

# Khabbar

(KONKANI SABHA NEWSLETTER)

Volume: IX Number 2

April, May, June - 1986

From  
The Editor  
"Khabbar"  
33 Quail Run  
LONG VALLEY, NJ 07853

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To:

Quarterly Newsletter  
for circulation to  
the members of  
K O N K A N I S A B H A

Volume IX Number 2  
April, May, June -1986

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\*Views expressed in this Newsletter do not necessarily reflect the views of the Konkani Sabha.

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E D I T O R I A L  
\*\*\*\*\*

Dear fellow members,

In this year of Liberty, it feels great to be an American and be in America.

The warm spring we had definitely gave us a taste of summer to come. With the schools being closed, the vacation spirit has already set in. Wish you all a happy vacation.

Keep August 16th 1986 open. It is going to be our annual thing- THE PICNIC. I extend the invitation to all the readers to try to coincide their vacation on this date so that we can have a North American Gettogether. There are some indications that Konkanis from the South and Midwest will give it a try to make it to the picnic. The local area Konkanis will get the flyer with more details and directions to the picnic. The picnic will be at the Lewis Morris Park in Morristown, NJ.

Helping our folks back in India has always been a Khabbar favorite. It is commendable to see the amount of favorable response received by Mr. Ravi Nayak in raising funds for the Kundapura Temple. Keep it up folks.

The Education Committee of A.K.A. needs a word of praise and your help. Please send your tax deductible contribution of \$30 or more to A.K.A., 801 N.Lincoln, Park Ridge, IL 60068.

Khabbarization is still the goal and your help in having Khabbar reach all the Konkanis in North America is appreciated.

Have a nice summer,



Vasanth Bhat

# Letters to the Editor

Dear Vasanth,

Enclosed please find my membership check. I want to congratulate Mr. Vineeth Nayak for taking the trouble to write articles on "Our Heritage". The Khabbar is doing an excellent job of informing Konkani living in different parts of U.S.A. Perhaps you may be able to expand the coverage by appointing a volunteer coordinator for different parts of the U.S.A. and getting news in a regular manner. It really requires a lot of dedication to publish newsletter such as Khabbar regularly. Please keep up the good work.

Bhamy V. Shenoy, Houston, TX

Editor's reply:

Thank you. Lot of people have commended Vineeth on the excellent job he is doing in writing articles on our heritage. Regarding appointing a volunteer coordinator, I have always considered each and every reader as a volunteer and once again appeal to all to make the Khabbar a success.

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Dear Editor,

We have enjoyed your newsletter for sometime and have noticed that you solicit news. It is nice to see names of familiar friends and relatives.

Enclosed is a copy of a newsarticle from our local Wakefield Paper regarding my husband's trip to India to meet the Prime Minister. I thought it might be of general interest to the konkani community. I noticed you donot use photographs, so I didnot enclose a glossy.

Thanking you for your great job and children's section.

Joanne F. Kini, Wakefield, MA

Editor's reply:

Thanks. I am sure Khabbar readers would like an article on Dr. Kini. Can you help in making our dream come true?

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My dear Vasanth,

I thank you for your letter and Khabbar(Vol. IX No.1). I had a plesant reading out of the same.

I am enclosing pre-publication pamphlet of Sri Sadguru Pooja which contains the cultural history of Konkani of the 19th century. Interested Khabbar readers can reserve their copy of Sri Sadguru Pooja by remitting Rs.150 to Shri Kashi Mutt, BASRUR- 576 211(D.K.), India.

K.Visvanath Kamath, Mangalore, India

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# Khakbar

## ● CONGRATULATIONS

● AARTI MALLYA (11), won the 2nd prize in Lady Liberty Coloring Contest held by the Wanaque chapter of the American Legion.

● VINODH BHAT (10) received his Arrow of Light batch from the WeBeLoS of the Pack 136 of Morris County, NJ

● POORNIMA BHAT was recently promoted as Network Manager @ Northwest Mortgage Company, Randolph, NJ.

● SUMANA NAYAK recently graduated with honors in Computer Science from William Paterson College in Wayne, NJ.

## ● Dr. Kini's trip to India:

Dr. Mohandas Kini of 30 Jordan Ave., Wakefield, MA just returned from New Delhi, India, after meeting with Prime Minister Rajiv Gandhi on March 29, 1986. Mr. Gandhi was the honored guest at a function held by the Medical Research Foundation, a premier charitable, non profit institution providing sophisticated medical and surgical eye care in the city of Madras, India.

The Medical Research Foundation, founded in 1978, is headed by a distinguished alumnus of the Massachusetts Eye and Ear Infirmary, Dr. S.S. Badrinath and has provided over 70,000 consultations and done over 3000 surgical procedures just in the year of 1985.

Dr. Kini, who graduated from Yale Medical School and completed his residency at the Massachusetts Eye and Ear Infirmary in 1970 has been an Honorary Consultant to the Medical Research Foundation, since its inception. He has been further responsible for the teaching and training of Medical Research Foundation consultants at the Massachusetts Eye and Ear Infirmary and the Boston University Medical Center. He also helped to develop the Vitreo-Retinal Unit into one of the finest in India.

Dr. Kini is on the staff of the Massachusetts Eye and Ear Infirmary, University Hospital, Melrose-Wakefield and Malden Hospitals.

## ● New Arrival:

● MITHUN, boy to Burde L. and Urmila Kamath of Metairie, LA on January 21, 1986.

# Hoon Khabbar (cont.)

## ● THREAD CEREMONIES

● Dr. Sadashiv and Shashi Rao of Newark, DE recently celebrated the sacred thread ceremony of their son, NITIN, in New York City.

● Dr. Ram and Raju Pai of Carlsbad, NM celebrated the Upanayanams of their sons, REETESH and RISH at Valley View International Health Club, Manipal on June 11th and 12th respectively.

● Dr. Vasudev and Sunita Prabhu of Mission Viejo, CA recently celebrated the Upanayanams of their sons, VINAY and ASHWIN in Bombay.

\* Khabbar wishes all the vatus all the best.

## ● KONKANI HAPPENINGS:

● A.M.K.A., the American Midwest Konkani Association, made a trip to Gangestown, MI on May 17th to attend the Spring Festival conducted by the Vivekananda Vedanta Society. The function was well attended and was spiritually fulfilling.

● DIXIE konkans did it again! They all met to celebrate Ugadi and Spring Gettogether in Charlotte, NC. As usual the function was well attended. The credit goes to Meera and Subbanna Pai, Prema and Pravin Prabhu and others.

● Bay area Amchigale Samaj celebrated its Gudi Padva (Ugadi) with pomp and enthusiasm on March 22, 1986. The dance troupe presented authentic classical dance numbers. The member response was overwhelming. The menu was delicious- Idlies, Vada sambar, Chana ghashi, Bhutti, Cabbage upkari, Chow chow, Cauliflower nonche, Madgane, etc. The Samaj plans their Annual picnic on July 19th @ Kelly Park, San Jose and a Campout at Yosemite National Park on August 24th.

● KONKANI SABHA is planning their Annual Picnic on Saturday, August 16th at Lewis Morris Park, Morristown, NJ. The Sabha Cordially invites all the Konkans in North America to attend the picnic and lay a foundation for the first North American Gettogether.

Konkani Puppet Art  
Unique Yakshagana Puppet Art of Uppinakudru  
KAMATH GHARANE

contributed by  
K.Sanjiva Prabhu, Kundapura, India  
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The origin of the puppet art lies buried in the sands of pre-historic times. However, there is general agreement that puppetry became developed art, at a very early period in the East.

There are several kinds of puppets and their operation varies e.g. Puppets are operated from above or behind or below, or with rods, or strings or directly by hand contact.

Yaksha-gana puppet art of Uppinakudru Kamath Gharana, is ancient, unique and stands head and shoulder above the contemporary puppet art in the world. It is singularly Konkani art, nurtured, developed and preserved by Kamath Gharana, over 300 years since.

Yakshagana art itself is outstanding. It can keep the rural audience engaged the whole night in the villages. The dress, dance, dialogue, songs, the beating of the background percussion instruments, the color theme, the several 'rasas' portrayed in the songs and dialogue, are some of the salient features, that make this art outstanding.

The stringed puppet art of Kamath Gharana surpasses even this folk Yakshagana art. In the Kamath's puppet art, puppets portray all the above features with so much perfection that the audience get absorbed spell bound.

Kamath's puppets keep steps and respond to the background music of the Bhagavathar, synchronising with the beats of "Thala", "Maddale" and "Chande". The response and acting to the background dialogue is perfect. The dress, jewelry, the head-gears, crown are equally matchless. The natural emotions are evoked by forceful dialogue and use of "live-wire", in "Lankadahana" or while waiving "aarati" before Lord Ganesh, at the opening of the play; or when demons fight.

No wonder that this art was received with acclaim on foreign soil.

This art participated in International puppet festivals in France, Australia, etc. It was invited to Germany, Holland, Belgium, etc. more than once. The puppet troupe exhibited over 30 to 40 shows in each tour on foreign soil. Mr. Melvyn B. Helstien, then Professor of Theatre arts of University of California visited the puppet centre of Sri Kogga Kamath, winner of Sangeeta Natak Academy Award in 1980, and said, "These are magnificent puppets beautifully designed, made with artistry of a great craftsman. The designs, constructions and paintings all show the love and awareness of a true artist. I am very impressed. I hope to learn from such a great artist and guru as Sri Kogga Kamath".

His wife, Mrs Antonette Helstien who accompanied him, made her observations thus. "It is always a joy to see beautiful marionettes and its beautiful creator. In my life I have seen thousands of puppets and these are surely among the more beautiful I've seen. Indeed they are more beautiful than those made by Professor Helstien and myself".

I personally feel that an applauding remark from any foreigner may not be a true index to measure the richness of our Art. It must be spoken to by an expert Indian.

Let me tell here the heartfelt opinion of Mrs. Kamaladevi Chattopadya, our own veteran national figure, internationally known in the field of arts and handicrafts. She has written several times stating that "Yakshagana puppet art of Kamamth Gharana, has no parallel in the world. It is unique in dance in that it keeps steps to the "Tala" and "Laya"; the traditional color pattern is splendid; the themes (prasangas) drawn from our Indian epics, provide situations of very high dramatic values, with equal emphasis on moral and ethical social life. Therefore, this art should be preserved".

Can any believe that this hoary art became extinct between 1932 to 1952? Only a miracle revived it. When the Septuagenarian, late Devanna Kamath, father of the present master puppetier out of sheer disgust and disappointment made a vow to dedicate this art with his few surviving puppets at the feet of Lord Venkatramana, Kundapura, in 1959, started the revival of this art. In 1966, when Honorable President, Dr. S. Radhakrishnan, honored the old Kamath with President award, it reached the coveted National heights. In 1970s this art with the troupe, on invitation, visited France (twice), Germany, Holland, Italy, Australia, etc. It made its mark at international level.

What does this show? With God's grace, even a lame can conquer Himalayan heights!

I can conclude briefly that richness of this Konkani art can be experienced by seeing it once at least. As the axiom goes "Seeing is believing"

## THE COMING OF THE ARYANS

Before 1500 B.C., India was a dravidian land. The dravidians were a highly cultured people with a well developed sense of religion and organization. They lived in the most advanced cities in the world of that period. It was around 1500 B.C. that the Aryans entered India from the northwest, apparently in several waves of immigration, and pushed these earlier inhabitants to the south and to the east. The Aryans spoke Sanskrit, which is the origin of most of modern India's fourteen languages. Sanskrit had a lot in common with Celtic, Greek, Germanic, Persian, Armenian and Hieroglyphic. All these languages are known as the Indo-Aryan or Indo-European languages.

The Aryans were white-skinned people, who were originally inhabitants of the Caucasus mountains (hence the name Caucasians). Their history before they migrated to Persia, Greece and India is virtually unknown. They were nomadic people, who used the barter system for trade, and were always looking for greener pastures. They worshipped many gods, ate beef, and drank the intoxicating juice of the soma. They knew the use of most metals, and fortified their villages where necessary. It was the Dravidians who tamed and domesticated these wandering Aryans. They taught the Aryans their culture. The Aryans did not mix with the dark-skinned dravidians. They did not allow mixed marriages. By 1200 B.C., most of north India was Aryan, and the south, Dravidian.

The two races were greatly influenced by each other's cultures. The Aryans sent their missionaries to the south to set up "ashramas" or hermitages, which were meant to teach the Dravidians the religion of the Aryans. The Aryans accepted Shiva, the god of the Dravids, as one of the gods in their trinity. Once the two races had accepted each other's religion and customs, a really mixed society and culture developed. The Dravidians are not known to have any form of writing in that period. The Aryans had already composed the Rig-Veda (around 1400 B.C.), by collecting much older hymns.

In the later vedic period, large kingdoms took the place of tribal states, and city life developed. Royal power grew, and this heralded the birth of the gigantic pre-Christian empires of India. The Dravidians, who are supposed to have been classless, had now accepted the caste system of the Aryans. The Aryans had divided themselves into four castes; The Brahmins (priests), the Kshatriyas (the soldiers, politicians, and rulers), the vaishyas ( the merchants) and the Shudras (the people who did the dirty, but necessary work, such as pottery, sanitation, etc.), in that order of superiority. The cult of sacrifice became an important part of the religion, which did not yet have a name.



In reaction to the Brahmins gaining so much importance, people started giving more importance to thought and philosophy, which the Brahmins did not bother to stress on. ~~the~~ <sup>THE</sup> Search for the "ultimate reality" ~~that~~ gave birth to Jainism and Buddhism in the sixth century B.C.

Around 580 B.C., there were three major kingdoms in India; Magadha, Avanti, and Koshala, the former being the most powerful. Alexander, prince of Macedonia, had heard of the riches of India, and in 578 B.C., he attacked. He conquered the northwest of India, but his soldiers mutinied and he had to retreat to Babylon where he died soon after. The Greek conquerors were gradually absorbed into Indian society.

The first all-India empire was established by Chandragupta Maurya. His chancellor, Kautilya (Chanakya) wrote the Arthashastra, the first book ever on politics. The Maurya dynasty lasted for three generations, till Chandragupta's grandson Samrat (emperor) Ashoka. Ashoka, upon coming into contact with the Buddhist faith, declared his empire Buddhist. His empire stretched all the way from the southern tip of Russia, encompassing Afghanistan, part of Iran, and all of the Indian subcontinent except the south, occupied by the Dravidian Chola and Pandya dynasties.

The Gupta dynasty, ruling over practically all of northern India in the fourth and fifth century A.D. marked the next great epoch in India's history. It was known as the 'golden age' of India. In the fourth century A.D., the Huns, known for ravaging Europe with sword and fire, attacked India from the northwest, and established their predatory rule in presentday Punjab. Yet such is the potent, silent absorbing power of Hinduism, that within three generations, the Huns had become devout Hindus. Their descendants are the Rajputs and the Punjabis of today.

Such is the story of India. She has always been preyed upon, and yet she has always embraced her predators as her own people. Hinduism has no founder. It has absorbed whatever has come its way (including buddhism), and is therefore known as the 'Sanatana dharma' (boundary-less religion).

The Gowd Saraswat Brahmins are more Aryan than Dravidian, and may even have a mixture of Hun blood running through their veins. We are the people from beyond the Sindhu (Indus) river, the 'Hindus'.

Let us strive to preserve this Aryo-dravidian culture, for it was won at great cost, and there is a lot to be learned from it.

VINITH NAYAK (20)

## HEAT STROKE AND DEATH

Venkatesh K. Shenoy, M.S., Exercise Physiologist

Heat stroke is the least common but most serious result from hot environment. It occurs particularly during heat waves in the hot summer months. The most susceptibles are infants, elderly, persons with heart disease, obese, dehydrated, individuals on multiple medications, diabetics, alcoholics, chronically ill, tourists in subtropical and tropical countries, those who exercise in the heat and economically disadvantaged people due to poorly insulated/ventilated homes.

Heat stroke is a medical emergency. It causes death and permanent damage even with optimum medical treatment. Prevention is the most important aspect of heat stroke.

Advanced animals such as human beings, monkeys, dogs, bears, and birds have the ability to maintain constant body temperature independent of the environment. The internal temperature of the body - body core temperature - remains relatively constant between 36.5° and 37.5°C at normal resting state. The body core temperature is independent of environmental temperature within the broad range of 4°C to 30°C. <sup>WHEN</sup> ~~THE AIR IS STILL,~~

The hypothalamus - a part of the brain - functions as the temperature as well as sweat regulatory center and acts as the body thermostat by keeping the body core temperature within the normal range. Environment temperature is only one component of environmental heat stress. Other factors are radiant heat, wind velocity and humidity.

Body heat is dissipated by radiation, conduction, convection and evaporation of sweat. Increased air humidity and decreased sweat amount and rate can upset the balance of the body's cooling mechanism resulting into increased risk for heat stress. Hypothalamus functions efficiently as long as the humidity stays below 60% and atmospheric temperature below 90°F. Effective sweat evaporation virtually ceases at 75% humidity.

Heat cramps, heat exhaustion and heat stroke are collectively called heat syndromes. These injuries are typically preceded by dehydration. Death and morbidity from heat cramps and heat exhaustion are uncommon when treated. These categories are only academic. Heat exhaustion and heat stroke can resemble one another. Person who works or plays in hot, humid weather may suffer from heat syndromes

Heat Cramps: Victim complains of painful spasms of large muscles of the body often ~~at~~ the back muscles of the lower legs. Victim is rational with normal body core temperature but has high pulse rate and low blood pressure. Skin is pale, cool and moist.

First aid: Remove the victim out of the heat immediately. Give him plenty of fluid to drink other than alcoholic beverages. Massage treatment for cramps will not help. Analgesic drugs will not relieve discomfort. Advise the victim to see a physician as soon as possible.

Heat Exhaustion: It requires prompt attention otherwise it can progress to heat stroke. Victim collapses, complains of extreme weakness, nausea and may vomit. Victim's skin is pale, cold and moist. Body core temperature is normal or little above normal.

Pulse is rapid and weak. Blood pressure is low and may be disorientaed.  
First Aid: Get the victim to a cool place and sponge him with cool or cold water. Give him water to drink and if unconcious do not give anything to drink. Get the victim to a doctor as soon as possible.

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Heat Stroke - is a serious medical emergency and the victim must be hospitalized immediatly. It occurs due to the failure of the hypothalamus temperature and sweat centers. Evaporation of sweat is the only means of cooling of the body at high environmental temperature. Due to the failure of the sweat center body core temperature increases more than 41 C. ~~#####~~ The victim collapses and is unconcious with skin flushed, hot and dry. Before collapse the victim may appear confused, disorientated and belligerent which can be mistaken for senile dementia, alcoholism or hypoglicimia. In this case high body core temperature is the indication of heat stroke. If body core temperature is not brbrought down as fast as possible by immersing in cold water or by packing ice around the body till the trained personnel take over at the hospital the victim maynot survive.

Complications of the heat strokeinclude vomitting,diarrhea, kidney failure, delirium, liver damage, heart failure, coma and death due to brain damage, hemmorrhage,or kidney shut down. Administration of too much intra venous fluids can lead to pulmonary edema, cardiac cõplications and death. The victim must be hospitalized for several days so that the medical personnel can monitor the victim for possible complications.

Some of the common medications that may predispose or increase risk to heat stroke:  
Inderal - impairs sweating and decreases blood flow from the heart. Diuretics - causes large fluid loss. Anti parkinson drugs, anti histamines, anticholinergic, pentothiazin all impair sweating. Haldol - decreases thirst recognition. Laxatives - excessive use leads to dehydration.

Prevention of heat stroke - Stay in the ~~#####~~ cool environment. Drink plenty of fluids other than alcoholic beverages and fluids with more than 2.5 gramms sugar in 100 mililiter water. Eat light meals. Wear light weight and light colored cotton ~~###~~ clothes. Do not overwork in the beginning of the summer. Do not take salt tablets or salt in any form without drinking plenty of water. If in high risk group consult a physcian before undertaking exercise program or move to a hot and humid place.

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# Klassified

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## o W A N T E D:

\* Articles of interest are always in need to be published in Khabbar. Share your knowledge and experience with fellow Konkans. Please send articles to:

The Editor, "Khabbar", 33 Quail Run, LONG VALLEY, NJ 07853

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