

Dr Athreya- Athreya Uncle

My family was under the tutelage of Uncle, from before I was born. My father, as a Financial Controller and CS of a Pharma company, was coached by Uncle; and very soon, anything new that any of us wanted to attempt, had to be first run past Uncle. It became a family tradition. Father must have been the main channel of communication since Uncle was his Guru, but I started joining in once I could muster enough English together. Even this experiment of my parents to **educate me in Marathi, with focused <exposure> to English as a language** and culture, was with Uncle's approval.

I went abroad for education in early 90s, and he had casually mentioned teaching Yogasnas to fellow students as a way for me to earn pocket money. Sure enough, when I approached the student's welfare office, my university arranged a class and I got my cash. I was not a serious practitioner, was taught by my mother while she earned her yoga teacher's qualifications, but he saw an opportunity where none of us saw it and it helped.

Later on, eternal thanks to Usha, I met him every day in the office. His insistence on health and wellbeing as a precondition for any meaningful work was underscored by his own working life. He encountered new remedies for routine health complaints, shared them and wanted feedback. He was an avid listener to all my experiments and plans, all the books I read, all the new opportunities and new people I encountered. He also was a great summarizer of past experiences, recalling the smallest detail while distilling a positive essence for the way ahead. He urged me to record, document or preserve all these experiences in writing, **WRITE EVERY DAY** he kept saying. His suggestion for celebrating one's birthday was **UPDATE** your Biodata on that day. I do. He took the greatest pleasure in the fact that I worked successfully on different projects in a variety of fields, in his words this was possibility stretching. I had the privilege of sharing all this possibility thinking, stretching, trials with him, all these years. I am immensely grateful for being shaped by his reflections and ideas.

Dr rer nat R̥cā Godbolé