Vol. I – 1

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May 2002

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President's Message

Namaskaara,

On behalf of the Executive committee of New England Kannada Koota (NEKK) I wish you all a Very Happy *Ugaadi*. We hope the New Year brings you all health, wealth and prosperity.

Our executive committee took office last *Ugaadi*, accepting with humility, grace, and great enthusiasm, an opportunity to bring to our community the rich values and cultural traditions of our motherland so dear to all our hearts.

In the past year we have introduced several new programs. We started the web site http://www.nekk.org, which has become an excellent source of information for our members and kannada enthusiasts. We constantly strive to improve the quality and contents of our web site in order to provide updated information to our members. We encourage you to visit our web site and send us your comments/suggestions.

We have established a NEKK **Yuva Vrinda**, or youth group. I am happy to say that we have several youth members who are trying to actively participate in this group despite their busy school schedules. I fondly hope that more children will get involved in the youth group and assure them, of my complete support and encouragement.

It was our goal to begin an NEKK newsletter that we all can share to disseminate information of interest to Kannadigas in New England. It is my pleasure to introduce **Darpana** to you, the first ever newsletter to be published by NEKK. Darpana will serve as an official forum for our members and our children to express their opinions and literary talents. We encourage you to check out the newsletter on our web site. I take this opportunity to congratulate the editorial committee and staff for a commendable job in bringing out this publication.

Kannada Sahitya is endowed with a rich repertoire of poets and authors. To keep this heritage alive so that we all have a home-away-from-home we decided to have a **Sahitya Sangha**, a literary committee. Through this committee we hope to conduct frequent group discussions by famous Kannada literary writers and local literary talent. We recently marked NEKK history with a celebration of *Purandara Dasara Aradhane*. Many of our youth group

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Purandara Dasara Aradhane. Many of our youth group members were among large number of Dasa krithi enthusiasts to attend this function. As part of this program, the Sahitya Sangha conducted a seminar on Dasa Sahitya. This new addition to our program line was a huge success. We hope to continue to celebrate this event day every year.

We are grateful for the support and encouragement of our members in this past year. We hope to be honored by your continued support in our efforts to bring more exciting programs and special events in the upcoming year.

On behalf of the executive committee, I thank you all for giving us an opportunity to serve the community.

Sincerely,

Prakash Purohit

President, NEKK.

NEKK Executive Committee:

President – Dr. Prakash Purohit
Secretary – Mr. Nagendra Parameshwara
Treasurer – Ms. Meena Rao
Members: Mr. Madhusudhan Akkihebbal
Dr. Savita Siddappa
Mr. Rajanna Heggadahalli

Youth Group Message

Kavita Gopinath and Nandini Vijayakumar.

Hello Friends! There has been a brand new addition to New England Kannada Koota. We are the NEKK youth group. So far we do not have many members and would like kids 13 through 18 to join our Youth Group. As a group we will have lots of fun. We plan to put on skits, hold discussions and are welcome to new ideas. At some point in time, we would like to be able to take charge of the Children's Day program. However, for this to happen, youth members must actively participate in the organization of the event.

In the past we have put on the Aladdin play at the Children's Day function. Also, members of the Youth Group preformed at the *Purandara Dasara Aradhane*. In future, we would like to organize many Youth Group programs. We want to show the Indian community Kannada youth and their culture. Our skits, discussions, and other activities could be in relation to the function being held, on teen issues, or any other appropriate suggestions. We can MC some of the functions and provide assistance where it is needed. This is what the NEKK youth group would like to do. For more information, please contact us at koota@nekk.org.

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¸ÀAUÉÆ½î gÁAiÀÄ t Ú QvÀÆÚgÀ ¸ÀA¸ÁÉÉÀzÀ M§ª ¸ÁªÀiÁ£ÀªÀ ¥À¤eÉAiÀÄÁVzÀÄ£ÀÄ. EvÀ£ÀÄ ¸ÀAUÉÆ½î UÁªªÀÄzÀ N¯ÉPÁgÀ£ÁVzÀÄ. Cd ªÀÄÄvÀÄd j AzÀ «ÃgÀ ¥ÀgÀA¥ÀgÉ ºÉÆÃA¢zÄ ªÀÄ£ÉvÀ£À F vÀ£ÀzÀÄ. ¨É¼ÀUÁ« f ¯ÉªÀiÀÄ ¸ÀA¥ÀUÁ« vÁ®ÆªQ£À ¸ÀAUÉÆ½î JA§ ºÀ½ÀiÀÄ°è d¤¹zÀ F vÀ£À vÀAzÉAiÀÄ ºÉ¸ÀgÀÄ ¨ÀgÀªÀÄ t Ú ªÀÄvÀÄÛ vÁ¬ÄAiÀÄ ºÉ¸ÀgÀÄ PÉAZÀªÀé.

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Editorial

The NEKK Executive committee of 2001-03 brings yet another stretch that will not just help knit the Kannadigas in New England closer, but will also serve as another strip of solid metal on the bridge back home. We introduce **Darpana** to serve dual purposes of keeping the New England Kannadigas en-pace with local news and events as well as bringing vistas of Kannada culture to you in the form of contributions, both from celebrated Kannadigas and from all of you, who make up the growing Kannada community in New England.

Living away from home and pining has its advantages. Hearts grow fonder and leave us with an immense feeling of longing that is assuaged by listening to, reading about, or seeing snippets of home. Getting this to your doorstep is the primary aim of Darpana.

As most of us here have seen, bringing up children to appreciate a culture quite as alien to them as the American culture seems at first an Herculean task. Our hope with Darpana is to get children to think about their heritage, express their opinions, and in the process come to understand and appreciate the diverseness of a rich and ancient culture.

Having put forth such lofty aims, Darpana editorial board assures you of its dedication in this venture. Together we will strive to deliver a newsletter that is representative of Kannadigas beyond all barriers. Darpana will contain articles, letters, and segments of fiction, along with regular columns such as editorials, messages from the NEKK executive committee, and community news. As this is a fledgling attempt, we encourage everyone to participate, not just in getting us to a good start, but also with ideas to reach that goal. As the editor, I do hope to see many an interesting work as well as suggestions that will contribute to the success of Darpana. As a community newsletter, Darpana will be used to positively promote awareness and art within and outside of New England Kannada populace. Please use it as a medium to reach out and make a difference. For, every enriching experience makes life that much more worthy. Help us provide you with a bridge into Kannada heritage.

Darpana Editorial Board

Editors:
English: Pallavi Nagesha
Kannada: Dr. Aruna Purohit

Members:
Mamata Kudlugi
Dr. Sharanabasava Rajur

Darpana Staff:
Graphic Designer: Roopa Thejaswi
Columnists: Dr. Krupa Rajur, M.D., and Suneha Kadimdiwan

Special Thanks to Nagendra Parameshwara and Rajanna Heggadahalli.

Darpana is a publication of New England Kannada Koota. Please send all your contributions to darpana@nekk.org.

«ÃgÀ AÉÆÃzÀ£ÁV CvÀªÀvÀ ±ËAiÀÄð¢AzÀ ºÉÆÃgÁ r zÁ¼É. F AiÀÄÄzÀ½zÀ°è QvÀÆÜgÀ ¸ÀA¸Á¼É£ÀªÀÅ ©:nµÀgÀ PÉÊªÀ±ÀªÁ¬ÄvÀÄ. gÁ t ZÀ£ÀªÀÄä ºÁUÀÆ DPÉAiÀÄ ¸ÀAUÀ r UÀgÁzÀ «ÃgÀªÀÄä, eÁ£ÀQ¨Á¬Ä CªÀgÀ£É¯Áè ¨ÀA¢¹ PÁgÁUÀ¼ºÀzÀ°è¢qÀ¯Á¬ÄvÀÄ. EzÀ£ÀÄ ¸À»¸ÀzÀ gÁAiÀÄ t Ú gÉÆaÜÉzÀÄ ©:nµÀgÀ£ÀÄ vÁAiÀÁ r ¤AzÀ ºÉÆqÉzÉÆ r ¸À¨ÉÃPÉA§ «ÃgÀ ¥ÀweÉÓUÉÊzÀ£ÀÄ. ¸ÀévÀAvÀ¼÷ª ¦:AiÀÄgÁzÀ vÀ£À UÉ½ÉAiÀÄgÀ£É¯Áè PÀÆ r ¹ MAzÀÄ UÀÄAÄ¥À£ÀÄ ¥Á:gÀA©¹ CzÀgÀ £ÁAiÀÄPÀvÀé ªÀ»¹zÀ.

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Childrens' Corner

My Parents Say!!!!

Prerana Purohit (age 11)

My Parents say
Something every day

They tell me to do chores around the house,
Even catch a rat or a mouse

Now, here are some chores they ask me to do,
Let's just hope this doesn't happen to you

Clean the fish tank,
Then run to the bank

Make all the beds,
Sew clothes with threads

Clean the bathroom,
The basement with a broom

There are weird chores my Parents say,
I hate to be living this way

Cut potatoes with a fork,
Open a wine with no cork

Rock the rocking chairs,
Soap wash the stairs

Break the deck,
Then write a ten-dollar check

There is more, oh! There is more,
I just stopped so you don't snore

Well, these are things my Parents say,
The same things every day.

AiÀÄÄUÁ¢AiÀÄ DUÀªÀÄÄ£À, ºÀ¼ÉAiÀÄ £É£À¥ÀÀUÀ¼À£ÀÄß eÁ¥ÀPÀPÉÌ vÀgÀÄvÀÛzÉ. £Á£ÀÄ F vÀ£ÀPÀ fÃªÀ£ÀzÀ°è ªÀiÁrzÀ ¥ÀæwAiÉÆAzÀÄ ¤zÁðgÀUÀ¼ÀÄ, D ¤zÁðgÀUÀ¼À£ÀÄß ªÀiÁqÀ®Ä ¸ÀºÀPÀj¹zÀ £À£ÀÄß vÀAzÉ-vÁ¬Ä ºÁUÀÄ CªÀgÀ ¦ÃW-«±Áé¸À, £À£ÀÄß UÉ¼ÉvÀ£ÀªÀ£ÀÄß Cj vÀ «ÄvÀgÀÄ, £À£ÀÄß Cdæ£À ¸À«ªÀiÁvÀÄUÀ¼ÀÄ ºÁUÀÄ CªÀgÀ ªÀÄªÀÄPÁgÀ EªÉ®èPÉÌ £Á£ÀÄ agÀlÄtæ. AiÀÄÄUÁ¢ ¤£ÀUÉ £À£ÀÄß ªÀAzÀ£ÉUÀ¼ÀÄ. AiÀÄÄUÀ AiÀÄÄUÁ¢ PÀ¼ÉzÀgÀÆ, AiÀÄÄUÁ¢ ªÀÄgÀ½ §gÀÄwzÉ.

A Brief History of New England Kannada Koota

B.K. Chandrashekhar

New England Kannada Koota celebrated its Silver Jubilee in 1998. Its birth 25 years ago is an event worth knowing.

On March 31, 1973 about fifty people of the Karnataka region assembled for a picnic at Roger Williams Park, Providence, RI, and decided to form an association of Kannadigas of New England. That was the beginning of the Kannada Koota, whose architects were mostly young people who had come from India for studying and felt a need to bring Kannada speaking people together. Soon the association took shape with several subscribing members. It was named **New England Kannada Koota**. A constitution for guiding the Koota was written in 1974. Many were responsible for this venture. A young man, Mr. S.N. Subba Rao, student at Brown University took keen interest in the early years. Dr. E.R. Suryanarayana and late Mr. S.K. Srinivasa supported him.

Since then it has come to be an organization with a president, secretary, and executive committee members. Our first president was Mr. S.L.N. Rao. We held elections each year to constitute new office bearers. The Koota gained strength due to excellent efforts of the members and the executive committee and was gradually able to entertain the members with a variety of cultural programs.

At about this time, an interesting event was held in New York. The New York Kannada Koota hosted the first Northeast Kannada Sammelana in 1976. That year was yet another landmark for NEKK. The Sammelana provided an opportunity for Kannadigas of Northeastern region of USA to come together as friends. The Kannada fraternity became larger and more progressive. Dr. Mekri, the renowned eye surgeon, had come from India to attend the conference as Chief Guest.

Today we can proudly say that what started as a small organization, has now become a viable part of Kannadigas' life in New England! Some of the regular activities of NEKK are Ganesh Chaturthi Celebrations, Karnataka Rajyotsava, Children's day *Deepavali*, *Ugaadi*, and the annual summer picnic.

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Purandara Dasara Aradhane – NEKKs Unusual Gambit!

Pallavi Nagesha

"Thus did the great architect of Carnatic music realize self": These are not usually words you expect to hear from children about Purandara Dasa. Not at least from children brought up into western culture, and develop a chasm to our culture. It was refreshing, nay heart warming to hear so many children, talk about, sing verses, and play compositions of the great saint. In a devotion filled evening, adults and children alike rendered soul-searching Dasa kritis.

Tara Anand's students rendered an interesting relay version of *Ksheerabhdi Kannike*, a moving composition extolling the virtues of the *Goddess bride*. Students of Durga Krishnan played this and other songs beautifully on the Veena. There was also a stunning vocal performance from Sandhya Sridhar's students. Amrita Mangalat's rendition of *Govinda Ninna naama* was stirring. I found her voice fresh and dulcet. My favorite was the little, Akshara Satyaprasad, who sang *Raagi Tandeera* with such passion! Her mother, Suma, has a voice of tinkling glass, clear, resonant, and effortless. Her rendition of *Harinaama Daragini* was peerless.

All through these moving renditions, one cannot miss the simple yet sublime lyrics. With a few effortless words woven into mystical melody, Purandara Dasa teaches us true Bhakti.

Attempting to launch an offbeat - atypical program is always challenging and is often accompanied by jitterbugs about community response. However, the organizers, participants, and audience can all be proud of this successful celebration. One hopes that the local Kannada community has dug a corner stone for such musical and lyrical presentations, and that future events delve more deeply into *Dasaru* and the *Bhakti* movement. The NEKK Sahitya Sangha could discuss the various interpretations of some of Purandara Dasa's more popular poems. Bhakti poetry is not always examined beyond the love and adoration so apparent in them. The social, cultural circumstances that drive a poet towards self realization is always hidden in the lyrics and it would be interesting to understand the thought behind the words for the layperson.

Health Tips

All you need to know about your cholesterol

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Nephrology and Internal Medicine
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Cholesterol is a waxy substance produced by the liver and supplied in diet, mainly via animal products. It is essential to the proper functioning of the body. Problems arise if the body fabricates more than necessary amounts or if it is unable to purge excess amounts that you might consume. Excess cholesterol leads to hardening of arteries by forming *plaques*

"PÀAUÀ½ªÁåvàPÉÆÃ PÀ¸ÀÆÜjgàAUÀ£À £ÉÆÃqàzà", "¨ÀÆµÀt PÉ ¨ÀÆµÀt EzÀÄ ¨ÀÆµÀt" JA§ ¸ÁªÀiÁfPÀ PÀ¼ÀPÀ½AiÀÄ£ÀÄÀ JwÛ vÉÆÃj¸ÀÄªÀ ²ÃÃ¥ÁzÀgÁdgÀ PÀÈwUÀ¼ÀÄ, ¸ÀA¸ÀÌôÈvÀ MAzÉÃ zÉÃªÀ¨ÁµÉ JA§ ªÁzÀªÀ£ÀÄÀ vÀ½ºÁQzÀÄÝ ªÀiÁÁvÀªÀ®è, ¸ÁªÀiÁ£Àåj UÀÆ vÀªÀÄÄä ¨ÁªÀ£ÉUÀ¼À£ÀÄÀ ¥ÀæPÀlªÀiÁqÀÄªÀ ¸ÀÄ®¨À ¸ÁzÀ£À ¸Á»vÀå JA§ ªÀiÁUÀð¸ÀÆa EzÀgÀ°è £ÁªÀÅ PÁtÄvÉÛÃªÉ.

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²ÃÃ ¥ÀÌgÀAzÀgÀzÁ¸ÀgÀÄ zÁ¸À¸Á»vÀåzÀ ªÉÄÃgÀÄ. CªÀgÀ MAzÉÆÆAzÀÄ zÉÃªÀgÀ £ÁªÀÄ C£ÉÃPÀ UÀAmÉUÀ¼À ªÁåSÁå£ÀPÉÌ C£ÀÄªÀÅ ªÀiÁrPÉÆqÀÄªÀ C£ÀÄ¨ÁªÀzÀ ¥ÁPÀ. ²ÃÃ ¥ÀÌgÀAzÀgÀzÁ¸ÀgÀ zÀÈ¶Ö fÃªÀ£ÀªÀ£ÀÄÀ ¥ÀÅ¶ÖUÉÆ½¸ÀÄªÀ ¸Á»vÀåzÀ PÀqÉVvÀÄÛ.

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²ÃÃ ¥ÀÌgÀAzÀgÀzÁ¸ÀgÀÄ. 4,75,000 zÉÃªÀgÀ £ÁªÀÄUÀ¼À£ÀÄÀ gÀZÀ£É ªÀiÁrzÁÝgÉAzÀÄ ¥ÀæwÃw. DzÀgÉ FUÀ PÉÊUÉ ¹UÀÄªÀ ªÀÄÄ¢ÃvÀ gÀZÀ£ÉUÀ¼ÀÄ PÉÃªÀ® ¸Á«gÀPÀÆÌ PÀrªÉÄ. Q±. ±À. 1564gÀ°è gÀPÁÛQ± ¸ÀA||zÀ ¥ÀÅµÀå §ºÀÄ¼À CªÀiÁªÁ¸Á¸Éå ºÀj¥ÁzÀ ¸ÉÃjzÀgÀÄ. Q±.±À. 1565 gÀPÀÌ¸ÀzÀAUÀrAiÀÄ AiÀÄÄzÀºªÁAiÀÄÄÛ. «dAiÀÄ£ÀUÀgÀ ¸ÀA¸Á¼£À PÉqÉzÀÄ £É®¸ÀªÀªÁAiÀÄÄÛ. EA¢£À ºÀA¦AiÀÄ zÁgÀÄt zÀÈ±Àå D AiÀÄÄzÀºzÀ ¥ÀjuÁªÀÄ. C¯ÉèÃ «dAiÀÄ«ºÀ®£À ¸À¤¢AiÀÄ°èzÀÝ zÁ¸ÀgÀ ¸Á»vÀå ¨ÀAqÁgÀ £ÀµÀÛªÁVgÀ§ºÀÄzÀÄ JA§ÄzÀÄ §®èªÀgÀ C£ÀÄªÀiÁÉ£À! C½zÀÄ½zÀ zÉÃªÀgÀ £ÁªÀÄUÀ¼À°è, gÁªÀÄ¥ÀgÀ, PÀÈµÀÛ¥ÀgÀ, ²ÃÃ¤ªÁ¸À¥ÀgÀ PÉ®ªÁzÀgÉ, vÀvÉÆèÃ¥ÀzÉÃ±ÀPÉÌ «ÄÃ¸À¯ÁVlÖ ¸ÀASÉåAiÉÄÃ §ºÀÄ zÉÆqÀÛzÀÄ. DzÁåvÀäzÀ°è M®«zÀÝ ¸Á»wÀÀ½UÉ ²ÃÃ¥ÀÅgÀAzÀgÀzÁ¸ÀgÀ zÉÃªÀgÀ £ÁªÀÄUÀ¼ÀÄ MAzÀÄ gÀ¸ÀÀªÀ¼À.

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on arterial walls. This compromises blood flow.

How do you detect your cholesterol?

One of the tests that measure levels of different types of cholesterol is the Lipid profile. It measures the total cholesterol TC, the HDL-C or good cholesterol, the LDL-C or bad cholesterol and the TGs or triglycerides

What is the optimum level of cholesterol

(mg/dl)	Optimal	Acceptable	Increased risk	Harmful
Total	200	201-239	240 >	
HDL-C	60 >	40 – 59	< 40	
LDL-C	100	100 – 129	130 – 159	190 >
TG	< 150	151 – 190	191 – 499	500 >

How can you improve your cholesterol?

1. Diet: Avoid saturated fats as in dairy, poultry, meat, oils such as coconut
2. Lose weight
3. Quit smoking
4. Exercise: Aerobic exercise reduces bad cholesterol

If that is insufficient…You will need treatment with medication.

Low LDL and high HDL protect against heart disease and stroke

Medical facts

Every time you have a good healthy laugh you burn 3 1/2 calories.

Humor can add 8 additional years to your life. Laugh a little, laugh a lot, heck laugh until it hurts. It's probably the least expensive prescription you will ever get.

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¸À¼À : qÀUÀè¸ï ¸ÉÚÃmï GzÁå£ÀªÀ£À, qÀUÀè¸ï, JA.J 2001gÀ ªÀ£À«ºÁgÀ PÁAiÀÄðPÀªÀÄÀ£ÀÄ vÁ||14-7-2001 gÀAzÀÄ K¥Àðr¸À¯ÁVvÀÄÛ
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¸À¼À : ²ÃÃ ®QÃ÷äzÉÃªÀ¸ÁÃ£À, D±ï¯ÁåAqï, JA.J F PÁAiÀÄðPÀªÀÄ vÁ||28-7-2001 gÀAzÀÄ K¥Àðr¸À¯ÁVvÀÄÛ.
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Recipe Corner

Mavinakai Chitranna

Suneha Kadimdiwan

Growing up in India, *Ugadi* was one of my favorite festivals. For, it is around this time that you find raw mango in the market. All of us children used to eagerly wait for the goodies made on *Ugaadi* with raw mango. *Mavinakai chitranna* and the *kadalebele cosambery.,.(Yumm!)* with raw mango were indispensable items on the *Ugaadi* menu. Although there are many ways of making *Mavinakai chitranna*, I want to share with you my mother's recipe that always had us waiting with lip-smacking anticipation.

Ingredients:

Basmati rice:	2 cups	Urad Dal	1 tsp
Water	4 cups	Mustard seeds	1 ½ tsp
Raw Mango	1 (less if mango is (very sour) pealed, seeded, cut in to small pieces	Asafetida (Hing)	½ tsp (powder)
Fresh coconut	1 ¼ cup grated	Turmeric	¼ tsp
Green chilly	3-4 (or to taste)	Curry leaves	10-12 leaves
Oil	3 tbsp	Coriander	¼ cup finely chopped
Peanuts	¼ cup	Salt	¾ tsp
Gram Dal	1 tbsp		

Method:

Prepare rice using 2 cups of water for 1 cup of rice. While this is cooking combine 1 cup grated coconut, raw mango pieces, ½ tsp of mustard seeds ¼ tsp of asafetida and green chilly in a food processor and grind to a fine paste.

In a large size non-stick pan heat oil. Add mustard seeds, as the seeds start to pop add *gram dal*, peanuts, *urad dal*, remaining asafetida, curry leaves, and turmeric. Bring it off the flame and let cool.

Add to the cooled *vagarne* the cooked rice, the mango coconut paste and salt to taste. Mix well. Transfer the *chitranna* to a serving bowl and garnish it with finely chopped coriander and remaining coconut.

Tip! Tastes excellent with *Kadale bele cosambery* on a hot summer day.

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¸À¼À : DPÀÛ£ï-¨ÁPÀì÷ågÉÆÃ ¹Ã¤AiÀÄgï ¥Ëtqà ±Á¯É, CPÀÛ£ï, JA.J

2001 gÀ F PÁAiÀÄðPÀæªÀÄªÀ£ÀÄ vÁ|| 11-18-2001 gÀAzÀÄ K¥Àðr¸À¯ÁVvÀÄÛ. ªÉÆzÀ°UÉ ®Qè÷ãÃ¥ÀÇeÉ £ÀAvÀgÀ £ÀªÀÄä PÁAiÀÄðPÁj ¸À«ÄwAiÀÄ CzÀåPÀë qÁ. ¥ÀæPÁ±ï ¥ÀÅgÉÆÃ»vï ¸ÁéUÀvÀ ¨ÁµÀt ªÀiÁrzÀgÀÄ. PÀ£ÀqÀ PÀÆIzÀ AiÀÄÄªÀ vÀAqÀªÀ£ÀÄÀ ¥ÀjZÀ¬Ä¸À¯Á¬ÄvÀÄ. AiÀÄÄªÀ vÀAqÀzÀ CzÀåQè t PÀ«vÀ UÉÆÃ¦£Áxï, AiÀÄÄªÀ vÀAqÀzÀ PÀÄjvÀÄ ªÀiÁvÀ£Ár zÀgÀÄ. £ÀAvÀgÀ ªÀÄPÀì½AzÀ £ÁIPÀ, ¸ÀAVÃvÀ ªÀÄÄªÀvÁzÀ EvÀgÀ PÁAiÀÄðPÀæªÀÄUÀ¼À£ÀÄÀ ¥ÀæzÀ²ð¹zÀgÀÄ. PÁAiÀÄðPÀæªÀÄzÀ°è ¨ÁUÀªÀ»¹zÀ ªÀÄPÀì½UÉ PÀ£ÀqÀ PÀÆIzÀ ªÀw¬ÄAzÀ ¥Àæ±À¹Ü ¥ÀwæPÉAiÀÄ£ÀÄÀ «vÀj¸À¯Á¬ÄvÀÄ. PÉÆÉÉAiÀÄzÁV "®ºÀj" PÀ£ÀqÀ PÀÆIzÀ ¸ÀAVÃvÀ vÀAqÀ¢AzÀ gÀ¸ÀªÀÄAdj PÁAiÀÄðPÀæªÀÄ¢AzÀ CAvÀåUÉÆArvÀÄ.

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Community News

Birth Announcements:

Congratulations to:

Deepika and Bhanu Prakash on the birth of their son, Amogh on 10/26/01

Aruna and Prakash Purohit on the birth of their daughter, Archana, on 12/13/01.

Savitha Siddappa and Ravish Ramalingappa for the birth of their son, Thejas Ram on 2/19/02.

Roopa and Anand Doraswamy for the birth of their daughter, Kavya on 3/12/02.

Subada and Jayant Deshpande for the birth of their son, Amogh on 3/31/02

Events

Solo recital: By Gowri Vijayakumar.
Date: 5/18/02: 2:00 - 4:00 PM
Venue: West Elementary School, Andover, MA
Agenda: 2-3: Vocal recital
3-4: Veena recital
Gowri is the disciple of Ms Durga Krishnan (Veena) and Ms Tara Anand (vocal).

J£ï.E.PÉ.PÉ. ¸ÀªÀiÁZÁgÀ ¥ÀwæPÀ ¸À«ÄW.

J£ï.E.PÉ.PÉ. ¸Á»vÀå ¸ÀAWÀ - qÁ. J¸ï.©.gÁdÆgï, ¤ªÁðºÀPÀgÀÄ.

J£ï.E.PÉ.PÉ. AiÀÄÄªÀ ªÀÈAzÀ - PÀ«vÀ UÉÆ¦£Áxï, ¤ªÁðºÀPÀgÀÄ.

J£ï.E.PÉ.PÉ. ®ºÀj - ªÀÄzÀÄ¸ÀÄzÀ£ï CQÌºÉ§âï, ¤ªÁðºÀPÀgÀÄ.

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¸ÀÄ¼À: ¨ÉqÏ¥ÉÇÃqïð mË£ï ¸ÉAlgï, ¨ÉqÏ¥ÉÇÃqïð, JA.J.

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New Leaves in a Chapter

Pallavi Nagesha

Ah! The power of spring! The enchanted season never ceases to amaze me with its ability to warm into hearts. All worlds suddenly enliven. New leaves open expectant eyes on every bough and twig, and beauty herself stands tall and triumphant. A nascence of hope plays on the limbs of the youthful temptress as the world pauses to hail her arrival.

As a child, this season did not hold much promise. Yet, one alluring quality of spring was *Ugaadi*. When the Neem blossoms whiten treetops and carpet paths. The enveloping fragrance, a close companion for the day. The festivities of *Ugaadi* day to me are food centered. The *bevu-bella*, *paanaka*, and other things made from mango!

The day began with grandfather "ringing" the New Year, literally, in. He said the things we do on *Ugaadi* stay with us all year, hence the 4:00 AM alarm. He insisted we clean our rooms and, then inspected them. "Cleanliness is Godliness", he preached. We are inviting God by displacing dirt and clutter, both physically and spiritually. After a bath and the excitement of new clothes, was the *puja*. Most of the time, we got to the *prasada* before grandfather did *nevidya*. "Children are a manifestation of God", grandfather said, God will not grudge a child some treats.

I liked the part where we eat *bevu-bella* the best. Neem flowers offer a rare gustatory experience. Its symbolism is not lost either. Grandfather never missed explaining the significance of eating the bittersweet concoction on the first day of the year. "We must welcome all things, pleasant and distasteful. For, if nothing, life has its experience." As a child, those words held only the promise of a treat at the end, now I cherish them as a talisman against, well, life itself.

As the day progressed, we did all things we wished to retain through the year. Spent more time with family, learnt and taught. Listened and forgave. And most importantly, reflected. Evening time was the customary trip to the temple. "You don't have to go" grandfather said. "God is in you, look inside and seek. Find inner peace and if you need to go to the temple for that, then go you must." Life was a lot simpler then. Now, with every new turn, I reflect, look inside and find I am most thankful for the ability to choose, parents who gave that choice, understanding friends, my grandfather, and spring.

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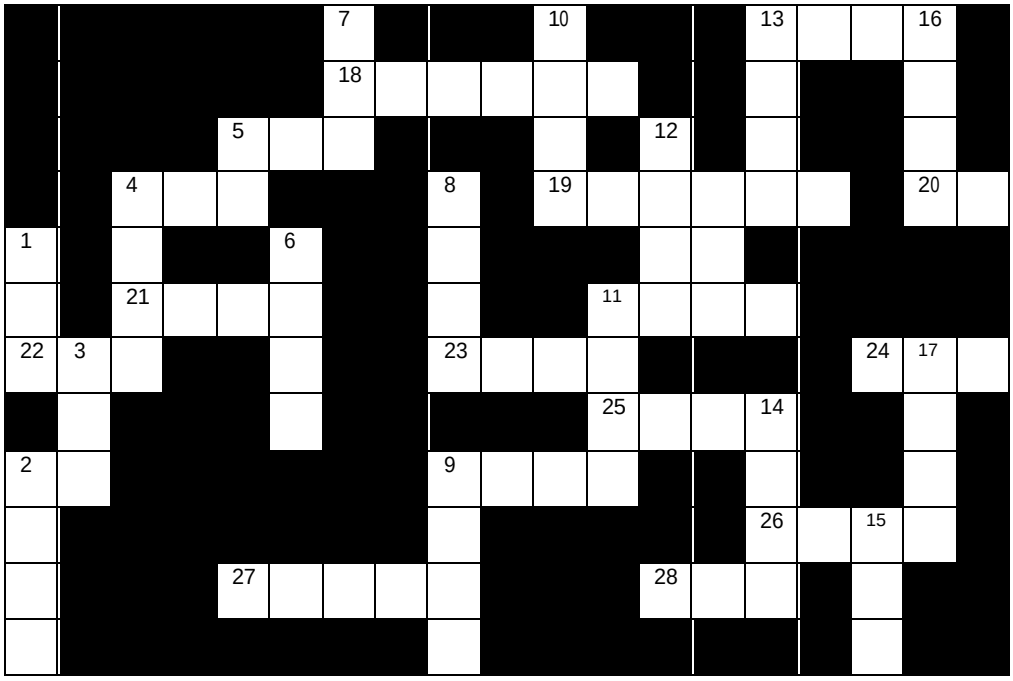

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15. £ÀªÀÄä ªÁå¸À£À H gÀÄ - (3)
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17. SÁåvÀ vÁAwºÀ «zÁå®AiÀÄ EgÀªÀ H gÀÄ - (4)

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13. ¸ÀªÀÁzÁ£À - (4)
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27. "¸À«£É£À¥ÀUÀ¼ÀÄªÉÃºÉÆ" - F avÀzÀ ºÁqÀÄ - (5)
28. ªÁvÀì®¸ - (3)

ಯಾಗರಾಜಾಯ
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