

# V G



## Voice of G.S.B.

*Strength of Our People....  
is Power of our Community*



Team Panchakanya, a dance drama, presented by our Mahila Shakha during the Sneh Milan Program held on 25<sup>th</sup> January, 2020



Mahila Shakha reached a milestone by holding the 75<sup>th</sup> Parichay - Boys Girls get-together on 16<sup>th</sup> February, 2020

Stay Calm, Stay Home,  
Stay Safe Wear Your Mask



M.R. Pai Memorial Carrom Tournament for Physically Challenged was held on 19<sup>th</sup> January, 2020



RANGOLI, 4.5 ft by 4 ft, hand drawn by Amita Kini using coloured sand.  
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## MESSAGE FROM THE PRESIDENT

Dear Members :

Namaskaru,

This message comes at a time when the entire world is grappling with the COVID-19 pandemic. We in India have taken some really good steps to ensure that the effect of this Corona virus is muted as compared to some of the developed nations and matured economies.

This pandemic has taught us many lessons. It is time that we pause, step back and introspect about the way we live our lives. We are now living a materialist world and forgotten our spiritual values, culture and ethos. I read somewhere “Lockdown lesson: “Cost of living” is never expensive. It’s the “Cost of Lifestyle” that is.” I am sure that each one of us individually and as a nation would come out of this situation stronger and with a lot of responsibility. From “Social distancing” now, post pandemic we would see “Social distancing and Digitally connecting” as a norm.

The pandemic has resulted in the utilization of Kreedha Mandir coming to a naught during this peak season resulting in a loss of revenue.

On the Sabha front, our last quarter was eventful. We had our annual Sneha Milan program wherein our Mahila Shakha performed “Panchakanya” – a ballet based on the 5 pativrata covered in our mythology. This event was very well attended. The carrom tournament for the differently abled saw the undying spirit of the participants who in spite of their challenges demonstrate the zeal and sporting spirit that we are lacking many a times. The Senior Citizens picnic was well attended by the enthusiastic “youngsters” of our community. Our Mahila Shakha reached a milestone when the 75<sup>th</sup> Parichay – Boys Girls Get-together program was conducted by it. A detailed report of each event is covered elsewhere in this edition.

Our Mahila Shakha is working on some initiatives that would engage our women folks on various fronts.

We at the Sabha are continuously looking out to start new initiatives. We invite members not only to come up with suggestions but also execute any projects/initiatives that would benefit our Samaj. Please appreciate that the Sabha is also a nursery to hone your management, organizational and execution skills, so take a step forward and be a part of an initiative.



We are committed to the task entrusted on us and assure that we will continuously strive to deliver better results.

Solicit your support and cooperation.

Seasons Greetings and a Happy and Safe 2020.

Thanks and regards,

Laxmikant Prabhu  
President

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## ANNUAL PUJA AT SHREE KASHI MATH, WALKESHWAR ON 5<sup>TH</sup> JANUARY, 2020

The Annual Puja of G.S.B. Sabha, Mumbai, at Shree Kashi Math Samsthan, Walkeshwar, was held on Sunday, 5<sup>th</sup> January, 2020. Bhat maam prayed for the all-round wellness of the Sabha and its members.

### 80<sup>TH</sup> ANNUAL GENERAL MEETING OF GSB SABHA, MUMBAI HELD ON 1<sup>ST</sup> MARCH 2020.

The 80<sup>th</sup> Annual General Meeting of G. S. B. Sabha, Mumbai was held on Sunday, 1<sup>st</sup> March 2020 in the I. M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir.

The President, Shri Laxmikant T. Prabhu, and Mahila Shakha President, Smt. Prafula Rau, welcomed the members and gave a brief report of the activities conducted by the Sabha. The Trustees, Shri B T Mallya, Shri N N Pal, Smt. Sudha G. Pai and the members present expressed their views and appreciated progress made by Sabha.

Along-with the other items of the agenda, the 84<sup>th</sup> Annual Report of the Sabha and Accounts for the Financial Year 2018-19, audited by the Sabha's Hon. Auditor, Shri Srikant Prabhu, were adopted.

The newly constituted Managing Committee selected Shri Laxmikant T. Prabhu as President for the forthcoming year. The following members constitute the Managing Committee :

1.	Shri Laxmikant T. Prabhu	President	11.	Shri Subhaschandra R. Rao
2.	Smt. Shanteri N. Nayak	Vice President	12.	Shri Dinesh M. Bhandarkar
3.	Shri Subray D. Shenoy	Vice President	13.	Smt. Tanushree A. Shenoy
4.	Shri Bharat S. Kini	Vice President	14.	Shri Damodar B. Mallya
5.	Smt. Amita A. Kini	Jt. Hon. Secretary	15.	Smt. Shilpa (Chitra) Kamath
6.	Smt. Bina N. Shenoy	Jt. Hon. Secretary	16.	Shri Prakash M. Pai
7.	Shri Satish V. Manel	Jt. Hon. Secretary	17.	Smt. Bharati V. Bhandarkar
8.	Smt. Mohini M. Hegde	Jt. Hon. Treasurer	18.	Shri Pandurang V. Nayak
9.	Shri Uday V. Malya	Jt. Hon. Treasurer	19.	Shri Anil Kamath
10.	Smt. Prathima P. Pai	Jt. Hon. Treasurer	20.	Smt. (Dr.) Shobha Kini



Sabha President, Shri Laxmikant Prabhu, addressing members at the 80th AGM of G.S.B. Sabha, Mumbai. Also, on the dais Sabha Trustees, Shri B. T. Mallya, Shri N. N. Pal and Smt. Sudha G. Pai, Mahila Shakha President Smt. Prafula Rau, Jt. Hon. Treasurer, Shri Uday Malya and Jt. Hon. Secretary, Shri Satish Manel.

## IN MEMORIAM



**KASARAGOD VENKATESH BHAT**  
(1917 – 4.9.1968)

&



**VASANTHI VENKATESH BHAT**  
(17.12.1927 – 20.5.2014)

*With Fond & Everlasting memories of our Loving  
and Kindhearted Parents  
We miss You and think of you always.  
You will live in our Hearts Forever.*

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**SONS-IN-LAW:**

SURENDRA & SURESH

**DAUGHTER-IN-LAW:**

NAMRATA

**GRAND CHILDREN:**

MAHESH, ASHWIN, SATYA & VINEET

**GRAND DAUGHTER-IN-LAW:**

SAYALI

**GRAND SON-IN-LAW:**

ADVAIT

**GREAT GRANDSON:**

TAKSHEEL

**GREAT GRANDDAUGHTER:**

AADHYA

**E-MAIL: [nvbhat@iitbombay.org](mailto:nvbhat@iitbombay.org)**



# REPORT ON PROGRAMMES HELD BY SABHA IN THE LAST QUARTER

## SNEH MILAN PROGRAMME ON 25<sup>th</sup> JANUARY, 2020

GSB Sabha, Mumbai and its Mahila Shakha jointly presented its Sneha Milan program on Saturday, 25<sup>th</sup> January 2020 at our Kreedha Mandir Grounds.

Shri Vivek Vasudev Kamath, Managing Director & General Manager, Abbott Healthcare Private Limited and his wife, Smt Vijaya Vivek Kamath, an entrepreneur, were our esteemed Chief Guests for the evening.

The program began with invocations by Smt. Sulakshana Pai and Smt. Lakshmi Nayak. After which, Sabha President, Shri Laxmikant Prabhu and Mahila Shakha President, Smt. Prafula Rau, welcomed the audience. Shri Prabhu felicitated Shri Vivek Kamath and Smt. Prafula Rau felicitated Smt Vijaya Kamath

Since 2006, every year, the Sabha felicitates a personality from our Community who has excelled in the fields of performing arts, fine arts and literature, with the GSB Talent Recognition Award, of which the founder sponsors are Late Shri K. M. Kamath and family. Shri K. M. Kamath, who passed away recently on 31<sup>st</sup> October, 2019, had served as a Managing Committee member for several years. This year, Pt. Upendra Bhat, renowned vocalist was the recipient of this award and was felicitated by the Chief Guest. While accepting the award, Pt. Upendra Bhat said that, although he has received numerous awards in his illustrious career, it is always a special feeling to be recognized by our own Community. It is also pertinent to note here that the Sabha had the privilege to host Pt. Upendra Bhat in our Annual Bhakti Natya Tarang programme in 2019.

Women contribute a lot towards growth of the Indian Economy. GSB Sabha, Mumbai recognizes this contribution and in 2014 took a step in this direction by instituting the Vatsala R. Shenoy GSB Woman Entrepreneur Award. Late Smt. Vatsala Shenoy was the President of our Mahila Shakha from 1993-1994 to December 2010 and was also a Vice President of the Sabha for many years. The founder sponsors of this Award are Smt. Vatsala Shenoy's daughter-in-law and son, Smt. Sadhana and Shri Sunil Shenoy. For this year, the recipient of this award was Dr Krishna Umesh Pai, Retired Sr. Scientist from BARC and proprietor of Krsna Enterprises, Director at Earthcrop Biofertilizers Pvt. Ltd. and Active Auto Insulation Pvt. Ltd.

Dr. Krishna Pai was felicitated by the Chief Guest. In her speech, she recalled the various struggles she faced in her life and thanked her family for the support they have given in her endeavors.

In his address, the Chief Guest, Shri Vivek Kamath, appealed to the audience that we should always carry out the rituals of 'Shraddha' – the ritual performed to pay homage to our ancestors. The importance of performing such rituals should be taught to our children. He also said that each one of us should take the responsibility of taking care of the education of a needy student.

As the saying goes 'No meal is complete, without dessert' The highlight of the program was a musical dance drama, 'Panchakanya' presented by our Mahila Shakha. It depicted the lives of Sita, Mandodari, Tara, Ahalya and Draupadi. It had 21 participants, with ages ranging from 11 years to 70 years. The artists showcased these divinities gracefully. Among these participants were pairs of daughter in law - mother in law, daughter-mother. This dance drama was choreographed by professional danseuse, Sandhya Salian Kamath. Panchakanya extolled the virtues of these impactful women in a manner that left the audience asking for more.

There was a lucky draw for which two prizes were sponsored by Smt. Suman Kini and Shri Radhakrishna Kamath of Kamath Caterers.

The atmosphere was mesmerizing and after such an eventful program everyone deserved an authentic GSB cuisine. The taste-buds were tickled with hot and tasty tomato soup. For dinner, we had a tantalizing GSB menu, which included 'Khotto and Madgane'. The Sabha received accolades for a well conducted programme.

Sabha received banner support for this program from NKGSB Co-op Bank, Inmar Engineering Services Pvt Ltd, Organica Bio-tech and Little Angels International School. Certain individuals also extended financial support to the program.

**Photos of this programme on Page 14-15**

## Panchakanya Cast

1. Malathi Nayak- Dharmaraj
2. Gauri Bhat- Arjun
3. Jaya Kamat- Vaanar, Vaali, Bheem
4. Bharati Prabhu- Nakul
5. Tara Pai- Indra, Sahadev
6. Radha Bhat- Hanuman, Sugriv  
(Radha and Gauri Bhat are mother in law and daughter in law)
7. Maya Nayak- Ram
8. Sujatha Acharya- Krishna

## Panchakanyas

1. Draupadi- Unnati Nayak (Malathi and Unnati are mother and daughter)
2. Sita – Sushma Kini
3. Tara- Ruchita Bhat(7<sup>th</sup> std)
4. Ahalya – Anita Pai (Tara and Anita are mother and daughter)
5. Mandodari - Sahana Nayak(8<sup>th</sup> std)
9. Gehna Acharya – Group dance, Daasi ( 11<sup>th</sup> std College)
10. Radhika Bhat- Laxman (Radhika and Ruchita are mother and daughter)
11. Chitra Kamath- Ravan, Gautam Rishi
12. Prathima Pai- Vaanar, Shakuni Mama
13. Gautami Acharya- Dushasan (Gautami and Gehna are mother and daughter)
14. Bina Shenoy- Duryodhan.

<b>Choreography</b>	- Sandhya Salian Kamath of Nupur Dance Academy
<b>Make-up</b>	- Shri Pradeep Pednekar
<b>Hairstyling</b>	- Gautami Acharya
<b>Sound and Lighting</b>	- Damodar and Vinaya Mallya
<b>Costumes</b>	- Sanskruti Costumes

# REPORT ON PROGRAMMES HELD BY SABHA IN THE LAST QUARTER

## M R PAI MEMORIAL CARROM



Nothing can stop us....

### TOURNAMENT ON 19<sup>th</sup> JANUARY, 2020

The G.S.B.Sabha, Mumbai's Sports Club held its annual M. R Pai Memorial Carrom Tournament for the Physically Challenged on Sunday, 19<sup>th</sup> January 2020. As in the earlier years, the tournament was sponsored by Bank of Baroda and was held under the auspices of the Mumbai District Carrom Association. This year the tournament was held in our I. M Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir at Kings Circle, Mumbai.

The tournament was inaugurated by Shri Laxmikant Prabhu, President of the Sabha. About 151 participants from various institutions working for the welfare of the physically challenged participated in the tournament.

There were 5 Categories viz. Physically Challenged, Wheel Chair, Mentally Challenged, Hearing Impaired and Women. 3 prizes were given in each category at the hands

of Shri Mandar Kasare of MDCA at a prize distribution function held in the evening.

Distinguishing feature of this year's event was that there were participants from the organization called the Parents of Down's Syndrome (PODS). Besides this, there were few participants who did not represent any institution and had come on their own.

Lunch and refreshments were provided to all the participants during the day-long event which was thoroughly enjoyed by all.

We take this opportunity to thank Shri Arun Kedar, Shri Mandar Kasare, Smt Poonam Kasare, and other members of MDCA for their support and guidance which made this tournament very successful.

This challenging initiative taken by the Sabha ended on a happy note bringing a smile on the faces of the Physically Challenged members of our society in particular.



Carrom Tournament Winners with Sabha Committee members and MDCA volunteers

## Rs. 6.02 LAKHS DISBURSED FROM G.S.B.SABHA'S HIGHER EDUCATION AID FUND

### FOUNDER DONOR : SHRI GURPUR DATTANANDA BHAT

The Sabha has disbursed Rs. 6.02 lakhs from G.S.B.Sabha's Higher Education Aid Fund for Academic Year 2019-2020. The amount was disbursed to 15 students, of which 9 were boys and 6 girls; 11 of the students were from Mumbai and 4 from Bengaluru, Udupi and Kochi. The beneficiary students are pursuing engineering, medicine, dentistry, pharmacy and architecture courses. The disbursed amounts ranged from Rs. 14,000/- to Rs. 50,000/- per student.

This Fund was set up by the Sabha from the amount bequeathed to the Sabha by Shri Gurpur Dattananda Bhat in his will for this purpose. The guidelines to implement the scheme were framed with guidance from some prominent personalities from the field of education and Social work, namely Smt. Gita R. Pai, Chairperson GSB Scholarship League; Dr. Kavita Rege, ex-Principal

Sathaye College; Dr. Roshan Bhakta, Hon. Secretary of Little Angels Education Trust and Smt. Medha Lotlikar, Special Educator.

The applications received were scrutinized by a Special Committee comprising of Smt. Sudha G. Pai (Chairperson), Shri Laxmikant Prabhu (Ex-officio Chairperson), Dr. Kavita Rege, Shri Prakash M Pai, Shri S D Shenoy, Smt. Bina Shenoy and Shri Uday Malya (Committee Members). The Committee considered the fees paid by the student and the assistance received by the student from other organizations before deciding on the benefit to be extended.

We remember Shri Gurpur Dattananda Bhat maam, a great visionary and philanthropist, whose generosity has enabled the Sabha to launch one more initiative to be of service to the community.





*With Best Compliments from:*

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## REPORT ON PROGRAMMES HELD BY SABHA IN THE LAST QUARTER

### SENIOR CITIZEN PICNIC HELD ON 9<sup>th</sup> FEBRUARY, 2020

The Sabha's annual senior citizen's picnic was held on Sunday, the 9<sup>th</sup> of February 2020, with a trip to the Uttan-Gorai area, starting with the majestic Golden Pagoda followed by the lush green ecoforest, Keshav Srushti.

With 84 participants, including the organisers, two buses headed out from Dadar and Chembur picking enthusiastic people who had turned up early in the morning across pre-decided points at Western and Eastern Express Highways. The buses reached Golden



Pagoda around 9.15 am after an approximate 1.5 hour journey with the customary Antakshari and greetings as many friends met each other.

After a good breakfast at the cafeteria, a representative from Golden Pagoda guided the group around the magnificent monument and explained the history of the structure and provided details of its awe inspiring architecture. After a quick tour in the viewing gallery of the Pagoda, the group gathered for a 10-minute Vipassana session that gave a sneak preview to the unique meditation technique. After this, participants spent some time walking around the art gallery which is one of Asia's largest and hosts more than 100 paintings depicting the life of Prince Siddhartha who then became Gautam Buddha.

After this uplifting start and sounding the huge gong which symbolizes a desire to return to the place, all the participants got into the buses for a 20-minute ride to Keshav Srushti. Reaching there at lunch time, the

group was welcomed with a wonderful lunch cooked with fresh, organic vegetables grown at the eco-forest. After the lunch, the group relaxed and had fun with some games which saw enthusiastic participation. Specifically, the tennis ball catching game which was won by the oldest members in the group, aged 73 to 79 years, left everyone amazed about the energy and spirit of our community's senior citizens. Prizes were



distributed to the games winners by two young girl participants aged 3.5 and 5 years.

Around 4pm, the helpful guides at Keshav Srushti took two batches of participants for a walk around the nature park, showcasing the different biological diversity, the embedded agriculture college and the Go-shaala which gave everyone an opportunity to feed and pet the cows. The trip lasted for an hour and gave everyone a refreshing connect with nature which was followed with high tea.

At around 6 pm, the group bid farewell to everyone and boarded their buses to get back to the hustle and bustle of the great metropolis of Mumbai with their minds refreshed and filled with memories of how close we live to nature and being thankful to getting to spend some time there.



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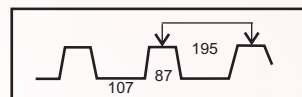
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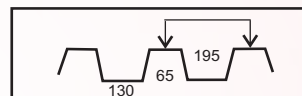
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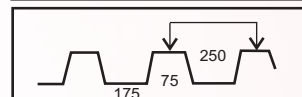
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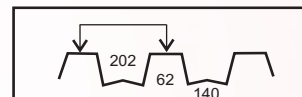
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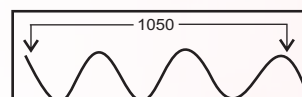
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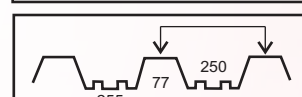
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## REPORT ON PROGRAMMES CONDUCTED BY G.S.B. SABHA'S MAHILA SHAKHA IN THE LAST QUARTER

**Bhajan Seva was offered on the following occasions by the Mahila Shakha Bhajan Group :**  
**January 26<sup>th</sup> 2020 – Bhajans were rendered at GSB Samaj (Western Suburbs), Goregaon,**  
**on the occasion of their 50<sup>th</sup> Golden Jubilee.**

**January 28<sup>th</sup> 2020 – Bhajans rendered at Walkeshwar in front of Swamiji's deity.**

**February 15<sup>th</sup> 2020 – Monthly Bhajan at Walkeshwar.**

### SANKRANTI HALDI KUM KUM HELD ON 17<sup>th</sup> JANUARY, 2020.

Mahila Shakha organized Sankranti Haldi Kumkum on Friday, 17<sup>th</sup> Jan 2020 at I. M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir. The programme was sponsored by Smt. Vijaylaxmi Shenoy. The members present welcomed the new Mahila Shakha President, Smt. Prafula Rau. There was an informative talk on food adulteration and safety by a team from BMC. Shri Shashikant Kekare, Jt. Commissioner, Food & Drug Administration for Maharashtra State was the Chief Guest. Shri Bibhishan Mule, Assistant Commissioner and Shri Amit Raskar, Food Safety Officer, were others in the team.

In his speech, Shri Kekare said that he was impressed by the interest shown by an organisation and the target crowd being women. This was first time in their history that some organisation had come forward and invited them for this kind of show. He said the team was very much happy to educate people in how to be safe while purchasing & consuming food items and they looked forward to conducting many more sessions.

Shri Raskar educated the audience on the safety aspects to be kept in mind while purchasing food items like pulses, grains, oils and non vegetarian food items. He explained the significance of ISI Mark, FFSAI mark, Fortified Logo etc. on packed food items. He also explained Dos & Don'ts while selecting and purchasing packed food items and reading and



During Sankranti Haldi Kumkum, On the dais are Smt Prafula Rau- MS President, Shri Bibhishan Mule - Asst. Commissioner FDA, Shri Shashikant Kekare - Jt. Commissioner FDA, Shri Amit Raskar - Food Safety Officer and Smt. Vijaylaxmi Shenoy - program sponsor.

understanding the labels on the same. He gave useful tips for storing of cooked and raw food, vegetables and non vegetarian food items etc. THE PINK BOOK... a guide for safe and nutritious food at home, was distributed to the members. It was an interactive and interesting session.

The programme ended with vote of thanks to the members present, the sponsor and the BMC team. This was followed by distribution of Haldi Kumkum and refreshments.

### A MILESTONE ACHIEVED BY MAHILA SHAKHA

#### 75<sup>th</sup> PARICHAY – GET-TOGETHER OF ELIGIBLE BOYS AND GIRLS HELD ON 16<sup>th</sup> FEBRUARY, 2020

Mahila Shakha held its 75<sup>th</sup> 'PARICHAY', its Get-together of eligible boys and girls, along with their parents on Sunday, 16<sup>th</sup> February, 2020 at I. M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir. Different time slots were allotted according to the age of the participants. There was

also a separate slot for those staying abroad and for those seeking alliance for second marriage. There was an overwhelming response for all the slots. Some applicants had come from Pune, Belgaum etc.

Mahila Shakha's President, Smt. Prafula Rau, welcomed the members and gave brief report of activities





Mahila Shakha President addressing the members present during 75th PARICHAY-eligible boys and girls get together with parents

conducted by the Mahila Shakha. She felicitated Smt. Jayashree Rao, Jt. Hon. Treasurer of Mahila Shakha Committee, who had financially supported the programme. Refreshments and lunch were arranged for the attendees. Around 275 people attended this get-together. Many new members enrolled for our Matrimonial Service during this meet. The parents attending this get together conveyed their gratitude to Mahila Shakha for this initiative and service.

This event was a huge success. It was appreciated by all attendees and they requested Mahila Shakha to conduct 'PARICHAY' more often.



Members present during 75th PARICHAY



MS President Smt. Prafula Rau felicitating Smt. Jayashree Rao, for supporting PARICHAY

## G.S.B. Sabha's Mahila Shakha Future Programmes

Date	Programme	Time	Venue
Sunday	PARICHAY - 76 <sup>th</sup> get-together of eligible		
7-Jun-20	Boys & Girls with their parents	2.30 PM	I. M. Pai Hall.
		onwards	Kreeda Mandir

In view of COVID - 19 pandemic there is possibility of rescheduling /cancelling of the events. Hence we request the members to reconfirm about the holding of the events by calling up at the Sabha office to avoid inconvenience.

All are invited for the programmes.

Bhajan Classes are held at Sabha's Office. For particulars, contact office between 5:00 pm - 6:30 pm  
**Marriage Information meetings will be held at Sabha's office only on 2<sup>nd</sup> Saturday of every month between 4:00 pm and 6:30 p.m. w.e.f. May 2020**

Mahila Shakha gives marriage assistance to the needy. We need your assistance to help them better

**Donations are gratefully accepted**

**Smt Prafula Rau**  
*President*  
 Tel: 99205 26157

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



by Konchadi Vasanth Pai

Way back in 2002, I was waiting at the Computerised railway booking centre at Shivaji Nagar Pune, my token number being 63, a long wait. I had a spare application form in my hand and a ballpoint pen. There was a competition for tribute to a mother on “Mother’s Day” announced by the Times of India. I just wrote this simple poem impromptu and later sent it to TOI office on Fergusson College Road. It fetched me the second prize, a cash award of Rs. 5000/-, a bonanza for which I thank my mother.

### A PAEAN TO MOTHER

All that I am mother, I owe to you  
I have no God other than you.  
You lived in a world where there were no nukes or nerds  
You lived on simple rice and curds.  
You knew not chromosomes X or Y  
But brought forth a son and heaved a sigh.  
You showered me with love and affection,  
Spared the rod without spoiling the child, I must mention  
I remember you mother, pledging gold from your ear  
To pay my fees and make me an engineer.

Spartan living and noble thoughts  
Love of poetry and literature.  
Your life itself was an example to follow  
Before which bookish knowledge sounds so hollow.  
How can I ever repay your debt  
Not in this life, I bet.  
I have to be born again and again  
And in every birth you as my mother will remain.  
Love you Mother.

On 28<sup>th</sup> November, 2010, Nature magazine published an article “Telomerase reverses ageing process”. This poem is based on the same :

### ELIXIR OF YOUTH

Eureka! It has been discovered at last  
All ye old fossils line up fast  
the Elixir of Youth is no longer a mystery  
Researchers at Harvard have made history  
If a report in “Nature” is to be believed  
We, old buzzards, would be greatly relieved  
It is the telomerase gene which can reverse  
the process of aging (it seems so perverse)

Experiments conducted on tottering old mice  
Threw up quite a great surprise  
Old rats to whom mating meant jitters  
could now sire very large litters  
Rhymers prepare to study the genetic code  
And On Intimations of Immortality write a new Ode  
The only hitch here is that we may be no more  
By the time this wonder gene reaches our shore



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Invocations by Sulakshana Pai  
and Lakshmi Nayak

# SNEH MILAN PROGRAMME

Felicitation of Chief Guest,  
Shri Vivek Kamath, by Sabha  
President

Felicitation of  
Smt. Vijaya Kamath  
by Mahila Shakha  
President

Presentation of Vatsala  
R. Shenoy GSB Woman  
Entrepreneur Award to  
Dr. Krishna U. Pai

Presentation of GSB Talent  
Recognition Award to  
Pt. Upendra Bhat

The Panchakanya Team

Ravana abducting Sita

Sita asking for the Golden  
Deer from Rama

Hanuman paying his  
respects to Rama, Sita  
and Lakshmana

Mandodari pleading  
with Ravana to return  
Sita to Rama

Mandodari, the  
queen of Ravana

Tara, the wife of monkey  
(vanara) king, Vali



ON  
25<sup>TH</sup> JANUARY,  
2020

The duel of Vali and Sugriva

Tara curses Rama

Tara lamenting the  
death of Vali by an  
arrow shot by Rama

Gautama Maharishi  
cursing Ahalya to  
become a stone

Ahalya regaining her  
human form after  
being brushed by  
Rama's foot

Draupadi

Ahalya's obiesance  
to Rama and  
Lakshmana

Dushasana, Shakuni  
and Duryodhana

The Pandavas losing  
at the dice game

The wrath of  
Draupadi

Krishna's divine  
intervention  
coming to the rescue  
of Draupadi

The Panchakanyas

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G.S.B. Sabha's  
Medical Trust, Mumbai

## G.S.B. Sabha, Mumbai



G.S.B. Sabha,  
Mumbai

101, Shree Nidhi CHS, Opp. Bank of Baroda, 76, Bhau Daji Road,  
Matunga (C.R.), Mumbai - 400 019. Tel. 2408 1499. Office Timings - Monday to Saturday 2 to 7 p.m.

### CANCER SCREENING CAMP FOR WOMEN ABOVE 40 YRS OF AGE ON MONDAY, 1<sup>st</sup> JUNE, 2020

#### CAMP CONDUCTED BY GSBS MEDICAL TRUST AND SPONSORED BY G.S.B. SABHA, MUMBAI

For the benefit of our Community members, G.S.B. Sabha, Mumbai, has sponsored a very special Cancer Screening Camp for ladies above the age of 40 only. It is said that early detection of cancer leads to early cure. Such a camp has been organized by GSBS Medical Trust which will be held on Monday, 1<sup>st</sup> June, 2020, at its Health Rakshak Centre, Opp. Pritam Hotel, Station Road, Dadar (E).

Women who register for the Camp will be examined by specialists on Medical Trust Panel. Mammography (for Breast Cancer) and PAP Smear (for Cancer of the Cervix) will be performed on all. The mammography will be reported by Trust panel radiologist. The entire process will take about 3 hours.

Once the reports are ready in 5-6 days, they will be compiled and sent to all those who registered for the Camp. Depending on the reports, further advice will be given.

This is a very expensive camp. Super Specialist Doctors are involved in this. The normal cost for the tests and reports would be Rs. 5000/-. However, as part of the Community service, the participants will be charged Rs. 300 only as registration fees. Prior registration is compulsory so that we can be sure about the number of participants and doctors can block their timings.

Only 30 persons will be registered for this Camp as it involves a lot of procedures. Registrations will be accepted on "First Come First Served" basis.

We hope that the current situation arising out of the Covid-19 pandemic is resolved by the above date and we are able to conduct the camp as planned. In case the situation does not improve, we will have to postpone or cancel the camp. In case of cancellation, registration fees paid will be refunded to the participants.

### Procedure for Registration : Last date for Registration is 20<sup>th</sup> May, 2020.

For registering, you have to fill the below form and either a) submit the same at Sabha office of which address is given above with registration fees of Rs. 300/- in cash or b) scan the same and send it to Sabha email id, gsbsabha@gmail.com and send the registration fees by NEFT to the following account :

Name of Account : G.S.B. Sabha, Mumbai  
Bank and Branch : Bank of Baroda, Bhau Daji Road  
IFSC Code : BARB0BHAUDA (Please note it is zero and not O in the IFSC Code)  
Account No. : 05800100014288  
Nature of Account : Savings

In case you are doing a NEFT transfer, please call Sabha office and inform our Manager, Shri V K Shenoy, about the same.

Name : \_\_\_\_\_  
Address : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Mobile No. : \_\_\_\_\_  
E-mail id : \_\_\_\_\_  
Your bank account details : (In case of camp cancellation, the fees paid will be refunded to this Account)  
Name of Account holder : \_\_\_\_\_  
Bank and Branch : \_\_\_\_\_  
Account Number : \_\_\_\_\_  
IFSC Code : \_\_\_\_\_  
Nature of Account : \_\_\_\_\_

## VASTU YOGI DR. RAMESH KAMATH HE HAS MADE GSBs PROUD

Sixty eight years old, Vastu Yogi Dr Ramesh Kamath, has made a name and carved a niche in the GSB community. Based in Bangalore, he is a qualified engineer with two small industries, a magician, a hypnotist, a vastu and yoga consultant, a writer, a filmmaker who has made very successful meaningful films, a superb music player and much more.

In January this year he was in Mumbai screening his children's films 'Apsara Dhara' and 'Aa vai jaa saa' at Guru Ganesh, Sion; Laxmi Venkatarama Balaji Mandir, Vashi;



Aa Vai Jaa Saa

Shantikunj, Harigram, Panvel and Dombivali to houseful audiences. The shows were organized by Dinesh Kudva, retd DM, Canara Bank.

Accompanied by his wife Kiran, Vasudha Prabhu and other artistes, he performed instant magic items to the delight of the audience. The two award winning children's films are entertaining, informative, educative and lovely. They received a standing ovation at all the places.

His latest movie, 'Apsara Dhara' has received recognition from various international film festivals. It was screened at the Kolkata International Film Festival on Children's day, November 14, 2019. On Jan 2, the film won Outstanding Achievement Award and Best Director Award at the Singapore World Film Festival.

'Apsara Dhara' was shot partly in Egypt in front of the pyramids and sphinx at Cairo and a few scenes in 3D. Most parts of the film were shot in the dense forests of Sirsi using a drone. The film was screened at DMOFF International Film Festival in Florida, US in December 2019. It won an award as the Best Children's Experimental Film at L'Age

d'Or International Arthouse Film Festival (LIAFF) in December 2019.

Dr. Kamath started making movies with a Konkani film 'Jana Mana' in 1980. That picture was highly praised by both the press and the public. It was the first Konkani movie to be telecast on National Network of Doordarshan, and soon, it became a household name during that period.

After 36 years he produced and directed 'Aa Vai Jaa Saa'. This is the ever first full length Konkani children's movie. This film was released on July 2, 2016 at the Konkani Sammelan at Atlanta in the US.

"The title of the film comprises of four elements. 'Aaa' for 'Aadhyatmik' or spiritual, 'Vai' for 'Vaignanik' or scientific, 'Jaa' for 'Jaatyateeth' or secular and 'Saa' for 'Saamajik' or social obligation. The idea behind the film is to motivate children to use these values in their life. The cast and crew of the film came from the four Konkani speaking states of India, namely, Goa, Maharashtra, Karnataka and Kerala," said Dr. Ramesh Kamath.

"Konkani is a sweet language and it is spoken only in these four states. I tried to bring in the beauty of the language in one film. There are English subtitles as I didn't want the film to be restricted to only the Konkani speaking population," he says. "I want to do something for the betterment of children. These days, parents neglect their children's needs or indulge them too much out of guilt. It is so easy for children to get misled these days, especially with mobile phones and technology. They need protection and care," he said.

"I ventured into movie making just to show that Konkani people can make meaningful movies and also to inspire the younger generation of the community," he says. His films are noncommercial and he does them with passion like all his other activities, with no eye on profit. 'God has been kind,' he smiles, 'I have received donations, awards and gifts which make my ventures financially viable.'

Dr Kamath is a graduate from the Pune Film and Television Institute. He worked as the Associate Director with National Award winning film Director, the late P Lankesh, in all his films. Later he worked with Karnataka Film Development Corporation as Chief Technical Officer and also worked as Director in the Jawaharlal Nehru Planetarium too.

He has three Engineering Qualifications-Electrical, Sound and Computer Engineering and Doctorate in Para



by Dr. Veena Adige



Psychology from UK. He started two small scale industries in Mysore manufacturing Fire Extinguishers and Electronic gadgets. Ramesh Kamath is an expert Vastu Consultant who has developed his own prediction method called Vastu Scope. He is a spiritual man studying and practicing vastu for the last 22 years. He teaches yoga and 3D meditation and conducts kundalini meditation free at his Vastu Kuteer in Bangalore.

He has written more than 50 books in Kannada and Konkani on various topics. His stories have been used in various publications. He has produced more than 200 dramas. He is also a rank holder in sitar and veena playing. He has not only produced films but acted in them also. Also, he has performed more than a hundred magic shows. During the screening of his films in Mumbai he regaled the audience with magic tricks. Quite often he performs tricks while talking.

When he was invited to a friend's house, he made a cone from a magazine lying there and poured water in it. When he opened it, miraculously it was dry. He flipped the pages and everyone watched. He again rolled the magazine and poured the water back, all in front of an admiring audience who was within arm's length and could see what he was doing!

'I live each day as it comes,' is his favourite quote. When asked about a typical day in his life he said that no day was typical and all were different ones.

That is Vastu Yogi Dr Ramesh Kamath, a jack of all trades and master of all!!!



**Smt. Kiran and Dr. Ramesh Kamath**

#### **FORM IV (See Rule 8)**

Statement about ownership and other particulars relating to Voice of GSB to be published  
in the first issue every year after the last day of February

- |  |   |   |
|--|---|---|
| 1. Place of Publication  | : | Mumbai  |
| 2. Periodicity of Publication  | : | Quarterly   |
| 3. Printer and Publisher   | : | Shri Laxmikant T. Prabhu  |
| Nationality  | : | Indian  |
| Address  | : | A-405 Joy Valencia, Opp JVLR<br>Behind Majas Depot<br>Jogeshwari (East), Mumbai – 400 060                                   |
| 4. Editor  | : | Smt. Amita A. Kini  |
| Nationality  | : | Indian  |
| Address  | : | G-6 Navgeeta Society,<br>St. Anthony's Road,<br>Chembur,<br>Mumbai – 400 071.   |
| 5. Name and address of individuals<br>who own the newspaper and<br>partners or shareholders holding<br>more than one percent of the<br>total capital | : | G.S.B. Sabha, Mumbai<br>101, Shree Nidhi,<br>Opp. Bank of Baroda,<br>76, Bhau Daji Road, Matunga (C.R.)<br>Mumbai – 400 019 |

I, Laxmikant T. Prabhu, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-

Date : 11<sup>th</sup> April, 2020

Laxmikant T. Prabhu  
Signature of the publisher

# ONCE IN TWELVE YEARS BRAHMA KALASHA FESTIVAL OF SHRI DURGAPARAMESHWARI TEMPLE, TAKES PLACE IN KATEEL



by K.G.Mallya

Shri Durga Parameshwari Temple in Kateel is a wonder of wonders in the arena of religion, culture and spiritual matters put together.



Illuminated temple during the festival

The temple dedicated to Mother Goddess Shri Durga, is standing in the middle of a tiny isle on River Nandini, which is not at all a broad one. Near the foundation of the temple, where the currents flow from east to west, there are huge boulders, describing indirectly that the river is a not a river of water but a river of boulders! Here the river is dividing itself into two streams and joyously dancing over the rocks while proceeding further, making a circumambulation of Mother Goddess! In fact the River is around 40 kms. long.

Goddess Durga is worshipped here in the temple as Shri Bhramarambike because according to the legend of the place, she had taken the incarnation of a bumble bee (Bhramara) to vanquish the dreadful demon called Arunasura who had obtained a boon from Lord Brahma that he should not be killed by human beings, demons or animals with two legs or four legs! Mother Goddess Durga has, thereafter, resided on the isle to protect and grace the devotees.

The temple conducts a variety of religious programmes every year like the Rathotsava, Navratri, Ganeshotsava etc.

Recently, a grand programme called “Brahmakalashotsava”, which is held once in 12 years, was held at Kateel between 22<sup>nd</sup> January 2020 and 3<sup>rd</sup> February 2020.

Brahmakalashotsava means bringing waters of hundreds of holy streams and rivers and fill them in Kalashas (water-pots) and purifying the deities with the holy waters filled in 1000 Kalashas and in addition, one huge Kalasha of silver or gold called Brahma Kalasha (Big Kalasha). A Kalasha at a pooja is regarded as a symbol of the entire Universe,

including all Gods--Brahma Vishnu and Mahesh and without a Kalasha, a pooja cannot be regarded as complete !

The programme involves huge outlay in terms of manpower, funds, resources and people's participation; and finally its success depends solely on Mother's benevolence!

Variety of programmes were held under the auspices of the Kateel temple Brahmakalashotsava, as under:

Pratishtha of Golden Dhawaja Sthambha on 24<sup>th</sup> January, 2020

Brahma Kalashabhishekam on 30<sup>th</sup> January, 2020

Nagamandala on 1<sup>st</sup> February, 2020

Koti Japa Yajna on 2<sup>nd</sup> February, 2020; and

Sahasra Chandika Yaaga on 3<sup>rd</sup> February, 2020

On 30<sup>th</sup> January, 2020 – the Brahma Kalasha Day, a fully decorated grand and tall Brahma Ratha of the temple with Utsava Deity placed in it was drawn and watched by thousands of devotees amidst religious



fervor and with great enthusiasm. The atmosphere was charged with positive vibration and exuberance and extremely thrilling to behold!

To enable the entire crowd to watch the program comfortably, in close proximity to the temple, another isle was developed where two major programmes of Nagamandala and Sahasra Chandika Yaaga were performed.

On Koti Japa Yajna Day, on 2<sup>nd</sup> Feb., 2020, there were 50,000 devotees who had assembled in Bhramari Vana to chant and dedicate the japa to the Mother Goddess Durga. Bhramari Vana is located on another isle close to the main isle.

In front of this isle, a huge “Bhojana Shaala” was erected where the “Anna Santarpane” (meal programme for all the devotees) was held and the following figures were published in the print media after the conclusion of the entire programme (from 22<sup>nd</sup> Jan., 2020 to 3<sup>rd</sup> Feb., 2020):

“Estimated Number of People who had visited the Temple during the period: 20 to 25 lakhs; Estimated Number who had partaken Anna Prasad: 10 to 12 lakhs; People who had taken Tiffin and Snacks: around 8 lakhs, Cooks & their assistants: around 250 and the number of Volunteers: Around 10,000. “

In front of temple, a huge store room (open godown) was temporarily constructed where rice, food-grains, vegetables, sugar, coconuts and other such offerings in kind from devotees were received and kept in full view. The idea of displaying it in this manner was simply to indicate to all that in the Kingdom of Mother Goddess Nothing is Scarce!

Interestingly enough from the City of Mangalore an offering was received in the form of 10,000 steel plates for taking meals, 6,000 smaller plates to take snacks, 10,000 steel glasses and 6000 steel cups.

Besides ‘Annapoorna Bhojana Shaala, a huge pandal with a colourful dais was erected. It was named ‘Bhramari Vedike’ and ‘Dharmika Sabhas’ were held here on continuous basis besides cultural programmes-dance, drama, music, yakshagana and discourses by spiritual masters and guest speakers touching upon religion, literature and spiritual matters were taking place. Every day there were one or two well-known



**Presiding Deity of  
Kateel, Mother Goddess  
Shri Durga Parmeshwari**

Swamijis (pontiffs) of different religious seats giving discourses besides blessing everyone.

It is a matter of great pride for us that our Shri Kaivalya Math Swamiji, H. H. Shrimat Sivanand Saraswati Swamiji, was invited to give a talk on Saturday the 25<sup>th</sup> Jan., 2020. Our Swamiji addressed in Hindi and His Holiness declared among other things, “We must have full faith, belief and devotion towards the Almighty God and then only we will be a success in life!”

As per newspaper reports, on Brahma Kalasha Day the estimated gathering was around 150,000. Devotees had

thronged from all over the country and could be seen in all places in and around the temple and in Bhramari Vana. Bhramari Vana has been planned in such a way that it would serve both as a spiritual and religious centre and also a tourist centre. Fountains had been created (including coloured ones) and plants, creepers and trees of different varieties had been planted befitting the title of Vana or forest/garden.

Then according to Astrology we have 27 stars, 12 “Rashis” and 9 Planets (Navagrahas) that influence the life on Earth, with a popular belief that the life of each one of the individuals is also depending on the day, date and time at the time of birth that tell us the planetary position. It is also believed that quite a few plants or trees represent some Star or Planet in the Navagrahas. So by worshipping them we can earn their grace or ward off certain evils. In Bhramari Vana this time the Temple had created after observing religious formalities, “Navagraha Vana” (Garden of Nine Planets) “Nakshatra Vana” (Garden of 27 Stars) and “Rashi Vana” “Garden of 12 Rashi” (Group of Planets).

We salute two families, 1) Archaks of the Temple: All the members of Shri Asranna family who had toiled day and night, round the clock, to make the programme a grand success and 2) Shri Kodattur Guttu Shetty family, the Hereditary Trustees of the Temple who had worked with equal zeal and strength to take the Temple to glorious heights.

Our appreciation to all the volunteers and all those who had worked sincerely and selflessly taking it to be a rare ‘seva’ to our Mother, Shri Durga Mata known as Shri Bhramarambika in Kateel!

## THE STRANGER WITH A GOLDEN HEART

We had shifted to Mumbai from Hyderabad in the year 1977 and were not quite familiar with various places in Mumbai. This incident happened in the year 1980. My sister who had just finished her graduation had received a call for an interview in a small firm located at P.D'Mello Road. P.D'Mello road is a long stretch of road situated near fort. I and my elder sister were walking along the road searching for the address. We had asked many people, but none were able to tell us the exact location. We were quite dejected and also worried as we could not locate the address. My sister was worried that she may not be able to appear for the interview.

During the course of our search for the address, we met a gentleman, whom we asked about the address as well. The gentleman took the call letter from my sister's hand and went through the location/address. Then he asked both of us to accompany him to his office. We were scared to accompany a stranger, to his office. However, as my sister was getting late for the interview, we had no other option, but to accompany the stranger to his office in the hope of getting some assistance. On entering his office, he had asked us to wait near the reception counter and went inside his cabin. The receptionist was courteous and offered us seats. She was extremely polite and nice to us as well. The receptionist might have thought that we were the boss's relatives. After a while the gentleman came out with a young man and told us that he (the young man) will take us to the address mentioned in the letter. We thanked the

gentleman and left his office along with the young man.

On the way, the young man told us that he was working in the gentleman's office as an assistant and his boss had told him to find out the correct address and ensure that we reached the venue. The young man accompanied us and took/guided us to the right address. We thanked him profoundly on finding the right address/destination. He left, after ensuring we were at the right location. My sister appeared for the interview and was told that the result will be let known to her by post. Of course, for whatever reason my sister was not successful in the interview and did not get that job. Nevertheless, on that day we met people with golden hearts, the Gentleman and his assistant.

Whenever people say that Mumbai is a fast city which does not have time for others, I do not agree with the critics and tell them about the above experience which I can never forget. A total stranger went out of his way to help two young girls who were desperate to find out a location. Wherever that gentleman and the assistant who accompanied us, might be, they are always in my prayers of gratitude

Incidents like above increases our faith in humanity and helpfulness.



by Veena Shenoy

## YOUNG ENTREPRENEUR – SHREYA BHAKTA



“The hardest part about being an entrepreneur is that you'll fall ten times for every success”. In this era, women entrepreneurs have proven to be successful in lot of start-up business initiatives, from fashion start ups to complex technology businesses.

Shreya Bhakta, age 27, reinstates the fact of women being extremely successful in the ventures they indulge in. She is a graduate from prestigious SDM College of Business Management Mangalore. She has a multi-faceted personality and is a fashion enthusiast, fitness instructor, model and a classical and free style dancer. She had an affinity towards fashion right from her high school days. She has won numerous accolades in the field of dance & fashion and was a finalist of India Got Talent, 2014 edition.

Shreya is a qualified teacher. She loves teaching and spending time with kids. She has organized lot of summer & dance camps for kids. Shreya spent close to a year in Bangkok pursuing her teaching career. Whilst doing this, her entrepreneurial DNA pushed her to do lot of research in cosmetics, clothing & accessories. Bangkok, being the Asian hub for cosmetics & fashion industry, opened up lot

of business opportunity thoughts in her. She realized that Bangkok fashion is much ahead of times in terms of its fashion quotient but extremely affordable in its price. This led to the birth of Chatuchak India, the idea was to bring Bangkok fashion to India.

Shreya today runs the Chatuchak Cosmetic Store in Mangalore. It is one of the most loved fashion store of Mangalore, popular for its range of cosmetics, accessories & skin care merchandise. Chatuchak is quite successful in Mangalore for its unique handpicked imported merchandise, dealing with the complete cosmetic range.

After testing this model for a couple of years and with better understanding of demand across all cosmetic products and accessories range, Chatuchak has aggressive expansion plans and will soon spread its wings to the cities like Bangalore, Mumbai, Pune & Delhi. “Smart sized store, low investment in stocks, almost zero capital expenditure and right choice of location has been a key mantra for the success of Chatuchak” says Shreya. Talking about the future plans, she adds that Chatuchak will soon take an online path making its presence felt in lot of online platforms & will launch its online engine to test the online opportunity.





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# NEWS FROM GSBS MEDICAL TRUST

## ANNUAL HALDI KUMKUM PROGRAM

GSBS Medical Trust organized its Annual Haldi Kumkum program on Saturday, the 25<sup>th</sup> of January. A get together and lunch sponsored by the Trust to all the employees. Smt. Radha Kini was invited to join this gathering and bless them.

### MEDICAL CAMPS

2 Medical Camps were organized, one at Wadala Mutt, as part of Mutt's Annual Program, and the other camp at Dharavi for the good of neighboring residents. These camps include blood sugar and blood pressure measurement, Gynaec examination, Dental check up, Eye check up, orthopedic, skin



Photo taken during Haldi Kumkum at GSBS Medical Trust



Medical Camp Conducted at Dharavi Centre

checkup. Tobacco counseling was done. ECG and BMD facility was also given and finally the Physician check up was done.

These successful programs could be done because of the patience of the doctors. The doctors were not tired of examining the patients standing in long queues. All the queries by the patients were smilingly answered by the doctors and this was the highlight of the camp.

Wadala Ganeshotsav Samiti sponsored the camp at Wadala Mutt and Ms. Ajita Kini sponsored the Dharavi Camp.

### ANGARAKSHAK PROGRAMS

GSBS Medical Trust takes pride in organising Awareness programs on Tobacco cessation. It is wisely said that Prevention is better than cure. So is true with Tobacco smoking. Four such programs were organized at Kirti college, Pioneer College, NKES College and Saraswati Vidya Mandir. A group of 4 members generally visit colleges, with prior appointment and educate the youngsters. Smt. Gita R.Pai initiates the talk with the students. The dentist, Dr. Meenakshi Desai / Dr. Aparna Desai / Dr. Niranjani Nayak explain to the students how cancer cells can destroy a human being because of Smoking, But , if detected earlier, more chances that the patient is saved from cancer.



Angarakshak Program at Kirti College

The Counselor, Ms. Shruti Madgaonkar, does the magic of keeping the smokers/ tobacco chewers away from this. Finally the students are all given a topic, based on what they absorbed from the talk and the outcome is good street play which they enact on the spot.



## CANCER DETECTION CAMPS FOR WOMEN

GSBS Medical Trust has recently started Cancer detection Camps for women at its Health Rakshak



Photo taken during Cancer Screening Camp for Women on 13<sup>th</sup> January 2020

Centre, as all required equipments are in this centre. January 2020 Camp was sponsored by Sohrab Davar Lodge no 113, March camp was sponsored by Lodge Fulchand Patel, no 163.

As these detection camps are expensive and time consuming, only 30 registrations, on first-cum-first-served basis are taken. Only ladies above the age of 40 are registered. Mammography was done by Dr. Gowri Amonkar. Papsmear was by one of the Gynecologist, Dr. Gitanjali Belekar, Dr. Nutan Hedge, Dr Swapnali Malkar, Dr. Dipali Prabhat or Dr. Seelakshmi Patkar. Dental check up for Oral cancer was done by one of the Dentists.

## SPIRITUAL GROWTH THROUGH PRAYERS OR MEDITATION



By  
Dinesh M. Bhandarkar

*May our daily prayers or meditation  
done with full faith and devotion  
Create a ripple effect leading to  
our spiritual transformation  
May we attain total peace and  
bliss through complete mental stillness  
Experiencing a rich spiritual growth  
to reach a higher level of consciousness  
May our heart and mind always  
be focused on the inner divinity  
Transcending ego self to pure self may  
we get identified by our pristine purity  
Entering into a realm of  
permanent spiritual treasure  
May we rise above the mundane  
and transitory material pleasure  
Surrendering to the will of god  
may we invoke his cosmic vision  
Remaining always protected through his  
unceasing blessings love and compassion*



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## NEWS FROM OTHER GSB ORGANIZATIONS

### GSB SCHOLARSHIP LEAGUE ORGANIZES “MEET THE DONOR” PROGRAMME IN MANGALORE

GSB Scholarship League’s “Meet the Donor”, Programme was organized in Mangalore at Sudheendra Auditorium on Sunday, 2<sup>nd</sup> February, 2020. It was a very informal, but delightful program for all.

Special Beneficiary students of GSB Scholarship League, under Prabhu Family Charitable Trust gathered in the Hall.

Smt.Gita R.Pai, Chairperson of the League welcomed the donor, Sri Ajit Prabhu, and his mother Smt.Shalini Prabhu, and Mr.Suresh, the CEO of the Prabhu Trust and the Students. She explained the working of GSB Scholarship League, and congratulated the student beneficiaries under Prabhu Charitable Trust. She congratulated the 1<sup>st</sup> batch of final year Engineering students, supported by Prabhu Charitable Trust, all through 4 years, who are starting their Career this year. These students expressed their personal opinion on getting this big educational support. As a result they could concentrate on



**Photograph taken on the occasion of GSB Scholarship  
League’s Meet the Donor Programme**

their studies, as there was no loan burden on their parents. President of the League, Sri S.S.Bhat, thanked Mr. Prabhu, for supporting this cause.

The most important part of the program was of Mr. Ajit Prabhu mentoring the students. Mr. Prabhu gave guidelines to the students on how to face life’s problems. Every failure in life should be one more lesson to move a step ahead was his suggestion.

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## REMEMBERING SHRI KRISHNA MANJUNATH KAMATH (KOGANNA)



Our dear, Shri Krishna Manjunath Kamath, Koganna to most, passed away on 31<sup>st</sup> October, 2019. He had served for a long time in the Managing Committee of the Sabha.

He was part of the team which worked under the leadership of Smt. Sanjivi Bhat on the Kreedha Mandir Renovation Project which was taken up in the 70s and 80s and led to the present Sujir Nayak Memorial Kreedha Mandir Building being inaugurated in 1984. He was the Chairperson of the Sports Pavilion Committee and, in recognition of his efforts, the then Managing Committee named the office room at Heera House as K.M. Kamath Hall.

This name continues to the office after it has shifted to Shree Nidhi Apartments.

Shri K. M. Kamath was personally concerned about the greenery at the Kreedha Mandir grounds and had, even recently, donated two saplings for planting on the grounds.

On a suggestion made by him, backed by an endowment donation, the Sabha added one more feather to its cap by instituting the G.S.B. Talent Recognition Award to honour personalities from our Community who have excelled in fields of arts, fine arts and literature. The first felicitations were made during Gudi Padva Sneh Milan 2006 and continue till date.

We will miss Koganna and pray for strength to the family to bear with this loss.

# Poori ani .....

Poori with bhaji is an all-time favorite combination. But we amchies, who have been innovative in cooking, have conjured up different dishes to accompany the poories. Presenting a few of those dishes.



by Smt. Anuradha Prabhu  
anuradhaprabhu49@gmail.com

## Poori ani bibbe upkari

A seasonal delight prepared when tender cashews are available. Served with poori, bibbe upkari tops the amchi gourmet list.

### Ingredients

- 1 cup tender cashew
- 1 tsp mustard seeds
- 2-3 dry red chillies
- A few curry leaves
- 1/2 tsp udad dal
- 1 tsp oil
- 1/4 cup grated coconut
- Salt to taste



### Method

- 1) Peel the tender cashews and keep aside.
- 2) Heat oil in a karahi, add the udad dal and stir till it changes colour.

- 3) Add the mustard seeds, as they splutter add the dry red chilli bits and curry leaves. Stir for a few seconds.
- 4) Add the cashews, salt and 1/4 cup of water, cover and let it cook on a low flame.
- 5) Once the cashews are tender add the grated coconut and mix well. Serve hot with poories.

P.S:- If tender cashew is not available, dry cashews with skin can be soaked in hot water for few hours. Remove and de-skin and preferably pressure cook the cashews as they take more time to cook.

## Poori ani jeeve vatana shirshire

Fresh green peas cooked along with potatoes, tomatoes and spices to form a thick gravy that's an excellent accompaniment with poories.

### Ingredients

- 1 cup fresh shelled green peas
- 1 medium potato
- 1 medium tomato
- 1 tbsp sambar powder
- 1/2 tsp red chilli powder
- 1/4 tsp turmeric powder
- 1 tsp mustard seeds
- 1/4 tsp asafoetida powder
- A few curry leaves
- 1 tbsp oil
- Salt to taste
- 1 tbsp chopped coriander leaves
- 1 tsp grated coconut (optional)



### Method

- 1) Cut the potatoes with skin into small cubes. Chop the tomatoes into small bits.
- 2) Add the above chopped vegetables along with the green peas in a vessel and add around half a cup of water.
- 3) Let the vegetables cook till the peas are tender and the potatoes become mushy.
- 4) Add the sambar powder, red chilli powder, turmeric powder and salt to taste. Mix well and let it cook.
- 5) Add water if required if the mixture is too dry. A little gravy is required. Add the chopped coriander and grated coconut and mix well.
- 6) Heat oil in a karahi add mustard seeds, once they splutter add curry leaves and asafoetida.
- 7) Pour the tempering over the dish, mix and cook for a few minutes. Serve hot with poories.

## Poori ani Patal bhaji

An age old recipe of potatoes and onions in a coconut gravy that goes well with poories and also pav and loaf bread.

### Ingredients

- 2 potatoes boiled
- 2 medium onions
- 1 cup grated coconut
- 2 dry red chillies
- 2 cloves garlic
- 1/2 tsp dried coriander seeds
- 2 cloves
- A marble sized ball of tamarind
- 1/4 tsp turmeric powder
- 1 tbsp coconut oil
- Salt to taste
- A few coriander leaves



### Method

- 1) Grind together grated coconut, dry red chilli, garlic, dried coriander seeds, cloves, tamarind and turmeric powder to a smooth paste.
- 2) Remove in a pan, add the excess water after washing the grinder to form a gravy consistency.
- 3) Add the boiled potatoes cut into large cubes, onions cut into large pieces, and salt to taste.
- 4) Bring to a boil on a slow fire. Remove from flame add coconut oil and chopped coriander leaves. Serve hot with poories.



# LAST BUT NOT THE LEAST

## GSB Calendar-cum-Book Mark

### April 2020

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

19<sup>th</sup> : Story telling workshop in Konkani stands cancelled in view of Covid-19

### May 2020

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

9<sup>th</sup> : \*Marriage Information meetings will be held at Sabha's office only on 2<sup>nd</sup> Saturday every month between 4:00 pm and 6:30 p.m. W.E.F. MAY 2020

: \*Monthly Satsang , at Kreedha Mandir, 5.30 p.m.

### June 2020

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

1<sup>st</sup> : Cancer Screening Camp for women above age 40 conducted by GSBS Medical Trust at its Health Rakshak Centre, Dadar.

7<sup>th</sup> : \*\*PARICHAY' - 76<sup>th</sup> get-together of eligible Boys & Girls with their parents At Kreedha Mandir from 2.30 pm.

13<sup>th</sup> : \*2<sup>nd</sup> Saturday, Marriage Information Service, Sabha Office, 4 to 6.30 p.m.

: \* Monthly Satsang , at Kreedha Mandir, 5.30 p.m

\*In view of COVID - 19 pandemic there is possibility of rescheduling / cancelling of the events. Hence we request the members to reconfirm about the holding of the events by calling up at the Sabha office to avoid inconvenience.

Articles contributed by various members, published in VoG, do not necessarily reflect the views of G.S.B. Sabha & its editorial team.

Printed, Published, Edited by Shri Laxmikant T. Prabhu for G.S.B. Sabha, Mumbai at 101, Shreenidhi, 76, Bhau Daji Road, Opp. Bank of Baroda, Matunga (C.R.), Mumbai 400019. Tel.: 2408 1499. Printed at Shree Ganesh Graphics, A-2/51, Shah & Nahar Indl. Estate, S. J. Marg, Lower Parel, Mumbai - 400 013. Tel.: 2497 9326/27

## List of important dates in the quarter

### April -June, 2020

Dates	Day	Festival
2 <sup>nd</sup> April 2020	Thursday	Shree Ram Navami
8 <sup>th</sup> April 2020	Wednesday	Hanuman Jayantii
11 <sup>th</sup> April 2020	Saturday	Sankastha Chaturthi
26 <sup>th</sup> April 2020	Sunday	Akshay Tritiya
1 <sup>st</sup> May 2020	Friday	Maharashtra Day
10 <sup>th</sup> May 2020	Sunday	Sankastha Chaturthi
2 <sup>nd</sup> June 2020	Tuesday	Nirjala Ekadashi
5 <sup>th</sup> June 2020	Friday	Vatpurnima
8 <sup>th</sup> June 2020	Monday	Sankastha Chaturthi
1 <sup>st</sup> July 2020	Wednesday	Devshayani Ashadi Ekadashi
5 <sup>th</sup> July 2020	Sunday	Guru Purnima







# KIDS ART GALLERY



## Our Child Artists for this Quarter



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