

karnataka kayastha samaj (kks)  
bengaluru



*Driven by pen power...*

KARNATAKA  
KAYASTHA  
SAMAJ

*presents*

# Kāyasthā Dārpaṇ

INTELLECT IS WHAT DEFINES KAYASTHAS

April 2020

KARNATAKA KAYASTHA SAMAJ (KKS), Bengaluru

# From the Pen of President



**Dear Chitransh**

**Greetings!**

*We are going through tough times due to outbreak of Corona virus and country wide lockdown. Life has changed the way we live and work today. The deadly virus has caused serious damage in terms of fear, anxiety, unhappiness, economic uncertainty and loss of human lives across the globe, causing havoc and chaos everywhere. It is the time to win over Corona and bring back life to normalcy at the earliest, by following the guidelines with respect to precautionary measures, spending more time with family and managing life with limited resources.*

*In today's disturbed scenario due to pandemic , we all need to take a conscious call to either worry about **CORONA** all the time or start doing things with a positive mindset of "**KARO NA**" to utilize available time in order to stay **indoors, safe, healthy, happy, protected, energized, entertained, connected, organized, occupied and blessed** besides maintaining **social distancing**.*

*Thanks to members and their families for helping KKS donate Rs. 55000/- to NGOs and Govt. bodies involved in feeding needy people currently in crises, towards COVID-19 relief fund. We will continue to extend our help in all possible ways towards this noble cause.*

*It gives me great pleasure to present the latest edition of quarterly newsletter – **Kayastha Darpan** of Karnataka Kayastha Samaj (KKS). Please enjoy reading it and let us know your feedback so that we could improve it further. It is a platform 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 always guided us and are always there with us. We look forward to their continued guidance and participation in all our future events and initiatives.*

*Wishing everyone good health, happiness and strength to win over Corona at the earliest. I am sure we will have a better tomorrow soon. Our ongoing spirit and holistic approach to learning, unlearning and relearning will enable us to sail through this phase and we will emerge as winners to shape up our future well, leading to a better society from all angles.*

With Regards

**Animesh Bisaria**

**President, KKS 2014-20**

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# Karnataka Kayastha Samaj (KKS)

## Executive Committee (EC)

2020-21

1	<b>Mr. Animesh Bisaria</b>	9845102777	animeshbisaria@gmail.com
	President		
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We are at your service to help you network with Kayasthas, their families and friends to strengthen a larger family, promoting Kayastha values and supporting various social causes.



# PATIENT COUNSELLING

By R S 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.





## PATIENT COUNSELLING (Contd.)

By R S Bahadur

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.
- 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.





## PATIENT COUNSELLING (Contd.)

By R S Bahadur

- 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.**

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.





## **PATIENT COUNSELLING (Contd.)**

By R S Bahadur

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.**



## अभिलाषा

खिड़की पर बैठ देख सोचती हूँ.....  
दुनिया की चारो पहर की चहल पहल देख सोचती हूँ

रंग बिरंगी तितलियों को फूलों पर नाचते देख सोचती हूँ  
परिंदो को आकाश में आज़ाद उडान भरते देख सोचती हूँ

प्यार से भरे बच्चों के नवीनतम उमंग को देख सोचती हूँ  
युगल प्रेमियों के निस्वार्थ समर्पण को देख सोचती हूँ

विश्वास की नींव पे खड़े सच्चे रिश्ते की इमारत देख सोचती हूँ  
ममता और त्याग की मूर्ति माँ को देख सोचती हूँ

सर्वसम्पन्न शक्तिशाली नारी को देख सोचती हूँ  
सौंधी और ताज़ी बारिश की बूंदों को देख सोचती हूँ

सुंदर कोमल भवानयो को देख सोचती हूँ  
कि यह जरूरी नहीं,

दुनिया भर की सब खुशी आप के दमन में हो  
ओरो की खुशी मे शामिल होकर भी

खुशनुमा सकारात्मक रहा जा सकता है  
खिड़की पर बैठ दुनिया की चारो पहर की चहल पहल देख सोचती हूँ ....

देवयानी(संजना)

By Sanjana Srivastava





## KITCHEN CORNER - NEW DISH By Punam Bahadur



### Dates Cake

#### INGREDIENTS:

Dates (khajoor)	: 18 pcs (soaked overnight)
Milk	: ¼ cup
Flour	: 1 cup
Baking powder	: 1 tsp
Baking soda	: 1 tsp
Sugar	: ½ cup
Oil	: ¼ cup
Cashew or Walnut	: 1 tbsp

#### METHOD:

- Soak the dates in milk overnight. Deseed it.
- Add sugar & oil to the dates & milk and mix this in a mixer (make it into paste) and put in a bowl.
- In a separate bowl, sieve the flour, baking powder and baking soda together.
- Add the flour to the dates paste – 1 spoon at a time and slowly fold / mix it in one direction only.
- Pour this in the baking dish – bake it for 35 to 40 minutes at 180 degrees.



## अमन की तालीम

कविता

कलासिधु कुल कोमुदी



ऐ कबुलीवाले ब्रता  
क्या हाल है तेरे कतन का ?

क्या-क्या ब्रवां करूं  
कैसे दिल का खोझ उतारूं  
कितनों के आंसू पोछूं  
किससे मैं ये गम ब्याटूं ?  
आमियां के पत्थर जोड़ूं, या  
रक्तधारा को रोकूं ?  
हर दिल है खौफ से इस तरह परेशान,  
क्या रखूं भरोसा कि होगा वो मेहरबान ?  
यादियों को घमाकों की आदत सौ पढ़  
गई है  
उम्मीदों की रोशनी अंधेरों में दब गई है।

बस क्या कहूं, कैसे कहूं...  
ऐसा नहीं कि ये किससे नए हैं,

पर इस कदर कसब्रे उजड़ गए हैं...  
यकॉ नहीं होता-इंसान की ये कैसी नस्लें  
हैं  
जो जन्म की नींव कब्रगाह में बनाते हैं ?

कैसे कहूं इस मंजर को भुला दो, दोस्त  
जो सामने है, उसे मिटा दो, दोस्त  
आओ, बैठ कर कुछ देर सुस्ता लें  
हाथ से हाथ मिला लें  
प्यार से तकदीर बदल दें ॥

या रख, अमन की तालीम हो,  
तरबकी हो, इंसानियत हो !  
गर अबादी ही बर्बाद हो जाए,  
कुछ और फिर मिले  
या ना मिल पाए...



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# EVERY SUNSET PROMISES A NEW DAWN

By Kanishk Saxena

15th April 2020 marks my last day as the Google Developer Student Clubs Lead. We've come a long way since 25th January 2019 when I was selected as the Lead for Developer Student Clubs - SMVIT. It was after the 2 rounds of the interview that I had got my selection email. My happiness knew no bounds at that time. At the same time, I had a lot of questions in my head as to how I could utilize the best out of this opportunity to make my club stand out.

Over the last 15 months, DSC SMVIT club has seen immense growth and has become popular all over the country. This club has benefitted people who are freshers in our college and even who are experienced in their specific domain. This club has trained thousands of students leveraging each child's potential. The community has more than 1000 people with each student training more and more people. Now the community has spanned over different cities and countries of the world. But all this success does not belong just to me. The success belongs to each and everyone associated with this club - the Core Team members, extended organizing team, our faculty mentors, college administration and all the students who are acquiring and sharing their knowledge.

As my term as a Lead ends today, I will never forget all the valuable assets this club has given me, all the wonderful moments from organizing various events to attending the Global DSC Summit at Goa, a lot of friends and a great set of mentors who guided me. To this day, each moment resonates within me. Today only my name would be changed from the position but the club will still keep on growing and educating millions of people around the globe. All my DSC Core Team members and I would depart together but not before nominating a set of gems from our college who would replace us and would make this club reach newer heights each day.

Kanishk Saxena  
Research Intern, IBM Research Labs  
Ex - Lead 2019-20, DSC SMVIT



# कोरोना क्षणिकाएं

## सुभाष खरे



सुकून नहीं तो सब्र सही कुछ तो दिया है  
तूफ़ाने हमें थमने पर मजबूर किया है  
तन्हाई की तासीर को हम भूल चले थे  
पर अब तो रफ़्तार से रुख मोड़ लिया है

कदमों को सम्भालो तो ये खुद पर अहसान होगा  
वरना ये मुल्क कभी खुद से पशेमान होगा  
वक़्त को थाम लो तो ये मंज़र बदल सकता है  
जो ना थामा तो ये चमन जल्दी ही बियाबान होगा

ये हौसला तो रहे कि ये दौर गुजरेगा  
पर ये वहम न हो कि सब ठीक है  
ज़हर फ़िज़ाओं में है ये याद रहे  
हसरतें थामो कि जहाँ आबाद रहे

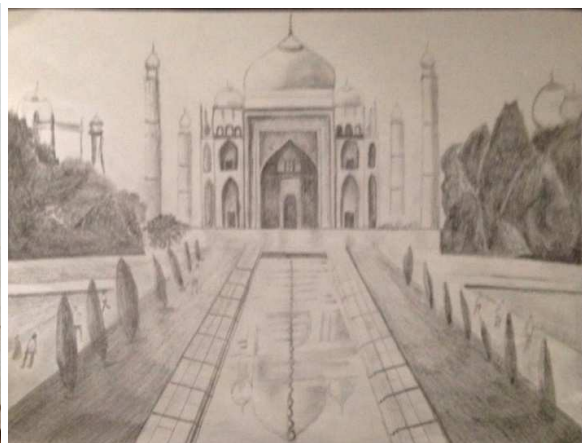
कब सोचा था एक दिन होगा एकांत बड़ा जीवनदायी  
स्वयं की रक्षा करने को हर एक स्वयं उत्तरदायी  
स्पर्श भी घातक हो सकता, काल की निर्ममता देखी  
संयम से संक्रमण रुके, जो ना मानो तो कठिनाई

अभी तन्हाइयों में खुद से मुलाकात हो गयी  
महफिलों से मिली फुरसत तो ये बात हो गयी  
दिन की चकाचौंध में जो कभी दिख न सका  
क्या साफ़ नज़र आया जो स्याह रात हो गयी

आज फिर किसी की दुआ ने मेरे दरवाजे पर दस्तक दी है  
बंद घरों में अब कोई किसी का इंतज़ार नहीं करता  
आहटों का और दस्तकों का ऐतबार नहीं करता  
किसी खैरख्वाह ने आज फिर जीने की चाहत दी है

## PAINTINGS

By Mrs. Raj Mathur



## KKS EXTENDS HELP TO COVID-19 RELIF FUND

Karnataka Kayastha Samaj (KKS) extended its small help to the society and donated a small sum of Rs. 55000/- towards COVID-19 relief fund. KKS identified four NGOs and Government bodies keeping in mind the objective of helping needy people currently in crises due to outbreak of Corona virus and country wide lockdown.

- 11000/- To Prime Minister National Relief Fund
- 11000/- To Karnataka Chief Minister Relief Fund COVID-19
- 11000/- To Akshaya Patra Foundation to feed needy people through Iskcon, Bangalore
- 11000/- to Rashtriya Swayamsevak Sangh (RSS) to provide food kit to daily wage workers

We could do it only because of prompt contributions made by the members and KKS is really blessed to have members who are always willing to come forward to contribute to social causes. We will continue to donate based on collection at our end. KKS thanks all members and their families for the support extended towards this noble cause. Contributions made by the members include:

- |   |            |
|---|------------|
| • Mr. Mayank and Deepa ji                               | Rs. 5000/- |
| • Mr. Animesh and Anupam ji                             | Rs. 3000/- |
| • Mr. Avinash and Ritu ji                               | Rs. 3000/- |
| • Mr. N K Srivastav and Usha ji                         | Rs. 3000/- |
| • Mr. Rai S Bahadur and Punam ji                        | Rs. 2500/- |
| • Mrs. Anita Srivastav ji                               | Rs. 2000/- |
| • Mr. Rajiv and Baljeet ji                              | Rs. 2000/- |
| • Mrs. Ruchi and Reetesh                                | Rs. 1100/- |
| • Mr. Manoj and Sanjana ji                              | Rs. 1500/- |
| • Mr. Parag and Alka ji                                 | Rs. 3000/- |
| • Mr. Rajani Kant and Geeta ji                          | Rs. 2000/- |
| • Mr. Prabin and Shobha ji                              | Rs. 3000/- |
| • Mr. Chitransh Srivastav                               | Rs. 200/-  |
| • Mr. Rahul and Mamta ji                                | Rs. 2500/- |
| • Mr. Ravish and Soumya ji                              | Rs. 1500/- |
| • Mr. A K Srivastav and Sunita ji                       | Rs. 1100/- |
| • Mr. I B Srivastav and Damayanti ji                    | Rs. 1500/- |
| • Mr. A M Mathur and Deepa ji                           | Rs. 2000/- |
| • Mr. Raghu Mathur and Vibha ji                         | Rs. 2000/- |
| • Mr. Prabhat Argal                                     | Rs. 2000/- |
| • Dr A K Saxena and Rashmi ji                           | Rs. 1100/- |
| • Mr. Shailendra Verma                                  | Rs. 2100/- |
| • Ms Shreya Animesh D/o Animesh Bisaria & Anupam Saxena | Rs. 7500/- |

**Total**

**Rs. 54600/-**



## \*ॐ श्री चित्रगुप्ताय नमः\*

\*जय चित्रांश\*

हिंदुओं के हिन्दी संवत् मास \*चित्रमास\* है जो \*अपभ्रंश\* होकर \*चैत्रमास\* हो गया है। यह मास \*चित्रगुप्तजी\* के नाम से है। इसी \*चित्रमास\* के पूर्णिमा\* को \*चित्र (चित्रा) नक्षत्र\* में ब्रह्माजी जी द्वारा 11000 साल\* की तपस्या करने के उपरांत उनकी \*काया\* से श्री \*चित्रगुप्तजी भगवान\* मध्यप्रदेश के \*उज्जैन\* जिले में \*क्षिप्रा नदी\* के तट पर उत्पन्न हुए थे।



उज्जैन में ही काफी \*पौराणिक चित्रगुप्त मंदिर\* भी हैं जहाँ \*प्रसाद\* के रूप में \*कलम, दवात\* चढ़ाया जाता है जिससे प्रसन्न होकर श्री चित्रगुप्त भगवान अपने भक्तों को मनवांछित फल प्रदान करते हैं, साथ ही \*कायस्थ\* के \*चार तीर्थो\* में उज्जैनी नगरी में बसा श्री चित्रगुप्त भगवान का ये मंदिर \*पहले नंबर\* पर आता है।



चित्रमास की पूर्णिमा \*चित्र पूर्णिमा अर्थात् चित्रगुप्त पूर्णिमा\* कही जाती है।



\*कांचीपुरम्\* चेन्नई में \*चित्रगुप्तजी\* का प्राचीन मंदिर है। \*पूरे दक्षिण भारत\* में \*चित्र पूर्णिमा\* के दिन को \*चित्रगुप्तजी का जन्मदिन\* मनाया जाता है और \*चित्र पूर्णिमा\* से वैशाख पूर्णिमा\* तक यम नियम का पालन किया जाता है।

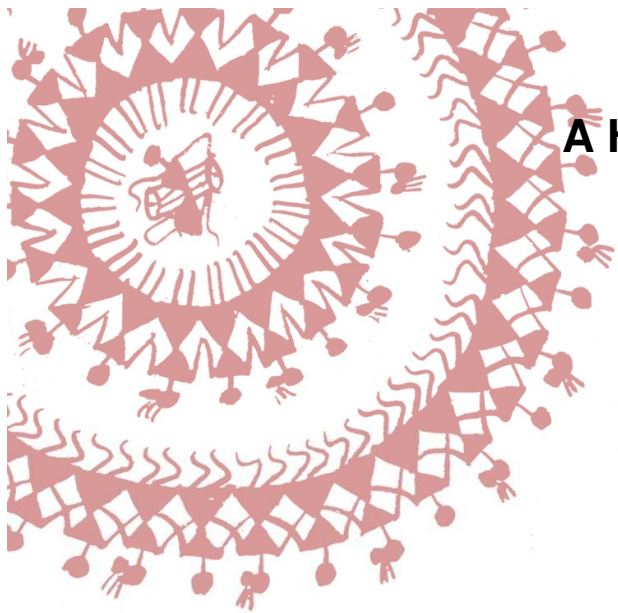


इस पूरे \*मास\* को \*चित्रगुप्तजी\* के नाम से ही \*चितरई मास\* कहा जाता है।

Source – WhatsApp

Contributed by **N K Srivastava**





## **A Hominid's Journey**

By **Amir Liam Sahay**



A cave is built  
Without shame nor guilt  
A man rises  
Wins nature's prizes  
The words are formed  
Civilizations are stormed  
Through Greece they walk  
Caves full of chalk  
They reach Persia  
Landing in Xia  
Mohammad is born  
The Viking's horn  
The Empire's fall  
The hominid stands tall

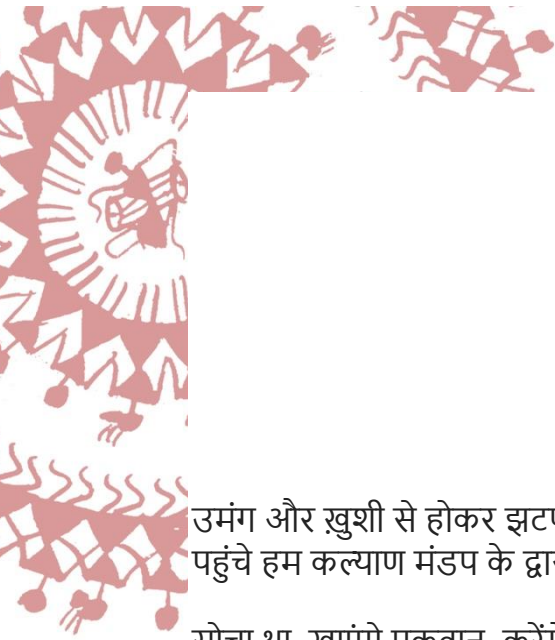
### **KKS ATTENDS DIWALI EVENT - PHULJHARI 2019 OF VIDYA**

An NGO empowering and transforming underprivileged women across the world, KKS is proudly associated with



**Thanks to Dr. Deepa Srivastava, Director, VIDYA  
President, KKS with the Senior Officials of VIDYA**





# \*करोना में शादी\*

By Dr. Usha Srivastav



उमंग और खुशी से होकर झटपट तैयार,  
पहुंचे हम कल्याण मंडप के द्वार!

सोचा था ,खाएंगे पकवान ,करेंगे मौज मस्ती,  
और मित्रों संग करेंगे बातें चार।।  
पर ...जो कुछ हुआ सुन लो,तुम भी आँखों देखा हाल !!

मेरिज हॉल में चारों तरफ,डेटॉल की खुशबू महक रही थी!  
अन्य बातें छोड़,सिर्फ "करोना" की ही चर्चा चल रही थी!!

रिश्तेदार,मित्र,परिचित,सभी मिल रहे थे,आपस में हँसते-हँसते!  
मगर,हाथ मिलाने,गले लगाने की बजाय,कर रहे थे,सिर्फ नमस्ते!!

दूर-दूर खड़े थे सभी,शादी वाले हॉल में!  
रंग बिरंगे मास्क रखे थे,पहली वाली स्टॉल में!!

इत्र वाले ने निभाया,सैनेटाइजर छिड़कने का टास्क!  
महिलाएं पहने हुए थी, ड्रेस/साड़ी से मैचिंग वाले मास्क!!

तीन फ़ीट की दूरी रखकर ,दूल्हा-दुल्हन बैठे थे स्टेज पर,  
वरमाला भी पहनाई गई,दूर से ही फेंककर!!

हमने भी इस कार्यक्रम को देखा,टीवी स्क्रीन पर थोड़ा दूर से!  
मेकअप दुल्हन का किया था,एंटीसेप्टिक क्रीम और कपूर से!!

फेरों में भी उनके हाथ,एक दूसरे को नहीं थमाए गए!  
फेरे भी उनके 2मीटर की दूरी से कराए गये!!

बातों को देकर विराम,खाना लेने ज्योंही हमने घुमाई पीठ, उधर पंडित जी को आ गई,बड़ी जोर से  
छींक!!

एक सन्नाटा सा छा गया,पंडाल में चारों ओर!  
दुल्हा,दुल्हन घबराकर,  
चल पड़े नहाने,मंडप छोड़!!

अचानक छींक ने मचा दिया उत्पात ,  
उपस्थित जन एक दूजे की,शकल रहे थे ताक!!



## \*करोना में शादी\* (Contd.)

By Dr. Usha Srivastav

छोड़कर खाना भूखे ही, मेहमान घर को भागने लगे!  
यहां तक कि केटर भी, अपना सामान बाँधने लगे!!

इस तरह शादी में जाकर भी, हम रह गए भूखे!!  
जैसी हम पर बीती, वैसी किसी पर भी ना बीते!!-2

पर जाते-जाते देखा अचानक, हॉल के एक कोने में,  
करोना खड़ी थी तैयार, दबोचने को नया शिकार!  
देखते ही उसे साक्षात्, चढ़ने लगा हमें 104 बुखार!!2

फिर भी हिम्मत कर बोले, देवीजी! तुमसे विनती है हाथ जोड़कर!  
इस दुनिया से अब तुम जाओ, जल्दी ही हम सबको छोड़कर।।

लेकिन सबक जरूर सिखाना उनको,  
जो सरकार का कहा नहीं मान रहे!  
लोगों में फैलाकर बीमारी, दर्द-परेशानी बाँट रहे!!  
उनको भी समझाना, ना माने तो डराना, धमकाना,  
जो मँहगा सामान बेच रहे हैं, तेरे नाम पर!!

देख "करोना" को चुपचाप सुनते हुए, हिम्मत कर दे दी उसे धमकी!  
ए करोना! फिर से आने की सपने में भी ना सोचना!  
यदि, की हिम्मत तो, पड़ेंगे अपने बाल नोचना!!

तब सर झुकाकर करोना बोली, भारत में रहना, सारे जहां से है कष्टकर,  
मोदी जी के आगे, मेरा भी जीना हो गया है दुष्कर,  
उनकी एक आवाज पर सभी ने खूब बजायी शंख, घण्टी ओर थाली,  
दीपक, मोमबत्ती जलाकर कर दी रात उजियाली।।  
जहां के प्रधान हों ऐसे महान, उस देश को बारम्बार प्रणाम।।

आगे कहा: पर घर में भी सावधानी से रहोगे,  
तभी परिवार संग मौज मनाओगे,  
और तब ही स्वयं एवं दूसरों को सुरक्षित रख पाओगे!!

चिंता ना करो, मेरा यह तुमसे वादा, दोबारा भारत आने का मेरा न कोई इरादा!!

लगता था भारत आकर हो गयी गलती उससे भयंकर,  
हाथ जोड़कर, चल पड़ी, सरपट खुद को बचाने अपने घर के अंदर !!





## KKS WELCOMES NEW LIFE MEMBER

I am a woman who wants to enjoy every beautiful aspects of life therefore a writer, photographer, singer, motivational speaker and aspiring to learn more about life each day.

By profession HR and IT personnel. Worked in reputed organization like GE healthcare Modi xerox and Sheetal agro. As an educationist worked as regional head ICSQC which believes in student quality is improved by behavioural values than knowledge alone.

Following are degree achieved like Dip in IT(NIIT) and ISCT, MBA(HR)-Sikkim Manipal University, (Executive certificate leadership from Jack welsch management institute (USA). One of the first women to get 70% scholarship from American university. EPHRM from IIM(C) with distinction.

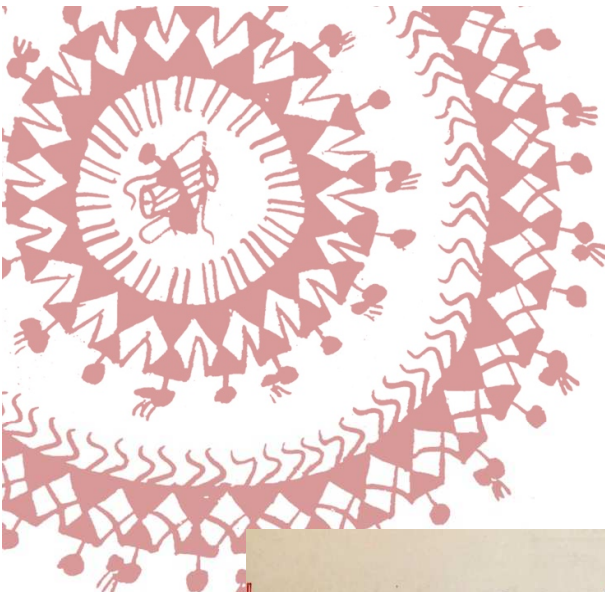
Along with upskilling myself professionally, I have been keenly volunteering for large community(10000+resident) services marching up from one elected Executive roles as Jt. Sec, Secretary, VP, and now as President in span of four years consecutively (2015-2019). Besides this Ambassador to Jobsforher, Cluster leader of BAF (Bangalore Association federation) and volunteer to Indian Music Experience.

As in personal life happy wife of Manoj, daughter of Kuntibihari, mother to two sons Adithya and Kunal and all wonderful relations bestowed upon me. But my galaxy of rocking friends and extended services have been my pillar support in all my endeavours.

Extend my gratitude to induct me as part of EC team of KKS and aspire to deliver my best. Journey of my services to community and nation is rolling off in different roles that come on way, while miles to go, before i sleep, miles to go.

Thanks and regards  
**Sanjana Srivastava**





# NANHI KALAM SE

By Animesh Bisaria



“ गज़ल ”

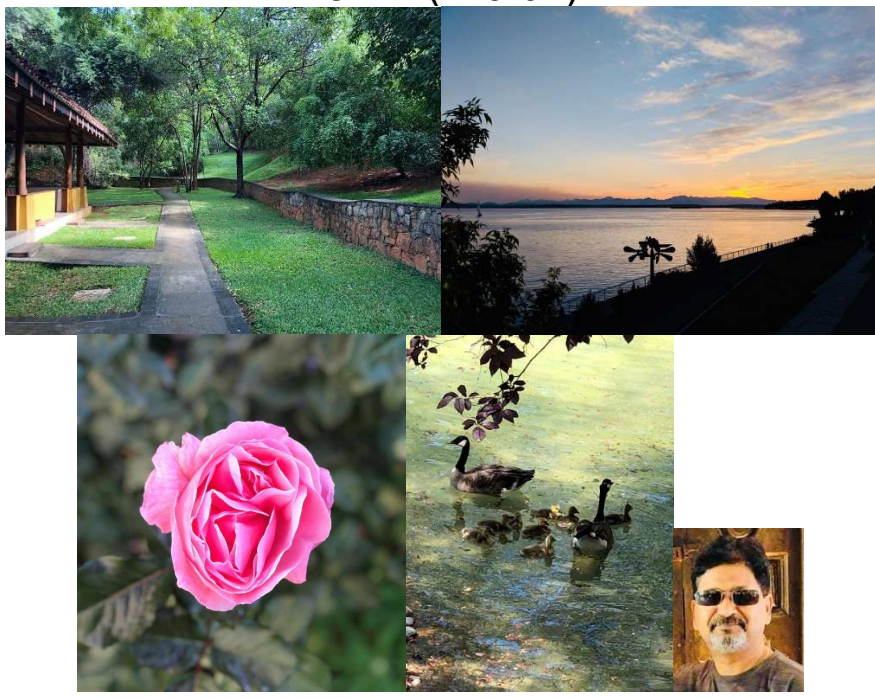
कैसे हैं सब तमन्ना चांद तारोंकी , खुद की गैरत की भूलकर  
न भूलने का जहाँ में जुगनुओं में ही उकाश या लिया होना  
याद करते हैं, सब फिरतो की भूलकर अपने ही रिश्ते की  
न भूलने का उस जहाँ में ही सहारा मिल गया होना।  
म्या जस्त थी रुखिता से रिबलेन फूलों की तोड़ने की  
न तोड़ने का धंभरी की ही फूलों का रस मिल गया होना  
हमसे क्या पूछते हैं, पूछो क्या की उन हंसो बहारों में  
जिनसे नचते हैं खुदा का डगारा ही समझ लिया होना  
हम उनके तसुवर में , उनकी चादर में खोते ही चले जैसे  
कोछिशा करते तो अपना उजडा चमन ही बसा लिया होना  
उब जशी हैं, अब हर उम्मीद की किस्ती गम की धारा में  
न शक्ती का उस जहाँ में ही सिरारा बुनन्द कर लिया होना।

“ गज़ल ”

आज सौर लमई बिन आवाज ही  
क्यू वक्त के हमराज बनकर रह गये  
था बरसों से जिनका साथ वही आज  
क्यू बस एक याद बन कर रह गये  
जो दिलों में दिल की चैन वही  
क्यू आज दिल बैचन कर गये  
जाना था उनको कैसे भी कल फिर  
क्यू आज फुलशन सूना कर गये  
खुब किया था हमने लौटा मिलका उनसे  
क्यू अब सिर्फ मोहताज होकर रह गये  
जैसे ही हर गम की सदन कर लेते थे फिर  
क्यू आज हर कोछिशा बरके हर जैसे  
धूने हम उनके कुछ भी न था फिर  
क्यू एक अनजाना दर्द बिसे रह गये  
उनको का किनारा मिल ही गया अब  
क्यू हम ही दरिया में रह गये।

# NATURE AT ITS BEST AT SRI LANKA, SEATTLE, LEH & CA

By Animesh Bisaria  
PC – EX (iPhone X)



# KKS ANNUAL PICNIC – INVITATION CARD ART



ಕರ್ನಾಟಕ ಕುಟುಂಬಗಳ ಸಂಘ (ಕೆಎ) ಹಂಪಿ  
Delicious by pen power...

19th Jan SUNDAY  
9.00am-9.00pm  
NANDI HILLS  
999/pax

let's picnic

Mount Palazzo Resort

ಕರ್ನಾಟಕ ಕುಟುಂಬಗಳ ಸಂಘ (ಕೆಎ) ಹಂಪಿ  
Delicious by pen power...

let's picnic

Mount Palazzo Resort  
NANDI HILLS  
19 Jan Sunday 12.00 noon  
to 6.00 pm @999/person

Picnic could not be organised due to less participation of members



# MADHUBANI PAINTINGS ON PAPER AND WOODEN TRAY

By Mrs. Vandana Dayal



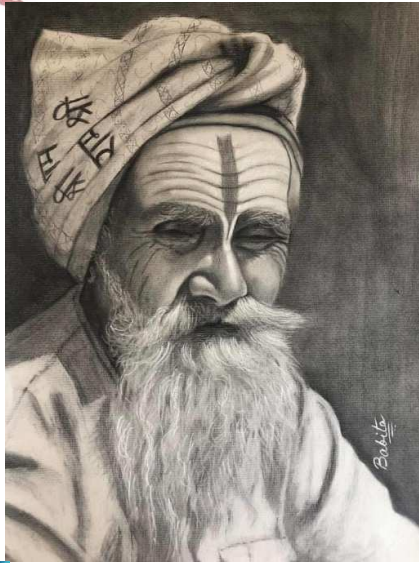
# FLORAL PAINTINGS

By Shreya Animesh



# CHARCOAL SKETCHES AND PAINTINGS

By Mrs. Babita Saxena



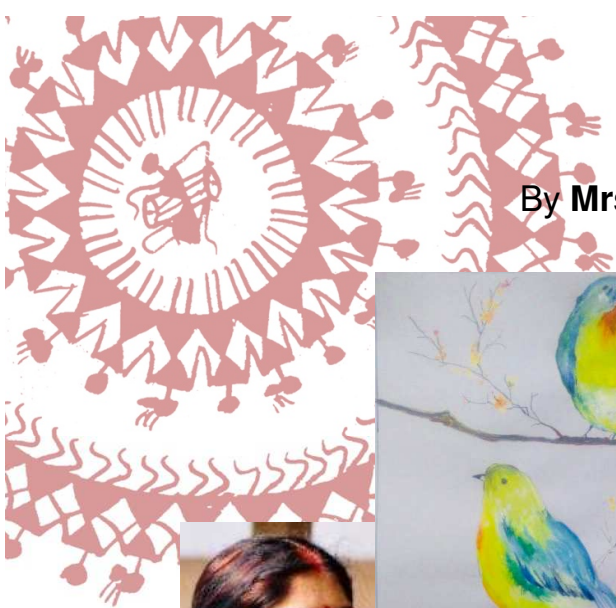
## ART WORK (KIDS SECTION)

By

Master Shubhan Srivastava (4+ yrs.) & Ishaan Srivastava (7+ yrs.)

Little Hands at Gardening





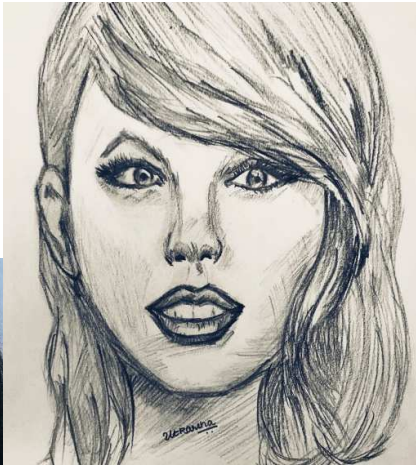
# PAINTING

By Mrs. Poonam Saxena



# SKETCH

By Utkarsha Prakash



# ART WORK (KIDS SECTION)

By Avni Saxena and Arshi Saxena





# VACCINATION AND COVID-19

By Dhruv Kumar



With the current pandemic, many companies have begun projects in hopes of developing a vaccine. However, with so many different pieces of information, it can be difficult to understand how vaccines work, what is being done, and what can we expect in the future from these companies.

First of all, it is crucial to understand why vaccines are a major step in reducing the spread of a certain disease. To put it simply, a vaccine is a dead virus. When done correctly, this virus does no harm to the patient because the virus is already dead, but the body sees the virus and begins preparing for an attack by creating antibodies. Antibodies are the body's defense mechanism against a virus. Later, when the person is infected with the disease, his/her body is already prepared and is more likely to recover.

With vaccination, the term herd immunity is many times associated with it. Herd immunity is where a majority of the population builds up immunity to the virus, or receives a vaccination for the virus. This increase in immunity reduces the spread of the virus in the population as less people will get/transmit the virus. Herd immunity helps those with weak immune systems as well as those who are not vaccinated. As stated in the name itself, herd immunity can only be achieved when approximately 95% of the population is immune to the virus. If less than 95% of the population is immune to virus, then it is very likely that virus will still spread throughout the area.

It seems as though we have been in social distancing for quite a while, but the time we have spent so far inside is just the tip of the iceberg. One of the probable ways to remove the virus from society would be the vaccination of the entire population. This poses a problem because vaccines for Covid-19 are predicted to first appear approximately 12 months from now. Many wonder why the process of vaccination research takes so long and why they cannot produce them now. The answer lies within the regulations of the FDA (Food and Drug Administration) which handles the approval of drugs and vaccines created. The FDA has strict procedures that each vaccine/drug must go through before it is allowed to be made. Vaccines/drugs must prove that they are not harmful to the patient and also prove that they are effective in helping the patient combat the disease. This procedure (clinical stage) is broken down into 3 phases through which the vaccine/drug is tested on various patients.

Vaccines are given to patients in order to prevent them from getting the disease. On the other hand, treatments (drugs) are given to those who have already gotten the disease. Many vaccines are currently in Phase 1 of the clinical stage and have a while to go. On the promising side, some treatments are in Phase 3 of the clinical stage (the last stage).

In summary, it is important that we keep our hopes up in times of difficulty. A vaccine is still a long way away, but a treatment might come soon. Regardless, we must do our best to stop the spread of the virus and stay at home in these hard times.



## DIGITAL INITIATIVES TAKEN BY KKS

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 so far include:

- *Digitization of Records* - Important documents including photos of its rich history since its beginning have been stored onto Google Drive in digital form.
- **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.
- **Event Invitation Cards** – Digital invites have been in practice for many years. This has helped us bring out creativity of members.
- **Website** – KKS launched its multi feature website [www.karnatakakayasthasamaj.org](http://www.karnatakakayasthasamaj.org) during Diwali event on 20th October 2019 at Hotel Pride, Richmond Road, Bangalore and thereafter, made it public on 4<sup>th</sup> April 2020, providing various features to members including online payment.
- **Online EC Meeting** – KKS had its first ever EC meeting remotely over Zoom on 5<sup>th</sup> April 2020.
- **Online Presence** – KKS has its page on FB for many years.

Animesh Bisaria  
President, KKS

### Editorial Board for this Release

**Logo & Cover Design:** Shreya Animesh (SDE, Hitachi Vantara, Santa Clara, CA, US)

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

**Creativity & Compilation:** Anupam Saxena

**Managing Editor:** Animesh Bisaria

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





# TIME TO MENTOR YOUNG MINDS

## By Animesh Bisaria



I got an opportunity to get associated with Veer Bahadur Singh Purvanchal University, Jaunpur as one of the Board of Governors. Helping students learn and excel in their career by focusing on preparing what industry looks for.





## **TIME TO MENTOR YOUNG MINDS (Contd.)**

By **Animesh Bisaria**



### **15 Cs FOR SUCCESS**

- Confidence
- Communication
- Concept
- Clarity
- Challenge
- Creativity
- Courage
- Curiosity
- Consistent
- Collaboration
- Criticism
- Customer focus
- Clear Goals
- Commitment
- Cost

### **3 Cs FOR FAILURE**

- Casual approach
  - Confused mind
  - Comfort zone
- And not changing with changing times

### **APPROACH AND STRATEGY**

- Be different by thinking and doing things differently
- Be willing to learn, unlearn and relearn
  
- Wherever you go and whatever you do, make sure you are known by your work first then name



## KKS EXECUTIVE COMMITTEE (EC) MEETINGS



Held on 4th Jan 2020 at the residence of Mrs. Punam and Mr. R S Bahadur ji



Held on 29<sup>th</sup> Feb 2020 at Vega City Mall, Bannerghatta, Bangalore. Missed capturing Mrs. Jyoti and Mr. Subhash Khare who were also present in the meeting, in above frame

Remote meeting held on 5<sup>th</sup> April over Zoom with 8 EC members



# क्षणिकाएँ अमिताभ सक्सेना



किंकर्तव्यविमूढ़ बनाता  
प्रश्नचिन्ह है खड़ा हुआ,  
अगणित राहों, गंतव्यों से  
यह जीवन-पथ जड़ा हुआ।  
सब-कुछ ग्राह्य नहीं, बहुत कुछ  
अग्राह्य ही रह जाएगा,  
तर्क समझ को धता बताकर,  
दिल है ज़िद पर अड़ा हुआ!

– Amitabh Saxena

YourQuote.in

मुझे यान पर  
समुद्र पार करना  
हमेशा अच्छा लगता है,  
क्योंकि हर यात्रा में  
होती है उम्मीद-सी  
कि दुनिया जो है इस तरफ़  
शायद समुद्र के उस तरफ़  
हो उससे बेहतर।  
जारी हैं यात्राएँ सतत  
उम्मीदों के ईंधन पर।

– Amitabh Saxena

YourQuote.in

लक्ष्य-प्राप्ति

YourQuote.in

हल्की ठोकरों से बनेगी, बात न ऐ दोस्त अब  
चोट गुरु-हथौड़े की सतत होनी चाहिए।  
टिमटिमाती हुई लौ, कुछ भी न करने पाएगी  
शक्ति-रंजित धारदार लपट होनी चाहिए।

- अमिताभ सक्सेना

– Amitabh Saxena

अपने भीतर छिपी  
अनंत अग्नि को  
लाओ बाहर  
कार्य में परिणत कर।  
अनेकों की रातों को  
करे आलोकित जो  
बन प्रकाशस्तंभ  
या रात का अकेला  
चंद्र-तारा बनकर।  
...ऐसे भी  
बन सकते हो तुम  
किसी की रात का चाँद!

– Amitabh Saxena

YourQuote.in

हो धुंधलका या उदासी, जब तुम्हारी हार हो।  
जीतने का मंत्र है - बस सोच को विस्तार दो।।

– Amitabh Saxena

YourQuote.in

## क्षणिकाएँ (Contd.) अमिताभ सक्सेना

### \*माँ और कविता\*

मुश्किलें जब  
इस जीवन की  
सपनों को आहत करती हैं,  
मां-जैसी  
कविताएँ तब  
मरहम बन राहत देती हैं,  
लड़ने की ताकत देती हैं!

### \*यान पर\*

मुझे यान पर  
समुद्र पार करना  
हमेशा अच्छा लगता है,  
क्योंकि हर यात्रा में  
होती है उम्मीद-सी  
कि दुनिया जो है इस तरफ़  
शायद समुद्र के उस तरफ़  
हो उससे बेहतर।  
जारी हैं यात्राएँ सतत  
उम्मीदों के ईंधन पर।

### \*असमंजस\*

किंकर्तव्यविमूढ़ बनाता  
प्रश्नचिन्ह है खड़ा हुआ,  
अगणित राहों, गंतव्यों से  
यह जीवन-पथ जड़ा हुआ।  
सब-कुछ ग्राह्य नहीं, बहुत कुछ  
अग्राह्य ही रह जाएगा,  
तर्क, समझ को धता बताकर  
दिल है ज़िद पर अड़ा हुआ!

### \*मंत्र\*

हो धुंधलका या उदासी, जब तुम्हारी हार हो।  
जीतने का मंत्र है - बस सोच को विस्तार दो॥

### \*ऐसे भी\*

अपने भीतर छिपी  
अनंत अग्नि को  
लाओ बाहर  
कार्य में परिणत कर।  
अनेकों की रातों को  
करे आलोकित जो  
बन प्रकाशस्तंभ  
या रात का अकेला  
चंद्र-तारा बनकर।  
...ऐसे भी  
बन सकते हो तुम  
किसी की रात का चाँद!



**KKS QUARTERLY NEWSLETTER – KAYASTHA DARPAN  
NOVEMBER 2019 EDITION**

**Appreciation from Members**

सही अर्थों में कायस्थ समाज की योग्यता का दर्पण दिखानवाला \*कायस्थ दर्पण\*  
हार्दिक बधाई एवम असीम शुभकामनाएँ 🙌🙌🙌🙌🙌

**Dr Usha Srivastav**

Very well coordinated and news with good contents. Congrats Anupam  
and Animesh bhai ..lovely efforts 🙌🙌🙌🙌🙌

**Mrs. Jyoti Khare**



**Avinash Srivastav**

News letter is really very interesting. great work, AnuAni.

**Mrs. Baljit Saxena**

Excellent one, setting new benchmark, great efforts by Team special  
mention of Annu Ji. We must maintain this.

Regards,

**Rajani Kant and Geeta Srivastava**

Lovely newsletter. Beautiful art works by Shreya, Babita ji, Shubham &  
Ishan. Thanks a lot, Animesh ji & Team.

**Mrs. Vandana Dayal**

A very nice and superbly edited Newsletter. Congratulations Animesh ji.

**Prabhat Argal**

Excellent Newsletter!! Variety of subject well-coordinated.  
Congratulations to all the contributors and for well compilation.

**Dr Usha S**

Outstanding Newsletter, congratulations to all specially to  
AnuAni team.

**Mayank Srivastava**

Good work. Compliments.

**A k Varma**





**KKS QUARTERLY NEWSLETTER – KAYASTHA DARPAN**  
**July 2019 EDITION**

**Appreciation from Members (Contd.)**

Superb efforts & very nice contents well presented. Kudos to the team. 👍👍👍👍👏👏👏👏

**Dr A K Saxena**

Three cheers for KKS president and his team for a great newsletter, read twice because there are many good articles, well covered events. We really have so much talent in our KKS. Members. Loved the paintings by Dear Vandana and Shreya. Congratulations to Dr. Deepa Srivastava for training and providing jobs to underprivileged girls. 🙌🙌👍👍

**Mrs. Kiran Rawar**

Thanks. Very commendable.

Regards

**Avani Varma**

Today, I had a chance to go through the contents of the newsletter in detail, found it well organized, good contents and formatting, adequate coverage of KK Samaj activities, well edited and finally must-read Newsletter. Certainly, a lot of hard work would have gone into it. Congratulations to Anupam ji, Animesh and all content providers for an excellent piece of creative work. Keep it up.

**N K Srivastava**

Thanks, Animesh and the entire editorial team.

Regards,

**Abhay Sharan**

Dear Sri Bisaria

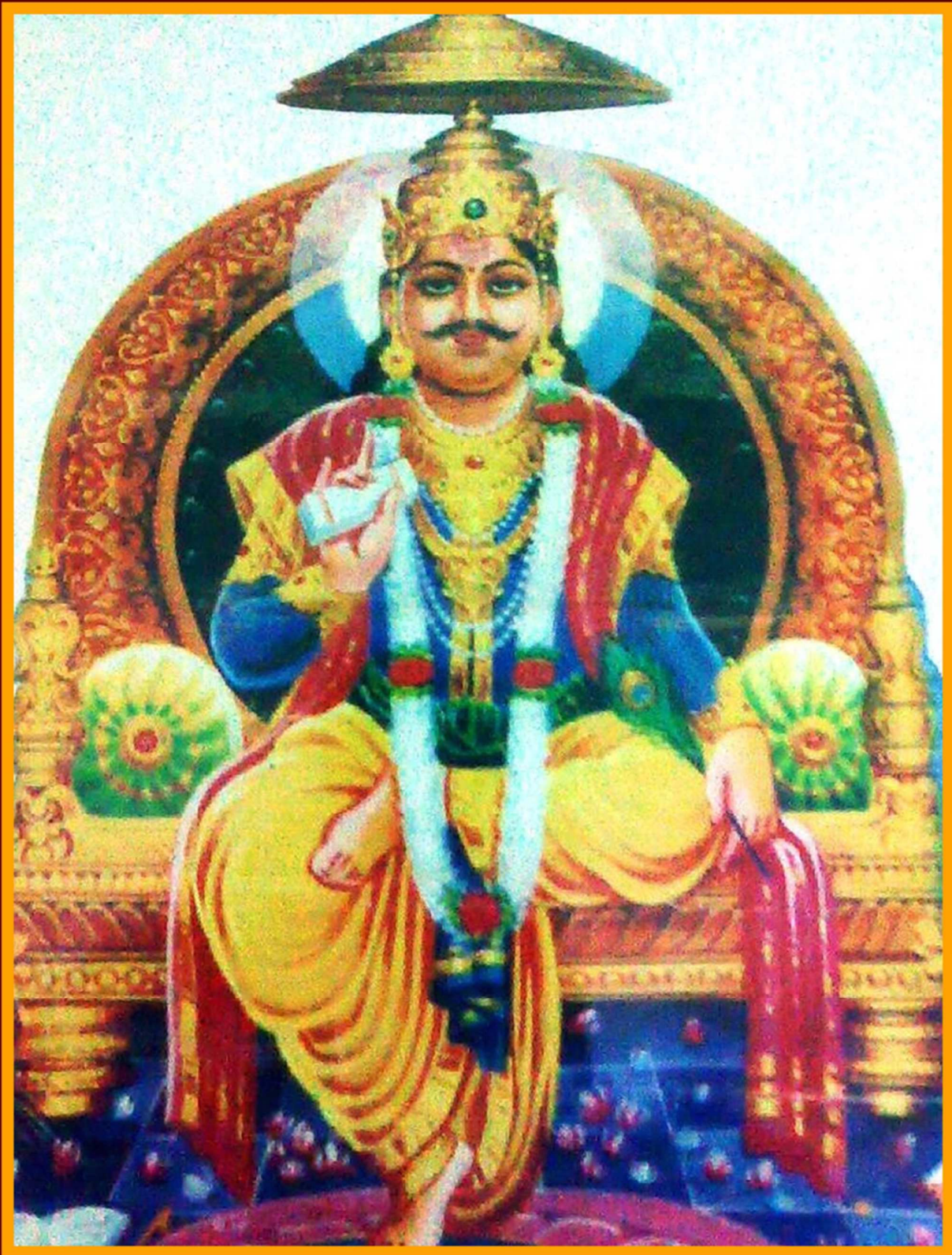
Million thanks for sending to me PDF version of Newsletter.

It was a pleasure going through it. I felt happy once again to belong to this learned family of Kayasthas.

Best wishes

**Col Varma**





ॐ श्री चित्रगुप्ताय नमः