



RETIRED BUT NOT TIRED

Email : mangaloreseniors@gmail.com  
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## VARISHTA VAANI

NEWSLETTER OF MANGALORE SENIOR CITIZENS' ASSOCIATION (R)

Ground Floor, City Corporation Building, Lalbhag, Mangaluru - 575 003

Volume : IX Issue : 2

*Let Noble Thoughts come to Us from all sides - Rigveda*

May 2022

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**Sri K.N. Shashidhar**

**Sri Shivananda Moily**

*"Having a wife is part of  
Living, but peacefully living  
with wife is Art of Living".*

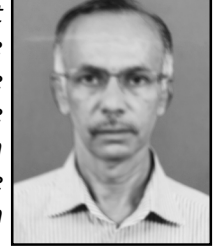
- Sri Ravishankar Gururji

*"In a conflict between the  
heart and the brain, follow  
your heart."*

-Swami Vivekananda

Dear Readers of "Varishta Vaani",

I feel very much grateful to the Members of the Management Committee of MASCA for reposing confidence in me, while assigning the task of Editorship of our Great House Magazine "Varishta Vaani", which is published uninterruptedly since February 2014. This Magazine is the only source of information to the Members about the various activities carried out by the Association. I am sure, with the kind co-operation support from all members and valuable guidance by the Office Bearers, Managing Committee / Editorial Committee Members (Past & Present), I shall be able to live up to your expectations. I further feel it more appropriate to mention here of the concerted efforts and special role played by Sri T.G. Shenoy and Sri K. Ramesh Rao in strengthening and improving the quality of this Magazine, thus enabling it to be considered as one of the best House Journal by AISCCON. I request each one of the members to join hands with me for the successful onward journey of this Great House Magazine, by way of contributing full of thought provoking articles, anecdotes, and special events etc. which lead to human transformation. I invite your sincere & constructive feedback too. Let us all make this "Varishta Vaani" to reach all the members every time with reformed, broader & discovered substances.



**H. Anantha Bhat**

### Members please note;

- (1) In order to reach our members faster the Management Committee has proposed to form Whats App groups of our active members. Therefore we request our members to share their WhatsApp numbers through WhatsApp to any of the following Committee members.
- (2) Sri K. Jairaj B. Rai 9448163738, Sri K.N. Shashidhara 9448215122, Sri H. AnanthBhat 7019967569, Sri Shivananda Moily 827740679, Sri Bhaskar Pai 9481537077, Sri Mark Saldanha 9844764133.
- (3) Our website re launched <https://mangaloreseniors.com>.
- (4) Sri Ramakrishna Mutt is back with Swaccha Bharath Abhiyaana Mission from 05th June 2022.

### Next Meeting: "Talents Day"

Venue: Karnataka Bank Auditorium, Kodialbail, Mangaluru - 575003.

Date: Saturday, 28th May, 2022. Time: 3.30 p.m.

### TALENTS DAY

Here is an opportunity for our members to exhibit their talent and make elders happy with your show on 28th May at Karnataka Bank Regional office Auditorium from 3.30 PM. Those members willing to show their Talent can register their names with the Secretary or Sri M.S. Kamath well before 25th May 2022. Contact Numbers 9448215122 and 8147238129.

## GOOD NIGHT'S SLEEP FOR GOOD MENTAL HEALTH

*Exercise to Human body is essential like lubricant to Engine. Different types of exercises are prescribed for different parts of the body. Likewise, good sleep for human being.*

Sleep can influence our response to emotional situations and help us to manage our Mental Health. Sleep and emotions are inter connected. Two main brain regions i.e. Limbic system and the Prefrontal Cortex interact to create emotional responses. The Limbic system is located deep in our brain which also acts as Emotion Centre to quickly evaluate a situation & help us to decide how to react. This system is very important for humanity's survival. The second Region i.e. Pre Frontal Cortex located just behind our forehead helps us to increase or decrease our emotional responses as necessary. These two system need to be well connected in order to effectively generate and adjust our emotional responses and at this point of time the role of Sleep comes in. If we are deprived of proper sleep, the connection between these areas weakens making the reaction in the limbic system stronger. Poor sleep makes us to choose less effective ways of managing our emotions which could have a knock on effect for our Mental Health. To keep our emotions & Mental Health in check, here are the few best ways to get A Good Night's Sleep:

- a. **Maintain consistent bedtime and wake time even on our off days. This helps our biological clock get into routine and improved sleep. With increased anxiety, we can also get accustomed to 'social jetlag' (shift in sleep time between work and free days)**
- b. **Seek out Natural light in the morning and avoid blue light in the evening. Our biological clock is strongly affected by light which impacts part of the brain called supra-chiasmatic nucleus. This releases sleep hormone called melatonin. While blue light minimizes melatonin, suppressed melatonin in the morning with natural light help us to improve our mood and feel more alert.**
- c. **Avoid certain substances such as Alcohol, Caffeine and Nicotine which decreases sleep quantity and quality, especially for people with anxiety.**
- d. **Allow yourself time to wind down before bed. Make sure your bedroom is comfortable, cool, quiet and dark so as to minimize chances of being disturbed. Relaxation or mindfulness techniques which are linked to better sleep quality & overall mental health may also be used. E.g. Meditation results in lightness of mind and state of inner composure is felt. Mental tensions bid farewell. The mind gets purified & clarified. The obstructions put up by our ego in the form of negative traits, attitudes, attachments, aversions, pride & prejudice, anger etc.get dissolved in the inner state and develop true human qualities.**

Getting good night's sleep can work wonders for improving our mental health besides improving our memory, attention and other thought processes. While lack of good sleep has negative effect on our wellbeing, a Good Night's sleep is an important priority for all aspects of our wellbeing.

Compiled by **H. Ananth Bhat.**

## MIND MATTERS

An analysis of data from 113 countries with population of over 5 million shows that suicides claim more lives than murders, globally and in India. In the war-torn or poverty afflicted world where millions flee their countries to save their precious lives, such news of extensive self-killing presents a distressing picture of our existence. Be it suicide or murder, mindset of the persons committing these acts denotes depression, a disheveled personality and biased view of their surroundings. Mind matters. The mind is the most powerful tool that humans possess. It can plunge one into the depths of misery or take one to the heights of ecstasy. A person with a sound mental health realizes his or her own abilities and can cope with the normal stresses of life. But to a stressful person with an unstable mind, a minor incident can trigger a catastrophic result.

The importance of mental health cannot be over-estimated. In our competitive pursuits for wealth and fame and constant crave for newer avenues for entertainment, many of us tend to ignore the vital aspect of stability of the mind. A failure or an unfulfilled desire appears to be the end of the world and provokes the victim to end his or her life.

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## HONORING OF SUPER SENIORS (80+)

A special meeting was held on 26th March, 2022 at Karnataka Bank Auditorium, Kodialbail, Mangaluru to honor 40 Super Seniors who completed 80 years during the period 01.07.2020 to 30.06.2021.

The meeting was presided by our President, Sri K. Jairaj B. Rai. Dr. K.N. Vijayaprakash, Chairman, Public Grievances Redressal Forum, Belagavi Division was Chief Guest and Sri P. Jayarama Bhat, Former Chairman of Karnataka Bank Ltd.

Meeting commenced with invocation by Smt. Kusuma N. Rao and party. Sri Peter Oswald Rodrigues, Joint Secretary extended a warm welcome to the Guests and members present. Guests were introduced by M/s K. Ramesh Rao and Bhasker Mallya.

Smt. Rajani Damodar Shetty, Volunteer, Animal Rescue Service was felicitated by the Chief guests for her outstanding service in caring stray dogs. She thanked the MASCA for recognizing her services.

On this occasion, Website of MASCA was re-launched by Chief Guests Sri P. Jayarama Bhat, former Chairman of Karnataka Bank Ltd., was honored by Chief Guest in recognition of his outstanding contribution to the Banking industry in general and service to the community of senior Citizens in particular. Sri Bhat appreciated the efforts of MASCA for their outstanding services to the community of Senior Citizens and also profusely thanked for felicitating him on this occasion.

Out of 40 Super Seniors, 19 persons attended the meeting and all these were honored by Chief Guests with a Shawl, Rose and a Memento. On behalf of Super Seniors who were honored, M/s M. Madhava Kamath, Dr. Devadas Shetty and Col. Sharath Bhandary thanked MASCA for felicitating them and also gave some hints for leading contented life.



Chief Guest, Dr. K.N. Vijayaprakash in his addressed congratulated MASCA for the excellent service rendered to the community of Seniors. He also recalled his association with the activities of MASCA during his tenure in Mangaluru in the capacity of Commissioner, Mangaluru City Corporation and CEO of Zilla Panchayat, Dakshina Kannada. He stressed the need to expand the activities to reach the larger section of elderly people. Dr. K.N. Vijayaprakash was honoured on this occasion on behalf of Association.

In the Presidential remarks, Sri K. Jairaj B. Rai congratulated the Super seniors who were honoured for their contribution in the growth of MASCA and also assured that all out efforts will be made to take the Association to higher heights.

With vote of thanks by Sri K. N. Shashidhar, Secretary meeting ended.

A well-known philosopher has rightly pointed out while we go through the user's manual before operating a computer, we do not feel the utility of any such handbook or guide for the most sophisticated mechanism on earth which is the human brain and brawn. Of the various scientifically proven methods for bringing back the ruffled mind to a state of equilibrium, mindfulness and meditation have been practiced for decades and found very effective by the practitioners. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. During mindfulness, one can assiduously observe the breathing process and constant arising of thoughts and emotions in the mind as an indifferent observer.

Meditation is on a higher plane. "Beyond all the chatter and noise in our mind, there is a silent, peaceful, blissful, beautiful space that exists in all of us, a place that is intact and unbroken. Turning our attention to this silent chamber is meditation. This silence cleanses the mind, giving it a much-needed rest, and makes room for better perceptions and new ways of looking at life and its challenges." Mindfulness or meditation, each has a great impact in boosting mental health. "If we can create a perfect inward situation, no matter what the external situation, we can be in perfect bliss and peace."

To know what is right is not enough, in the Mahabharata, Duryodhana says, "I know what Dharma is, but I am not motivated to pursue it. I know what Adharma is but I cannot desist." So, what we need is to initiate concrete action to bring in a healthy mindset.

Before going to Nirvana, the great Buddha's last words to his disciples were: "Work hard to gain your own salvation".

## Members in the news

**Life Members - Smt. Mangala S. Bhat** secured First Rank in M.A. and her husband **Sri Shantakumar B. Bhat** secured Distinction in Konkani examination conducted by Mangalore University in 2021. Both attended regular classes at Mangalore University Evening College. Kudos & hearty congratulations to the couple for this rare achievement.

Mangalore University during its 40th Convocation held on 23.04.2022, conferred Honorary doctorate degree on **Dharmadarshi Harikrishna Punaroor** for his outstanding contribution in the fields of Social Service and Literature. Our Hearty Congratulations

## Welcome to new members since February, 2022 onwards:

Patron Members: Life Members: Smt. Shobha Nayak, Sri B. Hareesh Shetty, Sri Herald Fernandes & Smt. Melita Fernandes, Sri Surendra Amin & Smt. Prathibha Surendra, Sri Jayanth Kumar Shetty & Smt. Parameshwari Shetty, Sri D.K. Radhakrishn, Sri C. Subramanya Kamath,



### *Obituary - Our Prayers for the departed Souls.*

Life Members: A. Ramachandra Sithillaya (06.03.2020), Smt. Leela V. Padakannaya (23.04.2022)

*May the Noble Souls rest in Eternal Peace*

*P.S. - We request relatives / friends of deceased members to inform demise of our members to our Secretary for noting in our records.*

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To

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