

Nagesh Shirali

1843 Fumia Place

San Jose CA 95131

PANCHADIK

KAOCA PICNIC

Date: Saturday, August 20th, 2005

Location: Pavilion, Central Park, Santa Clara. (909 Kiely Blvd., Santa Clara, California 95051)

<http://ci.santa-clara.ca.us/pdf/collateral/CentralParkMap.pdf>

Start time: 11.00 am

Entrance Fees :

(with RSVP): Members Only Adults : \$12 Kids (Upto age 10) : \$8; 5 & under free

(without RSVP) & Non Members Adults : \$15 Kids (Upto age 10) : \$10; 5 & under free

Membership Fee:

KAOCA membership fees cover the cost of membership from January 1, 2005 to December 31, 2005.

KAOCA 2005 membership fees for a family - \$30

KAOCA 2005 membership fees for one person - \$20

RSVP Date : August 8th, 2005

Note: Entrance fees cannot be refunded or adjusted after RSVP date.

Payments for membership and picnic can be made through Paypal at www.kaoca.org or sending a check payable to KAOCA

(c/o Nandini & Prashanth Bhat)

1267 Lakeside Dr #1089

Sunnyvale, CA 94085

From the President's Desk

Namaskaru!

Summer is here! We are excited to announce our KAOCA picnic. The summer event is planned for Saturday August 20th, 2005 at the Pavilion of the beautiful Central park in Santa Clara. The KAOCA committee is planning games for all ages. Let's have fun together by playing the games we all like. Please bring your family & your friends too.

Also, on Sunday August 7th, 2005 KAOCA is arranging a Choodi Pooja at the Hindu Temple in Sunnyvale. Ladies interested in taking part in this group Shravana Masa pooja are requested to RSVP Muralidhar Kamath at mkamath98@yahoo.com or 408-246-3989 by August 2nd. Please bring Choodi, Kalash and Pooja samagri. The Pooja will start at 11.00 am and will be completed by noon. Following this Preeti Bhoj has been organized.

I am glad to share the overwhelming response from our community at the 2005 KAOCA Sports day on May 14th, 2005 at ICC, Milpitas. Ladies, gents & children of all ages participated in the games that were organized. Chess, Carom & Ping Pong were a major success. Congratulations to the winners and special thanks to all the participants. Please check <http://www.kaoca.org/2005/eventupdates.php> for photos and results.

I encourage you all to attend both the summer events planned (Picnic & the Chudi Pooja). Look forward to your participation and continued support.

Yevnu Gammath Karachi!

Dev Baren Karo.
Muralidhar Kamath

PS: Please send articles for future issues of Panchadik to nagesh_shirali@yahoo.com

Birth Announcements

Baby Boy - "Neil". He was born on March 7th 2005 to Shanthi & Praveen Kamath of San Jose, CA.

Baby boy - "Shubhan" was born to Jyothi (nee Philar) and Kiran Kaushik of Santa Clara, CA on June 10th, 2005 at El Camino Real Hospital in Mountain View, CA. His 4 year old elder sister is Kirthi Kaushik and he is also the grandson to Kishore and Geetha Kaushik of Mumbai along with Sureshchandra and Sharada Philar of Bangalore, India.

Baby boy - "Aalok" was born to Archana (nee Udyawar) and Milind Gokarn of San Jose, CA on June 17th, 2005 at Kaiser Hospital in Santa Clara, CA. His 3 year old elder twin siblings are Mihika and Tejas and he is also the grandson to (Late) Suresh and Sujata Gokarn along with Gurudas and Vandana Udyawar of Belgaum, India.

Obituary:

We are sad to inform you the sudden demise of Shri Ramesh Nayak on May/8/2005. He is survived by his wife Rithika Nayak and 2 sons Rohan Nayak & Vinith Nayak. Ramesh Nayak has been a KAOCA member and is the younger brother of Dr. Suresh Nayak.

Pre-Participatory Physical examination for sports should include a 12-lead ECG exam.
Narayan H. Nayak, M.D.

In a recent article in Wall Street Journal (Sudden death: Doctors miss signs of heart defects in young athletes on June 23,2005 p1 &A-6), the authors blamed the lack of questioning the potential athletes regarding heart related family and individual history. They rightly blamed the physicians for not performing a simple ECG that could have lead to diagnosis of Hypertrophic Cardio Myopathy (HCM) which kills most young athletes. There are several other rarer causes for sudden death, which could also be detected in an ECG test, especially when the physician is evaluating them from the perspective of sports participation. It is to be stressed that patients of HCM may not have significant symptoms in early stages and sudden death may be the first and only manifestation in some.

In most schools prior to participation in sports, physical examination consists of answering questions related to the past events such as fractures, vaccinations & medications such as inhalers and anti-allergy medications used by the student. Issues such as fainting, epilepsy and diabetes are also included in the list. No questions are based on cardiac risk factors or family history of cardiac events.

The pre-participation physical exam should include the following three items:

1. Questionnaire as mentioned above including questions about shortness of breath on minimal exertion, history of heart murmurs, Rheumatic disease in past or congenital heart disease.
2. Physical examination of the student including bone and joint evaluations, cardiovascular assessments including blood pressure and pulse checks, vision.
3. Laboratory examination to include appropriate blood tests warranted based on the physical examination and an ECG. ECG is done routinely on every person.

Though the need to perform routine ECG on every person is not mandatory, anyone with family history of sudden unexplained death in family, death in sports field, unexplained shortness of breath, fainting spells should undergo this test routinely without fail.

THE PAP TEST
Dr. Suresh Nayak

The PAP test or PAP smear, named after George Papanicolaou who devised the test, is an early screening test for diagnosis of cervical cancer. The cervix is the opening to the uterus or womb. The test looks for any unusual changes in the cells on the cervix, changes that could possibly become cancerous. The test is recommended for all women once they become sexually active. During the pelvic exam the doctor/nurse will gently insert a speculum, a duck-billed shaped instrument in to the vagina to open it slightly. Using a thin cytobrush and plastic spatula, he/she then scrapes the cells from the surface of the cervix and places them into a collection vial containing a fluid preservative and sends it to the laboratory for analysis.

The test is extremely sensitive as far picking up early changes in the cells, way before they become pre-cancerous. These same cells can be used to check for infections caused by different bacteria and viruses. The PAP test is recommended on an annual basis. Recently some HMOs have suggested less frequent PAP testing in certain women who do not have any of the high risk factors for cervical cancer, which are, sex at an early age, multiple sex partners during her lifetime, smoking, sexually transmitted disease or having a PAP test positive for the HPV (Human Papilloma Virus) DNA. The HPV has now been almost exclusively implicated in the causation of cervical cancer. Almost all tests in medicine including the PAP test may have a small chance of having false positive and false negative results. If your PAP test turns out to be abnormal, your doctor may decide to do the HPV DNA test and/or look at your cervix with a microscope and take a tiny bite of tissue (biopsy) and send to the laboratory to see if you need any treatment.

Even if you decide not to have your PAP test done on an annual basis, you may still need to see your doctor for your annual blood pressure, breast, pelvic exam and any other tests that you may need on a regular basis. Because of the PAP test, cervical cancer can be diagnosed early and is almost always curable. It's a safe, simple, painless and inexpensive test. So, don't forget to have your PAP test.

CHOODI POOJA

Shravana is an important month for Hindu ladies as it brings a series of festivals. During this period, poojas such as Choodi Pooja and Hosthila Pooja (worshipping at threshold for lasting wealth, chastity and happiness) are observed chiefly the chaste women.

Demon Jalandhara's wife Vrunda was very beautiful and a chaste woman as well as the devotee of Lord Vishnu. But, to save the world from the clutches of the demon, Lord Vishnu was waiting for an opportunity to kill the wicked Jalandhara, which was possible only when Vrunda loses her chastity. One day, when Jalandhara was away in the battlefield, Lord Vishnu appears before Vrunda in the form of her husband and has an intercourse with her. Vrunda loses her chastity and as a result Jalandhara lost his life in the war field.

Soon, Vrunda came to know that it was not her husband Jalandhara but Lord Vishnu who had an intercourse with her and took away her chastity as well as her husband's life. But being the devotee of Lord Vishnu, she knew that Vishnu's act was aimed at the welfare of the world. Lord Vishnu suggests her offering Choodi Pooja to the Tulasi plant during Shravana month, which brings lasting chastity and fortunes for women. It was past noon when widow Vrunda offered Choodi Pooja. So there is a tradition of offering Choodi Pooja before noon.

It is customary to invite newly wedded girls to their mother's place during the month of sharavan, and these girls are personally taught by their mothers, the age old custom of performing special puja to Tulsi plant on Fridays and Sundays in Shravan termed 'Choodiyam Offerings'. These Choodiyas are prepared of about 5 types of flowers as several types of scented and colourful flowers are available in sharavan month. Betel leaves, areca nuts along with Choodiyas are offered to elderly Suvashinis and blessings from them are sought. First these Choodiyas are offered to Tulsi plants then Suvashini mother, mother-in-law and only later to other elderly Suvashinis

Pooja Materials : One Kalash (chambu) of water, panchamrit (honey, ghee, milk, curds and sugar – 5 ingredients are mixed together for ready use). Flowers, sandalwood paste, agarbatti, camphor, akshata (rice grains), chalk (or shedi khadu); and for naivedyam on Fridays sweet khichadi and on Sunday, undlakal etc.

Women offer Choodi Pooja on every Friday and Sunday of Shravana Masa (month). While they perform Choodi Pooja at their houses, a mass Choodi Pooja is offered in Temples once in a year. Women assemble near the Tulasi (Basil) plant in front of the house (or Temple), holding Choodi Kattu (bundles of flowers and Kadire grass) in their hands. First they wash the Tulasi Katte (a basin round the foot of the basil plant) and then apply vermilion (Kumkum), turmeric powder (Arasina) and sandalwood paste (Gandha) and place the Choodi bundles along with betel leaves and betel nuts (Veelya) on the basin at the foot of the Tulasi plant. Chaste women then offer their worship, Naivedyam and fruits (Hannukayi), followed by Arathi. Then singing Bhajans, prominently "Sri Tulasi Daya Thoramma..." and throwing Akshatha (rice coloured with vermilion and consecrated by Manthram), they circumambulate the basil plant five times.

Sources: RASCHANDRIKA & various websites

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