

Consider Namasmarana As Sadhana

Do not indulge in Namasmarana as a pastime or a fashion or a passing phase or as the unpleasant part of an imposed timetable or a bitter quota to be fulfilled each day. Think of it as a Sadhana, to be seriously taken up for the purpose of reducing your attachments to fleeting objects, purifying and strengthening you, and liberating you from cycle of birth and death. Hold fast to it as the means of rescuing yourself in every way from the bonds of time and change. It looks a frail cure for such a fearful malady; but it is a panacea, nevertheless.

-Baba

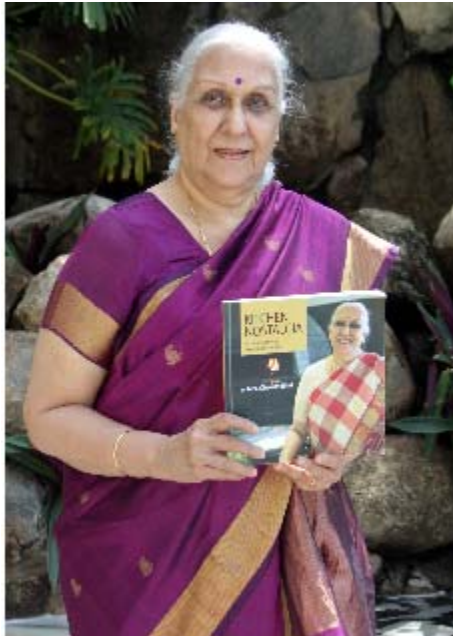
Delicacies from the kitchens of our own Julia Child

By Gokul M Nair, as published Sep. 9, 2016 The New Indian Express

<http://www.newindianexpress.com/cities/chennai/Delicacies-from-the-kitchens-of-our-very-own-Julia-Child/2016/09/09/article3617378.ece>

Submitted by: manthra108@gmail.com

CHENNAI: Delicious vegetarian recipes which can be cooked with easily available ingredients, expertly assayed by



a motherly figure, catering to a new generation of people eager to return to their roots...what more can one want from the perfect cookbook?

"Cooking makes everyone happy — both the cook and the people eating. So why not share it with the world?" gushes veteran food expert Chandri Bhat, whose new book Kitchen Nostalgia: 50 Heartwarming Vegetarian Curries will be released today at Hotel Savera.

City Express caught up with the octogenarian, who has served as mentor to a lot of famous names in the culinary industry, about her gastronomic journey and the inspiration for her new book.

"I absolutely love cooking! The happiest memories in my life are from the kitchen," smiles Chandri, who has over the course of the past 50 years worked in various fields related to food and cooking — including teaching cooking, writing food reviews, food styling and professional consultancy. "During weddings in my ancestral home in Mangalore, instead of playing with other children, I used to sit in the kitchen and watch the professional chefs cook!" she recalls.

Chandri was later introduced to pan-Indian cuisine when she spent time in Mumbai and Delhi with her sisters, who lived in government colonies. "There were families from across India staying there, and it was from them that I explored cuisines from other states," she says.

She really started branching out while teaching cookery at the Cultural Academy in Santhome. "Corporates started approaching me for demonstrations and promotions. I was also a professional food consultant for food appliance companies, wherein I would travel to various countries and study their cuisine to see how our appliances could be adapted for them," she says, adding that it exposed her to a lot of different cuisines.

It is out of her vast experience that she came up with Kitchen Nostalgia. "These are dishes that have been culled over the course my career, tried and tested by hundreds of people, to be passed on to the younger generation," she says of the book, which includes daily fare as well as for special occasions.

Chandri elucidates on three main aspects of the book she feels are important. "All recipes in the book are curries, because they are the backbone of many Indian and Asian meals. You can make a satisfying meal out it with anything, from rice or breads! Also, they are all vegetarian because I wanted to show with more people adopting

vegetarianism globally, there lots of options. I have included only 50 recipes, because I wanted to take the best of cuisine from easily available ingredients for people to make them at home.”

All proceeds from the sale of the book will go to the National Association for the Blind (NAB), says Chandri. “I was introduced to this form of charity through K Mahadevan (chef and restaurateur), with whom I started Chennai Culinary Institute, where we trained lesser advantaged people to cook and take it up as a profession,” she says. She is also the founder of Winners Bakery, where she trains people in the bakery business.

Editor Special: MANGALORE (MANGALURU)

Being from Mangaluru, I am a bit biased towards my hometown. Mangaluru made some headline news last quarter, and I am sharing this with the readership.

*** The only city in the world with 9 names: Mangalore ***

Yes. Mangalore is the only city in the world with nine names. Any country or city in the world is most commonly called two-three names. Mangalore is a coastal town known as the gateway to Karnataka and has 9 names. Yes. There are different names in different languages. Most people do not know all the names. And they are:

1. In English: Mangalur (Mangalore / Mangaluru)
2. In Kannada: Mangalore
3. In Tulu: Kudla
4. In Konkani: Kodial
5. In Barry: Mikaala
6. In Malayalam: Mangalavaram / Mangalapuram
7. In Sanskrit: Manjuran
8. In Urdu: Cowal and
9. In Arabic: Manjiyore

*** HANGYO bags 2 Gold, 3 Silver and 1 Bronze ***

HANGYO bags 2 Gold, 3 Silver and 1 Bronze to it's kitty at the Great Indian Ice Cream and Frozen Dessert contest organized by Dupont and Indian Dairy Association at Gurugram. Owners, **Deepa Pai and Pradeep G Pai** and their dedicated team overwhelmed that their 15 years of hard work and relentless efforts are recognised and appreciated.

*** Ideal Ice Cream bags 8 Awards-3 Best in India,4 Gold/1Silver in Great Indian Ice-Cream Contest***

As appeared in The Mangalorean November 18, 2017 issue By Alfie D'Souza, Pics by Astel, Team Mangalorean. -

Mangaluru: When it comes to bagging awards in the Ice Cream products, Ideal Ice Cream- a Mangaluru City based Ice-Cream Company is always on the go- and added to its credit even this year, for many years in the row – it has bagged eight medals in season six of the Great Indian Ice-cream and Frozen Dessert competition concluded at Gurugram (earlier known as Gurgaon) on Thursday 17 November 2017. Ideal has continuously been winning awards from the year 2008, and this year it has been phenomenon with the company winning more awards than the previous years. And with the company slogan " Milky Way To Your Heart"- no doubt that Ideal Ice Cream has reached millions of their customers locally, nationally and internationally. And Mangalorean should be proud of this Mangaluru based Ice Cream Company bagging awards nationally among other big Ice Cream Companies in India.

*** The 50 Safest Cities in the World- Mangalore is the only Indian city. ***

As published by The Daily Meal

Submitted by

Officially known as Mangaluru, Mangalore is the only city in India to make this list. The safety index of 76.64 should put your mind at ease as you explore the city's heritage, which includes rule by the Portuguese and Mysore.

*** A Forgotten Son of Mangalore***

One of Mangalore's greatest sons, Lieutenant Colonel Vaman Raghunath Mirajkar, was born in 1887, after his early education in Mangalore, he did his MBBS from Grant Medical College in Bombay in 1913. He later enlisted in the army and did his post graduation in Surgery. During World War I he served in France and then Iraq. After the war he also served in Afghanistan. In 1924 he went to the UK to do his FRCS.

He came back to India and worked at the Lahore Medical College and retired as Professor of Surgery in 1946. What is remarkable and many of my surgeon friends will be astonished to know is - that he was the President of the Association of Surgeons in India (ASI) in 1945. Probably the first Mangalorean doctor to head any national medical association.

What is much more important than all this is, that Lt Col Dr VR Mirajkar left us Mangaloreans, a Legacy. A legacy we have unfortunately neglected and regretfully ignored. Lt Col Mirajkar donated the bungalow he built, to be used as a museum, named after his mother, the Srimanthi Bai Memorial Museum or the Mirajkar Museum is the City's first museum.

The museum is situated in Bejai and is a vital link to our City's glorious past. The museum has coins and artefacts donated by Colonel Mirajkar, these include sculptures, coins, paintings and weapons from the 16th and 18th century.

Distressingly we have not made use of Col Mirajkar's bequest. We often proclaim our intentions to preserve our culture, but how many of us have even visited this museum or motivated anyone to visit? how many even know of its existence?

The museum hardly attracts a dozen visitors a day. Its exhibits lie there- forlorn, isolated and ignored by the citizens for whom it's meant, while we use every platform, on social media and outside in a cacophony of voices, trumpeting our pride and touting our self-identity and tribal passions towards our civilisation and culture, while conveniently ignoring this proud outpost of our origins, an embodiment and essence of our past.

This is an impassioned plea to all of you who've read this post and/or shared it, please, please do more, much more, tell your friends, tell your friends to tell their friends, tell family, tell everybody you know about this quaint little museum and it's narrative about our history.

Next time you go for an outing, take your friends there, or if you live abroad and you've come to your hometown for the holidays and you've planned your annual pilgrimage to 'Pabbas', then, venture a little further, take your kids there, spend a little time at Col Mirajkar's endowment, learn a little about our magnificent heritage and I assure you, nay, guarantee you, that every minute you spend there, every second, will be worth it.

Konkani Profile: Actress: Samskruthy Shenoy



Samskruthy Shenoy is a GSB actress who has acted in Malayalam, Telugu, Tamil and Kannada films. She was born in Kochi on November 20th 1998. She was educated at Saraswathi Vidyanikethan Public School in Kochi. She has learned *Bharatnatyam*, *Mohiniyattom* and western dance from Thandav Dance School. She said that her parents were initially against the idea of her becoming an actress but later agreed as long as her studies don't get affected.

She started her career as a model of Lukmance Model Management agency. She went on to do modeling for the Kalyan Silks Ad Sale jingle and an ad-film for the PP Mall Mukkam before she landed the lead female role in the Telugu film, *Hrudayam Ekkadunnadi* directed by debutant director Vi Anand. Her maiden release, however, became the Malayalam film, *My Fan Ramu* in 2013 that featured her in a supporting role. She had also been chosen

to play the lead role in the Tamil film *Kutti Puli* starring M. Sasikumar, but had to back out from the project due to exams and illness of her grandmother. She was chosen as the brand ambassador to launch the Amma Kitex Dezire youth bags in April 2013.

Her first release that had her in a starring role was *Black Butterfly* (2013) directed by Rajaputhra Ranjith. She played a Plus Two student named Aarathy in the film, who falls for her neighbour. Shenoy, who was 13 years old when she filmed for *Black Butterfly*, said that it wasn't easy to play a romantic character at her age and that she was "very uncomfortable initially". The film was released on February 15th, 2013 and turned out to be a commercial failure, although her performance was received well by critics, with *The Hindu's* critic noting that she was "a surprise package". *Hrudayam Ekkadunnadi* in which she played Nithya, a "soft spoken service-oriented cool and calm character", released a month later.

In 2014, she was first seen in *Vegam* directed by adfilm maker Anil Kumar. She later made her Tamil film debut with *Kaadu*, a film based on the subject of deforestation that saw her playing a rural girl. Her Kannada movie *Happy Birthday* was released in August 2017 and received well in rural areas. She earned very good reviews for same. Among her other films were the Suseenthiran production *Vil Ambu* and the musical love story *Kanaa* in Tamil, *Anarkali* directed by Sachi and *Nikkah* directed by newcomer Azad Alavil in Malayalam.

We should all be indeed proud of her achievements & wish her all the best in her future. Happy Birthday to Samskruthy Shenoy (November 20th)

Man with a Huge “Negative” Carbon Footprint: Dr. Jayant Baliga

As published in *The Hindu* August 21, 2016 issue By Shubashree Desikan
(submitted by drnmpai@gmail.com)



Jayant Baliga

Dr. Baliga's invention, the IGBT, helps increase energy efficiency and touches our lives daily, be it in cars or refrigerators

Known as the “man with the largest negative carbon footprint in the world,” Indian-born American electrical engineer **Jayant Baliga** is the inventor of the insulated gate bipolar transistor (IGBT), a device that enabled the electronics in the now ubiquitous CFL lamp. An alumnus of Indian Institute of Technology, Madras, Dr. Baliga, who won the global energy prize in 2015, was in the city last month to preside over the convocation of his alma mater and receive an honorary doctorate from the institution.

While he has many inventions to his credit, the one that stands head and shoulders above the rest is the IGBT, which functions as a kind of electronic switch. Tiny giant

A CFL lamp needs such a switch as opposed to a tungsten-based lamp. In the latter, energy is lost due to the heating required by the tungsten filament. A CFL lamp works through a gas discharge. IGBTs are used to generate the gas discharge, which lights up the bulb. The IGBT's other advantage was to allow for electronics to fit into the small volume of the base below the gas tube.

The use of electronics helped bring down the size, as well as the cost, of CFL lamps. Compared to incandescent bulbs, CFL bulbs improved lighting efficiency by 75 per cent. Use of CFL lamps instead of traditional lighting, in the last 25 years, has saved the world 73,000 Terawatt-hours of energy and almost 5.7 trillion litres of gas, and has helped decrease carbon dioxide emissions by 49.5 billion metric tonnes.

Yet it was not easy for this component to be accepted initially, and there were many sceptics, said Mr. Baliga. “I had to convince not only the management at the GE research labs where I worked but even the Chairman of GE Jack Welch. After his buy in, I had to execute the design and fabrication of the device in a manufacturing line resulting to product availability in less than one year,” he said. General Electric then accepted the technology for a range of small appliances (steam irons, space heaters, etc.), major appliances (refrigerators, washing machines, microwave ovens, etc.), air-conditioning heat pumps, numerical controls for factory automation (robotics), lighting products, and even in their medical products (X-ray, CAT, MRI).

Selling a disruptive technology wasn't easy. Dr Baliga recalls how it turned out that his product came to impact the entire portfolio at GE:

“One of the Vice-Presidents at GE was trying to create a new product – adjustable speed motor drive for air-conditioning heat pumps. He challenged us at the GE research labs to create a viable technology. In response, I proposed the IGBT and informed him of other potential applications within GE.”

The old or traditional motor drives used induction motors and dampers to regulate the output power to loads such as compressors in air-conditioners. Dampers waste a lot power as heat, making the efficiency only 50 per cent. The IGBT was used to create an adjustable (or variable) frequency power source by using pulse-width modulation. In simpler words, Dr. Baliga says, “Moving from the traditional motor drive to the one based on IGBT is a paradigm shift – from analogue power control to digital power control with a massive increase in efficiency!”

Company-wide adoption

According to the scientist, “The V-P got excited and went all the way to the top and informed Chairman Jack Welch. Jack Welch decided to come from his head-office in Connecticut to my labs in Schenectady, New York, to be briefed on this innovation that would impact the entire portfolio of products at GE.” Dr. Baliga says a 30-minute presentation convinced Mr. Welch. “His reaction was to support my proposed development and commercialization effort. But he embargoed any

release of information on the IGBT so that GE could exploit it for its products. This prevented my scientific publications on the IGBT for several years.”

His advice to inventors and entrepreneurs is to get to understand the applications of the innovation. “Only then can it be marketed successfully. It is important to understand the complexities of manufacturing the invention to get it to the marketplace quickly,” he said.

All this happened in the 1970s and 1980s, when venture capital activity in North Carolina was very small when compared with the Silicon Valley. He recalls, “In the 1970s, and 1980s, I worked for a large company (GE) to bring my ideas to the market. In 2000, I began to create start-up companies in North Carolina. Seed funds were available to get the companies going. But even after demonstrating that my ideas worked, it was difficult to get the larger amount of funds to grow my company. So, we ended up with a successful exit by having the companies acquired.”

4 start-ups

Dr. Baliga has been successful in founding four start-ups. “Silicon Wireless Corp created a revolutionary super-linear power RF MOSFET for use in cellular base stations. The company grew to 42 employees and was acquired by Fairchild.” Another one, Silicon Semiconductor Corp was started to commercialise his silicon chip set for powering microprocessors inside laptops and servers. This company’s technology was licensed for production by Linear Technologies Inc. A third start-up Micro-Ohm Corp was begun to create a revolutionary TMBS rectifier used in solar panels and power supplies. It was licensed to Vishay-Siliconix and became their most successful new rectifier product in 25 years, he said. “Giant Semiconductor Corp was created to commercialize my GD-MOSFET technology. This technology was licensed to Alpha and Omega Corp and is also made now by Infineon, Fairchild, and other companies for automotive electronics.”

Dr. Baliga’s 1979 theory relating properties of semiconductors to the performance of power devices resulted in an equation named Baliga’s figure of merit (BFOM). This led to a comparison among semiconductor materials – Silicon, Gallium Arsenide and Silicon Carbide. “This predicted 13.7x enhanced performance by replacing Silicon with Gallium Arsenide which I demonstrated at GE in the 1980s. It predicted 200x enhanced performance by replacing Silicon with Silicon Carbide which I successfully demonstrated at my PSRC labs in North Carolina.”

A recent update regarding Dr. Baliga’s recent work on wide band gap semiconductor based power devices. The article stops with his work in the 1990s to create high performance power switches from silicon carbide to replace existing silicon devices. In 2015, President Obama granted NCSU a \$ 170 Million manufacturing institute called PowerAmerica to create the manufacturing infrastructure for this technology in the US and generate high paying jobs. During the last 2 years, Dr. Baliga has successfully created a process called PRESiCE (Process Engineered for manufacturing SiC Electronic devices) while working in this program. This is now serving as the “nations” process for manufacturing silicon carbide power devices at a foundry (X-Fab) located in Texas. These SiC devices are now being used in solar inverters and servers for cloud computing. They will be used in electric cars within the next few years. He proposed this technology 35 years ago and worked on demonstrating it in the 1990s. It is nice to see his dreams for this technology finally come true even though it has taken such a long time. His silicon IGBT produced a revolutionary change in power electronics in the 1980s. The silicon carbide power devices are considered to be the next revolutionary advance to power electronics.

Higher Cost of Higher Education and Need for Scholarship

By: - Sadanand N. Pai, Cypress, TX

If you watch on youtube video of 40,000 mid-day meals at the cost of Rs 5 (in Hyderabad), you will see the workers working hard from 3.00AM to deliver the meals to hungry people by noon by delivery trucks with the message from the ISKCON founder Prabhupada _” nobody within 10KM from our center shall go hungry and feeding the hungry is not charity.” The satisfied customer including a Muslim auto rickshaw driver praise Hare Krishna for the good job. That was the goal of Prabhupada, that by reciting the name of Hare Krishna people will attain salvation.

Similarly, in 2010 Vishwa Konkani Student Scholarship Fund (VKSSF) was established with the goal of “No Konkani child be deprived of higher education due to lack of means” by eminent philanthropists like T. V Mohandas Pai of Infosys, Dr Ranjan Pai, Dr P. Dayananda Pai and host of others. The fund distributes nearly 2000 scholarships at a cost of 20 million rupees a year by awarding Rs 30,000 to Engineering and Rs 40,000 to MBBS Students. This is a significant development compared to other scholarship leagues awarding 5000 to

6000 for engineering and MBBS degree students. I am glad to note our own Vasanth Bhat was also one of the early donor to VKSSF.

This year some Engineering colleges like VJTI, IIT Powai etc. have raised their tuition to Rs 70,000 per annum. I realized that when cost of higher education is going up astronomically, it may be necessary to establish a full scholarship to help any economically challenged Konkani student. I was hesitant whether there will be any candidate to receive such scholarship. The GSB Scholarship league found a deserving economically challenged Konkani student getting admission to NITK, Suratkal. On getting the news of award of full scholarship, his parents thanked the league profusely, as they could not raise required tuition of Rs 70,000 from several sources and even had to pawn their belongings. They even told that when they could afford, they will return the full amount to the league so that one more student will get the benefit. No parent should face such situation to provide higher education to their deserving children. The league told me that some more donors have come forward to award full scholarship. I hope more such donors will come forward in coming years, as it is only paying back to the society the benefit we received so far to improve our life.

Fascinating Article on Konkani

From: Vineet Nayak, Edison, NJ

A fascinating article about Konkani Language. Do read it - I learned things about our language I never knew before!

Excerpts:

"Even amidst the babel of the Census of India's 122 major languages, Konkani stands out as unique. Its undisputed homeland is Goa, but four times as many native speakers live outside the state. It is the only language in the world in everyday use in five different scripts: Devanagiri, Malayalam, Kannada, Arabic and Latin (aka Romi)."

"The Konkani diaspora is highly distinctive, including, variously, the fathers of the current prime ministers of both Ireland and Portugal, three members of parliament in the UK, the 2016 winner of the prestigious Sprakprisen prize for excellence in Norwegian prose, and at least 40,000 "Kokni" Muslims, who have lived for a century in South Africa's Cape Town."

<http://www.livemint.com/Leisure/AJVHke7VvvvVPerV1jv8WO/Konkani-a-language-in-crisis.html>

Konkani: a language in crisis - Livemint

www.livemint.com

The only language in the world in use in five different scripts—even in the babel of India's 122 major languages, Konkani is unique. But does it have a future?