



HAVYAKA

SANDESHA

ಹವ್ಯಕ ಸಂದೇಶ

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Editorial

A SALUTE TO OUR PARENTS



Every year, on the second Sunday of May and on the second Sunday of June we wake up to the news of Mother's and Father's day. And if we look at Whatsapp messages before glancing newspapers, the different quotes on Mothers love and Fathers valor catch our fancy. Our childhood memories open up with our parents waking up early in the morning so that we may reach school in time. Having grown up reciting 'Maatrudevo Bhava, Pitru Devo Bhava' the mention of Mother's day and Father's day may not excite us but definitely gives another opportunity to salute them. As adults many of us might have moved away from our parents but they are always in our hearts perhaps guiding us subconsciously at every walk of life.



Holding Amma's hand, we tried to measure the distance of the living room, to count the stars of the sky and waited for Appa to carry us on his shoulders to see the world with his support. We might have exclaimed or atleast felt "My daddy strongest" like the advertisement in the TV. Whenever Ayeec scolded us we ran to our Appa and when Appa was angry we hid in our Amma's Pallu. The most joyable moment of our childhood is when we walked holding both of their hands.

While we enjoyed childhood our parents also might have enjoyed parenthood. It would be a treasure of sweet memories but was also a period which had to be harnessed properly. Parenting is a responsibility and also a skill. Along with showing love, providing security, it is also the time to inculcate discipline. While it is true that the love that kids receive during childhood keep them warm throughout their life, it is also true that if they have to grow up as good, diligent, responsible human beings, the foundation should be laid when they are young. It is possible that sometimes children may even dislike their parents for the restriction imposed on them but they will appreciate the same once they grow up. In that sense the ideal that one sets for himself is largely influenced by the experiences of the childhood. The question is have those experiences influenced them positively or negatively. A youngster in our vicinity, with alcoholic father and brothers, having seen the miseries associated with it, took an oath to never touch alcohol and he is leading a respectable life. It requires tremendous courage to defy adverse circumstances and develop a positive trait. The right path may not be an easy one.

Whenever I feel low I remember my Mother and regain my spirits. "Never do something that your consciousness does not permit" the words of my father guide me throughout. He never advised something which he did not do. His conduct revealed that life is meaningful when you are useful to the society. We are lucky as our parents have set an ideal to follow.

When we feel that the next generation also should be lucky, we should imbibe good qualities in ourselves so that our children are inspired by us not only for the time being, but also when they growup. For example if we are engrossed with whatsapp or watching TV, we can't advise our children not to do so. Hope you all agree with me.

Saluting our Parents

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Amita S Bhagwat

ಮರೆಯಾದ ಯಕ್ಷಗೋಗಿಲೆ ನೆಬ್ಬರು ನಾರಾಯಣ ಭಾಗವತರು

ಶ್ರೀ ಶೈಲಜಾ ಹೆಗಡೆ, ಮುಂಬಯಿ



ನೆಬ್ಬರು ಭಾಗವತರೆಂದೇ ಖ್ಯಾತರಾದ, ಯಕ್ಷಗಾನ ಬಡಗುತಿಟ್ಟಿನ ಶ್ರೇಷ್ಠ ಭಾಗವತರಾದ ನೆಬ್ಬರು ನಾರಾಯಣ ಭಾಗವತರ ಹುಟ್ಟೂರು ಶಿರಸಿಯ ಸಮೀಪದ ನೆಬ್ಬರು. ಅವರು ವಾಸ್ತವ್ಯ ಮಾಡಿದ ಊರು ಅಲ್ಲಿಯೇ ಹತ್ತಿರದ ಹಣಗಾರು.

ಅವರ ತಂದೆ ನೆಬ್ಬರು ದೇವರು ಹೆಗಡೆ, ಕೃಷಿಕರು ಹಾಗೂ ತಾಯಿ ಗಣಪಿ, ಸಾಧ್ವಿ ಗೃಹಿಣಿ. ಇವರ

ಸುಪುತ್ರರಾದ ನಾರಾಯಣ ಭಾಗವತರ ವಿದ್ಯಾಭ್ಯಾಸ ನಾಲ್ಕನೆಯ ಇಯತ್ತೆಯವರೆಗೆ ಮಾತ್ರ ನಡೆಯಿತು. ಕುಟುಂಬದ ಬಡತನದ ಕಾರಣ ವಿದ್ಯಾಭ್ಯಾಸವನ್ನು ಮುಂದುವರಿಸಲು ಸಾಧ್ಯವಾಗಲಿಲ್ಲ. ಊರಿನ ಸುತ್ತಮುತ್ತಲಿನ ಯಕ್ಷಗಾನದ ವಾತಾವರಣ, ಭಾಗವತರಿಗೆ ಎಳವೆಯಲ್ಲಿಯೇ ಯಕ್ಷಗಾನದ ಹಾಡುಗಾರಿಕೆಯಲ್ಲಿ ಆಸಕ್ತಿಯನ್ನು ಮೂಡಿಸಿತು. ಅದಕ್ಕೆ ಪೂರಕವಾಗಿ ಕೊಡಗಿ ಪಾಲ್ ಗಣಪತಿ ಹೆಗಡೆಯವರ ಪ್ರೋತ್ಸಾಹ ಇವರಿಗೆ ವರವಾಗಿ ಪರಿಣಮಿಸಿತು. ಗಣಪತಿ ಹೆಗಡೆಯವರು ಒಳ್ಳೆಯ ಯಕ್ಷಗಾನಾಸಕ್ತರು, ತಕ್ಕಮಟ್ಟಿನ ಯಕ್ಷಗಾನ ಭಾಗವತಿಕೆಯನ್ನೂ ಬಲ್ಲವರು ಹಾಗೂ ಕೆರೆಮನೆ ಶಿವರಾಮ ಹೆಗಡೆಯವರ ನಿಕಟವರ್ತಿಗಳು ಕೂಡ. ಅವರು ನೆಬ್ಬರು ನಾರಾಯಣ ಭಾಗವತರ ಮಧುರಕಂಠ, ಯಕ್ಷಗಾನದ ಬಗೆಗಿನ ಅವರ ವಿಶೇಷ ಆಸಕ್ತಿಯನ್ನು ಗುರುತಿಸಿ ಅವರನ್ನು, ಕೆರೆಮನೆ ಶಿವರಾಮ ಹೆಗಡೆಯವರ ಬಳಿಗೆ ಹೆಚ್ಚಿನ ತರಬೇತಿಗಾಗಿ ಕಳುಹಿಸಿ ಕೊಟ್ಟರು. ಈ ಮಹತ್ವದ ತಿರುವು ತನಗೆ ಪುನರ್ಜನ್ಮವನ್ನು ನೀಡಿತು ಎಂದು ನಾರಾಯಣ ಭಾಗವತರು ಸ್ವತಃ ತಮ್ಮ “ನೆಬ್ಬರು ನಿನಾದ” ಎಂಬ ಆತ್ಮ ಕಥನದಲ್ಲಿ ನಿವೇದಿಸಿ ಕೊಂಡಿದ್ದಾರೆ.

ಕೆರೆಮನೆಯನ್ನು ಸೇರಿದ ನೆಬ್ಬರು ಭಾಗವತರು ಕೆರೆಮನೆಯ ಓರ್ವ ಸದಸ್ಯರಾಗಿಯೇ ಬೆಳೆದರು. ಸಂಪ್ರದಾಯಬದ್ಧ ಯಕ್ಷಗಾನ ಕಲೆಯನ್ನು ಉಳಿಸಿ, ಬೆಳೆಸುವಲ್ಲಿ ಕಟಿಬದ್ಧರಾದ ಮಾನ್ಯ ಶಿವರಾಮ ಹೆಗಡೆ, ಮಹಾಬಲ ಹೆಗಡೆ, ಶಂಭು ಹೆಗಡೆ, ಗಜಾನನ ಹೆಗಡೆ ಇವರುಗಳ ಗರಡಿಯಲ್ಲಿ ಪಳಗಿದ ನೆಬ್ಬರು ನಾರಾಯಣ ಭಾಗವತರು ಸಾಂಪ್ರದಾಯಿಕ ಮಟ್ಟಿನ ಹಾಡುಗಾರಿಕೆಯಲ್ಲಿ ಪರಿಣತರಾದರು. ಇಡಗುಂಜಿ ಮೇಳವೆಂದರೆ ನೆಬ್ಬರು ಭಾಗವತರು, ನೆಬ್ಬರು ಭಾಗವತರೆಂದರೆ ಇಡಗುಂಜಿ ಮೇಳ ಎನ್ನುವಷ್ಟರಮಟ್ಟಿಗೆ ತಾದಾತ್ಮ್ಯ ಹೊಂದಿದ ಅವರು ಆರು ದಶಕಗಳಿಗೂ ಮೀರಿ ಯಕ್ಷ ಕಲಾಸೇವೆಯನ್ನು ಮಾಡಿದರು. ಇಡಗುಂಜಿ ಮೇಳದಲ್ಲಿ ಉಪ್ಪೂರು ಭಾಗವತರು ಭಾಗವತಿಕೆಯನ್ನು ನಡೆಸುತ್ತಿದ್ದ ಕಾಲದಲ್ಲಿ ಅವರಿಂದ ಪ್ರಭಾವಿತರಾದ ಬಗೆಗೆ ನೆಬ್ಬರು ತಮ್ಮ ದೂರದರ್ಶನ ಸಂದರ್ಶನದಲ್ಲಿ ನುಡಿದಿದ್ದಾರೆ. ನೆಬ್ಬರ ಕಂಠಸಿರಿ, ಲಯಗಾರಿಕೆ, ಭಾವಪೂರ್ಣತೆ ಅನ್ಯಾದೃಶವಾದುದು. ಅವರ ಹಾಡುಗಾರಿಕೆಗೆ ಅವರೇ ಸಾಟಿ. ರಂಗದಲ್ಲಿ ಶಂಭು ಹೆಗಡೆಯವರ ವೇಷ ಹಾಗೂ ನೆಬ್ಬರು ಭಾಗವತರ ಭಾಗವತಿಕೆ ಎರಡೂ ಸಹೃದಯ ಪ್ರೇಕ್ಷಕರಿಗೆ ಭಾಗ್ಯೋದಯವಾಗಿ ಪರಿಣಮಿಸುತ್ತಿತ್ತು. ಸಭಾಹಿತ ಮಟ್ಟಿನಲ್ಲಿ ನೆಬ್ಬರು ಹಾಡುಗಾರಿಕೆಯನ್ನು ಪ್ರಾರಂಭಿಸಿದರೆಂದರೆ, ಶಂಭು ಹೆಗಡೆಯವರ ಪಾತ್ರಾಭಿನಯಕ್ಕೆ ಅದೊಂದು ವಿಶೇಷ ಸ್ಪೂರ್ತಿ. ಅಂತೆಯೇ, ಶಂಭು ಹೆಗಡೆಯವರ ವಿಶಿಷ್ಟ ಅಭಿನಯವೂ ಭಾಗವತರ ಹಾಡುಗಾರಿಕೆಗೆ

ಹೆಚ್ಚಿನ ಸ್ಪೂರ್ತಿಯನ್ನು ನೀಡುತ್ತಿತ್ತು. ಈ ಅಪರೂಪದ ಜೋಡಿ ಯಕ್ಷಗಾನಕ್ಕೆ ನೀಡಿದ ಕೊಡುಗೆ ಅಪಾರವಾದುದು. ನೆಬ್ಬರ ಭಾವಪೂರ್ಣ ಹಾಡುಗಾರಿಕೆ ಹಾಗೂ ಶಂಭು ಹೆಗಡೆಯವರ ಔಚಿತ್ಯಪೂರ್ಣ ಅಭಿನಯ ಇವೆರಡೂ ಪ್ರೇಕ್ಷಕರನ್ನು ಮಂತ್ರ ಮುಗ್ಧರನ್ನಾಗಿಸುತ್ತಿತ್ತು. ಎಷ್ಟೋ ಸಾರೆ ಭಾಗವತರು ಆದ್ಯಂತವಾಗಿ ಬೆಳಗಿನವರೆಗೂ ಹಾಡಬೇಕಾಗಿ ಬರುತ್ತಿತ್ತು. ಮೇಳದಲ್ಲಿ ಕಲಾವಿದರು ರಜೆ ತೆಗೆದುಕೊಂಡರೂ, ನೆಬ್ಬರು ಭಾಗವತರು ರಜೆ ತೆಗೆದುಕೊಂಡ ದಾಖಲೆ ವಿರಳ. ತಮ್ಮ ಕಡು ಬಡತನದಲ್ಲೂ ಹಣಕ್ಕಾಗಿ ಆಸೆ ಪಡದೆ, ಇದ್ದುದರಲ್ಲಿ ತೃಪ್ತರಾಗಿ, ಕೆರೆಮನೆಯವರ ಸುಖದುಃಖಗಳಲ್ಲಿ ಸಮದರ್ಶಿಯಾಗಿ ಬಾಳಿದವರು ಭಾಗವತರು, ಅವರ ಉಪಕಾರ ಸ್ಮರಣೆ ನಿಜಕ್ಕೂ ಅನುಕರಣೀಯವಾದುದು. ‘ಕೃಷ್ಣ ಸಂಧಾನ’, ‘ಕರ್ಣಪರ್ವ’, ‘ಸತ್ಯ ಹರಿಶ್ಚಂದ್ರ’, ‘ಪಟ್ಟಾಭಿಷೇಕ’, ‘ಶ್ರೀರಾಮ ನಿಯಾಣ’, ‘ಲವ ಕುಶ’, ‘ಸುಭದ್ರಾ ಕಲ್ಯಾಣ’ ಮೊದಲಾದ ಪ್ರಸಂಗಗಳ ಪದ್ಯಗಳು ನೆಬ್ಬರ ಶೈಲಿಯಲ್ಲಿ ಹಾಡಿದರೆ ಮಾತ್ರ ಸಮರ್ಪಕವಾಗಬಲ್ಲದ್ದೆಂಬ ಛಾಪನ್ನು ಶ್ಲೋಕಗಳಲ್ಲಿ ಮೂಡಿಸಿ “ನೆಬ್ಬರು ಘರಾಣೆ” ಎಂಬ ಹಾಡುಗಾರಿಕೆಯ ಶಿಷ್ಟ ಘರಾಣೆಯನ್ನೇ ರೂಪಿಸಿದ ಶ್ರೇಯಸ್ಸು ನೆಬ್ಬರು ಭಾಗವತರದ್ದು. ತಮ್ಮ ಭಾಗವತಿಕೆಯನ್ನು ಕೇವಲ ಆಟಗಳಿಗೆ ಸೀಮಿತ ಗೊಳಿಸದೆ, ತಾಳಮದ್ದಲೆಗಳಲ್ಲೂ ಹಾಡಿದ ಅಪ್ರತಿಮ ಅನುಭವ ಅವರದು. ಇದೆಲ್ಲಕ್ಕೂ ಮಿಗಿಲಾಗಿ, ತಮ್ಮ ಎಂಬತ್ತೂರರ ಹರೆಯದಲ್ಲೂ ಅವರು ಭಾಗವತಿಕೆಯನ್ನು ನಡೆಸುತ್ತಿದ್ದರೆಂಬುದು ಹಾಗೂ ಹಿಂದಿನಿಂದ ಪ್ರಾರಂಭಿಸಿ, ಇಂದಿನವರೆಗಿನ ಎಲ್ಲ ಯಕ್ಷಗಾನ ಕಲಾವಿದರೂ ನೆಬ್ಬರು ಭಾಗವತರ ಹಾಡುಗಾರಿಕೆಗೆ ಅಭಿನಯಿಸಲು ತವಕ ಪಡುತ್ತಿದ್ದರೆಂಬುದು ಅತ್ಯಂತ ಹೆಮ್ಮೆಯ ಸಂಗತಿ.

ಸಂಪ್ರದಾಯ ನಿಷ್ಠ ನೆಬ್ಬರು ಸಂಪ್ರದಾಯವನ್ನು ಮೆಟ್ಟಿ ನಡೆಯುವವರನ್ನು ನಿರ್ಭೇದಿಯಿಂದ ಖಂಡಿಸುತ್ತಿದ್ದರು. ಆದರೆ, ಬುದ್ಧಿಪೂರ್ವಕವಾಗಿ ಯಾರನ್ನೂ ನೋಯಿಸುತ್ತಿರಲಿಲ್ಲ. ಅಂತೆಯೇ, ಸಾಂಪ್ರದಾಯಿಕ ಹವ್ಯಕ ಹಾಡುಗಳಲ್ಲೂ ಅವರಿಗೆ ಪರಿಣತಿ ಇತ್ತು. ಸಂಪ್ರದಾಯ ಬದ್ಧ ಹಾಡುಗಳನ್ನು ಉಳಿಸಿ ಬೆಳೆಸುವಲ್ಲಿಯೂ ಅವರಿಗೆ ಕಳಕಳಿಯಿತ್ತು. ಸ್ವತಃ ಅವರು ಹವ್ಯಕ ಹಾಡುಗಳನ್ನು ಸುಶ್ರಾವ್ಯವಾಗಿ ಜಾನಪದ ಮಟ್ಟಿನಲ್ಲಿ ಹಾಡುತ್ತಿದ್ದರೆಂಬುದಕ್ಕೆ ನಿದರ್ಶನವಾಗಿ, ಕೆಲವು ತಿಂಗಳುಗಳ ಹಿಂದೆ ನನ್ನಣ್ಣ (ಪ್ರಸಿದ್ಧ ಅರ್ಥಧಾರಿ ವಿದ್ವಾನ್ ಉಮಾಕಾಂತ ಭಟ್) ಅವರ ಮಗ ಜಯಂತನ ಮದುವೆಯಲ್ಲಿ, ಸುಭದ್ರೆ ಮತ್ತು ಕೃಷ್ಣರ ಸಂವಾದದ ‘ಬಾಗಿಲು ತಡೆದ ಹಾಡನ್ನು ಸ್ವಯಂ ಸ್ಪೂರ್ತಿಯಿಂದ ಭಾವಪೂರ್ಣವಾಗಿ ಹಾಡಿದುದು ಮರೆಯಲಾಗದ ಸಂಗತಿ. ಅವರ ಜೊತೆಗೆ ಸುಭದ್ರೆಯಾಗಿ ಹಾಡುವ ಭಾಗ್ಯ ನನಗೊದಗಿತ್ತು.

ಅವರ ಪ್ರಾಯೋಗಿಕ ಕಲ್ಪನೆ ನಿಚ್ಚಳವಾಗಿತ್ತು. ಅದು ಅನುಕರಣ ಯೋಗ್ಯವೂ ಕೂಡ. ಅವರಿಗೆ ಬಯಸದೆ ಬಂದ ಪ್ರಶಸ್ತಿಗಳು ಹಲವು. ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವ ಪ್ರಶಸ್ತಿ, ಜಾನಪದ ಯಕ್ಷಗಾನ ಅಕಾಡೆಮಿ ಪ್ರಶಸ್ತಿ, ಕೆರೆಮನೆ ಶಿವರಾಮ ಹೆಗಡೆ ಪ್ರಶಸ್ತಿ, ಶ್ರೇಣಿ ಪ್ರಶಸ್ತಿ, ಪ್ರೊ. ಬಿ. ವಿ. ಆಚಾರ್ಯ ಪ್ರಶಸ್ತಿ, ಸಾರ್ಥ ಪ್ರಶಸ್ತಿ, ನಾವಡ ಪ್ರಶಸ್ತಿ, ಶ್ರೀ ಅನಂತ ಪ್ರಶಸ್ತಿ, ವಿಠಲ ಶಾಸ್ತ್ರಿ ಪ್ರಶಸ್ತಿ, ಶ್ರೀರಾಮ ವಿಠಲ ಪ್ರಶಸ್ತಿ, ಕೆರೆಮನೆ ಶಂಭು ಹೆಗಡೆ ವಜ್ರಮಹೋತ್ಸವ ಪ್ರಶಸ್ತಿಗಳು ಇವರ ಮುಡಿಯನ್ನು ಅಲಂಕರಿಸಿವೆ. ನೆಬ್ಬರು ನಾರಾಯಣ ಭಾಗವತರ ಹೆಸರಿನಲ್ಲಿ ಪ್ರತಿಷ್ಠಾನವೂ ಕಾರ್ಯ ನಿರ್ವಹಿಸುತ್ತಿದೆ.

ನೆಬ್ಬರು ನಾರಾಯಣ ಭಾಗವತರು ಸದಾ ಹಸನ್ಮುಖಿ. ತಮ್ಮ ದುಃಖವನ್ನು ಮರೆಮಾಚಿ ಅನ್ಯರ ದುಃಖವನ್ನು ಮರೆಸುವ ಹಾಸ್ಯ ಪ್ರಜ್ಞೆ ಅವರಲ್ಲಿತ್ತು. ಬಡತನದ ಬದುಕೆಂದು ಅವರೆಂದೂ ಜನಸಂಪರ್ಕದಿಂದ ದೂರ ಉಳಿದವರಲ್ಲ. ಯಾವಾಗಲೂ ಅವರ ಮನೆಯಲ್ಲಿ ಅತಿಥಿಗಳು ತುಂಬಿರುತ್ತಿದ್ದರು. ಜನಾದರ, ಅತಿಥಿ ಸತ್ಕಾರ, ಉತ್ತಮ ಸಂಸ್ಕಾರ ಅವರಲ್ಲಿ ಹೇರಳವಾಗಿತ್ತು. ಅವರಿಗೆ ತಕ್ಕಂತೆ ಅವರ ಧರ್ಮಪತ್ನಿ ಶರಾವತಕ್ಕೂ ಸುಸಂಸ್ಕೃತೆ. ಮಕ್ಕಳೂ ಸುಸಂಸ್ಕೃತರು. ನೆಬ್ಬರು ನಾರಾಯಣ ಭಾಗವತರು ಸ್ನೇಹಜೀವಿ. ಅವರ ಮತ್ತು ನನ್ನ ತಂದೆ ಖ್ಯಾತ ಯಕ್ಷಗಾನ ಅರ್ಥಧಾರಿ ದಿವಂಗತ ಕೆರೆ ಕೈ ಕೃಷ್ಣ ಭಟ್‌ರವರ ಒಡನಾಟ ಬಹುಕಾಲದ್ದು. ಕೆರೆಮನೆ ಬಂಧುಗಳನ್ನೂ, ನೆಬ್ಬರು ಭಾಗವತರನ್ನೂ ನಾವು ಚಿಕ್ಕಂದಿನಿಂದಲೂ ಹತ್ತಿರದಿಂದ ಕಂಡವರು. ಯಕ್ಷಗಾನದ ಕುರಿತಾದ ಅವರುಗಳ ವಿವಿಧ ಚರ್ಚೆಗಳನ್ನು ಕೇಳಿ ಆನಂದಿಸಿದವರು. ನಮ್ಮಲ್ಲಿ ಸಾಹಿತ್ಯಾಸಕ್ತಿಯನ್ನು ಮೈಗೂಡಿಸಿಕೊಂಡವರು. ನನ್ನ ತಂದೆಯವರು ದಿವಂಗತರಾಗಿ ದಶಕಗಳೇ ಕಳೆದರೂ ನೆಬ್ಬರು ಭಾಗವತರ ಬಂಧುತ್ವ ಅನುಚಾನವಾಗಿ ಬೆಳೆದು ಕೊಂಡು ಬಂದಿರುವುದು ಅವರ ಸ್ನೇಹಪರತೆಯ ದ್ಯೋತಕವಾಗಿದೆ. “ಜಾತಸ್ಯ ಮರಣಂ ಧ್ರುವಂ” ಎಂಬಂತೆ, ತಮ್ಮ ಜೀವನವನ್ನು ಯಕ್ಷಗಾನ ಕಲೆಗೆ ಸಂಪೂರ್ಣವಾಗಿ ತಮ್ಮನ್ನು ಸಮರ್ಪಿಸಿಕೊಂಡು, ಯಕ್ಷಗಾನ ಕಲೆಗೆ ಮಹತ್ವದ ಕೊಡುಗೆಯನ್ನು ಕೊಟ್ಟು ಮರೆಯಾದ ಮರೆಯಲಾಗದ ಯಕ್ಷಗೋಗಿಲೆ ನೆಬ್ಬರು ನಾರಾಯಣ ಭಾಗವತರು ಮೇ 11, 2019 ರಂದು ನಾದದಲ್ಲಿ ಲೀನವಾಗಿದ್ದಾರೆ. ಯಕ್ಷಾಭಿಮಾನಿಗಳಾದ ನಮ್ಮೆಲ್ಲರಿಗೂ, ಅವರ ಕುಟುಂಬಕ್ಕೂ ದುಃಖವನ್ನು ಸಹಿಸುವ ಶಕ್ತಿಯನ್ನು ಭಗವಂತ ಕರುಣಿಸಲೆಂದು ಪ್ರಾರ್ಥಿಸುತ್ತ ಈ ಅಕ್ಷರ ನಮನವನ್ನು ಭಾವಪೂರ್ಣವಾಗಿ ಅರ್ಪಿಸುತ್ತಿದ್ದೇನೆ.



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ADVT.

ಶಾಲ್ಮಲಾ !

ೃ ಗೋಪಾಲಕೃಷ್ಣ ಹೆಗಡೆ, ಕೀರಿಮನೆ

ನೀ ಯಾರು ದೇವ ಕನ್ನಿಕೆಯೆ ಜೀವ
ಜಲವಾಗಿ ಹರಿದೆ ಇಲ್ಲಿ
ಶಾಲ್ಮಲೆಯ ಹೆಸರು ಈ ನೆಲದ ಉಸಿರು
ನದಿಯಾದೆ ಭೂಮಿಯಲ್ಲಿ

ಮಳೆಗಾಲವೆನದೆ ಬಿಸಿಲಲ್ಲಿ ಬಿಡದೆ
ಬಾಳಲ್ಲಿ ಬೆರೆತು ಹೋದೆ
ನಿನ್ನಿರವಿನಿಂದ ಸುಖ ಶಾಂತಿ ಬಂತು
ಬಹು ಜನರ ಜೀವವಾದೆ

ಕಡುಗೋಪಗೊಂಡ ಮುನಿವರನ ಶಾಪ
ನಿನಗಾಯ್ತೆ ಪೂರ್ವದಲ್ಲಿ?
ಬಲು ನೊಂದ ಮನದಿ ಕಣ್ಣೀರ ಸುರಿಸಿ
ನದಿಯಾದೆಯೇನು ಜಗದಿ?

ಹಿಡಿ ಶಾಪದಿಂದ ನಿನಗೆಂದು ಮುಕ್ತಿ
ನಿನಗಾವ ಯುಗದ ವ್ಯಾಪ್ತಿ
ರಾಮೇಶನೊಲುಮೆ ನಿನ್ನುಗಮ ಚಿಲುಮೆ
ನಿನಗಾಯ್ತು ವಿಶ್ವಖ್ಯಾತಿ

ಆ ದೇವ ದೇವನಾಣತಿಯ ಹೊತ್ತು
ಅಲ್ಲಿಂದ ಬಂದಿಯೇನು?
ನೀ ಕಾದ ಧರೆಗೆ ತಂಪುಣಿಸಲೆಂದೆ
ಇಳೆಗಳಿದ ಕಾಮಧೇನು !

Matrimonial

Wanted a suitable match for
a 26 year old, good looking, soft
spoken girl, pursuing her medical
PG, final year. Kashyap Gothra,
Magha Nakshatra, Simha
Raashi.



Height. - 5 ft. 4 inches

Contact : 9448447574, 9448930218

◆ ◆ ◆

I know of a boy who was studying in 12th std, preparing for board exam. While parents of his classmates were rushing their wards for the year round tuition class, he had shown remarkable refrain, studying by himself. He scored far better than all his classmates in the final exam. also securing a rank in the board. When I congratulated him for his performance as also his self belief and courage, he smiled and said 'Yes uncle, I got more from less'. His remark has stuck with me since.

Getting more from less is a matter of management, especially time management. Given the proper skill, one can save on precious time and energy for achieving desired result. We do come across individuals who seem to get more from less and manage to remain relaxed.

Leaving aside mental preparations, all projects broadly fall into two categories, labor intensive and energy intensive. The number of man-hours to be spent for the output is a crucial factor in labor intensive project. Novel innovations about curtailing the man-hours have been made in the past. As we know, one glorious example of such approach is the 'assembly line' introduced, at the turn of the last century, by Henry Ford in his company that manufactured motor vehicles. Part of a vehicle is just moved to the next stage in a line until the finished product is ready to be rolled out. This technique not only enhanced efficiency but saved on labor.

'Assembly line' approach would be found in our day to day lives too, generally as routine. The labor class of our society has been using this method for ages without attending any formal tuition. At construction sites, it is common to see laborers passing on the load of construction materials from one person to the other in an assembly like fashion.

The quantum of output may not be commensurate with the man hours put in for a variety of reasons. Teacher asks, 'One man finishes a work in three days. Tell me, how much time would three persons take?' A boy quips: 'Not less than three days Sir! That is because the three would also be doing lot of gup-shup.' Teacher does not show any reaction. Though the boy was mathematically wrong, he was not very much off-mark realistically!

As we know and experience, situations like the above are quite common in offices, especially government offices. As it is, government office is taken as employment oriented, without explicit concern for efficiency. It is 'Less from More' rather than the other way round! Files move from table to table ever slowly, back and forth too, before reaching the final destination. Getting more from less is not an issue at all! Result is: members from public suffer harassment and stress without any fault of their own.

Of course, clever and practical persons circumvent problems like the above by applying the required thrust to make the files move fast enough. Such a thrust goes by the popular name hafta / bribe whose presence / essence is taken for granted. Legally conscious persons may take the RTI route for getting desired result. However, one can discern a silver lining emerging from the clouds. We find that youngsters of today are getting impatient with the prevalent system. Armed as they are with helpful gadgets, spy camera for example, they may put an end to the rein of malpractices that have hitherto become part of public life. 'More from Less' may become functional even in government establishments.



Few would disagree regarding the importance that 'more from less' enjoys in our oral interactions, be it with our friends and acquaintances or even family members. Something that starts as harmless argument may grow in unexpected directions. Persons in the fray may start feeling that their prestige / self respect is at stake (ijjath ka sawaal) and the situation may escalate to uncontrollable quarrel! Such instances are not rare, as we know. A wise philosophy for keeping away from such development is to believe in and practice economy of words. With such an approach, no one would feel the bitterness of losing out and things would end well. Distinct from all this and in a class of its own would be power of total silence that is integral to Meditation.

As for the energy intensive processes, explorations are always on for achieving more from less. We are familiar with the factor called fuel-efficiency for motor vehicles. We thus check for fuel efficiency while buying a car. Manufacturing industries mainly employ electricity as energy input. Many countries, including India, face the problem of generating enough electricity to sustain and enhance their industrial production. Design engineers therefore constantly strive to improving design of machinery for getting higher energy efficiency. There is a kind of race among the industries in this regard.

In many parts of rural areas, shortage of fire wood has become an issue and people have to use kerosene stoves as additional tool for cooking their food. Kerosene is expensive and quite often in short supply. Therefore, efforts have been made to improve the design of the stove for better fuel efficiency.

The range and applicability of 'more from less' is indeed vast. It touches a variety of aspects of our living - from projects to situations - as briefly enumerated above. We stand to profit by always keeping 'more from less' at the back of our mind!

Last time, I mentioned about the importance of career counselling and also discussed about the role of an actuary. This time, I will be discussing the career of a food technologist. Today, the population of the world is exploding and India itself is a billion people economy. Regardless of economic cycles, food is the primary necessity of a human being. Also with so many people under the age of 30, more working people and decreasing agriculture output, food technology is fast becoming a rage in the industry. In terms of career, this field is restricted to science students only. One can pursue this career through Chemical Engineering or MSc Chemistry or MSc Biotechnology.

What are the avenues that a food technologist explores? First and foremost is on the consumption side. We see so many varieties of snacks, ready to cook food packets, spices etc. A food technologist works on the chemical aspects of the same to balance taste, freshness and to some degree nutrition. With more and more working people, nuclear families, cooking time has reduced. Even for those who cook, ready made ingredients in terms of pastes, pulps are required now. A food technologist makes this possible. Similarly, in snacks, juices, beverages, jams, people are demanding more and more varieties. A food technologist makes this possible. These are roles on the consumer side.

There is a larger role on the sourcing side for the same and this is more to do with seeds and crop care. One of the key things with a lot of agricultural ingredients is consistency of taste. If consistency of taste is needed, consistency of raw material is needed. For consistency of raw materials, we are talking about highly demanded crops like potatoes, tomatoes, coffee beans, wheat, cocoa, berries carrots, peas etc. Most well known consumer brands like Nestle, Cadburys, McDonalds etc work with seed technology companies for special seeds to get consistent raw materials. For a particular type of product, a particular type of raw material is needed. So, for instance, just for the fries that we get at McDonalds, a very special type of potato is needed. This type of potato cannot grow naturally. A special seed has to be created for that and these seeds will vary across the world depending on the geographical location of the country. The seed will vary slightly but the potato that comes out will be the same.

Apart from seed technology, crop care is also very important. Today insects, pests and locusts are major threats to agricultural crops. They have become much stronger over a period of time. Another aspect is that different types of crops need different types of crop care. This is where a food technologist comes into the picture. The 3 most important companies in this arena are

Monsanto, Syngenta and Bayer. They work on different aspects of seed technology and crop care. All the famous consumer brands that produce products with agricultural raw material work with these companies. In the developed countries, even supermarkets work with these companies for special types of vegetables and fruits. Now food technology is highly in demand in the dairy farming industry also.

So what are the major advantages for a food technologist? The avenues where the skills can be used. A food technologist can work with the seed and crop care companies also. On the other hand, the food technologist can work with the actual companies that produce different kinds of consumer products. However, this area is only for students who have a flair for chemistry. One can go through a Chemical engineering course or a regular science course that is not an issue. However, a strong acumen for chemistry is very important. At the moment, in India, there is no special program for food technology as such. A student has to pursue the regular education program and choose projects based on the same. There is ample demand for such candidates and companies have in-house training programs for the same.

For students who want to study abroad, US has the best courses for food technology. One can go for the undergraduate program after 12th standard or for the post graduate program after graduation. If one decides to go after 12th, one has to take the SAT exam and apply to colleges accordingly. If one decides to go after graduation, one has to take the GRE exam. While the US option is expensive, the courses are comprehensive and also, students get a lot of time to take up part time jobs to cover living expenses, paid internships for industry experience etc. Most of the good colleges in the US conduct lectures from Monday to Thursday only and give breaks for Spring and Christmas. This gives students a lot of time to both learn and earn. Again, like last time, I would reiterate, one should not go through the advertisements given in newspapers by overseas consultants claiming spot offers etc. The good colleges and universities only go by academic records and channelized applications.

The best way to do this is first determine through a career counsellor whether you are suitable for food technology. If yes, determine whether the engineering option or the science option works out better for you. Complete graduation and join a company for about 2 years even if you have the US option in mind. Get 2-3 years of experience, take the GRE and pursue the higher degree course from a good university in US.

Gharakya Neeti-Hints for life

Shraddha Hegde
(BE-Engg)

पत्रं नैव यदा करीरवितपे दोषो वसंतस्य किं ।
नो लूको श्यवलोकते यदि दिवा सूर्यस्य किं दूषणम् ।
वर्षानैव पतन्ति चातकमुखे मेघस्य किं दूषणम् ।
यत्पूर्वं विधिना ललाटलिखितं तन्मार्जितुम् किं क्षमः ॥

Patram naiva yadaa kareeravitape dosho vasantasya kim
Noluko pyavalokate yadi diva suryasya kim dooshanam
Varsha naiva patanti chatakamukhe meghasya kim dooshanam
Yatpoorvam vidhina lalaatalikhitam tanmarjitum kim kshamahall

By asking a rhetorical question, Kautilya opines that whatever is written in fate, no one has the power to erase it. There are certain things in nature which can't be changed. Even hithopadesha states "likhitamiha lalaate prozhitum kaha samarthaha"

Can the spring be blamed if the Kareel tree doesn't grow leaves? What is the fault of the sun if the owl can't see during the day? If the rain-drop does not fall in the open beak of the cuckoo, is the cloud to be

blamed? It's all in the fate which is determined by destiny.

From ancient scholars to modern day thinkers, we are no closer to finding an answer as to how much control we have over our destiny. We all make choices but still we feel constrained by circumstances which is beyond our control.

We cannot predict the future unless that destiny arrives in the present. We cannot but agree to the fact that we can't control the motion of the galaxies, the earth. We can't even control our own breathing and blood circulations. But remember, fate is not an excuse to give up. No matter what happens, it's in our control to do our best and be at peace with our choices. The sooner we accept this, the better we can cope and live with satisfaction with our lives, with our decisions.



DIGITAL BANKING

TRADITIONAL VALUES | MODERN OUTLOOK



HAVYAKA WELFARE TRUST MUMBAI



ಹವ್ಯಕ ವೆಲ್ಫೇರ್ ಟ್ರಸ್ಟ್, ಮುಂಬಯಿ

HAVYAKA WOMEN CONVENTION

ಹವ್ಯಕ ಮಹಿಳಾ ಸಮಾವೇಶ

Date : 7.7.2019, Sunday Time : 10.00 a.m. to 5.00 p.m.

Venue : Havyakara Sabhagraha, Dipti Solitaire, 4th Floor, Junction of M. G. Road & L.B.S. Marg, Opp. Old Post Office, Ghatkopar (W), Mumbai - 400 086.

Chief Guest / ಮುಖ್ಯ ಅತಿಥಿ :

Smt. Kamala K. (President Mysore Association Mumbai)

ಶ್ರೀಮತಿ ಕಮಲಾ ಕೆ. (ಅಧ್ಯಕ್ಷೆ ಮೈಸೂರು ಎಸೋಸಿಯೇಶನ್ ಮುಂಬಯಿ)

Special Guest / ವಿಶೇಷ ಅತಿಥಿ :

Dr. Poornima Shetty (Asth. Prof., Mumbai University) /

ಡಾ. ಪೂರ್ಣಿಮಾ ಶೆಟ್ಟಿ (ಸಹಪಾಠ್ಯಾಪಕಿ ಮುಂಬಯಿ ವಿಶ್ವವಿದ್ಯಾಲಯ)

Subject : Job Opportunities for Women and Responsibilities

ಮಹಿಳೆಯರಿಗೆ ಉದ್ಯೋಗಾವಕಾಶಗಳು ಹಾಗೂ ಹೊಣೆಗಾರಿಕೆ

Felicitation of Elderly Havyaka Women / ಹಿರಿಯ ಹವ್ಯಕ ಮಹಿಳೆಯರಿಗೆ ಸನ್ಮಾನ

-: CULTURAL PROGRAMMES / ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳು :-

Cooking Competition - Corn Spicy Item Coconut Sweets

ಪಾಕಪ್ಪರ್ವ - ಜೋಳದ ಖಾರ ತೆಂಗಿನ ಕಾಯಿಯ ತಿಂಡಿಗಳು

(1st Prize - Rs. 2,000/-, 2nd Prize - Rs. 1,500/-, 3rd Prize - Rs. 1,000/-)

Extempore Speech Competition / ಆಶು ಭಾಷಣ ಸ್ಪರ್ಧೆ

(Subject will be selected by the participants by picking up the chits at the venue

Time Limit for speech is 3 mins.)

(ಊಟದ ವಿರಾಮಕ್ಕಿಂತ ಮೊದಲು ಸ್ಪರ್ಧಿಗಳಿಗೆ ವಿಷಯದ ಆಯ್ಕೆ ಚೀಟಿ ಎತ್ತುವುದರ ಮೂಲಕ

ಭಾಷಣ ಸ್ಪರ್ಧೆಗೆ ಸಮಯದ ಅವಧಿ 3 ನಿಮಿಷಗಳು)

ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ :

ವಿಶೇಷ ಆಕರ್ಷಣೆ : ನಗುವಿನ ಹೊನಲು - ಸದಸ್ಯರಿಂದ ಹಾಸ್ಯಮಯ ಕಿರು ನಾಟಕಗಳ ಪ್ರದರ್ಶನ

Special Attraction : Comedy Skits by members

ಎಲ್ಲರಿಗೂ ಉಪಾಹಾರ, ಊಟ ಹಾಗೂ ಚಹಾದ ವ್ಯವಸ್ಥೆ ಮಾಡಲಾಗುವುದು

Hearty Welcome to all / ಸರ್ವರಿಗೂ ಆದರದ ಸ್ವಾಗತ

No Registration Fees

Those who are interested to participate in cultural programme and competitions and

For more details please contact :

Tanuja Hegde - 9869431749 • Shashikala Hegde - 9869015917

Hema Hegde - 7715950112 • Shanta Bhat - 7208171617 • Sumitra Bhat - 8459744395

CHANGE OF ADDRESS

No.	Old Address	New Address
LM-214	Bhat R. G. White Field, Bengaluru - 560066.	Prnavas, BSR Gitaar, Flat No. A-7704, Railway Station Road, Kadubeesanahalli, Panathur, Bengaluru - 560103.
LM-1072	Suresh K. Kadri, Mangalore - 575003.	Flat No. B-72, Vajram Elina Apts., Vajram Essenza Road, Near Shobha City, Thanisandra Main Road, Bengaluru - 560064.
LM-1372	Baggon Nagraj Unnati CHS, Kharghar - 410210.	C-204, Evershine Classic Clue, Adj. Evershine Harmony, Evershine City, Vasai (E) - 401208.
LM-2538	Bharghav K. M. Palava, Dombivli (E)	Sector-30, House No. 249, II Floor, Near Shivam Hospital, Gurugram, Haryana - 122001.
LM-2385	Hegde Pramod Hydrabad - 500091	Kanakiya Sanskruti, Bldg. No. 4, Flat-102, Thakur Complex, Kandivli (E), Mumbai - 400101.
LM-1470	A. S. Pragati Lokandwala, Kandivli (E), Mumbai - 400101.	A-404, Shiv Samruddhi Apts., Next to Atul Nagar, Warje, Pune - 411058.
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LM-1300	Bhat Gouri Giridhar Dindoshi, Goregaon (E), Mumbai - 400097.	1603, C-Wing, Mahalaxmi Tower, D. N. Nagar, Juhu, Andheri (W), Mumbai - 400053.

NEW MEMBERS

No.	Name & Address	Native	Phone / E-mail
LM-1555	Joshi Veena Arunkumar Mandara, Near Ambagiri P.O., Neelekani, Sirsi, N. K. - 581403.	Itloni-Sirsi	9480585330
LM-1556	Hegde Ashwat R. At & PO - Halgeri, Siddapur, N. K. Karnataka - 581355.	Halgeri - Siddapur	8277786364
LM-1557	Maskeri Vikas Umesh 304, Geetanjali Heights, Plot 77, Sector 27, Nerul (E).	Maskeri-Kumta	9833664528
LM-1558	Sukanya Ravindra Flat No. 4, Sea View CHS., Chedda Complex, Gate No. 5, Malvani, Malad, Mumbai.		022-28812399
LM-1559	S. G. Vinay Mattikal PO., Sampekatte, Hosanagar, Shivamoga, Karnataka - 577452.	Hosanagar	
LM-1560	Hegde Kishor G. Nagaveni, 1st Floor, Siddanabavi, Kumta, N. K. Karnataka - 581343.	Kondadakuli- Honnar	8105957372

LM-1561	Shastri Usha Vishnu Ganageya, Prabhat Nagar, Honnawar, N. K. Karnataka - 581334	Kavalakki	08387-221782
LM-1562	Hegde Jayalaxmi Anil B-301, Salasar Apts., III Floor, Opp. Kaka Bakery, Taki Road, Nallasopara (E) - 401 203.	Kumta-Kadle	9323803801
LM-1563	Batta Pradeepa V. Gulammohuddin Road, Nehru Nagar, Sagar, Shivamogga, Karnataka - 577401.	Yellapur	9535817189
LM-1564	Hegde Ganapati Jagannath Omkar heights, 704, B-Wing, Dasle Pada, Opp. New Gaurdian School, Dombivli.	Yellapur	9819724409
LM-1565	Bhat Vedavati S. A/3, Rajkiran Bldg., Shastri Nagar, Old Dombivli Road, Dombivli (W), Thane - 421202.	Yalugar Siddapur	9082334604
LM-1566	Bhat Aishwarya Ram 502, Laxmi Vision CHS., Vijay Park, II gate, Mira Road (E) - 401107.	Hegde - Kumta	8369787539
LM-1567	Sham K. Flat No. 204, A-Wing, National Park, View-1, Raheja Estate, Kulupwadi, Borivli (E) - 400 066.	Kasargod D. K.	9483823962
LM-1568	Dr. Kumar Bhat # 204, Sai Sargam CHS., Sector - 10, New Panvel, Raigad - 410206.	Kavalakki	8928689728
LM-1569	Bhat Usha Ganesh 401-C-Wing, Balrajeshwar CHS., Near Railway Crossing Reti Bunder Road, Dombivli (W), Thane - 421202.	Honnawar	9967310614
LM-1570	Bhat Rajendra M. L-52, RBI Staff Qrts., M. M. Marg, Mumbai Central, Mumbai - 400008.	Yellapur	9833275308
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LM-1572	Bhat Umakanta Krishna Kerekai, PO - Bachagaon, Sirsi, N. K. Karnataka - 581402	Karakai-Sirsi	9448930348
LM-1573	Hegde Niranjana S. E-301, Sai Royal Sankul, Manvel Pada, Virar (E) - 401305.	Bislakoppa	9834024572
LM-1574	Bhagwat Kala C. Kendriya Vihar, Sector-11, Kharghar	Handgon	9930762312
BN-0022	Hegde Rajesh M. Flat No. 1603, Balaji Heights, Plot 4, Sector 11, Sanpada, Navi Mumbai - 400 705.	Kadbal-Sirsi	9324220414
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How Can We Be Healthy? A Biochemist's Perspective

✍ Dr. M. V. Hegde

Prof. Dr. Mahabaleshwar Hegde, Director, Center for Innovation in Nutrition Health Disease, Bharati Vidyapeeth Deemed University Pune. mvhegde26 @ gmail. com

Article 10 : Linseed a neglected crop needs revival

In the previous article, I described, why and how I got involved into developing innovative FLAXBIO-VILLAGE concept, with the prime goal of "Bring Back Omega-3 Fatty acid into Food Chain" and good health for all. This is a dream cum true project, that has potential to substantially cut down, the present high rate of morbidity and mortality due to several noncommunicable diseases, diabetes, heart disease, cancer, respiratory diseases, premature birth low birthweight babies, depression anxiety, schizophrenia, mood disorders, depression, dementia, Alzheimer's etc. It is one thing to conceive an idea but to convert innovation and validate, you need tenacity, and lot of luck and support to succeed. It was my good fortune that my friend, well-wisher, Dr N.G. Hegde, then president of BAIF Development Research Foundation (BAIF. DRF) in 2006, introduced me to National Agricultural Innovation Project (NAIP) of Indian Council of Agricultural Research (ICAR), assisted by World Bank to be launched by BAIF.DRF in a consortium mode with several partners. The first project, worked out with BAIF under this scheme, was "Sustainable Rural Livelihood Security for the Backward Districts of Maharashtra". Because of my interest in omega-3 fatty acid, I proposed linseed as my choice of crop, to be promoted to attain sustainable rural livelihood for the farmers in Gadchiroli, Chanrapur and Yaeotmal the backward districts in Vidharbha Maharashtra. These Vidharbha districts have been traditionally growing linseed. However, linseed was not fetching good price nor the seeds used by the farmers was giving just one quintal per acre. At the start of the project the price of linseed was just Rs 20-25 per Kg. Fortunately, at Panjabrao Deshmukh Krishi Vidyapeeth (PDKV), Dr. Prakash Ghorpade, a renowned linseed breeder, had developed a high yielding disease resistant linseed varieties NL 97 and PKV.NL260,

under Indian Council of Agricultural Research (ICAR), All India Coordinated Research Project (AICRP) Linseed, Nagpur, but had not reached the farmer in a big way. As luck would have it the linseed varieties had over 37% oil and the oil had 55-57% omega-3 fatty acid. So, we got Dr Ghorpade, also as Co-principal investigator and consortium partner in the ICAR, NAIP project. Both BAIF and PDKV were in charge of linseed agriculture, we at Bharati Vidyapeeth Deemed university, were in charge of developing post-harvest technology for linseed. To take up this challenging task, we had to first establish a cold press linseed oil extraction unit. As the project was meant to function only in backward districts of Maharashtra, we were not allowed to set it up Pune. Vidharbha was too far away and we felt that it would be extremely difficult to operate the linseed processing unit from Pune. Finally, ICAR allowed us to set up linseed oil extraction unit, in a rented industrial block, at Sangamner, Ahmednagar district, 160 Km from Pune. This too was not very convenient, but we accepted the challenge. The unit was inaugurated by the Hon'ble Balasaheb Thorat Agriculture Minister and Chancellor of BVDU and revenue Minister of Maharashtra State, Hon'ble Patangrao Kadam. We placed a project assistant at Sangamner and weekly visited to review the progress. It is to the credit of Mr Deepak Kasote, who not only managed the linseed oil extraction unit very well, but also earned his PhD degree of Pune University, taking the help of Principal Deshmukh of Sangamner College.



Soon ICAR, realized the potential of linseed as a valuable crop and another project "Linseed Value Addition for Profitability" was initiated, again in collaboration with BAIF.DRF and PDKV. Both the projects were run simultaneously for seven years (2007-2014). Both these projects enabled us to firmly validate FLAX BIO-VILLAGE concept at field level. Thousands of farmers in the three districts received authentic seed variety in the beginning NL 97, first two years and later replaced by PKV.NL 260 as the latter was found be better suited for the project.

PAGE DONATED BY : SHRI CHIDANANDA BHAGWAT IN MEMORY OF HIS FATHER LATE KRISHNA T. BHAGWAT

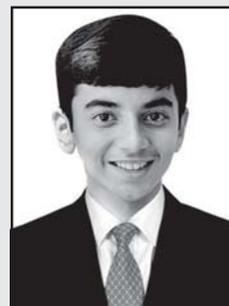
Under the project authentic seeds and fertilizers were provided to the farmers. Linseed is a rabi crop requires less water and can be grown on residual moisture.

By introducing PKV.NL 260 and two irrigation we could raise the yield to four quintals by just two irrigation and good agronomical practices. As the flax bio -village concept developed by us added value to linseed, we could give Rs 50-55/Kg, to the farmer. Farmers income increased substantially. Therefore, farmers started preferring linseed farming to the competing crop like wheat that requires 6-8 irrigation. At Sangamner, the linseed cold press extraction plant, not only omega-3 oil was produced, but from the cake poultry feed were developed for both broiler and layer chicks, to produce omega-3 egg and omega-3 chicken meat. I will describe the success stories and the value of these functional food for human health. From the linseed oil omega -3 fortifier was also developed that could be added to milk to get omega-3 milk. All these post-harvest technologies were developed during 2007-2014 during the tenure of ICAR, NAIP projects. The project ended in 2014 and so also the government support. But it was necessary to continue the project for two reasons. Firstly, it was necessary to continue to provide authentic seeds to farmers to encourage them to grow this important crop. Secondly it was also necessary to support the farmer by providing market linkage through the linseed derived omega-3 rich health products. Government allowed us to transfer all the machinery to Bharati Vidyapeeth University's Dhankawadi Campus. Here we established a not for profit company and named it as REALWORLD NUTRITION LABORATORY FOUNDATION. For supplying the authentic PKV.NL.260 varieties a farmers association "Gajanan Maharaj Jawas Utpadak Sangh" was created at Umred Chandrapur district, under the leadership of Dr Lambat. Real World Nutrition Laboratory Foundation (website: www.rwnlf.in) is a carefully planned outfit of Bharati Vidyapeeth Deemed University (BVDU). As the name suggest the objective of RWNLF is to take the research of Centre for Innovation in Nutrition Health Disease (CINHD) at Inter active Research School for Health Affairs (IRSHA) to the Real World i.e. to the society. The word Nutrition is to indicate that the RWNLF aims to provide better health to the people with well

researched technologically validated nutritional products, more particularly omega-3 enriched products. The word Laboratory, signifies that it is an experimental, interim platform created to produce and test market the health products, to validate its market suitability and consumer acceptability. The word Foundation is to affirm that RWNLF is a not for profit organization and the surplus will be used for research and development activities of BVDU.

I have mentioned above how I ventured into this challenging most satisfying task after retirement with omega-3 research focus. I precisely know that omega-3 fatty acid deficiency and serious imbalance of omega-3 and omega-6 acids, is the root cause of unprecedented rise in the above mentioned noncommunicable disease menace. Linseed has highest amount of omega-3 fatty acid. Linseed is a neglected crop. In 1980s area under linseed was 20 lakh ha and today it is less than 3 lakh ha. Linseed is mostly used in varnish and paints; its true health value has not been explored. Linseed agriculture is not lucrative to farmers. The effort of FLAX BIO-VILLAGE concept has been to unleash the power of linseed; resource omega-3 fatty acid and enrich common food egg, milk, bread (roti), edible oil etc., with omega-3 fatty acid, to correct the omega-6: omega3 imbalance and control the NCD menace. For this it is extremely important to revive the crop, encourage the farmers to grow linseed. In the forthcoming articles, I will describe how we fractionated the seed ingredients to different functional foods with specific health values.

ACHIEVEMENT



KUMAR PREETHAM

S/o Smt. Rashmi and Shri Sathishkumar K.C.
Secured 91% CBSC 10th.

We Congratulate him.

ತನ್ನ ವಾಕ್ ಚಾತುರ್ಯದಿಂದ 'ಬೈಗುಳಕ್ಕು' ತೂಕ ತಂದು ಕೊಟ್ಟ ಮಾ. ಹಿರಣ್ಣಯ್ಯ

✍ ವಿಶ್ವನಾಥ ದೊಡ್ಡನೆ

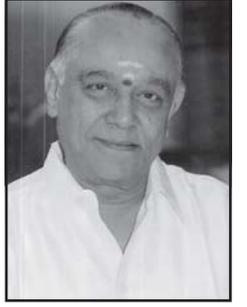
ಬೈಗುಳವೆಂಬುದು ಮಾತಿನ ಕೊನೆಯ ಅಸ್ತ. ಸ್ವಸ್ಥ ಸಮಾಜ ಬೈಗುಳದಿಂದ ದೂರ! ಬೈಗುಳವನ್ನು ಸಮಯ ಸಂದರ್ಭಕ್ಕೆ ತಕ್ಕ ಹಾಗೆ ಉಪಯೋಗಿಸಿ ನಮ್ಮನ್ನಾಳುವವರನ್ನು, ಸರಕಾರಿ ಅವ್ಯವಸ್ಥೆಯನ್ನು ತನ್ನ ಮೊನಚಾದ ಬೈಗುಳದಿಂದ ಎಚ್ಚರಿಸಿದ ಹಿರಣ್ಣಯ್ಯ ಬೈಗುಳವೆಂಬ 'ಕಸ'ದಿಂದ ಕನ್ನಡ ನಾಟಕ ರಂಗದಲ್ಲಿ 'ರಸ' ಉತ್ಪಾದಿಸಿ, ಪ್ರೇಕ್ಷಕರನ್ನು ರಂಜಿಸಿದಲ್ಲದೆ ಅವ್ಯವಸ್ಥೆಯ ವಿರುದ್ಧ ಬೈಗುಳದ ಚಾಟಿ ಬೀಸಿ ಘಟಾನುಘಟಿ ಧುರೀಣರನ್ನು, ರಾಜಕೀಯ ನಾಯಕರನ್ನು ಎಚ್ಚರಿಸಿದ ಮಹಾನುಭಾವ ಇಂದು ನೆನಪು ಮಾತ್ರ.

ನಟನೆಯೊಂದಿಗೆ ಮಾತು ನಾಟಕದ ಜೀವಾಳ, ಅದಕ್ಕೆ ಅಪ್ಪಟ ಸಾಕ್ಷಿ ಮಾ. ಹಿರಣ್ಣಯ್ಯ (ನರಸಿಂಹ ಮೂರ್ತಿ). ವರ್ತಮಾನದ ಆಗು ಹೋಗುಗಳನ್ನು ವಿಷಯವಾಗಿಸಿಕೊಂಡು ಕನ್ನಡ ನಾಡಿನಾದ್ಯಂತ ಹೆಸರುಗಳಿಸಿದ ಹಿರಣ್ಣಯ್ಯ ಹೆಸರಿಗೆ ತಕ್ಕಂತೆ ಮನಸಾ, ಕಾಯಾ-ವಾಚಾ 'ಬಂಗಾರದ ಮನಷ್ಯ'ನಾಗಿ ಬಾಳಿದವರು. ತನ್ನ 86ನೇ ವಯಸ್ಸಿನಲ್ಲಿ 03.05.2019 ರಂದು ಇಹಲೋಕ ತ್ಯಜಿಸಿದ ಹಿರಣ್ಣಯ್ಯ ಗಳಿಸಿದ ಜನಪ್ರಿಯತೆ, ಏರಿ ಎತ್ತರಕ್ಕೆ ಬೆಲೆ ಕಟ್ಟಲಾಗದು. ತಂದೆಯ ಹೆಸರು, ಹಿರಣ್ಣಯ್ಯ ಸಹವರ್ತಿಗಳು ಬಾಲಕ ನರಸಿಂಹ ಮೂರ್ತಿಯ ಪ್ರತಿಭೆಯನ್ನು ಗಮನಿಸಿ, ಮಾಸ್ತರ ಹಿರಣ್ಣಯ್ಯ ಎಂದು ಪ್ರೋತ್ಸಾಹಿಸುತ್ತಿದ್ದ ಸಮಯದಲ್ಲಿ ತಂದೆಯನ್ನು ಕಳೆದುಕೊಂಡ ನರಸಿಂಹ ಮೂರ್ತಿಯವರಿಗೆ ಜವಾಬ್ದಾರಿ ಹೆಗಲೇರಿತು.

ಯುವ ಕಲಾವಿದ ನರಸಿಂಹಮೂರ್ತಿ ಎದೆಗುಂದದೆ ಹಿರಿಯರು ನಿರೀಕ್ಷಿಸಿದ ಭರವಸೆಗೆ ಕಿಂಚಿತ್ತೂ ಅಪಚಾರವಾಗದಂತೆ ತಂದೆಯವರ 'ಹಿರಣ್ಣಯ್ಯ ನಾಟಕ ಮಂಡಳಿ'ಯನ್ನು ಮುನ್ನಡೆಸಿದರು. ತಂದೆಯವರ ನಾಟಕ ಪ್ರದರ್ಶನದೊಂದಿಗೆ ತಾವೇ ಸ್ವತಃ ನಾಟಕ ರಚನೆಗೂ ಪ್ರಾರಂಭಿಸಿದ ಶ್ರೀಯುತರು 'ಲಂಚಾವತಾರ', 'ಭ್ರಷ್ಟಾಚಾರ', 'ಅನಾಚಾರ', 'ಕಪಿಮುಷ್ಠಿ' 'ದೇವದಾಸಿ', 'ನಡುಬೀದಿ ನಾರಾಯಣ', 'ಪಶ್ಚಾತ್ತಾಪ'... ದಂತಹ ಜನಪ್ರಿಯ ನಾಟಕಗಳನ್ನು ರಚಿಸಿದ ಹಿರಣ್ಣಯ್ಯನವರ 'ಲಂಚಾವತಾರ' ನಾಟಕ 8ಸಾವಿರಕ್ಕೂ ಅಧಿಕ ಪ್ರದರ್ಶನ ಕಂಡು ನಾಡಿನಾದ್ಯಂತ ಜನಪ್ರಿಯತೆಯ ಶಿಖರವೇರಿದ್ದಲ್ಲದೆ, ಈ ನಾಟಕ ನಮ್ಮನ್ನಾಳುವ ಪ್ರಜಾಪ್ರತಿನಿಧಿಗಳ, ಅಧಿಕಾರಿಗಳ ಕಣ್ಣು ತೆರೆಸುವಲ್ಲೂ ಸಹಕಾರಿಯಾಗಿದೆ.

ಅವರ ಲಂಚಾವತಾರ ನಾಟಕ 8 ಸಾವಿರ ಪ್ರದರ್ಶನ ಕಂಡಿತೆಂದರೆ ಅದರಲ್ಲಿ ಏನು ವಿಶೇಷವಿರಬಹುದು!! ಅದೇ ಕತೆ ಅದೆ ಡೈಲಾಗ್‌ನ್ನು ನೋಡಲು ಜನ ಅಷ್ಟು ಆಸಕ್ತರಾಗಿದ್ದರೇ? ಎಂದು ಆಶ್ಚರ್ಯವಾಗಬಹುದು. ಕಲಾವಿದ ಮಾ. ಹಿರಣ್ಣಯ್ಯನವರು ಸ್ಥಳ, ಕಾಲ-ಮಾನ, ಸಭಿಕರ ಉಪಸ್ಥಿತಿಗಳನ್ನು ಗಮನಿಸಿ ಅದೇ ನಾಟಕದಲ್ಲೂ ಬೇರೆ-ಬೇರೆ ಡೈಲಾಗ್‌ಗಳನ್ನು ಬಳಸುತ್ತಿದ್ದುದಲ್ಲದೆ, ಅವರ ಡೈಲಾಗ್‌ಗಳಲ್ಲಿ ಡಬಲ್‌ಮೀನಿಂಗ್ ಇದ್ದರೂ ಅದು ವಾಸ್ತವವೂ ಆಗಿತ್ತು. ಹಾಗಾಗಿ ಜನ ನಾಟಕಕ್ಕೆ ಆಕರ್ಷಿತರಾಗುತ್ತಿದ್ದರು.

ಸರಕಾರಿ ಕೆಲಸವಾಗಬೇಕಾದರೆ ವಾಮ ಮಾರ್ಗ ಹಿಡಿಯಲೇಬೇಕು. ಚಿಕ್ಕ-ಚಿಕ್ಕ ಕೆಲಸಗಳಿಗೂ ದಲ್ಲಾಳಿಗಳು ಅಧಿಕಾರಿಗಳ ನಿರ್ಲಕ್ಷ್ಯ ಅಲ್ಲದೆ ನಮ್ಮನ್ನಾಳುವವರ ಬೇಜವಾಬ್ದಾರಿಗಳನ್ನೆಲ್ಲಾ ನೋಡಿ ರೋಸಿ ಹೋದ ಶ್ರೀಸಾಮಾನ್ಯ, ಮಾ. ಹಿರಣ್ಣಯ್ಯನವರ 'ಲಂಚಾವತಾರ' ನಾಟಕದ ವಿವಿಧ ಬೈಗುಳಗಳನ್ನು ಕೇಳಿ ಸಮಾಧಾನದ ಸಿಟ್ಟುಸಿರು ಬಿಟ್ಟವರ ಸಂಖ್ಯೆ ಕಡಿಮೆ ಇಲ್ಲ.



ಸರಕಾರ-ಸರಕಾರಿ ಅಧಿಕಾರಿಗಳಿಂದ ತುಳಿತಕ್ಕೊಳಗಾದ ಅದೆಷ್ಟೋ ಶ್ರೀಸಾಮಾನ್ಯರು ಮನಸ್ಸಿನಲ್ಲೇ ಹಿಡಿಶಾಪ ಹಾಕುತ್ತಿರುತ್ತಾರೆ. ಸಾರ್ವಜನಿಕವಾಗಿ ಹೇಳಲು ಅಂಜಿಕೆ. ಹಾಗಾಗಿ ತಾವು ಹೇಳಲಾಗದ್ದನ್ನು 'ಲಂಚಾವತಾರ' ನಾಟಕದಲ್ಲಿ ಮಾ. ಹಿರಣ್ಣಯ್ಯನವರು ಯಾವ ಮುಲಾಜಿಲ್ಲದೆ ಹೇಳುತ್ತಾರೆಂಬ ಮಿಶಿ ಪ್ರೇಕ್ಷಕನಿಗೆ. ಇನ್ನೊಬ್ಬರನ್ನು ಜರಿದು ತಾನು ದೊಡ್ಡವನಾಗಬೇಕೆಂಬ ಬೈಗುಳ, ಸಿಟ್ಟಿನಿಂದ ಬಯ್ಯುವುದು, ಕಹಿ ಅನುಭವವಾದಾಗ ಬಯ್ಯುವುದು, ಅನುಭವದಿಂದ ಹಿತನುಡಿ ರೂಪವಾಗಿ (ಸ್ವಾರ್ಥರಹಿತವಾಗಿ) ಬಯ್ಯುವುದು ಅಲ್ಲದೆ ಸಮಾಜಮುಖಿಯಾಗಿ ಬಯ್ಯುವುದು ಹೀಗೆ ಬೈಗುಳದ ರೂಪ ಹಲವು.

ಹಿರಣ್ಣಯ್ಯನವರ ಬೈಗುಳ ಸಮಾಜಮುಖಿಯಾದದ್ದು. ವ್ಯವಸ್ಥೆಯನ್ನು ಸರಿಯಾಗಿಸಬೇಕಾದವರೆ ಅವ್ಯವಸ್ಥೆಗೆ ಪ್ರೋತ್ಸಾಹಿಸುತ್ತಿರುವುದರಿಂದ ಜನಸಾಮಾನ್ಯರಿಗೆ ಆಗುವ ತೊಂದರೆಗಳಿಗೆ ಲೆಕ್ಕವಿಲ್ಲ! ಅದನ್ನು ಜನಪ್ರತಿನಿಧಿಗಳಿಗೆ, ಜವಾಬ್ದಾರಿ ಸ್ಥಾನದಲ್ಲಿರುವವರಿಗೆ ಮನವರಿಕೆ ಮಾಡಿಕೊಡಲು, ತನ್ನ ಬೈಗುಳವನ್ನು ಸಮಾಜಮುಖಿಯಾಗಿಸಿದ ಹಿರಣ್ಣಯ್ಯನವರು 'ಬೈಗುಳಕ್ಕೂ ಒಂದು ತೂಕ ತಂದು ಕೊಟ್ಟ' ಮಹಾನುಭಾವ.

ಮಾತಿನ ಕೊನೆಯ ಅಸ್ತವಾದ ಬೈಗುಳವನ್ನು ವೈಯಕ್ತಿಕ ಆಶೆ-ಅಕಾಂಕ್ಷೆಗಳಿಗೆ ಸೀಮಿತಗೊಳಿಸಿಕೊಳ್ಳದೆ ಸಮಾಜದ ಅಂಕುಡೊಂಕು ಗಳನ್ನು ತಿದ್ದಲು ಸಮಯ-ಸಂದರ್ಭಗಳಿಗೆ ಸರಿಯಾಗಿ ತಾರ್ಕಿಕವಾಗಿ, ಸೈದ್ಧಾಂತಿಕವಾಗಿ ಮತ್ತು ಸೂಕ್ಷ್ಮಾತಿ ಸೂಕ್ಷ್ಮವಾಗಿ ರಂಗದಲ್ಲಿ ಅದಕ್ಕೊಂದು ಮೌಲ್ಯ ತಂದು ಕೊಟ್ಟವರು. ತನ್ನಲ್ಲಿ ಆ ಕಲೆ ಇದೆ ಎಂದು ಎಲ್ಲೂ ಖಾಸಗಿಗಾಗಿ ಉಪಯೋಗಿಸಿಕೊಳ್ಳದೇ ಕಿವಿ ಹಿಂಡುವವರ ಕಿವಿಹಿಂಡುತ್ತಾ ತನ್ನ ಬೈಗುಳದಿಂದಲೇ ರಂಗ ಭೂಮಿಗೊಂದು ಆಸ್ತಿಯಾಗಿದ್ದ ಹಿರಣ್ಣಯ್ಯ "ಕಸ"ದಿಂದ 'ರಸ' ಉತ್ಪಾದಿಸಿದವರು.

ಬೈಗುಳವೆಂದರೆ ಜನಹಿಂದೆ ಸರಿಯುತ್ತಾರೆ. ಆ ಬೈಗುಳ ಕೇಳಲು ನಾವೇಕೆ ಹಣ ಕೊಟ್ಟು ನಾಟಕ ನೋಡಬೇಕು ಎನ್ನದೆ ಬೈಗುಳವೆಂಬ ಕಸವನ್ನು ಸಮಾಜಮುಖಿಯಾಗಿಸಿದ ಅಪರೂಪದ ಕಲಾವಿದ ಮಾ. ಹಿರಣ್ಣಯ್ಯನವರಿಗೆ ನುಡಿ ನಮನ.

Visiting elderly



In 1950's, many Havyakas came to Mumbai in search of job opportunities and settled at Mumbai. As we all know Dombivli is the hub of Havyakas who have played active role in the growth of Havyaka Welfare Trust.



On occasions, Havyakas came together, spent time together, and renewed our culture, thereby strengthening our roots.

However, with passing age some of the Senior Citizens, can not come to the functions and meet their fellow beings. With their inability to move long distance they lack the company of Havyaka friends. Therefore, under the leadership of our former President Shri N. R. Hegde a group of Havyakas are periodically visiting Senior Citizens and spending time with them.

In the pictures we can see our former President Shri N. R. Hegde, Secretary Shri Ramakant Shastry, Committee Member Shri Ramesh Vaidhya, Shri A. K. Bhat, Shri N. K. Hegde, Shri G. V. Hegde, Visiting Senior Citizens Smt. Parvati and Shri S. V. Hegde, Smt. Ganga & Shri M. S. Bhat, Smt. Saraswati & Shri N. S. Hegde, Smt. Meera & Shri V. D. Hegde.



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To,

Class of 1964: Manchikeri High School met after 55 long years



The 1964 batch of class X students, all now septuagenarians of Shri Raja Rajeshwari High School, Manchikeri, a village amidst thick ever green forest, 20 kms from taluk head quarter Yellapur in Uttara Kannada district had a reunion after 55 years of passing. 16 out of 25 ex-students met on the school premises on February 17, 2019. Sumana Phayde, high school alumni and retired school teacher says "As most of us were meeting for the first time after 55 years, we could not recognize some of our own friends as plump childhood faces turned to wrinkles, white hairs or baldy".

Three aims of the reunion were, to have a get-together, to honour surviving teachers, all now octogenarians and to give back support for the school as a gratitude. D. V. Hegde, Ex. Officer of Indian Information Service, Bangalore expresses "Collecting personal

information about our class mates and teachers spread in different states was a great challenge, as we have lost touch for a long time. After great difficulty we found out that 7 out of 25 students and 7 out of 11 teachers have reached Heavenly abode." A full day event was organized wherein students shared their fond memories and life experiences in the forenoon and after sumptuous lunch hosted by the students, a felicitation function was held. The alumni directory was also released. The lone surviving founder member of the high school N. S. Hegde, Kundaragi, teachers Prayagibai, M. B. Habbu, Dr. L. G. Bhat and P. S. Phayde were honoured. The students took the blessings from the teachers in the form of mementos from them. One lakh rupees was collected by the students and donated to the school. The president of the institution R.N.Hegde, Gorsgadde said that the class has become an exemplary role model for other batches too. In those days, when the educational infrastructure was very poor, Manchikeri high school was started in 1954, first to the taluk, and the first batch came out in 1958. The event was conceptualized by S. N. Pokle, a retired officer of Bhabha Atomic Research Centre, Tarapur and coordinated by Dr. R. N. Hegde, Bhandimane, a former GM, NABARD, in Bangalore.



(Report by R. N. Hegde, 94498 16126, hegdern@gmail.com)