



RETIRED BUT NOT TIRED

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VARISHTA VAANI

NEWSLETTER OF MANGALORE SENIOR CITIZENS' ASSOCIATION (R)

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

Volume : X Issue : 2

Let Noble Thoughts come to Us from all sides - Rigveda

May 2023

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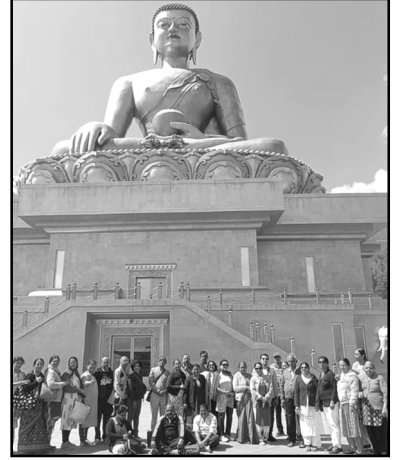
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Congratulations to the following group of persons who participated in Bhutan tour, for sponsoring the current issue of "Varishta Vaani".

Bhavana Gopal, M.C.Rekha, Padmanabha K, Hemavathi P S, Mallika R Bhandary, Shailaja Prabhakar Kotian, Devadas B, Revathi Devadas, P Shubha Bhat, P Chetan, Harini S Shetty, K Malini V Rai, Bhagirathi D Alva, Kanthilatha Shetty, M Vatsala Rao, M Mohan Rao, Shivaram A, Sunanda Shivaram, Madhukar Pai, Pramila Pai, Satyavathi Manjayya Shetty, Theresa A. V., Padmavathi, Vijalakshmi K, Binamani B, B A Susheela, M Suresh Bhat, Varghese K John, Sujatha S Shetty, Shobha Rai, Shivananda Moily, Jayashree, Rajani Bhnadary, Pushpa Thimmappa Shetty, Ganesh Kamath G, G Sumana Kamath and Rohith Kamath G.



HEALTH TIPS : Risk Factors & Preventive strategies for Diabetes

Diabetes is increasing at an alarming rate worldwide and in India. Around 77 million individuals were living with diabetes in India in 2019 and this is expected to reach 135 million by 2045. You are at the risk of diabetes if you: *have prediabetes (diagnosed by fasting blood glucose 100-125mg/dl or HbA1c 5.7-6.4%)

- are overweight/obese
- are 45 years or older
- have a parent, brother or sister with type 2 diabetes
- have polycystic ovarian syndrome(PCOS).

Prediabetes is a condition when one's blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. The chances of developing diabetes, in the individuals over the next 5-10 years is 50%, but they are also at increased risk of stroke & heart diseases. Type 2 diabetes mellitus accounts for more than 90% in India and is caused by insulin resistance and the pancreas slowly losing its ability to form insulin. Several genetic, environmental & lifestyle factors contribute to the rising prevalence of diabetes in India. Age, genetic predisposition and family history of diabetes are some of the factors that we cannot control. But the diabetes epidemic is largely driven by modifiable risk factors such as obesity/overweight, sedentary life style, lack of exercise, unhealthy diet, smoking, alcohol, abuse, poor sleep and stress. Poorly controlled diabetes can lead to multi organ complications. Early identification of long asymptomatic prediabetic phase which can be easily diagnosed through regular screening with simple blood tests.

Timely initiation of treatment with acceptable preventive strategies to reverse prediabetes is necessary so as to avoid chronic complications of diabetes. Eating a nutritious diet and getting regular exercise like brisk walking of 30 minutes a day can help prevent or delay type 2 diabetes. Losing 5-7% of your body weight can have significant impact too. Quit smoking and limit alcohol. Get enough sleep and manage your stress better.

Compiled by : H. Anantha Bhat

**BEST GRADUATION
DEGREE IN LIFE IS
"B.CALM."**

*"Make a mind which never minds. Make a heart which never hurts.
Make a touch which never pains and make a relation never ends"*

CELEBRATING WATER : THE MAGICAL MOLECULE OF LIFE

Jalatarpanam, the unique ritual of offering water, consists of standing in waist- deep water while facing the Sun, filling the hands with water and allowing it to fallback. The Ganga is revered as Mother Goddess, where devotees immerse themselves in as well as carry home its water. The Indic tradition holds water not only as a source of survival but as a medium of psycho-spiritual cleansing.

Noticing the purity of springs in Tibet, Buddhist Master, Atisha proposed that water alone be used as an offering. Bhutanese make the daily offering of seven bowls of water a common practice, symbolizing mental purification from afflictions, resulting in clarity and calmness. Prophet Zoroaster received his revelation at a river bank and made regular offering to water. He considered this to be the most meritorious of actions. Ablution, as purificatory ritual in many cultures, is meant not only to remove physical impurities but to cleanse un virtuous intentions or actions. Islamic Wudu, as well as the washing of the deceased is one. Baptism, is symbolic death of the old oneself and resurrection into a new life in Christ. Tao is referred to as the watercourse way. Water's pliability and 'allowingness' suggests humility, a sign of true intelligence and wisdom. Water is the softest and most yielding substance. Yet nothing is better than water for overcoming the hard and rigid, because nothing can compete with it. In psycho-mythological literature, water is regarded as the symbol of the unconscious and is connected to the moon. It is often depicted as an inverted triangle. Water in the Chinese tradition is yin, feminine, its flow is downward and its energy is one of stillness and conserving.

The Rig Veda hails water as the reservoir of all curative medicines. Water is one of the five Mahabhutas (Ether, Air, Fire, Water & Earth) great elements and its association with health is due to its function as a healing and regenerating agent.

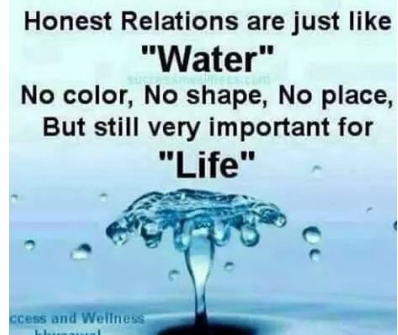
Our language abounds with water metaphors. Since flow is the key, inert or stagnant water is likened to staleness, or being rigid. The unimpeded flow of water, while facing obstacles, has become metaphor for resilience and freedom. This quality of yielding fluidity is adopted as a principle in the effortless movements of martial arts. Stretching the metaphor further, the hidden message in every water fall to be 'if you are flexible, falling will not hurt you'. The small wisdom is like water in a glass: clear, transparent, pure. The great wisdom is like water in the sea: dark, mysterious, impenetrable. Water's virtue lies in its deep nurturance of all things and beings. Using this quality, ancient sages advised virtuous people in a leading position to be nurturing, gentle and accommodating. Water evocations are felt beside others, in the fresh smell after the rain and in the tranquility of the murmuring river. And as the playfulness of children's immediate response, either by jumping into puddles or splashing water. As for adults, there is no better proof than from the Gene Kelly film 'Singin' in the rain.'

Water plays many important roles in the body including flushing waste from the body, regulating body temperature, transportation of nutrients and is necessary for digestion. Plain water is the best choice for hydrating the body. No wonder it is considered 'essential' and if there is no water, life on this planet would be impossible. Therefore, we need to sustainably manage the natural resources of fresh water to protect the hydrosphere and to meet the current & future human demand so as to avoid water scarcity. Factors such as Climate change- extremes of heat wave, heavy precipitation, draughts & tropical cyclones, cascading extreme weather events escalate with every degree of warming and have increased pressures on natural water resources. Let us all understand the importance of water conservation and adopt the concept of water-use efficiency with the practice of using the water efficiently and reduce unnecessary wastage of water.

Compiled by: H. Anantha Bhat

Activities of MASCA:

25.02.2023 Dr. Sanjana M. Shenoy, Dietician, spoke on Diet for Senior Citizens. In the same meeting our Vice-President, K. Ramesh Rao briefed the gathering about the highlights of Union Budget, 2023.
22.04.2023 Dr, Malini Hebbar spoke on "Growth Mindset"



Report on Bhutan Tour held in March 2023.

Mangalore Senior Citizens Association arranged Bhutan Tour from 11th March to 19th March, thirty seven members participated in the tour. On 11th March the group Left Mangaluru in the morning and reached Bagdogra at noon. Jaigaon Tour and Travel agent received the group and took Phuentsholing. Next day, after completing tourist permit/immigration formalities the group, travelled to Thimpu, the Capital City of Bhutan. That day, sightseeing was arranged to Chukka Dam and waterfalls. Next day was visited Shiva and Durga temples, Buddha point, Coronation Park, Takin Zoo, Folk heritage museum etc. Fourth day, group proceeded to Punakha (distance of 90 Kms.) and visited Dochula Pass, Chimmie Lhakhang, Punakha Dzong suspension bridge etc. Next day, visit was to Phobjika valley (with Black naked Cranes and considered as most beautiful valley of Bhutan). The following day travelled 143 kms. to Paro city having the lone International Airport in Bhutan. After local sightseeing and purchases night stay.

On seventh day i.e. 17th March, group visited Rinpung Dzong, Kichu Lhakhang and Tiger Nest Monasteries. Next day group left for Phuentsholing via Chelala Pass consisting of dense forest road which also known as botanical paradise. That day evening, Camp fire was arranged with cultural dances by Bhutanese dance troupe



which was enjoyed by all. On 19th March the group returned to Bagdogra carrying sweet memories of the tour, like country with valleys, beautiful sceneries, cold weather, polite and honest people etc. The group safely returned to Mangaluru on 19th March evening safely.

Report by: G. Ganesh Kamath

ಹಿರಿಯ ನಾಗರಿಕರ ಕ್ರೀಡಾ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ 2023,

ಮಂಗಳೂರು ಹಿರಿಯ ನಾಗರಿಕರ ಸಂಘಟನೆಗಳ ಜಂಟಿ ಆಶ್ರಯದಲ್ಲಿ ಏರ್ಪಡಿಸಿದ್ದ ಕ್ರೀಡಾ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ 2023, ತಾ.25.03.2023 ರಂದು ಬೆಳಿಗ್ಗೆ ಬಲ್ಲತ KACES ಕ್ರೀಡಾಂಗಣದಲ್ಲಿ ಶ್ರೀ ಉ ೨ ವಾಟನ್ ಪ್ರಾಂಶುಪಾಲರು, KTC ಕಾಲೇಜು ಮತ್ತು LN ಶ್ರೀ ಅರುಣ್ ಶೆಟ್ಟಿಯವರಿಂದ ಉದ್ಘಾಟಿಸಲ್ಪಟ್ಟಿತು.

ಮಂಗಳೂರು ಹಿರಿಯ ನಾಗರಿಕರ ಸಂಘದ ಉಪಾಧ್ಯಕ್ಷ, ಶ್ರೀ ಕೆ ರಮೇಶ್ ರಾವ್ ತಮ್ಮ ಸ್ವಾಗತ ಭಾಷಣದಲ್ಲಿ 2013ರಿಂದ ಈ ಕ್ರೀಡಾ ಕೂಟ ಏರ್ಪಡಿಸಲಾಗುತ್ತಿದೆ ಎಂದು ತಿಳಿಸಿದರು. ಮುಖ್ಯ ಅತಿಥಿಗಳಾದ ಶ್ರೀ H M ವಾಟನ್‌ರವರು ತಮ್ಮ ಸಂಸ್ಥೆ, ಹಿರಿಯ ನಾಗರಿಕರಿಗಾಗಿ ತಮ್ಮ ಮೈದಾನವನ್ನು ಮುಂದಿನ ದಿನಗಳಲ್ಲೂ ಉಚಿತವಾಗಿ ನೀಡಲಾಗುತ್ತದೆ ಮತ್ತು ಎಲ್ಲಾ ಸಹಕಾರ ನೀಡಲು ಸಿದ್ಧ ಮತ್ತು ಕ್ರೀಡೆ ನಮ್ಮಲ್ಲಿ ಭೇದ ಭಾವ ತೊರೆದು ಏಕತೆಯ ಸಂದೇಶ ನೀಡುತ್ತದೆ ಎಂದು ಹೇಳಿದರು. ಇನ್ನೋರ್ವ ಮುಖ್ಯ ಅತಿಥಿಗಳಾದ ಶ್ರೀ ಅರುಣ್ ಶೆಟ್ಟಿ ಹಿರಿಯ ನಾಗರಿಕರ ಕ್ರೀಡಾ ಕೂಟ ಮಾನಸಿಕ ಒತ್ತಡ ನಿವಾರಣೆ ಮಾಡುವ ಮೂಲಕ ಆರೋಗ್ಯ ಮತ್ತು ಮಾನಸಿಕ ಶಾಂತಿ ನೀಡುತ್ತದೆ ಎಂದು ಹೇಳಿದರು.



ಕಾರ್ಯಕ್ರಮದ ಅಧ್ಯಕ್ಷ ರಾದ ಶ್ರೀ ಜೈರಾಜ್ ರೈ ಮಾತನಾಡಿ ಎಲ್ಲರ ಸಹಕಾರದೊಂದಿಗೆ ಈ ಕ್ರೀಡಾಕೂಟ ಏರ್ಪಡಿಸಲಾಗಿದೆ ಎಂದರು. ಶ್ರೀ ಸಿ. ಡಿ. ಕಾಮತ್ ಅತಿಥಿಗಳನ್ನು ಗೌರವಿಸಿದರು. ಶ್ರೀ ಪಿ.ಬಿ. ರಾಡ್ಗಿರ್ ವಂದನಾರ್ಪಣೆ ಸಲ್ಲಿಸಿದರು. ಶ್ರೀಮತಿ ತೆರೆಸಾ ಎ.ವಿ. ಉಪಾಧ್ಯಕ್ಷೆ ಭಾಗವಹಿಸಿದರು. ಶ್ರೀ ಕೆ. ಎನ್. ಶಶಿಧರ್ ಮತ್ತು ರೆ. ಸಂದೀಪ್ ತಿಯೋಫಿಲ್ ಕ್ರೀಡಾಕೂಟದ ಸಂಚಾಲಕರಾಗಿ ಸಹಕರಿಸಿದರು.

ಸಾಯಂಕಾಲ ಬಿಷಪ್ ಜತ್ತನ್ನ ಮೆಮೋರಿಯಲ್ ಹಾಲ್‌ನಲ್ಲಿ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ ಮತ್ತು ವಿವಿಧ ಕ್ರೀಡಾ ಸ್ಪರ್ಧೆಗಳ ಬಹುಮಾನ ವಿತರಣೆ ಮಾಡಲಾಯಿತು. ಮುಖ್ಯ ಅತಿಥಿಗಳಾದ ಪ್ರೊ. ಎಂ. ಬಾಲಕೃಷ್ಣ ಶೆಟ್ಟಿ ಮಾತನಾಡಿ ಹಿರಿತನದ ಸೊಗಡನ್ನು ಸವಿಯುವ ಅವಕಾಶ ಬಳಸಿಕೊಳ್ಳುವ ಬಗ್ಗೆ ಕೆಲವು ಉದಾಹರಣೆಗಳನ್ನು ನೀಡಿ ಸಭಿಕರನ್ನು ಮುದಗೊಳಿಸಿದರು. ಎಂ ಎಸ್ ಕಾಮತ್ ಮನೋರಂಜನಾ ಕಾರ್ಯಕ್ರಮ ನಿರ್ವಹಣೆ ಮಾಡಿದರು. ಬಹುಮಾನ ವಿತರಣೆಯನ್ನು ಶ್ರೀಮತಿ ಸುನಂದ ಶಿವರಾಂ ಮತ್ತು ಶ್ರೀ ಗಣೇಶ್ ಕಾಮತ್ ನಿರ್ವಹಿಸಿದರು. ಹಲವು ಹಿರಿಯ ನಾಗರಿಕ ಪುರುಷರ ಮತ್ತು ಮಹಿಳೆಯರ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ ಚೆನ್ನಾಗಿ ಮೂಡಿಬಂತು. ಶ್ರೀ ಪಿ. ಜಯರಾಂ ಭಟ್, ಮಾಜಿ ಅಧ್ಯಕ್ಷರು, ಕರ್ನಾಟಕ ಬ್ಯಾಂಕ್ ಭಾಗವಹಿಸಿ ಸಮಾರಂಭಕ್ಕೆ ಶುಭ ಕೋರಿದರು. ಈ ದಿನದ ಎಲ್ಲಾ ಕಾರ್ಯಕ್ರಮಗಳಲ್ಲಿ 350ಕ್ಕೂ ಹೆಚ್ಚಿನ ಹಿರಿಯ ನಾಗರಿಕರು ಭಾಗವಹಿಸಿದ್ದರು.

Medical Awareness Program for Senior Citizens

The first program was conducted on was conducted in Association with Anantha Soukhyia (Seva Bharathi) on 12/03/2023 at Chethana School premises . In this program Dr. Padmanabha Kamath and his team conducted Cardiac Check Up of more than 100 senior Citizens.



The Second Medical Awareness program was organized in **Association with Hosabelaku Seva Trust Ranganapalke Bailoor** on 16/03/2023. In this program free medicines were given to the inmates of Sevashram

Members in the news.

Patron Members: Sri Mahabaleshwara M.S. CEO & M.D. Karnataka Bank was Chief Guest at the Inauguration of Main Entrance of Kongong S.V.M.School campus on 4th March, 2023 at Meghalaya. Incidentally, our Life Member, Dr. P. Ananthakrishna Bhat is the President of Saraswathi Education & Welfare Trust ® which runs the above School.

A grand farewell function was arranged at the Head Office of Karnataka Bank on 13.03.2023, to Sri Mahabaleshwar M.S on his retirement after 39 years of glorious service in the Bank. "Varishta Vaani" wishes him healthy and purposeful retired.

Life Members: Our Super Senior member Sri Ananda Soans (Age 83 Yrs.) participated in Masters' Athletic meet held at Kolar on 11th to 13th January, 2023 and won two Gold medals in Javelin Throw and Discuss Throw two Silver Medals in 100 meter race and 100 x 4 Meter Relay. In the National Veteran Athletic Championship conducted by National Veteran Athletic Federation of India in the month of March, 2023 Sri Soans won gold medal in Javelin throw and Bronze medal in Discuss throw. Our Hearty congratulations and also wish him many more laurels. He is qualified to participate in world meet also.



Tribute – Life Members : Smt. Yamuna A (07.02.2023), P. Prakash (15.02.2023), Smt. Sathyavathi G. Rao (11.03.2023) , S. Narayana Rao (21.03.2023), Vaman Maroli (25.03.2023), D. K. Radhakrishna (21.04.2023), left us for their heavenly abode.

"Varishta Vaani" conveys heartfelt condolences to the members of the bereaved families and also prayers for the departed souls.

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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