

# Kadal Krant

From the shores of Arabian sea to Noord Zee;  
A newsletter from Tulu Koota Netherlands



## Motherhood Across Two Worlds

Mothers day - *Tulu'tu panodaanda Appe dina* - is celebrated on the second Sunday of May in both India and the Netherlands — two places that have shaped my journey into motherhood in different ways.



DEEPTHI SHETTY

*Yaan putudini Udupi du, yenna mage putudini mulpa Amsterdam, Netherlands'du.*  
Becoming a mother away from home made me reflect on the traditions I grew up with and the new experiences I encountered here.

One thing that surprised me during my pregnancy was the Dutch midwife system and how naturally childbirth is approached. Home births are still common, and midwives play an important role in guiding mothers through pregnancy and delivery. It reminded me of the *pedpaavuna ponjov* in Tulu culture — the experienced birthing lady who assisted mothers at home during our grandparents' time.

At the same time, there are many differences. In Tulunadu, new mothers traditionally observe 40 days of rest, with special foods and family care focused on recovery. Here in the Netherlands, mothers are encouraged to return to normal routines much sooner, with fewer restrictions and a more independent approach.

Living between two cultures teaches us to value both old traditions and new perspectives. As parents raising children away from our homeland, we try to carry forward what matters most while embracing the life around us.

One tradition especially close to my heart is language. Our mother tongue, **Tulu**, stays alive only when it is spoken at home and passed on to the next generation. And very often, it is the mother who becomes a child's first teacher of language, culture, and identity.

This Mother's Day, I celebrate all mothers who continue to nurture not only their families, but also the traditions and values that connect us to our roots.

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## ಎನ್ನ ಅಪ್ಪೆ



POOJA BHANDARY

ಒರ್ಂಬ ತಿಂಗೊಲು ಮಟ್ಟಿಲ್ಡ್ ತುಂಬೊಂದು ಭೂಮಿಗ್ ಕನತಿನ ಅಪ್ಪೆ ...

ವಾ ಬೇಜಾರ್ಲಾ ಮಲ್ಪಂದೆ, ಬಾಲೆದ ಮೋನೆನ್ ತೂದು, ಸಂತಸ ಪಡೆವಲ್ ಅಪ್ಪೆ ...

ಸುರುತ್ತ ಪಜ್ಜೆ ದೀವೆರೆ ಕಲ್ಪಾದ್ ಕೈ ಪತ್ತ್ ನಡಪಾಯಿನ ಅಪ್ಪೆ ...

ಸುರುತ್ತ ಸಬ್ಬ ಪಾತೆರೆರೆ ಕಲ್ಪೊನ್ ಅಪ್ಪೆ ...

ಸಾಲೆಗ್ ಲೆತೊಂದು ಪೋನಗ ಧೈರ್ಯ, ಬುದ್ಧಿ ಪಂಡ್, ಬೆರಿ ಸಾಯೊಡು  
ಉಂತೊಂದು, ಎನ್ನ ಸುರುತ ಗುರು ಆಯಿನ, ಅಪ್ಪೆಗ್ ಮೋಕೆದ ಉಡಲ್ದಿಂಜಿನ,  
ಸೊಲೈ ಉ ಸೊಲೈಲು...

ಬುಲ್ಪುನಗ ತಟ್ಟಾದ್, ಊರಿಡಿ ತಿರ್ಗಾದ್, ಬರೆಯರೆ ಕೈನ್ ಪತ್ತಾದ್, ಬರೆಪಾವೊಂದು,  
ತಪ್ಪಾನಗ ನೆರ್ದ್ ...

ಹುಷಾರ್ಡ್ ಕಲ್ತೊಂದು ಬನ್ನಾಗ, ಬೆರಿ ಬೊಟ್ಟಾದ್ ಸಂತಸೊಡು, ಪೊರ್ಲು ರೂಪ  
ಕೊರಿನ ... ಅಪ್ಪೆ ಗುರುಕುಲೆಗ್... ಉಡಲ್ದಿಂಜಿನ, ಸೊಲೈ ಉ ಸೊಲೈಲು...

ಬೇನೆ ಆಂಡಾಲಾ, ಮೋನೆಡ್ ತೆಲಿಕೆ ಬರ್ಪಾದ್, ಕುಡ ಕುಡ ರಂಗ್‌ದ ಗೊಬ್ಬೊನ್  
ಗೊಬ್ಬಾದ್, ಬದ್ಕಡ್ ಎಡ್ಡೆ ಸಾದಿ ತೋಜಾವುನ, ಮೋಕೆದ ಮಾತಾ ಅಪ್ಪೆಲೆಗ್  
ಉಡಲ್ದಿಂಜಿನ, ಸೊಲೈ ಉ ಸೊಲೈಲು...



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Motherhood is beautiful but also overwhelming. Between sleepless nights and endless routines, she discovers strengths that were never felt before. Motherhood outside of Homeland is a different kind of strength. You learn to do everything on your own while sometimes carrying loneliness and exhaustion. And yet it teaches resilience, independence, creates a bond with your child that words can't fully explain.



**SUCHITRA SHETTY**



**ANUSHA PUJARI**

## Inheritance of Love

My mother's world was small yet wide,  
With her two children at her side.  
I'd often tell her, "Live for you,  
Let go of worries one or two."

But now I hold my own child near,  
And suddenly her heart is clear.  
The sleepless nights, the silent prayer,  
The constant weight of love and care.

Her sacrifice was soft, unseen,  
In every moment and in between.  
A quiet strength, so deep, so true,  
In all the little things she'd do.

And now I know what Mothers are -  
A steady light, a faithful star.  
And I can only hope to be  
For my sweet child, what she is for me.

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Mamma — this one word holds a whole world.

Growing up in Mangalore, my mother's love showed up in the simplest ways — with a smile that could fix any bad day.

Now, living here in the Netherlands and raising my own child, I understand her even more deeply. The long walks with my little one near the parks, the bedtime routine, the tiny routines we build — they remind me of everything my mother quietly did for us. Sometimes, when I sit silently and think back, I feel a beautiful circle completing itself.

Motherhood travels with us — from our roots in Tulunadu to our lives here in NL. This Mother's Day, I celebrate my mother, myself, and every amma who carries strength in her silence and love in her everyday moments.



ADITHI B M



## Daada avond unDu

*Poyi tingol da Bisu parba da karyakrama du, Tulunadu's Got Talent section had "The Kori song" performance. Avvu padya baari janapriya la aandu. Aita bokka namma samudaayada naal jana serudu yenniyeru - "undenu daayeg dumbu konare balli? Ottugu serdu Tulu'tu padya panDudu gammath malpoli".*

*Kaali yennudu kullande akulu, avenu satyala maltu budiyer.*

That idea has taken form, shape and it also has a name!

**NL Sajjige Bajil Melodies!**

*Aklena Instagram handle @sajjigebajilmelodies*

*Youtube channel <https://www.youtube.com/@sajjigebajilmelodiesnl>*

*Band da sadasyeru - Gautham, Jason, Harsh bokka Sujana.*



KADAL KRANT maasa patrike'du bhaagavahiseregu samparka malpule  
@DeepthiShetty gu athava email malpule [tulukoota.nl@gmail.com](mailto:tulukoota.nl@gmail.com) gu.

