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2013-2014 Volume 3 Nadahabba News Letter

President <i>Gopinath Joshi</i>	Vice President <i>Jyothi Mysore</i>	Secretary <i>Rajendra Upadhy</i>	Treasurer <i>Somaprasad Hosahalli</i>
Member <i>Mangala Shenoy</i>	Member <i>Swarna Rao</i>	Member <i>Sowmya AR</i>	Member <i>Anil Cashikar</i>
			Member <i>Ramachandramurthy Bhavikatti</i>



ನಾಡಹಬ್ಬ - ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ / ದೀಪಾವಳಿ

Nadahabba- Kannada Rajyotsava & Deepavali celebration

Saturday, November 9th 2013

Venue : Mahatma Gandhi Center (717 Weidman Road, Ballwin, MO – 63011)

Time	Event
Morning: 8:00-10:30 AM	Yoga event – See details on page 3
Afternoon:	
3:30 - 4:00 PM	Meet and greet, Coffee and Light snacks
4:00 - 7:00 PM	Cultural programs by Sangama members
7:00 - 8:00 PM	Dinner

Who brings what goodies!!!!

Kalu Saaru - 5qts	Bisibele Bath - 6qts	Curd Rice - 6qts
Chaithra Pramod	Deepthi Bharadwaj	Madhu Bhatt
Anitha Sharma	Shubha Baskar	Vanitha Talkad
Sandhya Kumar	Sandhya Pandurangi	Radha Srinivas
Gayathri Venkatesh	Meera Vasudevamurthy	Shilpa Salil
Lakshmi Naveen	Anitha Nagendra	Hemalatha Arkachar
	Jaya Shastry	Swetha Gopalan
	Jayanthi Hariprasad	Suma Milli
Pakoda - 40 pieces	Rasam - 5qrts	Raita - 5qts
Rajitha Vasishta	SriLatha Upadhya	Ramya Mallya
Rekha Sunil	Sujatha Manjunath	Sushma Datta
Swetha Mihir	Shruthi Beedu	Uma Nagabhusan
Thara Konsale	Brindha Ravi	Vardhini Sankaran
Roopasri Prahlad		
Seema Kasthuri		
Preeti Sundaram		
Kesari Bath - 1/2 Tray	Besan Ladoo - 30 count	Pasta (1/2 tray) for kids
Padmini Prabhu	Sheetal Ramgounda	Jyothi Mayanker
Amoolya Shetty	Kumuda Prabhakar	Anjana Kirumaki
Tara Shadaksharappa	Madhuri Gururaj	
Tejeswini Nayak	Sonia Uday	Chips - 2 packets (large)
	Sumangala Rao	Vivek Kestur
	Padmaja Gunapooti	Shilpa Patil
		Paravasu

Note:

1. If you cannot bring the assigned food item please call one of the committee members, so we can make alternative arrangements or if you can find someone who can make it, which is fine too.
2. The US dry quart is equal to 1.1 liters; The US liquid quart equals to 0.95 liters
3. Committee Members contact numbers
 - a. Mangala Shenoy – 314.991.1162
 - b. Swarna Rao – 314.994.9699

----- Sangama Presents -----

Demonstration of **Yoga, Meditation, Pranayama** and
tips for a healthy diet by



**Sri
Vachanananda
Swamy**



on

Saturday, November 9th, 2013

8:00am-10:30am

(Demonstration 8-10am; Q&A 10-10:30am)

at

Mahatma Gandhi Center

717 Weidman Road, Ballwin MO 63011

Please bring your yoga mats and towels.

Admission is FREE. Donations are welcome.

Yoga Guru Sri Vachanananda hosts the very popular "Yoga-Yoga" program on TV9 channel. He is touring the US with a motto of 'Yogayukta Rogamukta' (adopt yoga drop disease) to get a healthy society. He has a good command in yoga, philosophy and literature.

He is a much sought after Yoga teacher in India.

For additional information, please see www.shwaasa.com

Announcements

Reminder : We look forward to your continued support to SANGAMA by renewal of your membership and updating relevant member information (address, email, phone #s (if you have not already done so). You may pay your membership amount at the front desk at the event or send in your check payable to "Sangama" to Mr.Somaprasad Hosahalli (mailing address: 7 Helmsdale Court,Ballwin, MO 63011). You can even pay online by going to Sangama's website (<http://sangamastl.com/Members.aspx>)

Sangama Event Calendar : Below are dates to the events for the rest of 2013-2014 year;

1. New Year : One of the below event
 - a. New Year eve program Tuesday, December 31st 2013 or
 - b. Sangeetha Sanje & Jathre (New Year & Sankranthi) Saturday, January 25th 2014
2. Ugaadi Habba 2014 (Jaya Naama Samvathsara) Saturday, April 5th 2014

Karnataka Rajyotsava

Karnataka or **Kannada Rajyotsava** (ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ); **Karnataka Formation Day**; literally "Birth of the Karnataka state") is celebrated on 1st November every year. This was the day in 1956 when all the Kannada language-speaking regions of South India were merged to form the state of Karnataka

During the period of British rule, areas that today comprise Karnataka were under as many as 20 different administrative units with the princely state of Mysore, Nizam's Hyderabad, the Bombay Presidency, the Madras Presidency and the territory of Kodagu being the most important ones. In effect, nearly two-thirds of what is *now* Karnataka fell outside the rule of the Wodeyar kings of Mysore.

What this meant for the Kannadigas in these regions was that they in spite of their large numbers they did not enjoy an administrative patronage. Kannadigas in the Hubli-Karnataka region for example, came under the rule of the Bombay Presidency where Marathi was the official language. Those in the Hyderabad-Karnataka region came under the Nizam's rule where Urdu ruled. Kannadigas in South Canara came under the rule from Madras Presidency which used Tamil as the main language.

Under these conditions, a feeling of discontent had started brewing among Kannadigas outside Mysore. They felt that their interests and their language was being mortgaged to the interests of the higher ups. Thus, while the Kannadigas under the Nizam felt that Urdu was being thrust on them at the expense of Kannada, those in the Bombay Presidency felt similarly *vis a vis* Marathi. Economically also, these areas remained undeveloped, neglected and backward. It was against this backdrop that the movement that first started as a protest against linguistic oppression, soon morphed into one that began demanding a separate state be created consolidating all Kannada-speaking regions. This was essentially a movement that was spearheaded by the poets, journalists and writers and was called the *Ekikarana* or 'Unification' movement.