

CHILDREN

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Q1 Can you tell a legend with a moral for parents to make their children independent at appropriate time, giving minimum needs to them?

A1 In two independent houses, separated by a compound two people were living, in one a retired person and in the other a techie. They had planted identical saplings on either sides of the compound. The techie used to give lot of water and manure to the plants. The retired , just small quantity of water and little manure.

The techie's plant grew into lush green, leafy robust plant. The retired person's plant was a near normal but much luxuriant than his neighbour's.

One night there was a heavy rain with gusty wind. Next morning both came out to see the fate of the plants. To techie's surprise his plant had got uprooted where as his neighbour's was unharmed. Techie asks the retired as why his plant was uprooted despite such a good care where as the neighbour had hardly cared. The retired person's answer should be a lesson for all of us.

Look young man, you had supplied everything a plant would need, in abundance and the plant did not have to go in search of it. Your roots did not have go down. I was supplying just enough to keep it alive. For the rest roots had to go down into the ground to fulfil it's needs. Since your roots were superficial the rain and wind could easily fell it. Since my roots were pretty deeply grounded they could withstand the onslaught of the nature. The same applies to your children too.

Install God in your Heart

It is because man does not think of God with devotion and sincerity that fear and restlessness have become the order of the day. Chanting of the Divine Name alone can make one fearless. God is referred to as "Hiranyagarba". "Hiranya" means gold. Only when you place this "gold" in your heart can you get the jewels of Sathya, Dharma, Shanthi and Prema. Once gold is installed in your heart, only divine feelings will originate from it. When sweet pudding is poured into a vessel with a number of holes, what comes out of the holes will also be sweet pudding. Likewise, when you fill your heart with divinity, all your actions will become divine.

Newton Bhavaji's 4th Law:

"There is at least One Amani akka or Amani pacchi in every Konkani family"

Kudla Lass Nischita Shenoy is “Mrs. India South 2017”

As appeared in the Mangalorean Apr 29, 2017:

<https://www.mangalorean.com/kudla-lass-nischitha-shenoy-is-mrs-india-south-2017-winner/>



Mangaluru: “Mrs. Beauty India Pageant”, the only contest in the country which provides a gateway to international platforms like ‘Mrs. Asia International’, ‘Mrs. World and Mrs. Planet’ at a momentous event held on 23rd April 2017 at Radisson Blu City Centre Chennai announced the winners of “Mrs. India South 2017” and the semi-finalists of ‘Mrs. India Beauty Pageant’. Founded by Ms. Deepali Phadnis, Founder of Mrs. India and former Mrs. Asia international, Mrs. India is the only beauty pageant for married women in the country allowing them to come together in a celebration of not only their beauty but their personality, talent, glamour and culture too.

Out of the 20 contestants that competed in the beauty pageant, Nischitha Shenoy was announced the winner of Mrs. India South 2017. She will enter the National round of Mrs. India 2017 to be hosted in June. Nischitha Shenoy also won the subtitle of “Mrs. India Bollywood Queen – South Edition 2017”.

Born to V Ananth Shenoy and Reshma a Shenoy, Nischitha Shenoy has always been an achiever, a dreamer and believes that there is nothing hard work can’t help you achieve. She is a technology consulting professional, a licensed Zumba fitness instructor and a mother to a 16-month-old baby girl. As a Zumba instructor, she has helped raise funds for causes

such as Women Empowerment. She is a trained Bharatanatyam dancer and has practiced it for 10 years. Being a fitness enthusiast, she currently loves doing Zumba, Cross Fit, Weight training, Muay Thai and Kick Boxing. Nischitha believes in restoring mother nature to all her glory and is a supporter and active volunteer with the NGO Saytrees.org. She is a volunteer with “Save Whitefield” a public initiative to tackle civic and environmental woes of Whitefield, Bengaluru.

Nischitha says “As women through our growing years we are told different things by people around us. Some good and some bad. We need to shun bad things, defy expectations of people who have little or no faith in our abilities, prove them wrong and stand tall and proud like Queens”.

Team Mangalorean extends heartfelt congratulations to our Mangalorean Pride Nischitha Shenoy for her greatest achievement in the Beauty and Fashion World.

Kannadiga To Receive Top US Civilian Honor

As appeared in the Apr 3, 2017 - Bangalore Mirror Bureau (By: -Deepthi Sanjiv)

Dakshina Kannada has another reason to celebrate. Dr. Annapoorna S Kini, an American cardiologist and Professor of Cardiology at Mount Sinai School of Medicine in New York City, has been selected for the 2017 Ellis Island Medal of Honour that will be presented on May 13 on Ellis Island during a ceremony that will include other distinguished Americans who have also made exceptional contributions. She is among six Indian-Americans to win this medal which is considered one of the nation's most prestigious awards and the highest civilian award in US.

Speaking to Bangalore Mirror, Radesha Vittappa Prabhu, her brother who stays at Bolwar in Puttur taluk, said, "The family feels proud of her achievements. She has always worked hard. She comes home every year. Her work hours in the US begin as early as 6am and go on till 10pm."

Dr Annapoorna is married to Dr U Subhash Kini and the couple is blessed with two sons Akshay Kini and Sameer Kini. She is the daughter of Late Namdev Prabhu and Late Pushpalatha Namdev and her elder brother, Dr K Ashok Prabhu, works at KMC, Mangaluru, while Radesha looks after the family's agriculture property.

Radesha said, "My mother has supported her in a big way. She used to travel every year to New York and be with my sister and support the family. Her work being recognized in the US is a big achievement and it is purely on merit and hardwork," he said.

Dr. Annapoorna Kini is an endowed Zena and Michael A Wiener Professor of Medicine and the Director of Cardiac Catheterization Laboratory at The Mount Sinai Medical Center. Dr. Kini is an international leader in the field of percutaneous coronary intervention and heart valve therapy.

After receiving her medical degree from India, Dr. Kini completed her training in England, followed by a fellowship in general cardiology and interventional cardiology at The Mount Sinai School of Medicine, New York. She also serves as the Director of Interventional Cardiology Fellowship Program and the Director of Structural heart Intervention at The Mount Sinai Medical Center.

Dr. Kini is internationally acclaimed for her special expertise in performing complex coronary interventions especially in chronic total occlusion for patients with advanced coronary artery disease, high-risk interventional cases, and septal (alcohol) ablation for the treatment of obstructive hypertrophic cardiomyopathy. She has an extensive experience with the techniques of mitral and aortic balloon valvuloplasty, and has been among the first interventional cardiologists in the country to use transcatheter aortic valve implantation procedure in the treatment of patients with aortic stenosis.

Dr. Kini performs over 1,000 coronary interventions annually, the highest number by a female interventionist in the United States, with an extremely low complication rate of less than 0.3 percent; an official report from The Department of Health Recognized Dr. Kini as the safest operator among 350 other physicians in the state of New York numerous times (2004-2006; 2005-2007; 2009-2011; 2010-2013). She is the recipient of 2011 Dean's Award for Excellence in Clinical Medicine at The Mount Sinai Medical Center.

She also received the Physician of the year award in 2014 by the Mount Sinai Hospital nurses. Dr. Kini is a keen researcher, particularly recognized for her studies pertaining to intra-coronary imaging studies including IVUS, NIRS and OCT, and trials such as YELLOW, CANARY and ORBIT have made major headlines. She has published more than 100 peer reviewed scientific publications, and book chapters in major cardiology textbooks. Dr. Kini has been the principal or co-investigator in numerous randomized clinical trials. She has been on the editorial boards and reviews for prestigious journals in the field of cardiovascular interventions. Dr.

Kini is the recipient of the “Rock Star of Science” award from the American Heart Association. She is member of the Royal College of Physician of London and Fellow of the American College of Cardiology.

Dr. Kini is an excellent teacher, and is dedicated to the teaching of both cardiology and interventional fellows. In fact, the 2012 batch of Sinai interventional fellows created a teaching award in her name “The Annapoorna S. Kini Fellows’ Choice Award” for excellence in teaching. Dr. Kini is the Director of the Annual Live Symposium of Complex Coronary & Vascular Cases at The Mount Sinai Medical Center, one of the most attended and respected meetings in the field of interventional cardiology in the country. She is the Director of monthly live web cast and plays a key role in educating internationalists globally in the technical aspects of complex coronary interventions via monthly webcast on www.ccclivecases.org and www.structuralheartlivecases.org with a worldwide audience of several thousand physicians over 132 countries.

Recollecting her school days, her classmate (from class two to eight) Prathima Hegde said, “We have known each other from our days at St Victors English primary School and St Philomena’s boys High school. She was an all-rounder at school. Though blessed with everything, she was very simple, talkative and loved her books. She was part of several of our pranks and I can still recollect her giggles. She was very good in sports too,” she said.

Dr Kini completed her PU from Vivekananda College in 1984. She received her MBBS from Kasturba Medical College, Mangaluru, Manipal University in 1991 with three honors and gold medals.

Dr. ANNAPOORNA KINI walked the red carpet in our traditional Indian dress Yesterday to get the prestigious award conferred upon by US Government.

Six Indian Americans have been chosen for this year's Ellis Island Medals of Honour. The awards, considered to be the highest honour in USA, founded by National Ethnic Coalition of Organizations, are given to individuals whose accomplishments in different fields to the country are cause for celebration. Indra Nooyi, chairperson and chief executive officer of PepsiCo, is one of the recipients of this award this year.

Dr Annapoorna S Kini ((51), an illustrious cardiologist and professor of cardiology at New York working in USA since the last two decades, has been picked for this award. The achievers are listed and referred to American Congress, which finalizes the names of awardees. Kini Received the prestigious award Yesterday.

Awards are not new to Dr Annapoorna, who has bagged several awards so far including the highest honour of the government of New York. She has been identified as one of the safest intervention cardiologists in New York, also has got credit to have been the only lady doctor to conduct over a thousand intervention coronary surgeries in a year.

Annapoorna, second of the three children of Namadeva Prabhu and Pushpalata couple, hails from Bolwar in the town. Her elder brother, Dr K Ashok Prabhu, has been serving as doctor in KMC Mangaluru, while younger brother, Radhesh V Prabhu, is into agriculture. Annapoorna, who married Dr U Subhash Kini, has two children, Akshay and Sameer. She visits her hometown once every year. She had studied in St Victor's girls school here and completed PU education through Vivekananda College. She completed MBBS degree with gold medal through KMC Mangaluru before going to London where she completed MRCP. Then she went to New York where she joined Mt Sinai School of Medicine New York as cardiologist, where she continues to serve even now.

Congrats Dr. ANNAPOORNA JI. You made us all Konkanis Proud.



Mangaluru ranks first best city in India in terms of quality of life; 48th in the World!

<https://www.seeandsay.in/51947/mangaluru-ranks-first-best-city-india-terms-quality-life-48th-world>

Mar 26, 2017 at 3:07pm, Kamal Shenoy

Mangaluru has been ranked as 48th best city in the world in terms of quality of life. It is the only Indian city in Top 50. The next Indian city on the list is Pune at 102.

This news has met with cheers from Mangaloreans. The news has not only made locals of Mangaluru happy, but also people of Mangaluru, who are settled in other places around the world happy.

Mangaluru ranks first in best city in India in terms of quality of life Mangaluru ranks first in best city in India in terms of quality of life Mangaluru ranks first in best city in India in terms of quality of life

Mangaluru is also the second ranked best city in Asia after Bursa in Turkey. The city, which is known for its culture and tradition is the best place to live. Speaking about this, Sanath, a student says, "It's a great news to know. Mangaluru is easily one of the best city to stay. The people here are very friendly. They are very polite. The standard of living of people is also very high. There are no slums here. All these factors must have made Mangaluru the number one city in India in terms of quality of life."

Mangaluru is business paradise. People of Mangaluru are known for their intelligence and it is also educational hub. People of Mangaluru are settled all over the world and are doing well for themselves. The education hub tag has worked well for Mangaluru. People here are very well cultured. The language spoken by people in Mangaluru is soft, if compared to other parts of Karnataka or India as well.

The people have a better standard of living in Mangaluru. Due to good literacy rates, people earn more here. Therefore, they lead a better life style. We see many people not ready to shift to other places, even if they get more salary, as they do not want to leave the place.

The culture and traditions of Mangaluru is the binding factor. People never forget their roots. It is a great news for all Mangaloreans worldwide. Let us strive to make Mangaluru to make it a better city.

