



SABHA NEWS

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EDITOR'S SPEAK: ✍️

A warm greetings to all our readers. This Newsletter covers the various activities of the Sabha from January 2018 to January 2019. We conducted the annual cardiac and diabetic screening review camp and an eye camp which were part of efforts aimed at promoting healthcare among the lesser-privileged section of our community. The Newsletter also includes reports of religious and cultural activities during the past year and achievements of amchis. Interesting articles from our contributors have also been included. We thank and appreciate the continuing patronage of our writers and look forward to contributions from other members to make the Newsletter more interesting.

FAMILY EVENING 2019

The S.G.S Sabha and its Mahila Vibhag organized the annual 'Family Evening' on January 15, 2019. The programme was an occasion for our members and their families to get together and showcase their talent and enjoy a fun-filled evening. A drawing competition was held for children in three different age groups. 'One-minute' Fun games were organized for all. Outdoor games were organized in which children and adults participated enthusiastically. Creativity and colour were the hallmark of the floral Rangoli competition which saw participation from both men and women. 'Word Play', a contest to test one's vocabulary, saw a large number of people taking part.

Refreshments were provided free for members and their children.





The entertainment programme began with a prayer song followed by an invocation dance. A fancy dress competition was held for children of different age groups. Children came dressed in colorful costumes and enacted small roles highlighting messages of religion, environment and nutrition awareness, among others. A solo Shiva thandav, a fusion dance and a keyboard performance by children kept the audience enthralled.





An energetic dance performance by the Mahila members to a foot-tapping medley of songs, bright costumes, and colourful lightings had the audience spell-bound.

A game of Housie-Housie saw enthusiastic participation by a majority of the audience. The programme concluded with prize distribution for various competitions and lucky draws.









A doctor along with four refractionists attended the camp. Glasses were prescribed for 45 people. They were provided with spectacles free of cost by the Sabha. People with cataract were referred to SRMC for cataract surgery. Breakfast and lunch were provided to all patients and volunteers on that day. Dr. H. R. Shanbhouge, Vice-President of the Sabha, proposed a vote of thanks and the camp concluded by afternoon.



A light buffet dinner was provided free for members and their children.



EYE CAMP

A second eye camp was organized by S.G.S Sabha in association with the Ophthalmology Department of Sri Ramachandra Medical College and Hospital, Chennai on December 22, 2018.

During this camp, 81 beneficiaries belonging to the below poverty line segment of our community were checked for the power in the eye and other smaller ailments like cataract etc.





GANESH CHATURTHI CELEBRATIONS 2018

Our Sabha's annual Ganesh Chaturthi festival was celebrated with pomp and grandeur at the Sabha for five days from 13th to 17th September 2018 with enthusiastic participation of the community members. On the first day, the celebrations began with the Prathishta ritual at 5.50 a.m. amidst chanting of mantras and singing of hymns.





The visarjan procession on the final day began with a kolattam dance by the Mahila Vibhag members. The idol of Lord Ganesh was placed on a *pallaki* adorned with flowers and taken around the campus amidst singing, dancing and chanting of *Ganapathy Bappa Morayya*, *Mangala Murti Morayya*. The idol was later immersed in the well at the Sabha premises.



This was followed by Ganahoma and Sarvajanic Moodaganapathi Seva. This year there was 1 Maha Moodaganapathi Seva and 31 Moodaganapathi Sevas (including 1 Sarvajanic and 1 endowment). Rang Puja was performed on the fourth day in the evening. Members of our community participated in large numbers on all the five days in Pujas, Archanas, and bhajans in the evenings.



Samaradhana Lunch was provided to the members on all the five days in the afternoon. A widespread, consisting of traditional Konkani food items, was served. It was catered by Shri Babuji (Surendra Prabhu) and Shri Ravi Nayak. Under the able guidance of the Managing Committee, support from volunteers and active participation by members, the festival was a grand success.

5th CARDIAC & DIABETIC SCREENING REVIEW CAMP

The fifth Cardiac and Diabetic Screening Review Camp was conducted for the under privileged section of our community, on 10th and 11th of March 2018 at the Sabha premises. This was the review of the beneficiaries who had attended the earlier camp in the month of March 2017 and a few new beneficiaries.

Totally 105 persons attended the camp and were screened.

The Cardiology Department of Sri Ramachandra Hospitals, Porur, headed by Prof. J.S.N. Moorthy, along with other doctors and technicians, conducted the Camp. On 10th (the first day) the registration of all the beneficiaries was done. Height/weight and BP were recorded. The following investigations were done on empty stomach: CBC (Complete Blood Count), Blood Sugar-Fasting, Blood urea / Serum Creatinine (kidney function test) and lipid profile.





Then all of them were provided with breakfast, the menu of which was recommended by the nutritional experts. Two hours following the breakfast, blood was taken again for estimation of blood sugar. ECG, and ultrasound scan of the abdomen were also performed.



On the following day, i.e., on the 11th of March, all the beneficiaries were examined with the results by specialist doctors and advised suitable treatment. They were given medicines free of cost for two weeks.





At an interactive session, the doctors touched upon common health issues and how lifestyle modifications were necessary for a healthy living. The beneficiaries also interacted with the doctors on various medical issues.

On both the days, all the beneficiaries, medical staff and volunteers were provided with breakfast, lunch and light snacks.

A Glimpse of the Family Evening 2018









A MATCH MADE IN HEAVEN

P. B. ATHULENDRANATH SHENOY

‘Marriages are made in Heaven’ goes the saying. But in these days most of our younger generation search for their soul mates in the digital media. This was not so in our times. I would like to recount my experience where it seems destiny played a big role.

Those days (1975) there was only landline phones owned by officers and a privileged few. I was working in the Corporation Bank, Armenian street branch, Madras. Marriage was the last thing on my mind then. One day, an advocate came to me with a D.D. for encashment. The draft was for Rs. 100, a gift from his father-in-law for Gowri pooja. I recognised him as my classmate at the Presidency College a few years back. His name was AN Vishwanatha Rao and he had just joined the legal profession then.

(Now, he is a leading advocate in T Nagar and a member of our Sabha.) However, he did not recognise me immediately. After the initial introduction and niceties, he invited me to his house in Saidapet after ascertaining that I was a bachelor.

Now the actual story begins.

One day I visited Vishwanatha’s house and we reminisced about our good old college days. I also met his mother. It was then that they broached the topic of marriage.

I was told that the girl, Prafulla, was the 2nd among 4 girls and 3 boys and settled in Kolar. She was working as a teacher at the Kannada High School at KGF. A rank holder in Kannada at the Mysore University, she was a voracious reader and writer in the subject.

I was informed later by her that she was present in the house at that time. She had come to Chennai (then Madras) for her contact lenses. She had a peep at me through the kitchen window, having liked my boisterous laughter.

Within a couple of days, a face to face meeting was arranged at her cousin’s place



one late evening. Unfortunately, on that day, there was a power cut and we went to the open terrace with her cousin's wife escorting her. In the darkness, we could not see each other's face. There was not much conversation. I could see only something white dangling from her hair (must be jasmine flower).

The next meeting was on another day in the drawing room. Fortunately, there was no power cut. She was sitting in front of me and telling stories to a group of children. I asked her, 'Are you fond of story telling?' to which she only nodded. Can you compare this to today's dating?

From here on, events moved faster. My prospective father-in-law was summoned to Chennai by telegram. He was a hotelier in Kolar - a man of moderate education but great practical wisdom. After meeting me, he overruled all negative thoughts put forth by relatives about me. Some of them had said, 'He is in the Bank Union. He may lose his job. He is a *paropakari*' etc. My father-in-law had said, 'I have full confidence that he will look after my daughter well.'

Since my fiancé was his favourite daughter, he made doubly sure to take her wholehearted consent before proceeding further with the proposal. He was very happy when she gave her consent.

The nitty-gritty of the marriage deliberations took place at Major GV Pai's (the then President of SGS Sabha) house. Those who were present on that occasion were my father-in-law to-be and family, G Ramachandra Pai and family and Major GV Pai.

A sudden threat emerged during horoscope matching. Both of us were born in the same year - only a few months apart. Both belonged to same *Gothra*. During those days, it was taboo to marry within the same *Gothra*. But this was overcome when Sri Chempi Ram Bhat said that if the partners have different *kuladevas*, this can be overlooked.

After getting consent from both my parents, the marriage date was fixed within a month on

the last day of November 1975. We then met Parabh mam (JS Prabhu) to fix the SGS Sabha for the marriage for a hiring charge of Rs 150!

Can one imagine today that we (Prafulla and myself) never went out together even once before marriage despite being employed. I talked to her only once over the landline and her only reply was 'Alright!' She wrote only one inland letter to me encouraged by my sister-in-law.

As the marriage drew closer, another threat loomed large. A terrible cyclone was likely to hit Chennai that year. By God's grace, it moved to neighbouring Andhra Pradesh and we were saved.

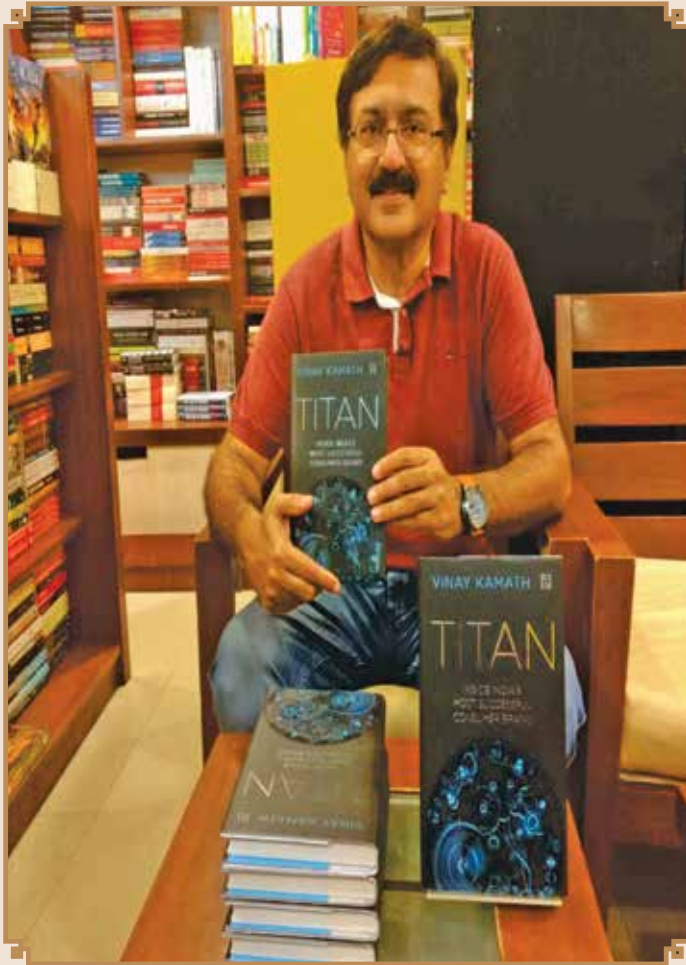
The wedding went on well at SGS Sabha with the blessings of elders and other well-wishers. The amchi stalwarts in attendance were Major GV Pai, Mr K R Shenai, the then Commissioner of Police, GR Pai, Dr Ramdas & family, Prof. Ananda Rao and my classmate and now brother-in-law AN Vishwanatha Rao. Also present on the occasion were my bank staff, including Mr. U Vasudeva Nayak, (the then Regional Manager). Also in attendance was my dearest friend and classmate Mr. K P Lakshman Rao, who had just entered the Service (IAAS) and is at present, the Treasurer of the Sabha. The Manager and staff of SGS Sabha gave their full support and ensured that everything went on smoothly.

There was also a big group from Kolar which included Prafulla's family, her relatives and her School Principal from KGF, who offered to re-employ her (Prafulla had resigned her job) as she was an outstanding teacher in Kannada language.

In 2010, we completed 35 years of happy wedded life. Prafulla passed away in 2011, leaving behind her husband, a son, a daughter and three grandchildren.

To conclude, destiny brought us together through a Bank Draft and a pair of contact lenses and of course the blessings of God, elders and relatives and friends in our community.

An Amchi Author



Vinay Kamath, a member of our Sabha and an Associate Editor with The Hindu Business Line newspaper, has written his first book.

Titled *Titan: Inside India's most successful consumer brand*, the book tells the story of Titan Co. Ltd, which launched in 1987 with an array of good looking watches and then went on to Tanishq jewellery, Titan eyewear, Fastrack watches and bags and Skinn perfume. Titan is a brand that most of us have grown up with and would also have received Titan watches as gifts and also given as gifts. Its signature tune for its TV ads has become well known and is actually a piece of classical music from Mozart's 25th Symphony, which the company has used now consistently for the past 30 years.

Vinay, who has been a journalist for over 30 years with various publications, had written extensively on Titan, from its early days and

tremendous initial success, and also over the years as the brand grew and diversified. This knowledge of the company catalysed into a book.

The book, published by Hachette India, has a foreword by Tata Group Chairman, N. Chandrasekaran. Priced at Rs 599, the book is available at all major book stores as well online on Amazon and Flipkart.

The Sabha extends its hearty congratulation to Vinay Kamath on his first book.

RISING STARS

We are proud to share that Siddharth Shenoy G, a final year Engineering student of Panimalar Engineering College, has won many awards for his project on Smart Safety Security System for ATMs. At the Tamil Nadu Skill Summit 2017, he secured the first place at the district level for the project and the second place in the State Level in 2018. He won a cash award of Rs. 50,000/- for the same. He has participated in several tech events in various colleges and won several prizes.

Siddharth is the son of V. Govinda Shenoy, a member of our Sabha.

Another youngster Rajasree G Pai of Amrita School of Pharmacy, Kochi was awarded Gold Medal in securing the first rank at the University Examinations conducted for Bachelor of Pharmacy programme of Amrita Vishwa Vidyapeetham University, Coimbatore.

She is the daughter of Govinda R Pai of Varapuzha, Kerala.

The Sabha extends its hearty congratulations to the two youngsters and wishes them all the best in their future endeavours.

Remembering Dr Kamakshi



Dr. Kamakshi R. Shanbhogue, wife of our Vice-President Dr H R Shanbhogue, and a member of our Sabha, passed away on January 24, 2019 after a brief illness at the age of 71.

Dr Kamakshi was born into a family of doctors. She studied at various prestigious and iconic institutions in the city of Madras including Holy Angels, Stella Maris, Stanley Medical College and Madras Medical College from where she finally retired as the Professor and Head of the Department of Neurology. She was one of the first women Neurologists in Tamil Nadu State.

An extremely disciplined academic and professional, Dr Kamakshi won several accolades. In 1984, she was chosen as a Fellow of the World Federation of Neurology. She was selected to attend a Conference in Germany that year. She was identified as one of the most promising and budding young neurologists from a Third World nation.

She has published and presented numerous papers both nationally and internationally in neurology. In 2012, she was conferred with the Fellowship of Royal College of Physicians (FRCP) by the University of Edinburgh.

She was a brilliant academian and was one of the most meritorious students of her batch in MBBS winning 17 gold medals totally. She was the only one to pass M.D (General Medicine) in the first attempt among the 20 who appeared that year from Stanley Medical College. She repeated the same performance in D.M (Neurology), Madras Medical College. She was the first woman to head the Department of Neurology, Madras Medical College, in the state of Tamil Nadu.

She has helped numerous patients with neurological conditions like epilepsy improve their quality of life through her expertise and skill all delivered with complete empathy for her patients. She loved teaching. Despite her credentials, she was always very humble and down to earth.

Dr Kamakshi used to regularly attend the medical camps organized by the Sabha to examine patients with neurological problems. One will always remember her pleasant demeanour during her interactions with the beneficiaries of the camp.

The Sabha recalls her invaluable service with gratitude and will miss her dearly.

WE REPEAT OUR REQUEST

Please inform the Sabha Office as soon as there is any change in your address to avoid inconvenience or non-delivery of letters. We still receive quite a large number of communications addressed to our members returned undelivered for want of information of change of address. We appeal to members who have not furnished their e-mail addresses to the Sabha to do so now as most of the members are yet to furnish their e-mail address

WE MISS THEM

Since the publication of the last Newsletter the Sabha has come to know about the sad demise of the following members:

R. Radhakrishna Pai	20-01-2018
Mrs. Prema R. Bhatt, Kochi	20-01-2018
N. Krishnan Mallya	31-01-2018
Baldev D Shenai, Cochin	19-03-2018
E.A. Sadananda Shenoi	12-04-2018
Mrs. S. Lakshmi Prabhu	14-05-2018
Mrs. Kamala D Prabhu, Bangalore	11-06-2018
Mrs. K.J. Nayak (K. Saraswathy Nayak)	25-06-2018
N.K. Kamath	02-07-2018
V. Prabhakaran Shenoy	15-07-2018
Mrs. Jayalakshmi R. Shenoy	22-07-2018
S. Purushothama Rao	30-08-2018
V.G. Purushothama Kamath	08-09-2018
Mrs. R. Shantha Bhat	09-09-2018
Brig. M.H. Pai	11-09-2018
Mrs. Vrinda	25-09-2018
V. Ramanatha Rao	14-12-2018
Mrs. R. Shyamala Prabhu	15-01-2019
Dr. (Mrs.) Kamakshi R Shanbhogue	24-01-2019
B.D. Mallya, Mumbai	Date Not Known
Mrs. B.D. Mallya, Mumbai	Date Not Known
J. Madhavan Pai	Date Not Known



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