

# VIPRANUDI

English Journal from the house of AKBMS



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## MASTER HIRANNAIAH

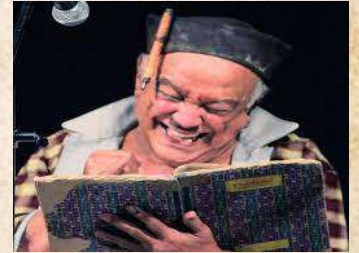
**Narasimha Murthy, known by his stage name Master Hirannaiah (15 February 1934 – 2 May 2019), was the most popular theater artist from Karnataka. He also acted in and directed several Kannada films.**

Master Hirannaiah was born in Mysuru in a Brahmin family. His father K. Hirannaiah too was an actor, director, and writer in the Kannada Film Industry and a then extremely popular theater artist in Karnataka, known as "the cultured comedian". His mother was Sharadamma. After finishing primary education in Banumayya Middle school, he completed intermediate in Sharada Vilas, Mysuru.

In his childhood days, he distributed newspaper "Sadhvi" to fund his education, while actively participating in drama and theatre plays.

After his father's death, Hirannaiah took over the management of K. Hirannaiah Mitra Mandali, which was founded by his late father. Master Hirannaiah perpetuated his father's legacy and built a grand edifice of his own. His father's theatre company grew leaps and bounds under his stewardship and thrived under him. Even to this date, he remains as one of the MOST popular theater artists in the state of Karnataka who had become a house hold name.

His notable drama plays include Lanchavathara, Kanya Dahana, Sanyasi Smasara, Chamachavathara, Haasyadalli Ulta Palta, Kapi Mushti, Nadubidi Narayana, Bhrashtachaara, Anaachaara, to name a few. His Magnum Opus, Lanchavathara was staged more than 10 thousand times over a span of 45 years. The actor and political satirist once said – "The audience is my censor board. They have paid for their ticket and if they have a problem or they disagree with me, they can stand up and talk about it. My method is to have my commentary on various issues in the middle so that they get the required attention of the audience". He indeed lived up to his reputation of being the "mouth piece" of people. He spoke their language and addressed all those issues which haunted them...



Actor, Filmmaker Sri. Ramesh Arvind's quote on Master Hirannaiah sums it all - "Master Hirannaiah was one of the biggest icons on the Kannada stage. It is not often that you come across someone like that. While we say that no one is indispensable, there are a few who create their own niche, and Master Hirannaiah was one such; He is irreplaceable. Even experts cannot contest him as far as his expertise in the Kannada language, theatre, and knowledge of political affairs was concerned".

Rajyotsava Prashasti, Gubbi Veeranna Prashasti (1988), Sangeet Natak Academy Award, Sandesh Arts Award (2009), Anakru Nirman Swarna Award (2013), Maha Advait Award (2017), Alva's Nudisiri Award (2005) were some of the recognitions that he received...

Babu Hirannaiah, one of the five children of Master Hirannaiah has taken over his father's mantle now...

After the inception of Akhila Karnataka Brahmana Maha Sabha in 1972, Master Hirannaiah became its first President. He served the organisation during 1973-74 and provided that initial momentum to build and strengthen AKBMS.



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## VIPRANUDI

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# Presidential Message

**Ashok Haranahalli**

President - AKBMS

Dear Friends

At the outset, I wish our team behind Vipranudi – The English Journal from the house of AKBMS, a very happy and well-deserved one year in print. I acknowledge the hard work put in by the team headed by its Editor-in-chief, Sri. Satyesh Bellur for bringing 12 editions with content that is superior from all perspectives. While congratulating them on this milestone, I wish them the very best and look forward to their continued writings that have made AKBMS proud.

I wish to draw your attention to another issue. The State Government has decided to divert the 10% reservation for economically backward people to other communities. This is in all ways an unfair and objectionable move. Akhila Karnataka Brahmana Mahasabha strongly objects to this move by the State Govt. The central govt has sanctioned a certain percentage towards this and the State Govt does not have the power to add or subtract this percentage.

Scheduled caste and Scheduled tribes enjoyed a 15% and 7.5% reservation ever since Indian Independence, which was duly accepted and executed in all the states. None of the other

communities raised any objection to this. In the year 1990, the then Prime Minister Shri. V.P.Singh, wanted to bring some kind of equality for the backward people of India. He established the Mandal Commission, travelled the entire stretch of the country, collected information, gathered opinions and recommended a reservation policy for the backward communities of India. This was thoroughly discussed, and the Supreme Court ruled that the entire reservation should not exceed 50%. This has been followed by all the states very diligently. In the year 2019, Prime Minister Shri. Narendra Modi brought about amendments to the Byelaw and recommended a 10% reservation to be made for those who are economically backward. This was extensively questioned and discussed and later the Supreme Court upheld the recommendation and sanctioned this reservation. This move would have helped lots of Hindu Brahmins who require such support. But unfortunately, this 10% reservation has been drastically reduced to 2% by the State Govt. the voice of the majority in other communities has influenced this decision by the Govt. It is very unfortunate that in this age of Democracy, people get their way by mere show of numbers and got reservation sanctions for their communities. AKBMS strongly opposes this turn of events and has since then had discussions at various levels and raised opposition in the higher courts. The Law should be equal to all the communities and no other community can take the benefits. The Reservation bill has been approved by the



Supreme Court and hence the State Govt tampering with it is not legally appropriate. So Mahasabha has decided to appeal and question this move by the State Govt. A statewide violent revolt is being planned.

It has now become an intense need to come together, stand united and raise our voices in unison. The Press and Social media have fully supported the Brahmins in revolting against the reservation policy by the State Govt. This support helps us to spread awareness and

knowledge and to reach out to the common man. This initiative will strengthen our voice in the coming days. The time has come to bury our individual differences, put aside our personal ego and rise as one strong community so that our Brahmin community is not taken for granted and we get our fair share of the Govt initiatives. This is important for the overall development of our community and for helping the economically backward people of our community.

*Ashok Haranahalli*  
Yours Truly

**Ashok Haranahalli**







## From the Editor's desk.../

**Satyesh N. Bellur**  
Editor-in-chief

Dear Readers...

Welcome to our twelfth edition of Vipranudi – the English journal from the house of AKBMS.

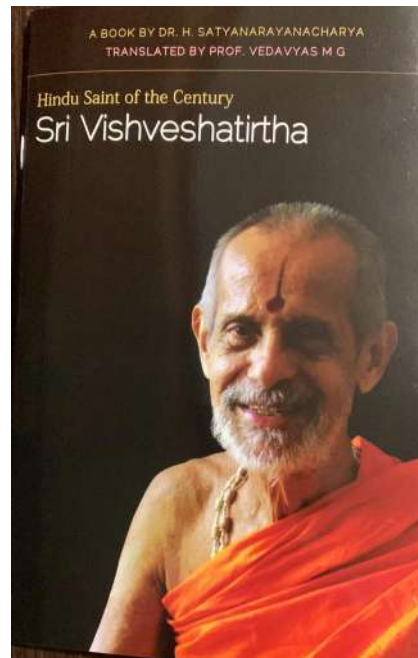
We have completed one year - Twelve editions today. It gives me a sense of profound satisfaction at this stage. "From where we started to where we are" has been a fulfilling journey. A year ago, when Ashok Harnahalli Ji invited me to start the English version of Vipranudi and I said that it should be a journal and not a news bulletin, the biggest problem on hand was to find committed writers who would make the journal "a must read" and "a must possess". I am so happy to say that everyone that I approached asking to be a part of this journey agreed without any ado and each agreed to write on specific subjects offered, making this journal diverse and yet, undivided. From that perspective, the journal is unique – It offers articles covering varied subjects catering to the interests of a multitudinous cross-section of readers. I would like to place on record my sincere thanks to all the writers, the editorial board, the IT cell, The DTP team, The Printers, the AKBMS management and those readers who have subscribed to this journal. They all have made the last twelve months of Vipranudi, so very enchanting and meaningful!

It is time to celebrate. It is time to feel good. It is time to congratulate each other...

**Three cheers to all of us journal writers...**



One of our most distinguished writers Prof Vedavyas M.G had his new book of translation released by the present Pejawar Swamiji at a function held on 24th December 2022. The book titled – "The Hindu saint of the century – Sri Vishveshatirtha", is not only a concise treatise about the life and times of the Holy Saint, but also enumerates his rich contributions to the Mutt and society at large.



The book is a must-read for the followers of the Holy Saint as well as for all those who wish to realise this noble soul's contributions to the Sanatana Dharma. On behalf of the editorial and the entire team of co-writers at



Vipranudi, I wish Prof Vedavyas M.G the very best for his book. I wish that many more such gems come from him in the days to come.

Sri. Ashok G Narendra Ji has been an avid reader of our journal. A Banker by profession, he evinces a keen interest in literature. It is our pleasure to have him write a Guest Column in this edition where he talks about the ill effects of social media and the world of gadgets on our youth of the day and how this menace can

be channelized towards achieving positive results.

I thank all my columnists and editorial colleagues for their continued patronage. Till we meet again in our next edition, wishing you all a blissful time ahead.



Satyesh Bellur  
**Satyesh N. Bellur**







# AKBMS – News & Events

## Savithri Ramesh

Lead members of the AKBMS Women's wing.  
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We have great pleasure in bringing this report highlighting some recent activities of AKBMS held during November/December 2022, to your perusal:

### Events and Programs of AKBMS

1. Pratibha Puraskasra, a program to 1. Vishwa VipraArchakas and Purohit conference was held at the holy place of Datta Peeta at Ganagapurarecently. President Sri. Ashok Haranahalli spoke on this occasion and said that this set of people is important to society as they uphold culture and tradition. It does not matter that people make cheap comments and share opinions on social media. We should give much importance to these cheap comments and continue to do our duty.
2. Release of AKBMS Calendar for the year 2023 at Shankarmutt, Gadag in January. Brahmin Achievers in various fields were also honoured on this occasion.
3. Celebrating the birth Anniversary of Swami Vivekananda at Raichur. Speaking on the life of Swami Vivekananda Sri Nagaraj ji, Coordinator, RSS Bellary said it is important to draw learnings from his life and called on the youth in building a strong Hindu community.

4. The 10th Annual meet of Brahmin Employees was held at Arasikere. The call to take the challenges of being self-made was emphasised on this day. Sri. Ashok Haranahalli addressed the gathering on this occasion.



### ತೀರ್ಪು ಸ್ವಾಗತ

ಆರ್ಥಿಕವಾಗಿ ಹಿಂದುಳಿದ ಮೇಲ್ವರ್ಗದವರಿಗೆ ಶೇಕಡಾ 10ರಷ್ಟು ಮೀಸಲಾತಿ ಬಗ್ಗೆ ಸುಪ್ರೀಂಕೋರ್ಟ್ ಮಹತ್ವದ ತೀರ್ಪು ಪ್ರಕಟಿಸಿದ್ದು ಸ್ವಾಗತಾರ್ಹವಾಗಿದೆ. ಹೀಗಾಗಿ ಆರ್ಥಿಕವಾಗಿ ಹಿಂದುಳಿದ ಮೇಲ್ವರ್ಗದವರಿಗೆ ಶೇಕಡಾ 10ರಷ್ಟು ಮೀಸಲಾತಿಯ ಸಂವಿಧಾನದ 103 ನೇ ತಿದ್ದುಪಡಿ ಎತ್ತಿ ಹಿಡಿದಿದಂತಾಗಿದೆ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ರಾಜ್ಯ ಸರ್ಕಾರ ಹಾಗೂ ಮಾನ್ಯ ಮುಖ್ಯ ಮಂತ್ರಿಗಳು ನಾಲ್ಕು ವರ್ಷಗಳಿಂದ ನೆನಗುಡಿಗೇ ಬಿದ್ದಿದ್ದ EWS ವರ್ಗಕ್ಕೆ ಕೊಡಬೇಕಾಗಿರುವ ಶೇಕಡಾ 10ರಷ್ಟು ಮೀಸಲಾತಿ ಕಾಯ್ದೆಯನ್ನು ಸಮರ್ಪಕವಾಗಿ ಜಾರಿಗೆ ತರಲು ಕಾರ್ಯಪ್ರವೃತ್ತರಾಗಬೇಕೆಂದು ಮನವಿ.

ಶ್ರೀ ಅಶೋಕ ಹಾರನಹಳ್ಳಿ

ಅಧ್ಯಕ್ಷರು

ಅಧಿಭವನ ಸಂಘದ ಪ್ರಾಚಾರ್ಯರು (ಅ)





# Guest Column

**Ashok G Narendra**

Retired Banker, Avid Bibliophile & Passionate Reader

Contact: 9611838712



## The Glowing Screens: Smart Phones and others

The computer, iPad, laptop, and smartphones have evolved in a short span of time and changed the way we work, entertain ourselves, and communicate with other people. Yes, we have these amazing handheld marvels of the digital age, miraculous glowing devices that connect people throughout the globe and can literally access the sum of all human knowledge in the palm of our hand.

As parents, we realise how important it is to for our children to grow up in a world of technology. Children are exposed to these devices very early on in life. They are seen watching the images on a screen for as much as 6 to 8 hours daily: expressionless, unfeeling, and soulless zombies. What is the price of all this that children are forced to pay? For the oh-so-easy, comfortable, and titillating jewels of the modern age, have we unwittingly thrown an entire generation under the spell of virtual images? The good amount of research done by our Psychologists points to exactly this. A host of mental disorders must force us to relook at and study the implications of these devices. All is not lost and we can still stem the tide by understanding the reasons and lessons provided by it.

To understand the negative effects and a host of mental disorders that follow for the younger generation in particular, let us examine Addiction, Aggressive behaviour, Attentional

Deficit, and Hyperactivity Disorder-ADHD-and even Psychosis.

The human brain handles stimulation by secreting Dopamine. A particular activity becomes pleasurable with Dopamine secretion or tickle. We tend to repeat such activities. The simplest example is of taking food controlled by a Dopamine tickle. It ensures proper intake of food to keep the body healthy. If it loses control it results in eating disorders like obesity due to excessive eating. It can become an addiction if not controlled and treated early. We are more concerned with mental disorders here for children which require treatment.

Addiction to these devices is like giving drugs to the hands of children. These devices are as addictive and habit-forming as cocaine. As the disorder is of recent origin even doctors did not know how to understand and treat it. They allowed the devices to be used for fear of aggravating the situation. Addicted children appear confused, disoriented, and even terrified. They also complained of severe loss of sleep and appetite. Continued exposure to them results in a blurring of the mental ability to distinguish between reality and virtuality, becoming deeper with greater addiction. Experts call it a game transfer phenomenon and say it requires treatment.



Carl Jung and his devotee Joseph Campbell wrote extensively about the human need for myth consisting of our stories, the hero's journies, parables, and our morality tales. By and large we have lost it in our modern age. Jung wrote that modern world had been "demystified" and was experiencing a "poverty" of meaning. Science has created a meaning void and stripped us of our myths, gods, demons, heaven, and hell. Science even tells us there is no God and the world is a cold place without myth and meaning. But these are the necessary lifeblood of the human psyche. In this sense, many of the mythical fantasy games like World-of-War craft are nothing more than digital versions, hypnotic in their spell on the small glowing screens. Kids seeking meaning, connection, and a deeper sense of purpose find it in digital fantasy: adventure, slaying of monsters and earning prizes and a soul-satisfying sense of purpose

These glowing screens in the hands of children are a real danger because they come in sheep's clothing. Society and parents have accepted them on the false notion that they prepare our children for a tech-dominated world. Thus we have encouraged our young with a drug in their hand supplemented by the thought that they are safe in the house while playing these games. While we have declared war on drugs and psychotropic substances we have allowed the march of screens unfettered in our midst and made them accessible easily to children.

We all know that children's attention span and their ability to focus suffer due to hyper arousing stimulation, as a result of watching these devices. Just think what may be the effect on their attention span after watching a fast video game with intense image-changing games played for 6 to 8 hours daily over a period of time. ADHD has gone up 800 percent during the last three decades. The link between ADHD and screen culture is all too clear. The industry producing these fantasy

games is complicating the problem. They say that children's attentional abilities to focus have declined over the years. It has to be strengthened by technology in schools and classrooms. This is as illogical and ill-advised as recommending Tobacco saying cigarettes are cool and fun.

Consider this. The pioneers of the tech industry like Bill Gates, Steve Jobs, and Larry Page sent their children to no-tech schools and did not allow the use of screens to their children until after 12 or 13 years. The video game industry is a multibillion-dollar business and is devoted to creating entirely addictive products aimed at kids and young people. They are known to hire scientists to elicit blood pressure of around 180 within a few minutes of playing these games. If not they will go back to tweak the technology to get the results they want. Can anything so arousing to the brain and the nervous system be good for children? The price that children pay is disproportionately high in return for the dubious returns, as tech-advocates would want us to believe.

Technology has a dulling effect on the mind. Experiments conducted in so-called primitive and deprived environments to test their attention, comprehension, and retention showed that such children with poor and no-tech backgrounds were better by as much as three to four times as compared to their counterparts with privileged and high-tech backgrounds. A false narrative is let loose on parents that high-tech schools are good for children. The research confirms that the exact opposite is true. Billions of dollars are wasted in this while more and more enrichment programs and teachers get cut.

It is worthwhile to recall the ideas of Neil postman, an intellectual and professor at New York University, almost 25 years before Steve Jobs came on the scene. In 1985 he compared the TV to the imaginary drug Soma, in Aldous Huxley's book Brave New World. He

compared it to the cocaine-like drug. TV he said offers information as entertainment and thus locks up the group dynamic necessary for education and socialisation. With TV at the center, the media environment is rapidly leading to the disappearance of childhood. This can only be termed a social disaster. Three decades after Postman's prophetic remarks we are witnessing TV and the Internet amplifying adult themes like violence and sex for children. What it does in effect is delayed entry to Adulthood by extending adolescence beyond twenty years up to thirty, for children hooked to them.

Clinical research establishes increased aggression and violence attributable to glowing screens and tech- addiction. Several cases are being reported in the media about children becoming violent. Tom is a 15-year-old boy diagnosed with Obsessive Compulsive Disorder-OCD. It causes anxiety and fear leading to compulsive behaviour. Tom had suffered fantasies in which he tortured and dismembered women. Luckily for Tom, he was successfully treated with psychotropic medications and psychotherapy.

However, it was not the case with 31-year-old Evan Marshall who dismembered and decapitated Denise Fox a special education teacher for special kids who lived nearby. Children are known to act out their fantasies as in the case of Adam Lanza. He killed 28 innocent schoolchildren in Newton Connecticut school on 14 December 2012. The incident made screaming headlines. The reason is psychological issues like OCD. He was frequently seen washing his hands and socks up to 20 times a day indicating OCD. He was addicted to video games called World -Of-warcraft and Combat arms. The full details of this case are too bizarre to recount. It was proved later that Adam Lanza had over a period of time planning every move of shooting, as in the game he played. He had also suffered in physical health and weighed only 112 pounds despite being six feet tall. He was sick and addicted to gaming. At the end of

it all it seemed certain that violent video games played a key role in his insane act, due to reality blurring mechanism, a psychotic break that desensitised him to violence and honed his skill to shoot innocent children.

What is the solution then? It lies in the judicious use of screens. Also in the treatment facilities for victims of mental disorders. But most importantly raising social awareness and creating social change. Technology is good for Emailing, Skyping, Researching a topic, and educational YouTube videos It is bad when used for watching porn, video games, hyper-texting, and hyper-social media. The choice is ours.

In our country, we have a rich culture and traditions to follow. They make our life so much more meaningful and rich. Playing with and talking to children is very important. Nature treks are very helpful because green spaces have profound positive effects on the attention capabilities of children. It enables them to handle stress more effectively. Even Discovery-channel videos that compress hundreds of hours of footage into a half-hour video are no substitute. Virtual experience falls much short of actual real experience. We have time-tested tools like Bhajans and meditation to calm the mind. Group activity and strong family bonds, Epics like Ramayana and Mahabharata, and tales of heroism can provide the young mind with what Carl Jung calls "meaning and purpose" in life. Let us be wary of Glowing Devices and screens and let us stem the tide of addiction before it is too late.

### **Editor's Note**

Sri. Ashok G Narendra is a Banker. He served Canara Bank before retiring as Senior Manager and during his tenure, has worked in several states. He loves Dasa Sahitya, Kannada and English literature and evinces keen interest in Music & History.





# TIMELESS TRADITIONS...

**Dr Jayant Agasthya**

Writer, Seeker & Teacher

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## Necessity of Sandhyavandana

The common meaning of Sandhyavandana is "worship of the sandhyas". The 'sandhi time' of day and night is called sandhya-kala. We have prathassandhya (time before the sunrise) and sayamsandhya (time before the sunset). Shastras give testimony that there are only two sandhyas : ಸಾಯಂ ಪ್ರಾತರ್ಧ್ಯೇ ಸಂಧ್ಯೇ ... Gautama Dharma Sutra. However, many perform Sandhyavandana in the afternoon (maadhyahnika) and at midnight (specific to tantra). But for all practical reasons, it is sufficient if we do prathassandhya and sayamsandhya.

What does Sandhyavandana entail? It is very interesting to note that the activities performed during Sandhyavandana are not merely mechanical but have a lot of practical utilities.

Significance of Sandhyavandana can be understood from the below verse:

ವಿಪ್ರೋವೃಕ್ಷೋಮೂಲಮೇತಸ್ಯಸಂಧ್ಯಾ ವೇದಾಃ

ಶಾಖಾಧರ್ಮಕರ್ಮಾಣಿಪತ್ರಂ |

ತಸ್ಮಾನ್ಮೂಲಯತ್ನತೋರಕ್ಷಣೀಯಂಛಿನ್ನೇಮೂಲೇ ನಾಸ್ತಿ

ಶಾಖಾ ನ ಪತ್ರಂ ||

Brahmana is the tree. Sandhyavandana is the root. Vedas are the branches. Deeds (karma) done according to the dharma are the leaves. If the root is destroyed, there is no significance for leaves, branches etc. Therefore, we have to ensure that the root is protected at all costs.

When should we perform Sandhyavandana?

### Sandhyakaala :

ಉದಯಾತ್ಪ್ರಾತನೀಸಂಧ್ಯಾಘಟಿಕಾತ್ರಾಯಮುಚ್ಯತೇ |

ಸಾಯಂ ಸಂಧ್ಯಾತ್ಯೈಘಟಿಕಾಲಸ್ತಾದುಪರಿಭಾಸ್ವತಃ ||

Morning Sandhyakaala is considered to be 3 ghatis before sunrise. 1 ghati is approximately 24 minutes. Hence, 1.5 hours before sunrise is taken as morning Sandhyakaala. This timeslot is also known as Brahma-muhurta. Similarly, 3 ghatis or 1.5 hours before sunset is considered as saayam Sandhyakaala.

ಅಹೋರಾತ್ರಸ್ಯಯಃ ಸಂಧಿಃ ಸೂರ್ಯನಕ್ಷತ್ರವರ್ಜಿತಃ |

ಸತು ಸಂಧ್ಯಾಸಮಾಖ್ಯಾತೋಮುನಿಭಿಸ್ತತ್ತ್ವ ದರ್ಶಿಭಿಃ ||

(ಗಾಯತ್ರೀಪುರಶ್ಚರಣಪದ್ಧತಿ)

The sandhi-kala between day and night and vice versa is called sandhya. The mutual rising and setting of sun and stars denote the sandhya-kaala.

### Giving arghya during Sandhyavandana :

Sandhyavandana encompasses a lot of activities. Predominant among them are giving arghya to Surya, Gayathri japa & praying the dik-devatas.

Arghya to Surya: While giving arghya to Surya is very important, giving it at the correct time is equally important. Due to various attributable/unattributable causes, today, we give arghya to Surya in the morning and

evening at odd times, mostly at times we are comfortable. The dharma-sutras specify that the most appropriate time is ಖಂಡೋಪಲಬ್ಧ ಕಾಲ. After waking up in the Brahmi-muhurta and finishing the bathing ritual, we have to give arghya at the time when the sunrays become visible. Incidentally, even the stars are visible at this time. This timeslot is called ಖಂಡೋಪಲಬ್ಧ ಕಾಲ. This applies during sunset also. The time when the sunrays start to recede and the stars become visible is the best time in the evening to give arghya. The morning arghya has to be given while standing and the evening arghya, sitting down.

**Gayathri Upasana:** the next important aspect of the Sandhyavandana is the chanting of the Gayathri mantra. Since this is a mantra, it has to be taught and never chanted before receiving its upadesha. It is the father's responsibility to teach this mantra to his son.

**Dik-devata upasana:** the last important part is thanking the dik-devatas for offering protection and ensuring we do our nitya-arma without any hindrance.

### Significance of Sandhyavandana and Gayatri:

- ◆ As mentioned earlier, the entire process of performing Sandhyavandana has its own positive reasons. E.g., the arghya given in the morning and Gayathri japa done in the morning have to be performed standing. The scientific reason for this is to ensure that our body becomes alert after sleeping for 8 hours, is completely aligned and is ready for the day's activities. Further, shastras say that the number of Gayathri that has to be chanted during Sandhyavandana is 1000. With regular practice, this takes about an hour. Therefore, standing for an hour, facing the early morning sun and chanting the mantra will ensure our body and mind are

completely free from the previous days' baggage.

- ◆ Gayathri japa has the power to burn all our karmas. It is the best medicine for ensuring all-round development.
- ✧ ಯದಹ್ನಾತ್ಕುರುತೇಪಾಪಂತದಹ್ನಾತ್ಪ್ರತಿಮುಚ್ಯತೇ |  
ಯದ್ರಾತ್ರಿಯಾತ್ಕುರುತೇಪಾಪಂತದ್ರಾತ್ರಿಯಾತ್ಪ್ರತಿಮುಚ್ಯತೇ || (Taittiriya Aranyaka)

perhaps the most famous mantra in the Sandhyavandana. Whatever sins are done gets burnt is the Sandhyavandana and Gayatri upasana are done with supreme concentration.

ಗಾಯತ್ರಾಂಪ್ರಉಗ್ರಂಕುರ್ಯಾದಿತ್ಯಾಹುಸ್ತೇ  
ಜೋವೈಬ್ರಹ್ಮವರ್ಚಸಂ ಗಾಯತ್ರೀ  
ತೇಜಸ್ವೀಬ್ರಹ್ಮವರ್ಚಸ್ವೀಭವತೀ ಇತಿ ||  
(Taittiriya Aranyaka)

The person who chants Gayatri regularly becomes very charismatic and shines in the society. Further, he becomes a brahma-varchasvi.

### Exception :

ಮುಖ್ಯಕಲ್ಪ is the actual rule that has to be followed at all times. Meaning Sandhyavandana, being a nitya-karma has to be done at the appropriate time throughout one's life. However, there can be situations that call for an exception – ಅನುಕಲ್ಪ. Shastras give permission to perform karmas differently during such times. E.g., the rule is to chant Gayathri 1000 times during Sandhyavandana. In case of exception, we should at least chant 108 times. However, we see parents encouraging their children to just chant 10 Gayathri or worse, skip Sandhyavandana.

The essence of brahmanva is performing Sandhyavandana and chanting Gayathri mantra. Without these, a brahmana will cease to be brahmana – in the literal sense.





## Thus Spake Lord Krishna

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jyotiṣhām api taj jyotis tamasah param uchyate  
jñānam jñeyam jñāna-gamyam hṛidi sarvasya  
viṣṭhitam(Gita 13.18)

It is the source of light for all the lights that help us see. It is beyond the darkness. It is knowledge, the object of knowledge and the ultimate goal of knowledge. He is ever-present in the heart of all beings.

As we move from the gross sense organs to the more subtle mind and intellect, the complexity of their function increases. It is very evident, that some people understand a situation better than others. While all are seeing the same things, the understanding is different. It depends on the knowledge that has been accrued. This knowledge is the light that illumines the mind and the intellect.

The main function of this self-illuminated soul in each being is not just to show the world but to guide each being towards self-realisation. It differentiates the eternal from the transient.

The sun does not shine there, nor the moon and the stars, nor these lightnings—much less this fire. He shines, everything shines after Him. By his light, all this is lighted. (Svetasvatara Upanishat 6.14)

When there is such a light (knowledge) how can there be darkness? How can there be ignorance? Ignorance here means being unaware of the self. The being not knowing that it is a part of the eternal being.

Let there  
be Light....

The study of light is fascinating. Without the light from the sun plants would not have survived on earth and without plants, animals and humans would not have survived either. Fire has been a very important discovery for human beings. Fire is but a form of light and warmth, like the sun. Light is important for us to see and understand the world. We understand the world not only by seeing but also with the help of our other sense organs. These sense organs get the data from the world the analysis is done by the brain. In a way, our mind is the 'light' to understand what our sense organs have sensed.

After sensing, the intellect discerns if the sensed object is good or bad for us. It is the 'light' for the mind. Who makes us aware of the intellect? The soul (antaraatma) is the 'light' for our intellect. Who is the 'light' for the soul? It is self-illuminated (swayam prakasha) it just 'is'

śhrī-bhagavān uvācha  
 mayā prasannena tavārjunedaṁ  
 rūpaṁ paraṁ darśhitam ātma-yogāt  
 tejo-mayaṁ viśhvam anantam ādyaṁ  
 yan me tvad anyena na dṛiṣṭa-pūrvam(Gita 11.47)

Lord Krishna says that he can reveal to Arjuna the Universal self, the viratapurusha, because of his connection with His self.

This implies that Krishna is aware of his true self. That is the Supreme self, Paramatma tatva.

The Supreme Self is all-knowing therefore it is beyond ignorance.

It gives us knowledge, jnana

It is the only knowledge that is worth knowing, jneyam. Everything else we learn is only a small step towards this Knowledge. Sooner or later every being embarks on a journey to gain this knowledge about the self. The ultimate goal of all beings is to gain knowledge about this self. Jnaanagamyam.

kṣhetra-jñāṁ chāpi mām viddhi sarva-kṣhetreṣhu  
 bhārata  
 kṣhetra-kṣhetrajñāyor jñānaṁ yat taj jñānaṁ mataṁ  
 mama (Gita 13.3)

Krishna says I am the knower of all the fields (the bodies of all beings) the knowledge about what is a field and who is the knower of the field is the only knowledge worth knowing

It follows that the Supreme self, the Paramatma, God, who illumines all is residing inside each being.

Though God is residing in every being, everything and everywhere, why is it that it is not seen?

na tu mām śhakyase draṣṭum anenaiva  
 sva-chakṣhuṣhā  
 divyaṁ dadāmi te chakṣhuḥ paśhya me yogam  
 aiśhwaram(Gita 11.8)

You cannot see my cosmic form with your eyes. I will give you divine vision so that you can see my grand form.

The shloka above answers that question. Our eyes, our brains, and our memory are very limited. They are all part of our body. It is made of things available in the created world. How can the created 'see' the creator? The seeing mentioned in the above shloka is different. It is about seeing The Truth. Understanding who we are---- self-realisation!

There is another reason for us not seeing the truth, it is because we are not seeking it. We think what we can see with our eyes is the truth. The ways of the world are never questioned. Arjuna did not question either until he realised he would be killing his family members and teachers to win the war. Until the line deciding what he considered his own and others began to blur.

The cosmic form made Arjuna understand that there were no lines at all. What he should be seeing was not what his material eyes were capable of seeing but what was visible through the jnana chakshu, enlightened eyes. This knowledge helped Arjuna make the right choice.

Let us also learn to see beyond what our eyes see and strive to see the divinity in others as well as ourselves.







# My Quest for Spiritual Well-being

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## The three phases of life...

When we are young and when we have a lot of confidence in our strengths and capabilities, we focus more on “the doing” rather than on “the outcome”. We are exuberant in the sense that we know that we will succeed, come what may. A few initial successes will make us believe that we are indispensable and indestructible. When failures occur, we have the energy and the focus to work harder to turn them into reasonable successes. It is only when irreversible failures occur and occur frequently that we start thinking differently.

At this stage for instance, if we are working in an organisation, words like “Team Work” starts making sense to us. Statements like “Together we win” will start adorning our cubicles and workplaces. People will start using all of their imagination to come out with jargon that talks about how “working together” will lead the organisation to expected results and how “working in silos” will lead to total destruction. This is a healthy transformation. It allows us to realise that however powerful we are, we are not stronger than “all of us”! It will allow us to appreciate the contributions of others around us and their role in our life. We become humane and this is a great feeling to nurture.

Years pass by. We grow older and one day, we retire from our jobs. The work that kept us busy is no more there to hold our hands and make us feel good. The days are getting longer and the nights – are sleepless. We are stressed because expected results are rare to come by and there is no team to work with. We are “all

by ourselves”. It is at this stage that we realise that everything that is happening to us is partly due to our efforts, but largely due to some “mysterious hand” or some “universal alignment” that is controlling all our actions. Results that once drove us to outperform the rest do not matter anymore. “Who cares? What happens will happen and I have to accept that and be happy” is the predominant sense that prevails. Without knowing, we become realistic (and religious!) and those are great feelings to nurture.

These are three transformations that we all go through. From being individualistic to being cooperative and then to being realistic is a great journey indeed. At the end of it all and with all the ups and downs, we realise as to how beautiful our lives would have been if the third stage in this journey was our innate strength and emotion all through.

One of the most famous verses in the Bhagavad Gita is – Verse 47 in Chapter 2:

karmaṇy-evādhikāras te mā phaleṣhu kadāchana  
mā karma-phala-hetur bhūr mā te saṅgo  
'stvakarmaṇi

In this verse, Lord Krishna is telling us that we have a right to perform our prescribed duties, but we are not entitled to the fruits of our actions. He admonishes further that we should neither consider ourselves to be the cause of the results of our activities nor be attached to inaction.

Spirituality is all about nurturing this sense of action without expectations, not just during old age but during the entire journey of life. It is all about performing our duties and then surrendering at the feet of the "unseen master of the universe" and accepting what comes as result with graciousness and gratitude.

ನನ್ನೆಲ್ಲ ಸಾಧನೆಯ ಮೂಲಕೃತಿ ನೀನೇನೆ |  
ನೀನಿಲ್ಲದಿರೆ ಶಿವನೆ ನನ್ನದೇನಿಲ್ಲ ||  
ನಾನು ನನದೆಂಬುವುದು ನಿನ್ನದೇ ಕಾರುಣ್ಯ |  
ಎನ್ನುವುದೆ ಸದ್ಗತಿಯು - ನವ್ಯಜೀವಿ ||

This is exactly what the Vedas prescribe to us

under "Ishwara Pranidhaana" – I only will put in my best efforts and leave the results to you. I will accept whatever you offer and continue to do my best...

Spirituality is all about experiencing this all through – during our youth, middle age, and old age alike and never giving up on any of our duties...

ॐ

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः  
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत्  
ॐ शान्तिः शान्तिः शान्तिः

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# Career Guidance

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## BE DIFFERENT

### Technical Writing



Students are at crossroads, when they are confused, undecided, opting to pick a course just because a good friend or cousin has chosen it! We are always comfortable picking the known courses. If there is a new course which gets popular, we still think if chosen whether one will have a good career or not!

I would like to introduce you to a few careers not so much known to many. In the series starting this month, you will be introduced to:

1. Technical Writing
2. Creative writing
3. Corporate Communication
4. Medical Transcription
5. Legal Transcription

#### **TECHNICAL WRITING :**

Communication is one of the most important and relevant tools for any kind of career. It could be oral communication, written communication, Technical communication, or Corporate communication. In everything, information is passed on to a target audience.

Technical writing was prevalent even during the 18th Century Industrial Revolution. But as a

career per se, it emerged during the 1980s when technology began to grow more sophisticated. The need arose for people who could understand the technology and convey the information in a non-technical way.

A technical writer creates documentation for a field or technology. Their responsibility, like a graphic designer's, is to effectively communicate a message. A technical writer is responsible for writing text that is helpful to their intended audience: accurate, readable, and accessible. Technical writing is communication, the primary aim of which is to convey a particular piece of information to a particular reader or group of readers for a particular purpose. It is an exposition essentially about scientific subjects and various technical subjects associated with sciences. Stated another way, technical writing is translating technical ideas into words a specific audience will understand. A good technical writer can write about a complicated technical subject or task in ways that almost anyone can clearly understand.

Precision in technical writing tends to be critical because if anything is described incorrectly, readers may act improperly on what is said, causing mistakes and problems at work.

Effective communications require quality content, language, format, and more. To present the appropriate content, it is imperative to understand one's audience and writing purpose. If a document does not communicate the information that the writer

intends and what he or she wants the reader to understand, then the communication is meaningless. The writer has a self-interest in making the extra effort: looking credible is as important as being credible and getting results in business. Respect and credibility of the writer/speaker are integral to effective communication. Readers will not trust the information from an author if they do not believe that author is a valuable source of information or the purveyor of worthwhile ideas. Furthermore, being respected is essential to being persuasive, a key ingredient in business.

Technical writing is the presentation of information that helps the reader solve a particular problem. Technical communicators write, design, and/or edit proposals, manuals, web pages, lab reports, newsletters, and many other kinds of professional documents. Technical writers enable people to use technology efficiently, by documenting complex technology in simple language.

Technical writing is used in fields as diverse as computer hardware and software, chemistry, the aerospace industry, robotics, consumer electronics, biotechnology, healthcare and agriculture.

They write user manuals for products, online help files, multimedia presentations, and installation guides for software, among other things.

The highest demand for technical writers is generated by the IT industry.

### Designation and growth :

Technical writers can be known as technical communicators, documentation specialists, usability specialists, documentation managers, structural designers, content developers/reviewers, technical editors, web designers, graphic illustrators, technical instructors and technical publications developers.

A technical writer can move on to become a senior technical writer, principal technical writer, documentation manager or team leader.

### Personality traits and skills :

1. Active curiosity: ability to ask the subject matter expert (SME) questions and listen actively.
2. Ability to quickly absorb new concepts and terminology.
3. Flexibility and ability to manage several projects simultaneously.
4. Intellectual stamina and tolerance of information overload.
5. Willingness to dig into documents and the product.
6. Willingness to work extra hours during "crunch times".
7. Pragmatism: not expecting perfection from others or yourself but doing the best you can given the current priorities.
8. Consistent team-player orientation and ability to keep a low profile, but also be assertive enough to obtain the information you need to produce your deliverable with accurate information.
9. Willingness to make mistakes and learn from them.
10. Ability to negotiate and monitor your schedule
11. Creativity
12. Aptitude for Technology
13. Good communication skills



### Career prospects :

There are less than 50,000 Technical writers in the US. **Employment of technical writers is projected to grow 6% from 2021 to 2031**, about as fast as the average for all occupations. About 5,400 openings for technical writers are projected each year, on



average, over the decade. 16.3% of global technical writers are women and 83.7% of global technical writers are men. With computers penetrating rural areas, more and more people tend to get exposed to software. The intuitive needs of the users need documentation... hence technical writing as a career is poised to grow.

### Recruitment :

Companies recruiting technical writers generally look for candidates who possess a degree in journalism, mass communication, English literature or computer science. Some ask for graduation from any stream. Some ask for programming skills as well. Quite a few insist on knowledge in handling technical writing tools such as Photoshop and Quark Express. Some companies provide in-house training and some have freelance technical writers whose services are hired as and when required. Technical writers may don various titles depending on the organisation they work for.

### STC & TWIN :

A technical writer can become a member of the Society of Technical Communication (STC). The conference and meetings conducted by STC serve as a platform to debate issues concerning technical information. The Society for Technical Communication is probably the largest technical writing association.

For details, you can log on to [www.stc-india.org](http://www.stc-india.org).

The Technical Writers of India (TWIN) mailing list has been instrumental in building a network of technical writers in India

The list has over 170 members spread all over the world: in India, the UK, the USA, Germany, Australia, Israel, China, France, Singapore, Guam, South Africa, Slovenia, etc

### For more details visit :

<http://www.twin-india.com>

### Other Associations :

1. International Council for Technical Communication
2. Society for Technical Communication (USA-based)
3. Institute of Scientific and Technical Communicators (UK-based)
4. Technical Communicator's Association of New Zealand (NZ-based)
5. Usability Professional's Association of New Zealand (NZ-based)

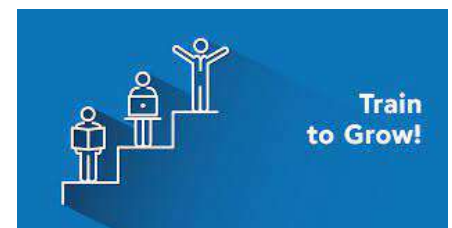
### Few Companies recruiting Technical Writers :

1. Infosys
2. Oracle India
3. Computer Associates
4. Yantra solutions
5. Symphony services
6. Advant Technologies
7. SAP Labs

### Training :

The duration of the training differs from Institute to Institute. Generally it is for 2 months. Graduates from any stream can take the training. Placement assistance will be given by the Institutes.

There are many job openings for those who are good at writing.





# Mind over Matter

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## Life with a paranoid personality

Mohan and Bhavana were waiting at the counselling center for their turn. Bhavana was tired. Occasionally, tears kept rolling out of her eyes. Mohan was stressed. He was overwhelmed. As he was thinking, the receptionist walked up to them, 'You can go inside' showing the door which had a board 'Vishwanath - Marriage counsellor'.

After a brief introduction, the counsellor asked them "What brings you here?"

Mohan cleared his throat, "Sir, we have been married for six years. It was an arranged marriage. Both of us are into IT, she is a sales manager and I am a techie. We lived in the UK for two years. I lost my father four years back and my mother became alone after that. Hence we moved to India. After moving here, we started fighting. Fights have become more frequent and serious. I don't know if we still love each other. So, we are here to sort out things" said in a shaky voice.

the counsellor nodded and turned to Bhavana. She was crying. The counsellor offered tissues and waited.

'I love him so much, sir. I don't have any issues with him. But I cannot take the allegations from my mother-in-law anymore. I am fed up

'So, you don't have any issue with your husband', the counsellor clarified.

'Yes sir. He is a nice person. We were so happy when we were in the UK. But things started to change once we moved to India', she looked at Mohan.

Mohan agreed with Bhavana on this matter. But he also thinks that there will be conflicts between mother-in-law and daughter-in-law. But Bhavana is blowing petty things out of proportion. According to Bhavana, there are serious allegations made by her mother-in-law about her character, which cannot be considered petty things.

Mohan shared a recent incident, 'This morning my mother asked her whether she had misplaced the cooker. For that, she picked up a fight saying 'your mother is suspicious'.

Bhavana was fuming, 'Why are you telling me this small incident? Share other incidents where she has accused me?',

'Can you please allow me to complete it?' Mohan snapped back.

As per Mohan's perspective, Bhavana gets



annoyed by small things such as his mother asking whether they had dinner outside, where is the remote kept and so on. He complained that in any incident, she would link the past incidents and make them bigger. Bhavana said he was only giving a partial picture and not a complete one.

She explained briefly how she was irritated by her mother-in-law's way of talking in the initial days. She had ignored them considering her mother-in-law's age and loss. But after a year, things turned out to be intolerable. One day, when she had gone to an office party, her mother-in-law called her and accused her of having stolen her slippers. She was so annoyed that day. Her mother-in-law's accusations were baseless and irrational.

In another incident, her mother-in-law accused her of stealing her 300 rupees saree. Bhavana made a big issue out of it with Mohan. She was fuming with anger. Why on earth someone earning a big salary would steal a 300 rupees saree? When Mohan tried to talk to his mother, she created a drama and things went out of his control.

As Bhavana was explaining these incidents, Mohan was gazing at the floor.

Bhavana continued 'She has made all kinds of bad statements about me. I am into sales, sir. As part of my job, I have to attend dinner parties with my clients. My mother-in-law has the habit of talking to herself. One day, when I came late, she was making a statement 'who knows where and who she goes with, what does she do? She

just gives the office as an excuse. She is a bitch'. She started crying profusely.

'Tell me, sir, can anyone take such allegations? He complains that I bring this up every time we fight. How can I forget this?'

'I see that these accusations have created trauma in you. How do you react in such cases?' the counsellor probed gently.

'I get mad at both of them. I cry, I fight. I feel he is not supporting me enough. My mother-in-law is so irrational, I cannot argue with her.

As the discussion with the counsellor continued, Bhavana realised that she gets angry on such occasions. Anger is due to the hurt of accusations. She feels sad because Mohan is unable to confront his mother. Bhavana also feels anxious to talk to her mother-in-law or do any household chores as her mother-in-law's behaviour is unpredictable. All these emotions lead to fights and breakdowns. So, Bhavana has reduced her interaction with her mother-in-law in the recent past.

'Do you want to share anything Mohan?' the counsellor checked with Mohan.

Mohan with a heavy heart explained how he felt guilty for his inability to make his mother understand that her behaviour is causing stress in the family. He felt angry and helpless. He was also anxious about having any conversation with his mother or wife.

Bhavana started feeling better as Mohan expressed what he was going through.

She asked the counsellor in a curious tone. 'I wonder what makes my mother-in-law behave that way, sir?'

The counsellor acknowledged her question and enquired with Mohan whether he had seen any pattern in his mother's suspicious nature. Mohan recollected how his mother does not trust him in money matters, she fears that he may steal her money, and keeps repeatedly going to the bank to check if her money is safe. He also recollected that she was very suspicious about her father and had accused him repeatedly of having an affair.

The counsellor asked if Mohan knew anyone on his mother's side having paranoid behaviour. Mohan remembered

his maternal uncle who was paranoid. His wife had divorced him due to this nature.

Hearing this Bhavana asked, 'Do you think this is hereditary?'

'We will discuss more this in the next session. We will also discuss how to proceed with counselling.'

Mohan and Bhavana thanked the counsellor and left. Both of them were feeling lighter. Bhavana held Mohan's hand, 'Can we have dinner outside today?'

'I will call Amma and inform her', he took out his mobile to call. Bhavana was thinking when was the last time they had a simple conversation like this without an argument? She was looking forward to the next session with the counsellor.

To Be Continued







## Performing Arts...

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### Dasa sahitya (Part-2)



In any musical composition, we can see the perfect blend of both Daatu and maatu. while dhaatu refers to the musical content, maatu is referred to the lyrics. An uttama vaggeyakara composes both the Daatu and maatu. All Haridasas are uttama vaggeyakaras. Though we don't find the notation for any of the Haridasa compositions, the mention of the particular raga and tala is certainly mentioned by them in all their compositions.

Before discussing the Haridasas it's inevitable to know about the evolution of the Kannada language. We find immense examples of various literary compositions in Kannada during and after the 7th century AD. It is noteworthy to understand that Matanga who wrote the text "Brihaddeshi", uses the term Deshi for the first time in a broader sense. Regional art forms in regional languages developed gradually stretching its periphery. Tripadi, the shortest-ever composition was composed by many lyricists in Kannada in the kavya pattern. This tradition of padya format gradually paved way for newer compositional forms like ragale, seesapadya, etc.

The Haridasa movement was initiated by

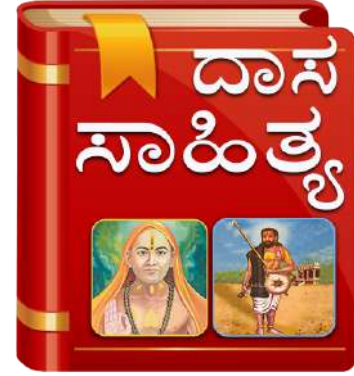
Sri.Narasimha teertha during the 9th century AD. Though his compositions are not available, he is said to have composed kannada devaranamas. Haridasas, whose name itself suggests, are the saint composers who strictly adhered to the concept of Haribhakti. Hence they were recognised as Vaishnavas. Among the four different sects of the Brahmin community, Haridasas belonged to the Madhwa tradition. While Shiva bhaktas believed in the Advaita philosophy of Sri Shankaracharya, the Haridasas belonged to the group where Dwaita philosophy was propagated by Sri.Madhwacharya. In Dwaita philosophy it is believed that the supreme power is different from the soul. They believed the fact that atma and Paramatma can not be equalised. Here, an atma is believed to be a Dasa at the feet of Lord Vishnu and His ten incarnations.

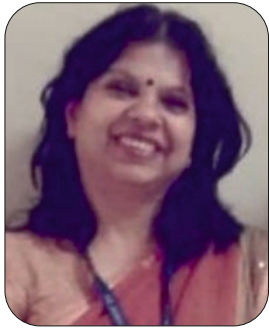
We can see numerous devaranamas in Sri Rama, Sri. Krishna, Sri.Narasimha, Sri .varaha Swamy which are composed by Haridasas. In practice, we have nine types

of devotion ie, Navavidha bhakti, such as Prarthana, sakhya, padasevana, sharanagatha, etc. Haridasas are said to have considered themselves as true bhaktas of Lord Vishnu which is depicted in their compositions, which prominently unveil dasya or sampurna sharanagatha (total submission).

It is interesting to trace the ancient musical form of prabandhas which were rich in the stuti format of bhakti. Though we find many of HARIDASAS compositions in stuti format which follows the footsteps of ancient Prabandhas, other aspects such as ninda stuti, vyangyokti, stories from Ramayana and Mahabharata, and anecdotes also have been derived by them as the theme.

It is very interesting to know that there is still a unique tradition of singing the devaranamas of HARIDASAS in Taratamyā form. The Sanskrit term Taratamyā means 'a deliberate differentiation'. Here treating various forms of Gods through differentiating according to their prominence as believed by Dwaita philosophers, is followed by Haridasas.





# Health on Your Plate

## Dr. Anita R Bijoor

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**A protein a day keeps the doctor away!**

### Protein is an essential macronutrient.

Proteins are the building blocks of life. Every cell in the human body contains protein. Proteins are found throughout the body—in muscle, bone, skin, hair, and virtually every tissue. At least 10,000 different proteins are present in the body.

Proteins are made from twenty-plus basic building blocks called **amino acids**. Because we don't store amino acids, a constant supply of them is ensured either through the diet (**essential**) or our bodies make them either from scratch or by modifying others (**non-essential**). Nine amino acids—histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine—known as the **essential amino acids**, are not produced in the body and hence must come from food. Some proteins found in food are **“complete,”** meaning they contain all the twenty-plus types of amino acids needed to make new proteins in the body. Others are **incomplete**, lacking one or more of the nine essential amino acids.

### Sources of Proteins :

Proteins are found in animal sources such as meats, milk, fish, and eggs. They are also found in **plant sources** such as soya, beans, legumes, nut butter, and some grains (such as wheat germ and quinoa). You do not need to eat animal products to get all the protein you need. **Get your protein from plants when possible.** Plant-based sources of protein are good for your health and the health of the planet. Some of the good plant sources of proteins are - **Legumes:** lentils, beans, peas, soybeans (and products made from soy like tofu), and peanuts. **Nuts and Seeds:** almonds, pistachios, cashews, walnuts, hazelnuts, pumpkin seeds, sunflower seeds, flax seeds, sesame seeds, chia seeds.

**Whole Grains :** wheat, quinoa, rice, wild rice, millet, oats. **Others:** many vegetables and fruits contain some level of protein. Some examples with higher protein quantities include corn, broccoli, asparagus, and brussels sprouts.



## How Much Protein is required?

The National Academy of Medicine recommends that adults need a minimum of 0.8 grams of protein for every kilogram of body weight per day or just over 7 grams for every 20 pounds of body weight. The FDA recommends that adults consume 50 grams of protein a day, as part of a 2,000-calorie diet. A person's daily value may be higher or lower depending on their calorie intake. Many other factors can affect how much protein a person needs, including activity level, weight, height, pregnancy, and lactation.

We need protein in our diet to help the body repair cells and make new ones. Protein is also important for growth and development in children, teens, and pregnant women. Protein is also a critical part of the processes that fuel your energy and carry oxygen throughout your body in your blood. It also helps make antibodies that fight off infections and illnesses and helps keep cells healthy and create new ones. It makes up the enzymes that power many chemical reactions. Proteins also play a role in many other body functions like blood clotting, fluid balance, maintaining vision, and hormonal balance.

## Benefits of High Protein-Rich Food -

Due to the multiple and very important role proteins play in the body, proteins are considered to be an extremely

important nutrient. Other benefits of including adequate amounts of proteins in the diet are:

1. Protein Reduces Appetite and Hunger -Among all macronutrients, protein is known to be the most filling, as it tends to reduce the hunger hormone (ghrelin) levels in the body while increasing the levels of a compound(YY), which produces a feeling of satiety.
2. Protein is good for the Heart-Higher protein intake has been shown to lower blood pressure levels. This lowers the risk of strokes and heart attacks. Besides lowering blood pressure, it has been found to lower LDL (or bad cholesterol) levels in the body.
3. Protein improves Immunity -The body protects itself from various diseases with the help of antibodies. These antibodies are proteins that can detect and fight foreign elements or antigens.
4. Protein Boosts Metabolism- Foods boost the body's metabolism because the body uses calories to digest and assimilate them. (thermic effect) Since it has a much higher thermic effect than fats or carbs (20-35% as compared to 5-15%), protein intake will significantly boost the body's metabolism.

5. **Protein Improves Bone Strength-** protein can have major benefits for bone health. Consuming higher amounts of proteins helps maintain bone mass and helps lower the risk of osteoporosis and fractures –especially for women, who are at higher risk of osteoporosis after menopause.
6. **Protein Increases Muscle Mass and Strength** – Proteins are the building blocks of muscles. Consuming adequate amounts helps maintain muscle mass and promotes its growth.
7. **Weight Loss and Weight Maintenance-** High protein diets are known to help in weight loss. Studies have shown that a modest increase in protein intake can help with weight maintenance.
8. **Protein also serves as Energysources** - Proteins also serve as a source of energy, especially in carbohydrate-deficient states. Since there is no extra protein in the body, muscle proteins break down to yield amino acids to provide energy or synthesize glucose.
9. **Protein Improves Skin** - Protein provides strength to tissues like skin. Collagen is a fibrous protein that is found in abundance, which provides the necessary strength to the skin cells.

**10. Protein is required for Cell and Tissue Repair** – All cells in the body normally undergo continuous cycles of destruction and renewal. Hence a constant supply of amino acids is required for the formation of proteins. This protein manufactures new cells and tissues, to create, replenish and replace the deceased ones.

Protein deficiency occurs due to a low intake of protein in the diet. Protein deficiency can lead to malnutrition states, especially in children who will suffer from kwashiorkor and marasmus, which can be life-threatening. Protein deficiency can also arise in conditions like - anorexia nervosa- an eating disorder, advanced stages of cancer, and difficulty in absorbing nutrients due to conditions like irritable bowel syndrome (IBS) or gastric bypass surgery. Very low protein intake can lead to weak muscle tone, edema or swelling in the lower limbs, and abdomen-gradually increasing to involve the entire body due to fluid retention, thin, brittle hair, skin lesions, and hormonal imbalances.

### **Side-Effects of High Protein**

Many times high protein diets can cause many side effects in the body. Too much consumption of anything is bad and may lead to severe health complications. High-protein/low-carb diets are also considered as a weight

loss formula and many people are resorting to this without taking advice from a doctor or nutritional expert. When people go on such diets, their metabolism changes into a state called ketosis, which means the body begins to burn its own fat. This can cause problems such as bad breath, headache and constipation, intestinal discomfort, indigestion dehydration, unexplained exhaustion, nausea, and irritability.

Excess protein can cause damage in people with preexisting kidney disease. This is because of the excess nitrogen

found in the amino acids that make up proteins needs to be excreted from the body. Damaged kidneys have to work harder to get rid of the extra nitrogen and waste products of protein metabolism.

Allergies to a variety of proteins (eg. egg protein) are also quite common.

One needs to take care of how much and what type of protein is on your plate!

So go ahead and get nutty with proteins!!

||Shri Shankaralinga Vijayatell



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# Crime Prevention - A Criminologist's Perspective

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## THE CUSTOMER IS NOT THE KING... AVIATION AND CONDUCT-RISK IN INDIA

Peeing, stripping, slapping, brawls and screams... Customer tantrums seem to be the hallmark of Customer behaviour today in the Aviation industry. The question was whether this existed before. Yes, it did, but never hit the headlines. One of the boons of the Social Media world these inappropriate behaviours have started surfacing above water.

Well, what does this mean for professionals in the Threat Assessment / HR world;

1. **Regulatory control-** The Govt watchdog has now started defining "What is acceptable and unacceptable behaviour". Not only that it was mandated misconduct reports and they are even fine tooth-combing them. None are being spared for misconduct.
2. **Reputational risk** – In this age of live streaming, viral videos and messages, such kind of inappropriate conduct takes just seconds to bring down the personal reputation of persons as well as tarnish the image of the firm they are associated with. The mitigating control for such a crisis is only prevention.
3. **Difficult terminations**– Many of these cases have happened on work trips resulting in workplace abuse issues leading to terminations. However, such employees do show early warning signs of abusive behaviours at their workplace and with no action to prevent such misconduct, their termination becomes difficult and at times violent too.
4. **Legal risk** – Corporate lawyers are to have a field day with the misbehaving employees suing the company for wrongful terminations. The regulators demand explanations for misbehaving employees. In this context, conduct risk will have the highest legal risk issues.

What does this mean for the overall sociological structure;

1. **Watchdog**– Scanners of the govt have mandated that corporate scanners also tighten up to monitor the conduct of employees/customers. With tech advancement proof of misconduct now is even more transparent and visible. Surveillance will be the key in conduct risk management.

2. **Good Conduct is mandatory-** The message is 'Tantrums are intolerable'. Interpersonal skills or behaviour has to lead to pleasant/favourable experiences for others. One can expect a surge in coaching sessions which echoes the need for value-building at the workplace.
3. Penalties for bad conduct– There will be a scorecard of your bad conduct which can reduce your luxury experiences. Further regulators are even levying fines and imprisonments too. So in today's era bad conduct means accruing points for penal measures, sins as forefathers would mention

The biggest question is whether the education system addresses the principles of good conduct at schools and colleges.

- a. Do they have value education?
- b. Are they getting skilled in interpersonal relations?

- c. Are they ready to face failures with dignity?

The next question is the **preparedness index for the corporate world**

- a. Is HR personnel warning signs of abusive behaviours?
- b. Is there a collaborative platform for various functions to address conduct risk?
- c. Is the conduct risk part of the management report out?
- d. Is the efficacy 'Culture of Violence Free workplace' good?

**CONDUCT IS BASED ON VALUES**, this can't be changed, but only monitored when they enter the workforce. They have to be inculcated at the school and family levels themselves. As an adult, the regulators are defining it and reigning it too.

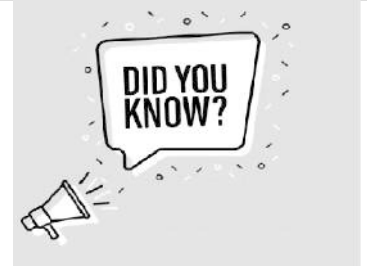




# Did you know?

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## ADORABLE - BARBIE DOLL



Dolls have fascinated all of us - young and old alike. Borne out of the creator's creative imagination, it satisfies the longing of the beholder.

Dolls have a hoary past. Initially, they were used as representations of deities.

But the dolls are the prized possessions of any child. The imaginary games with Dolls help the children in augmenting their social skills. It enables the child to empathise as they imagine others' feelings and thoughts. Dolls remind the elders of their innocent childhood days.

A story goes like this..... Late Field Marshall Sam Manekshaw was one of India's greatest heroes... an icon... an example to emulate.... A great son of India. Not many know that he was very fond of dolls. The Field Marshall that he was, but he expressed his helplessness like this "I always wanted to play with Dolls. When I was young, my mom wouldn't allow me to. Then, my wife came along.... And I was still not allowed to. Finally, I told myself "Now I am the Field Marshall ..... I will damn well do as I please and went and got myself the dolls "

Probably in the history of Doll making Barbie stands out majestically adorning the shelves of adorable children all over the World. Barbie's creator Mrs. Ruth Handler was as she admitted ' a marketing genius '. Her life itself was a success story.

Ruth's father was a blacksmith in Poland who migrated to America during World War – I. Ruth's mother was exhausted from bearing ten children. Ruth's very poor family travelled on a steamship with the cheapest accommodation and settled in Denver, America. Ruth's initial try at Hollywood failed. Not losing any hope she did a course in industrial design. She Married Elliot who was her classmate and together they found the now-famous 'Mattel Company in their small garage.

Ruth watched her daughter Barbara plays with paper dolls often giving them adult roles. She wondered whether she could fill up that gap in the toy industry. But Elliot, her husband and the Mattel Company directors were unenthusiastic about this idea.

In 1956, Ruth Handler made a trip to Switzerland with her children Barbara and Kenneth. She came across a German toy doll called Bild Lilli. That was precisely what Ruth was thinking. So she purchased a couple of them. The Lilli doll was based on a popular character appearing in a comic





strip for the newspaper Bild. The Lilli doll was first sold in Germany. It became popular as the children had options to dress up their dolls since outfits were available separately.

On her return to America, she tried to convince her employees. They brushed her aside that such grown-up toys won't be accepted by children since children prefer dolls who look like them. Undaunted Ruth Handler redesigned the Lilli Doll and called the new Creation Barbie after her daughter's name Barbara. The Doll made its debut at the American International toy Fair in New York City on March 9th 1959.

So officially Barbie was born on 9th March 1959. !! The first Barbie doll wore her iconic black and white zebra striped swimsuit and a ponytail. The first Barbie dolls were manufactured in Japan and their clothes were hand-stitched. It was a great success. In the very first year, it sold 3, 50, 000 dolls.

Barbie is financially very sound – self-sufficient. Her resume baffles anyone!! It includes airline pilots, astronauts, doctors, Olympic athletes and Lo! US Presidential

Candidate too... Barbie is a global brand. The apparent popularity of the Barbies is perhaps because she comes in all guises and caters to all people of various countries. Barbie is a Chinese, Japanese, Russian and Indian Barbie donning the Sari with a matching blouse too. Thus Barbie is collectable. Aficionados collect both old and special editions of Barbie dolls. Mattel creates to cater. It is said that every second two Barbies are sold.

Ruth Handler passed away in 2002. Recalling his nostalgic memories of the Barbie which he purchased for the first time in 1960 for his little daughter, the famous journalist Art Buchwald, condoling the death of Ruth Handler said ' Barbie was only 3 dollars when I purchased it for my daughter in 1960. With time she went on demanding newer and newer outfits for her Barbie till she could collect 200 outfits. Pretty soon I had to spend 400 Dollars to protect my original 3 dollars "

As the smile crosses our lips thinking about Barbie the famous song of Barbie rings in our ears ...

"I'm a Barbie girl in the Barbie world.. Life in Plastic, It's fantastic... You can brush my hair ....." "

### **Editor's Note**

- ✧ AKBMS members and their families can submit their articles under any of the sections for publication: Poetry of the Month; Essay of the Month; Guest-Column. Please e-mail your articles to: Satyesh.bellur@gmail.com; gayathridevi2007@gmail.com
- ✧ We welcome your feedback and any constructive suggestions for improvement. Please mail them to: editorvipranudienglish@akbms.com
- ✧ The decision of the Editorial Board in terms of journal content will be final.



## Short Story

**B.R. Bhimachar**

Author, (Retired) Professor of English.

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(At 98 years, he is the youngest writer we have...!)



### The underlying truth!

Swamiji, the highest authority of the mutt, is looking at Kumaraswamy with abundant love. He is Swamiji's dearest pupil.

During these six years, his intellectual prowess has flowered adequately. His interest is infinite in the study of religious texts. There is none among Swamiji's disciples to excel him in the pursuit of philosophical and religious studies. His fame as a literary luminary has spread far and wide. Devotees flock in large numbers at his religious discourses.

The Swamiji is thinking – "How much he loves and worships me. Yes, he is the best among all of my disciples to adorn the divinity and authority of the mutt as my successor. I am getting older and have to hand over the responsibilities of running the mutt to Kumaraswamy. That will be the right decision to make". With closed eyes

and immersed in a devotional trance, Swamiji is blessing Kumaraswamy as his deserving successor.

Kumaraswamy is also busy with his closed eyes and deep in his own thoughts. He is earnestly praying – "Oh God, the merciful... Let Swamiji's speedy demise bless me with full authority and ownership of the mutt. Being in my youthful years now, it is the right time for me to get the entire ownership of the mutt. All my efforts thus far should not get delayed in their rewards. Kindly bless me in this regard"!

Observing tears rolling down the cheeks of Kumaraswamy, the Swamiji is praising him for his devotion and intensity with which he

*(The story is a translation of the original in Kannada from the book "putapaaka" written by Satyesh N. Bellur)*

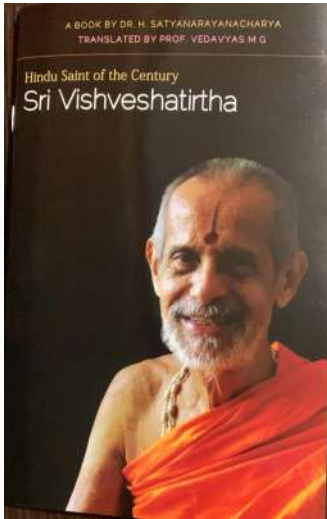


# The "Well-Read": Book Review

- Book introductions by authors & Book reviews by readers...



**(Editor's Note :** *It was our pleasure and privilege to invite Prof.M.G.Vedavyas to share his perspectives about his recently published translation work titled –“Sri Vishvesha Tirtha – Hindu saint of the century”. The book is a must-read for the followers of the saint as well as for all those who wish to realise this noble soul's contributions to the Sanatana Dharma and to the society's well-being.*)



## ABOUT THE BOOK

**Prof. M.G. Vedavyas**

Academician, Historian, Author & Teacher

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## “Sri Vishvesha Tirtha - Hindu Saint of the Century”

Sri Vishvesha Tirtha, erstwhile head of the Pejavar Math was a very well recognised pontiff across India.

His name always brings to mind the short statured, wiry-framed, smiling and soft spoken image of a 'giant' of a personality. To people outside Karnataka, across religions, castes and creeds, his name will always be associated with two things - Firstly, his efforts towards building the Ram Mandir in Ayodhya and Second, bringing together all Hindus while respecting other religions and co-existing with them for a peaceful Indian society. Closer home in Karnataka, his memories will always be connected with Udupi's Krishna temple, the Poornaprajna Vidyapeeta that he established as well as the residential system of gurukula he spearheaded which is today the source of Hindu priests who are upholding the sanatana dharma.

On the occasion of the third anniversary of his passing away, the book 'Hindu Saint of the Century - Sri Vishveshatirtha', an English translation of the Kannada original 'Shatamanada Santa' authored by Sri Satyanarayanachar, Principal of Poornaprajna Vidyapeeta was released on 24th December 2022 by the present Pejavar Swamiji. The author himself has been a long time student and close associate of Sri Vishvesha Tirtha and has been a witness to many of his epochal moments. I had the fortune of penning the English translation. A summary of the book follows.

As the swamiji says in his message, Vishvesha Tirtha had the nature of a cow - which he worshipped everyday. He received praises and brickbats with equanimity. And this was possible partly due to his practice of being a true yati as well as due to his single-minded focus on





getting the work done, rather than being distracted by nay-sayers. Every waking moment of his was spent in service of the country and God.

The book begins by comparing Sri Vishvesha Tirtha to Sage Agastya. Like Sage Agastya, Vishvesha Tirtha was also a short statured 'vamana', and in terms of his personality and achievements, he was a 'trivikrama'. Born as 'Venkatarama' at Ramakunja in A. D. 1931, Sri Vishvesha Tirtha, very early in life, noticed caste and religious segregation and decided to do his bit to change it. His Upanayana was at the age of eight and Pranavopadesha at the age of nine. Since then, he led a life of continuous learning and teaching, service

to society and country and taking up causes that helped society.

There are some quarters who feel that a pontiff should be confined to his temple and give lectures on dharma. However Sri Vishvesha Tirtha believed in directly being involved in and in leading social movements. He believed that pontiffs and other religious heads should show the way forward for society by not only being personally spiritual, but also taking up societal causes that call for dharmic support and action.

The author traces briefly the origin of the Pejawara Math as well as the other seven Maths of the Madhva lineage. Sri Vishvesha Tirtha's guru was Vidyamanya Tirtha who initiated him into most of the classical as well as spiritual texts. After completing his education, he began cleansing the Hindu society by first bringing his own community of Madhvas together, forming an all India organisation (Akhila Bharata Madhva Mahamandala) exhorting it to support students pan-India by providing them facilities for studying and helping them practise their own dharma.

He then took up the task of conducting spiritual camps in many villages, scholarly debates and other knowledge activities that brought people together in a spiritual sense. His persuasive soft speaking, pure intention, commitment and discipline were infectious and it was very difficult not to accept his views.

His love for the students at Poornaprajna

Vidyapeeta, which he started in the sixties was akin to that of a mother. Children who began studying there at the age of eight and are now in the forefront of the society as Principals, Vice-Chancellors, Pandits and Pontiffs, all vouch for his motherly care and now continue to practise and propagate the same methods in building institutions. There is no doubt that these institutions are producing spiritual and cultured citizens for the society that is the crying need of the hour.

Sri Vishvesha Tirtha was at the forefront of the long struggle of reclaiming Ayodhya's Ram Mandir that is a cultural, historical and spiritual icon for millions in the country. We all know how it culminated as a people's struggle that is now shaping into a grand Ram Mandir. The society owes quite a bit to Sri Vishvesha Tirtha for this desirable end result. The book takes us through some of the events during the struggle.

Sri Vishvesha Tirtha led a campaign against forced conversion comparing the religion one was born into to a mother. 'You cannot change your mother' he would say. He was in fact, all for ghar wapsi. His clear stand was "svadharme nidhanam shreyaha paradharmo bhayavaha" (it is better to die in your own dharma than live in fear in another). He realised that the converts are getting attracted by other religions due to the beneficence of those religions and

emphasised that we should put our own house in order and remove untouchability before blaming other religions for our woes.

The book cites many examples of how he got involved in building homes for the flood-affected, established medical centres, fought for the rights of farmers and so on. As the author says, he was a true yogi as envisaged by the words of Lord Krishna in Gita, 'A yogi is one who empathises with others' joys and sorrows as his own'. He would leave no stone unturned to collect funds for his causes, but more importantly, never owned any wealth for himself.

His commitment to daily studies and teaching is another redeeming aspect of the swamiji. No matter where he was, whether travelling or lecturing, he would make it a point to teach the shastras to his students for at least one hour a day. This is something everyone of us should learn to ensure that we pass on our experience and knowledge to the next generation.

To summarise, the book provides a bird's eye view of the life of a yogi who had boundless energy, empathy for every living creature and a desire to see the society living harmoniously with one another. A life well lived and a life worth living.

**(Book is priced at Rs 40 only. The book is published by Poornaprajna Vidyapeeta Prathisthana, Bengaluru)**



# The MASTERMINDS...

## - Personalities behind AKBMS

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## “THE PURPOSE-DRIVEN WAYFINDER”

**Prof. H.S. Lakshminarayans Bhat**

An entry into the home of Prof. H.S. Laxminarayana Bhat is a feeling of entering a literary den. A Vedic Scholar, Writer par excellence known famously as 'Kaggada Bhatru', one can get amazed by his sheer memory power. His recall of names and stories associated with those persons can make you feel that he is a supercomputer. That shows the power of harnessing knowledge and Science.

Born to a divine family in Shimoga, his Great Grandfather popularly known as Taamra Bhat was the one who laid the foundational value of being a very giving family. His grandfather Sri Subba Bhat, who was a father figure in his life, was the person who inducted him into a life of learning and practicing what is learned. His father Sri Shesha Bhat introduced him to the literary world and bought him a book titled, 'Manku Timmana Kaggas' when he was in class 7. He used to sing them with his father doing the honors of explaining the kaggas. Prof. Bhat was also a student of par excellence, always scoring first class (this

was an era that passing an exam itself was a miracle... 1st class was considered to be a prodigal genius). His years during the Bachelor's degree weren't easy. He sustained on 'Varaanna' and at times only on water. He continued to do his Master's in Physics and that was his grit and determination. He recalls with gratitude the shelter and helping hand that he received from Sri Dattatreya Shastry, an affluent businessman in Shimoga. It was in his house that he had the privilege to serve D.R. Bendre and Shivaram Karanth during their visits to Shimoga. These associations helped him to revive his interest in Kannada literature. A writer was born from a scientist.

His gregarious and charismatic personality has made him an acclaimed orator since Childhood. He started by accompanying his father Sri Shesh Bhat, a Hari Katha artist during his performances. His father used to call upon him to sing verses during his harikatha narration. These sojourns helped him to learn our rich traditions and divine stories. His ability to blend Physics and literary wisdom is what was unique in his thoughts. He is acclaimed to be one of



the first to take “Kagga” to the masses. He simplified them and related them to daily life activities. This ability ensured that he was part of numerous associations whether it was AKBMS, Physics associations, or Cooperative Banks, to name a few.

His journey with AKBMS has never been a path of roses. But his ability to find ways with various factions and keep the ship running is what one can learn from him. 'Agree to disagree... Yet we will stand together, seems to be his motto. He has been a witness to bitter disagreements and argumentative sessions. However, he has always retained his focus on making sure that the ship runs. He has been one of the early founding members of the Sabha who has ensured that the stability of the organisation is not compromised, come what may.

Some of his noteworthy contributions to the Maha Sabha are:

1. Contributions towards fundraising activities during the initial years.

2. Was the first Editor of Vipra Nudi Kannada News Magazine. He served as its editor for many years.
3. His active role in the co-creation of the Logo for AKBMS

He is a person who believes that his identity lies solely with the organisations that he works for and always strives to keep them alive. Today, the Sabha is led by the younger generation who are all committed to their cause of making the Sabha successful in meeting its core objectives fully. In their journey, they would certainly find Prof. H.S.Lakshminarayana Bhat's experience and guidance valuable and essential.

We thank Smt and Sri H.S.Lakshminarayana Bhat for their valuable time and the wonderful stories and memories about the Sabha that they shared with us. We wish them and their families the very best and look forward to their continued guidance.





1. Release of Mahasabha Annual Calendar 2023 at Gadag



Brahmin Employees Association 10th Anniversary celebration at Arasikere





To,

**CONGRATULATIONS**

On this joyful occasion  
of the 12th Edition  
of the Journal

On behalf of  
**AKBMS Management**

I congratulate **Sri. Satyesh N. Bellur**  
and his entire team of writers  
and associates...

It is a proud moment for all of us

We look forward to celebrating  
many more such anniversary  
editions together...

**Ashok Harnahalli**  
President - AKBMS