy my first *poLLay kaaile*, *appeY kaaile*, and *paNNa doulo*, some thirty years ago in India before departing for the U.S. I love cooking, and experimenting with new recipes has always been a source of joy.



VASTAD ROTTI

This pan-fried Vastad Rotti is a healthy take on its deep-fried counterpart, the Konkani Mangalore Buns. “Vastad” in Hindi or Marathi language translates to Master. So does this mean this rotti is the “Master” of all Rottis? You decide! I relished this Rotti at a Konkani friend’s house in Mangalore for the first time. Ever since, I’ve cooked them a few times in my Konkani American Kitchen.

Recipe:

1. Mix ½ cup ripe mashed bananas, 1 tbsp powdered sugar, ½ tsp coarsely ground cumin, ½ tsp coarsely ground black pepper, ¼ tsp baking soda, ¼ cup plain yogurt, and salt to taste.
2. Add ¼ cup besan and about 1 1/2 cups or more of multigrain flour and bind into a ball of dough.
3. Brush the ball of dough with ½ tbsp oil. Cover and rest it overnight.
4. Divide the dough into equal-sized balls and roll each into thick small paratha-like discs dusting with some wheat flour.
5. Pan-fry the discs on both sides on low heat till cooked through, drizzling a little ghee.

Serve at breakfast or brunch with the all-time favorite Konkani staple, Dalithoy.

ASSORTED BAKED VEGETABLE PHODIS

Phodis are a favorite Konkani deep-fried side dish, sometimes offered as neyveidhya and served at lunch after a pooja, a celebration, or a simple family meal. I have created a baked version in my Konkani American Kitchen that uses minimal oil and includes Ragi flour and Besan instead of Rice flour as a guilt-free alternative.

Recipe:

1. Choose one, or more vegetables such as zucchini, chayote squash, potato, radish, yam, bitter gourd, sweet potato, raw cooking bananas, or butternut squash
2. Peel the vegetables and cut them into thick slices.
3. Sprinkle them with red chili powder, asafoetida powder, salt, and let the vegetables rest for 10 – 15 minutes.
4. Sprinkle equal quantities of Ragi flour and Besan on the marinated vegetables and toss to coat well.
5. Place the vegetable slices in a single layer on a greased baking sheet.
6. Drizzle a little oil on top of the pieces, and bake them in a preheated 450 degrees Fahrenheit oven till browned on both sides.



OATMEAL KHEEREE

Varieties of Kheerees such as Pohvaa Kheeree, Govaan Kanyaa Kheeree, and Mooga Dhaalee Kheeree are commonly served as dessert at Konkani festivals and celebrations. In my Konkani American kitchen, I have prepared this kheeree using steel-cut oats, a favorite healthy breakfast for many people in this country.

Recipe:

1. Roast $\frac{1}{4}$ cup steel cut oats and 2 tbsp halved cashews in a tbsp of ghee on low heat for a few minutes.
2. Add 1 cup of hot water and cook till soft. Adjust heat from medium to low as needed throughout the cooking period.
3. Stir in between to prevent sticking adding water if required.
4. Add $\frac{1}{2}$ cup brown sugar and mix till dissolved.
5. Add 1 – 1 $\frac{1}{2}$ cups of coconut milk and let simmer gently for a few minutes.
6. Mix in $\frac{1}{4}$ tsp of cardamom powder and serve when the Kheeree is warm.

VEGGIE WAFFLES

I used to prepare these colorful crispy waffles as fun food for my children when they were growing up. As a variation to the Konkani pollaw, you can make these waffles with leftover idlee/pollaw batter. However, if you do not have any leftover batter, use this easy recipe to make your own.

Recipe:

1. Using a blender, mix together $\frac{1}{2}$ cup each of rice flour, cream of wheat, powdered oatmeal, $\frac{1}{4}$ cup of plain yogurt, 1 tsp salt, and enough water to make a thick batter.
2. Let it rest overnight.
3. Mix the fermented batter, adding water to make a pancake consistency batter.
4. Heat the waffle iron and brush generously with oil. Then sprinkle some grated carrots, cilantro, chopped onions, and jalapenos on the waffle iron. Spoon some of the batter on top of the vegetables. Drizzle a little oil on the batter and cook the waffles till done.
5. Flip the waffles once during cooking to make them crispy.
6. Serve with coconut chutney.





Thaiphat INSTANT POT RECIPES

–Kanchan Taggars

Since the Instant Pot launched in the US, it's everywhere! And with good reason: cooking time is drastically reduced, it develops flavors as it cooks, provides preset functions for most categories of cooking, and makes cleanup a snap. Beyond using it for everyday cooking, I've developed a few unique Konkani recipes that you will surely love. Please try them!

*Recipes cooked in the 6-qt Duo Instant Pot.

AMMA'S EASY AMBYA KOL

Ingredients:

- 2 tsp Oil
- ½ tsp Mustard Seeds
- ½ tsp Urad Dhal
- 16 – 18 Methi Seeds
- ¼ tsp Powdered Asafoetida
- 1 Sprig Curry Leaves
- 1 Dry Red Chilli (broken into pieces)
- 1 Green Chilli (cut into 2-3 pieces)
- 1 Cup Chopped Dried Mango Pieces (Philippine Brand from Costco)
- 1 ½ Cup Water
- Salt as per Taste
- 1 ½ – 2 Tbsp Brown Sugar
- ½ tsp Red Chilli Powder
- 1 Tbsp Coconut Milk Powder
- 1 Tbsp Wheat Flour
- For Final Seasoning:
 - 1 tsp Oil
 - 1 tsp Mustard Seeds
 - 1 dry red chilli (broken into pieces)
 - A couple of grinds of black pepper and a pinch of asafoetida

Method:

1. Heat the Instant Pot using the Sauté mode on the high heat setting.
2. Add oil and mustard seeds, and allow the mustard seeds to splutter.
3. Next add urad, methi, asafoetida, curry leaves, green chillies, and red chillies in quick succession.
4. Now add the mangoes, 1 cup water, salt, brown sugar, and red chilli powder. Stir, close, and lock the lid of the Instant Pot.
5. Pressure cook for one minute, and then do the quick pressure release after 1 more minute.
6. Turn the Instant Pot setting to sauté. Prepare a slurry with the coconut milk powder, wheat flour, and ¼ cup water.
7. Add this to the simmering mango mixture along with ¼ cup water, and bring it to a boil. Turn off the Instant Pot.

For the final seasoning: In a small saucepan, heat oil, add mustard seeds and allow them to splutter. Then add red chillies, asafoetida, and black pepper. Turn off the heat and add this seasoning to the Ambya Kol.





SABUDANA KHICHIDI WITH ISRAELI PEARL COUSCOUS

Prep time: 5 minutes, cook time: 5 minutes.

Ingredients:

- 2-Tbs ghee
- 1-tsp cumin Seeds
- 1-serrano pepper, chopped into 6 pieces
- 1-tsp Asafoetida
- 1-Yukon Gold potato, chopped into 1 inch cubes
- $\frac{3}{4}$ -tsp salt
- 1 $\frac{1}{4}$ cup Israeli Pearl couscous, available at Trader Joe's.
- 1-cup water
- $\frac{1}{2}$ cup roasted peanuts coarsely powdered
- Juice of $\frac{1}{2}$ a lime or lemon
- 1-tsp sugar
- 2- 3 Tbs chopped coriander leaves



Method:

1. Heat the Instant Pot using the Saute' mode on high heat setting.
2. Add ghee, cumin, green chillies, asafoetida, and wait for the cumin to splutter.
3. Now add the potatoes and salt and stir for a few minutes.
4. Add couscous (unwashed) and fry for a minute.
5. Add water, stir the mixture, close, and lock the lid of the Instant Pot, and pressure cook on high heat for 2 minutes.
6. When the Instant Pot beeps, allow about 7-minutes of resting time with natural pressure release (NPR).
7. Uncover the Instant Pot and fluff the mixture with a wooden spoon. Stir in peanuts, lemon juice, and sugar and cook in sauté mode for 2 minutes.
8. Turn it off and garnish with chopped coriander leaves.



Mad for Maddi



-Leena Surkund Sampemane

My dad, S. N. Surkund, grew up in Udupi. He loved the typical amchigele cuisine and relished vegetables that were uncommon in larger cities like Bombay. He soon discovered Mangalore Stores that stocked his favorites, such as Maddi, Matti Gulla, Keerlu, Kadgi, Deev Kadgi, and other rural vegetables in season. Each vegetable can be prepared in different ways. My mom would cook his favorites, such as Maddi phodi, Gulla Bajje, and Keerla Sukke. Maddi phodi appeared regularly in the 12+ item menu that my mom planned and cooked every Ganesh Chaturthi. If available for his birthday, she made either Maddi phodi or Gulla bajje, or even both, if he was lucky.

My parents stayed with my husband and me for over a year when our son was born. In fact, the birth of their first grandchild was the only way I could entice my mom, especially, to make their first trip to the US. My dad enjoyed a busy post-retirement career as an Advertising-PR-Publicity lecturer/visiting faculty at various training colleges and management institutes around the country. But he was more than happy to take a break to join my mom on their trip here to help us with the baby's arrival.

Not surprisingly, my mom helped me take care of the baby and took over the kitchen. When we took them grocery shopping or to the farmer's market, they were amazed at the colorful spread of fresh fruit and vegetables. Ever the innovative cook, my mom always picked up some new vegetables or fruit not available in India to whip up unique dishes.

However, nothing prepared us for their first trip to Marina, an Asian grocery store in the SF Bay Area. My dad saw a pile of brown, muddy-looking root vegetables on a cart, and he went closer to inspect them. The next thing we heard was a piercing "Sheeeluu! Maddi!" He yelled to get my mom's attention at the other end of the aisle. He was so excited to see his favorite root



vegetable in the US that he screamed and jabbed animatedly at the heap of Maddi on the cart. He was oblivious as other customers stopped to ask if something was wrong. Of course, we bought some Maddi that day, the first of many Maddi purchases.

He helped my mom peel the root the next day – a very laborious process! She sliced it and made amazing Maddi phodis in the oven rather than deep-frying, the traditional method. Naturally, we preferred the more health-conscious alternative. The phodis were lip-smacking delicious – crisp on the outside and creamy on the inside. Since then, Maddi phodi has been one of the standard items I make when we have friends over for dinner. It makes an excellent appetizer!

Subsequently, larger Asian stores like Ranch 99 started selling Big Taro conveniently peeled and shrink-wrapped. This makes it even easier to transform into phodis! My dad would undoubtedly applaud this significant packaging improvement. I had fun sharing the story of my dad's reaction to discovering his favorite root vegetable here.

Recipe:

- In a large mixing bowl, toss the peeled Maddi slices with chili powder, salt to taste, and a pinch of asafetida.
- Generously dust with idli rawa – to make them crisp.
- Spray a foil-lined tray with oil and spread out the seasoned Maddi slices.
- Spray lightly with oil on top and place in your oven under the medium-high broil setting.
- After 5 -7 mins, take the tray out and flip the slices. Spray oil on the reverse side and return to the oven until they are browned.
- Once you have tried it in your oven, you can determine the time and oven settings that work perfectly!

Glossary

Deev Kadgi – Bread Fruit

Gulla – Seedless Green Brinjal

Keerlu – Bamboo Shoots

Kadgi – Raw Jackfruit

Maddi – Big Taro Root – different from Small Taro Root or

Arbi – Big Taro has distinctive purple fibers in its flesh.





Air Fryer Recipes

–Nayak brothers (Rahul and Roshan)

The Nayak family invested in an air fryer just as the boys returned home from college in 2020 when Covid first set foot into this world. We followed the mantra, “Stay home, stay safe.” Soon, we took turns whipping up recipes in this little beacon of joy. (Some were successful while others were a disaster!)

But, looking back on a two-year love-hate relationship with this gadget, we are quite happy to have formed a comfortable bond with it and live happily ever after.

These three recipes are my favorite go-to recipes for the Nayak brothers because they’re easy to cook without compromising the flavors. There’s less monitoring during cooking, and clean-up is effortless. If you own an air fryer, do give these recipes a try!

AIR FRYER SHRIMP FAJITAS

(Prep Time: 10mins, Cook Time: 8 mins)

From: <https://cookswellwithothers.com/2019/09/13/air-fryer-shrimp-fajitas/>

Ingredients

- 1 pound jumbo shrimp peeled and deveined
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- 1 Tbs olive oil
- 2 cloves garlic minced
- 1 oz. packet fajita seasoning. No additional salt needed for recipe.
- 1 tsp paprika
- 1 tsp chili powder
- 8 fajita-size soft tortillas, or serve the fajitas on a bed of salad, or over quinoa/cauliflower rice
- Fajita fixings of your choice: shredded lettuce, sour cream, shredded cheese, and salsa

Method

1. Pat the shrimp dry with paper towels and place in a large bowl.
2. Thinly slice the red pepper, yellow pepper, and red onion.
Place the thin slices in the bowl with the shrimp.
3. Add the olive oil, garlic, fajita seasoning packet, paprika, and chili powder. Toss until evenly mixed.
4. Put the shrimp fajitas into the air fryer in a single layer. Set the air fryer to 400 degrees for 8 minutes.

Remove the shrimp fajitas from the air fryer.

Serve with warm tortillas and fajitas fixings of choice such as shredded lettuce, sour cream, shredded cheese, and/ or salsa.



AIR FRYER HONEY SRIRACHA SALMON

(Prep Time: 3 mins, Cook Time: 12 mins)

<https://cookswellwithothers.com/2018/12/29/air-fryer-honey-sriracha-salmon/>

Ingredients

- 1/2 cup honey
- 1/4 cup Sriracha
- 1 Tbs soy sauce. No additional salt needed for the fish recipe.
- 3/4 pound salmon (cut into 2 fillets, skin on/off)

Method

1. Mix together the honey, Sriracha and soy sauce. Remove half of the sauce to save for dipping. Add the salmon fillets to the bowl (skin side up) and marinate 30 minutes.
2. Spray the air fryer basket with nonstick cooking spray. Lay the salmon in the basket (skin side down). Turn the air fryer to 400 degrees for 12 minutes.
3. Serve the remaining sauce on the side for dipping.
4. Serve with Baked Potato/Quinoa/roasted Vegetables (toss the vegetables with garlic powder, sea salt, and black pepper, and a few drops of cooking oil, and roast them in the air fryer beside the salmon).

AIR FRYER CHICKEN BREAST

(Prep time: 5 mins, Cook time: 20 mins)

https://www.loveandother spices.com/wprm_print/4992

Ingredients

- 2 chicken breasts (8 to 9 oz each)
- 1 Tbsp Olive oil
- 1 tsp salt, or to your taste
- 3/4 tsp black pepper
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp Italian seasoning
- 1 Tbsp lemon juice

Method

1. Pat the chicken breasts dry with paper towels.
2. Pierce the chicken with a fork on both sides.
3. In a small bowl, whisk together oil, salt, pepper, paprika, garlic powder, Italian seasoning, and lemon juice.
4. Coat the chicken with the marinade and leave for 5 minutes.
5. Preheat the Air fryer at 380F for 5 minutes. Place chicken breasts in the Air fryer and cook for 10 minutes. Flip chicken and cook for another 10 minutes or until the internal temperature is 165° F.
6. Remove the chicken breasts from Air fryer and let the chicken rest for 5 minutes before slicing. Serve with a side of your favorite salad.





FEATURED

FOOD

Cocktails to Tingle Your Konkani Taste buds

*Kombé
Baal'n*

Our Food Editor, Shaila Nayak, whipped up clever versions of trendy and classic cocktails for your drinking pleasure. We had fun testing these recipes and hope you enjoy making them as much as we did!

PHOTOGRAPHY BY *Shaila Nayak*

Note: To make non-alcoholic versions, or “mocktails,” you can substitute the alcohol in the recipe with club soda, seltzer water, tonic water, or coconut water.



Konkano

(Americano)

- | | |
|-----------------------------|-------------------------------|
| 2-3 curry leaves | 1 oz Campari |
| ¼ tsp minced ginger | 1 oz Vermouth |
| ¼ tsp minced green chillies | 3 oz club soda |
| 2 Tbs kokum peels, soaked | Ice cubes |
| 1 Tbs fresh lime juice | Orange peel twist and a curry |
| 1 Tbs Jaggery powder | leaf sprig to garnish |
| 1 pinch sea salt | |

In a shaker, muddle together curry leaves, ginger, chillies, kokum, lime juice, jaggery, and salt. Add the Campari, cover the shaker, and shake well. Strain this mixture into an ice filled glass, top with vermouth, and then the soda. Garnish and serve.



Ambo-Ambli-Avna Pirpiri

(Daiquiri)

- ¼ cup chopped ripe mango
- ⅛ cup sweetened pineapple juice
- 1 Tbs chopped peeled green raw mango
- ¼ cup rum
- ½ cup ice
- Wedge of lime to garnish

Process mango, pineapple juice, green mango and rum in a blender till smooth. Add ice cubes and blend further until smooth and slushy. Pour into stemmed glass, garnish, and serve.



Miggeli Amma

(Mai Tai)

- 2 oz pineapple juice
- 1.5 oz rum
- 1 oz orange juice
- ¾ oz fresh lime juice
- 1 Tbs honey
- A couple drops of almond essence
- 1 pinch turmeric powder
- Ice cubes
- 0.5 oz juice of kokum peels, soaked
- Pineapple wedge and green grapes on a toothpick to garnish

Mix all ingredients except for the ice cubes, kokum juice, and garnishes in a shaker. Add some ice cubes, cover the shaker, and shake well. Pour this into an ice-filled glass. Float the kokum juice on top, garnish, and serve.



Ragta Bombal

(Bloody Mary)

1.5 oz vodka

½ cup mixed vegetable juice with tomato, beets, carrots

¼ cup juice extracted from blended frozen amla(gooseberry)

1 pinch each of black pepper powder, red chilli powder, cumin powder, and ginger powder

¼ tsp sea salt

Ice cubes

1 sprig cilantro and a slice of lemon to garnish

Add all the ingredients except for the ice and garnishes, into a cocktail shaker and mix well. Add some ice cubes, cover the shaker, and shake vigorously till well blended. Strain the mixture into an ice-filled glass and add the garnishes to the drink.



Mhovva Moosa

(Mimosa)

⅓ cup orange juice(chilled)

⅓,cup grapefruit juice(chilled)

⅓ cup champagne(chilled)

1 tsp honey

A lime wedge and green grapes on stem to garnish

Pour the orange juice into a chilled glass. Gently pour the grapefruit juice down the side of the glass. Next add the champagne along with a couple of ice cubes, and gently spoon the honey on top of the drink. Garnish and serve.



JirsaaLi Mirsang

(Jalapeño Paloma)

1 oz fresh lemon juice
2 tsp honey
1 pinch crushed dry Bedgi red chillies
¼ tsp minced jalapeño
a pinch of sea salt
2 oz grapefruit juice
2 oz tequila
Ice cubes
2 round slices of jalapeño and one stemmed dry red chilli pepper to garnish

In a shaker muddle together lemon juice, honey, crushed red chillies, green chillies, and sea salt. Pour in the grapefruit juice and tequila. With the lid on, shake the shaker till the drink is well mixed, strain into a glass filled with ice, garnish, and serve.



Voli Kothambi Thaushita

(Cilantro Cucumber Margarita)

½ cup peeled and chopped cucumber
1 tsp chopped cilantro
½ cup lime margarita mix
¼ cup tequila
Salt to rim the drink glass
One cilantro leaf and a slice each of lime and cucumber to garnish

Process the cucumber and cilantro in a blender till smooth, strain the juice and discard the solids. Use a cocktail shaker to mix the cucumber juice, margarita mix, and tequila. Pour into a salt-rimmed glass filled with ice. Garnish and serve.



Alle Kalle

(Ginger Tingle)

2 chunks of pineapple
2 slices of ginger
2 tsp honey
a pinch of sea salt
1.5 oz rum
0.5 oz fresh lime juice
2 oz coconut water
lime leaves to garnish
Ice cubes

In a cocktail shaker muddle together the pineapple, ginger, and honey. Add the remaining ingredients and fill halfway with ice. Shake briefly and pour into a glass, garnish, and serve.



Phallephalleri

(Tequila Sunrise)

1.5 oz tequila
1 oz fresh lime juice
3 oz orange juice
¼ tsp ginger paste
2 Tbs chopped tomatoes and 1 tsp jaggery blended to a smooth paste
Ice cubes
Half an orange slice and couple of grapes on a stem for garnish

Fill a tall glass with ice. Add tequila, lime juice, orange juice, and ginger paste and stir. Top with the tomato mixture, Garnish and serve.



Goynche Solitan

(Cosmopolitan)

1.5 oz vodka
1.5 oz juice extracted from soaked dry kokum peels
0.5 oz coconut milk
1 oz orange juice
0.5 oz fresh lime juice
2 tsp honey
3 scoops of finely crushed ice
orange peel for garnish

Add vodka, kokum juice, coconut milk, orange juice, and fresh lime juice to a cocktail shaker filled with two scoops of finely crushed ice. Shake, pour into a chilled glass, top off with crushed ice, garnish, and serve.





Reboot

SURVIVING THE PANDEMIC

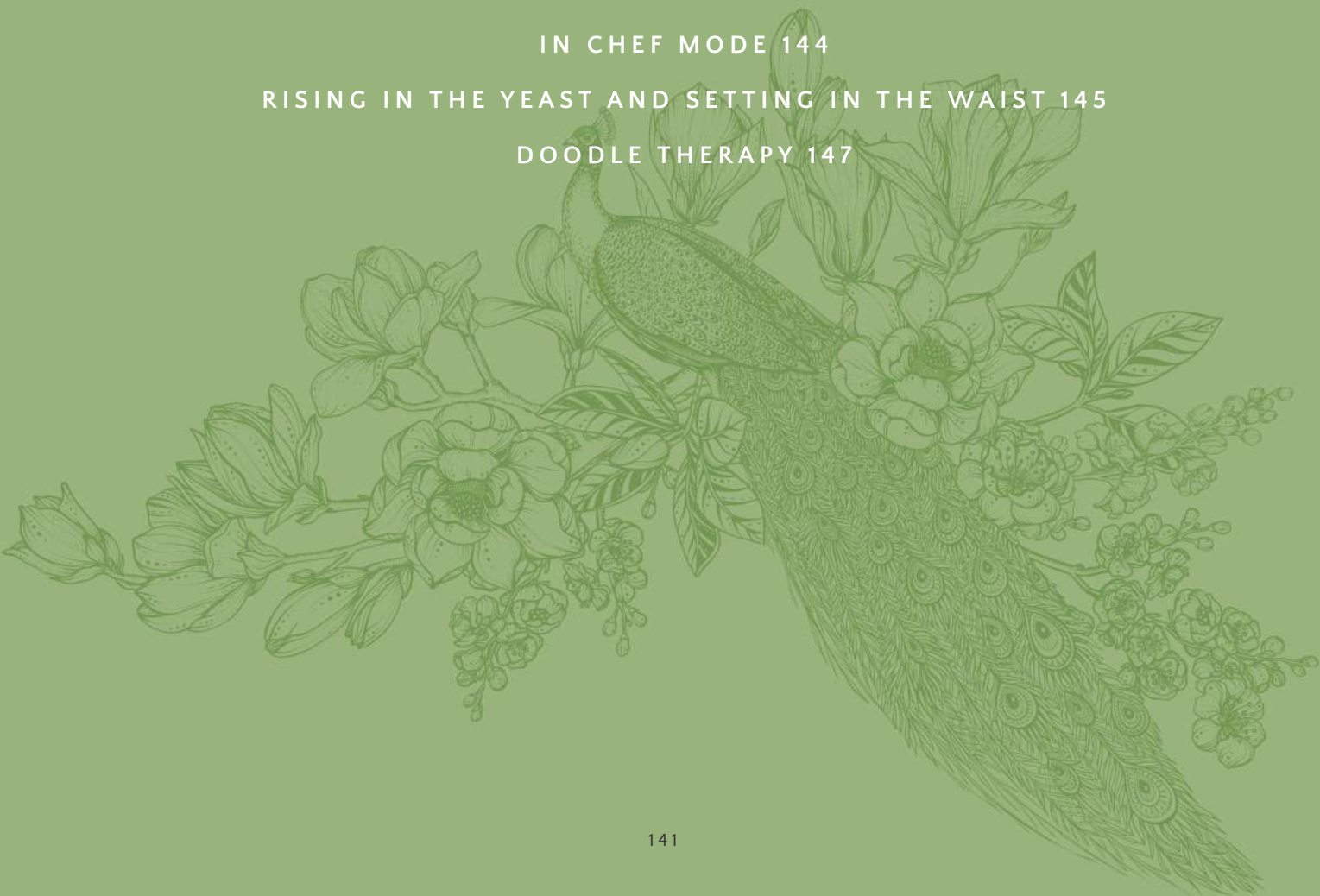
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Painting through COVID

—Veena Balsawer. Ottawa, Canada

Last year in March, when COVID_19 happened, days merged into weeks, and weeks merged into months. I don't recollect ever having so much "vacation" or free time in my life. As someone who works at the library as a Children's Programmer, I was a non-essential worker. I thus was on "Declared Emergency Leave." I needed something other than reading, cooking, watching TV, and taking walks to occupy myself. One day I saw a post on Facebook about a free online painting tutorial, and I decided to give that a try. I had not painted since my Drawing classes in High School! I didn't even have any acrylic paints, so I did my first few paintings with some crayons. I really enjoyed the experience where I could just play with colors for a couple of hours without worrying about COVID or being a non-essential worker. Thanks to COVID, the Internet/Zoom, and FB, I now have a new hobby, and I try and paint something every week. I call these artists who helped me live through a crazy time in history my "Unsung Heroes."



PC: Veena Balsawer



The Birth of WIYP

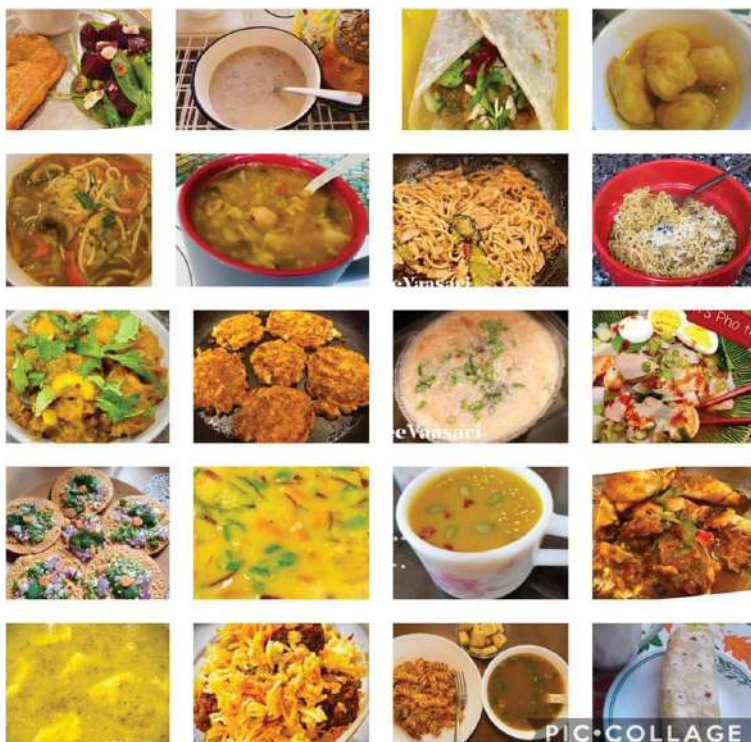
–Chakori Ubhayakar

The COVID pandemic that hit us in March 2020 has affected all lives differently. The boredom of being stuck at home during this SIP situation and limited grocery shopping trips inspired me to create a platform for all KAOCA home cooks.

I created the “What’s in your pantry” group for all us lonely families currently staying at home due to the lockdown situation and wondering what to cook day in and day out. With limited grocery supplies, everyone has explored their pantry and got creative. This group was started to motivate all you lovely cooks who can post their dishes here and inspire others to get creative with their pantry items. This is the time to concoct a unique new recipe or pull out an age-old traditional recipe from grandma’s recipe book or a favorite childhood dish that you now remember your mom made for you with all of her.

Once the group started, each member was innovative and inspired by recipe posts. I even had members who turned to cooking rather than ordering take-out meals and relying on Traders Joe’s ready-to-eat frozen meals. We saw many home cooks discovering and showcasing their inner master chefs. Some told me that their families enjoyed yummy new dishes made daily and were thankful for being part of this group. Wishing everyone a safe and healthy 2021!

One week of our recipe collage –



PC: Chakori ubhayakar



In Chef Mode

During the early part of the pandemic, Dr. K Suresh Shenoy, an Orthopedic Surgeon at AMCARE Clinic, Udupi found a new calling. He published cooking videos that showed his skills with tools and interest in simple, delicious food.

Watch as Dr. Shenoy cooks a delicious **Charmbure Pachadi** with great dedication and enthusiasm. Type: bit.ly/Chef-Mode



For a Konkani mother,
the source of any
illness is
“Thanda Uddhaaka!”

A Konkani diabetic is a
God-fearing person.
“God khaaunu gello,
paap!”



A Rising in the Yeast *and Setting in the Waist*

-Uma Hoskote

When the COVID shutdown first started, going out for groceries was a big concern. Baking bread at home started trending on social media. Yeast and flour were in such high demand that they became scarce, just like toilet paper.

Around that time, my daughter and I saw some Instagram pictures of people baking focaccia bread and using it as a canvas to try fun art projects with herbs and veggies. This inspired us to try “Focaccia Art.”

Our first project was a nature-inspired Focaccia Garden using tomatoes, red peppers, olives, and

onions. Later, inspired by posts on social media, we got more ambitious. First, an underwater-themed bread saw us making fish, seaweed, and jellyfish with veggies. Then followed Leo, a lion-faced focaccia and, more recently, a Fire Breathing Dragon.

In addition to providing us with homemade artisanal bread, this activity was a fun outlet for our creativity. It helped us cope better with our cabin fever. Some failed experiments have helped increase our comfort with failure and our tolerance for imperfection. What remains now is to work off the extra inches all that bread has added to our waistline.





PC: uma hoskote



Konkani Mask *Jugaad!*

Source unknown



DOODLE

Therapy

-Rekha Mundkur

Early in the pandemic, my sister Vidya Talgeri started attending an online class that showed how to draw delicate, geometric mandalas. She was excited and shared a few sample images to get me started. I was soon hooked and branched out from drawing geometric mandalas to free-style drawing in the style called “zentangle doodles.” Think of a Mehendi wali drawing henna patterns — if you’ve ever watched a professional at work, there’s no blueprint. Once she starts to draw, the design flows organically.

Creating these doodles is very relaxing, and I’ve enjoyed adding color as an additional layer of expression. I provided a couple of my designs as coloring pages for all ages. Feel free to print on your home printer and enjoy coloring inside — or outside—the lines!

To download full-sized drawings to color, type:

bit.ly/Doodle-Therapy-1



bit.ly/Doodle-Therapy-2







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Zabriskie Point, Death Valley National Park, California

Photo by Uma Hoskote, Utsav Editor



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