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**H. H. SHRIMAD SUKRATINDRA THIRTHA SWAMIJI**  
*Whose Blessings & Guidance  
 founded G.S.B. Sabha in 1934.*



**H. H. SHRIMAD SUDHINDRA THIRTHA SWAMIJI,**  
*an inspiring factor in the growth of the Sabha.  
 Our Kreedha Mandir premises have been blessed by Swamiji  
 observing their Chaturmas twice in the same.*



**H. H. SHRIMAD SAMYAMINDRA THIRTHA SWAMIJI,**  
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**H. H. SHRIMAD DWARKANATH THIRTHA  
SHRIPADA UADER SWAMIJI OF  
Gokarna Parthagali Jeevottam Math**

**His Holiness laid the Foundation Stone of  
Sujir Gopal Nayak Memorial Kreedha Mandir  
of G.S.B. Sabha  
on 25th February, 1955**



**H. H. SHRIMAD UDAYADHIRAJ THIRTHA SHRIPADA UADER SWAMIJI**  
*Mathadhipati of Shree Samsthan Gokarna Parthagali Jeevottam Math*

**H. H. SHRIMAD UDAYADEESHA THIRTHA SHRIPADA UADER SWAMIJI**

*Shishya Swami*

**WE SEEK BLESSINGS  
ON THIS JOYOUS OCCASION**



**H. H. SHRIMAD SATCHIDANANDA SARASWATI  
SWAMIJI OF  
Sri Samsthan Gaudapadacharya Kavle Math**

*who opened the Sports Pavillion,  
Sujir Gopal Nayak Memorial G.S.B. Kreedha Mandir  
on 27th May, 1956.*



**H. H. SHRIMAD SHIVANANDA SARASWATI SWAMIJI**  
*Mathadhipathi of  
Sri Samsthan Gaudapadacharya Kavle Math*



॥ श्री ॥

॥ ॐ ॥



अंक :- 48/KM/16-17

शके १९३८

दि. २६/१२/१६

श्रीमत्परमहंसपरिव्राजकाचार्य-पदवाक्यप्रमाणपारावारपारीण यमनियमासन  
प्राणायामप्रत्याहारध्यानधारणासमाध्यष्टांगयो गानुष्ठानगरिष्ठनिष्ठानादि गुरुपरम्पराप्राप्त-  
निगमागमसार-श्रुतिमार्ग प्रकाशक सर्वतन्त्रस्वतन्त्र श्रीमज्जामदग्निननुज-  
तपस्स्वाध्यायाद्यर्थविनिमित्त-शूर्पारकमहाक्षेत्र-गीमन्ताचल गी मतीतीरसन्निहित  
कुशस्थलीनगर-महामठादिप्रतिष्ठापनाचार्य सकलसुरमुकुटमणिनीराजित-दिव्य  
श्रीभवानीशङ्करपादारविन्दाराधक श्रीमदपूर्णानन्दसरस्वतीकरकमलसंजति-श्रीमत्  
सच्चिदानन्दसरस्वत्यनुगृहीत श्रीमत्-शिवानन्दसरस्वतीश्रीपादैः

अस्मदत्यन्तप्रेमास्पदीभूत-श्रीमदुमारमणचरणारविन्द-भक्तिपरायणशिष्यवर्य-श्रियाविराजित-राजमान्य राजश्री,

श्रीमती दुर्गा शेणै (अध्यक्ष-जी.पुसन्नी) सभा महिला शाखा.

माहुंगा, भाऊ दाजी रोड, १०९, डी निधी, मुंबई निवासिषु कृतनारायणस्मरणपूर्विकाशिषः

समुल्लसन्तव्य शके १९३८ दुर्मुख नाम संवत्सरे मार्गशिर्ष व. १३ सौम्य

वासरावधि श्री कैवल्य मठ, मुंबईपुष्पशिलिनःस्मः। भवदीयानामनामयत्वमनुदिनमेधमानमाशास्महे ॥

विशेषस्तु - मास्तुल आह्वापत्रास कारण की, आपले दि. १० डिसेंबर १९३८ चे विनंती पत्र श्री संस्थानी मिळाले. आपण धनादेशावर पाठविलेली रु. २००१/- ची काणूक श्री संस्थानी रुजू व्हाली. आपल्या संस्थेच्या महिला शाखेच्या या हिरक महोत्सवी सोहळा वर्ष भरून गेल्या ६० वर्षांमध्ये आपण आध्यात्मिक, सांस्कृतिक, सामाजिक तसेच स्पर्धात्मक उपक्रम राबवित आहात हे पाहून अत्यंत आनंद झाला. उपरोक्त हिरकमहोत्सवी सोहळाची आठवण म्हणून आपण स्मरणिकेचे प्रकाशन करणेचा मनोदय व्यक्त केलात हे पाहून समाधान वाटते. भविष्यातही आपण असे अनेक उपक्रम राबवाल यात शंका नाही. आपल्या या संकल्पीत काय असो यश प्राप्त व्हावे. आपण केलेली सेवा श्रीचरणी रुजू व्हावी. आपणा समस्तांस दिव्य-आभुरारोग्य प्राप्त व्हावे. तसेच आपणा समस्तांचे कल्याण व्हावे. या अलिप्त श्रीसंस्थान आराध्य दैवत श्री भवानीशंकर चरणी विनम्र प्रार्थना करून, गंध प्रसाद पाठविता आहे. तसेच श्री संस्थान देवतेपेटी शुभाशीर्वाद आहेत. सुशेष किंजल्फ लेखनेत

१५/१२/१६



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**G.S.B. SABHA, MUMBAI's  
MAHILA SHAKHA's  
DIAMOND JUBILEE CELEBRATIONS  
SOUVENIR**



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## PROGRAM:

- A Blend of Diversity in **Folk Dances** of India by Sandhya Salian Kamath's Nupur Dance Academy
- “**BHASHE GONDOLU**”- Humorous skit on diversity of the Konkani Language, presented by V-Sisters, Vashi
- Formal Program, which will include
  - **Women of Substance** Awards to
    - ▲ Ms. Anupama Shenoy
    - ▲ Smt. Bhavana Prabhu
    - ▲ Smt. Gita R. Pai
    - ▲ Dr. Pragna M. Pai
    - ▲ Smt. Veena M. Adige
  - Felicitation of **Past MS Presidents**
    - ▲ Smt. Meenakshi Bhandarkar
    - ▲ Smt. Sanjivi Bhat
    - ▲ Smt. Prema Kuloor
    - ▲ Smt. Vatsala Shenoy (Posthumous)
  - Presentation of ‘**GSB Talent Recognition Award**’ to Shri Sudhir Nayak, renowned Harmonium accompanist and Music Composer.  
Founder Sponsor of this award is Shri K.M.Kamath
  - Presentation of ‘**Vatsala Shenoy Memorial GSB Woman Entrepreneur Award**’ to **Dr. Shobha Kamath**, Chief Executive, ROOTS EHS Advisory, Vadodara.  
Founder Sponsor of this award: Smt. Sadhana & Shri Sunil Shenoy
- “**SwaraVanita**”- A thematic presentation by female musicians, featuring **Shruthi Kamath** (Vocal and Sitar), **Anjali Shanbhogue** (Saxophone), **Brahmi Shenoy** (Vocal and Violin) and **Sreelatha Prabhu** (Tabla). Compered by **Bharati Nayak**.
- **Dinner**



**1957-2017**

## ***Diamond Jubilee Celebration***

**The members of G.S.B. Sabha, Mumbai's Managing and Mahila Shakha Committees cordially invite you to the Sabha's Mahila Shakha's Diamond Jubilee Celebrations.**

***Chief Guest : Smt. Uma Suresh Prabhu***

**Time : 3 pm to 8.30 pm**

**Day and Date : Sunday, 26<sup>th</sup> February 2017**

**Venue : Pracharya B.N.Vaidya Sabhagraha,  
Raja Shivaji Vidyalaya, Hindu Colony,  
Dadar, Mumbai – 400 014.**

**Uday V Malya  
President**

**G.S.B Sabha, Mumbai  
98206 98756**

**Durga Shenoy  
President**

**G.S.B Sabha's Mahila Shakha  
97730 52199**

**Smt.Bina Shenoy & Smt. Amita Kini  
Jt. Hon Secretaries  
98205 07690      98700 62476**



***Detailed programme***





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## MESSAGES FROM THE TRUSTEES



Shri B. T. Mallya

*I am delighted to know that G.S.B. Sabha, Mumba's Mahila Shakha is in its Diamond Jubilee Year and congratulate them for the same. I suggest that the Mahila Shakha conduct health care activities in future, by organizing cancer awareness camps.*

*I also suggest that they extend their matrimonial information services of eligible boys and girls by providing links to similar information provided by other GSB organizations. I am sure that a glorious future awaits the Mahila Shakha as they march forward to their Platinum Jubilee.*



Shri N. N. Pal

*I am extremely happy to learn that GSB Sabha's Mahila Shakha has organized Diamond Jubilee celebration during this month and holding a grand function on 26<sup>th</sup> February, 2017 at B.N. Vaidya Sabhagraha, Dadar. Kindly accept my hearty congratulations.*

*It is heartening to note that Mahila Shakha undertakes a host of activities throughout the year like matrimonial information services beside conducting get-together of eligible boys-girls thereby giving them a platform for selection, also conducting various woman-centric socio- cultural programmes and more importantly extending financial help of Rs. 20,000/- to deserving girls for marriage. I am also glad to note that Mahila Shakha has made more strides and expanded its activities to wider spectrum.*

*I Wish the Mahila Shakha a great success in its future endeavors.*



Smt. Sudha G. Pai

*As a Trustee of the Sabha, it is my great honour today and I am delighted to send this message to the Mahila Shaka, where I was a member for 15 long years, on its DIAMOND JUBILEE celebrations. I am sure the jubilee marks the beginning of the New Era with rich traditions with new initiatives to contribute to our Society.*

*I congratulate the Mahila Shaka and extend my best wishes for the future and pray the Almighty that it will develop its manifold services to our community before it turns into Platinum Jubilee.*

*With Best Compliments from*



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## MESSAGE FROM MAHILA SHAKHA PRESIDENT SMT. DURGA SHENOY

Dear members and patrons of GSB Sabha, Mumbai, it is my honour and privilege to be addressing you on the occasion of Diamond Jubilee celebration of our Mahila Shakha.

"*The old order changeth yielding place to new-----*" said Alfred Lord Tennyson. As we celebrate the Diamond Jubilee it is the best time to reflect on the past and plan for the future.

Looking forward, the challenge is to get our younger generation have the same connect with our Sabha. We have to do that overcoming the challenges of the social media platforms like Twitter, Face book, WhatsApp and the mobile phone which today is foremost among our younger generation. Our beautiful Konkani language, our unique customs and our tasty cuisine, these have to be propagated with our youth to continue our rich tradition. So the Sabha needs to do programmes that involve our youth along with Senior Citizen and women. The programmes need to be relevant and contemporary with focus on health, culture, cuisine and religious functions in full measure. The Sabha can facilitate this with you all as the change agent.

And for all the above to be a success I urge each one of you and every one of your family to be involved in the activities of the Sabha in whatever way you can.

Together we can visualise a glorious future for our Mahila Shakha - Platinum Jubilee and beyond



---

## MESSAGE FROM SABHA PRESIDENT SHRI UDAY V. MALYA

Diamonds are Forever!!!! It is said.

I congratulate our Mahila Shakha for their glorious 60 years. It's a landmark achieved by them, through the visionary ideals and values from the 50's.

Since the last 6 decades, they have been working passionately, doing exemplary work in keeping alive the values and traditions of our community.

The path-breaking ideas by the past members and the dedication and sincerity with which the present are carrying out the ventures are commendable.

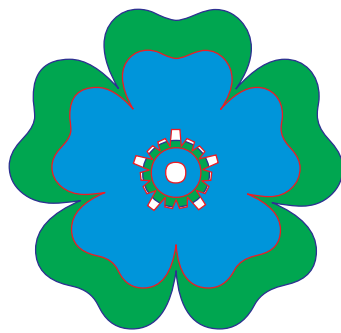
My heartiest congratulations to all those past and present, who have guided shaped and sustained the institution since its evolution, in a very silent and unassuming manner.

I am sure the Mahila Shakha will keep combining the modern with the traditional and think innovatively on how they can be of greater service to the community in the years to come. They represent "**Nari Shakti**" in its most effective form and I wish them all the very best for the future.



WITH BEST WISHES

From



NARENDRA R. SHENOY  
&  
JITENDRA R. SHENOY

**RAMBHAVAN RESTAURANT**  
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**MUMBAI 400 052**



## Mahila Shakha Founder Members 1957



## Mahila Shakha Committee, 2017 - 2018



Standing L:R: Smt. Amita Kini (Jt.Hon.Secretary), Smt. Chitra Kamath, Smt. Aarti Pai, Smt. Jayashree Rao, Smt. Seema Pai, Smt. Bina Shenoy (Jt. Hon.Secretary).

Sitting L:R: Smt. Maya Nayak (Hon Treasurer), Smt. Meera Shenoy, Smt Durga Shenoy (M S President), Smt. Shanteri Nayak (M S Vice President), Smt. Lata Joshi.

The following Comt. members are not present in the photo



1) Smt. Geeta Shenoy



2) Smt. Purnima Kini  
Jt. Hon. Treasurer



3) Smt. Vidya Kamath

**G. S. B. SABHA, MUMBAI**  
**MAHILA SHAKHA**  
**DETAILS OF OFFICE BEARERS FROM 1964 TILL DATE**

| S.No. | Year       | President                    | Vice President  | Secretary                               | Jt.Secretary   | Treasurer            | Jt. Treasurer  |
|-------|------------|------------------------------|---|---|--|----------------------|--|
| 1     | 1964-65    | Smt. Sudha V. Kini           |   | Smt. Radha K. Pai                       |  | Smt. Savitri M. Kini |  |
| 2     | 1965-66    | Smt. Sudha V. Kini           |   | Smt. Ratni S. Nayak                     |  | Smt. Savitri M. Kini |  |
| 3     | 1966-67    | Smt. Meenakshi N. Bhandarkar |   | Smt. Ratni S. Nayak                     |  | Smt. Savitri M. Kini |  |
| 4     | 1967-68    | Smt. Meenakshi N. Bhandarkar | Smt. Sanjivi Bhat   | Smt. Susheela Malliya                   | Smt. Sudha V. Kini   | Smt. Sushila Rao     | Smt. Indira Pai  |
| 5     | 1968-71    |                              |   | DATA NOT AVAILABLE                      |  |                      |  |
| 6     | 1971-74    | Smt. Sanjivi Bhat            | Smt. Rama Kamath  | Smt. Prema Kuloor                       | Smt. Indira Pai  | Smt. Vatsala Shenoy  | Smt. Sumitra Bhat  |
| 7     | 1974-75    | Smt. Sanjivi Bhat            | Smt. Rama Kamath  | Smt. Prema Kuloor                       | Smt. Indira Pai  | Smt. Vatsala Shenoy  | Smt. Sumitra Bhat  |
| 8     | 1975-76    | Smt. Sanjivi Bhat            | Smt. Rama Kamath  | Smt. Prema Kuloor                       | Smt. Indira Pai  | Smt. Vatsala Shenoy  | Smt. Sumitra Bhat  |
| 9     | 1976-77    | Smt. Sanjivi Bhat            | Smt. Rama Kamath  | Smt. Prema Kuloor                       | Smt. Indira Pai  | Smt. Vatsala Shenoy  | Smt. Sumitra Bhat  |
| 10    | 1977-78    | Smt. Sanjivi Bhat            | Smt. Rama Kamath  | Smt. Prema Kuloor                       | Smt. Indira Pai  | Smt. Vatsala Shenoy  | Smt. Sumitra Bhat  |
| 11    | 1978-79    | Smt. Sanjivi Bhat            | Smt. Ratni S. Nayak   | Smt. Prema Kuloor                       | Smt. Indira Pai  | Smt. Ashalata Kamath | Smt. Sumitra Bhat  |
| 12    | 1979-80    | Smt. Sanjivi Bhat            | Smt. Ratni S. Nayak   | Smt. Prema Kuloor                       | Smt. Indira Pai  | Smt. Ashalata Kamath | Smt. Sumitra Bhat  |
| 13    | 1980-81    | Smt. Sanjivi Bhat            | Smt. Ratni S. Nayak<br>Smt. Indira Pai                        | Smt. Prema Kuloor                       | Smt. Gita R. Pai<br>Smt. Jayanti Kamath                              | Smt. Ashalata Kamath | Smt. Sumitra Bhat<br>Smt. Sharada Rao  |
| 14    | 1981-82    | Smt. Sanjivi Bhat            | Smt. Ratni S. Nayak<br>Smt. Indira Pai                        | Smt. Prema Kuloor                       | Smt. Gita R. Pai<br>Smt. Jayanti Kamath                              | Smt. Ashalata Kamath | Smt. Sumitra Bhat<br>Smt. Sharada Rao  |
| 15    | 1982-83    | Smt. Sanjivi Bhat            | Smt. Ratni S. Nayak<br>Smt. Indira Pai                        | Smt. Prema Kuloor                       | Smt. Gita R. Pai<br>Smt. Jayanti Kamath                              | Smt. Ashalata Kamath | Smt. Sumitra Bhat<br>Smt. Sharada Rao  |
| 16    | 1983-84    | Smt. Sanjivi Bhat            | Smt. Ratni S. Nayak<br>Smt. Indira Pai                        | Smt. Prema Kuloor                       | Smt. Gita R. Pai<br>Smt. Jayanti Kamath                              | Smt. Ashalata Kamath | Smt. Sumitra Bhat<br>Smt. Sharada Rao  |
| 17    | 1984-85    | Smt. Sanjivi Bhat            | Smt. Indira Pai<br>Smt. Ratni S. Nayak                        | Smt. Prema Kuloor                       | Smt. Gita R. Pai<br>Smt. Jayanti Kamath                              | Smt. Ashalata Kamath | Smt. Sharada Rao<br>Smt. Vatsala Shenoy<br>Smt. Sumitra Bhat                     |
| 18    | 1985-86    | Smt. Sanjivi Bhat            | Smt. Indira Pai<br>Smt. Ratni S. Nayak                        | Smt. Prema Kuloor                       | Smt. Gita R. Pai<br>Smt. Jayanti Kamath                              | Smt. Ashalata Kamath | Smt. Sharada Rao<br>Smt. Vatsala Shenoy  |
| 19    | 1986-87    | Smt. Sanjivi Bhat            | Smt. Ratni S. Nayak<br>Smt. Indira Pa                         | Smt. Prema Kuloor                       | Smt. Jayanti Kamath<br>Smt. Tara Prabhu<br>Smt. Ashalata Kamath      | Smt. Vatsala Shenoy  | Smt. Sharada Rao<br>Smt. Malini Rao  |
| 20    | 1987-88-89 | Smt. Sanjivi Bhat            | Smt. Prema Kuloor<br>Smt. Indira Pai                          | Smt. Gita R. Pai                        | Smt. Tara Prabhu<br>Smt. Jayanti Kamath<br>Smt. Lata Joshi(co-opted) | Smt. Vatsala Shenoy  | Smt. Sharada Rao<br>Smt. Maya Nayak<br>Smt. Malini Rao                           |
| 21    | 1989-90    | Smt. Sanjivi Bhat            | Smt. Indira Pai<br>Smt. Prema Kuloor                          | Smt. Gita R. Pai                        | Smt. Jayanti Kamath  | Smt. Maya Nayak      |  |
| 22    | 1990-91    | Smt. Sanjivi Bhat            | Smt. Indira Pai<br>Smt. Prema Kuloor                          | Smt. Gita R. Pai<br>Smt. Shanteri Nayak | Smt. Lata Joshi  | Smt. Maya Nayak      | Smt. Ashalata Kamath   |
| 23    | 1991-92    | Smt. Sanjivi Bhat            | Smt. Vatsala Shenoy<br>Smt. Indira Pai<br>Smt. Prema Kuloor   | Smt. Shanteri Nayak                     | Smt. Lata Joshi  | Smt. Maya Nayak      | Smt. Ashalata Kamath   |
| 24    | 1992-93    | Smt. Prema Kuloor            | Smt. Vatsala Shenoy<br>Smt. Indira Pai                        | Smt. Shanteri Nayak                     | Smt. Lata Joshi  | Smt. Maya Nayak      | Smt. Ashalata Kamath   |
| 25    | 1993-94    | Smt. Vatsala Shenoy          | Smt. Indira Pai<br>Smt. Lata Joshi                            | Smt. Shanteri Nayak                     | Smt. Suman Pai<br>Smt. Jayanti Kamath                                | Smt. Maya Nayak      | Smt. Susheela Malliya<br>Smt. Ashalata Kamath<br>Smt. Durga Shenoy<br>(Co-opted) |
| 26    | 1994-95    | Smt. Vatsala Shenoy          | Smt. Indira Pai<br>Smt. Susheela Malliya                      | Smt. Shanteri Nayak                     | Smt. Suman Pai<br>Smt. Vilasini Bhandarkar                           | Smt. Maya Nayak      | Smt. Ashalata Kamath<br>& Smt. Geeta Shenoy<br>(Co-opted)                        |
| 27    | 1995-96    | Smt. Vatsala Shenoy          | Smt. Susheela Malliya<br>Smt. Lata Joshi<br>Smt. Meera Shenoy | Smt. Suman Pai                          | Smt. Shanteri Nayak<br>Smt. Vilasini Bhandarkar                      | Smt. Maya Nayak      | Smt. Ashalata Kamath<br>Smt. Geeta Shenoy  |



**G. S. B. SABHA, MUMBAI**  
**MAHILA SHAKHA**  
**DETAILS OF OFFICE BEARERS FROM 1964 TILL DATE**

|    |           |   |   |                     |   |  |  |
|----|-----------|---|---|---------------------|---|--|--|
| 28 | 1996-97   | Smt. Vatsala Shenoy   | Smt. Susheela Malliya<br>Smt. Lata Joshi<br>Smt. Meera Shenoy                         | Smt. Shanteri Nayak | Smt. Suman Pai<br>Smt. Vilasini Bhandarkar                  | Smt. Maya Nayak                                    | Smt. Ashalata Kamath<br>Smt. Geeta Shenoy        |
| 29 | 1997-98   | Smt. Vatsala Shenoy   | Smt. Lata Joshi,<br>Smt. Susheela Malliya<br>Smt. Meera Shenoy                        | Smt. Shanteri Nayak | Smt. Suman Pai<br>Smt. Vilasini Bhandarkar                  | Smt. Maya Nayak                                    | Smt. Ashalata Kamath<br>Smt. Geeta Shenoy        |
| 30 | 1998-99   | Smt. Vatsala Shenoy   | Smt. Susheela Malliya<br>Smt. Meera Shenoy<br>Smt. Lata Joshi                         | Smt. Suman Pai      | Smt. Shanteri Nayak<br>Smt. Durga Shenoy                    | Smt. Maya Nayak                                    | Smt. Ashalata Kamath<br>Smt. Vilasini Bhandarkar |
| 31 | 1999-2000 | Smt. Vatsala Shenoy   | Smt. Susheela Malliya<br>Smt. Meera Shenoy<br>Smt. Lata Joshi                         | Smt. Shanteri Nayak | Smt. Suman Pai<br>Smt. Durga Shenoy                         | Smt. Maya Nayak                                    | Smt. Ashalata Kamath<br>Smt. Vilasani Bhandarkar |
| 32 | 2000-01   | Smt. Vatsala Shenoy   | Smt. Lata Joshi<br>Smt. Susheela Malliya<br>Smt. Meera Shenoy                         | Smt. Suman Pai      | Smt. Shanteri Nayak<br>Smt. Durga Shenoy                    | Smt. Maya Nayak                                    | Smt. Ashalata Kamath<br>Smt. Geeta Shenoy        |
| 33 | 2001-02   | Smt. Vatsala Shenoy   | Smt. Susheela Malliya<br>Smt. Lata Joshi  | Smt. Shanteri Nayak | Smt. Durga Shenoy<br>Smt. Vilasini Bhandarkar               | Smt. Ashalata Kamath<br>Smt. Maya Nayak (Co-opted) | Smt. Geeta Shenoy<br>Smt. Sudha Pai              |
| 34 | 2002-03   | Smt. Vatsala Shenoy   | Smt. Lata Joshi<br>Smt. Durga Shenoy<br>Smt. Meera Shenoy                             | Smt. Shanteri Nayak | Smt. Sudha Pai<br>Smt. Vilasini Bhandarkar                  | Smt. Ashalata Kamath                               | Smt. Geeta Shenoy                                |
| 35 | 2003-04   | Smt. Vatsala Shenoy   | Smt. Lata Joshi<br>Smt. Durga Shenoy<br>Smt. Meera Shenoy                             | Smt. Shanteri Nayak | Smt. Sudha Pai<br>Smt. Vilasini Bhandarkar                  | Smt. Maya Nayak                                    | Smt. Ashalata Kamath<br>Smt. Geeta Shenoy        |
| 36 | 2004-05   | Smt. Vatsala Shenoy   | Smt. Lata Joshi<br>Smt. Durga Shenoy<br>Smt. Prema Kuloor                             | Smt. Shanteri Nayak | Smt. Vasanti Nayak<br>Smt. Vidya Kamath                     | Smt. Maya Nayak                                    | Smt. Ashalata Kamath<br>Smt. Sujata Bhat         |
| 37 | 2005-06   | Smt. Vatsala Shenoy   | Smt. Durga Shenoy<br>Smt. Meera Shenoy<br>Smt. Prema Kuloor                           | Smt. Shanteri Nayak | Smt. Vasanti Nayak<br>Smt. Geeta Shenoy                     | Smt. Maya Nayak                                    | Smt. Vidya Kamath<br>Smt. Seema Pai              |
| 38 | 2006-07   | Smt. Vatsala Shenoy   | Smt. Durga Shenoy<br>Smt. Meera Shenoy<br>Smt. Prema Kuloor                           | Smt. Shanteri Nayak | Smt. Vasanti Nayak<br>Smt. Geeta Shenoy                     | Smt. Maya Nayak                                    | Smt. Vidya Kamath<br>Smt. Ashalata Kamath        |
| 39 | 2007-08   | Smt. Vatsala Shenoy   | Smt. Durga Shenoy<br>Smt. Prema Kuloor<br>Smt. Meera Shenoy                           | Smt. Shanteri Nayak | Smt. Vidya Kamath   | Smt. Maya Nayak                                    | Smt. Chandrika Bhat<br>Smt. Ashalata Kamath      |
| 40 | 2008-09   | Smt. Vatsala Shenoy   | Smt. Durga Shenoy<br>Smt. Prema Kuloor<br>Smt. Vilasini Bhandarkar                    | Smt. Shanteri Nayak | Smt. Vasanti Nayak<br>Smt. Geeta Shenoy                     | Smt. Maya Nayak                                    | Smt. Vidya Kamath<br>Smt. Lata Joshi             |
| 41 | 2009-10   | Smt. Vatsala Shenoy   | Smt. Durga Shenoy<br>Smt. Prema Kuloor<br>Smt. Vilasini Bhandarkar                    | Smt. Shanteri Nayak | Smt. Vasanti Nayak<br>Smt. Geeta Shenoy                     | Smt. Maya Nayak                                    | Smt. Vidya Kamath<br>Smt. Lata Joshi             |
| 42 | 2010-11   | Smt. Vatsala Shenoy<br>Smt. Durga Shenoy<br>(From Dec 2010) | Smt. Lata Joshi<br>Smt. Prema Kuloor<br>Smt. Vilasini Bhandarkar<br>Smt. Meera Shenoy | Smt. Shanteri Nayak | Smt. Vasanti Nayak<br>Smt. Geeta Shenoy                     | Smt. Maya Nayak                                    | Smt. Vidya Kamath<br>Smt. Narmada Kini           |
| 43 | 2011-12   | Smt. Durga Shenoy   | Smt. Lata Joshi<br>Smt. Prema Kuloor<br>Smt. Vilasini Bhandarkar<br>Smt. Meera Shenoy | Smt. Shanteri Nayak | Smt. Vasanti Nayak<br>Smt. Geeta Shenoy                     | Smt. Maya Nayak                                    | Smt. Vidya Kamath<br>Smt. Narmada Kini           |
| 44 | 2012-13   | Smt. Durga Shenoy   | Smt. Lata Joshi<br>Smt. Prema Kuloor<br>Smt. Vilasini Bhandarkar                      | Smt. Shanteri Nayak | Smt. Vasanti Nayak<br>Smt. Geeta Shenoy<br>Smt. Bina Shenoy | Smt. Maya Nayak                                    | Smt. Vidya Kamath<br>Smt. Narmada Kini           |
| 45 | 2013-14   | Smt. Durga Shenoy   | Smt. Lata Joshi<br>Smt. Geeta Shenoy  | Smt. Shanteri Nayak | Smt. Bina Shenoy<br>Smt. Vasanti Nayak<br>Smt. Amita Kini   | Smt. Maya Nayak                                    | Smt. Vidya Kamath<br>Smt. Narmada Kini           |
| 46 | 2014-15   | Smt. Durga Shenoy   | Smt. Lata Joshi<br>Smt. Geeta Shenoy  | Smt. Shanteri Nayak | Smt. Bina Shenoy<br>Smt. Amita Kini                         | Smt. Maya Nayak                                    | Smt. Vidya Kamath<br>Smt. Narmada Kini           |
| 47 | 2015-16   | Smt. Durga Shenoy   | Smt. Shanteri Nayak<br>Smt. Geeta Shenoy  |                     | Smt. Bina Shenoy<br>Smt. Amita Kini                         | Smt. Maya Nayak                                    | Smt. Narmada Kini                                |
| 48 | 2016-17   | Smt. Durga Shenoy   | Smt. Shanteri Nayak   |                     | Smt. Bina Shenoy<br>Smt. Amita Kini                         | Smt. Maya Nayak                                    | Smt. Narmada Kini                                |

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Mumbai 400 052.  
[kharshenoy@gmail.com](mailto:kharshenoy@gmail.com)



## OUR CHIEF GUEST – UMA SURESH PRABHU

Dr. (Smt.) Uma Suresh Prabhu's list of achievements are so many and so impressive, words fail to summarise them all. Smt. Uma Prabhu is a name to reckon with in the fields of journalism and social work. She is an inspiration to every member of our community and a role model for all young GSBs.

Mrs. Prabhu graduated in science with chemistry majors from the Karnataka University with First Class. She holds a post graduate degree in journalism from Pune University. She also holds a degree in management from the much respected Narsee Monjee Institute of Management Studies, Mumbai specialising in Human Resources (HR) during which she stood first in Mumbai University. She followed that up with a PhD from the same institute in the field of Education Management. She has also obtained a diploma in training and development from Indian society of Training and Development, New Delhi.



Mrs. Prabhu's career spans across 30 years of journalistic pursuits and accomplishments. She has been associated in various capacities with reputed newspapers such as Times of India and DNA; as well as publications, such as Popular Prakashan, India Today, Bombay, The Daily, Stardust in the early stages of her career. She has straddled various responsibilities in the field of journalism ranging from Correspondent, Reporter, Marketing, Editorial etc. In her last assignment with journalism i.e. till July 2010, she was Group Editor with The Times of India for online and print education supplements. For her contribution to the field of journalism she was honoured with 'Woman achiever award for excellence in journalism' by the Lioness Club of Juhu, Mumbai.

She has been involved with the field of Teaching with Narsee Monjee Institute of Event Management, Ramnarain Ruia College, SNDT University (Matunga campus), Narsee Monjee Institute of Management Studies, Times School of Journalism and Goa Institute of Management.

She has also been actively involved with social work and voluntary work at various institutions in various capacities. She is presently managing three trusts Manav Sadhan Vikas Sanstha- Trustee, Jana Shikshan Sansthan – Chairperson (a vocational training institute fully funded by the Union Human Resources Ministry) and Nerur Samruddhi Trust- Trustee. She is a member of various prestigious organisations such as National Literacy Mission (member-executive committee), Government of India, Asiatic Society of India, Indian Education Society (IES), Manibhavan etc.

Apart from these accomplishments, she is also certified in German language from Max Muller Bhavan. Her artistic talents have led her to learn kathak at the Gandharva Mahavidyalaya, Pune and Hindustani Classical Music. She is a believer in the ancient Indian science of Yoga and a practioner of Ashtanga Yoga, Kriya Yoga and currently Raj Yoga Meditation (Ram Chandra Mission).

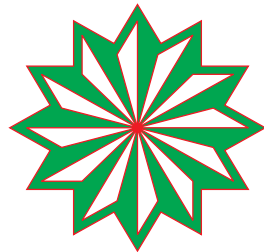
The G.S.B. Sabha is privileged to have Dr. (Mrs) Uma Suresh as the Chief Guest during the Mahila Shakha Diamond Jubilee Celebrations.

**Marriage Information meetings are held at Sabha's office on 2<sup>nd</sup> and 4<sup>th</sup> Saturday of every month between 4:00 pm and 6:00 p.m. Mahila Shakha gives marriage assistance to the needy. We need your assistance to help them better**

**Donations are gratefully accepted**

**Visit our Website [www.gbsabhamumbai.org](http://www.gbsabhamumbai.org) for more details**

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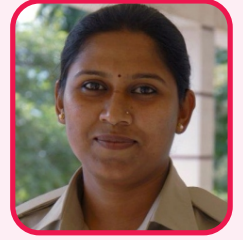
**Contact : Nagesh R. Bhakta +91- 9869085991  
Mumbai  
[Facebook.com/Myjohari](https://www.facebook.com/Myjohari)**

## Woman of Substance being felicitated during the Mahila Shakha Diamond Jubilee Celebrations

### MS. ANUPAMA SHENOY

Ms. Anupama Shenoy did her Master of Social Work (MSW) from St Aloysius College, Mangalore. She was a lecturer for 2 years at St Aloysius College, Mangalore where she taught BSW students. She also worked in a NGO, Citizens Alliance for Rural Development and Training Society (CARDTS), for 4 years.

She worked as Deputy Superintendent of Police for four years. She carried out her duties without fear or favour. She faced numerous hardships, including being transferred twice by the Government. She finally resigned in June 2016.



### SMT. BHAVANA BHASKAR PRABHU

Smt. Bhavana Bhaskar Prabhu, born in Bantwal, is married to Shri Bhaskar Prabhu of Mumbai and has been a resident of Mumbai for the last 40 years.

She is an ex-Employee of Canara Bank.

By the grace of Shri Vyasa Raghupathi along with the blessings of Parama Puja Shrimad Sudhindra Thirtha Swamiji she developed deep knowledge in our ancient texts and also keen interest to tell the Purana Katha, Shrimad Bhagavath Githa, Shrimad Ramayana and Shrimad Mahabharatha in Konkani, Kannada, Hindi, Marathi languages very easily, fluently and in a beautiful manner. This has gained her fame not only in India but even abroad.

For the seva she performs, she has been honoured with many titles few of them being:

- ◉ Shrimad Bhagavatha Pravachana Samartha and
- ◉ Srimad Ramayana Pavachana Visharada by Parama Puja Shrimad Sudhindra Thirtha Swamiji of Shri Kashi Math Samsthan
- ◉ Shrimad Harikatha Pravachana Visharada by Dombivilli Samajh
- ◉ Shrimad BhagavadGitha Pravachana Visharadha by Karkal Samajh



### SMT. GITA RANGA PAI

Gita Ranga Pai [D.O.B 04-10-1940] is the wife of late Mangalore Ranga Pai (M.R.Pai) and the daughter of late Vaderbettu Gopal Kamath and late Sushila Gopal Kamath, who lived in Bangalore.

Gita Pai graduated from Maharani's college Bangalore with a first class first and was awarded the 'Laxamma Gold Medal' of the year 1960.

A very dynamic and talented lady, she developed a lot of hobbies and used them during her public service activities.

Gita Pai was the President of the G.S.B Sabha Mumbai from 1989-2002. She brought in newer activities to rope in youngsters which made the Sabha a very popular one. She convinced many big corporate companies to sponsor educational and sports activities which brought Sabha to the limelight. During her husband's deteriorating health, she withdrew from all activities and devoted full time attention to him. After his demise, she needed some time to come back to serve the community.

In 2005, she was invited to join as a trustee of G.S.B.S Medical Trust, She is the Chairperson of G.S.B. Scholarship league and Trustee of M.R. Pai Foundation. As woman of substance, she has helped the G.S.B community in Marriage Alliance. She has authored a book on 'Saga of Alliances in G.S.B Community.' She now feels many reforms are needed in GSB community's arranged marriage system. as the systems in the society are changing.

At one stage, she felt that some support from Dharmaguru is needed for the widows. She organized a group of ladies and tried to convince H. H. Shrimad Sudhindra Theertha Swamiji of Shree Kashi Mutt Samsthan and put before Swamiji, that in the present scenario where the ladies need to take leading role in bringing up the children, respect for the widows and support from Dharmaguru, gives great strength in promoting her role in the society. As advised by Swamiji, as a representative of the group of ladies, she contacted all GSB associations in Mumbai and also from Karnataka and Cochin. A solid support came from GSB Seva Mandal and many other associations, Swamiji was convinced of the need and on 20<sup>th</sup> May 2006, His Holiness called a handful of widows and explained the role of ladies in society and gave the Prasad. This is a historical moment in the community.





Gita Pai was chosen 'Outstanding Lady social worker of GSB Community in 2013', from the prestigious T.M.A.Pai Foundation Manipal, was given a purse and honoured.

Gita Pai has traveled around many continents officially with her husband and also for pleasure. She takes pleasure in taking holidays to visit newer places in India and abroad.

They are blessed with a son Shyamsunder who is a Chartered Accountant and MBA from Italy, is practicing in Mumbai, and a daughter Deeksha who completed her MS from USA and is settled in Canada with her family.

## **DR. PRAGNA PAI**

Pragna Manjunath Pai, M.D.DCH,F.I.A.P. , worked as Pediatrician, Professor and Head of Pediatrics also as the Dean of Nair Hospital and T.N.Medical college, Dean of K.E.M.Hospital and Seth G.S.Medical college.

She has to her credit Clinical and teaching experience of 32 yrs and Administrative Experience of 20 years.

She has been the M.D.examiner at various universities like Bombay, Bhopal, Delhi, Goa, Ahmedabad , Karnataka etc.

She has to her credit being adviser to Maharashtra Public Service Commission, Union Public Service Commission of Gujrat and Goa, Tata Institute of Social Sciences, Medical Council of India, CRISIL etc.

She is a Fellow at WHO, British council-U.K. Queens university .-Canada and others

She has following Awards to her credit

- Vocational excellence - Rotary club
- Mehta award by Indian Planetary society -promoting science through literature
- Eli-Lilly Ranabaxy foundation -unique contribution in health care practice
- Vishesh gaurav puraskar-woman of the year award
- Life time achievement award--Nair Aumni and some other awards.

She also has to her credit 160 scientific papers published in national/International journals. She has authored 26 books. She also wrote weekly columns in newspapers.



## **SMT. VEENA MOHAN ADIGE**

Veena Mohan Adige is a respected author and journalist who has been associated with an impressive and long list of publications through her noteworthy career spanning 30 years. A prolific writer, Mrs Adige has been an inspiration within our community for all those interested in literary pursuits.

She graduated in biochemistry (BSc in Biochemistry) and also holds a degree in Mass Communication (BMC). She has completed her 'Masters' degree in two fields i.e. M.A Linguistics, M.A Public Administration.

Mrs Adige has successfully authored several books through a host of publishers such as 'Love Conquers All' (publisher: Rupa &Co), 'The Meeting' (publisher: Writer's Workshop), 'Beloved Kidnapper' (publisher: Minerva Press), 'The Legacy of Baba Amte' (publisher: Bharatiya Vidya Bhavan).

Mrs Veena Adige is quite active with newer formats of literary platforms such as e-books and has successfully authored several e-books with the central theme of romance. She has also transcended age with her popular e-book on Children stories. As food is an integral part of any GSB household, Mrs Adige assimilated this community trait into her writing by authoring two cookery e-books 30 Biryani Recipes and 30 Dosa Recipes.

She has the distinction of featuring in the Maharashtra State SSC Board textbooks for standard IX and XI through articles authored by her.

She has been freelancing for reputed magazines and newspaper publications such as Woman's Era, Eve's weekly, Femina, Champak, Bombay Times, Thanepus, Savvy, Deccan Herald, Tinkle, Times of India, Indian Express, DNA of Navi Mumbai, One India One People, Dignity Dialogue etc. by contributing short stories, articles, features etc. Her work has been translated into various languages. Her career guidance talks as well as paper presentations at several seminars have resonated well with the target audience and have got her lot of acclaim.

She also served as the Assistant Editor at 'Hitavada' a leading English daily (newspaper) of Central India till July 2000. Presently, Mrs Adige serves as an Associate Editor at Bharatiya Vidya Bhavan for their fortnightly magazine 'Journal' while pursuing her freelancing assignments with the organisation. She also holds the distinction of being appointed Hon. Joint Secretary at Bharatiya Vidya Bhavan's Navi Mumbai Kendra. She is associated with the Ram Krishnaa Academy, Panvel as a Committee member of the organisation.



*Heartiest Congratulations to  
G.S.B.Sabha, Mumbai's Mahila Shakha  
on its Diamond Jubilee  
From*



**Smt. Asha Purshottam Prabhu**



## MAHILA SHAKHA PRESIDENTS OVER THE YEARS



**Smt Sudha V. Kini**  
1964 - 1966



**Smt Meenakshi N. Bhandarkar**  
1966 - 1969



**Smt Sanjivi V. Bhat**  
1970 - 1992



**Smt Prema L. Kuloor**  
1992 - 1993



**Smt Vatsala R. Shenoy**  
1993 - 2010



**Smt Durga C. Shenoy**  
2010 - Till date



**In fond remembrance of**  
**Smt. Vatsala and Shri V. Ramananda Shenoy**  
**by Smt Sadhana and Shri Sunil Shenoy**





*Heartiest Congratulations to  
G.S.B.Sabha, Mumbai's Mahila Shakha  
on its Diamond Jubilee  
From*



**Smt. Sheetal Jayesh Prabhu**

## OUR GSB TALENT RECOGNITION AWARDEE - SHRI SUDHIR NAYAK

Sudhir Nayak is a familiar face at most music festivals in India and has gained recognition as a sensitive harmonium accompanist to several vocalists. Sudhir is equally at home with harmonium solo renditions as he is with accompaniment and has performed at different places, globally.

A disciple of the Harmonium maestro and Guru Pt. Tulsidas Borkar, Sudhir also received training from the noted vocalist, composer and Guru Pandit Jitendra Abhisheki in the nuances of Raag Sangeet. Primarily trained in the Hindustani Music tradition, Sudhir has also studied various other genres of Indian music.

At an early age, Sudhir had the honour of accompanying many stalwarts in the field of Hindustani Music.

Sudhir's musical performances are regularly featured on Indian television and commercial recordings. Sudhir has also composed music for many projects and albums, some of which have been recorded and published commercially. He has also cut a Harmonium Solo Album titled "The Acoustic Keyboard in Indian Music- Solo Harmonium", published by Underscore Records.

Sudhir has the honour of having performed along with Pandit Bhimsen Joshi at the Central Hall of the Parliament of India, on the occasion marking the Golden Jubilee celebrations of India's independence and with Shubha Mudgal to mark the 60 years of Parliament of India.

He has also performed widely in the USA, the UK, Canada, Mexico, Europe, Australia, the Far Eastern and the Middle Eastern countries. He has been invited as a visiting lecturer often through the Department of Fine Arts and Music, University of Pittsburgh, USA. He has also performed and conducted interactive sessions for music students of Stanford, Berkeley, Brandies, Yale University and Ithaca College- USA, Griffith University- Brisbane, Monash University- Melbourne and other educational institutions and universities around the globe. He has also participated in many international festivals and projects like The Indian Voices Festival- BBC Proms Festival at The Royal Albert Hall (London), The Perth Arts Festival (Perth) and Sacred Music Festival (Brisbane), etc.

Sudhir also participates in cross-cultural collaborations being a part of the ensemble 'Koshish' and also in international projects like "Fearless Nadia".

Passionate about the study and development of the Harmonium, Sudhir curated an exhibition of antique Harmoniums from his personal vintage collection, along with providing information about the history and the status of the Harmonium, in the International Music Festival 'Baajaa Gaajaa- 2009", which was appreciated by many reputed personalities from the field of Music and fine arts. He also conducts workshops related to the Harmonium at different places in India and abroad.

Sudhir is the Secretary of the Village Music Club, a group of music enthusiasts involved in presenting and propagating Indian music and traditional arts, based in Thakur Village of Kandivali East, Mumbai.

Following his rich experience and eclectic approach towards music and arts across the globe, presently, Sudhir has constructively dedicated his efforts along with a group of music enthusiasts, towards the development of KALA COAST, Global Music and Arts Village, which is a centre of music and arts in Coastal Karnataka.

Awards:

- 22<sup>nd</sup> January, 2017: 'Bandubhaiyya Choughule Samman', Indore
- 28<sup>th</sup> April, 2014: 'Pt. Appasaheb Jalgaonkar Snriti Samvadini Puraskaar' under the aegis of Ganvardhan, Pune.
- 3rd December, 2013: 'Pt. Govindrao Tembe Smruti Sangatkaar Puraskar' instituted by the Gandharva Mahavidyalaya, Pune
- 20th January, 2010: 'Saraswat Yuva Puraskar' for excellence in the field of culture at the Yuva Sammelan, Mangalore
- 5th January, 2007: 'Saath Sangat Pravin Award 2006' instituted by the Rameev Goenka Academy for Classical Music and other Fine Arts under the auspices of The Music Forum, Mumbai jointly with the ITC Sangeet Research Academy, Kolkata.

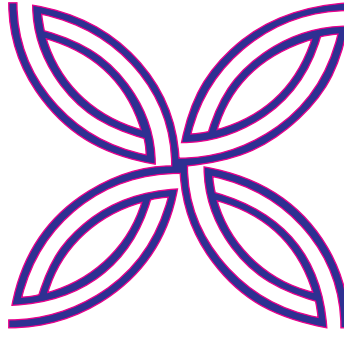


**Shri Sudhir Nayak will be felicitated with the GSB Talent Recognition Award at the Diamond Jubilee Celebrations of the Sabha's Mahila Shakha. The founder sponsor of this award is Shri K.M.Kamath.**



**WITH BEST WISHES**

**FROM**



**Shri. Sudhakar Sonawane**

*Mayor of Navi Mumbai*

**Smt. Ranjana Sonawane**

*Municipal Corporator*

**Dr. Gautami Sable Sonawane**

*Municipal Corporator*

## OUR GSB WOMAN ENTREPRENEUR AWARDEE

### Dr Shobha Kamath: Chief Motherly Officer at ROOTS EMG Advisory

This year, the recipient of GSB Sabha, Mumbai's Women Entrepreneur of the year is Dr. Shobha Kamath who is better known as the Chief Motherly Officer of Gujarat based 'Roots EHS Advisory'.

The company is a new age consultancy firm engaged in the field of Environment, Health and Safety since the last fourteen years. The firm believes in providing adaptable, holistic and cost-effective solutions, with a sharp emphasis on systems and management inputs.

#### Runs on Woman power

Dr Shobha Kamath started the company way back in the year 2002 and has always been advocating "**Womanpower**". Since the last 14 years, the company has had 33 'members' out of which 29 or 88 percent were women.

As said, ROOTS is a woman personified company and all the members carry the fierce fighting and protecting character of a woman.

In the words of Dr Shobha Kamath, "We all are tough and soft, caring and stern at the same time".

Most of the business comes from repeat customers as the clients appreciate the company's personal care and passion beyond the terms of the Work Orders. All the female members are in-charge of their own client accounts and they carry out correspondences and deliveries independently. They plan and undertake travel to farthest corners of India up to Jammu in the North and Mangalore in the South, independently.

The company is also collectively sensitive to their gender need that is they are given holidays for matrimonial meeting their prospective grooms for single members or are given work from home facility during their children's exams. Apart from regular perks, the company also has a company policy to gift girls some monetary allowance on the occasion of their marriage.

Also recently, the company has also announced a special holiday for all women members in the Organization on International Women's Day.

#### Work Activities

ROOTS EHS Advisory is a 100 percent debt free company and has two-company-owned offices in Vadodara and Ahmedabad. The Vadodara office is the Head office.

The experience of the firm varies from identification of the physical and biological attributes of the environment – "Brown Issues" or the issues related to industry, pollution abatement-control and compliance, "Green Issues" or the issues related to natural resources management such as forestry, ecological assessments.

The company is of the belief that Occupational Health and Safety go hand in hand and that both the issues have to be dealt with simultaneously; this is further reinforced with the expertise that the company has developed for certification relating to Occupational Health and Safety.

The company's experts have experience in various diverse fields ranging from Iron & Steel manufacturing to Ports, thus, enabling them to translate the relevant experience into high-value consulting for their esteemed clients. ROOTS also advise on various issues relating to Environment, Health and Safety to balance engineering, health and management inputs to cater to the real-world complex problems.

The experts have had a long-term stable working relation while working together from their respective positions in their respective fields/firms. All this promises to translate into a high-value consulting service to their clients from Industry and Service Institutions.

*The Sabha instituted the GSB Woman Entrepreneur Award in memory of Late Smt. Vatsala Shenoy, who was the Mahila Shakha President and Sabha Vice President for several years. The principal sponsor of this award are her daughter in law and son, Smt. Sadhana and Shri Sunil Shenoy.*





**In very fond memory of**



**Sushila Mallya**  
**(Nov 19, 1927-July 31, 2002)**

**We remember you very much ,Mummy dear.  
You were a towering personality, an unforgettable person.**

**Your children:  
Veena Mohandas Adige, Yeshwant Srinivas Mallya,  
Maya Satish Achar and their families**

## **CULTURAL PROGRAM PRESENTED DURING DIAMOND JUBILEE CELEBRATIONS**

### **A) SANDHYA SALIAN-KAMATH's "NUPUR" DANCE ACADEMY PRESENTS FOLK DANCES**

A Child prodigy, a professional Bharatanatyam and Freestyle dancer, these are some of the words that can be used to describe Sandhya Salian-Kamath who has been in this fine art since the last 27 years.

To inspire the younger generation, Sandhya started a dance academy called 'Nupur' at Ghatkopar. This institute has successfully trained hundreds of young talent in the last 17 years of its inception in folk, semi-classical and Indian film dances.

Her students have also won laurels and made Sandhya proud. They have actively participated in various school, college and television competition to emerge victorious.

Her dance shows which are staged every six months showcases the talents of all her students and are viewed by thousands of people including esteemed guests from the television and the film industry. These shows also support various NGO's as a part of the mission of Sandhya and her academy to further social causes.

She has choreographed over 2000 dance programs and been invited to judge several dance competition and festivals throughout the city.

Her work is also well acknowledged by the media and she has got wide coverage in several news publications.

She is the recipient of various prestigious award which includes the 'Vishnu Digambar Paluskar Award' for the best dancer from the hands of Padmashri begum Parveen Sultana ,

Her other awards include-

- The Jagmktteshwar Kalabharati award Best dance academy
- The Best mentor Award
- Soundarya Nritya Sitara Award for outstanding contribution to Fine Arts
- Woman of substance title from Hindustan Times
- The Idol of Ghatkopar
- Best Dance teacher award
- The Young Woman Achiever Award on International Women's Day 2015



### **B) V SISTERS PRESENTS "BHASHE GONDOLU"**

#### **About V Sisters**

V Sisters is a six year old Vashi, Navi Mumbai based GSB women's organization focused towards encouraging talent amongst the home makers. The organization believes 'Every woman has some talent, some special quality waiting to be discovered and Vsisters provides a platform to showcase their talent' . The organization believes in zero hierarchy and practices this to the fullest by implementing a 'No Designation' policy. All are equal and anyone can organize, suggest or conduct the proceedings.

Founded on March 11, 2011, V Sisters have organized 45 programs till now such as picnics, outings, competitions (cooking, rangoli, craft, flower arrangement, puja thali arrangement, hair styles, etc.) lectures, talks by prominent citizens of GSB community, discussions and games with many programs sponsored by the members themselves. Each program commences with devotional songs and bhajans followed by games concluded by high tea prepared in house by one of the members. 'Ashi asa ve' and 'Wireless' two dramas have been staged by the members.

Vsisters believes life is a palette of colours and the organization celebrates this in a unique way at their Annual Function by dressing in a pre-decided shade. While their first annual day was all about Maroon, they decided to colour the second with the shade of fertility i.e. Green the third was Blue, fourth Pink and fifth Purple. The sixth Annual function will be held in the third week of March this year. Their annual days are celebrated as Family day as the family of all members too participate in the celebratory activities.

The annual subscription for V Sisters is Rs 300. An article on Vsisters has been published by the souvenir released in Atlanta in the USA last year.



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### **About the play: Bhashe Gondolu**

V Sisters is staging an interesting Konkani drama 'Bhashe Gondolu' (Language confusion) on the occasion of the Diamond Jubilee celebrations of the Mahila Shakha of the Sabha. This drama is an adaptation of a play scripted by late Dr Rohini Prabhu. This original play was first staged in Hubli three decades ago.

This play has been inspired by the writer's personal experiences while interacting with relatives speaking the same language albeit with subtle nuances thrown in. The writer, Dr Rohini Prabhu, hailed from South Canara and while her husband hailed from North Canara. The confusion, chaos and trauma on account of misunderstandings caused by the subtlety and variation of the same Konkani language is the basis of this play.

This drama showcases the four main Konkani dialects spoken across South Canara, North Canara, Kochi and Goa.

'Bhashe Gondolu' has been staged multiple times and has been very well accepted and appreciated by the audience.

### ***c) SwaraVanita, AN ALL WOMAN MUSIC ENSEMBLE***

An all woman music ensemble "SWARA VANITA" is being presented at the Diamond Jubilee Celebrations of GSB Sabha's Mahila Shakha. The ensemble will be presented by Anjali Shanbhogue, Shruti Kamath, Srilatha Prabhu and Brahmi Shenoy, and anchored by Bharati Nayak. Profiles of artistes and compere are presented herewith.

#### **ANJALI SHANBHOGUE**

Anjali aged 20 years is a Saxophone player from South Canara. She learnt Saxophone from her guru Vidhwan Shri Sunder Sherigar, a well known Saxophone player from Udupi. In a short time of 9 years has already given 800 performances across a diverse set of audience in Mumbai, Hyderabad, Coimbatore, Gadag, Mysore, Bangalore, Karwar, Kumta, etc. She has also holds the distinction of securing 94% in the junior grade Carnatic musical exam.

Her flawless performance has earned her praise as well as blessings of eminent spiritual gurus such as Shri Shri Shri Vishwapriya Teerth Swamiji as well as Dharmadhikari Shree Virendra Heggade as well as GSB samaj's spiritual guru Shri Shri Sudhindra Teerth Swamiji.

Her flair and finesse with the musical instrument as well as her artistic temper has been recognised by the government on numerous occasions. She has been a recipient of awards from the District Collector of Udupi (District level award) and also by Government of Karnataka where she received the State Award for 2010-11.

Anjali has also been awarded by various other non-governmental institutional as a recognition of her talent. For any musician being associated with the maestro Bhimsen Joshi is a matter of immense pride and Anjali has been able to add Bhimen Joshi Smriti Din(Mumbai)to her long list of performances.



#### **SHRUTHI S KAMATH**

Shruti S Kamath was born at Manipal of Udupi District and is a degree holder from the MGM College Udupi. She was initiated into the field of music by her parents at a very young age and has learnt sitar from her guru Vidwan D S Chalekar (a senior disciple of Late Ustad Bale Khan of Dharward), at the Manipal branch of the Academy Schools of Music and Fine Arts. She has trained in Hindustani Vocal Music from Late Vidwan Madhav Bhat. Her further training was under the tutelage of Ubhayagana Vidhushi Smt. Shyamala Bhavne at Bangalore.

In the initial years, her performance were limited to activities of schools and colleges but later she received invitations to perform and accompany on Sitar (classical) and vocal music (Bhakthi and Bhav Sangeet in Hindi and Marathi) at places like Mumbai, Nagpur, Sangli, Kolhapur, Baroda, various places in Karnataka, Kerala, Tamilnadu and other states. She also had the privilege of being member of the troupe comprising famous singers like Usha Mangeshkar, Suresh Wadkar and Kavitha Krishnamurthy that presented the prestigious program titled "Srinivas Khale Rajani" in Mumbai 1996. She also accompanied Kathak and Odissi dance ballet concerts.





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She was part of Padma Bhushan Dr. S P Balasubrahmanyam's troupe at Alva's Virasat, Moodbidri in Jan 2015.

Apart of her music, she has great passion for Theatre. She has acted in several historical, social and mythological plays in Kannada and Konkani as well and won many awards for the same.

### **SRILATHA PRABHU**

Srilatha Started learning Tabla at the tender age of 5 years. Hailing from a musical family of Thalissery-Kerala, Srilatha's first guru happens to be her father Shri A.Haridas Shenoy. Post this she trained under the tutelage of Pandit Gaurang Kodikal Bangalore. She has completed her Tabla visharad from Akhil Bharatiya Gandharva Maha Vidyalaya, Mumbai.

She has participated and won awards at various state level competitions such as Kerala Youth Fest and State competition organised by Malayalam Manorama. She has performed alongside many artistes of repute such as Pt. Jayateerth Mevundi, Shri V. G. Karnad, Shri Dattatreya Velankar, Shri Prasanna Gudi, Smt. Anupama Gudi, Shri Shankar Shanbhogue etc. The musical maestro from South Shri Ilayaraja has invited Srilatha to join their troupe.

Currently, Srilatha teaches tabla at Canara CBSE, Dongerkery Mangalore. She also teaches many foreign students.



### **BRAHMI GURUDATH SHENOY**

Brahmi Gurudath Shenoy aged 14 years is currently studying in the 9<sup>th</sup> standard. Brahmi is a violin player as well as Hindustani vocal singer.

She is learning Hindustani Vocal Music under the tutelage of Guru Shri Sachin More (disciple of Pt.Murli Manohar Shukla) at Sharda Sangeet Vidyalaya – Kalanagar, Bandra, Mumbai. She is learning Violin under the guidance of Guru, Shri Manas Kumar.



### **BHARATI NAYAK**

Bharati Nayak has earned great experience and repute as a make-up artist, having specialised in Bridal make-ups in the GSB community. She also anchors cultural events in English, Hindi, Marathi and Konkani and is actively involved in coordinating music and arts related events and festivals through institutions like the Village Music Club and Kala Coast, which are forums for propagation of music and fine arts.



**Bhajan and Bhagvad Gita Chanting classes are held  
at the Sabha office.**

**Please contact Sabha office for details.**

**Tel : 2408 1499**

**Monday to Saturday 2 - 7 p.m.**



## **LIFE BEGINS AT 60**

### **GSB SABHA MAHILA SHAKHA'S DIAMOND JUBILEE**

### **1957-2017**

Mahila Shakha committee is a vibrant and dedicated group of women working towards the objectives of the Sabha, have always been integral part and played a pivotal role in the activities of the Sabha.

Right from the inception of the Sabha on 26th August 1934, Smt. Shantabai Desai ran a sewing class, then taken over by Smt. Leelabai Gavaskar. The ladies would gather every Friday during the month of Shravan to observe Haldi Kum Kum and exchange Chudies.

The paradigm shift happened in 1957 when Smt. Sujir Sundari Gopal Nayak, a social worker from Mangalore conceived the idea of a Mahila Shakha. She met Smt. G. Susheela Rao (Umakka) and invited ladies to participate in activities of the Samaj. Thus formed the Mahila Shakha of the GSB Sabha on 5th September 1957 with a Haldi Kum Kum program at the Sabha's office. Ladies present became members by paying membership fee of Rupees 5/-

The main activities in those days were social and dharmic. Members took interest in "Udyog Mandir" where by poorer sections of the community were helped, to sell their home products like Shevai, Pappad, pickles, Sambhar powder etc.

A regular feature then was, Bhagvad Gita discourses by Susheela Rao, which was continued by Meenakshi Bhandarkar and subsequently by Prema Kuloor.

The three Haldi Kum Kum's Shravan, Navaratri and Sankranti became very popular and are held even to this date. Various competitions are held during the Haldi Kum Kum programs like cookery, elocution, rangoli, garland making etc. along with Bhajan, Bhagavad Gita, sewing, shell craft, purse making, Mehendi, beauty etc. A library with Kannada books was also run by ladies, Talented ladies started writing dramas and skits which were enacted during Sabha's Foundation Day. Mahila Shakha also took part in the All India Radio Konkani program.

During the Indo China War in 1962, Late Shri A.M. Kamath (Macson man) provided wool, cloth, thread etc. and Mahila Shakha members, with great devotion knitted gloves and sew thousands of handkerchiefs which were sent to the Jawans on the border.

When number of Mahila Shakha members increased, space for holding the programs became a constraint. By the grace of H.H. Srimad Dwarakanath Tirtha Shripad Vader Swamiji of Shri Samsthan Gokarna Parthagali Jeevottam Math, Shri Dwarakanath Bhavan Hall at Wadala was made available for the Mahila Shakha functions.

Mahila Shakha focused their efforts on fund collection and early initiatives in this regard were Rupees 2/- lucky number coupons sold by women volunteers, the Lucky Draw for which was held during the Haldi Kum Kum Programs. Efforts of late Smt. Ramabai N Kamath who was the Vice President in collecting funds are still remembered.

When Smt. Sanjivi Bhat donned the mantle of President in 1970, things took a new turn. The activities were multipronged like educational, cultural, social and religious. She adopted vigorous ways and means to swell funds for the various Mahila Shakha activities, which included persuading the ladies to make endowments Rupees 5,000 each, either individually or jointly by four ladies for the Marriage Assistance Fund.

Every year two programs are held for fund raising, Anand Bazaar on 25th December and Republic Day Get Together on 26th January. Anand Bazaar started on a small scale and then expanded to a full day program where stalls selling Konkani food stuff, handicraft items, sarees, dress materials, costume jewellery and many more are sold. Housie, Lucky Draws, Lucky Dips are also held.

A full day picnic was also held every year for ladies, then changed to Ladies Day program at Kreeda Mandir playing Games, skits etc.

Apart from the above, Mahila Shakha's Bhajan Group renders Bhajans at Sri Walkeshwar Kashi Math during Saptah, Sri Ram Mandir Wadala during Ram Navami and Ganeshotsav celebrations, Balaji Mandir, Kurla during Gita Jayanti Ekka bhajan and Balaji Mandir Vashi during Navaratri.

The most notable and popular activity of the Mahila Shakha is "Marriage Information Service" which was started in

1986 under the guidance of Smt. Gita R Pai, past President of the Sabha. Master/Supplementary lists of eligible boys are released in July/January every year. Members of Mahila Shakha are helping the parents of eligible boys and girls to find suitable girl or boy on second and fourth Tuesday of the month, now has been changed to second and fourth Saturday of the month. This service has been supplemented by holding periodic Get-Togethers of eligible boys and girls with their parents/guardians. The first such Get-Together was held on 5-12-1993 and it is great pleasure that Mahila Shakha held 66th Get-Together on 22-10-2016.

In 2016 Mahila Shakha conducted a workshop called "Shakti" which included "Ride the Digital Revolution" conducted by Ms. Tanushree Shenoy which covered online payment of bills, booking of air and train tickets, paytm, using debit and credit cards etc. Second workshop was "Understanding Money Matters" conducted by Ms Kiran Telang, covered the topics- practical money management tips, how to make a will etc.

Mahila Shakha conducted one more program "Matru Chhaya" an interactive workshop by Br Yukta Chaitanya of Chinmaya Mission in order to guide young mothers to cope with the challenges faced due to exposure to modern technology and lifestyle.

On the whole Mahila Shakha over the period of 60 years has been continuously evolving and changing as per the need of the hour. It has been glorious 60 years, and here's hoping for many more years of Great work!!!

From the Managing Committee of Mahila Shakha.

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## **I Enjoyed Working with GSB Sabha & Its Mahila Shakha**

*Smt. Gita R. Pai*

Completing formal education and getting a degree is like a visiting card to enter in the world of broader horizon. There is immense pleasure in developing contacts with good people, people with broader vision. This should be more applicable to educated ladies, not bound by the 9 to 5 job workers but to the so called 'Housewives' who have 24 hour duties. As they advance in age, as their children grow a little older and are big enough to take care of themselves and spend most of the time in their study field, the mothers need to develop some diverse activities. I am sure that every lady has some hobbies, some extra interest which she could not cultivate during the days when she had to devote full time to the care of her babies.

So wake up ladies. At the earliest, get into the field of your liking. Getting yourself associated with the community organisations will give you ample satisfaction and organisations need your skill. Joining GSB Sabha is like 'meeting your extended family'.

I am putting before you the amount of satisfaction I enjoyed in the 25 years of my association with GSB Sabha, Mumbai. This city is a place of opportunities. I had acquired a lot of hobbies, though learnt from professional guides, did not use it for commercial purpose. This was of immense use to me at the Sabha. I started raising funds for the Sabha by teaching these hobbies to many ladies. I could raise a lot of funds for the Sabha and my student circle began growing. Many were

interested in helping Sabha's activities and we could start newer activities for GSBS Mahila Shakha. As the demand grew the newer activities also started and more involvement from more people grew. Also request from community people started coming up for newer activities.

A big demand from society came to start Matrimonial services. Though we initially hesitated, as it involves a lot of precautionary measures to be taken, we started growing step by step. Not only from the Sabha, the people of Mumbai, and thereafter even people all over India started supporting us. This was a big encouragement for us.

When I took the post of the President of GSB Sabha, the support from the Sabha's Committee and also the Mahila Shakha committee was heartwarming. As more and bigger activities started growing, we needed corporate support to carry on such activities. It was very clear that God blesses those who are true to their work ethics.

My young friends, the satisfaction of working for GSB Sabha itself is the biggest reward. Your every interest in life has a scope here. Give your best to the Sabha, with sincerity. You will see, people around you will be truly 'your extended family'.





## PROGRAMMES HELD DURING MAHILA SHAKHA'S DIAMOND JUBILEE YEAR

### A. DURGA NAMASKAR POOJA - SHRAVAN HALDI KUMKUM

Mahila Shakha began its Diamond Jubilee year (2016-2017), with Durga Namaskar Pooja and Shravan Haldikumkum which was held on **Friday, 5<sup>th</sup> August, 2016**, at Dwarkanath Bhavan Hall, Sri Ram Mandir, Wadala. In spite of heavy rain falls, there was a significant number of attendances of the ladies. Haldi kumkum was sponsored by Smt. Namratha Kamath. The pooja was conducted by Smt. Gautami Acharya and Shri Govind Acharya under guidance of Trivikram Acharya of Kurla. Bhajan Seva was offered by ladies from Sabha's Bhajan Class. Ladies were happy to offer 108 Durga Namaskar, a very rare and auspicious offering to the Goddess. The program ended with Haldi kumkum and snacks.



KumKum Archana



Pooja being performed by Smt. Gautami and Shri Govind Acharya under guidance of Trivikram Acharya



Offering 108 Pradakshina to the Goddess

### B. "SHAKTI" - A programme of two workshops

G.S.B. Sabha's Mahila Shakha, conducted two workshops under the banner "SHAKTI" on 11th December, 2016 at I.M.Pai hall, Kreedha Mandir. The programme started at 3.30 p.m.

The first workshop was on "RIDE THE DIGITAL REVOLUTION" conducted by Ms Tanushree Shenoy, an Equity Research Analyst and our Sabha Committee member. She covered the following in her demonstration of use of internet:

- ★ Online payment of Electricity and Mahanagar Gas bills.
  - ★ Booking of air and train tickets
  - ★ Using Gmail.
  - ★ Mobile wallets like Paytm etc. and using debit and credit cards.
- The advantages and ease of doing these were explained. An interactive session concluded this with participants happy with the learning about internet.
  - ★ The second workshop was on "UNDERSTANDING MONEY MATTERS" conducted by Ms Kiran Telang, a Certified Financial Planner. She covered the topics on:
    - ★ Why of Money, Money in its proper place, Protection, Dreams
    - ★ What of Money, Assets, Personal portfolio Creation, Wealth Distribution
    - ★ Practical money management tips
    - ★ How to make a 'Will'
  - This workshop ended with an interactive session with the participants expressing their happiness.
  - Participants were unanimous in their request for conducting such workshops regularly by Mahila Shakha.
  - Light refreshments were served. Mahila Shakha is grateful for the support of the sponsor for this workshop, Smt. Anita Sudhir Pai.



Audience listening to the speaker with interest



Faculty, Ms. Kiran Telang, answering to a query by a participant



Faculty, Ms. Tanushree Shenoy, explaining all about Credit and Debit cards

## C. Matru Chhaya / Parenting Workshop

**'Mahila Shakha arranged a "MatruChhaya" workshop, conducted by Br. Yukta Chaitanya, on 19th February, 2017'**



It is said, God wanted to come to earth and was contemplating on the form for his stay on earth. He chose to be a mother. Matru Chaaya literally means Mother's shade, mother's protection, mother's love.

No doubt, there is no love so strong, so selfless, so committed, so pure as *mother's love*. She is always around to support her child in any way required emotionally or financially. She is always there whenever the child needs a hug, a kiss or just her presence. Without a mother a child would rarely live upto his or her full potential. Without a mother, a child would be like a boat abandoned in deep sea.

A Dictionary Definition of a mother is a female parent, but a mother is more than just a parent. She is her child's best friend. Mothers are like angels, who are always around when we are in trouble. She never gives up on her child. She is always forgiving. Actually a mother's love is on 24x7. Even though no matter how angry she is angry on her child, not for too long, she is every so forgiving. She has a continuous supply of unconditional love.

So she is a female parent. Now whenever one wants to cycle one should learn cycling, one wants to be a doctor, one should learn medicine, one wants to be an engineer, one needs to learn engineering. If one wants to become a parent, one has to learn parenting. How many learn parenting before becoming a parent?

Parenting is an art to be honed. All are not born with the natural talent of parenting. Like other skills, this is also a skill to be honed. Ofcourse, no one needs to teach the mother/parent to love, but how to parent is and art to be learnt or honed.

What would become of the project taken by the engineer without learning engineering? A disaster! One becomes a parent without learning parenting but because of the love for their respective children the parent eventually masters the art to some extent.

Why do people get married? For companionship, security, society status, etc. So in other words each one marries for one's own selfish reason. No one marries for the sake of the spouse.

Why do people become parents? For their own joy, society status, etc. No one becomes a parent thinking that I am becoming a medium for a Jiva to be born. No one becomes a parent for the sake of the child. Each one becomes a parent for one's own sake.

So it thus becomes even more important that the parent learns the art of parenting as soon as possible. The child

who is born for the joy of the parents deserves to get the best parenting possible.

First of all the parent should remember that children learn by example. They learn by seeing more than by hearing. So it is very important for a parent to be what she expects of her child. She has to be a good role model for her children.

The child observes everything, how does the parent behave with the driver, the peons, the watchman, the vegetable vendor, the servants, etc. How she behaves with them will sow the seeds for the behaviour of the child in the future, so by showing them respect she teaches the child to be respectful.

Whenever a mistake is made by the parent, the parent should accept it and not think of what is there to say sorry to a small child. No. Children observe these things and they in turn make a big issue to apologise as they grow up. So the more they are exposed to unconditional love, support, and a good role model, that is who they become.

A parent's love is so much on the child that it in many cases becomes an impediment on the child's growth. The parent's over protection results in the child never learning to go out of his comfort zone because everything is done by the parent for the child. Even if the child's parents are called to school, many comfort the child that don't worry we will take care of the teacher or the principal. Such a child never learns to face difficulties or challenges, thus when such a child grows up and is confronted with challenges, he or she becomes a nervous wreck. Expose the child to dangers and allow them to go through it by themselves. This will make them confident and humble.

Parenting is a big responsibility, a big project in hand because the parent is giving a product, for the society, community or the country at large. Its impact is very deep and everlasting.

Without a parent / mother our lives would be so bitter and painful. No matter how we treat our mothers, they will always love us in spite of everything. They accept us the way we are.

To be the best mother who empowers the child with confidence and inculcation of all noble values like, empathy, love, share, care, in the child which is then shared by the child in society.

Mothers may seem just like ordinary people, but they are really super heroes in disguise!



**In very fond memory of**



**LATE. SMT. VARADA KAMATH  
VERY ACTIVE PARTICIPANT OF G.S.B. SABHA  
FUNCTIONS AND ACTIVITIES**

**REMEMBERED BY  
FAMILY, FRIENDS, G.S.B. COMMITTEE MEMBERS**



## **G.S.B. MATRA MANDALI, KINNIGOLI** **A DYNAMIC LADIES WING DEDICATED TO THE SOCIAL CAUSE**

Report by K.G,Mallya,  
Email: mallyakgm@rediffmail.com

GSB Association, Kinnigoli, (Dakshina Kannada District) established in the year 1930 owns and manages Shri Rama Mandir started in the year 1950. Besides this, the Association has a very active ladies wing called GSB MATRA MANDALI devoted to quite a few social, religious and spiritual activities to be propagated and passed on to the younger generation. The Mandali not only meet regularly but also arrange discourses, Bhajans and Stotra recital besides classes basically for the young boys and girls for chanting of Shrimat Bhagwat Gita Shlokas. In fact the Gita chanting classes started 25 years ago under the dynamic leadership of Late Shri Shantaram Rao, the then President of the Association over years have become very popular in Kinnigoli and nearby areas and recently they have celebrated the Silver Jubilee also in a befitting way as hundreds of students have learnt Gita and very interestingly Dr.Sondha Bhaskar Bhat a learned teacher and scholar in Sanskrit and also our scriptures is teaching Gita from the first day which in fact is one hour in a day once a week.

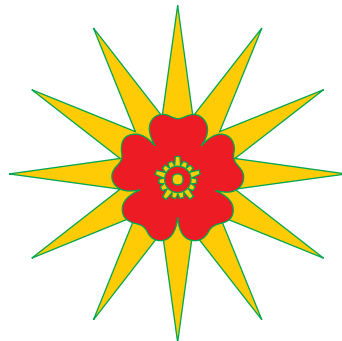
The activities undertaken by the Mandali are really praiseworthy as can be noted by the following:

- During the weekly classes are taught, Gita, Religious Stories, Stotras and Reading the Almanac
- Learning by heart and studying the Mantras of Unity, Shanti Mantra and Prayers to various deities
- In door Games, Games with Question and Answers and songs of Patriotism
- Celebrating every year Gita Jayanti when Gita Scholars are invited to give talks on Gita besides holding various competitions relating to Gita and winners are suitably rewarded.
- Stories from Puranas, Ramayana, Mahabharat etc are being narrated during camps.
- Interested students and adults are being taught how to converse in Sanskrit within 10 days at the rate of 2 hours a day.
- Dance, acting in dramas and skits and devotional songs are being taught
- During vacations in Schools especially in Summer and during Dasara/Deepavali Holidays, Special Camps are being conducted for students, both boys and girls not only to enhance and enrich their knowledge but also to encourage to take part in dance, drama and music.
- At the time of Annual Gita Jayanti various competitions are held about Gita in the High Schools and Colleges in the locality
- Training in Yoga and Yoga Asanas.
- Those who participate in camps are gifted Bhagawat Gita and other interesting books.
- During last 25 years more than 20,000 copies of Gita have been gifted away.

Not merely classes but the office-bearers lead and inspire students in participating in Bhajana programmes in the temples.

The Matra Mandali in Kinnigoli is dedicated and devoted to develop the young students especially in the religious and cultural and devotional activities besides organizing the annual variety entertainment programme in Shri Rama Mandir during the Annual Punar Pratishtha Day. Students who score very good marks in the Public/Degree Examinations are being given merit cash prizes/scholarships during Shri Vara Mahalakshmi Vrata organized by Matra Mandali. Some of the members/office-bearers regularly participate every day Bhajans in Shri Rama Mandir. (Office-Bearers President: Mrs.Bharathi Shenoy, Vice-President: Mrs.Vijaya Prabhu, Secretary:Mrs.Ranjani Rao, Jt.Secretary: Mrs.Sandhya Mallya and Treasurer: Mrs.Varija Kamath)

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## Mindful Awareness- The Secret of Success

By Chandrika Kamath

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Singing requires an artist to live in the present. When he is reproducing the melodious notes with his vocal chords, his mind cannot wander. The past and the future cease to exist for him in that moment. In fact, you must have seen most musicians sing with closed eyes. Singing is a kind of a meditation, where the body, the mind and the soul are yoked together in the truest sense of the term, yoga. My rigorous Sadhana in music taught me the tenets of this yoga called music. It has given me an interesting insight and has also taught me to apply this to everyday life. The first lesson I learnt from music riaz is Mindful Awareness. While singing one is required to have the right posture, concentrate on the voice production, maintain the time and beat and be in total synchrony with the pitch the tanpura. If any of this is not right the singing becomes off tune or besur. Similarly, if life has to be in tune with the melody you want to create, you must be mindfully in the present. Most often when we drive or cook or do mundane jobs we allow our mind to wander. I learnt that this divorce of the mind and the body, even in simple activities, causes humongous dissipation of energy. This dissipation causes fatigue, exhaustion and stress. Some people argue that multitasking is a knack. But, believe me, it uses up twice the amount of energy we would require for one activity and also increases the time consumed to complete the activity. But Body-Mind Divorce has become the order of our lives. Just think of modern relaxation. We think we're having great fun when we eat and watch the Television. We do not understand that it is not entertainment but abuse. Some people say they are forced to multi task because of their demanding schedules. Even in such situations it is better to make a list, prioritize and tackle one thing after another. Trying to do two things at once is detrimental to both the doer and the work done. Let's take a simple activity like Eating. This, in fact every other activity, must be treated as a sacred ritual. The various sense organs of the body must be involved in one single activity. While eating, your eyes must enjoy the sight of food, your nose must smell the flavors, your fingers must feel the texture and your tongue must taste the flavor. When all the sense organs are thus occupied, the mind will not wander and think of hundred other thoughts. Such mindfulness has amazing therapeutic value for the mind and body. Have you seen a worship session in a Hindu temple? There is incense for the nose to smell. There is the bright flame of the "aarti" for the eyes to see. There are drums, the cymbals, the bells and the conch that almost deafen the ears. This is done with a purpose. When the sense organs are kept occupied, the mind will not wander. When the mind doesn't wander, concentration is complete. Concentration on the job at hand, makes the job less stressful, less time consuming, more effective and more accurate. The old adage, "One thing at a time, and that done well." is indeed a mantra for success. Let me give you another example. Have you ever gone to a boring lecture or presentation and come back unbelievably exhausted? All you did was to sit in a comfortable chair, maybe in an air-conditioned room. Yet, you become tired. Have you ever wondered why? Let me tell you. Your body is on the chair. Your mind is not captured by the talk and so decides to go for a walk. The body pulls back the mind. The mind unwillingly comes back but soon tries to run out again. This tug of war between your mind and body renders you tired. This is the impact of Body-Mind Divorce.

Music is a time consuming art. It requires years of rigorous training before you can become a performer. There are instances wherein the sangeet sadhakas have spent two decades or more before they could perform for the public. To sustain one's interest, in this long journey requires two important steps which must be followed. I found that these steps will help everyone to achieve their goals in life with greater ease. The first one I call- Love of Labor. Time as we all know is a relative term. When we see an interesting movie, three hours seem to fly by. The same three hours seem like eons when we are in pain or are waiting for something. Interest and passion are two emotions that compress time. When mind-full awareness is coupled with love or passion for the activity, the mind never tires. Energy is not dissipated. In fact, this "passionate mindful awareness", becomes the fountain head of energy. Some people say that they are forced to do things they do not love. But when the body, mind and the soul are yoked together, a person will love everything he does.

The next important step is Short Term Goal Orientation. When I realized that my goal in music may take years, decades or may be an entire life time to achieve, I understood that I must break it into smaller units. The mind is like a child. It requires a reward now and then to behave itself. When the goal is far away, the mind becomes restless, with each passing moment and each passing day. The restless mind invites negative thoughts. The mind has a strange affinity to negative thoughts and befriends them easily. Diffidence, dejection, fear, hopelessness –the guest list for this tragic friendship is unending. Altogether they rock and roll and cause so much of disturbance and havoc. In order to avoid this coup against happiness and hope, we must recognize the achievement of smaller goals. These smaller goals are like the stair way to our final destination. Achieving each short term goal means we are one step closer to our long term goal. Envisaging a short term goal has two advantages. Firstly the petulant mind gets its reward now and then. When it is rewarded, it stays in a state of equilibrium and is more co-operative. The next advantage is that it keeps the mind focused on the activity. This means we are achieving Mindful Awareness without much effort.

Happiness is all about energy conservation. Stress is all about energy dissipation. We don't have to get this energy from outside. It is within us. It is up to us to tap it to its full potential without distorting and dissipating it. All the above steps help us to harness our energy to its optimal capacity. This is my secret recipe for making our journey towards our goal happy and stress free – Have a happy marriage of the body and mind, be mindfully aware of everything you do, and conquer smaller goals to please your mind. Most of all love everything you do!

The author of this article, Dr. Chandrika Kamath, is a Hindustani Classical vocalist and belongs to the Jaipur atrauli Gharana. She is also a corporate trainer.



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