



# KARNATAKA KAYASTHA SABHA (KKS)

Quarterly Newsletter No. 95  
February 2010

<http://kksbengaluru.com>

## Executive Committee (2009-10)

### President

**Mr. Shambhu Nath Varma**  
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### Past President

**Lt Col (Retd) Rahul Kumar**  
Tel.: 2539 2425/ 9845063801  
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### Vice President

**Mrs. Baljit Saxena**  
Tel.: 2609 7395/ 93438 34255  
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### Secretary

**Mr. Shrikant Sinha**  
Tel.: 32916125 / 93417 94440  
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### Jt. Secretary

**Mr. Rajkumar Srivastava**  
Tel.: 98804 70361  
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### Treasurer

**Mr. Saurabh Srivastava**  
Tel.: 90360 01366  
Email: [saurabhgold@airtelmail.in](mailto:saurabhgold@airtelmail.in)

### Elected Members

**Mr. Pramod Srivastava**  
Tel: 99160 98762  
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### Mr. Sharad Mathur

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### Mrs. Poonam Bahadur

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### Co-opted Members

**Mrs. Vandana Dayal**  
Tel.: 25522645/ 98863 69463  
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### Mr. Swaraj Kumar Sinha

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### Editorial Committee

**Rahul Kumar  
Shambhu Varma**

&

**Shrikant Sinha**

## President's Message



Dear all,

Since July 09 your new team with the support of existing members has had many tasks on its hand to take the Sabha's move towards its goals. It is therefore time to assess the progress and correct its course.

KKS had a wonderful get-together to celebrate Diwali on 11th October. Members and the families shared their achievements and enjoyed the in-house cultural programme on this occasion, so much that the crackers were almost forgotten, till some one remembered them. Again on 17th Jan 2010, a good bunch of members and family got together at Bannerghata National Park to have fun. The Safari and visit to butterfly park were really memorable.

KKS directory is being planned once again with updated addresses/ email and telephone nos. We request all members to help us do a proper job as there have been many changes since the last directory was published.

The new team had come-up with work plan at the start of its tenure so that the KKS has some focus towards its vision and purpose. I am happy to report significant progress in most of its effort.

Tasks	Progress
Devise ways and means to augment fund for KKS so that it can take on meaningful expenditures towards social causes, scholarships, permanent office etc besides meeting routine expenses.	Existing funds consolidated and invested prudently. KKS being geared to get IT exemptions for raising funds towards social cause
Create a working web site for KKS with lot more interactive features so that people can find it interesting to be in touch even when they are away for some time on account of transfers etc.	Website launched and being upgraded to meet new expectations
Reach you all through SMS as when there are important communications.	SMS must be reaching you

There are few hurdles in achieving full potential, but the team is confident of making significant progress and I hope to give you updates in near future.

I would like to wish each and every member a very happy and safe Holi in advance as our proposed get-together is scheduled on 6th March 2010, details of which is being communicated separately. I hope every one will participate in this function with full enthusiasm and make it one of its kinds.

- Shambhu Varma

**Forthcoming Attraction!!**

**“Holi Milan” on Sat 6th Mar’ 2010**

*Please join us on Saturday evening to celebrate the festival of Holi with your family and friends*

**HAPPY HOLI**

\* *Please see page 3 for more details on Holi Milan*



## Editorial

Welcome to the new year ! Infact welcome to the new decade! And of course welcome to the new issue of the KKS News Letter. We have had a decidedly mixed end to an otherwise great decade. The recession and its aftermath has hardly left any one unaffected. But now's the time to look ahead, firm up on our resolutions and get down to enjoying the good things in life in a "Green Way". Our little bid to entice our members to go the lap of nature was extremely well received by lot of you joining the Picnic at Benerghatta Butterfly & Zoological Park. It is said "One picture is equal to a thousand words" lets re-live the joyous moments of the Diwali function and the picnic thru the photos gallery.

Last month while having coffee at a cafeteria at a hospital in Gurgaon, along with a chitransh friend (who was earlier based in Bangalore), I told him about KKS and its activities. Only to realize that he was a member of KKS, and on realizing that I was an office bearer, mentioned that he was totally cutoff as he was not receiving the newsletters or any other communications from us. As mentioned by Mr. Varma, its time that we update the addresses of all the KKS members and compile them into a directory. It is my personal request to each and every KKS member to advertise / get advertisements for the directory, as your efforts will help raise funds for your sabha. More details follow below.

So far our communication has been quite one-sided hence we have decided to start a new section called "You to Us" which will feature your letters, comments, suggestions and feedbacks. As Holi is approaching, its befitting to include how Kanji is made, with Shami kebabs to go along with it. As we get ready to Tango with the Taxes shortly, Tax Guru talks about "Belated Returns" and its implications. After the FM has read out the budget, Tax Guru has kindly agreed to demystify it for us - "Which Taxes got axed ☹ and which penny's got taxed ☹".

As the exam season starts, on behalf of the entire KKS family, I would like to wish all our young Chitransh "All the very best for your exams. We are sure you will do us proud!". I also take this opportunity to invite nominations for the KKS Scholarships (details on the back cover page of this news letter).

KKS is hosting the Holi Malan on Saturday 6<sup>th</sup> March, I would request you to please participate in large numbers, have fun and make the event a grand success. I look forward to meeting and greeting all of you during the function.

**" खुशी के रंग, KKS के संग "**

*Wishing you and your near and dear ones a very Happy Holi.*

- Shrikant Sinha.

## KKS Directory

As mentioned earlier your Sabha has decided to collate all the member's details in the form of a directory. The directory booklet will be published in 5-1/2 in x 8-1/2 in size. As always the directory would contain advertisements, messages, useful information along with the members details. The rate for the various categories of pages is as follows :

- Colored Front & Back covers- Rs 5000/page
- Colored Centre Pages - Rs 3000/page
- Black & White Full page - Rs 1000/page
- Black & White Half page - Rs 500/page

We solicit your help in securing advertisements from self / your acquaintances. All payments to be made by Cheque / DD in favor of Karnataka Kayastha Sabha, Bangalore.

We propose to collate the addresses, messages & advertisements in a month's time. Thereafter, we shall start the process of publication etc. We are also looking into the possibility of printing an additional handy card size booklet, which would have only the Name, email and telephone no's of members. Kindly send us your latest address; telephone no's; email; and other details, to the undersigned

- S. N. Varma (9632598487) email : sn.varma@gmail.com

### What's Cooking



By Mrs. Kumud Mathur

#### SHAMI KABAB

##### INGREDIENTS

- ½ Kg. Keema
- 1 Cup Channa Dal
- 10 Cloves
- 4 Big Cardmoms
- ½ Tsp. Pepper Corns
- 14 Garlic Flakes
- 3" Piece Ginger Chopped
- 4 Green Chillies
- 2 Tsp. Zeera
- Salt to taste
- 2 Eggs

##### METHOD

1. Cook finely minced Keema with Channa dal, garlic, green chillies, ginger, cloves, cardmoms, salt, zeera and 1 cup water till dal is cooked well, and it is dry.
2. Grind the mixture finely and mix beaten eggs and coriander leaves.
3. Shape the mixture in to small kababs and shallow fry in a non stick pan till golden brown.
4. Serve hot with green pudina chutneycoriander.

#### KAANJI ( PANI KA ACHAR)

- 250 Gms. Red Carrot, cut length wise in to pieces.
- 1 Beet root cut in to pieces.
- ¼ Tsp. Haldi powder.
- ½ Tsp. Red chilli powder
- 4 Tbsp. Rai finely ground.
- 2 Liters water.
- Salt to taste.

##### METHOD

1. Boil Carrots & Beet root in 1 litre of water for 3 to 4 minutes.
2. Put this mix in a jar and add 1 litre of plain water.
3. Put Haldi powder, Red Chili powder, Salt and grounded Rai in it.
4. Cover this jar with a clean piece of cloth and tie it.
5. Keep the jar in hot sun, for at least 3 days.
6. After Kaanji is ready, keep it in fridge and serve it chilled.

### EACH ONE GET ONE

**Every member is requested to add at least ONE NEW MEMBER to strengthen membership base.**

*KKS membership forms are available with the Secretary.*

*Life membership – Rs. 1000/- and*

*Long term membership (for 5 years) – Rs. 550/-.*

*Parents and children above 25 years are requested to take a separate membership.*

**Members are requested to get in touch with the Secretary (+91 93 4179 4440, [sinhashri@gmail.com](mailto:sinhashri@gmail.com)) immediately to renew the membership, if due.**

#### PRINTED MATTER / BOOK POST

To : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**If undelivered please return to**  
**Mr. Shrikant Sinha**  
**Secretary KKS (2009-10)**  
D-7/1, Vijay Kiran Apts., 32 Victoria Road  
Bangalore – 560 047  
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Email : [sinhashri@gmail.com](mailto:sinhashri@gmail.com)



**Tax Guru**

**BELETED RETURN**

As financial year 2009-10 is coming to an end shortly, tax payers who have not filed their return for the financial year 2007-08 ( assessment year 2008-09) till date can take the benefit of section 139(3) and file their return by 31<sup>st</sup> March 2010. Their return shall be termed as belated return.

However the following points shall be relevant:

- 1. The tax payer has to pay the penal interest U/s 234A for late filing of return.
- 2. Penalty of Rs 5000/- shall be imposed for late filing of return.
- 3. If return of loss is submitted after due date then business loss, capital loss and loss from activities of owning and maintaining of race horses shall not be carried forward,

For assesses ,who have not filed their tax return for the assessment year 2009-10 can file the tax return without paying the penalty of Rs.5000/-.

- By Saurabh Srivastava

\* For any tax related query please send your mail to [kksbangalore@gmail.com](mailto:kksbangalore@gmail.com)

**Health & You**

Here are 10 tips based on the latest research that gives you the secret to longer, healthy and stress-free life.

- **Learn to relax:** Unwind, take up a hobby and start socializing. This fights stress and depression.
- **Take care of your skin:** Always wear sun-creen lotion during summers. It is advisable to use winter care creams to overcome the harsh and cold winds. The best cure is to smile through and your skin will shine with an extra dash. It's no big secret!
- **Sleep well:** There is nothing like a good sleep. Sleep primes the immune system. Most people need between seven and nine hours of sleep a night.
- **Try Tea:** Tea is always good. Being a heavy tea-drinker can never have negative effects. The protective effects of tea increase with the amount drunk, and people who are regular tea drinkers are the least likely to die of a heart attack.
- **Walk for health:** There is nothing better than walking. Walking a mile everyday, or taking reasonable exercise three times a week, promises to reduce the risk of heart disease, as well as strengthens bones and keeps them strong.
- **Stop bad breath:** You can prevent that unfriendly odour. It is caused by oral bacteria. A tongue scraper may help, but dental care may be needed. Mouth rinses are effective, as are flossing and brushing teeth twice a day.
- **Cut back on salt:** Health Organization recommend no more than five grams a day. Too much salt can lead to stroke and heart problems.
- **Drink wine:** Research suggests that the equivalent of a couple of glasses of wine a day may be good for health. It can also help you keep a good mental frame.
- **Spouse can matter:** A man in poor health in his 50s is six times more likely to be affected if married to a woman who is also in poor health.
- **Socializing is good:** Meeting friends and relatives is recommended. Weekly socializing improves the memory, concentration and problem solving skills.



Compiled by : Nupur Shankar