



presents

Kāyasthā Dārpaṇ

INTELLECT IS WHAT DEFINES KAYASTHAS

KKS QUARTERLY MAGAZINE
July 2021



KARNATAKA KAYASTHA SAMAJ (KKS), Bengaluru

From the Pen of President



Dear Chitransh

Greetings!

The pen is the tongue of the mind – Miguel de Cervantes. It has been more than one and a half years since the outbreak of Corona happened across the world. We continue to go through tough times even today. The deadly virus has caused serious damage to almost all nations, creating an environment of unhappiness, economic uncertainty besides loss of human lives, causing havoc everywhere. As a result, our movement also got restricted and we are mostly confined to homes. Hence, we are not able to meet members face to face. It is blessings in disguise as Covid-19 has taught us many new ways of living with limited resources. The world looks really small as everyone is now interacting with rest of the world using digital means without worrying too much about long distances travel and traffic jams while commuting to work and meeting places. Life has changed the way we live, interact and work today, and has also made us use digital technologies extensively.

Online Events like Nirtya Sandhya, Live Cookery Show – The Cullinarium, VIBGYOR, Safar Zindagi Ka and Learnings from Ramayana held since December 2020 set new standards of team work, planning and execution. I believe we succeeded in giving memorable experiences to members, their families and friends. Thanks to members for helping us change the overall perception of KKS to what we have today. Needless to say, we could achieve this distinction only because of the hard and smart work put in by the existing EC team. My special thanks to all members, advisors, senior members, consultants, auditors and enthusiastically involved EC team which made all the difference. We call them our loving partners. KKS continues to make small efforts in terms of helping the underprivileged section of society and donated 100 stationary kits to poor school going students through an NGO, GSQ foundation and 20 scientific CASIO calculators to poor engineering students of Sairam College of Engineering, Anekal, Bangalore in January and April 2021.

It gives me great pleasure to present the latest edition of KKS Quarterly Magazine – **Kayastha Darpan** of Karnataka Kayastha Samaj (KKS). Please enjoy reading it and let us know your feedback ASAP so that we could improve it further. It is a platform which is being provided to our members and their families to showcase their talent and inspire others. Needless to say, we constantly require the support of our members and blessings from our founder and senior members who have guided us so well and are always there with us. We look forward to their continued guidance, support and participation in all our future events and initiatives.

Wishing everyone health, happiness and togetherness to fight over next wave of Corona so as to have a better tomorrow soon. Our ongoing spirit and holistic approach to learning, unlearning and relearning will enable us to sail through this phase also safely and we will emerge as winners to shape up our future well, leading to creating a better and safe society for all.

KKS enjoys the status of being an exempted society under 80G & 12AAA of IT department now. Special thanks to our consultants for their guidance and support which helped us achieve this milestone.

With Regards

Animesh Bisaria

President, KKS 2014-21

animeshbisaria@gmail.com

9845102777

KARNATAKA KAYASTHA SAMAJ (KKS)

Executive Committee (EC)

FY 2020-21

1	Mr. Animesh Bisaria	9845102777	animeshbisaria@gmail.com
	President		
2	Mr. Mayank Srivastava	9019433980	mayank1954@yahoo.co.in
	Vice President		
3	Mr. Rajani Kant Srivastava	9008593916	rajanikant.greenberry@gmail.com
	Secretary		
4	Mr. Rai Sachindra Bahadur	9448067619	sachindra48@gmail.com
	Treasurer		
5	Mr. Sharad Mathur	9880489012	msharad2k@gmail.com
	Jt. Secretary		
6	Dr. N.K. Shrivastava	9343330354	shrivastava.nk@gmail.com
	Member		
7	Mrs. Baljit Saxena	9886794417	baljitsaxena12@gmail.com
	Member		
8	Mr. Swaraj Kiran Sinha	9844026247	swaraaj70@gmail.com
	Member		
9	Mrs. Sanjana Srivastava	9740700991	sanjanamanoj18@gmail.com
	Member		
	Co-opted Members		
10	Mr. Prabin Kumar Lal	9900145439	sribalajipolypack@gmail.com
11	Mr. Avinash Kumar Srivastava	9901971638	avinash_sri@hotmail.com
	Advisory Board		
12	Mr. Prabhat Argal	9886448880	prabhatargal@gmail.com
			argpmathur@gmail.com
13	Mr. G.P. Mathur	9448192186	
14	Mr. A.M. Mathur	9845222311	ammathur1@yahoo.com

Team KKS is at your service to help you network with like-minded
Kayasthas and others
to strengthen its base in and around Karnataka,
and also to spread Kayastha values of
knowledge, hard work, acceptance and adaptability
all across irrespective of

caste, creed, religion, colour and sex.

KARNATAKA KAYASTHA SAMAJ (KKS)

Executive Committee (EC)

FY 2020-21



Animesh Bisaria



Mayank Srivastava



Rai S Bahadur



Rajani Kant Srivastava



Sharad Mathur



N K Shrivastava



Swaraaj Kiran Sinha



Baljit Saxena



Sanjana Srivastava



Avinash K Srivastava Prabin Kumar Lal

Advisors



Prabhat Argal



G P Mathur



A M Mathur

KARNATAKA KAYASTHA SAMAJ (KKS) OBJECTIVES



Karnataka Kayastha Samaj (KKS) has been involved in carrying out various social activities for its members and the society as a whole, within the territory of India, with the following objectives to make a difference in the society.

- Sponsoring and empowering underprivileged girl students through NGOs like VIDYA, to help them live life with dignity.
- Helping other NGOs like GSQ Foundation involved in serving poor children.
- Helping needy people in times of natural calamities through PM Relief fund, Akshaya Patra, RSS, Karnataka State Relief fund, etc.
- Recognizing and rewarding meritorious students of 10th & 12th grade annually, to motivate them and encourage others to excel in academics and sports.
- Recognizing and rewarding successful young entrepreneurs annually to encourage young minds to look at entrepreneurship as a very strong option not only for livelihood, but also generating employment opportunities for others in the society.
- Providing a platform to members to showcase their talent in our quarterly Newsletter/ Magazine – Kayastha Darpan.
- Providing platform to network with other members to explore mutually rewarding interests.
- Providing offline and online monthly/quarterly entertaining and creative events to make members feel home away from home in Bangalore
- Providing opportunities to make friends for life
- Last but not the least, spreading Kayastha values of knowledge, hard work, acceptance and adaptability all across irrespective of caste, creed, religion, colour and sex.

KKS GETS IT EXEMPTION UNDER 80G and 12AA



KKS achieves major milestone for the first time in its history, by getting the IT exemption certificate under section 80G and 12AA of the Income Tax act 1961 on 6th March 2021, against our applications dated 16/12/2019 (Form 10A) and dated 17/12/2019 (Form 10G).

DIN & Order Nos. – ITBA/EXM/S/80G/2020-21/1031286879(1) dated 06/03/2021 and ITBA/EXM/S/12AA/2020-21/1030929996(1) dated 24/02/2021.

KKS as a society is free from tax liability and donors will get 50% exemption under section 80G while filling their tax returns, as per the provisions mentioned in above certificates/letters/orders.

The exemption is valid from the assessment year 2020-21 till it is rescinded. We need to maintain our documents and transactions as per the guidelines of Registrar of Society (RoS) and Income Tax (IT) meticulously on a regular basis, as non-compliance would result in cancellation of above certificates.

Needless to say, it was a very difficult task in terms of closing the loops with RoS and IT department (Exemption) as the EC team had to go through lots of ups and downs in collating, compiling and presenting its response (276 pages) in line with what was asked for by the IT department vide their letter dated 8/01/2021, but the efforts put in by the team, support from CAs and three external advisors, we could make it within the shortest possible time.

We will introduce our external advisors shortly to members and honour them during our next in person event, for their timely guidance and support in this regard.

Cheers
Animesh Bisaria
President, KKS



* DDI: Document Identification No.

2. Debitum to Karnataka Kapastha Saavay (KKS) will qualify for deduction as BIC of Debitum Tax Act 1995 in respect of dividend made w/e 1st April 2015.

2. Debitum to Karnataka Kapastha Saavay (KKS) will qualify for deduction as BIC of Debitum Tax Act 1995 in respect of dividend made w/e 1st April 2015.

NOMINEE, HEIR AND WILL

By N K Shrivastava



This topic is very important for all of us. The article is written based on various contents available on social media and online portals. Most of the sources seem to have incomplete information & were found to differ in certain content with overall lack of clarity. The discrepancies were studied, understood researched to arrive at appropriate information based on most authentic data available. The reason for sharing this information is to remove ambiguity and lack of clarity in the subject matter, and provide as much authentic information as possible, as it is of importance to all of us. I continue to research the subject and would request readers to provide genuine feedback if they find anomalies, missing links, or suggest corrections/updates if any.

Is Legal heir and Nominee the same?

Many of us may not be aware of this legal twist. Will your Nominee get and own all the money legally from your Life Insurance Policy, Bank Deposits, and investments in Mutual funds/shares? We assume a lot of things which sounds like they are obvious, but are not true from the legal point of view. Here, we will look into Nomination, Heir and Will in financial aspects. Who, do you want to leave all your wealth to, in case something happens to you? It might be your children, spouse, parents, siblings etc., or just a subset of these. You also might want to exclude some people from your list of your legal heir/beneficiaries. So, you think you will nominate person X in your Insurance policy, and after you, all the money goes to person X and he/she becomes the sole owner? You are wrong.

It does not work that way. According to law, a nominee is a person appointed by the investor who is entitled to receive the proceeds of the investments made by the original investor upon his/her death. A nominee as a trustee is just caretaker of the assets and not the owner, and is legally bound to transfer it to the legal heirs. For most investments, legal heirs are entitled to the assets left behind in equal share if there is no will created. Section 39 of the Insurance Act says the appointed nominee will be paid, though he may not be the legal heir. The nominee, in turn, is supposed to hold the proceeds in trust and the legal heir can claim the money.

A legal heir means any person who is entitled to succeed to the property of a deceased person under a Will or as per the succession laws. Will is a legal document that specifies the wish of the owner of properties regarding the distribution of assets after his/her death. **The Will made by an individual supersedes the nominations and succession law for most of the assets.** A Will is a 'supreme' document that specifies the exact intentions of the testator to the succession of properties. In the absence of Will, Indian Succession Act, 1956 or Muslim Law will apply. An individual must ensure he/she creates a Will even if nominations have been made, **and ensure that the contents of the Will are harmonised with the nominations.**



NOMINEE, HEIR AND WILL (CONTD.)

By N K Shrivastava

Why is the concept of Nominee?

If the nominee does not become the sole owner, why does such a concept of a nominee exist at all? It is simple. After your death, you want to make sure that the Insurance company, the Banks, Mutual funds or your Shares should at least get out of the companies, and go to someone you trust who can further help, in process of passing it to your legal heirs. Otherwise, your legal heirs will have to go through the process of producing all kind of certificates like death certificates, proof of relation etc., not to mention that the whole process is really cumbersome. So, to simplify, if a nominee exists, these hassles do not happen, since the company is bound to transfer all your money or assets to the nominee. The company then goes out of scene & then, it is between nominee and legal heirs.

PF Nomination:

The nominee can only collect the accrued amount on death of the subscriber but is not allowed to continue contributing to the PPF account, because a PPF account is not transferable. However, it can be continued with existing deposits till the maturity that will fetch you interest. But it is riskier to continue the PPF account after the death of the account holder because a nominee can't appoint a nominee. In case, if the nominee also dies when the account is continued, the claim becomes complicated. If nomination is not mentioned in the PPF account, then the balance amount goes to the legal heirs or holders of succession certificate. Nomination is not allowed for an account opened on behalf of a minor.

Key Takeaways:

- In most of the cases (Banks, Post Office, Insurance, Mutual Funds, shares etc.), the nominee first receives the proceeds of the deceased irrespective of whether he is a legal heir or not, but the nominee is bound to transfer it to legal heirs.
- In absence of Nomination or Will, your legal heirs will have to go through a process, which is really cumbersome, to claim the assets.
- The Will supersedes the nominations and succession law for most of the assets and establishes actual heirs – beneficiaries. Without Will, nomination alone is not sufficient to transfer all the assets to a particular individual of your choice.
- An individual must ensure he/she creates a Will even if nominations have been made, and ensure that the contents of the Will are harmonised with the nominations.
- There are disputes in some cases on transfer or sharing the assets among nominees and legal heirs, which are resolved by the court of law depending upon the case-by-case basis.

Conclusion:

Just investing knowledge, is not enough to have a great financial life. You also need to be well versed with basic legal aspects and make sure you carry out all due arrangements. Nomination is one important aspect you should seriously consider, when checking for the financial products you have bought or plan to buy in future. Also ensure that you create a Will. It's important to make sure that your loved ones do not face issues when you are not around, in terms of legal hurdles, get exploited, and sometimes may lose their legitimate rights to your assets and properties.



PATIENTS COUNSELLING

By Rai Sachindra Bahadur



The word patient means 'one who suffers'.

A patient is usually referred to be the one having physical suffering. As a part of treatment, he/she undergoes professional consultancy for medication and/or surgery.

The intervention, under the supervision of medical professionals, mainly focuses on biological and physical wellbeing. A patient with chronic and serious illness, advised for surgical intervention *are more likely to be emotionally disturbed*. The innumerable unanswered questions and apprehensions keep bothering and disturbing the patient. A patient who goes to the doctor expects that the doctor will listen to them patiently but, he/she gets the impression that the doctor themselves are impatient. They are in a hurry to dispose of the case. Patient's queries and concerns remain unanswered.

The additional challenge in regimental system (defence, para military setups, police) comes where the doctors are viewed first as rank, they hold and then as a consultant. The training of personnel and their mindset do not allow them to question but only to accept the verdict. No what, why, when, where, how forces them to suppress their emotions and follow the dictate. Patient's family also have similar mind set of not to question but to follow.

The agitated mind craves for calming down but, is not able to share with others for the fear of being judged, belittled or for mere concern for their near and dear ones. They feel lonely and emotionally choked. A counsellor's role comes to play to understand and accept the emotionally disturbed state of the patient. A counsellor is focused on the emotional wellbeing of the patient, and how to secure the same.

It is an accepted fact that our body condition impacts our mind and the reverse is equally true. Our thoughts have direct relation with physical and biological fitness. Counselling focuses on feelings and emotions of a patient. Counsellor and Patient interaction aims at encouraging patient to share his/ her concerns and apprehensions, without any reservation. The release of choked emotions in the patient has a relieving effect and the changed metabolism facilitates healing. A less burdened mind helps in faster recovery. The seriousness of his/her illness, as perceived by the patient, impacts more than the criticality judged by the professionals. An emotionally charged patient may have many queries and feelings buried within. The commonly shared ones during interactions are:

- The denial of seriousness and need for professional intervention.
- Doubt on intentions of medical professionals for their orientation: service vs. commercial
- Doctor has no time to listen to me, they just belittle/ exaggerate the thing, they are hurtless.
- Confusion about varying opinions expressed by different medical professionals.
- The anger and frustration of WHY ME? Guilt for doing something wrong, in this or past life.
- Karma effect, Fate and Curse are reasoned and explored for celestial intervention



PATIENTS COUNSELLING (CONTD.)

By Rai Sachindra Bahadur

- Is surgery necessary, can medication not work?
- Frustration about not getting 100% guarantee of cure.
- The hospital scenario, the name of surgery, the scene of operation theatre in itself is fearful.
- Will surgery be major or minor? How will surgery take place? Will surgery be successful?
- Fear of pain during, post procedure and during recovery period.
- What restrictions will be imposed and for how long?
- Investigative and diagnostic process is cumbersome and frustrating.
- Apprehensions of something going wrong during and after procedure or there after?
- How long will I have to be in the hospital? How long will be the recovery period?
- Fear of repetition of past bad experience of self and/or others.
- Unsolicited opinion, hearsays or unverified knowledge gathering (reading google sites)
- How can I manage do's and don'ts? It is too much, uncomfortable and impractical.
- Fear of dependency on a long-term basis and helplessness, affects self-esteem, self-worth.
- How will the present responsibilities be managed during my restrictive phase of recovery?
- Guilt for unfinished tasks, if I die or become handicapped?
- Fear of palliative care, dying and death.

The fear is unending, the frustration is unending, apprehensions are unending, the list is unending.

A counsellor may not have answers to all the questions but, gives **empathetic listening** that recognizes the underlying feelings of the patient, respects and accepts them without any reservation. A patient expects someone to just listen to his/her concerns without belittling them and allow the emotion to sink in with silence. A patient is fed up of false hopes, advice, directions and sympathy. They need someone who understands them, empathises with them, holds their hand and lends their shoulder to rest upon and allow them to vent out their feelings & fears, unrestricted and without any judgement or criticism.

Reflection of fear in the eyes of others, fears them afraid more than their own fear within.

A counsellor does not enter the professional area of medical science and limits himself to providing empathetical support, extending a helping hand and empowerment. They let the patient feel, he /she is important, is cared for, is listened to and is capable of judging & deciding for himself.

Emotional Support to able the disabled, stable the unstable is a systematic approach that is flexible enough to navigate through the thoughts, feelings and emotions of the patient and caregiver.





PATIENTS COUNSELLING (CONTD.)

By Rai Sachindra Bahadur

Counsellor's aim is to ease and comfort the mind of counselee to facilitate feel-relieved feeling, feel-good feeling, A **rapport built on acceptance of concern, unconditional support and confidentiality** establishes confidence in the counselee to share the unshared concerns and apprehensions.

This window of venting out feelings without reservation and unburdening the mind is the key.

Counselling is an inclusive approach to work together where patient is **motivated and encouraged** to feel **empowered** to move on. Focus on 'Why of Feeling' blocks

communication; allowing 'What Feelings' helps opening of the sluice to gush out blocked emotions and helps feeling good. What patient thinks and feels are significant, other's opinion including that of counsellor is insignificant.

Non-verbal communication plays a major role in maintaining the connect. A casual body posture, frowned eye, skewed lips, distorted facial expressions, shrugging shoulders of a counsellor speaks a lot about his/her judgmental mind, enough to silence the counselee.

Distracted eye contact puts off the counselee. Similarly, wet eyes, blank eyes, deviating eye contact, throat movement, tightened face muscles, fidgeting hands and feet, change in the rhythm of breathing conveys confusion and conflicts going on in the counselee's mind. Even, silence can be a pause to overcome internal conflicts for sharing, inability to find right words or expression. Continuing to maintain neutral eye contact and attention by the counsellor allows counselee to regain confidence and helps re-establishing communication.

Silence speaks louder than Words.

A patient has no rules for expression and sharing. They may shout, cry, weep, blame, use any word they are comfortable with. The onus lies with the counsellor to be sensitive to the patient's feelings and meanings.

Under disturbed mindset condition a patient can interpret innocent, unintentional words and comments differently. Exclamatory words, direct rebuttal of beliefs and feelings, inquisitiveness, jokes, dual meaning sentences, intruding personal life are very sensitive areas.

Even a positive comment is likely to be interpreted as sarcasm. A counsellor needs to be extremely aware of his/her every posture, every word, each body language including their level of connect with the counselee, to maintain continuity and move along the varying emotional track of the counselee.

A counsellor is not a Problem Solver but, a Facilitator in the process of Empowerment.



THE EGO OF DOING GOOD

By Prem P Verma



When we question the purpose of life, the reason for our birth, the goal of why we were put in this world, we start wondering that it must be not merely to earn a living and look after our family but one for a greater purpose. We come to the conclusion that there must be a greater role for us than just day-to-day living and that it has to include making the world a better place for all. We need to look around and challenge injustice meted out to the vulnerable and the neglected, we must help the weak and the disabled to find their rightful place in the society, we must constantly endeavour to convert our earth to a better place for future generations. As they say, "Did you leave the earth a better place than what you found?" We must rise beyond self and work for the betterment of others round us and thus spare a thought for those less fortunate.

In this process of introspection, a number of people choose a non-traditional path to tread, sometimes at great loss to their own self, but of great satisfaction in their lives. They wilfully choose to serve others rather than themselves and stand apart from others in braving the risks and dangers that lie ahead. Their lives are filled with a missionary zeal in the pursuit of their altruistic goals and they may sometimes win adulation from the general public at large. This praise works like a tonic in propelling them further and faster on the non-traditional path they have chosen and the ego of doing good takes its birth.

These sincere do-gooders start thinking of others as inferior beings who are merely content to fill their bellies and pursue materialistic pleasures. The altruistic soul on the other hand assumes a superiority complex and feels closer to the Almighty in carrying out His desires. The pursuit of doing good fills us with the thought that somehow, we are the chosen one and the others have sold their souls to the devil inasmuch as they are obsessed with the comforts of materialism. This ego generated from doing good then becomes dangerous since our pursuit of the goal of helping others is coloured by our own imagined elevation to a higher plateau of existence. This results in our soon forcing our thoughts and action on others and trying forcibly to convert them to our own supposedly superior path of life.



THE EGO OF DOING GOOD (CONTD.)

By Prem P Verma

This is so contrary to the teachings of Gita and the Buddhist philosophy which enjoins us to be humble and to treat all actions of ours as God's will of which we are merely instruments that carry them out. Who are we to assume a superior role when we do something good for the public welfare? The very purpose of fighting injustice and inequality is defeated if we assume ourselves to be more equal than others simply because we are living for others whereas the rest of the world is content with their own self.

This ego of doing good slowly eats into our soul and makes us look at all others as people not worthy of living. In the process of genuinely fighting against inequality we ourselves are creating inequality by derisively looking at others pursuing a materialistic philosophy as being sub-human. Sooner or later, we start searching for the untrodden path because it will make us unique in the eyes of others. We long to get recognized and if that does not happen, frustration is bound to set in.

On the other hand, if we pursue the altruistic path with the thought that God is merely using us as an instrument and we are fortunate to have been chosen so, then the credit is Almighty's and we are not in any way superior to others. To pursue a benevolent path is a neutral act and does not endow us with an aura of superiority as we falsely believe. The true joy is in the act of giving without any return and this philosophy only can prevent us from believing that we are somehow more worthy to live in this world. The ego of doing good has to be replaced by the humility of neutral thought. As the famous Indian saying goes, "Nekikaraurdariya me daal" (do good and throw it in the river).

The ego of doing good is more dangerous than the ego that comes from becoming powerful or wealthy or materialistically successful. We must be aware of this danger and insulate ourselves with the cloak of humility to selflessly pursue the path of common good. To bring happiness to the maximum number, as Bertrand Russell proclaimed as his goal, is a noble idea but nobler still is to carry out this mission with all humility, unheeded and unnoticed without any ego of superiority.



HOPE

By Ms. Toshi Prasad

A droplet glides down the effervescent pinkish hibiscus petal and the earth captures it in its womb of lush green grass. The lovebirds frolic around the Ashoka and the Mango trees, with the Koel enticing humanity every now and then with its melancholic melody. Butterflies fritter around bushes and flowers, completely soaking in the glory of the rising Sun.

The sun has risen; yes, but has it risen for sure? Has the humanity been rescued as yet? The road seems like a stupendous Mirage, but we shall definitely succeed. With every drizzle here and there, with nimbus clouds up in the sky and with every shower that descends on earth, God gives us a message... Humankind shall survive!

Micro organism lesser than 1 g has wreaked havoc on us; sure we will beat this. But why have we been punished? Desires had gone berserk, horizonless and fathomless. We were ready to sell every square foot of the blessings mother Earth had endowed us with. Horrendous and mindless cutting of trees, concretisation of land and pollution of dams and water bodies, to name a few. Erratic climatic changes occurred to make us aware of the infinite dangers that our unscrupulous behaviour has caused. Warning bells are a dime a dozen; but have we learnt? We are a misguided, selfish lot, unabashedly churning out immense resources from the environment without replenishment.

Cataclysmic changes and the birth of a virus descended upon mankind as if God wanted to lambast us, in no polite manner. The eerie descent of this virus upon mankind and the concomitant reprehensible behaviour again by us gave life to it to engulf us all in an impenetrable garb of agony and pain.

Rainbow formed a skywalk in the sky above symbolising the vibrant colours of life and resilience. The tiled roof of the gazebo danced to the tune of falling droplets "pitter patter raindrops", quite like the old nursery rhyme. Just that this time I did not want the "rain to go away."



Toshi Prasad

Email: toshiprasad23@gmail.com

Website: <https://toshiprasad.com/>

Follow me online: [Facebook](#) | [Twitter](#)

KITCHEN CORNER

NON-VEG DELICACY - MURG MUSSALAM MADE EASY

By Ms. Ruchi Kumar



Method

Prick whole chicken all over with a fork and put deep gashes. Marinade with salt and vinegar. Keep it aside for 15 mts.

Grind 2 large onions, 15 garlic cloves and 3 green chilies to paste. In a deep pan, add 2 tsp of oil. Add the onion paste. Fry for 4-5 mts or till there is no raw smell. Add the chicken- breast side down and fry till golden on 1 side. Turn and fry till all sides are slightly brown. Add 1 cup water along with 1 tsp garam masala. Cover the pan tightly and cook on very low heat, breast side down till chicken is cooked. Open the pan and keep frying till semi dry.



हमारी संस्कृति

By डॉ. उषा श्रीवास्तव



हर परिवार में डाला जाता था प्रतिदिन,
चींटी के लिए आटा,
कबूतर-चिड़िया के लिए दाना,
गौशाला के लिए घास,
भिखारी के लिए भोजन!!

हर परिवार में बनती थी प्रतिदिन,
रोटी, गौमाता, कुत्ते बिल्ली
और सफाई वाली के लिए!!

हर परिवार में रखा जाता था प्रतिदिन,
पशु-पक्षियों के लिए चारा और दाना-पानी,
आगंतुक के लिए जल गुड़ की डली,
अतिथि के लिए बारह मास रहती थी भोजन-निवास की व्यवस्था!!

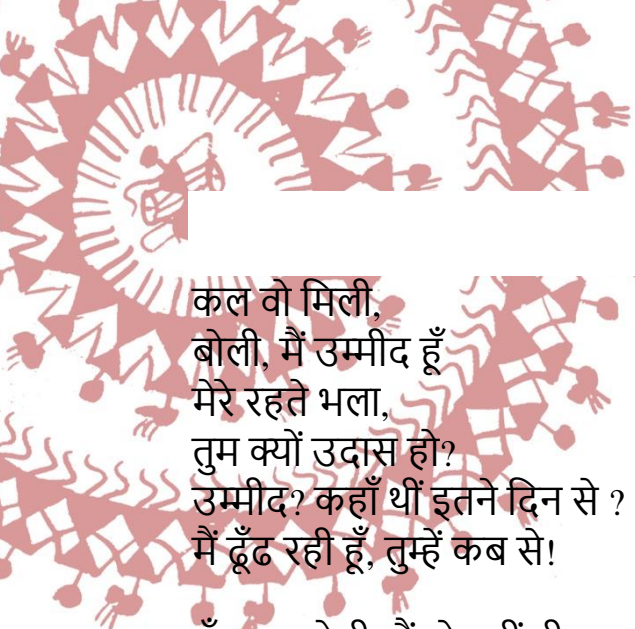
हर परिवार से भेजा जाता था हर महीने,
एकादशी, अमावस्या
, पूर्णिमा को मंदिर
'सीधा' (भोजन सामग्री)
एवं प्रति शनिवार को तैल!!

सब कुछ निकल आता था उस घर से,
जिसमें विलासिता के नाम पर था,
केवल एक टेबल पंखा, एक ट्रांजिस्टर,
और कुछ घरों में साईकल!!
हर परिवार में होता था सदैव बड़ों का सम्मान,
छोटों को मिलता असीम प्यार,
मिल जुलकर करते थे सब काम!!

क्योंकि, यही है हमारी संस्कृति,
जो हमेशा से जीव-जंतु,
प्राणी मात्र का ध्यान रखने वाल रही है!!

मगर आज सामानों से भरे घर में,
कुछ भी नहीं निकलता
सिवाय लड़ने की कर्कश आवाजों के...!!





उम्मीद


By रीना दयाल

कल वो मिली,
बोली, मैं उम्मीद हूँ
मेरे रहते भला,
तुम क्यों उदास हो?
उम्मीद? कहाँ थीं इतने दिन से ?
मैं ढूँढ रही हूँ, तुम्हें कब से!

हँसकर बोली, मैं तो यहीं थी,
तुम्हारे पास, तुम्हारे साथ ही खड़ी थी,
तुमने मुझे पहचाना नहीं,
अपना कभी माना नहीं।

देखा नहीं तुमने सूरज की
उन चमकती हुई किरणों को,
जो खिड़की से छनकर तुम्हारे
बिस्तर तक आ रही थीं।
उम्मीद रखो और उठकर बैठो,
कानों में वो गुनगुना रही थी।
कितनी अँधियारी रात हो,
आखिर मिट ही जाती है,
थोड़ी हिम्मत और मज़बूती ही
नई सुबह लाती है।

देखा नहीं तुमने खिड़की पर
बैठी उस गौरैया को,
जो जाने कहाँ-कहाँ से तिनके
बटोरकर ला रही थी।
तुमने उसका घोंसला,
पिछले हफ़्ते ही तो फेंका था,
पर क्या वह हमेशा के लिए
उम्मीद छोड़कर चली गई?
चोंच में तिनके दबाए आज फिर,
घर गंदा करने न आई है,
वह तो तुम्हें नई उम्मीदों का
अहसास कराने आई है।



उम्मीद (CONTD.)

By रीना दयाल

सूरज हो या हों फिर पंछी,
हमको यही सिखलाते हैं,
पल-पल धीरज धरकर ही
हम आगे बढ़ते जाते हैं ।
उम्मीद कहीं ढूँढे न मिलती,
उम्मीद लगानी पड़ती है ।
नैराश्य भरे जीवन में भी,
एक अलख जगानी पड़ती है।
मैं गई नहीं बस यहीं-कहीं हूँ,
मुझको मत बिसराओ तुम।
कण-कण में बिखरी उम्मीदों की,
एक नई माला बनाओ तुम!





MEMORIES OF A TRAIN JOURNEY

By Ms. Toshi Prasad

The sluggish train meanders through the dense foliage, whirrs past a pool of sprinklers where water oozes out of the cracks and crevices of the stony, unchiselled edifices of rocks and cobblestones. Heavenly growth of golden paddy dance along the direction of the breeze, seagulls and crows seem peppered on the tips of those paddy; sometimes seemingly dancing to the tune of the breeze, sometimes violently shaking hither and thither because of the wrath of whirlwind.

As the evening enveloped the smoky, cloudy sky above, fireflies flying past the windows of the commuter train which were already drenched with droplets of torrential rains; allured and thoroughly invigorated the monotony inside the coach. The sequestered white Pucca houses imposingly stood as if they were all telling a story.

Totally exhausted after the struggle to board the sleeper coach this picturesque canvas of life outside the windows seemed enthralling. The mundane, yet lyrical outbursts of deep snoring beside me had taken me by surprise. The nonchalant guy sitting next to me seemed quite unfazed and unruffled by the singsong tune of deep snoring in the midst of rambling and screeching sounds of the engine. I decided to finally break the ice with this attractive and young lad who sat diagonally opposite my seat, very relaxed and unflustered by the continuous conundrum in the coach. After a lot of conjectures, he finally opened up and hastily pinned down his shyness. He was dreaming 'BIG'. With serene eyes and deep pondering, what this guy had embarked upon was a journey towards not only success for himself but service for the nation. He was going to Delhi, to make his 'dream come true'.... He had dreamt of becoming an IAS officer and so was in the train, totally engrossed in his thoughts of success and its parameters for him as an individual.

A loud confrontation amongst a few individuals deviated our attention. There was a commotion in the seat next to ours. A group of aggressive, unkempt individuals suddenly boarded the train at 'Gomoh' and created confusion. They were without reservation but sat down on reserved seats, slowly and surely; saying that the reservation option was applicable only after 10 at night. This callous, untoward behaviour found no opposition. The crowd felt silent and succumbed to this reclusive behaviour. So much so for the law of the land!



MEMORIES OF A TRAIN JOURNEY (CONTD.)

By Ms. Toshi Prasad

Just beyond us, was a family of eight, who were thoroughly enjoying the gaiety of togetherness in this see-saw movement of the longitudinal beast. This family had hoarded humongous amounts of eatables -puri, sabzi, achaar and boiled eggs.....continuously and unreservedly hogging on the goodies. The aroma of achaar suddenly turned malodorous as it mingled with the aerosols coming out of the communal washroom a few steps down the end of the coach.

The hullabaloo of the crowd somehow seemed pleasant. The average, the mundane, the routine life inside merged thoroughly and conspicuously with the flamboyant and vibrant canvas outside. The sun galloped inside the cosiness of the infinite skies and all of us were engulfed in the sheet of darkness; in deep slumber... thoroughly relaxed and enjoying the rhythmic movement of the engine as if the Almighty had marshalled a cradle for his children.



Toshi Prasad

Email: toshiprasad23@gmail.com

Website: <https://toshiprasad.com/>

Follow me online: [Facebook](#) | [Twitter](#)

TANK CLEANING DAY

By डाक्टर सर्वेश चंद्र द्वारा रचित एक व्यंग्य

UN जनरल असेम्ब्ली की विगत बैठक में हमारे देश के एक प्रस्ताव को सभी देशों ने सर्वसम्मति से पारित किया। अब पूरे विश्व में 'Tank Cleaning Day' मनाया जाएगा। इसको हिंदी में 'जल भंडारण पात्र सफ़ाई दिवस' के रूप में मनाया जाएगा। अन्य सभी देश इसका अपनी भाषाओं में नाम करण कर सकते हैं। इसकी तिथि तथा समय स्थानीय स्तर पर निश्चित किया जाएगा। इस दिन सभी लोग जल्दी नहा धो कर भोजन आदि की व्यवस्था पहले से करेंगे। इस पर्व के दौरान स्नान पूजन इत्यादि पूर्णतः वर्जित है। इस दिवस को वर्ष में एक से अधिक बार मनाया जाएगा जिसका निर्णय स्थानीय स्तर पर ही होगा। इस दिवस को मनाने के लिए कार्डज़ छपवाना, फ़ोन करना और कोई भी सार्वजनिक कार्यक्रम करना वर्जित है। इस को मनाते समय पारस्परिक सद्भाव एवं प्रेम बनाए रखें। सबको मेरी इस दिवस के लिए अग्रिम शुभकामनाएँ तथा सप्रेम नमस्कार।

YOU CAN HEAL YOUR LIFE

(Excerpts from the book 'You Can Heal Your Life' by Louise Hay)

By N K Shrivastava



I read this book during the lockdown and when I was in home isolation undergoing post Corona medication. I found it interesting, a different approach to life and wellbeing, I am sharing excerpts from this book. Hope you too may find it useful and interesting.

इस दुनिया में असंभव कुछ भी नहीं।
हम वो सब कर सकते हैं,
जो हम सोच सकते हैं
और हम वो सब सोच सकते हैं,
जो आज तक हमने नहीं सोचा।

1. Life Is Really Very Simple

What we think about ourselves becomes the truth for us. Everyone is responsible for everything in one's life, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by our thoughts and feelings. The thoughts we think and the words we speak creates our experiences. Our subconscious mind accepts whatever we choose to believe i.e., what I believe about myself and about life becomes true for me. And we have unlimited choices about what we can think. The universe totally supports us in every thought we choose to think and believe. What we give out, we get back.

2. The Universal Power Always Supports Us

The universal power never judges or criticises us. It only accepts us at our own values. Then it reflects our beliefs in our lives. If I want to believe that life is lonely and that nobody loves me, then that is what I will find in my world. However, if I am willing to release that belief and to affirm for myself that "Love is everywhere, and I am loving and lovable," and to hold on that new affirmation and to repeat it often, then it will become true for me. Now loving people will come into my life, the people already in my life will become more loving to me, and I will find myself easily expressing love to others.

No matter what the problem is, our experiences are just outer effects of inner thoughts. The past has no power over us. It doesn't matter how long we have had a negative pattern. We can begin to be free in this moment.



YOU CAN HEAL YOUR LIFE (CONTD.)

(Excerpts from the book 'You Can Heal Your Life' by Louise Hay)

By N K Shrivastava

3. Impressions of Early Life as Foundation of our Initial Thoughts

When we are a little child, we learn how to feel about ourselves and about life by the reactions of adults around us. It is the way we learn what to think about ourselves and about our world. If you lived with people who were very unhappy, frightened, guilty, or angry, then you learnt a lot of negative things about yourself and about your world. Whatever these beliefs are, they will be recreated as experiences as we grow up. We try to recreate the emotional environment of our early home life. We treat ourselves the way our parents treated us. We scold and punish ourselves in the same way. We also love and encourage ourselves in the same way, if we were loved and encouraged as children.

For example, you never do anything right. It is all your fault. How often you said this to yourself? You are wonderful. I love you. How often do you tell yourself this?


I never do anything right. "It's my fault." If I get angry, I am a bad person. Beliefs like this create a frustrating life.

4. Resentment, Criticism, Guilt and Fear

The inner most belief in most of us is always "I am not good enough!" Often saying or implying or feeling that "you are not good enough", then how can you possibly have created a loving, joyous, prosperous, healthy life? Somehow your main subconscious belief would always be contradicting it. Resentment, criticism, guilt and fear cause more problems than anything else. These four things cause major problems in our bodies and our lives. These feelings come from blaming others and not taking responsibility for our own experiences. If we are all responsible for everything in lives, then there is no one to blame. Whatever is happening "out there" is only a mirror of our own inner thinking. It is our beliefs that attract people who will treat us that way. Forgiving and releasing resentment will dissolve even cancer.

5. All disease comes from a state of un-forgiveness

Whenever we are ill, we need to look around to see who it is that we need to forgive. Forgiveness means giving up, letting go. It is nothing to do with condoning behaviour. It is just letting the whole thing go. We do not have to know how to forgive. All we need to do is to be willing to forgive. The universe will take care of the hows.





YOU CAN HEAL YOUR LIFE (CONTD.)

(Excerpts from the book 'You Can Heal Your Life' by Louise Hay)

By **N K Shrivastava**

Whatever be the problem – poor health, lack of money, unfulfilling relationships, or stifled creativity – there is only one thing to do is loving the self. When we really love, accept and approve of ourselves exactly as we are, then everything in life works. People who love themselves and their bodies neither abuse themselves nor others. Loving the self begins with never ever criticising ourselves for anything. Criticism locks us into the very pattern we are trying to change. Understanding and being gentle with ourselves help us to move out of it. Remember, you have been criticising yourself for years, and it hasn't worked. Try approving of yourself and see what happens. When we are in a state of panic, it is very difficult to focus our minds on the healing work. We have to take time out to dissolve the fear first.

6. Thought Patterns

Whatever the problem is, it comes from a thought pattern, and thought patterns can be changed! Usually, what we believe is only someone else's opinion we have incorporated into our belief system. Initially, we copy and follow others ideas we like in real life, and frame them according to our thinking and perspective for life. They are all not our original ideas rather adopted ones. No doubt it fits right in with all the other things we believe. Other thoughts are very useful at the beginning, but as we grow older they are no longer appropriate/ relevant.

Your thoughts and beliefs of the past have created this moment, and all the moments up to now. What you are now choosing to believe, think and say will create the next moment and the next day, next month and next year. You are the power in your world! You get to have whatever you choose to think! In order to have better life, we must change inside. We must change our way of thinking, change our way of speaking, change our way of expressing ourselves. Only then the outer changes will occur. Some of the things we believe are positive and nourishing. These thoughts serve us well all of our lives, such as Look both ways before you cross the street.

Believe it or not, we choose our thoughts. We may habitually think the same thought over and over so that it does not seem we are choosing the thought. But we did make the original choice. The less self-hatred and guilt we have, the better our lives work, on all levels. Whatever we send out mentally or verbally will come back to us in like form. When there is a problem, there is not something to do, there is something to know.





YOU CAN HEAL YOUR LIFE (CONTD.)

(Excerpts from the book 'You Can Heal Your Life' by Louise Hay)

By N K Shrivastava

7. Current Education System Lacks Practical Knowledge

It is never understood the importance of having children memorise the battle dates. It seems like such a waste of mental energy. Instead, we could teach them important subjects such as how the mind works, how to handle finances, how to invest money for financial security, how to be a good parent, how to create good relationships, and how to create and maintain self –esteem and self-worth.

8. Forgiveness

Forgiveness of ourselves and others releases us from the past, and is an answer to almost everything. When we are stuck, it usually means there is some more forgiving to be done. When we do not flow freely with life in the present moment, it usually means we are holding on to a past moment. It can be regret, sadness, hurt, fear or guilt, blame, anger, resentment, and sometimes even the desire for revenge. Each one of these states comes from a space of unforgiveness, a refusal to let go and come into the present moment.

9. Prosperity

True prosperity begins with feeling good about yourself. It is also freedom to do, what you want to do, when you want to do. It is never an amount of money; it is a state of mind. Prosperity or lack of it is an outer expression of the ideas in your head.

10. Love Your Bills

It is essential that we stop worrying about money and stop resenting our bills. Many people treat bills as punishments to be avoided if possible. A bill is an acknowledgement of our ability to pay. The creditor assumes you are affluent enough and gives you the service or product first. Bless with love each and every bill that comes to you. If you pay with resentment, money has a hard time coming back to you. If you pay with love and joy, you open the free-flowing channel of abundance. Treat your money as a friend, not something you wad up and crush into your pocket.

Think always that the power within you that breathes in your body is the same power that provides all that you need, and just as easily and simply. The universe is lavish and abundant, and is our birth right to be supplied with everything we need, unless we choose to believe it to the contrary.





YOU CAN HEAL YOUR LIFE (CONTD.)

(Excerpts from the book 'You Can Heal Your Life' by Louise Hay)
By **N K Shrivastava**

11. Make Room For The New

Clean out your refrigerator, get rid of all those little bits of stuff wrapped in foil. Clean out your closets; get rid of the stuff you have not used in the last 6 months or so. If you haven't used it in a year, definitely get it out of your home. Sell it, trade it, give it away (donate), or burn it.

Cluttered closets mean a cluttered mind. As you clean the closet, say to yourself, "I am cleaning out the closets of my mind."

12. Rejoice In Others' Good Fortune

Don't delay your own prosperity by being resentful or jealous that someone else has more than you. Don't criticise the way they choose to spend their money. It is none of our business. Just take care of your own thoughts. Bless another's good fortune, and know there is a plenty for all.



KKS NEW SLOGAN
AAPKA SAATH, KKS KA VIKAS

APPEAL

**Requesting
Members to Fill in
Membership Form
and submit
ASAP.**

Please contact EC member(s)

Editorial Board for this Release

Logo & Cover Design: Ms. Shreya Animesh (Partner Engineer, Facebook, CA, US)

Template: Karan Saxena (Applied Scientist, Microsoft, CA, US)

Creativity & Compilation

Ms. Anupam Saxena, HoD (Science), Presidency School, Nandini Layout, Bangalore

Managing Editor

Animesh Bisaria, MD, KNIO Infotech Pvt. Ltd., Bangalore

[Published for internal circulation among members of Karnataka Kayastha Samaj (KKS), Bengaluru]



KKS MEMBERSHIP FORM



KARNATAKA KAYASTHA SAMAJ (KKS)

REGN. No. DRB4/SOR/310/2018-19 dated 15/03/19)

Registered Off.: No. 203, Kalpak Arcade, Church Street, Bangalore – 560001

Email: kksamaj2019@gmail.com

Order for registration under section 12AA of the Income Tax Act, 1961

DIN & Order No.: ITBA/EXM/S/12 AA/2020-21/1030929996(1) dated 24/02/2021

Order for approval under section 80G(5)(vi) of the Income Tax Act, 1961

DIN & Order No.: ITBA/EXM/S/80G/2020-21/1031286879(1) dated 06/03/2021

PAN: AAGAK4139D

Membership Application Form

*Name of Applicant:

DoB:

Residential Address:

*Personal Email ID:

*Mobile:

Profession and Hobbies:

Name of Spouse:

DoB:

Social Media Link(s):

*Membership Status: Short Term Member or Life Members or Renewal:
Highlight the appropriate one

Family Details:

Name	Relation ship	Hobbies

**Short Term Membership Fee (STM)
(3 years) Rs. 1500/-

**Life Membership (LM)
Rs. 2500/-

**Mode of Payment: Online/Cheque
Proposed By (LM 1):

**Seconded By (LM 2):

Membership Criteria :

- Life Members of Karnataka Kayastha Sabha would continue to be the Life Members of Karnataka Kayastha Samaj as per the resolution passed. Fields marked with ** are to be filled in by new members only and Fields marked with * are mandatory.
- Kayasthas of any sex with sound mind and minimum of 18 years of age or more are eligible. Membership includes dependent parents and children.
- I do hereby declare that I do not have any criminal cases pending against me. I have read the Rules and Regulations governing membership of the KK Samaj (KKS) and I agree to abide by them.

Signatures of Applicant:
Membership Number Allotted:

Date:

Signatures
Secretary/ President

Date:

(Membership is subject to verification of details and solely at the discretion of KKS Executive Committee)

CONFESSION OF A PERSONAL COUNSELLOR

By Rai Sachindra Bahadur



Where will I go after death, Heaven or Hell, is one big fear of unknown form time immemorial. When the death will come is not the concern. It is not in my control. My journey in-between is my concern and is in my control.

Where I want to go after death is very clear to me. I want to go to Hell. It is in the Hell, where people are trying to come out of their guilt, their repent, their frustration. They are in the process of refinement, recovery and relief. They are looking for venting emotions, releasing tears, support for sunken head. They need healing touch, helping hand, supporting shoulder and that is the place where I want to be.

I will be blessed to find this avenue to serve people, in this life and beyond. I have no fear of unknown. Someone has taken care of me so far and will be taking care of me henceforth, so no fear of unknown anymore.

KKS EC MONTHLY MEETS

Due to Corona pandemic, it became need of the hour to carry out the business using digital means. KKS EC members met almost every month online over Zoom, to transact business, discuss and finalize various activities for the members besides updating members on financial and compliance status. EC meetings took place on the below mentioned dates.

- 7th Dec 2020
- 5th Jan 2021
- 18th Feb 2021
- 7th Mar 2021
- 18th Apr 2021
- 30th May 2021
- 4th Jul 2021



COVID-19: A REAL-LIFE EXPERIENCE

By N K Shrivastava



To make use of free time and keep myself engaged during home-isolation and lockdown, I thought of writing my experience of last one and half month, which I felt was a most difficult time in our medical history. I am sharing it with you all.

My wife and I started to feel sick one after another starting from 1st May 2021. The initial symptoms were fever and body pain. Since we were at home for the past month and a half, we had no reason to believe this could be Covid. However, we both isolated ourselves immediately and started the first level of treatment as per our doctor's advice (Dr. Sheela, ISRO AMO). She was very helpful and was available anytime when we needed.

We got the RT-PCR test done, which confirmed Covid, and was also supported by CRP, X-ray and CT-Scan. It was classified as moderate with higher magnitude of lung infection. We were advised to be at home and take scheduled medication. Initially oxygen saturation was within limits, but cough was gradually increasing.

My wife's symptoms started to aggravate further with severe cough, congestion, vomiting and weakness and oxygen level going down (88-92%). We got a second round of blood test done (CRP test), which showed infection increased for both of us. Suddenly on 14th May, my wife started feeling uncomfortable, the oxygen saturation going down to 86%. As per the Covid norms, one should get hospitalised at this stage. It was a tough decision whether to go to hospital or not due to lack of confidence in hospital care and high patient caseload. At the same time, there was a high risk in continuing home treatment as our symptoms weren't getting better. Our doctor also advised to get hospitalised. Finally, we decided to go to hospital. The challenge, however, was to be able to access a good hospital with availability of oxygen, beds, and critical care, as needed. Most of the hospitals had no vacancy due to peak level of Covid admissions.

Thanks to ISTRAC/ISRO task team who immediately acted upon and did all necessary formalities and got a bed in MS Ramaiah hospital for my wife only. I was not qualified for hospital admission as my oxygen saturation was between 88-92%. However I decided to accompany my wife to the hospital. By the time we reached hospital, my oxygen level also dropped to 86%. Somehow with the request from ISTRAC team, I was also admitted. **In retrospect, I believe it was a good and timely decision. The key point for consideration being that hospitalization should never be delayed when a health situation is not in our control.**

The care provided at MS Ramaiah hospital was in accordance with ICMR guidelines for Covid. A separate ward in an independent building of the hospital was exclusively set up for Covid patients with necessary infrastructure and facilities all at one place. Soon after our admission, all required tests were done and we were put on medication with oxygen support. The blood test and CT scan showed that the magnitude of infection was still at higher side, which required special care. Remdesivir injection was procured by the hospital through a centralized BBMP supply mechanism. A few other intravenous injections and medicines were given for the next 10-12 days, based on our individual reports and infection levels.





COVID-19: A REAL-LIFE EXPERIENCE (CONTD.)

By N K Shrivastava

The hospital staff did a very good job in caring for Covid patients. We had 24x7 nursing support, oxygen saturation measurements (4 times a day), blood sugar checks (thrice a day), uninterrupted oxygen support, medication monitoring, and hygienic food three times a day. The specialty doctors visited us twice a day and provided updates regarding our health status and recovery.

Once our oxygen levels were stable and infection levels were down (approx. 10 days), we were discharged from the hospital and advised home isolation & further medication for 15 days. For emergency purposes, we also arranged for an oxygen concentrator at home.

Our children (son and daughter-in-law) were very diligent in following the doctor's advice and have been an integral part of our recovery post-hospitalization. **Family support is very critical during Covid, as no one else would volunteer or take the risk to provide the level of support needed at this time. A high level of patience, resilience and emotional support is also required due to the long period of isolation and treatment.**

We are still on our path to recovery & regaining normalcy; however, this experience has helped us understand and deal with Covid and brought about a heightened sense of consciousness towards our health and fitness. It makes us understand the importance and value of the saying "Health is Wealth". We are now even more enthused and committed to following a healthy diet and fitness routine including **Yoga, Pranayama & Meditation**, which is very important to improve and maintain oxygen levels and breathing capacity that gets adversely impacted by Covid. **Reading good books, listening to soothing music, engaging in spirituality, and watching positive content/videos has helped us stay sane and motivated during the isolation period.**

Based on our personal experience, I believe one needs patience and courage to face Covid boldly, take immediate action when required as per the set norms, stay strong throughout the process, minimise phone usage, **avoid negativity from news and social media**, spend quality time with family members and mainly have faith in the Almighty and the ability of our hardworking and diligent healthcare workforce – doctors, nurses, and support staff.

We would like to thank all our well-wishers for their infallible support, concern, and prayers during this time. Above all, we are grateful to God, the Supreme Power, for helping us stay strong and leading us to the path of recovery.

My special thanks to my daughter Khushboo who edited and fine-tuned the text.



MANDALA ART WORK

By Mahi



FREE HAND WORK

By Poonam Saxena



MOSAIC ART WORK

By Ms. Pooja Prasad

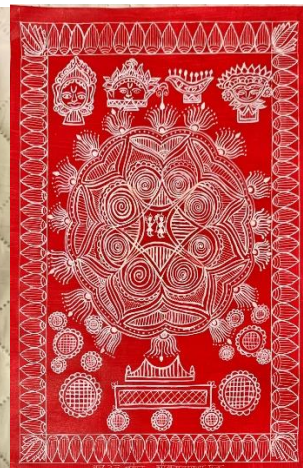


WARLI ART ON CANVAS & MITHILA RANGOLI ON PAPER

By Ms. Vandana Dayal



Dashavtar of lord Vishnu ji

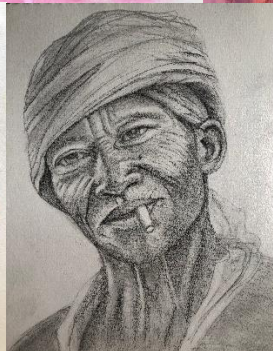


Ashtadal Aripan (Acrylic paint)



PORTRAIT WORK

By Ms. Babita Saxena



NATURE PHOTOGRAPHY

By Animesh Bisaria



Camera - iPhoneX





KKS PRESENCE ON SOCIAL MEDIA

In order to keep pace with the technologies, Karnataka Kayastha Samaj (KKS) has taken various initiatives to improve its working, record keeping, productivity and also to ease out the process of reaching out to members and the entire world. The initiatives taken by the KKS include:

- **Digitization of Records** - Important documents, photos highlighting rich history of KKS since its beginning have been stored onto Google Drive and also on a Hard Drive in digital/scanned format. Thanks to Dr. N K Shrivastava, Mr. Mayank Srivastava, Mr. Rai Sachindra Bahadur, Mr. Rajiv Saxena and Mr. Animesh Bisaria.
- **Kayastha Darpan** — A Quarterly Newsletter has been in practice in digital format for many years and is being made available to members through WhatsApp, Email and social platform like FB. This has helped us reach out to members timely and without additional expenditure of printing and postage. We have renamed it as **Quarterly Magazine**.
- **Event Invitation Cards** – Digital invites have been in practice for many years. This has helped us bring out creativity of members.
- **Online Events** – KKS started an initiative **KKS Connect** to connect members online considering the lockdown conditions all across. The Online events conducted so far (FY 2021) have been really successful and liked by everyone. This is also helping us increase our reach for wider publicity and participation. Online events organized in the recent past over Zoom platform sponsored by Mrs. Vandana Dayal (once) and Amitabh Saxena (twice), both senior members of KKS have been huge success.
- **Online Registration for Events** – KKS introduced online registration through Google Forms for recently conducted online events. The response received has been really encouraging. Members also found it convenient to them.
- **KKS Website** - KKS launched its website www.karnatakakayasthasamaj.org on 8th Jan 2020 which is now open to members and everyone across. Members can visit the same and start contributing to it to enhance its features, contents showing Kayastha culture and the contribution made to the society by Kayasthas.
- **Presence on Social Media (FB and YouTube)** - KKS created its page **Karnataka Kayastha Samaj – KKS on FB** and a channel on **YouTube** with the same name recently to make its presence felt all across through these popular platforms. This would help members watch and enjoy programs online from wherever they are.



KKS PRESENCE ON SOCIAL MEDIA (Contd.)

- **WhatsApp Groups** - KKS has been communicating with members over WhatsApp to notify members of its events, important notifications and important milestones achieved. It is an instant and popular messaging system which is keeping the members informed about all the activities being carried out by the KKS.
- **Digital Certificates and Cover Note** - KKS introduced the concept of multicolor digital certificates which are being given to members and artists for their valuable contribution to KKS, along with an appreciation cover note. Thanks to Mr. Rajiv Saxena for designing the certificate with input from members. Sample cover note and certificate with additional logo of Online events are mentioned below.

KARNATAKA KAYASTHA SAMAJ (KKS)
(REGD. No. DBA/308/10/2018-19 dated 10/03/19)

President:
Animesh Bisaria
9901827777

Vice - President:
Manish Srivastava
9016433988

Secretary:
Ravi Kant Srivastava
9080939348

Treasurer:
Rajeshwari Bhatnagar
9943067639

At Secretary:
Shashi Kulkarni
990485012

Members:
N.K. Srivastava
9901383554
Bala Saxena
9904764117
Sangeeta Kulkarni
9904850147
Mrs. Sangeeta Srivastava
9740703991

Co-opted Members:
Prerna Kumar I al
9904850128
Arvindh Kumar Srivastava
9901771658

Senior Members:
Prashant Singh
9904445960
C.P. Mishra
9442193156
A.M. Mishra
9902212111

Trust:
Dear Sir/Ma,

Greetings from K.K.S!

Being an artist is a blessing and sharing the art with the world is divine.

Thank you very much for accepting our invitation and giving your valuable time to our viewers during the online live event - ----- held on -----.

Kindness to say we all enjoyed the program, especially your thoughtful style and creativity.

As a token of our appreciation, a certificate from our end with duly you attached to the memory of this event.

Sincerely,
Arvindh Kumar
President, K.K.S



Statutory Compliance

KKS is working towards completing all the formalities towards obtaining statutory compliance for the FY 2020-21. The audit of accounts has been completed whereas the following activities are yet to be completed.

- Filling of Income Tax Return (New IT return forms are awaited)
- Submission of the following documents to Registrar of Society (RoS), Bangalore, Karnataka after AGM is over
 - Copy of Registration Certificate
 - Audited financial statement for FY 2019-20
 - Annual report for and list of activities carried out
 - Minutes of AGM for FY2019-20
 - List of members
 - List of founding EC members and their photos

Animesh Bisaria
President, KKS



TIME TO PREPARE THE “WILL” DOCUMENT

By Rahul Kumar



Best utilize this time to catch up with some important pending work or updates which you would have always wanted to do but did not for reasons. I am referring to writing of your WILL. If you have - good - if not may be the best time now. Though it is said to be as simple as writing few words on a piece of paper but that too we wait for someone to write such that we fill in our name and bingo - it is ready! Before we get into nitty grit-ties of the WILL - A MUST DO FOR ALL

- A. ALL BANK ACCOUNTS / FD's / LOCKER'S etc. SHOULD BE JOINTLY HELD.**
- B. IF NOT, AT-LEAST HAVE A NOMINATION FOR ALL.**
- C. WILL IS MANDATORY FOR ANY ANCESTRAL ASSETS TO BE RECEIVED BY THE HEIR TO AVOID TAX IMPLICATIONS.**

After some deliberation I have tried to write a draft Will to the best of my ability. Refer attachments. The following may please be noted.

1. Disclaimer - Please don't hold me responsible for anything with regards to the draft Will. I have drafted the same in consultation with a few legal experts and friends. Clarification may be sought from your lawyer, CA, Self or friend.
2. As said earlier, Will can be written in very simple words on an A4 sheet paper signed by the person with two witnesses. However, the draft WILL att is to cater for most of the circumstances which may happen to anyone and hence a little more in details.
3. Please delete what is not applicable to you or you don't want it to be included.
4. WILL, NEED NOT be registered in general. however, if residing in or you own any property in Chennai, Mumbai, Kolkata then Registration of the WILL is a must. Heir may have to Probate the same later.
5. If you have any asset in joint name, then a WILL from both the parties is a must clearly specifying the ownership share.
6. Joint bank accounts / FD's / Lockers etc. belong to the first name person. And hence for its disposal, a Will is necessary from that person. Mainly if wife is a joint owner and her name is the first name in the account.
7. Two copies of the Will should be made and signed. You can keep one and give one to the person who is in touch with you and will be informed of your demise.
- 8. Any ancestral asset if received without a Will, comes under taxation. But if Will exists then it is not. Hence, better to have a will.**
9. There is no age for writing a Will. If you are an adult and own some assets always better to have it. It facilitates a lot to your family and reduces their burden.

10. Substitute the names wherever you can instead of his / her / children.

TIME TO PREPARE THE “WILL” DOCUMENT (CONTD.)

SAMPLE ASSET LIABILITY REGISTER

By Rahul Kumar

IMMOVABLE PROPERTY - Real Estate

- 1.1 My undivided one-half share (if it is in joint name) of the residential property, Address - 425,, Whitefield, Bengaluru 560066,

Schedule “A” Property -

All that piece and parcel of the property bearing site Nos 1/5, 1/6, & 1/12 bearing Khata No 5 in Sy No 9 totally and measuring 25043 sq ft situated at R Narayanapura Village, K. R. Puram, Hobli, Bangalore East Taluk and bounded on;

East : Private Property

West : Road and Site No 1/6

North : Site No 1/6 and Private Property

South : Private Property

Schedule “B” Property -

All that piece and parcel comprised in Schedule “A” Property measuring to the East 80’ 2 1/2 inches, West 80’ 1/2 inches, North 48’ 2 inches and South 49’ 1 inch and totally measuring 3895.75 sq ft in bearing Sl. No. 425 and bounded on;

East : Property Site No 1/8

West : Remaining portion of the property bearing Site No 1/7 and SL No 424

North : Private Property (Part of Sy No 9 belonging to Shri)

South : By Road and Property bearing SL No 426.

- 1.2 XYZ

(The above should be exactly as given in the Sale deed with full details)

2. MOVABLE PROPERTIES

2.1 BANK ACCOUNTS

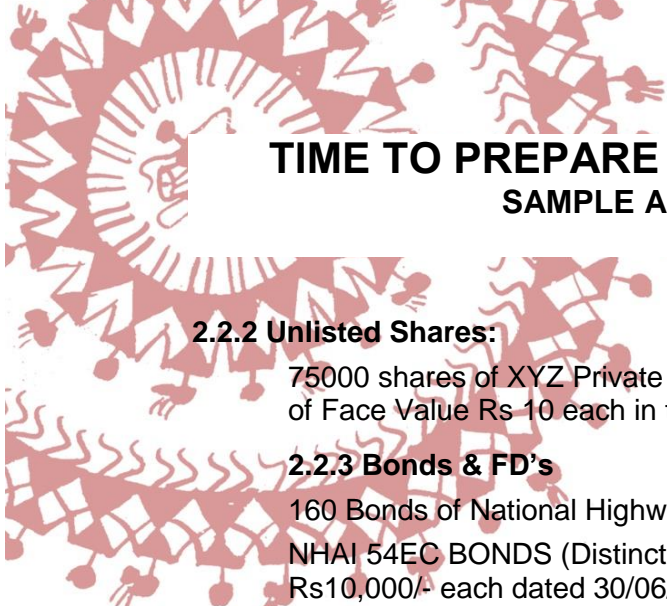
ITEM	ACCOUNT HOLDER(s)	Customer ID/ BANK	BRANCH/ IFSC	ACCOUNT TYPE / NUMBER
2.1.1	XYZ & PRATIBIMB			Current Account. 1234567890
2.1.2	XYZ & PQR			Savings Account. 1234567890

(Bank Accounts belong to the first owner. Hence include only those where the name is first as per the Will. Same goes for all below accounts also.)

2.2 SHARES & BONDS

2.2.1 Demat Shares: All Shares in the following Demat Account

ACCOUNT HOLDER(s)	Customer ID	Bank/ Demat Account Number	DEMAT A/C DP CLIENT ID
		HDFC Bank 1234567890	12345



TIME TO PREPARE THE “WILL” DOCUMENT (CONTD.)

SAMPLE ASSET LIABILITY REGISTER

By Rahul Kumar

2.2.2 Unlisted Shares:

75000 shares of XYZ Private Limited
of Face Value Rs 10 each in the name of XYZ.

2.2.3 Bonds & FD's

160 Bonds of National Highways Authority Of India
NHAI 54EC BONDS (Distinctive Nos 110596871- 110597030) of Face Value
Rs10,000/- each dated 30/06/2018 held in the name of Shri
(Bond Holder Number: 1903619) vide Certificate No 01345678;
ISIN No INE906B07GA2

2.3 MUTUAL FUNDS INVESTMENTS

All Mutual Funds and Investments managed by Deutsche Bank Private Banking under
Customer ID 000051489, others and under my PAN No.....

Item	Fund Name	Folio No
2.3.1	Aditya Birla Sun Life Equity Fund-Growth	1234567890
2.3.2		

2.4 Locker Details

Item	Bank	Lock er No	Name	Key No
2.4. 1	SBI	Xxx		
2.4. 2	Axis	YYY		

2.5 JEWELLERY & ARTEFACTS

All items of Gold, Silver Jewellery and Ornaments, Artefacts.

Item	Metal	Details	Qty	Remarks
2.4.1	Gold	Ring	3	
2.4.2				
	Diamond			
	Platinum			



TIME TO PREPARE THE “WILL” DOCUMENT (CONTD.)

SAMPLE ASSET LIABILITY REGISTER

By Rahul Kumar

2.6 LIC

2.7 Other Lenders

2.8 Pension

2.9 Vehicles

Registration No

Make

Model

Time

3.0 Household Items

4.0 Liabilities

Item	Name	Details	Amount	Remarks
2.3.1	PQR	Interest free loan	100000	For marriage
2.3.2	XYZ			

(Add if anything else is there.)

TESTATOR

WITNESS 1

Name

Signature

Address

WITNESS 2

Name

Signature

Address

TIME TO PREPARE THE “WILL” DOCUMENT (CONTD.)

SAMPLE WILL

By Rahul Kumar


1. I, Mr / Ms, DOB(Aadhar Card No.....) son / daughter of Shri, (herein called the Testator / Testatrix) presently residing with my spouse Mr /Ms , son / daughter of Shri, at....., revoke all my former Wills, Codicils and Testamentary dispositions made by me. I declare this to be my last Will and Testament.
2. I maintain sound health, possess sound mind and am fully capable of making depositions at this time. I am executing this Will completely of my own free will without any threat, force, coercion or undue influence of any person.
3. I have the following surviving legal heirs –
 - a. My wife / husband, Mr / Ms, (DOB, Aadhar Card No) son / daughter of Shri
 - b. My elder son / daughter, Mr / Ms (DOB, Aadhar Card No ...), who is married to, son/daughter of, residing at
 - c. My younger son / daughter, Mr / Ms(DOB, Aadhar Card No), who is married to, son/daughter of Shri, residing at
4. I hereby appoint Mr/Ms my wife / son / daughter, to be the Sole Executor of my will. However, if Mr / Ms predeceases me or is unable or unwilling to act as my Executor then I appoint my elder / younger son / daughter , Mr / Ms, residing at, to be the Executor of this Will in place of Mr / Ms
- (Executer can be anyone within family or otherwise like CA, lawyer etc. Better to have an Indian citizen residing in India.)
5. No individual acting as an Executor under this Will, will be required to give any security for the performance of his or her duties subject to statutory laws.
6. To carry out the terms of my Will, I give the Executor the following duties and powers with respect to my estate:
 - a. To pay my legally enforceable debts, funeral expenses and all expenses in connection with the administration of my estate and trusts created by my Will as soon as convenient after my death. If any of the real property devised in my Will remains subject to a mortgage at the time of my death, then the devisee shall take that (mortgaged) property subject to that mortgage. I clarify, in that event, the mortgage shall not be discharged from the remaining assets or the residue of my estate, but from the own source and funds of the concerned devisee.
 - b. To take all legal actions to have the probate of my Will completed as quickly and simply as possible, if required by law, or if deemed necessary by the Executor, under the laws of India.
 - c. To retain exchange, insure, repair, improve, sell or dispose of any and all personal property belonging to my estate as specified in this Will and if, not specifically specified as my Executor deems advisable.



TIME TO PREPARE THE “WILL” DOCUMENT (CONTD.)

SAMPLE WILL

By Rahul Kumar

- a. To invest, manage, lease, rent, exchange, mortgage, sell, dispose of or give options without being limited to terms and to insure, repair, improve or add to or otherwise deal with any and all real property belonging to my estate as specified in this Will and not specifically specified as my Executor deems advisable without liability or depreciation.
 - b. To purchase, maintain, convert and liquidate investments or securities and to vote stock or exercise any option concerning any investments or securities without liability for loss.
 - c. To open and close bank accounts.
 - d. To maintain, continue, dissolve, change or sell any business which is part of my estate or to purchase any business if deemed necessary or beneficial to my estate by my executor.
 - e. To maintain, settle, abandon, sue or otherwise deal with any lawsuit against my estate.
 - f. Should the Executor be given in writing by the heirs of disagreement between them, the asset/s be put in the market for sale and the sale proceeds divide equally between the heir's. For the purchase of the asset, the First Right of Refusal will be that of the debtors, if any, then heir's.
7. I hereby declare that after my demise, my assets and properties listed in para 13 below and as detailed in Asset - Liability Register annexed to this Will, be bequeathed on my spouse / son / daughter Ms / Mrfor his / her own use, enjoyment and possession etc. To that extent a life estate shall be created and shall exist in her favour over my entire estate, during her lifetime.
8. If my spouse (If she is the hierer or son / daughter as per above) Ms pre-deceases me or her demise happens to be along with myself, all my assets and properties listed in para 13 below and detailed in Asset - Liability Register annexed to this Will, will devolve on my children then alive in equal shares, subject to the provisions hereinafter specified. Where the moveable / immovable asset/s are not in terms of cash or divisible or the heirs do not agree to the division, action as per Para 6, Sub Para “i” above be taken by the Executor.
9. If any child of mine dies before becoming entitled in accordance with the terms of this Will, to receive his share of my estate, I direct that such share or the amount remaining of that share be divided and transferred equally amongst his duly wedded spouse and each surviving child born of such marriage.
- a. And if any of such children of my deceased child dies before receiving the whole of his share of my estate, that share or the amount remaining thereof will be divided in equal shares amongst the surviving children of that child of mine. But if that deceased child of mine leaves no surviving children, then that share or the amount remaining of that share will be given to my deceased son's/daughters spouse.
 - b. In cases where a grandchild of mine is a minor at the time he or she becomes entitled, in accordance with the terms of this Will to receive his or her share of my estate, that share shall be held by the son's spouse in trust for each of the those surviving children who is a minor child.
- 

TIME TO PREPARE THE “WILL” DOCUMENT (CONTD.)

SAMPLE WILL

By Rahul Kumar

10. If at the time of my demise or by any unfortunate incident self or my wife / husband Ms / Mror both lose our memory or are incapacitated, or suffer from a terminal illness, disability or are in a state of coma, to the extent that both or any one of us are not able to operate / handle assets on our own, my elder / younger son /daughter Mr / Ms will be the caretaker of all the assets till his / her / our demise. In such a case, all the assets will be kept as it is and the interest so accrued will be used to look after self or my spouse, Mr / Ms or both of us and our medical needs. If the funds fall short then first the moveable assets be sold at the market rates. If that also is consumed then the immovable assets be sold at the market rates and the fund proceeds be spent for our welfare. (Basically, talking of the person whom the assets have been bequeathed and self)

11. All property given under this Will is subject to any encumbrances or aliens attached to the property.

12. To receive a specific bequest under this Will, a beneficiary must survive me. Any item that fails to pass to a beneficiary will return to my estate to be included in the residue of my estate. I direct the entire residue of my estate other than the assets and properties listed in the Asset Register be transferred to my spouse / son / daughter, if my spouse / son / daughter survives me for thirty days, for her own use absolutely.

13. Assets & Liabilities

- a. Bank Accounts - Cash and FD's.
- b. Investments in MF, Stocks and Shares.
- c. Jewellery on person and in locker in SBI.
- d. Other moveable assets.
- e. Immovable Assets.
- f. Liabilities.

All the above have been detailed in the ASSET - LIABILITY REGISTER as annexed to this will. The Assets and liabilities are subject to change due to efflux of time.

14. All the above assets owned by me are self-acquired by myself. Nobody else has any title, right, claim interest or demand whatsoever on these assets or properties. I have complete right, absolute authority and power on these assets and in any other property which may be substituted in their place which may be acquired or received by me hereafter.

15. Specific Bequests - if any? Or say NA (For anything other than acquired or inherited by you and not included in the asset register. Or if any part of the asset is to be given other than the legal heirs)

16. If any provisions of this Will are deemed unenforceable, the remaining provisions will remain in full force and effect.

17. I have executed this Will in complete possession of my mental faculties and without any undue pressure or influence of any kind whatsoever from any quarter.

IN WITNESS WHEREOF, I have signed my name on this day of month, 20.. at Bengaluru, Karnataka, declaring and publishing this instrument as my Last Will, in the presence of the undersigned witnesses, who witnessed and subscribed this Last Will at my request and in my presence.

TESTATOR

WITNESS

WITNESS 2



AGE AND AGING

By Rai Sachindra Bahadur



**Age is Watch
Aging is Compass**

**Age is Seniority
Aging is Maturity**

**Age I don't Decide
Aging I Decide**

**Age is Chronology
Aging is Psychology**

**Age is Altitude in time
Aging is Attitude in time**

**Age is Parental Blessing to me
Aging is Personal Blessing to me**

**Age is Space between the two dots
Aging is Journey between the two dots**

**Age with age or Stuck with age,
a choice I make**

**Perish with Fear of growing age or Cheer with Enlightened aging,
a choice I make**



KKS ONLINE EVENT

NIRTYA SANDHYA

Hosted by Ms. Baljit Saxena on 13th December 2020



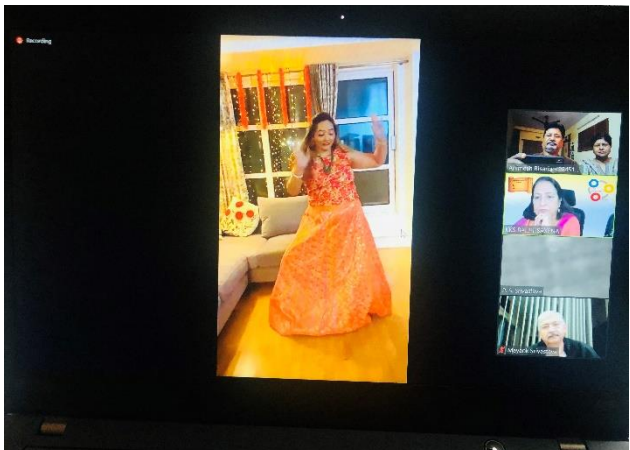
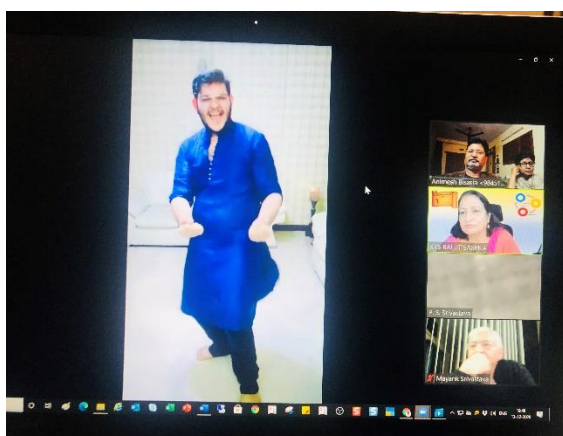
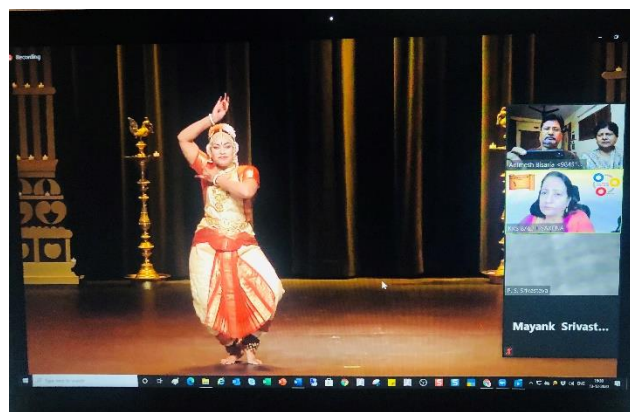
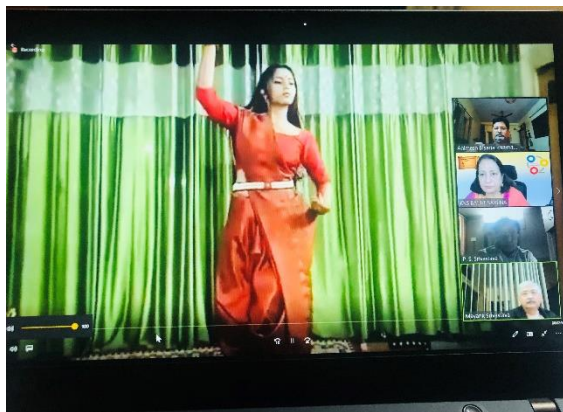
KKS NRITYA SANDHYA

SUNDAY 13 TH DEC at 7.00 PM

Performers:

- SWATI, BANGLORE
- PARIDHI BHATNAGAR, CHITTORGARH, (Raj)
- RUCHEE SAXENA, CHICAGO
- MANISH KUMAR MIRZAPUR
- DIVYA, BANGLORE
- PURVI SAXENA, KUALA LUMPUR
- PRIYANKA, BANGLORE
- ISHAN SAXENA, NEW DELHI
- AYUSHMAN SRIVASTAVA, VARANASI
- ANISHITA SRIVASTAVA, VARANASI

KKS CONNECT ONLINE EVENTS



NIRTYA SANDHYA (CONTD.)

Hosted by Ms. Baljit Saxena on 13th December 2020

Compliments received from members

Very nice performances



Excellent Performances by each and every Participant.

Congratulations to Baljit ji and Rajiv ji, well organised program. It was very nice.

Very nice and beautiful program



Congrats to all participants for excellent performance



Congratulations to Baljit ji and Rajiv ji and all KKS organizers

Good job by Baljit ji and Rajiv and full team for excellent programme



Excellent effort and beautifully performed dance by everyone
Congratulations to all the KKS organisers...

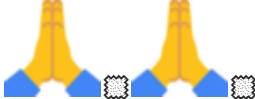


We enjoyed the programme

Congratulations to all the performers for their performances and thanks a lot to KKS team for organising such a beautiful Event.

Thank a lot to Animesh ji and Baljit ji and Kks team for organising a beautiful online

event



Kudos to the President , KKS and his dynamic team for arranging this beautiful Nritya Sandhya program.
Special pat on the back to Mr. Rajeev Saxena and Mrs. Baljit for their wonderful efforts. Thanks to all participants and the viewers for making this event a big success. Long live our fraternity .

Baljit ji, Great job well organised and presented by you and Rajiv ji.
Breath taking performances by all participants.



Baljit ji great job done
You were looking beautiful
I tried to tell you many times, unfortunately i was on mute.

Hello Animesh ji & Anupam ji
It was another feather on your cap.
It was enjoyable programme mix of all dance forms.
You and your team made KKS truly an International organization



Congratulations for such a feat by everyone
Excellent efforts by team KKS. It was a well organised programme, I enjoyed thoroughly. It is nice to see our members so actively involved.



Special thanks to Baljit Ji.
Thanks a lot Animesh Bisaria ji
Sudha Bhatnagar



KKS ONLINE EVENT LIVE COOKERY SHOW – THE CULLINARIUM

Hosted by Ms. Punam Bahadur, Ms. Anupam Saxena & Ms. Preeti Sahay
on 23rd January 2021

Karnataka Kayastha Samaj (KKS) Presents

LIVE COOKERY SHOW
"The Cullinarium"

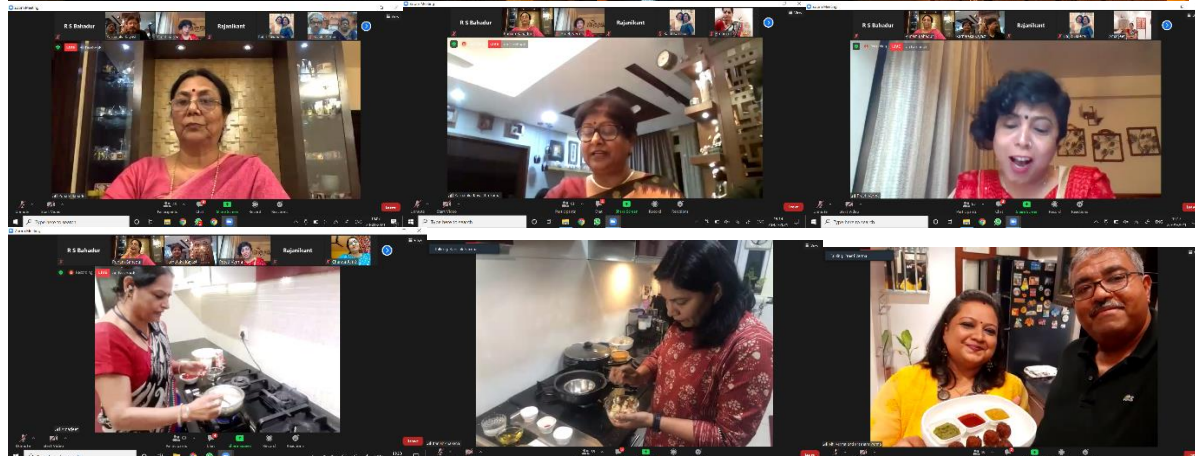
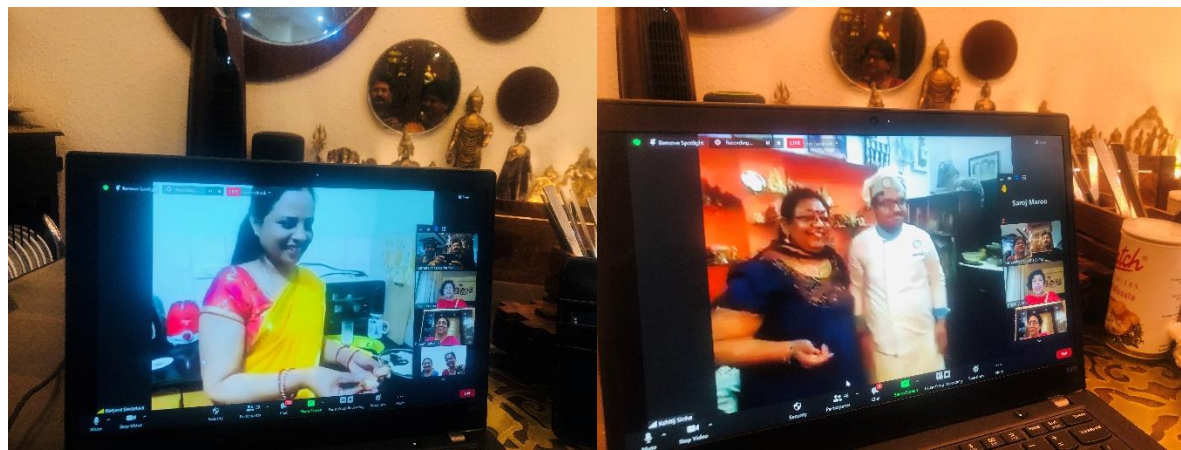
HOST: Punam Bahadur
CO-HOST: Anupam Saxena, Preeti Sahay

CHIEF GUEST: Kiran Rawar
First Woman President of KKS and an award-winning Chef

CHEFS: Ranjana Srivastava, Mili Saxena, Kshitij Sinha, Niti Verma, Prashant Verma, Amarjit Kaur, Chanda Jain

Saturday | 23rd January 2021 | 7:00 PM to 8:30 PM
Online event link to be shared shortly (registration free)

Rajani Kant Srivastava Secretary 9008593916
Animesh Bisaria President 9845102777



LIVE COOKERY SHOW – THE CULLINARIUM (CONTD.)

Hosted by Ms. Punam Bahadur, Ms. Anupam Saxena & Ms. Preeti Sahay
on 23rd January 2021

Compliments received from members

Excellent programgreat effort by each and everybody...



We all enjoyed a lot



thanks, good effort.

Very well organised program. Congrats

KKS, we thank everyone for the wonderful program organized in particular Mrs Punam Ji and her Team to bring every Chef. Together.

It was a very nice show. Lots of useful tips were given. Thanks for organising this.

Great show, congratulations to Poonam ji for organising it and special thanks to Preeti, an accomplished moderator.

Very nicely organised programme. Lots of effort by KKS. Loved the speeches & big clap for



Poonam.

Excellent program. We thank everyone for organising it and a big clap for Poonam and Preeti



Excellent program, very well organised and execution was superb.



Thanks to KKS Team for organising such a wonderful program.



Very nice organised

Excellent programme specially Murgi malai.



3 cheers to the organising committee

Fantastic program. Thank you all

Especially loved the fish and panna cotta recipes

Very nice presentation. Both of you looking very nice too



All went superbly well. Great job all of you.



Good job KKS members Congratulations we have a good time



Excellent program bua... beautifully conducted and anchored

LIVE COOKERY SHOW – THE CULLINARIUM (CONTD.)

Hosted by Ms. Poonam Bahadur, Ms. Anupam Saxena & Ms. Preeti Sahay
on 23rd January 2021

Compliments received from members

Excellent anchoring by Punam bua! Excellent moderation by Preeti! very nice selection of recipes... very interestingly demonstrated and Preeti you made it even more interesting with your apt interjections and explanations. Please do share the written recipes as you mentioned.



Program was amazing and Preeti- you were a terrific moderator



Excellent programme mausi. Super good anchor in Preeti. Really enjoyed and learnt a lot.



Yes. Really appreciable program. Congrats to Poonam

Very well organised show Poonamji and Preeti. Loved the recipe of Pancota and Paneer makhani.

Excellent.



Excellent programme



Lovely n Mouth Watering Dishes.... Good Job Punam Bua and Preeti



Excellent anchoring by Punam bua! Excellent moderation by Preeti! very nice selection of recipes... very good ones. Please do share the written recipes as Preeti said.

Mausi bahut achcha prog tha aur aap aur Preeti toh bilkul professional anchor lag rahe the.

Great Co-ordination, Great Presentation, Great Response. The event closed to a Grand Success. Time to move on to other Event, other project. Regards.



Congrats for organising so beautifully

Pranam chachi..it was a great programme...congratulations to KKS for another successful event...and wishing the team many more!

Excellent show! Very well conducted. Very professional. Liked the presentation of dishes especially Strawberry Panna Cota. Was impressed by the spic and span kitchen too! 👍

The invigorating leadership with a perfectionist team do have the potential to create wonders. The smooth float of a Swan is for the untiring flaps under the water. Sab KA Sath, KKS KA VIKASH.

Thanks president Mr. Animesh Bisaria for appreciation and acknowledgement from KKS TEAM. The evening was amazing, all the participants were worth watching their culinary experiences. Already made Paneer Makhani Mili's style and Fish Goli , for Anarsa I am waiting for Holi and will try other recipes too.

I loved Preeti 's anchoring ability, she was bubbly and cheerful, Poonam Ji and Anupam are always graceful. You are blessed with talented and supportive team. Keep-up the good work.

Waiting for such more programmes in future. 🙌👍🙌👍

I completely agree with you Kiran ji. Waiting for more programs like this.

Thank you Animesh ji and I must compliment to each of you at KKS in making the program such a great success. I have seen so many events and trust me the level of professionalism and also the passion to excel in whatever you do is really awesome.

Niti and I were really happy and excited to be a part of the event and look forward to many more.

Once again thank you and best wishes to KKS and you all in all the future endeavours....

DISTRIBUTION OF 100 STATIONARY KITS TO POOR STUDENTS

By KKS THROUGH GSQ FOUNDATION, BANGALORE

on 24th January 2021

Donation by KKS members



KARNATAKA KAYASTHA SAMAJ (KKS)

AAPKA SAATH, KKS KA VIKAS

SPREAD SMILES MILES and MILES



We are associating with an NGO GSQ Foundation, Koramangala (<https://gsq.co.in/ua>) to contribute Stationary Kits for the School going children, living in slums around Bangalore.

Government schools get text books and note books free. However, the gap of stationary needs your support. The schools are likely to open any time during January/February. We seek your support to get prepared for the cause.



Contents packed in a Pouch

Each pouch costs Rs 500/- that covers one student's yearly need. Your helping hand, in multiples of pouches, will extend the reach and bring a difference in their life. For your queries and contribution, please contact

Animesh Bisaria
9845102777
President

Rajani Kant Srivastava
9008593916
Secretary



Date	Name	Amount
18.12.20	N K Srivastava	1000
19.12.20	Sanjay K Srivastava	10000
21.12.20	I B Srivastava	1000
21.12.20	Mayank Srivastava	2000
21.12.20	Sanyam Kumar Saxena	2500
23.12.20	Ajay Mohan Mathur	1000
23.12.20	Baljit Saxena	2000
24.12.20	Kushendra Saran Singh	1000
24.12.20	Sharad Mathur	1000
24.12.20	Poonam Saxena	1000
26.12.20	Gyan Prakash Bhatnagar	1000
26.12.20	Shobha Lal	2000
27.12.20	Sanjana Srivastava	2000
04.01.21	R S Bahadur	1500
06.01.21	Animesh Bisaria	3000
12.01.21	Rajani Kant Srivastava	5000
13.01.21	Sangeeta Kumar	2000
13.01.21	Anita Srivastava	2000
17.01.21	Vinay Kumar	5000
18.01.21	Himadri S Basak	1000
18.01.21	Arun Kumar Agarwal	5000
TOTAL		52000



KKS ONLINE EVENTS VIBGYOR

on 27th March 2021

Hosted by **Ms. Punam Bahadur & Ms. Anupam Saxena**



VIBGYOR (CONTD.)

Hosted by **Ms. Poonam Bahadur & Ms. Anupam Saxena**
on **27th March 2021**

Compliments received from members

[8:29 PM, 3/27/2021] Sanjana Srivastav Kks: Great function 🙏🙏

[8:29 PM, 3/27/2021] Rajani Kant Srivastava: 🙏🙏👍👍👍 excellent program Holi Sangeet today organised by Mrs Punam Ji and Mrs Anu Ji. Really enjoyed with family to both the performances. Great effort in very short time. Wish you all a very Happy, Colourfull, Healthy and full of sweets HOLI.

Very good program, congratulations to team KKS. Happy Holi to All.

[8:26 PM, 3/27/2021] Poonam Saxena: Nice programme....both the singers performed very well 🙏🙏

[8:27 PM, 3/27/2021] Chandra Prakash Saxena: Today's Event was wonderful. We enjoyed throughly. Congratulations to all the participants and to the organizing committee 🙏🙏

[8:42 PM, 3/27/2021] Ratna Sahai: Excellent program 🙏

[8:42 PM, 3/27/2021] Vandana Dayal New: Today's event was very well organised. A big thank you to both the singers and organising committee.

[8:53 PM, 3/27/2021] Anjana Nigam: Very nicely organised programme. 🙏🙏🙏

[8:56 PM, 3/27/2021] Mathur A M: Excellent holi programme Happy holi to all Thanks to organising team

[9:09 PM, 3/27/2021] Dr A K Saxena: Enjoyed. Very nicely organized.

[9:17 PM, 3/27/2021] Damayanti Srivastava: Enjoyed the Holi musical event VIBGYOR.



The rendition by singers was highly appreciable.

Wishing them all the best.

A big applause to the President and all Organisers of KKS for arranging the program.

[10:38 PM, 3/27/2021] Rajani Kant Srivastava: 🙏🙏👍👍👍 excellent program Holi Sangeet today organised by Mrs Punam Ji and Mrs Anu Ji. Really enjoyed with family to both the performances. Great effort in very short time. Wish you all a very Happy, Colourfull, Healthy and full of sweets HOLI.

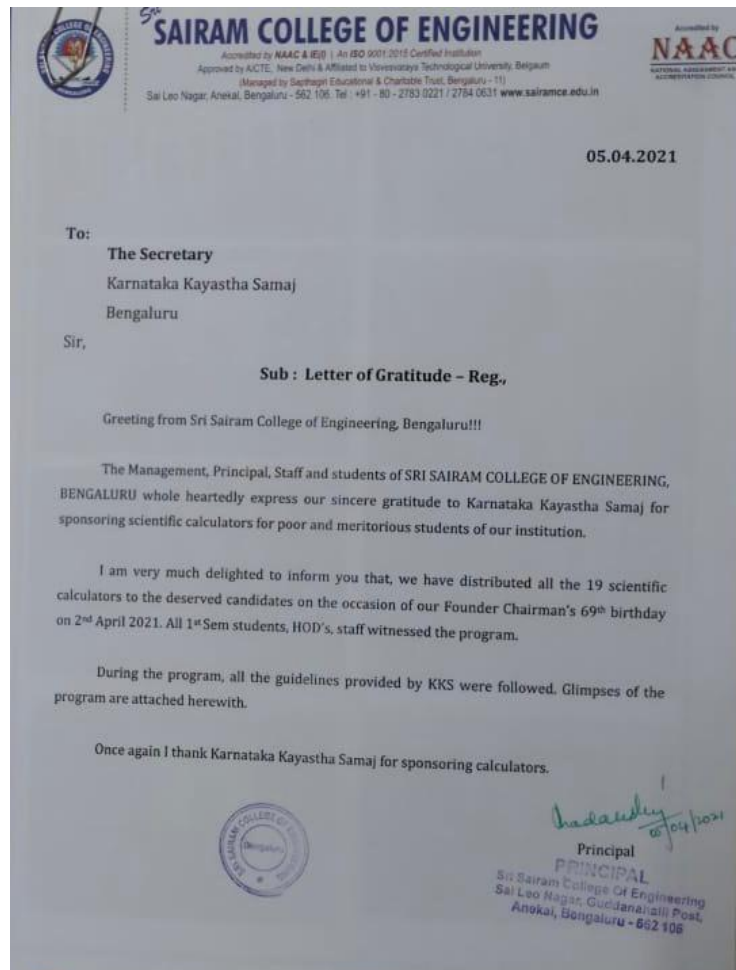
[11:19 PM, 3/27/2021] Ruchi: Superb performances very nicely organised 🙏🙏🙏🙏🙏🙏
Happy Holi to u all Regards 🙏🙏🙏🙏🙏

[9:16 PM, 3/27/2021] Poonam Bahadur: Beautiful performances aunty Asusal u were soooooo graceful 🙏🙏🙏🙏🙏 Happy Holi to u all 🙏🙏🙏 Sader charansparsh 🙏🙏🙏

[9:16 PM, 3/27/2021] Poonam Bahadur: Very melodious, well conduct program. Audio video quality bahut achchi he..

[9:16 PM, 3/27/2021] Poonam Bahadur: The Program was excellent. I enjoyed this evening with All of you Lovely people. HAPPY HOLI 🙏🙏🙏🙏🙏🙏

DISTRIBUTION OF 20 SCIENTIFIC CALCULATORS (CASIO FX 991MS) TO POOR STUDENTS By KKS THROUGH SRI SAIRAM ENGINEERING COLLEGE, ANEKAL, BANGALORE on 3rd April 2021



KKS ONLINE EVENT SAFAR ZINDAGI KA

Hosted by Ms. Punam Bahadur, Ms. Baljit Saxena & Ms. Anupam Saxena
on 13th June 2021



Karnataka Kayastha Samaj (KKS)
Presents
Safar Zindagi Ka
In memory of loved ones whom we lost during Covid-19 pandemic

An Evening with popular Bhatnagar Trio
Gyan Prakash Sonal Anand (Playback Singer)



Sunday, 13th June 2021
(6.30pm to 8.00pm)

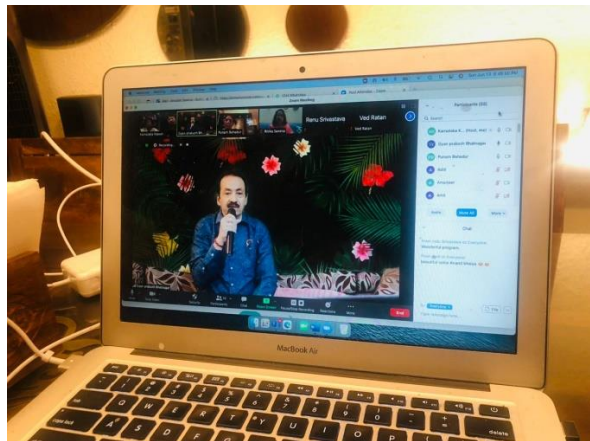
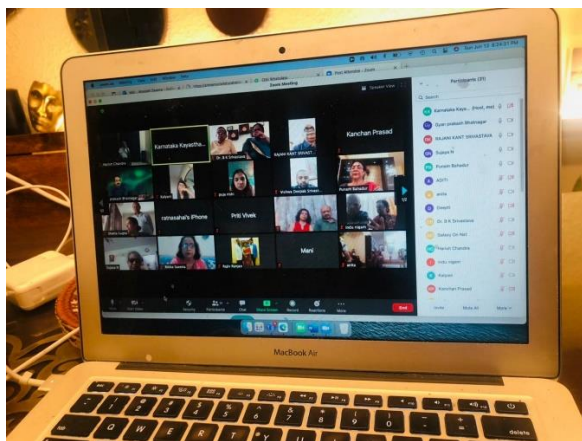
Hosts
Punam Bahadur, Baljit Saxena & Anupam Saxena



Online zoom link for the event will be shared shortly
Bhatnagar Trio has performed in many musical events

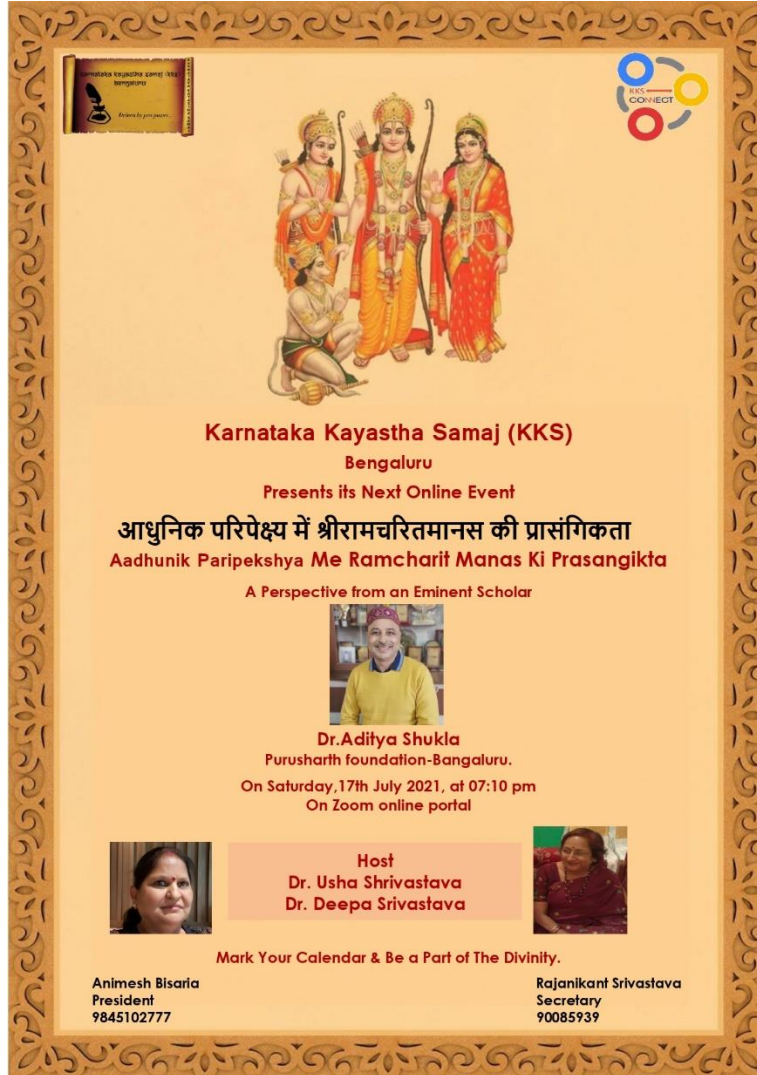
Animesh Bisaria
President
9845102777

Rajani Kant Srivastava
Secretary
9008593916



KKS ONLINE EVENT LEARNINGS FROM RAMAYANA

Hosted by Dr. Usha Shrivastava & Dr. Deepa Srivastava
on 17th July 2021



The poster is framed with a decorative border. At the top left is a small book icon with the text 'Karnataka Kayastha Samaj KKS Bengaluru'. At the top right is the KKS CONNECT logo. In the center is a painting of Lord Rama, Sita, and Lakshmana. Below the painting, the text reads: 'Karnataka Kayastha Samaj (KKS) Bengaluru Presents its Next Online Event'. The main title is in Hindi: 'आधुनिक परिपेक्ष्य में श्रीरामचरितमानस की प्रासंगिकता' and in English: 'Aadhunik Paripekshya Me Ramcharit Manas Ki Prasangikta'. Below this is the subtitle 'A Perspective from an Eminent Scholar' and a photo of Dr. Aditya Shukla. The text continues: 'Dr. Aditya Shukla Purusharth foundation-Bangaluru. On Saturday, 17th July 2021, at 07:10 pm On Zoom online portal'. At the bottom, it says 'Host Dr. Usha Shrivastava Dr. Deepa Srivastava'. On the left, it lists 'Animesh Bisaria President 9845102777'. On the right, it lists 'Rajanikant Srivastava Secretary 90085939'. At the very bottom, it says 'Mark Your Calendar & Be a Part of The Divinity.'

Karnataka Kayastha Samaj (KKS)
Bengaluru
Presents its Next Online Event

आधुनिक परिपेक्ष्य में श्रीरामचरितमानस की प्रासंगिकता
Aadhunik Paripekshya Me Ramcharit Manas Ki Prasangikta
A Perspective from an Eminent Scholar

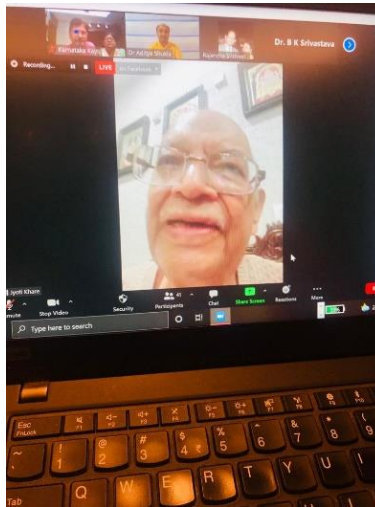
Dr. Aditya Shukla
Purusharth foundation-Bangaluru.
On Saturday, 17th July 2021, at 07:10 pm
On Zoom online portal

Host
Dr. Usha Shrivastava
Dr. Deepa Srivastava

Animesh Bisaria
President
9845102777

Rajanikant Srivastava
Secretary
90085939

Mark Your Calendar & Be a Part of The Divinity.



LEARNINGS FROM RAMAYANA (CONTD.)

Hosted by **Dr. Usha Shrivastava & Dr. Deepa Srivastava**
on 17th July 2021

Compliments received from members

Very nice program

Very nice. Extremely knowledgeable and very nicely expressed the entire KKS team



congratulations Animesh ji and

Nice programme ..thanks to EC for organizing such meaningful talk



Very nice rendition by Dr Aditya



Congratulations Animesh ji, NK ji and entire team for organising such events.

Very nice programme



Excellent Program..



Kudos to Team KKS

Nice program congratulations to team

We all enjoyed beautiful rendition and will try to implement some of the learnings in our lives.

Ravi & I thoroughly enjoyed the presentation..Loved the Shuddh Hindi spoken... it was like music to the ears & captured the essence of Ramcharitmanas..

Dr Aditya Shukla did a fine job... he was enjoying himself narrating the various lessons we can learn from Sri Ram , which can be applied even to this day... to lead a successful & meaningful life..

Thank you for sending us the link...



Look forward to many more such sessions..

Shukla ji ka प्रवचन सुना । बहुत सुंदर । तथा जीवन में उतारने योग्य । बिलकुल अलग हटके । बहुत बहुत धन्यवाद मुझे शामिल करने के लिए ।

Brilliant analysis of Sriram's character. Watched the whole session. Thanks once again.

Gr8 programme uncle....Good effort by you and aunty for getting benefit by this to all..

Very nice programe.

I regret I couldn't attend live programe, but I saw recording.

Bahoot accha laga..

It was a great program no doubt and all of us should imbibe the sentiments expressed through Bhagwan Sri Ram's life events.

But, somehow the present under 35 yr old generation is not at all interested in even listening to our Hindu scriptures. The audience present last evening validates these viewpoints.

So how do we inculcate this morality in the youngsters?

Good morning president,

It was a nice programme on Saturday, I am looking forward to some more TALK in future. 🙏🙏🙏🙏🙏🙏



ॐ श्री चित्रगुप्ताय नमः