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03

Ammgele Khabar

M. R. Pai Memorial Carrom Tournament for the Physically Challenged,
Senior Citizens Picnic

04, 05, 06

Report on Activities conducted by Sabha's Mahila Shakha

08, 09, 10

Arko Bhajan Seva - Navathi Celebrations

24, 25, 26, 27

Suchana

Sneh Milan programme on 27th April 2024

11

Mahila Shakha Programme – Emotilinks, a summer workshop for kids
on 28th April 2024

12

Ammgeli Vasari

Summer coolers by Anuradha Prabhu

13

Arogyam Dhan Sampada

Lifestyle Medicine – Is It Old Wine In a New Bottle?
by Dr. Deepali Prabhat

15, 16

Karmayogi

G.S.B. Legends – Shri Madhav Krishna Puranik
by Prashant Krishna Puranik

18, 19

G.S.B. Sadhakas - Shri Devdas Shenoy Yarmal,
Shri Devendra Pai and Ms. Amrutha Joshi

34, 35, 36, 37, 38

Anubhav ani Vichaar

A Relationship Called Friendship by Suchitra Sukhthankar

14

Whistling Woods And Wildlife Safaris by Amritha Pai

20, 21, 22, 23

Lessons in Bhagavad Gita by Dr. Gayatri G Shenoy

32, 33

The Joys Of Learning a Language by Satvika Kamath

40, 41

Vasanth's Corner by Konchadi Vasanth Pai

41

Inspiring Vaishno Devi Visit: Merging of Divine Force and Bhakt
by Ashok Prabhu

46, 47

Swasthya Mantra

Parenting the Breath by *Ajita Kini*

28, 29, 30

Pauranik Katha

A Short Version Of Sabha Parva - Part 2 of the Great Epic Mahabharata
by *Divakara Shenoy*

42, 43, 44, 45

Chitrakala Pradarshan

The Abhijeet Kini Section

38

Art Gallery

Inside Back Cover

Samaaja Khabar

Ayodhya celebrations echoed at Balaji Mandir, Vashi

48

Exuberant Haldi Kumkum Programme by VSisters

50

Golden Jubilee Celebrations of G.S.S. Samaj Bombay

51, 52

Mukhya Dinaank Yadi

25

FORM IV

06

The views, thoughts, and opinions expressed in the text/articles published in this issue belong solely to the author, and not necessarily to that of the G.S.B. Sabha, the editorial committee of Voice of GSB and its printer, publisher and editor.

MESSAGE FROM THE PRESIDENT

Dear Samaj bhandhavas,
Namaskaru.
Jai Shree Ram.

The first quarter of this year has been eventful—we began with Sabha's Navathi celebrations, next the pranapratishta of the Divya-Bhavya-Navya Ram Mandir at Ayodhya, and later, the Jeernodhar Udghatan of Walkeshwar Shri Kashi Math, something that made all of us proud as a community. The new structure of our Kashi Math is no less than an engineering and architectural marvel. It was built in a record time within the given constraints of space, access and location while preserving the sanctity of the two existing vrindavans. Our Pranams to all those who made it possible. We are indeed blessed and privileged to witness these events during our lifetime.



Our community, under the guidance of our Dharmapeethas, has been at the forefront of nation building, be it social, religious, spiritual, financial or educational. This continues unabated from a community that is blessed equally by Goddess Saraswati and Goddess Lakshmi.

This being our Navathi year, we have planned to have a memorable Sneha Milan, our annual get-together. A cultural programme will be followed by the Puraskara Vitarana instituted by the Sabha. While scouting for the awardees, it was no surprise to find that our community members have reached far and wide. We have left a remarkable footprint in every sphere – from business to sports to music to science and technology. This makes the entire process of selecting the awardees an interesting challenge!

Our annual M. R. Pai Memorial Carrom Tournament for the Physically Challenged that was held in January had a very good participation. The camaraderie among these differently abled players was there to see! They amply demonstrated that participation was more important than winning. The 81st Parichay, a get-together of eligible boys and girls of our community, was a resounding success. This initiative by our Mahila Shakha is a very popular and much sought-after event in our calendar.

While doing what we do best, our focus continues to be on elderly care through Aadhar, our flagship initiative for the senior citizens of our community. Some are not as fortunate as we are and, hence, need support for their sustenance. The Sabha engages with and supports them for their monthly groceries, domiciliary medicines, medical aid/hospitalisations and monthly pocket money. We solicit your support in not only financial donations but also in referring such needy individuals to us. Upon due diligence, if found eligible under our set criteria, we would try and include them for assistance. We are fortunate to be blessed and this is the least we all can do for them. The donation amount does not matter but your intent does in a big way.

Shri N.N. Pal, Trustee of the Sabha, has shifted base to Mangaluru, a place which he was associated with during his tenure in the Corporation Bank. Consequently, he has submitted his resignation as our Trustee. Pal maam was a pillar of strength to the Sabha and our Managing Committee; he supported us in every way from sponsorship to financial advice to getting issues resolved through his network. For a few years, he was the Sabha's nominated Trustee at the GSBS Medical Trust and played a pivotal role in the renovation of a Centre. As Chairman of G.S.B. Sarvajanic Ganeshotsava Samiti, Wadala, he was responsible for donating a 2D Echo machine to the Medical Trust.

We will miss his mentoring and wit. Please join us in wishing Pal maam a healthy and happy life in Mangaluru.

Thank you for your patient reading.

Subha Nava Samvatsara.

Dev Baren Koro.

Regards,

Laxmikant Prabhu

REPORT ON PROGRAMMES CONDUCTED BY G.S.B. SABHA, MUMBAI, IN THE RECENT PAST

M. R. PAI MEMORIAL CARROM TOURNAMENT FOR THE PHYSICALLY CHALLENGED



President with Committee Members at the inauguration

The G.S.B. Sabha, Mumbai's Sports Club held its annual M. R. Pai Memorial Carrom Tournament for the Physically Challenged on Sunday, 21st January, 2024, at the I. M. Pai Hall of its Sujir Gopal Nayak Memorial Kreedha Mandir. The tournament was sponsored by Bank of Baroda.

the Forum into a national organisation which organised meetings on economic subjects across the country. Through the Forum, Shri. Pai was responsible in corresponding with members of the Parliament of India, and other opinion leaders. He passed away in 2003.



Game in progress



Game in progress

This tournament is named after Sabha's former trustee, Late Shri M. R. Pai. He was associated with the Forum of Free Enterprise, which was launched on 18th July 1956. He, along with the eminent jurist Shri. Nani Palkhiwala, developed

The tournament has been conducted every year since its inauguration in the 1990s, except in 2021 and 2022 due to the pandemic.



Tournament Prize Winners

This year saw participation from over 100 people from all over Mumbai. The participants in the age group of 10 to 50 years were physically

/mentally challenged, but had an indomitable spirit which overcame their disability. The participants were divided into 5 categories viz. Physically Challenged, Wheel Chair, Mentally Challenged, Hearing Impaired and Women.

The tournament is held in close coordination with the Mumbai District Carrom Association, which supports the Sabha in organising the tournament.

The full-day event ended with prize distribution which brought smiles not only on the faces of the victors but also all participants.

ANNUAL SENIOR CITIZENS' PICNIC

The G.S.B. Sabha, Mumbai organised its annual Senior Citizens' Picnic on 11th February 2024 with a day trip to Maharashtra Nature Park Society (MNPS) located at Sion, Mumbai.

MNPS is a human-made forest, created on an erstwhile garbage dumping ground area, with a natural surrounding ecosystem of the mangrove forests of Mithi River. Based in the middle of the bustling areas of Sion & BKC, it provides a vast area of greenery with its wonderful settings and rich biodiversity in flora and fauna.

With 70 enthusiastic participants, many of whom were regulars at the annual Senior Citizen Picnics held in past years, there was a lot of enthusiasm and interest in having a fun time.

The day began with a rousing introduction session led by our Mahila Shakha President Smt. Amita Kini. This was followed by a breakfast of oondi, pickle & coconut oil, accompanied by godda rossu, poha chutney and tea/coffee. The participants were then divided into three groups led by informative and

helpful guides from the nature enthusiast group who guided us for the approximately 2.5-hour trial.

The groups started through the butterfly garden – learning about the different varieties of butterflies and moths. Following this, the groups ventured into Nakshatra Vana, where everyone could identify the plants that correspond to their nakshatra and then actually see the trees in an astrological formation.

From here, the trail went into the depth of the forest, looking at an artificial lake. The seniors and juniors in the group strained to catch a sight of the lone crocodile said to be residing in the lake, but could not find him anywhere. However, there were some majestic trees, colourful birds and a winding path through greenery. It was heartening to see the participants taking a lot of interest, asking questions and immersing themselves into the awe of nature.

The participants also shared some knowledge of their own – especially when it came to our favourite trees like jackfruit, haldi paan, etc. which of course was the GSB domain expertise!

After the long walk, everybody was ready to relax and a sumptuous meal awaited them. The pullikoddel, upkari, adgai, rice, dal and sweet goddee was relished by all. After brief resting, the organisers soon started with a session of fun games such as housie and quizzes. The Sabha President Shri Laxmikant Prabhu regaled everyone with a unique kind of quiz, thus enhancing our knowledge about our rich GSB





The participants had a gala time thoroughly enjoying every game. As they were divided into teams called Patrodo, Valval, Gajbaje and Bata-ta Song. The games got very competitive and the winners were thrilled to receive the prizes. The day ended with a cup of evening chai and an asli Mumbai Vada Pav.

It was indeed, a very eventful and memorable picnic, as everyone left with a heart full of memories and a day well spent. The GSB Sabha would like to thank Smt. Roopa Prabhu and Shri Vishnu Prabhu for sponsoring the picnic bus, like every year.

culture and heritage. Dumb Charades and Guess the Idiom were also based on similar concepts.

FORM IV (See Rule 8)

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

Date : 12nd March, 2024

Sd/-
Laxmikant T. Prabhu
Signature of the publisher

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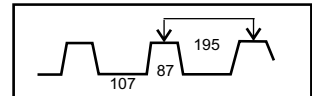
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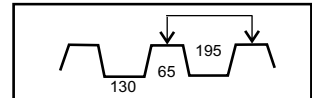
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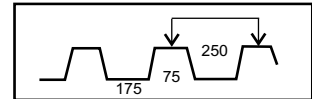
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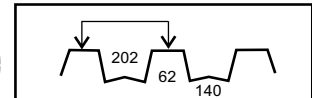
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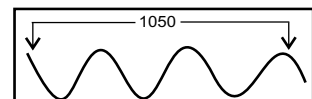
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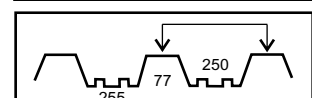
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REPORT ON G.S.B. SABHA, MUMBAI'S MAHILA SHAKHA PROGRAMMES HELD IN THE RECENT PAST

28th January 2024: Sankranti Haldi Kumkum and Matru Pitru Pada Pujan



G.S.B. Sabha Mumbai's Mahila Shakha made an auspicious start to the year by holding a special programme—Matru Pitru Pada Pujan—during the Sankranti Haldi Kumkum function on Sunday, 28th January 2024, at I. M. Pai Hall, Matunga.



The Matru Pitru Pada Pujan was a one of its kind event which gave an opportunity for children to honour and express their gratitude to their parents. Being a unique function, Smt. Shantala R Bhat, a Retired Banker, now associated with Chinmaya Mission and Vishwa Hindu Parishad, Navi Mumbai, was the Special Guest for the occasion.

Smt. Sai Prabha Kamath (the Joint Honorary Secretary of Mahila Shakha) was the main sponsor for the event, supported by Smt. Shweta Balgi. Mahila Shakha President Smt. Amita Kini presided over the function. The Hall was filled with beautiful Suhasinis adorning vibrant silk sarees, jewellery and flowers.



The programme started with auspicious lighting of lamp by the Special Guest, Sponsors, MS President and Committee Members.

This was followed by a vibrant speech by Smt. Bhat who enthralled the audience by sharing a brief history and importance of Sanatana Dharma with insistence on embedding moral values in young minds. She appreciated the initiative of Mahila Shakha in conducting the function and blessed all the participants.

Smt. Bhat then conducted the Matru Pitru Pada Pujan, ably guiding the participants to perform the rituals. Many eyes were bedewed with tears as they watched the children show gratitude to their parents.

Smt. Kini then felicitated the Special Guest and Sponsors with Vhonti Prasad and expressed her gratitude on behalf of Mahila Shakha.



The event ended with Vhonti Prasad distribution to Suhasinis and evening snacks.

Feedback

Our parents have done great sacrifices to give us good sanskar and make us who we are today.

This was the best way to express our sincere gratitude for everything they have done for us. I am truly grateful to Mahila Shakha for giving me an opportunity to do Pada Puja of my mother.

- Priyanka Shenoy, Mumbai

10th March 2024: 81st Parichay

There is a famous saying 'Marriages are made in Heaven'. But the ground work and execution of a suitable marriage is done by us!

G.S.B. Sabha Mumbai's Mahila Shakha held its 81st Parichay, a get-together for eligible boys and girls with parents, on Sunday, 10th March, 2024, at I. M. Pai Hall, Kreedha Mandir, Matunga, Mumbai.

There was a good response with 99 registrations online. The full-day event started with a sumptuous breakfast. Smt. Amita Kini, President of Mahila Shakha, welcomed the august gathering and gave a brief introduction about the Parichay programme. She cited the need and importance of this get-together which was mainly to ensure in getting a suitable match within the GSB community. Considering the hectic schedule of life today, many of us do not find the time to interact with each other and this has a negative effect on our next generation. Therefore, Parichay is an excellent platform for GSBs to meet and find the suitable partners.

Special seating arrangements were made in the Hall for the eligible boys, girls and parents. In this paperless format of the get-together, the profile of the eligibles, which briefly specified the candidates' name, qualification, job profile, location, Nakshatra, Gotra, Mutt, etc, were read out, apart from being displayed on a screen. An opportunity was given to each boy/girl/parent(s) to share any additional information about their profile, family, food habits, etc.

During the lunch break, delicious amchigele jevan was served.

Senior members who had completed a long married life were asked to share some tips about a successful marriage. Some parents went on to share some experiences in finding a match for their children.

Smt. Kini, in her concluding speech, expressed her gratitude to all present and wished them a good alliance and be a part of Parichay's success stories.

After savouring tasty batata wadas with steaming hot coffee, the participants left the venue with dreams in their eyes hoping for the wedding bells to ring soon...

Feedback

I find myself and all my samaj bandhavas at the 81st Parichay lucky, recognizing that not all communities have the opportunity to host such gatherings. My primary goal in attending this event was to connect with individuals from my area who share a similar commitment in finding a suitable match, which, according to me, was served as only these people would spend their precious Sunday to attend the event.

Often during the process of match hunting, we feel the need for guidance or guidelines of how our approach should be as parents or prospect as both are new and sometimes clueless while taking proper decisions. However, Smt. Amita Kini did not make us feel so by sharing her views in this regard. She listed some

dos and don'ts and how to avoid potential pitfalls or missteps.

The organization of the event was to the mark, with everything from time management to refreshments well-coordinated. The dedication and efforts put forth by the Mahila Shakha members are truly commendable, a sentiment echoed not only by myself but by several others as well.

- Siddhesh Pai, Mumbai

I had an amazing experience at the 81st Parichay event. The Mahila Shakha crew guided and supported GSB youth by providing a platform for prospective alliances within our community. Smt. Amita Kini addressed our youth, making us feel more connected to our culture and core values by making us realise the importance of marriage. My take-home message is that we belong to an influential and brilliant community and we should carry our pristine legacy forward.

- Panchami Vaishnav, Mumbai



If you wish to get a physical copy of this newsletter posted to you every quarter, please become a member of G.S.B.Sabha, Mumbai

Life Membership : Rs. 501/-

Patron Membership : Rs. 1001/-

For membership application form, Please contact Sabha Office on 022-2408 1499

(Mon to Sat 2.00 pm to 6.00pm) or download the form from our

website : www.gsbshamumbai.org



**The Managing & Mahila Shakha Committees of
G.S.B. Sabha, Mumbai,
present
SNEH MILAN PROGRAMME
on Saturday, 27th April 2024**

Venue : Pracharya B. N. Vaidya Sabhagraha,
2nd Floor (Lift available),
Raja Shivaji Vidyalaya (King George School)
Hindu Colony, Dadar (E),
Mumbai – 400 014

Day & Date : Saturday, 27th April 2024

Chief Guests : Dr. Ganga and Dr. Shrinivas Kudva,
leading medical practitioners in Mumbai

Programme Details

4.00 p.m. to 4.30 p.m. : Tea and Biscuits

4.30 p.m. to 6.45 p.m. : **Vocal Performance by Shri Puttur Narasimha Nayak**
Accompanied by Siddarth Metsa (harmonium), Sushant Mallya (tabla), Raghavendra Mallya (pakhawaj), Ravindra Shenoy (manjira-taal)

7.00 p.m. to 8.30 p.m. : **Formal Programme**

- Welcome Address by Sabha President and Mahila Shakha President
- Introduction of the Chief Guests
- Presentation of **K. M. Kamath Memorial G.S.B. Sharada Sanman Puraskar to Shri Puttur Narasimha Nayak**, an accomplished vocalist.
Founder Sponsor: K. M. Kamath and family
- Presentation of **Vatsala Shenoy Memorial G.S.B. Mahila Udhymee Puraskar to Smt. Latha Kini**, an award-winning woman entrepreneur.
Founder Sponsor: Smt. Sadhana and Shri Sunil Shenoy, USA
- Presentation of **Dr. B. M. Acharya G.S.B. Jeevan Gaurav Puraskar to Shri Kasargod Ullas Kamath**, former Joint Managing Director of Jyothy Laboratories Ltd.
Founder Sponsor: Dr. B. M. Acharya Memorial Trust
- Speech by the Chief Guests
- Vote of Thanks

8.30 p.m. : **Dinner**

Distribution of Passes :

- a. This programme is for the members of the Sabha.
- b. Entry will be by passes. Two complimentary passes will be issued to each member of the Sabha.
- c. The complimentary passes can be collected from the Sabha's office between 4 p.m. and 6 p.m. from 10th April 2024 on a "first come" basis.
Please confirm the availability of passes with Office Manager, Mr. Suresh Nayak (Tel. No. 022 2408 1499), before coming to the Sabha office.
- d. Certain passes are set aside for donors/sponsors.

| | | | | |
|-----------------------------|---------------------|----------------|-------------------------|-------------|
| Mumbai | Laxmikant T. Prabhu | Amita A. Kini | Bina Shenoy | 98205 07690 |
| 18 th March 2024 | President | Mahila Shakha | Uday Malya | 98206 98756 |
| | 98203 16495 | Com. President | Anuradha Shenoy | 98926 72327 |
| | | 98700 62476 | Pandurang Nayak | 97692 82871 |
| | | | Prathima Pai | 98213 73000 |
| | | | Bharat Kini | 98207 21244 |
| | | | Damodar Mallya | 98205 06190 |
| | | | Sai Prabha Kamath | 98211 27401 |
| | | | Amritha Pai | 93228 74540 |
| | | | Jt. Programme Convenors | |

G.S.B. SABHA, MUMBAI'S MAHILA SHAKHA'S FUTURE PROGRAMMES

| Date | Programme | Time | Venue |
|----------------------|---|--------------------------------|--|
| Sunday 28/04/2024 | Emotilinks - A workshop for kids on present-day challenges they face and ways to handle them, followed by a special interactive session for parents (it is recommended that both parents be present). The workshop will be conducted by Mrs Swati Nayak (Psychologist) and her team comprising of Dr Nirali Muchchala (MBBS, MD, DNB), Ms Rasika Tere (Design student) and Mrs Indu Prabhu (Teacher). Age group - 4 years to 15 years * Free session * Registration compulsory * No walk-ins * Open for both GSB and non-GSB kids * Mode of communication will be English and Hindi. | 3.00 PM To 5.00 PM | I M Pai Hall, Sujir Gopal Nayak Memorial, Kreeda Mandir |

All are invited for the above programme.

COMPOST - A GREEN INITIATIVE OF MAHILA SHAKHA
100% natural, Organic Compost, *Now available for nominal donation**
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Bhajan classes are held at the Sabha office. Please contact Sabha office for details.

**Marriage Information meeting has resumed at Sabha office
on 4th SATURDAY of every month between 4 pm and 6 pm.**

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

Donations are gratefully accepted

**Mahila Shakha has created 'Tejaswini GSB Mahila Group', an exclusive
Whatsapp group for GSB community ladies
from Mumbai, Navi Mumbai, Thane and Kalyan.**

This WhatsApp group is open to ladies 18 years and above.

Smt. Amita Kini
President
Mobile: 9870062476

Smt. Sai Prabha Kamath
Jt. Hon. Secretary
Mobile: 9821127401

Smt. Purnima Kini
Jt. Hon. Secretary
Mobile: 9324825393



SUMMER COOLERS

by Anuradha Prabhu
anuradhprabhu49@gmail.com

Recipes

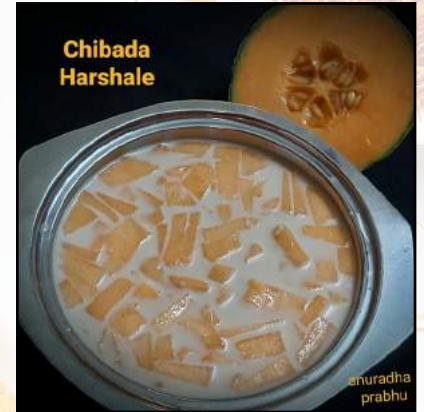
CHIBADA HARSHALE

Ingredients:-

1 medium Chibad (musk melon) 1/2 cup jaggery
1 coconut grated 1/2 tsp cardamom powder

Method:-

- 1) Grind the grated coconut with 1/4 cup water and extract thick coconut milk.
- 2) Add a cup of water to the ground coconut, grind again and extract thin coconut milk.
- 3) Grate the jaggery and add to the thin coconut milk along with cardamom powder. Mix till the jaggery dissolves.
- 4) Add the thick coconut milk to the above mixture and mix well.
- 5) De-skin the musk melon, remove seeds and chop into small pieces.
- 6) Add the chopped pieces of musk melon to the coconut milk and mix gently. Serve chilled.



ALLE TARNIMIRSANGE TAAK

Ingredients:-

4 cups taak (buttermilk) 1/2 tsp asafoetida powder
1-2 green chillies 1/2 lemon
1/2 inch ginger Salt to taste
8-10 curry leaves

Method:-

- 1) Churn the buttermilk, add salt and keep aside.
- 2) Grind together green chillies, ginger, curry leaves and asafoetida powder to a smooth paste by adding a little water.
- 3) Add the paste to the buttermilk, add juice of half a lemon.
- 4) Mix well and serve chilled.



BIRINDA KADI

Ingredients:-

1 coconut grated 1 tsp cumin seeds
10 - 12 Birinda (kokum) petals 1/2 tsp asafoetida powder
1-2 green chillies Salt to taste

Method:-

- 1) Soak the kokum petals in 1/2 cup of hot water for an hour or two.
- 2) Add 1/2 cup water to the grated coconut and grind along with the cumin seeds, green chillies and asafoetida powder to smooth consistency.
- 3) Pour the ground paste in a thin cloth and extract the first thick juice. Keep aside.
- 4) Add 1 cup water to the grated coconut residue, grind again to a smooth paste.
- 5) Pour the ground paste in a thin cloth and extract the second thin juice.
- 6) Mix together the thick and thin juices, add the soaked kokum petals along with the water it is soaked in, salt to taste. Mix well.
- 7) Check the consistency of the kadi, add water if required. Serve chilled.

P.S:- The amount of green chillies can be adjusted according to one's taste.



A RELATIONSHIP CALLED FRIENDSHIP

by Suchitra Sukthankar

Humans are social animals. Hence, they stay in a community, with the community. An individual, in the course of his lifetime, builds many relationships, some healthy and happy, some unhealthy and toxic. This need to build a relationship is due to the innate human desire to belong.

Healthy relationships have a positive and supporting impact that helps a person combat loneliness, keeping him away from stress and anxiety. People having such relationships are happy and satisfied. Such relationships help us increase our worth and belonging. They strengthen our immune system and aid in faster recovery from illness or sadness.

Unhealthy relationship, on the other hand, can prove toxic and detrimental to both physical and mental well-being of an individual. It is very important to identify such a relationship and instantly cut off from it.

One such healthy relationship is 'friendship'. It is a valuable, irreplaceable relationship. It is not to be measured in quantity but in quality. Good communication, empathy, listening and sharing are the keys to a sound and healthy friendship. A meaningful friendship is a treasure to cherish forever.

Good friends are for life, irrespective of the geographical distance between them. They celebrate our happiness and support us in our sadness. They prevent us from being lonely and isolated.

Friendship is a very esteemed, valuable bond. It is based on mutual understanding, love, respect and support.

Friends can be made at any stage and any age of life. There are no hard and fast rules to make friends. Connections built with people sharing common interests, likes and dislikes lead to

this beautiful bond called friendship. We are encouraged to pursue our hobbies, interests, passions together, thus leading to an improvement in our mental health and happiness quotient.



It is not easy to make friends and maintain friendship. It needs great efforts from both sides. A good friend motivates us, brings humour and laughter in our life, pushes us to do our best and encourages us to cut down our vices. They help us face challenges and stand strong by us.

Having friends is also an index of our social skills.

Getting busy with our personal and professional lives, very often, we tend to lose the thread of our friendship, but true friends start from where they had left. A true friend is a treasure. As the old saying goes "A friend in need is a friend indeed."

It is possible for true friends to have differences of opinion over some matter. But, these need to be solved with good communication. Here, rising above ego is of utmost importance. Another factor is patience. Friends with patience foster understanding and resilience.

Friendship is also creating memories—little moments shared together, late-night conversations, laughter are a few of them.

Friendship is a space where you are not judged; you are accepted for who and what you are. It enables us to be who we are, without filter! We can show our weaker side, appear vulnerable and yet be assured of emotional support.

We can celebrate our triumphs and failures together; learn to rely on each other and confide. Many a times a shoulder to lean on or an ear lent is enough from a friend.

The writer is a teacher by profession and passionate about reading, painting and solving crossword.

LIFESTYLE MEDICINE – IS IT OLD WINE IN A NEW BOTTLE?

by Dr. Deepali Prabhat

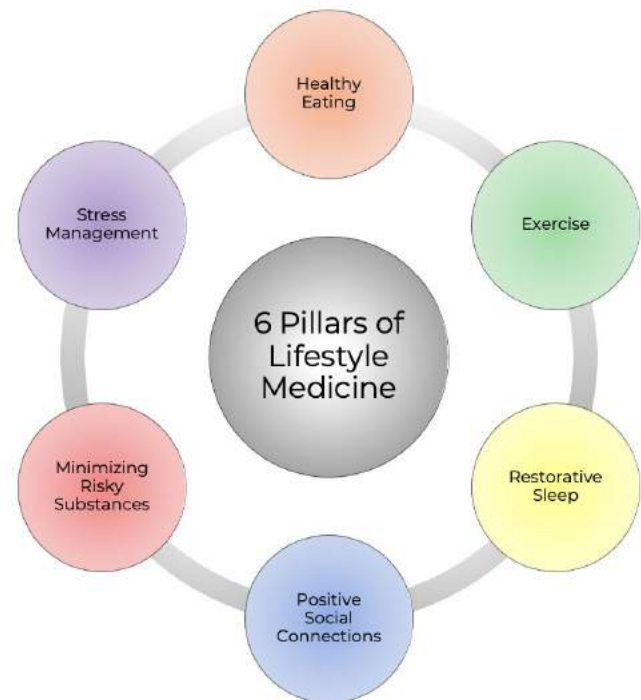


Just like the tremendous progress in the field of technology, medical science too is growing by leaps and bounds. There are innumerable research studies being conducted at genetic and molecular level and our armamentarium to fight diseases is ever expanding. Yet the number of diseases and disabilities seems to be growing at an even larger pace. This forces us to ponder whether we are heading in the right direction or we are missing something. In pursuit of detail, are we losing the larger picture?

As much as the advances in science have been a boon for fighting infectious diseases, trauma and chronic diseases comprise over 80 percent of the current illness burden. These have largely remained non-curable and are just being treated with a plethora of pharmaceutical and surgical interventions that focus on managing complications, rarely addressing the root causes.

Throughout most of human history, food was scarce and hard to come by and hard physical activity was required for survival and unavoidable. Modern cultures have devised worlds where physical activity is scarce and hard to come by. Foods are abundant and engineered to be irresistible. Hectic schedules propagate stress and sabotage sleep. Increasing pre-occupations with screens at the cost of time-honoured human connections is threatening our empathetic human nature. Toxic and addictive substances tempt us to cope with these circumstances, but unfortunately are ones to which we are poorly adapted and can get addicted.

Lifestyle, the manner in which people live, is fundamental to health, wellness and prevention of disease. Lifestyle medicine addresses how we



should live in order to be healthy. It is a rapidly growing discipline that focuses on the role of lifestyle factors in preventing, managing and reversing chronic disease.

The six pillars of lifestyle medicine are: a whole-food plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections. It works to treat the whole person by employing lifestyle changes as its foundation for health. It places the patient at the centre and the Lifestyle Medicine Physician uses skills from multiple disciplines like nutrition science, positive psychology, behaviour change, health and wellness coaching, exercise physiology, addiction medicine and sleep medicine with an ultimate focus on the health of the patient. The core principle is using daily healthy habits to prevent, treat and even reverse chronic diseases.

The recommendations are evidence-based as per current scientific research methodologies,

yet many of its principles are rooted in ancient cultures and philosophies namely Indian, Chinese or Greek, the forebearer of modern medicine. Among the famous quotes by Hippocrates, the father of Modern Medicine, “Let food be thy medicine and medicine be thy food” or “In order to keep well, one should simply avoid too much food, too little toil” can very well be expanded to encompass the practice of eating plant-based foods, keeping on moving, sleeping well, being present, staying calm, avoiding risky substances and loving people. These are the pillars of Lifestyle Medicine.

Evidence has indeed shown that when lifestyle practices are optimised, 80% of chronic diseases and premature deaths disappear. The Blue zones of the world where these prevail as a cultural norm, there are more years in life as well as more life in years and, more often than not, a peaceful exit at the close.

Like the fact that these days most things in life are reinventions of the past so seems to be the case with Lifestyle Medicine. And yet it seems totally new in today’s context.

Lifestyle Diseases that have existed for many years have taken immense importance in the present. They are:

- Hypertension
- Diabetes Mellitus
- Heart Disease
(Coronary Heart Disease)
- Obesity
- Stroke
- High Cholesterol

And the fairly recent ones included in the list:

- Cancer
- Depression and Mental Illness
- Infertility
- Road Traffic Accidents
(last, but not the least).

GSBS Medical Services are offering the facilities and are concentrating on the PREVENTION and CONTROL of these Lifestyle Diseases.

POLYCYSTIC OVARIAN SYNDROME (PCOS) is an important constituent of lifestyle diseases seen in adolescent girls and women. Today, infertility is very commonly seen in young girls and can be a part of this syndrome. It is a totally reversible entity and with guided treatment, the woman can easily conceive.

Polycystic ovaries, hormone imbalance and irregular periods are telltale signs and symptoms of polycystic ovary syndrome. Symptoms include menstrual irregularity, excess hair growth, acne and obesity. These symptoms are cosmetically damaging, but infertility is socially damaging and has to be taken care of. Environmental effects and poor lifestyle contribute to a large extent to PCOS.

GSBS Medical Trust has started a program ‘PCOS 360°’ for the prevention, control, and management of PCOS. This is a virtual program and those in need of it should join. Working young ladies can easily participate as the entire program is online and can be accessed from the comfort of your home.

PCOS 360° is the first one that has a holistic, lifestyle medicine approach towards a chronic condition that has become very prevalent in women, especially in the urban areas.

Dr. Deepali Prabhat, M.D., D.G.O., D.F.P., F.C.P.S., D.N.B., is an Obstetrician and Gynaecologist with over 20 years of clinical experience. She completed her graduation from the Seth G.S. Medical College and KEM Hospital and post-graduation from Nowrosjee Wadia Maternity hospital. She is currently a senior consultant at Shushrusha Citizen Cooperative Hospital and Raheja Fortis Hospital and has been associated with the G.S.B.S. Medical Trust since the last 24 years. She worked for over 20 years with an NGO, Centre for Social Change for the underprivileged women in the Slums of H East ward. She also has a Diploma in Lifestyle Medicine (Dip IBLM) and a Masters in Population Sciences (M.P.S.). Contact number 9820415727. Email: prabhatdeepali@gmail.com

PCOS 360°

GSBS Medical Trust presents PCOS 360° - a virtual programme designed by doctors that follows an integrated approach towards the management of PCOS (Polycystic Ovarian Syndrome).

This 6-month long course consists of video lectures & other assets by 6 different specialists (doctors) as well as 10 live sessions by diverse specialists from our panel.

If you are someone who has been diagnosed with PCOS or are simply curious to learn, please visit <https://pcos.gsbsmedicaltrust.org>.

For more information, write to us on

pcos@gsbsmedicaltrust.org

or call us on +91-7715026134

Share with all those who can benefit from this!!!



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G.S.B. LEGENDS – SHRI MADHAV KRISHNA PURANIK

by Prashant Krishna Puranik

The year 2023 was the birth centenary of freedom fighter, Shri Madhav Krishna Puranik, well-known as Puranik Maam, who was born on 22nd December 1923 at Naravi, Dakshin Kannada.



Shri Madhav Krishna Puranik

He had a social outlook right from his childhood and always wanted to do something for the underprivileged. He participated in the Freedom Struggle of India and was actively involved in the Quit India Movement of 1942. He was imprisoned by the British for several months. After Independence, he was rewarded a monthly pension, a very big land and many other facilities by the Government of India for participating in the freedom struggle. However,

he refused to accept these rewards for serving our Country. At a very young age, he came to Mumbai and started his own business—he opened a tailoring institute in Dadar, started Siddhivinayak Benefit Society and a pan-beedi shop at Worli Naka.



He was very much involved in funeral services in Mumbai and also took active part in arranging marriages of underprivileged GSBs and sponsoring them.

To GSBs who migrated from their native place to Mumbai to earn their livelihood, he provided shelter at his own residence. Puranik Maam started organising Ganeshotsav at Dwarkanath Bhavan Hall, Wadala, which is now known as GSB Seva Mandal's Ganeshotsav (G.S.B. Ganapati, King's Circle). Puranik Maam used to travel on his bicycle and collect 25 paise/50 paise from our community people for organising the Ganeshotsav.

He was a staunch follower of Sri Kashi Math Samsthan and Param Bhakta of HH Srimad Sudhindra Tirtha Swamiji.



Ganeshotsav Celebrations



Ganeshotsav Celebrations



Shri Madhav Puranik at the first Ganeshotsav of GSB Seva Mandal



Ganeshotsav Celebrations

Prashant Krishna Puranik, grandson of Shri Madhav Puranik, is the Hon. General Secretary of GSB Seva Mandal, Mumbai. He works as Senior Manager, Business Development with Khandelwal Group Builders & Developers

WHISTLING WOODS AND WILDLIFE SAFARIS

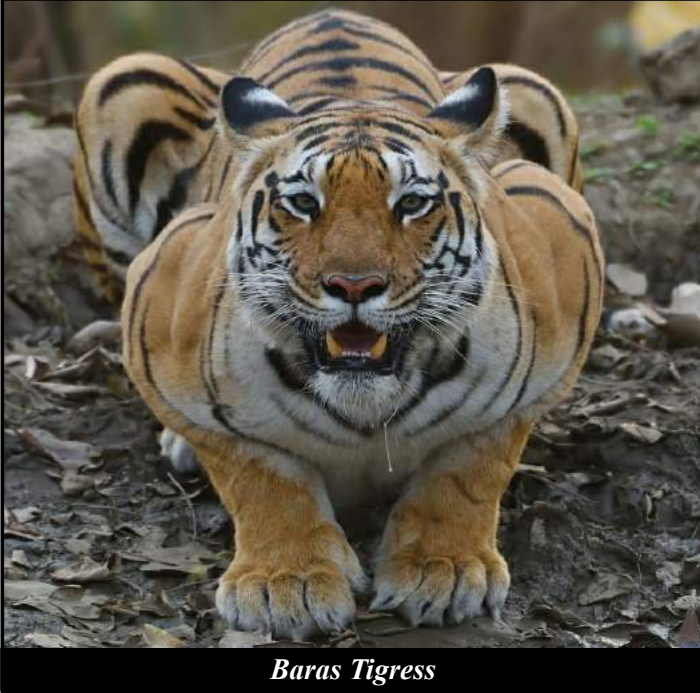
by Amritha Pai

*“Jungle Jungle baat chalee hai pata chala hai
Chaddi pahenke phool khila hai phool khila hai”*

It's the famous title song from the cartoon series 'The Jungle Book', known to most of us especially as kids! Although, we are not Mowgli, we do have instincts of Mowgli in us when it comes to the forests and its inhabitants. Being Wildlife Enthusiasts, we have visited various Wildlife Sanctuaries and Reserves in India and abroad. In this article I have penned down the most unforgettable experiences we have had during these Safaris.

Baras, Sapnon ki Rani

*“Mere sapnon ki Rani kab aayegi tu
Aye rut mastani kab aayegi tu
Beeti jaaye zindagani kab aayegi tu
Chali aa tu chali aa”*



Baras Tigress

This very famous old Hindi film song kept ringing in my ears when our Jeep was moving through the deep forest. Yes, my dear readers, I was on a Wildlife Safari at Pench National Park, Nagpur, Maharashtra. This National Park is well-known for Tiger spotting.

While moving through the forest our guide was constantly chatting about the various tiger sightings he has had in his career. Though we were greeted by the lesser employees of the forest- the spotted deers, sambar deers, peacocks, langurs etc. The CEO - Tiger was not to be seen! I was wondering where all these tigers have vanished since for the past one hour, we had been moving haplessly through the jungle without spotting even a single tiger! Were they all confined to their home watching Television or had they all gone out for someone's wedding?

Suddenly the jeep came to a halt. The guide pointed towards some marks on the sand..... the pugmarks of the Tiger! At the same time, he received a call on his phone that a tiger had been spotted elsewhere. He instructed everyone in the jeep to hold tight because we had to reach that spot immediately. The jeep turned into an aeroplane and the rest I remember is that we were literally flying through the serpent wound paths! I was desperately clinging to my seat since many times while riding up and down the slopes we felt like the noodles/ fried rice in a Chinese wok! It took only five seconds but felt more for us to reach the spot.

There she was, yes my dears, Baras, “mere sapnon ki Rani”, resting beneath a tree! The name Baras was due to two marks behind her ears which resembled the number 12 (twelve) which is “Bara” in Marathi. She had just relished her kill and was relaxing. She was a four-year-old beautiful tigress who had given birth to two cubs. The cubs were strictly confined to their home. She very well knew that she was the “Showstopper” before the seven jeeps which stood in the vicinity. The high-resolution cameras



were busy zooming in and out hungrily catching each and every expression on her face! After relaxing for almost 20 minutes, our beauty queen got up, moved towards the nearby waterhole, well aware of the flashing cameras, posing and enjoying the attention she was getting. She slurped some water and moved deep into the jungle.

We returned well satisfied after having had a good time with our Sapnon ki Rani!

Saaya, the Sharmeeli



Saaya Black Panther

The Wildlife Sanctuary at Kabini, Mysore, Karnataka State is famous for the sightings of the Black Panther, rarest of the rare species! Whereas in human race pigmentation is looked down upon, in Leopard Kingdom pigmentation is treated as an Honor! With great hopes of spotting this celebrity I was doing a safari ride through the dense forest of Kabini humming the famous old Hindi song “O meri..... O meri..... Oo meri Sharmeeli, Aao na..... tadapao Naa.....”

In previous Wildlife Safaris at different places, we had spotted Tigers, but Leopards were a new breed for us to spot. And that too a Black Panther! Since Leopards are the USP of Kabini, no wonder the jeeps had cover on top.....lest they feel the urge to meet us in person and fall into our laps!

Our guide was explaining how difficult is it to get a glimpse of Black Panther. We were greeted

by lots of spotted deers, Sambar deers, Langurs etc. The Langurs had an appeasing look on their faces and appeared to say “Don’t get depressed ...if not Black Panther at least you spotted our black faces!” My eyes were wandering here and there to spot my sweetheart! Though he was shy in meeting visitors I wanted him to come out of his cocoon and be social! I was fervently praying to God to give me a glimpse at least!

And suddenly a spotted deer ran across the path a few yards away from our jeep! Our jeep came to a halt and the guide showed us signs of silence. There were barks of deers, hooting of langurs which they term as “Call” in the jungle which indicates the presence of a predator! Within a few seconds a group of spotted deers were seen flying across the path. My breathing increased. I felt my heart was pumping at its maximum speed! The sight which I had been waiting for “*woh gadhi aa gayi.... aa gayi*” Hindi song activated in my ears!

Just behind the group of deer came my sweetheart - the Black Panther....! It was a flash and I could not believe my eyes.....but the shining black satin look just made me breathless! I wanted to shout “*Dekho woh aa gaya..... dekho woh aa gaya.... aaha.... ahhhhaaha....ahh*” the R D Burman’s superhit “*Saaya tuuuuu.... ab toh aaja*” song got activated. Yes, dear readers I saw a glimpse of my Saaya! My visit to Kabini stood fruitful... I felt one among the blessed to sight my Saaya, the Black Panther!

Mohini, the Gajagamini



Mohini Elephant

In the Wildlife Sanctuary of Thekkady, Kerala State, Elephants are the heroes and heroines of the dense rainforest. They are also famous for spotting “lone tuskers” who are very dangerous. If you happen to be in front of this Alpha Male, your athletic skills automatically will wake up and maybe you may even be eligible and win medal in Olympics!

Unlike other places where the hotels also are treated as partners in booking safaris, here the jeep safaris as well as the boat safaris are fully under the control of the State Forest Department.

The hotels are restricted to their main domain - lodging and dining only!

So during our stay, one fine morning our hotel people dropped us at the ticket counter for the bus entry to the forest. The bus took us inside the forest and dropped at the boating area. After taking the tickets we were led into the boat. The ride took around one and a half hour. All around we had the sprawling forest. But there was not much to spot except the inhabitants of water- Egrets, Darters, Kingfisher, pond heron, water heron etc. We also saw some spotted deers, mongoose, wild boar etc who came to drink water in river Periyar. We were anticipating to see Elephants but none were there, maybe they were taking rest in their homes!

In the afternoon, after lunch, we started on our Jeep safari. While moving deep into the jungle I remembered the old movie “Haathi mere Saathi” well enacted by the yesteryear chocolate hero Rajesh Khanna! As usual our hosts - langurs, spotted deers, macaques, sambar deers, etc. - greeted us. But we needed to see something BIG!

We reached the side of forest which abutted the river - the very same river where we did boat ride in the morning. There she was..... Mohini, my Gajagamini standing before a bunch of plantain leaves, chewing and moving her legs across to

the tune of her humming song! But all the while her eyes were fixed across the path on something distant! We moved our gaze towards that side. It was the river side and “Lo behold”....we saw two small elephants drinking water! One was slightly taller than the other baby elephant. The driver told us that the taller one was “didi” and the baby was “baboo”. While we were feasting our eyes on them, our driver did a foolish thing- he moved the vehicle nearer to them. His intention would have been good - to get us a better zoom in picture but practically very bad!

The moment the motor sound was heard both brother and sister got perplexed and Baboo started trumping in fear and started running towards his mother. Didi was giving us dirty looks while accompanying her brother!

Now our Mohini immediately stopped chewing, dropped the plantain leaves and held close to her precious gems (Didi and Baboo) . She was very angry preparing to attack us! We understood we could not move further down that path lest we be attacked by the family! So, we told our driver to back up and return which was the only option to escape unharmed! Before they charged, we just vanished away from that spot, but the memories still live in the back of our minds!

Yes dear readers, a Mother is always a Mother and will go to any extent to protect her family. Mohini, my Gajagamini truly lived to that saying!

Bajrang, the He-Man Bison

“Arrey Diwanon, mujhe pehachano, kahaan se aaya, mein hoon kon?”

Bison...Bison ...Bison..., Bajrang the Bison!”

The Ranthambore wildlife sanctuary in Sawai Madhavpur, Rajasthan is famous for its flora and fauna. There are lots of peacocks, wild boars, spotted deers, sambar deers and langurs. Heard that lots of Tigers are there but never was lucky



Bajrang Bison

to spot them in any of our trips here! While moving through the jungle in the afternoon safari we were feeling a bit dejected of not spotting the Tiger. Our sightings were restricted to the usual “all the time see” spotted deers, sambars, langurs etc and the three-hour safari was about to end. Then we came across a group of Wild Buffaloes grazing. Amidst them a tall figure stood - the Bison. Our driver told his name was Bajrang. True to his name, Bajrang looked not less than a “He-Man”. His brown coat and white socks gave an impression of the Master in the ring where bullfights are done! Their red eyes gave the expression of inebriation! We stopped our vehicle and were watching them. They were a group of eight of varying sizes. A Sambar deer was also grazing nearby. The camera was zooming in and out to capture this family! In order to get a close up of Bajrang, our driver moved the vehicle slightly towards the family. Now the rule of the jungle is you should not

deviate away from your path and move close towards the animals nor tease them. We had violated this. The noise of the motor added with whirring of tyres was more than sufficient to disturb the peaceful family! Lest did we expect that Bajrang will turn to a true He-Man! He moved towards a tree, bowed down and pierced his sharp horns into the dried trunk and tried lifting it. He made a few attempts in between looking at us! The Sambar deer sensed danger and ran away from this scene! When the realisation dawned that Bajrang was indirectly trying to demonstrate how he will lift our Jeep and throw us down, our driver immediately started the jeep and rest I remember is we had reached outside the jungle safely!

Forests are the gifts of Nature. They play an important role in balancing our environment. So are the inhabitants of Forest. We need to respect them and not intrude into their privacy. In fact we are trespassers into their homes!

While I was writing this article a pair of sparrows came and sat on our window sill. They were chirping to each other, which seemed like humming the famous song of yesteryears “Do panchi do Tinke, Kaho leke chale hai kahaan..... Ye banayenge ek aashiyen.... Ye banayenge ek aashiyen...!

Yes my dear readers, they were discussing to have a home...sweet home of theirs in a distant tree. Live and let live....let this be our motto always and especially when it comes to Wildlife.

Amritha Girish Pai is an M.Tech in Town & Country Planning, and has been a Senior Town Planner at CIDCO Ltd., Govt. Of Maharashtra. She has been involved in designing the Navi Mumbai International Airport (NMI), NAINA, and Navi Mumbai during her three decades of service. She's an avid reader with a passion for singing, and writing. She has been actively associated with various activities for GSB Sabha Navi Mumbai, and GSS Samaj Mumbai. She is also our Mahila Shakha committee member.

UPDATION OF MEMBERSHIP RECORDS

We would like to be in touch with our members. Please e-mail us your mobile number and email id to gbsabha@gmail.com. While sending the details, please include your membership number or your complete address so that we can locate you correctly in our membership records.

ARKO BHAJAN SEVA – NAVATHI CELEBRATIONS OF G.S.B. SABHA MUMBAI



*Managing and Mahila Shakha Committee members
at Navathi Celebrations*

At dawn on Sunday, 7th January 2024, the members of the Sabha assembled at the Sabha office at Matunga. After Prarthana by Vaidik Prashant Bhat, the idols of Vitthal-Rakhumai, the Aradhya devatas of our Sabha, were taken in a procession with traditional vadya (musical instruments) to the celebration venue at I. M. Pai Hall, Sujir Gopal Nayak Kreedha Mandir, King's Circle, Mumbai.



Our Aradhya Devatas, Vitthal Rakhumai



Madhyana Puja

While mahilas accorded a Purna Kumbha Swagat with Tamde Udak, the idols were installed, followed by pranapratishtha and lighting of the traditional Arko Bhajan Divli.

As is the norm in Arko Bhajan, Bhajan seva was performed non-stop by GSB Bhajani Mandals for 12 hours—i.e, from 8 am to 8 pm. The bhajans were so melodious and enthralling that some of the attendees burst into Nrutya seva (dancing) around the Divli!

Arrangements were made for people to offer various seva to Vitthal-Rakhumai such as Annasantarpan seva, Pushpalankar seva, Abhushan seva, Vhonti seva, Nandadeep seva, Phala naivedya seva, Kumkum archana seva, etc. Devotees offered these sevas in large numbers.

The attendees were offered different Ekadashi Phalaharu throughout the day.

The event was well-attended with devotees and well-wishers coming from far-flung areas around Mumbai.

Visarjan puja was offered at 8.15 pm after which the idols were taken back to the Sabha office with the same protocol.

The Sabha, from its inception in 1934, has lived up to its motto of 'Enhancing Community Well-Being'. Being a socio-cultural organisation,

the Sabha has strived to explore and deliver initiatives ranging from education to health and arts to sports. In its centenary year in 2034, the Sabha would like to embark upon some project that should in many ways be a landmark project.

The GSBS Medical Trust, an organisation founded by the Sabha in 1973, provides quality and affordable healthcare with centres at Naigaum, Dadar, Dharavi and Mahim.

LIST OF IMPORTANT DATES IN THE QUARTER APRIL-JUNE 2024

| Dates | Day | Festival | Dates | Day | Festival |
|-----------------------------|-----------|-------------------------|----------------------------|-----------|-----------------------------|
| 9 th April 2024 | Tuesday | Gudi Paadva | 26 th May 2024 | Sunday | Sankashta Chaturthi |
| 17 th April 2024 | Wednesday | Shree Ram Navami | 18 th June 2024 | Tuesday | Nirjala Ekadashi |
| 23 rd April 2024 | Tuesday | Shree Hanuman Janmotsav | 21 st June 2024 | Friday | Vatpurnima |
| 27 th April 2024 | Saturday | Sankashta Chaturthi | 25 th June 2024 | Tuesday | Angarak Sankashta Chaturthi |
| 1 st May 2024 | Wednesday | Maharashtra Day | 17 th July 2024 | Wednesday | Devashyani Ashadi Ekadashi |
| 10 th May 2024 | Friday | Akshay Tritiya | | | |

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Vitthal Rakhumai in all their splendour



Su-Swagatham of Vitthal Rakhumai at Kreedha Mandir



Divli Deep prajwalan



Bhajan Seva by Gurukripa Bhajan Mandali, G.S.B. Sabha (Regd.), KCG



Shree Vitthal-Rakhumai after sthapana



Bhajan Seva by G.S.B. Sabha, Mumbai's Mahila Shakha



Bhajan Seva by G.S.B. Mahila Vibhag, G.S.B. Samaj, Dombivli



Bhajan Seva by Venkatramana Bhajan Mandali, Balaji Seva Samati, G.S.B. Samaj, Vasai Road



Bhajan Seva by G.S.B. Sabha, Malad Kandivili



Devotees immersed in Abira Gulala Udhallita Ranga



Devotees dancing to the melodious Bhajans



Bhajan Seva by G.S.B. Sabha, Dahisar Borivili



Divli Suttu Dance



Bhajan Seva by G.S.B. Samaj (W.S.), Goregaon



We dance to the glory of Vitthal Rakhumai

PARENTING THE BREATH

by Ajita Kini



A student questioned – how can I observe the breath without controlling it? Since the student was a relatively new parent, it occurred to me that breathing and parenting have much in common!

New parents hover around the baby and the moment it lets out the smallest whimper, they frantically try to cater to its every demand. As the parents become more experienced, they learn to distinguish between the “I am hungry/wet/sick” cries and the “I am bored/desirous of attention” cries. This is how they become more observant, and respond accordingly. Similarly, when we are first introduced to any form of breath observation, the first instinct is to control the breath – make it deeper or slower or whatever may be the notion of “taking a good breath”. We soon discover this is not sustainable and it results in a sense of panic, sometimes to the point of hyperventilation and gasping.

It is important to have the maturity to understand that this sense of panic and hyperventilation cannot be healthy, and to immediately stop the practice when it occurs. As one matures as a parent, one relaxes. So yes, when we wish to observe the breath, the first step is to relax. The natural corollary to this is, if one is not in a relaxed frame of mind, and cannot achieve a relaxed frame of mind despite attempting to relax, then any form of breath observation or breathing exercises/prāṇāyāma/meditation should be avoided for the time being.

When one wishes to initiate a breath observation or prāṇāyāma or meditation session, recognise that it is not possible to launch right into it. You may be on a tight time schedule and wish to “fit in” your practice. Know that this approach is not

conducive to a beneficial session; it would be better to defer the practice to a time when you have the mind space to relax and instead use this time for some other purpose. Any breath-related practice necessarily needs to be preceded by a relaxation practice, of as long a duration as may be required to achieve the relaxation.

As one starts the breath observation practice, there is a period when the mind attempts to control the breath. This is like when the baby has learnt to walk and wishes to explore everything around it. The new parents frantically try to control the baby, holding it back so it doesn’t walk into danger. As they realise that the baby has far more energy than them, and they cannot sustain the “controlling” behaviour, they begin to relax and just keep an eye on what the baby is doing. So now, they just allow the baby to do what it will, but the moment it heads towards a door/stairs/fire/electric socket, immediately, they bring the baby back to safety.

In exactly the same way, when one first starts observing the breath, and the mind attempts to control it. Hence, one needs to calmly bring the mind back – telling the mind “no, don’t control, just watch”. This takes practice and there is no substitute for practice. Self-practice – not what is done in a class session. After a few attempts to control the breath are thwarted, the mind will begin to realise what is required and will let go, and begin to observe. Like with the baby, any time one feels something is going wrong, or when the mind begins to wander or drift into a sleepy state, then one calmly brings the mind back to the breath and tells it - observe.

Have you ever tried to soothe a cranky baby by carrying it in your arms, crooning to it softly, gently? At such times, your voice instinctively becomes soft and the breath, if you

were to observe it, becomes shallow and slow. Since the baby is resting against your chest, you don't wish the chest to move too much and disturb it, so you take shallow, gentle, soft breaths to avoid disturbing the baby. The mind is often like that cranky baby, and at such times, this is the exact same breath that we need to employ to soothe it – soft, gentle, long-drawn but not so long-drawn that it causes us to gasp in the next instant. We can even speak silently to ourselves while soothing the mind – either apologising silently to the body and mind for whatever has caused the disturbance, or using japa, chanting some mantra that we can relate to. Gradually, the mind will calm down, once we overcome its initial attempts to subvert the practice.

As one becomes proficient with the practice of observation, a whole new world opens up! It is like an underwater snorkelling/diving experience. What looked like empty ocean on the surface, is suddenly found to be teeming with life. In the same way, what looks like a body doing nothing, is found to be teeming with internal activity. One can feel the touch of the breath in the nostrils. As one begins to observe more intently, one can make out whether the breath is touching the roof of the nostrils, or the floor of the nostrils or the left wall of the nostrils or the right wall of the nostrils, or even none of them – flowing exactly through the very centre of the nostrils without touching any of the walls of the nostrils. One may discover that it flows in one way in the left nostril and differently in the right nostril. It may flow in one way during the in-breath and a different way during the out-breath. Then one discovers that it is possible to tell the breath how to flow – and it does one's bidding. So, at will (after sufficient time has passed to become proficient at it, both in terms of days and months of practice, as well as within a session) one can move the breath from one part of the nostrils to another.

Similarly, one can feel the touch of the breath in the throat, the chest, the back, the sides (flanks), the belly, pelvis etc. This is where we distinguish between respiration and breathing. Respiration is a function of the autonomous nervous system, and is restricted to the lungs and diaphragm – keeping in mind the 3-dimensional shape of both, and, therefore, the lungs below the armpits and in the dorsal back as well. Breathing involves the entire body, especially, the entire trunk. For example, when one has a stomach-ache or menstrual cramp, one instinctively squeezes the stomach and pelvic muscles and exhales in that region. One can feel the breath in the stomach and pelvis even though the lungs are not present there. You can try lying on the floor flat on your back with the legs straight, and observe the touch of the breath in the pelvic / abdominal area, and compare it to the touch of the breath when lying flat on the back with the knees bent and pointed to the ceiling. The difference in the internal touch of the breath will illustrate how the position of the legs, the relaxation of the abdominal muscles etc. affect breathing.

At this stage, it seems like you have become the parent of a teenager. The teenager wants to do all kinds of things, not all of which are conducive to a healthy lifestyle. The parents define the boundaries – curfew time, spending limits, localities to avoid, etc. In the same way, it is important to be guided by a knowledgeable teacher on safe and unsafe practices while playing with the breath. It is easy to forget that when the breath touches different areas, it is actually activating and stimulating different *prāṇa nāḍī*. But beware! A forceful practice, such as continuing despite being unable to relax or taking forceful breaths, can result in significant damage to the nervous system, even resulting in a nervous breakdown.

Consider a spoilt child – a child that runs amok in the house, undisciplined and uncontrolled,

breaking things, saying hurtful things that are dismissed as the natural tantrums of a child. A breath that has never been disciplined, is a lot like the spoilt kid. Like a child that will gorge on food items that it likes, and refuse to eat what is good for it, so too will the breath go into areas that it “likes” and avoid areas where it experiences blockages. This will lead to the feasting areas of the body over-developing and the starved areas of the body experiencing some form of atrophy. It could lead to physical imbalances and / or suboptimal working of the organs that are starved as well as those that are overindulged. A person with absolutely no control over the breath will invariably experience poor physical, mental and emotional health, due to improper distribution of prāṇa.

One of the first indicators of the practice - breathing exercises/prāṇāyāma/meditation - having gone awry, is an increase in negative manifestations of excessive nervous energy. It could manifest as an increase in irritability, aggression, quickness of temper, difficulty in falling asleep or insomnia, emotionality, etc. Even more worrisome, is when the excessive nervous energy starts manifesting as tremors (in any part of the body though hands are usually

the first to show the signs) or tics (typically seen in the face, mouth and neck areas). These are signs of a weak nervous system in general, and, therefore, could also be due to old age, weakness or some other physiological cause. But if there is no other cause for it, and breath and prāṇa related practices are being carried out, then it would be judicious to immediately stop the practice and seek the guidance of a knowledgeable person, before permanent damage is caused to the nervous system.

As with a toddler or a teenager, we need to sometimes cajole, sometimes coax, at times sternly admonish but never force the breath. Just as we never ever hit a child on the head, so too, we never ever direct a forceful breath to the head-face-brain region. It could lead to serious nervous, neurological issues. Prāṇa can bring us tremendous bounties, but it can do equally serious damage if mishandled - it is an energy more powerful than nuclear energy.

And like a well brought-up child, a child brought up with the right values, when the body is old and incapable of doing much beyond bare survival, it is the disciplined, freely moving breath - prāṇa child that will keep us productive, fulfilled and positive!

Ajita Kini has been a student of Iyengar Yoga since 2007. This is the 14th in a series of articles about yoga.



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LESSONS IN BHAGAVAD GITA

by Dr. Gayatri G Shenoy

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् |
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ||६-५||

*uddhared ātmanātmānaṃ nātmānam avasādayet
ātmaiva hy ātmano bandhur ātmaiva ripur
ātmanah 6.5*

*uddhared = should uplift; ātmanā = by oneself;
ātmānaṃ = the individual self; na = not; ātmā-
nam = the individual self; avasādayet = degrade;
ātma-eva = one's self alone; hi = indeed; ātmanah
= of the individual self; bandhuh = the friend;
ātma-eva = one's self alone; ripuh = the enemy;
ātmanah = of the individual self; 6.5*

One should uplift the individual self by oneself and not degrade the individual self; One's self alone is the friend of the individual self and one's self alone is the enemy of the individual self. 6.5

Self help is stressed in this verse. What are the two selves spoken of here that are present in oneself? The embodied man is a conglomerate of matter and spirit. His real self which is pure spirit is conditioned by the matter envelopments making him live under the delusion that he is nothing but the matter envelopments of the body senses mind and intellect. He is unaware of the real "I" in him. This conditioned individual self is called the *jivā*. As long as he is under this delusion of body consciousness he takes several births in different material bodies in the "ocean" of transmigration. Liberation means releasing the true "I" from the conditionings and thereby stopping all further births in bodily embodiments under the realm of ignorance. The individual self or the real "I", the *ātmam* under the veil of ignorance as the *jivā* has to be released; it has to be uplifted from the mire of delusion regarding oneself in order to liberate it. Yoga aims at this.

It should not be pushed further degraded into this mire of delusion misery and repeated rebirths. The higher self is the intellect working with help of the *ātmam* and the lower self is made up of mind senses and the body. Therefore the Lord says—



uddhared which is *urdhvam-haret*, drawing upwards. Trans migratory embodied life which is basically a life of delusion not aware of the true self, is often compared to a bottomless ocean. This ocean of transmigration is called *sānsāra-sāgara*. One is advised to lift oneself from sinking in this ocean. How? The senses are led on the path of their respective sense objects drawn there by the mind. This lower self made up of the conglomerate of the bodily senses and mind runs after ephemeral pleasures of the sense-objects thinking that there is nothing beyond this, in its ignorance of the truth. This lower self has to be controlled by the higher self of the intellect which having understood the truth with the help of the Supreme Self and the ways to commune with It now disciplines the mind to control the senses. The mind now reins the horses of the senses from running on the path of the sense objects. So the mind has to be controlled by the higher intellect which in turn learns, and draws its inspiration from the Self the *Ātmam*. The ascending order of hierarchy is thus—body, senses, the mind, the intellect, the *jiva* and ultimately the Supreme Self. A learned and disciplined intellect who is in pursuit of the Truth and knows the right path of yoga that has to be followed is the right teacher of the restless brat of the mind. And it is the *Ātmam* which is the guiding force of the intellect according to the hierarchical order.

uddhared one should *uplift ātmanā* by oneself with the help of the intellect which has learnt the

intricacies of *yoga, ātmānam* the conditioned individual self which is sunk in the ocean of transmigration. Instead of raising this self *ātmānam* one should *na* not *avasādayet* degrade it further, sink it further in its already poor state. *hi* indeed *ātma-eva* one's self alone, the stress is on the word *eva* alone, is *bandhuḥ* the friend, *ātmanaḥ* of the individual self and again *ātma-eva* one's self alone is the ripuḥ enemy *ātmanaḥ* of the individual self. Only oneself can help oneself nobody can help you in this exercise. How? The teacher, scriptures, the knowledge gained there from can only guide you and show you the right path but to actually walk on it is entirely your effort.

Śripad Śaṅkarāchārya says *na hi anyañ kaścit bandhuḥ, yaḥ saṁsāramuktayē bhavati. bandhurapi tāvat mōkṣaṁ prati pratikūla ēva, snēhādibandhanāyatanatvāt.* Certainly, no other friend (apart from yourself) will bring about liberation from transmigration. Even a friend (or relation) can be a hindrance towards liberation being the cause of bondage due to attachment. (S-Bh6.5).

Apart from one's own self there is no friend to promote or help one in this path so the onus is solely on oneself. The brat of the mind has to be trained by the mother of discipline of the intellect. One's intellect should guide the mind and the mind has to obey the intellect in bringing about control of the senses. If the mind with the senses dominates over the intellect, a reverse situation of degradation and despondency will arise leading to total destruction of the very

purpose of upliftment. In such a situation the mind can definitely be called as one's own enemy. The only way the mind can be our friend is to make him listen to and obey the intellect well fed on knowledge of the Higher Self and totally capable of disciplining the restless mind. If the intellect itself is weak not well guided due to a poor fund of knowledge of communion with the Supreme Self as in the absence of practice of yoga a reverse situation can arise with the undisciplined mind bossing over the cowering intellect and pulling the individual self further down the mire of ignorance sinking further in the ocean of *saṁsāra*. Therefore, it is said not to go into a reverse situation and degrade yourself *nātmānam avasādayet*. So, we have the mind alone as the true friend of oneself or otherwise on the reverse path as one's true enemy too *ātmaiva hy ātmano bandhur ātmaiva ripur ātmanaḥ*. The path promoted is the path of yoga in uplifting oneself towards liberation and the tools to be used are all found in one's own self.

The mind is the main culprit to be disciplined here. Says *Śripad Rāmanujāchārya-- ātmanā manasā viṣayānanuṣaktēna manasā ātmānam uddharēt. tadviparītēna manasā ātmānaḥ na avasādayēt. ātmā ēva mana ēva hi ātmanō bandhuḥ, tad ēva ātmanō ripuḥ ..(R-Bh6.5..)* "By the self, by the mind unattached to sense-objects (both animate and inanimate), the self has to be uplifted. A mind contrary to this effect will not be able to raise the self. The self alone, that is the mind alone is the friend of the self and that alone is the enemy of the self." ..(R-Bh6.5..)

Extract from 'Śrīmad Bhagavad Gītā -Encyclopedia of the Lord's Teachings to Humanity.'

Translation and Notes - Dr Gayatri G Shenoy (bgitaggs12@gmail.com)

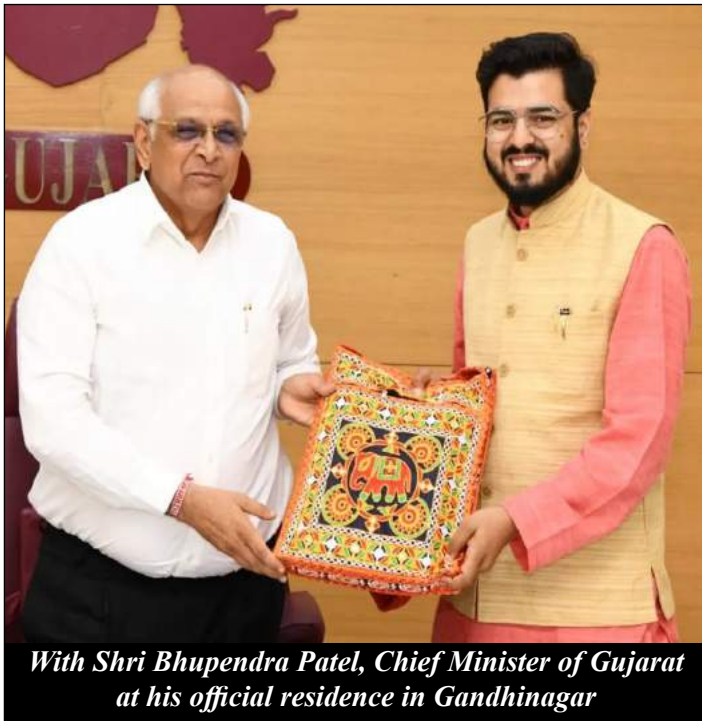
She is retired Anaesthetist with a deep interest in Vedanta, and has given several lectures on Bhagavad Gita in the past.

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G.S.B. SADHAKAS

THE INSPIRING JOURNEY OF SHRI DEVENDRA PAI, A SOCIAL ACTIVIST WHO SHAPES YOUNG MINDS

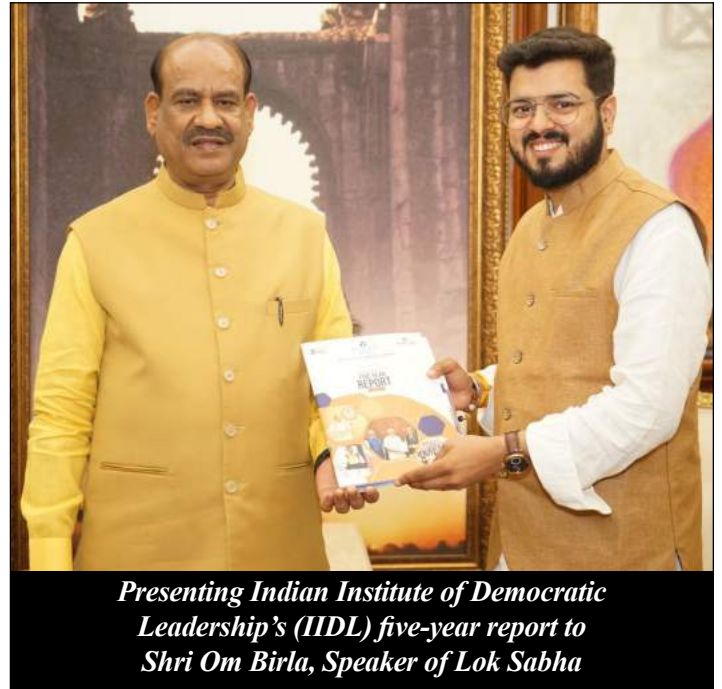
The Dahisar Sri Kashi Math at Sudhindra Nagar in Mumbai conducts several GSB programmes. One of these, several years ago, was Bhajan Sandhya every Sunday followed by Prasad Vitaran. As a young boy, distributing prasada was one of the earliest brushes with volunteering for Shri Devendra Pai. He was also active in volunteering and social work at the local Rashtriya Swayamsevak Sangh (RSS) unit.



With Shri Bhupendra Patel, Chief Minister of Gujarat at his official residence in Gandhinagar

Devendra's grandfather, Shri Narasimha Pai, was a part of the Sudhindra Nagar Bhajan mandal; his grandfather and Bapamma were also active volunteers at the Math. His father is a state level office bearer of the RSS while his uncle is associated with GSB Association, Borivali. Belonging to a socially active family instilled in him a sense of duty towards society from a young age.

Devendra Pai's career, which began as an intern at the Asian Age, has since traversed through various roles and experiences that have



Presenting Indian Institute of Democratic Leadership's (IIDL) five-year report to Shri Om Birla, Speaker of Lok Sabha

shaped him into the multifaceted individual he is today. Starting with his internship, Devendra's career path led him to Yuva and then to a significant role as a Political Analyst with Member of Parliament Shri. Rajeev Chandrasekhar. However, it was his transition into social entrepreneurship that truly set him apart. His venture, ASMI Career Connect, allowed him to engage with nearly 1 lakh students across Maharashtra, impacting lives and shaping futures.



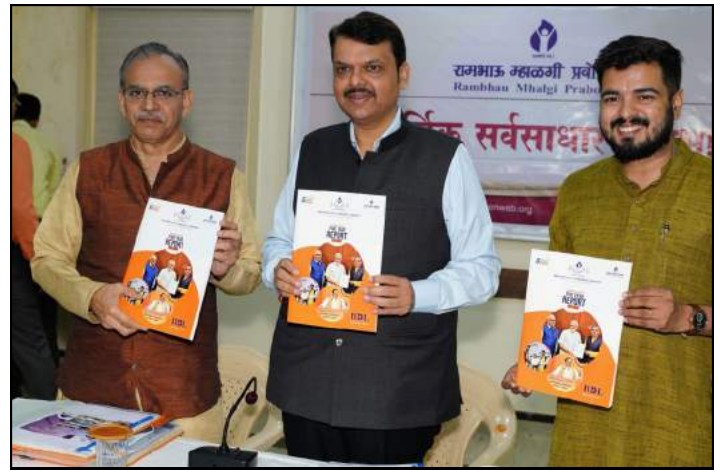
With Smt. Nirmala Sitharaman, Ministry of Finance, North Block

Devendra's activism came to the forefront during the India Against Corruption movement in 2011, where he fearlessly stood against injustice despite facing police excesses on more than one occasion. He was also one of the organizers of India's first pro-CAA rally in 2019.

In addition to his social work, Devendra has also made significant contributions to academia. He co-authored a book on politics and governance in Tripura and taught social sciences to Mass Media students in Mumbai for three years. He also serves on the academic board of three courses across three universities, including the prestigious Prof. Bal Apte Centre for Students and Youth Movements at the University of Mumbai.

His passion for education and leadership led him to co-found the VESIM Lit Fest and establish the post-graduate program in leadership, politics, and governance in the capacity of Chief Academic Officer at Rambhau Mhalgi Prabodhini (RMP) which was the Secretariat of Civil 20 (G20). As the Course Director of the post-graduation program, he has trained and mentored nearly 200 young leaders, shaping the future of India's social and political landscape. He was also instrumental in organising India's first Model G20.

At present, he is pursuing a Ph.D. in political science, while recently being appointed as an Assistant Professor of Political Science at SOL, Delhi University.



With Shri Devendra Fadnavis, Deputy Chief Minister of Maharashtra during the release of IIDL's five-year report



With (then) Vice President Shri Venkaiah Naidu, at his residence in New Delhi

Devendra's story is one of dedication, perseverance, and a deep-rooted commitment to social change and academic excellence. His journey serves as an inspiration to all those who aspire to make a meaningful impact on society.

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SHRI DEVDAS SHENOY YARMAL IS A MAN ON A MISSION



Shri. Shenoy with Prime Minister Modi

On 2nd September 2019, when the whole country was watching the last phase of the Chandrayaan-2 mission live on their televisions, there was an unexpected failure and years of hard work crashed on the lunar surface. Like every citizen in the country, Shri Devdas Shenoy Yarmal, who had served for 32 years in ISRO's prestigious U. R. Rao Satellite Center (URSC) in various capacities, was heartbroken. But like most of his illustrious career, he strongly believed that success is a result of hard work and dedication to the job one has embraced. But even stronger was his conviction that failure is a way of improving one's skill and knowledge. The understanding of the failure mechanism and the remedial measures incorporated in Chandrayaan-3's fabrication, development and testing of the satellite systems was the main reason for its unprecedented success. Chandrayaan-3, thanks to the efforts of the ISRO scientists, made Bharat the first country to soft land on the Lunar South Pole and only the fourth country in the world to land on the lunar surface ever.

Devdas Shenoy was born in 1960 to a humble flower and fruit merchant, Late Shri Sukhananda Shenoy in Karkala, Udipi district, Karnataka. Completing his primary education from Pervaji Kannada Medium Government Primary School,

Karkala, higher secondary education from Shri Bhuvanendra Kannada Medium High School, Karkala, and then his Pre-University Education from Shri Bhuvanendra College, Karkala, he then graduated in Electronics & Communication Engineering from the prestigious NITK (then KREC) Surathkal in 1983. He further went on to complete his MS degree in Communication Systems from Manipal University.



In 1988, he started his career as a young scientist in ISRO and since then he has played a key role in design and development of Telemetry, Tracking & Command (TT&C) RF systems for Geo-Satellites such as INSAT, GSAT and IRNSS. He was also the designer and team leader for Remote Sensing Satellites such as IRS, RISAT, CARTOSAT, Micro and other small series of satellites.

Devdas Shenoy has published multiple technical papers in national and international journals and won several national and ISRO awards for his individual as well as team contributions. A noteworthy award is for his design and development of import substitute and indigenous Spread Spectrum (DSSS) TT&C C-Band receiver for Geo Mission and X-Band TT&C Transponder for Aditya Mission. These X-Band Transponders will continue to be used in all future Deep Space Missions.

Devdas Shenoy held several key positions in U. R. Rao Satellite Center, ISRO including Deputy Project Director (RF) of Chandrayaan-2, Human Space Program (HSP), and Head of LEO Transponder Division. As a team leader and project director of RF systems, he was responsible for the design and development of multiple RF communications systems flown in

Vikram Lander, Pragyan Rover and Orbiter of Chandrayaan-2 and Chandrayaan-3. The TT&C (RF) systems of Mars Orbiter Mission (MOM-1) of ISRO is also his brainchild.

Devdas Shenoy now resides in Bengaluru with his spouse, Dr. Sukanya D. Shenoy, and their two children – Sonal D. Shenoy and Dr. Samarjit D. Shenoy.

RIDING THROUGH ADVERSITY: MS. AMRUTHA JOSHI, INDIA'S RESILIENT BIKE RACER



Ms. Amrutha Joshi, a skilled bike racer hailing from Kumble, Kerala, has a story that truly resonates with resilience and determination. Her journey into the world of biking began at the tender age of 12, under the guidance of her father Shri L Ashok Joshi. Riding around the school ground, little did she know that this passion would shape her life in unimaginable ways.

The time she got her licence, tragedy struck and Amrutha lost her father to a sudden heart attack. The loss was devastating, plunging her into a deep depression. Struggling to cope with the reality of her father's absence, she found solace in riding bikes. However, society's harsh judgements and negative comments added to her pain. Despite the criticism, Amrutha refused to let go of her passion, determined to honour her father's memory.

With a newfound resolve, Amrutha set her sights on a remarkable goal. She decided to venture



into the northeastern regions of India, aiming to become the youngest solo rider and attempt new biking records. Setting off from Kozhikode, Kerala, on 4th February 2022, she embarked on an incredible journey. Battling the elements and pushing her limits, she reached Tawang, near the China border, on 7th April. Undeterred by the challenges, she continued her journey across India, with the goal of covering every state and territory.

However, her journey was not without its obstacles. On 25th April 2022, tragedy struck again as Amrutha met with a major accident while riding from Ayodhya to Agra. Despite the setback, her spirit remained unbroken. Her family took her back to Kerala, leaving her bike in a showroom in Lucknow. After a month of rest and recovery, she resumed her journey from the very spot where the accident occurred. Crossing borders and pushing boundaries, she covered Nepal and Myanmar before finally completing her journey on August 10th.

Amrutha's remarkable feat did not go unnoticed. Her incredible journey earned her a place in the India Book of Records and the Asia Book of Records as the Youngest Solo Rider. Undeterred by past challenges, she continued to push the boundaries of her achievements. On 20th January 2024, she set out on another adventure, this time in Sri Lanka. Covering over 2000+ kilometers in just six days, she passed through cities like


Colombo, Negambo, Kandy, Galle, Kurunegala, and Katunayake. Her journey in Sri Lanka earned her the title of the youngest international solo rider in the India Book of Records.


Amrutha's story is a testament to the power of determination and passion. Despite facing numerous challenges, she never gave up on her dreams. Her journey reminds us that... with perseverance, anything is possible!




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Abhijeet Kini, founder of Abhijeet Kini Studios, is a Mumbai-based illustrator, animator and independent comics publisher, known for his comic series "Angry Maushi" and "Fanboys".

Sahasra Chandra Darshan ceremony of Shri Kaup Kamalaksha Shenoy



An active Volunteer of Kashi Mutt, Kamalaksha Maam had the privilege of driving Swamiji's car whenever he was summoned. With Swamiji's blessings, Kamalaksha Maam played a pivotal role in establishing the **GSB Seva Mandal Ganesh Utsav at Kreedha Mandir**.

Additionally, his dedication to societal welfare led him to volunteer outside our Samaj, especially with organisations such as Vishva Hindu Parishad (**VHP**) and Rashtriya Swayamsevak Sangh (**RSS**), giving him opportunity to have close interaction with **Golwalkar Guruji**, the esteemed founder of VHP.

Blessed with such profound values under the influence of divine personalities, Kamalaksha Maam has led a life of purpose and service, offering himself wholly (Tanu - Mana - Dhana) to the Saunsthan and Society at large.

Married to **Smt. Laxmidevi Shenoy**, Kamalaksha Maam and Mai are proud parents to 3 Daughters and a Son, all happily settled with their own families. Their legacy continues with 5 beloved Grandchildren.

Despite his numerous responsibilities, Kamalaksha Maam finds immense joy and fulfillment in **selfless service**, which he continues even today, believing it to be the inherent duty of every individual.

May the Grace of HariGuru prevail on Kamalaksha Maam and all his Loved Ones.

On the 11th of February 2024, the **Sahasra Chandra Darshan** ceremony of **Shri Kaup Kamalaksha Shenoy** was elegantly conducted at **I. M. Pai Hall, Kreedha Mandir Ground, Matunga**, marking his 84th Birthday.

Sahasra Chandra Darshan signifies the celebration of a person's 1000th Full Moon during their lifetime, making it a profoundly special occasion. Participating in this occasion was both a privilege and a unique opportunity.

Shri K. H. Shenoy is the eldest son of **Shri Hariappa & Smt. Narayani Shenoy**. His Father, an eminent personality of his time, was a devout follower of **Srimad Sudhindra Tirtha Swamiji**, dedicating himself to serving our Saunsthan in every capacity. When the need arose, he journeyed to Kashi to aid in every possible way towards the renovation of the Kashi Mutt. However, his prolonged stay here and given the arduous circumstances eventually led to his untimely demise, leaving behind his Family... Kamalaksha Maam was only 17 at that time.

Stepping into his Father's shoes, Kamalaksha Maam gave up his Education to dutifully provide for his Family, comprising of his Mother, 7 younger Siblings and his Uncle's Family. He had to also manage his Father's Hotel **Central Health Home** at Charni Road, Mumbai. During these testing times, Kamalaksha Maam was guided and blessed by Srimad Sudhindra Tirtha Swamiji and it was only Guru's Grace which helped him overcome all the challenges and take care of his Family in the best possible manner.



Hari Om!

Kamakshi & Umesh Salvi

Sujata & Jayant Pai

Sheetal & Jayesh Prabhu

Vedavyas & Harlveen Shenoy

Karan, Chetan, Ananya, Pradyumna, Akshay

THE JOYS OF LEARNING A LANGUAGE

by *Satvika Kamath*



If asked, “Why learn a language?”, many people would cite its numerous professional advantages – it differentiates you from other candidates during job selection, opens up opportunities to work in a different region, and gives you

the possibility of a language-related job. While these advantages are, without a doubt, important, I’d like to share why undertaking the challenge of language learning can benefit people regardless of age and professional background.

Firstly, did you know that it changes the brain? Research shows that the brain is like a muscle; the more exercise it gets, the fitter it becomes. When we learn something, new neuronal pathways get created: think of it like more pipes getting connected to a tank for water to disperse to every corner. People who speak more than one language, therefore, show greater mental flexibility, creativity and critical thinking. In this way, the brain also stays young and the risk of dementia is considerably lowered.

Secondly, it opens up the spirit. Languages developed over many centuries because, as Man settled down and started building a civilisation, he needed a means of expressing himself. Depending on where he settled, his ways of expression and culture developed. As one learns a language, one starts to see how it’s another means of expression, no different from one’s mother tongue, and one language is neither better nor poorer than the other. One also starts to ‘think’ in the way native speakers of that language do and understand aspects of their culture. Rather than be vexed by cultural differences, one starts to marvel at them. Understanding one another goes a long way towards creating peace in the world.

Third, it helps you understand your own language and culture. In the course of studying a language, you dwell on its grammar, sentence formation and idioms. This becomes a natural way of thinking and you end up asking yourself the same questions about your mother tongue. In the Konkani language, for example, we are not afraid to talk about our digestion and have many funny idioms regarding the same!

1. अजीर्ण जाल्लिया वरी तोंड कत्तिया केला रे? - Literally meaning, “Why are you making a face like you’ve got indigestion?”
2. तो इलेक्शन हरतं गेलो, ताका मूगा मौळो दल्लिया वरी जाल - Sprouts, being rich in fibre, are said to help clean the stomach. Figuratively, if someone falls quickly from a position of power, it’s like having one’s stomach purged by eating sprouts.

Thus, you start to take pleasure in the nuances of your culture.

Fourth, it increases one’s awareness of oneself. What are one’s strengths? What are one’s limits? And how does one push them? You go beyond what you thought you were capable of and surprise yourself. It’s a challenge that teaches you something more than just a skill.

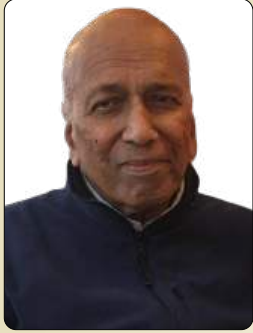
Fifth, it’s like walking into a different world! As you become more proficient, you gain access to that language’s knowledge systems, literature and art. Every time you read or see something, it’s like travelling to that part of the world. Sometimes this can even be a ‘deeper’ kind of travel than visiting a place for a week or two and seeing only the place tourists go to.

Finally, it adds moments of joy to one’s life. Each time you discover the origin of such-and-such word or understand a proverb by yourself, it’s a small achievement in itself. You are keeping alive

the sense of wonder that your inner child needs. That, I'm sure, is good for the soul.

Language learning does not have to be a huge and difficult task. It can be as simple as deciding to listen carefully to the expressions native Marathi or Hindi speakers use the next

time you hear them. I'd also like to suggest that, if you have school-going children, encourage them to study their language subjects for these reasons rather than because so-and-so language is a scoring subject. This perspective will benefit them lifelong.



VASANTH'S CORNER

by Konchadi Vasanth Pai

About Fathers' Days

(This post was written on 21st June 2019 as the third Friday of June fell on that date. I am reproducing it for the sake of its humourous content)

Last night, I gently reminded my daughter Bunty that today is Father's Day.

She said there are so many fathers' days in the calendar which is confusing. I told her that it is for so many fathers, to which she took umbrage saying there can be only one biological father. I tried to explain to her that besides biological fathers, there can be theological fathers, in white frocks, and also in white frocks but with test tubes in their hands, fathers of immunology, bacteriology, the ones with a telescope, father of astronomy, Hippocrates - the father of medicine, Gandhiji - the father of the nation, and so on and so forth.

There could also be step-fathers, Godfathers, adoptive fathers, foster fathers who can stake a claim for the Father's Day honours.

After heated arguments with my daughter insisting that these inventors have their own birthdays we celebrate, I had to resort to an abstraction. I told her that all these father's days are meant for a mysterious character called "success"

How come? was her poser. My explanation:

"SUCCESS HAS MANY FATHERS BUT FAILURE IS AN ORPHAN"

The vaad-vivaad ended and we called for a truce singing the Lord's Prayer:

"Our father which art in Heaven, hallowed be thy name.. Thy kingdom come..... &c ending with AMEN"

Now we are waiting for the kingdom to come :)

PS:- This was written in a lighter vein, certainly not in derogation of this great day and I beg your pardon for the frivolity and the liberty taken for the sake of enjoying some fun on this day. The content may be mildly irreverent but not blasphemous. It is a fact that there are more than 20 different days notified as Father's Day in different countries. How I wish I could be present on those days in those countries!

Konchadi Vasanth Pai (91) has spent over 60 years in the pharmaceutical industry in Govt. and non-Govt. sectors and as consultant after retirement. He has also worked in NGOs such as Sanjivani in Delhi and Childline in Pune. He presently lives with his son in Bengaluru. He is passionate about blogging and social networking.



OM SREE KRISNAYA NAMAH



A SHORT VERSION OF SABHA PARVA - PART 2 OF THE GREAT EPIC MAHABHARATA

by Divakara Shenoy, Kochi

Introduction

The first article on Sabha Parva part 1 was published in January to March 2024 issue of Voice of GSB. The great epic Mahabharata resembles a large wheel having 18 spokes supporting the wheel. Sabha Parva is one of the spokes of that wheel. A summarised version of the last published Sabha Parva part 1 is given hereafter for reader's sake and for continuity in reading.

SUMMARY OF PART 1 OF SABHA PARVA

{The news of Arjuna's marriage to princess Draupadi disappointed Duryodhana. Knowing that Pandava brothers were still alive shocked the Kauravas particularly Uncle Dhritarashtra. In pretense of his love and affection for the Pandavas, Dhritarashtra invited them and their bride back to Hastinapur. They were honoured with a warm welcome on arriving at Hastinapur. King Dhritarashtra subsequently partitioned the kingdom and gave Yudhishtira one portion to settle and rule. It was a barren land. The barren region underwent astonishing changes and developments and later came to be known as Indraprastha. Maya Dhanva, a great

architect, and ardent devotee of Lord Krishna transformed Indraprastha into the world's most beautiful kingdom with an extremely beautiful court hall and magnificent royal palace. As advised by saint Narada during his visit to



Indraprastha, the Pandava brothers mutually agreed to stick to a condition that others should not enter their room in the case of each spending time with Draupadi in order to avoid possible conflict. Anyone violating the vow was to be exiled away from the kingdom for 12 years.

One day, Arjuna happened to breach his vow and accepted the punishment. He went to the forest to



India During Mahabharata

live for the next 12 years. During his life in exile, he married the Princess of Naga Loka. Later a son was born to them who was named IRAVAN. After a year spent with the Princess of Naga Loka, he left to continue his journey towards south direction through the forest. He visited several temples on the way and arrived at the holy place Rameswaram. There he visited the temple of Lord Shiva in which Sree Rama had installed the Shivalinga. After offering prayers to Lord Shiva, he proceeded towards Sri Lanka where he met Lord Hanuman. At Indraprastha, King Yudhishtira as advised by the Saint Narada was to perform Rajasuya Yagna. Lord Krishna advised the king it was not time to perform Rajasuya until the most powerful Jarasandha, king of Magadha got killed.}

SABHA PARVA - PART 2

NARADA'S ADVICE TO PERFORM RAJASUYA

Rajasuya (Imperial Sacrifice or the king's inauguration sacrifice) was a yajna or sacrifice, performed by the ancient kings of India who considered themselves powerful enough to be an emperor.

As advised by Narada Muni, Yudhishtira had decided to perform Rajasuya Yajna. Before commencing the sacrifice, he wanted to get permission from Lord Krishna. Lord Krishna advised Yudhishtira that it would not be possible for him to perform Rajasuya without defeating the powerful Jarasandha, the King of Magadha. In reply to Krishna, Yudhishtira said that Jarasandha was one among other Kings who ruled their kingdom with fairness, justice and peace and lived happily. It is not fair to fight with him merely to establish one's supremacy with the intention to become their emperor.

Bhima agreed with Lord Krishna's advice to Yudhishtira to defeat Jarasandha to be qualified to perform Rajasuya Yajna. Arjuna also supported Bhima stating that it was the duty of Kshatriyas to fight injustice. Jarasandha was so powerful that he had unjustly imprisoned

several innocent princes and ill-treated them. And no one dared to fight against him. Bhima tried to convince his brother explaining that it was easily possible to win any battle with his strength, Arjuna's skill in archery and Krishna's wisdom. Krishna also agreed to support them. Yudhishtira did not like this advice as Bhima and Arjuna were so dear to him as part of his body and couldn't bear the loss if they died in the battle with Jarasandha. However, it was certain that as long as Jarasandha was alive, Yudhishtira's Rajasuya was impossible.

Krishna convinced Yudhishtira that with their combined effort it will not be difficult to defeat Jarasandha. Yudhishtira could not ignore Krishna's advice and assented to the unanimous opinion that they would be failing in their duty as Kshatriyas if they did not slay Jarasandha and release the innocent princes from his imprisonment.

BHIMA SLAYED JARASANDA

When Yudhishtira remained in doubt, Krishna told him the real story of Jarasandha's birth, about the Rakshasi Jara and the fact that he himself had killed Jarasandha's son-in-law Kamsa who had married Jarasandha's two daughters. That made him Krishna's enemy. Jarasandha attacked Mathura several times and Krishna's army was defeated. Therefore, Krishna and his family left Mathura and moved to Dwaraka. Krishna knew that Jarasandha could not be defeated easily.

Krishna convinced Yudhishtira, by telling him that since he had killed Kamsa and supporting allies of Jarasandha, his strength had weakened. Arjuna and Bhima could kill Jarasandha easily. Therefore, it is right time to plan a fight to kill Jarasandha. Yudhishtira agreed to send Bhima and Arjuna along with Krishna to organise a fight with Jarasandha. Krishna advised Arjuna and Bhima to dress as Brahmanas to hide their identity from Jarasandha. They, thus, reached Magadha. At this time, Jarasandha was offering pooja to Shiva. He, like Karna, was also a very great donor in giving off to those

Brahmanas at his door whatever was asked by them as charities and donations after the pooja.

Arjuna and Bhima in disguise as Brahmanas met Jarasandha. Krishna submitted that these Brahmanas wish to have a wrestling match with him and advised him to choose any one among them for a wrestling match. Jarasandha said that Arjuna was very young not a match for him. He then chose Bhima. They fought for 13 days, and no one could win. Bhima lost hope to win the battle and sought help from Krishna. Krishna knew the secret of Jarasandha's weakness. Krishna took a twig and split it into two, threw them in two directions. Bhima understood what Krishna meant. Bhima lifted Jarasandha and dropped him on the ground, caught his two legs apart and split him into two parts and threw them in two different directions. After killing Jarasandha, the 95 prisoners were released, and Jarasandha's son was crowned as king of Magadha.

YUDHISHTIRA PERFORMING RAJASUYA YAJNA

Krishna advised Yudhishtira to make preparations for Rajasuya. Yudhishtira accordingly sought assent of his fellow kings to his supremacy, which was granted without objection by his allies and supporting kings of other states. Thereafter, in accordance with the existing customs, other Kings were invited by the Pandavas to commence the Rajasuya Yagna. It was time to render first honour to the most reverent and respectful guest among those assembled there.

DEATH OF SISUPALA

At the behest of Bhishma Pitamaha, it was declared that Sri Krishna, King of Dwaraka was the most reverent and respectful guest among those assembled there to be first honoured. Yudhishtira followed the instructions and advised Sahadeva to offer honor to Sri Krishna first. Sisupala, the king of Chedi Kingdom and a distant relative and an enemy of Krishna, who

was present among the kings assembled, got up and objected for choosing Krishna to be honoured first.

He said that Krishna doesn't belong to royal blood as he is only a cowherd. He kept on showering abuses on Krishna. However, Krishna did not react to his abuses and remained calm. He then repeatedly insulted Krishna in abusive language. When Krishna found that Sisupala was insulting him too much using abusive and harsh words, he warned Sisupala cautioning him that when his abuses exceed 100 times he would be killed. Krishna killed Sisupala with his Sudharsan chakra.

VYASA'S PREDICTION OF BAD DAYS FOR PANDAVAS

Rajasuya Yajna completed, and Yudhishtira was confirmed to be the emperor by all those kings assembled for the Celebration. At the close of the Rajasuya yagna, Vyasa approached Yudhishtira to bless him. Yudhishtira prostrated at Vyasa's feet and begged him to remove all his ignorance and apprehensions. Vyasa conveyed his prediction to Pandavas on 13 years long suffering in store for them in future. Hearing the predictions made by great Vyasa, Yudhishtira was stricken with grief.

JEALOUS DURYODHANA

Among others, Karna and Duryodhana were present during the Rajasuya function. Mind-blowing beauty and ornamentation of the palace at Indraprastha where the Pandavas were staying and enjoying their life surprised the jealous and greedy Duryodhana. Seeing the marvelous beauty of the royal palace he wished to grab it. Greed in him made Duryodhana restless. He wanted to confiscate the kingdom of Indraprastha and drive away Pandavas by hook or crook. He shared his desire with his maternal uncle Shakuni and sought help from him. Shakuni reminded him that it is because

of their hard work and the cooperation of the citizens the barren land was developed to a most beautiful Indraprastha kingdom.

Shakuni tried to persuade Duryodhana saying that Pandavas were his own brothers, and it is not fair to be jealous of their prosperity and fight with them as they had not done any injury to him or his brothers. Pandavas were enjoying what they inherited legitimately.

GAME OF DICE

Shakuni was highly skillful in foul play in dice and defeated his opponents. They knew that Yudhishtira was very fond of dice games. So, they devised a plan to defeat Yudhishtira in a dice game and seize his properties, wealth and Indraprastha kingdom. To carry out their plan, Duryodhana accompanied by his uncle Shakuni approached his father Dhritarashtra requesting him to invite the Pandava brothers and family to visit Hastinapura to spend a few days with him and family.

Dhritarashtra understood his crooked son's selfish motive behind his request in inviting the Pandavas. But he also could not stand against the will and wish of Duryodhana out of love and affection to his sons.

Out of compulsion from his son, an invitation was sent to Yudhishtira, who knew very well that the invitation was made with malice motive. He could not disobey his elders. Being a Kshatriya he had to accept any invitation, that may be for a game or for a battle. Therefore, he along with his brothers and family proceeded to Hastinapura. During his stay in Hastinapura one day, he was invited to play a dice game. A special hall was arranged for the game.

YUDHISHTIRA LOST ALL WEALTH & KINGDOM

The day was fixed for the game after getting consent from the king Yudhishtira. On the day, as arranged Yudhishtira and his brothers sat on one side while on the opposite side sat Duryodhana, Uncle Shakuni, Karna and Kauravas. It was agreed that Shakuni would throw the dice on behalf of Kauravas and Yudhishtira would play representing Pandavas.

Pandavas lost money and jewellery every time unable to win the game. The game continued putting more money, property and jewellery at stake by Pandavas and lost all that they possessed including their kingdom Indraprastha. However, at the insistence of Father Dhritarashtra all that was lost in the game returned back to Yudhishtira and after few days he returned with family back to Indraprastha.

When the Pandavas were enjoying their life in Indraprastha, one day, a second invitation came from their uncle Dhritarashtra to come to Hastinapura to play a dice game. Yudhishtira could not reject his uncle's invitation. So, he once again proceeded to Hastinapura with his family. In the game, fraudulent Shakuni defeated Yudhishtira who once again lost all his wealth, properties, kingdom and even his brothers and Panchali were kept at stake.

The condition of the game was that the defeated party should go into exile to the forest and live there for a period of 12 years and one more year in addition to spend incognito. In case recognised during incognito period, they must spend another 12 years in the forest. Now it was time for the Pandavas to leave Hastinapura to proceed to the forest to live in exile for 13 years. At the insistence of Uncle Vidura, their old aged mother Kunti did not accompany them and was allowed to live with Vidura.

Shubham

Shri Divakara Shenoy (www.shenoydivakar.com) is a Chartered Engineer with more than 30 years of experience. He can be reached at Shenoyd2@gmail.com.

INSPIRING VAISHNO DEVI VISIT: MERGING OF DIVINE FORCE AND BHAKTI

by Ashok Prabhu

This article briefly describes my wonderful experience of visiting the Vaishno Devi temple in September 2023*. An attempt has been made to relate the findings during this visit to the deep devotion displayed by the visitors to the temple, history of the temple in terms of teachings from puranas and the Divine Force behind the deep commitment by devotees to visit this temple generations after generations.



Vaishno Devi temple: Vaishno Devi temple is situated on the slopes of Trikuta hills, about 12 kms from the town of Katra in the state of Jammu and Kashmir. The temple is located at a height of about 1.6 km. Most people walk about 10-12 kms to reach the temple even though there are facilities that include helicopter, doli, horse and battery car. After visiting the Vaishno Devi temple, devotees take a ropeway or doli to visit the Bhairav Nath temple. Several million devotees visit Vaishno Devi temple each year. During Navratri, the number of devotees visiting the temple is the highest. Visitors to the Vaishno Devi temple see the three Pindies which are decked stones believed as manifestations of Goddess Adi Shakti. Vaishno Devi temple is also referred to as Vaishno Devi Bhavan. It is one of the 108 shakti pithas dedicated to Goddess Adi Shakti. This temple is one of the richest temples in India in terms of annual revenues mostly donations from devotees.

* As a part of the tour organised by Nirmala Travels, Mangalore

Teachings from puranas and history about Vaishno Devi:

Vaishno Devi, also known as Mata Rani, Ambe, Durga and Vaishnavi is manifestation of Mother Goddess Adi Shakti and is associated with the creation of the universe.



She is worshipped as a combination of avatars of Goddesses Kali, Lakshmi and Saraswati. In puranas, Vaishno Devi is associated with Lord Shiva as Sati and Parvati or Durga. It is reported that Mahishasura was killed by Parvati on the hills where the Vaishno Devi temple is located. Vaishno Devi is also referred to as Sheranwali, "The Lion Rider". Vaishno Devi as Vaishnavi also had an encounter with Lord Rama during His exile when He directed the Goddess toward the holy cave, present home of the Vaishno Devi temple. According to the epic Mahabharata, before the Kurukshetra war, Arjuna sought blessings from Vaishno Devi as per the advice from Sri Krishna.

It is believed that the Pandavas built the original Vaishno Devi temple. Credit is given to Guru Gorakhnath for re-establishing the temple in the 9th century. There are also references to Vaishno Devi appearing in the dream of a brahmin, Shridhar Pandit, and then Shridhar Pandit discovering the temple about 700 years ago and starting worshipping in the temple. This tradition has continued till today. Legend of Bhairav Nath is associated with Vaishno Devi appearing as a young girl during the feast prepared by Shridhar Pandit, Bhairav Nath giving trouble to Vaishno Devi, Vaishno Devi getting away from him, spending time at three places namely Ban Ganga, Charan Paduka and the cave, Ardhkuwari, and finally showing Her true form and cutting the head of the trouble maker, Bhairav Nath. Head of Bhairav Nath fell quite far away from the current

location of the Vaishno Devi temple. Vaishno Devi pardoned Bhairav Nath saying that any visitor to the Vaishno Devi temple should also visit the Bhairav Nath temple to make the mission complete and fully satisfying. Bhairav Nath temple is located at the place where the head fell.

Thus, references to Vaishno Devi appear from the very beginning of the Vedic history to all the way to present day. This reflects on the Divine Energy and ever-increasing popularity of Vaishno Devi.

Faith and devotion of Vaishno Devi at display while travelling from Katra to Vaishno Devi temple: It is fascinating to watch people from all different backgrounds, young and old, children of all ages, people with small babies, under-weight and over-weight people and also disabled people walk several kilometers up the mountain to reach the temple. This is testament to the devotion and faith of the visitors. Once inside the cave of the temple and being in front of the Pindies of Vaishno Devi, praying to the Goddess and seeking Her blessings is a wonderful, satisfying and highly emotional experience for the devotees.

The devotion towards Vaishno Devi continues to increase each year. It is a strong belief of a large number of devotees that Vaishno Devi sends a call to her devotees to visit the temple. Such a call is popularly referred to as bulawa by the devotees. Devotees also believe that once they get the bulawa from Mata Rani they should make every attempt to visit the Vaishno Devi temple and seek Her blessings.

Such a practice of visiting the Vaishno Devi temple is not new. It is built over centuries. The visit to Mata Rani requires lot of planning, efforts, bearing with difficulties and inconvenience, hardships and relatively large expenses especially for the poor people. What explains such a deep-rooted belief and commitment of devotees to make trips to the Vaishno Devi temple?

Impact of Divine Force and bhakti driven human mind on devotee's joyful experience of Vaishno Devi visit: Devotees strongly believe that their wishes will come true if they pay a visit to the Vaishno Devi temple. Many times, devotees pray to Vaishno Devi from homes to fulfill certain wishes, and when such wishes are met, they make trips to the Vaishno Devi temple. One of the ways to appreciate such a fascinating phenomenon of devotion established for centuries towards Vaishno Devi is to think in terms of the enormous power of the Divine Force of Vaishno Devi and its impact on devotees. Divine Force of the powerful Vaishno Devi is present not just inside the Vaishno Devi temple, but everywhere. In order for such a Divine Force to be effectively connected to a devotee, sincere bhakti needs to be present in the devotee. A human brain full of bhakti and love towards Vaishno Devi can then become aware of the Divine Force and the net result is the connection of the devotee to Vaishno Devi and the feeling of bulawa from Vaishno Devi. Once such a bhakti driven devotee visits the temple and obtains darshan of Vaishno Devi Pindies, he/she experiences tremendous satisfaction and joy. Devotees get convinced that their wishes will come true. Many devotees want to get such a satisfaction and joy again and again, and therefore keep making numerous trips to the Vaishno Devi temple. Such is the impact of the power of the Divine Force of Vaishno Devi!

Summary: Visit to the Vaishno Devi temple and darshan of Mata Rani is truly an inspiring experience. Vaishno Devi's Divine Force is present everywhere and a bhakti driven human brain connects with such a force and the devotee develops the desire to visit the Vaishno Devi temple. The devotee gets darshan of Mata Rani, experiences tremendous satisfaction and joy and also develops the desire to visit Mata Rani and seek Her blessings again and again. Jai Mata Di!

Ashok Prabhu has a B.Tech degree from IIT Bombay and a Ph.D. from Purdue University, USA. Since retiring from his professional career in the electronics industry, he has been studying Vedic history and scriptures, synergies between Vedic thought and recent scientific discoveries, and the history and accomplishments of the Saraswat community.

NEWS FROM SISTER ORGANISATIONS

GRAND CELEBRATIONS AT BALAJI MANDIR, VASHI

Reported by Dr. Veena Adige

On 22nd January 2024, the Ayodhya celebrations echoed in the Laxmi Venkataramana Balaji Mandir at Vashi on a grand scale. GSB children and adults dressed as characters from Ramayana, participating enthusiastically in a procession singing “Shri Ram Jaya Ram Jaya Jaya Ram”.

There were many Rams, Sitas, Hanumans, Vishvamitra, Ahalya, Shabari, Kaushalyas and even Ravan with his ten heads.

The celebrations began early in the morning with special pujas, havans, and chanting of Ram naam. The temple was richly decorated with flowers, diyas, and rangolis and there was an air of happiness and enthusiasm. Kala Kamath looked

every inch a Ram while Mukund Kamath was little Lav along with Kush. Dasharath with his queens (Radhika and Anjani) and a variety of Hanumans were too good to be true.

The icing on the cake was a brief visit by His Holiness Kashi Matadipati Shrimad Samyamindra Thirtha Swamiji to bless the people. He was welcomed in a grand manner by the committee members and devotees with fireworks, diyas and flowers.



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EXUBERANT HALDI KUMKUM PROGRAMME BY VSISTERS



The 90th programme of the 13-year old GSB Vsisters was fun-filled, exuberant and happy. More than 35 ladies from Navi Mumbai met at the Kannada Sangh Hall on 19th January 2024 to exchange Haldi Kumkum, participate in the cooking contest and listen to Shantala Bhat, President of VHP pranth, talk about Ram, Poornima Agni sing a beautiful bhajan, Anjani Pai sing Sita Kalyan and Jaya Shenoy recite a shloka.

The programme began with a beautiful bhajan by Sheela Kamath, Anjani Pai, Vidya Bhat and Jaya Shenoy. Shantala Bhat spoke about the real story behind Ram's avatar. She told about how Narada cursed Vishnu and asked him to take birth as Ram and have vanar sena for his fight with Ravana.

The Haldi Kumkum was sponsored by Sheela Kamath while Nandini Kamath, Anita Bhat, Sumedha Shanbagh and Kalpana Velgekar distributed their homemade til gul.

The cooking contest was based on using til and jaggery as the main ingredients. The contestants used their skill and expertise to make tasty drinks, lovely cake, puran poli, savoury mutia, karanji, modak, dolma and many other items. Arti Pai, who was the judge, said that the entries were so good that it was difficult for her to decide the winners. The first prize was awarded to Anjani Pai for her tasty cake using til and jaggery. Rohini Kudva stood second with her puranpoli while Priya Shenoy's mutia won the third. The consolation prize went to Nirmala Pai.

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GOLDEN JUBILEE CELEBRATIONS OF G.S.S. SAMAJ BOMBAY

The Gowda Saraswat Sevak Samaj Bombay (G.S.S. Samaj Bombay) completed 50 years on 22nd February 2024 and the Golden Jubilee celebrations were held on Saturday, 24th February, at the Mysore Association Hall, Bhau Daji Road, Matunga, Mumbai.

The event started with Satyanarayan Maha Pooja accompanied by GSS Samaj Bhajana Mandali's melodious bhajans. The Maha Pooja concluded with the Aarti and Prasad Vitarana at the temple area on the ground floor.



The full-day programme then continued at the auditorium. Shri Girish Pai, Secretary, GSS Samaj, shared the history of the G.S.S. Samaj briefly and introduced the Committee Members. The event started with the lighting of lamp by Shri V.K.L. Pai, President of G.S.S. Samaj, and other members. A beautiful devotional song paying obeisance to Lord Ganesha was rendered by Ms. Ashwamegha Pai.

As part of celebrations, two professional dance groups were invited to present their dance performances—the Kathak dance group of Smt. Shruti Nandoskar from Pune and Bharatanatyam dance group of Smt. Padmini Radhakrishnan. While the Kathak group performed with a special dedication to the renowned Guru Pandit Birju Maharaj, the Bharatnatyam group enacted 'Swagatham Krishna', a dance-drama. Both the performances were enthralling and captivated the audience throughout!



To make the celebrations more memorable, every member's family was felicitated with a Silver coin which was embossed with the picture of Goddess Mahalaxmi and a logo of GSS Samaj.

Joint Secretary Shri Karthik Narayan Pai recalled the humble beginnings of the G.S.S. Samaj and thanked G.S.B. sister organisations for their support over the years. G.S.B. organisations such as G.S.B. Sabha, Mumbai, G.S.B. Sabha Navi Mumbai, G.S.B. Seva Mandal, Shree Ram Mandir

Math Wadala, Vidyadhiraja Charitable Trust, Harigram Panvel, G.S.B. Sabha KCG, Walkeshwar Shri Kashi Math, Dahisar Sri Kashi Math, Sri Sukrateendra Kala Mandir Vasai and Shri Balaji Seva Samithi Vasai were felicitated with a Golden Jubilee Plaque as a mark of respect and appreciation.



Art gallery



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Our Artists for this Quarter



Drawing by : SANMIKA RAO
Age : 5 years



Drawing by : MIRAYA ROHAN AMLADI
Age : 7 years



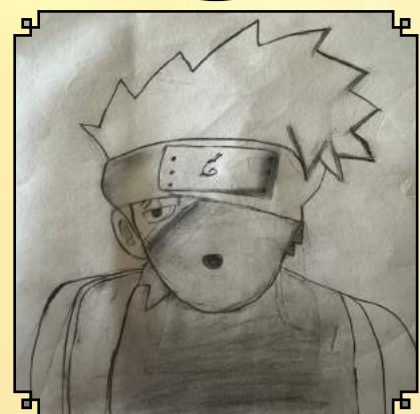
Drawing by : NAVYA J. PRABHU
Age : 10 years



Drawing by : HARSHIT J. PRABHU
Age : 13 years



Drawing by : SHRAVAN SURESH NAYAK
Age : 14 years



Drawing by : KAVIR PAI
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