

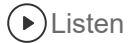
My experiments with

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Being STRICTLY Vegetarian

- I am a Vegetarian, by-an-large, but occasionally, I do indulge in Non-Vegetarian food.
- Once I decided to embark on Veg bandwagon with full speed. Had absolutely no non- veg for a full year. Used to have normal-home-made (Veg, of course) lunch and at dinner I would have just raw salad, aligned to Naturopathy principles. Result was measurable. My cholesterol, which was 236 (more than 200 is serious!!) came down well below 200, without taking any medicines.

- Now, I have stopped being that STRICT. This gave me chance and idea to see if I can control my cravings at least for sometime or not.

Exercise

- From childhood I have been jogging in mornings, more-or-less regularly, and occasionally playing some sports like Badminton, Cricket, and Table Tennis etc.
- Two years back I decided to be serious and joined Gym. Did Treadmill, Weights etc very regularly. Used to go at 5.30 in morning for 45 mins. Got good results. BMI improved. Shape started looking little better. Then I just stopped. Nothing bad happened due to this stoppage. Well, the 'better shape' has started going to my original self, but I still feel much better. This showed me if I can follow a strict regime or not.
- [Update: Fall, 2015]: In spite of knee twist, decided to attempt Half Marathon. 4 months rigorous training. 80\% of it was bare feet. Started back with shoes due to injury. Did 2 practice runs with 2:50 and did Pune Running Half Marathon with 2:54. Plan to do 4k every day on 10k on weekend-day, one day rest.

Spirituality

- I have been a big fan of writings of Vivekananda (read quite a few), J Krishnamurthy (read few) and Lao Tzu (just one or two). This of course was to understand if anyone has got clearer picture/answers for the How-Why questions.
- Did courses like Siddha-Samadhi-Yog and Art of Living to understand teachings in person and experience mental state of alertness : wisdom. I am out of these things now with (hopefully) a broader, more detached outlook.
- [Update: fall 2015]: Wish to have experience. Trying Meditation

Research

- My formal education so far did not give me chance to work on a problem/issue which I felt was important. Decided to explore my domain (Computer Aided Design) to see if there are problems that appeal to me. Found one related to geometric algorithms similar in area I had worked 10 years back.
- Read/Reviewed hundreds of papers, wrote surveys throughout last year. Just to formalize this effort, thought of joining a research degree program nearby.
- After passing requisite entrance examinations, got 'no' from IITB for (one of the?) reason of not having sponsorship letter, and from COEP for some non-

technical/academic (really!!) reason. Decided to leave that path for now due to clear lack of infrastructure and Interest in Universities around.

- [Update: July 2013] I have left my job and joined COEP for PhD

Painting

- My painting got exhibited in a local gallery for the first time when I was 8 years old.
- Used to take part in competitions with decent success and also got certifications in both grade-exams.
- Started this hobby two years back again, after a long hiatus due to Education/Job. Did quite a few classes, showed work in few group-exhibitions.
- Had a privilege of learning (although briefly, mostly by watching) from master's like Milind Mullick.
- Being on side of Realisms (and not Abstracts) realized that you HAVE TO be skillful in sketching first. Sense of proportion and perspective is the key.
- Working on that. Not able to continue much but I can appreciate works of others much better now.

Languages

- When I was in 7th-8th standard, local newspaper Sakal used to carry articles to learn languages like Gujrathi, Bengali. That time I could at least read, if not write/speak those languages.
- As with many formally educated Indians, I am conversant with at least three languages. Marathi (my mother tongue), Hindi (national language) and English.
- Did Sanskrit as a full subject in school (along with external certifications) and German in college. Later did courses in Japanese (1 year) as well basic Chinese (2 months!!). I am no more in touch with the foreign languages now. With new role in management, slowly losing touch with those programming languages also -:)
- [Update: Fall 2015] Restarted learning Sanskrit

Share Trading

- Started trading in stocks/mutual funds little before the dawn of online trading in India.

- Due to early successes, got hooked on to it.
- Read quite a few books by/on Buffet, Peter Lynch etc.
- Did online/offline courses and later a full year (part time) Business Management course as well.
- I was firm follower of Fundamental Analysis (as against Technical) and would use ratios PE, PBV, promoter's percentage etc to pick my gems (and stones!!).
- THEN, I read "A random walk down Wall Street". I got convinced that both dogmas are worthless over time, and what's important is who gets authentic information (aka Tip) first. With this revelation I delegated management of my (small) portfolio to a consultant from a brokerage house. No more daily tracking of stocks.
- BTW, being aware of capital gain taxation rules, wrote small program (first in C++, now in C\#) to automatically calculate the same. Saving some CA fees (capital gain!!).

Flute

- 'ta na na, na na, na na, na SSSS' — the flute piece from title music of "**Malgudi Days**" got me into this wonderland.
- Such a simple looking instrument but extremely difficult to master, even the basic notes.
- Even after couple of years of practice, I am still not able to match 'Sa' with *tanpura* perfectly.
- In spite of lack of progress on the classical front, I love playing it, in my own way.
- For simple songs, it helps me discover notes.
- I guess stage has come, at least sometimes, I can play flute in my mind

Originally posted [here](#).

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