



Voice of G.S.B.

G.S.B. SABHA, MUMBAI



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MESSAGE FROM THE PRESIDENT

Dear Samaj bhandhavas,

Namaskaru.

Our Sabha is 90 years old!!!

In loving memory of our founders. Today, we pause to remember and honour the extraordinary individuals who shaped our organisation's destiny. Their vision, leadership, and legacy continue to inspire us. Our Pranams to them.

At the outset, we express our gratitude to the community members for supporting us during this memorable journey while we focussed on our endeavour to enhance community well-being.

As we march towards our centenary, we commit and rededicate ourselves to selflessly strive and remain focused on the objectives and meet the community's expectations. We solicit your continued support and blessings.

The last three months were very busy for all the community members. These holy months of Aashad, Sharavan, and Bhadrpad, starting with Ashad Ekadashi and culminating with Mahalaya Amavasya are full of festivities.

The Mumbaikars were blessed with organising the Chaturmas Vrata of H.H. Shrimad Samyamindra Thirtha Swamiji of Shree Kashi Mutt Samsthan, Varanasi. This coupled with the traditional community Ganesh Utsav festival at Kurla, King's Circle and Wadala added to the festive atmosphere. The Sabha participated in these celebrations and sought blessings for the community at large.

The Bhakti Natya Tarang, a Sabha programme that celebrates the Sant Parampara on the occasion of Aashadi Ekadashi, was a super hit with



our emerging artists mesmerising the audience with soulful music. Our Dhanyawad to Pt. Sudhir Nayak for helping us organise this programme which included an artist from Udupi. The programme was held in the holy precincts of Shree Kshetra Ram Mandir, Wadala.

The 91st Foundation of the Sabha was celebrated on 18th August 2024 at the above venue. The programme was attended by over 250 people including over 100 education awardees. The speakers Kum. Priyanka Kamath, a young Mahila Udhyamee, and Shri Devendra Pai, a young and dynamic leader, guided the youth and presented some useful tips on life skills. The function was befitting for an organisation that strives to support education as its prime responsibility.

The Mahila Shakha, for the first time in our history, crossed the borders of the state and ventured into Belagavi, Karnataka, to conduct its flagship programme 'Parichay', a meet of eligible GSB boys and girls. The response was heartwarming and the event was appreciated by all the attendees. More such Parichay to follow outside the state.

We are shortly coming up with the details of the Sahodari (sister in Sanskrit) scheme to provide support to single women to meet their needs. The scheme was announced on our Foundation Day.

The coming months are also full of festivities during Navrathri, Diwali, and Karthik Poornima. It is time to thank God for all that he has given us and seek his blessings to bestow upon us the "Joy of giving" back to the community.

We thank our Trustees for their continuous guidance and encouragement; we also thank our donors, sponsors, patrons and well-wishers for their support without which we would not have been able to deliver.

Dev Baren Koro,

Dhanyawadu,

Laxmikant Prabhu

Voice of G.S.B.

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

BHAKTI NATYA TARANG HELD ON 13TH JULY 2024

The 2024 edition of G.S.B. Sabha, Mumbai's annual musical celebration, Bhakti Natya Tarang, on 13th July, was an evening filled with devotion and music. Held at Dwarakanath Bhavan Hall in Shree Ram Mandir, Wadala, even the relentless Mumbai rains and the Met Department's orange alert couldn't deter dedicated music lovers from making the journey to be part of this spiritual event.

KalaCoast, the artist coordinator for BNT 2024, showcased the talents of budding singers and musicians from the G.S.B. community. Arya Dhareshwar, Maitreyi Nayak, Omkaar Shenoy, and Shrinivasa Shenoy delivered soulful vocals that captivated the audience, while Siddhartha Mesta on the harmonium, Utpal Sainekar on the tabla, Ashwat Shenoy on the pakhawaj, and eight-year-old Chiranth Manoj Acharya on the manjira provided perfect instrumental support. The evening was masterfully anchored by Jayesh Prabhu, who guided the performers through a mesmerising array of natya sangeet and bhakti padas.

The programme's first half featured evergreen and melodious Marathi natya sangeet. After a short refreshment break, Sabha President Shri Laxmikant Prabhu expressed his heartfelt gratitude to the lead sponsor, Saraswat Bank. Next, renowned harmonium maestro and Sabha well-wisher, Shri Sudhir Nayak, felicitated the talented artists. Although co-sponsor Shri Mangalore Prakash Hegde could not attend, the Sabha extended their thanks to the venue sponsors, Gorkarn Parthagali Jeevatham Mutt, Shree Ram Mandir Wadala.

Post-break, the audience was treated to stirring renditions of popular Marathi and Kannada bhajans and kirtans. The rhythmic beats of the pakhawaj and tabla resonated through the hall as the audience clapped along to the manjira, their voices rising in unison with chants of "Jai Jai Vithal! Jai Hari Vithal! Vithal! Vithal!" It was an evening that truly celebrated the divine spirit of Vithu Mauli.





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91ST FOUNDATION DAY CELEBRATED ON 18TH AUGUST 2024

The Sabha's 91st Foundation Day was celebrated on 18th August 2024 at Vidhyadiraj Hall, Shri Ram Mandir Complex, Wadala. Shri Devendra Pai, Founder of ASMI Career Connect and Chief Asst. Professor, Political Science, Delhi University, was the Chief Guest, and Ms. Priyanka Kamath, a young entrepreneur who is the Founder of Tazo Home Products, was the Guest of Honour.

Eighty one eligible students from Std. X, Std XII, graduation, post-graduation, and professional courses from the academic year 2023-24 received a merit certificate from the Sabha as well as a book. Their applications were carefully scrutinised to ensure they met the eligibility criteria. Toppers in each course were also awarded a silver medal, sponsored by Smt. Jayashree Ramesh Shenoy. The books that were selected this year were #TataStories:40 Timeless Tales To Inspire You by Harish Bhat and Ikigai for Teens – Finding your Reason for Being by Hector Garcia and Francesc Miralles.

From our Vidyanidhi students, one topper from Std I to Std IX each was encouraged for their excellent academic performance and received a Certificate, a book besides a cash prize of Rs. 500. These awards have been instituted in memory of Shri V.R. Shenoy and sponsored by Smt. Sadhana and Shri Sunil Shenoy, USA.

The GSB Promising Talent Award was instituted to encourage budding artists contributing their artwork to the Art Gallery page of the Sabha's quarterly newsletter, *Voice of GSB*. These children also received an age-appropriate book *You Are Born To Blossom – Take My Journey Beyond...* by A.P.J. Abdul Kalam / Arun K. Tiwari. This year, the award was sponsored by Smt. Suchitra Sukhthankar, Sabha Committee Member.

Addressing the audience, Shri Pai said, "Encourage the students on the importance of being self-reliant in every way, starting early. Every day chores like bedding, basic cooking, and maintaining one's wardrobe should be ingrained in children from an early age." He also emphasised on the cultural and spiritual connection each one should make with their roots and community for both social

and mental well-being. "Participate in all GSB Sabha activities, all GSB traditional and festive activities, and keep our rich cultural legacy alive for generations to come," he said.

Addressing the gathering, Ms. Kamath, strongly emphasised the significance of grooming soft skills, which go a long way in building a well-groomed personality. Apart from technical knowledge gained through academics, she insisted on improving communication skills, interpersonal relations, which would help in building good corporate networks, which finally lead to a glorious career.

She also spoke about the marvellous opportunities in entrepreneurship. "Today's market welcomes start-ups from various fields, and there is a market for every kind of product, provided it has its own USP," she said.

Sabha President Shri Laxmikant Prabhu then summarised all the learnings from the evening. He again insisted on the cultural and community connection each individual must make for their own well-being, as well as for the nurturing of the Sabha. He mentioned that in Tan-Man-Dhan, anyway in which each GSB contributes to the Sabha's initiatives will ultimately benefit our own community's well-being.

Sabha Joint Treasurer Shri Uday Malya then announced the launch of a new support scheme for single women from the community with distressed backgrounds. Launched on the eve of Raksha Bandhan, the scheme was aptly named 'Sahodari', meaning sister. The Sabha will provide support to eligible women in terms of grocery kits, skill development, children's education, etc.

The singing of the National Anthem marked the end of this eventful evening. The 200-plus crowd dispersed thereafter but not before relishing the tasty snacks sponsored by Smt. Shanteri Nayak of Café Mysore. We are grateful to the Wadala Mutt Committee for their venue support for this event.



Lighting of the lamp



Felicitation of the Guest of Honour Ms. Priyanka Kamath



Felicitation of the Chief Guest Shri Devendra Pai



Students receive merit awards



Shri Laxmikant Prabhu



Shri Uday Malya



Shri Devendra Pai



Ms. Priyanka Kamath



Student awardees pose for the camera



Managing and Mahila Shakha Committee members with the Chief Guest and Guest of Honour



Audience in rapt attention

Solkadhi Paste Mix

Make Solkadhi In



1 Packet
Makes
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Traditional
Taste

1



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Dhanyavadu

26th August 2024

Dear patrons,

As we celebrate our 90th anniversary, we are filled with gratitude and pride. Nine decades of service to the community, preserving our cultural heritage, and fostering social welfare.

We thank our founders, members, donors, sponsors, and well-wishers for their unwavering support. Your trust and belief in our mission have been our strength.

We commemorate this milestone with a renewed commitment to our values and a vision for a brighter future. We will continue to strive for excellence, inclusivity, and community empowerment.

Join us in celebrating this landmark achievement and share your memories and wishes with us. Together, let's script the next chapter in our journey!

Thank you for being an integral part of our story.

Sincerely,
G.S.B. Sabha, Mumbai



CELEBRATING 90 YEARS OF SERVICE

As G.S.B. Sabha, Mumbai marks its 90th anniversary, prominent voices from across the community extend heartfelt congratulations and express their admiration for the Sabha's unwavering dedication to cultural preservation, social welfare, and community service. These tributes celebrate the organisation's enduring legacy and commitment to future generations.

Heartfelt congratulations to G.S.B. Sabha on achieving this remarkable milestone of 90 years! Nine decades of dedication, service, and community building is a testament to your organisation's resilience and commitment. May this anniversary be a catalyst for many more years of growth, harmony, and success. Wishing you continued success as you embark on this new chapter in your journey. Cheers to 90 years of excellence and many more to come!

Dr. Shrikant Pai (led a team of researchers of Bharat Serums and Vaccines for Black Fungus medicine) and Family

I am delighted to know that the G.S.B. Sabha has been doing service to the community for 90 years. I salute the founding leaders of our community for their foresight and all our community members who have sustained and carried forward this effort over the years. Focus on education has been at the forefront of the work done by the Sabha. By providing hand-holding in this area to needy students, the Sabha has been able to transform lives. I wish greater success to the Sabha as it looks forward to its Centenary year.

K. V. Kamath (Independent Director and Non-Executive Chairman of Jio Financial Services, Former Chairman ICICI Bank and Former Trustee of GSB Sabha Mumbai)

Please accept my heartiest congratulations on this landmark achievement. Best wishes for the years ahead!

Harish Bhat (Former Tata brand custodian, Marketer, Bestselling Author, Poet and Columnist. Advisor and Director at the Tata Group)

I am proud to be associated with this great Institution for a period of more than a decade. Best wishes!

S.C. Pai (Former Manging Committee Member of GSB Sabha Mumbai)

Wish you and your team members to continue the good work towards our GSB community at large. Let God bless all of you well.

Manel Annappa Nayak (President, Besants Institutions, Mangaluru)

My heartfelt wishes to G.S.B. Sabha, Mumbai, for celebrating the 90th anniversary. A great achievement of landmark. Wishing you all the best for future years ahead.

Uday Padiyar (G.S.B. Sabha, Dahisar)

Hearty congratulations to G.S.B. Sabha, Mumbai, on their selfless community service! May your dedication inspire many more to follow in your footsteps.

Mukund Kamath (Chairman & Managing Director, Ideal Ice Cream Private Limited, and President, Sevabharathi Trust, Mangaluru)

On this joyous occasion, we would like to congratulate you and other members of the Sabha. G.S.B. Sabha, Mumbai, being one of the oldest GSB organisations is indeed an inspiration for other GSB organisations across the country.

On behalf of GSB All Temples Association, we pray to the Lord Lakshmi Venkataramana and the Lotus feet of our Swamiji Srimad Samyamindra Tirtha Swamiji that may Hari Guru bless you all and may the organisation grow further in the coming years and continue to serve the samaj in many more ways.

Athul Kudva (President, GSB All Temples Association, Mangalore and Trustee, Sri Venkataramana Temple, Mulki)

Nine decades of dedication! Many congratulations to the Sabha on the eve of completing 90 years of service to the GSB community in preserving cultural values and heritage and also supporting the needy in our community. Your contributions over the years are truly valued.

Madhav Kamath Arbet (Secretary, Vishwa Saraswath Federation)

Congratulations to G.S.B. Sabha, Mumbai! It is a great achievement for all - right from the founder members to the present committee. Wishing the Sabha a great future under the able guidance of our managing committee.

Smt. Suman and Dr. R.N. Kini (Renowned doctor and Advisor to G.S.B. Sabha on medical initiatives)

I am associated with this oldest Sabha since I landed in Mumbai in 1969. This Sabha not only brings our Samaj Bhandavas together on one platform to carry out Spiritual, cultural, medical, and other social activities of our Samaj.

Known elders of our community such as industrialists Shri I.M. Pai, Shri C.K. Kamath, Dr. S.S. Rao, Hotelier Shri A. Rama Nayak, Social workers Shri M.R. Pai & Smt. Gita Pai, Smt. Sanjeevi Bhat, Shri Sujir Ramdas Nayak and Smt. Sudha Pai are some who served our community members to come up in their careers.

I sincerely pray to Almighty to give enough strength to the Sabha to serve better and achieve many more laurels by 2034 in its Centenary year. Dev Barey Koro.

K. Shantaram Pai (Founder of G.S.B. Sabha, Navi Mumbai, Founder Chairman of Balaji Mandir Vashi - Shree Laxmi Venkataramana Temple Vashi)

Congratulations to our great organisation! We all are proud of our Sabha and the selfless service being offered by the committee members.

Devendra Bhakta (Balaji Seva Samiti G.S.B. Samaj, Vasai Road)

Being a Goud Saraswat Brahmin is a matter of great pride, which is difficult to express in words. Our pride in being a GSB multiplies when we hear names such as:

- Politicians like T.A. Pai, Manohar Parrikar, Suresh Prabhu
- Educationists like Dr. T.M.A. Pai, Dr. S.B. Mujumdar, Manikrao Lotlikar
- Writers like P.L. Deshpande, Vijay Tendulkar
- Bankers like K.V. Kamath, Shet Shantaram Kulkarni, Ramchandra Vernekar
- Actors like Atmaram Bhende, Ashok Saraf, Sachin Pilgaonkar
- Sportsmen like Dilip Sardesai, Ajit Wadekar, Sunil Gavaskar, Dilip Vengsarkar, Taranath Shenoy

We appreciate the efforts of the Sabha, striving hard by working for the social and cultural development of our community over the past 90 years. Our heartfelt congratulations to you.

Trustees, Shri Rameshwar Mandir Sansthan, Jogeshwari (East), Mumbai

Our GSB Sabha has been doing yeoman service to our community. It has kept our traditions yet moved forward, embracing new concepts. Programmes organised by dedicated committee members are excellent. The Sabha has encouraged youngsters and members to achieve excellence in various fields. Pray that the Sabha continues to grow and glow. I am a proud GSB!

Veena Adige (Writer and Journalist)

I am so happy to learn that G.S.B. Sabha, Mumbai, is celebrating its 90th anniversary! It's a big milestone for any institution's history because the journey to run any institution is never easy. The Sabha must have weathered many a storm and many generations of its managing teams would have toiled hard not just to survive the institution but to bring it to the repute it enjoys today. Institutions are made by the vision of the people behind them and the Sabha has been fortunate to have been guided by visionary people to date. While nurturing its old values, Sabha has kept pace with the needs of the modern world and adapted swiftly to the changing times. This is what makes it unique and also assures me that the Sabha will scale newer peaks in the times to come. I pray to the Almighty to bestow its choicest blessings on the Sabha and all its members.

Rajesh Ajgaonkar (Executive Vice President, Ageas Federal Life Insurance Company)

Hearty congratulations to G.S.B. Sabha, Mumbai, on the completion of 90 years of fruitful, dedicated and unconditional service to the GSB community by preserving our cultural heritage and fostering social development! I find myself very fortunate to have interacted with the vibrant committee last April and learned about their great activities, especially for the underprivileged and the needy. Once again, I express my deepest gratitude for the honour bestowed on me in the women entrepreneur category and wish them all success in the future too. On this occasion, I pledge my support to any cause of the Sabha in the future.

Latha Kini (Managing Director, Bell Paints, Mangaluru)

Pleased to know that you are celebrating your 90th Anniversary. A significant milestone over the last three generations of dedicated service to the Society. You have been the pioneers and trendsetters in our community for caring and providing Educational, Medical, Cultural, and other Social needs. My best wishes on this occasion and may your good work continue to touch many more lives of our community.

Ganesh Prabhu (CMD, Prabhu Envirotec Pvt. Ltd, and Joint Convenor, G.S.B. Seva Mandal's Ganeshotsav Celebration)

For any organisation to survive and thrive for so long and continue to add social value is an outstanding achievement and I compliment the present and past committee members who have selflessly given this service to the community. G.S.B. Sabha Mumbai has brought the GSB community to the notice of every Mumbaikar thereby adding significant value to ensuring recognition for our community. I look forward to and give my best wishes for many more years of success and I am sure the organisation will continue to make all of us proud.

Vinayak Pai (Managing Director and CEO, Tata Projects)

The Global Chamber of Saraswat Entrepreneurs extends its heartiest wishes to G.S.B. Sabha, Mumbai, on the occasion of its 90th anniversary. The organisation has grown from strength to strength over the decades and while being nurtured by generations of samaj bandhavas.

We wish higher heights and success to the Sabha and many more years of successfully serving the community. Sabha President Shri Laxmikant *maam* is a member of the Chamber and we heartily congratulate him for ably heading and steering the organisation and wish him more success, in the years to come.

Pratiksha Pai (Director, The Global Chamber of Saraswat Entrepreneurs)

It is indeed heartwarming to know that the Sabha is celebrating its 90th anniversary. These nine decades have been marked by the yeoman service rendered by the Sabha in various fields. The Sabha has been endeavouring to contribute to the social, cultural, and financial well-being of the community. That calls for our appreciation and gratitude. Good wishes for all success in your activities now and in the years ahead.

V. Sudhish Pai, Bengaluru (Sr. Advocate, Author of the book Two Exemplary Saints)

Congratulations! Indeed a milestone. Kudos! Having been closely associated with the Sabha and its activities for the past 5 decades, I must confess that the present and past Trustees, Presidents, office bearers, committee members, and volunteers have demonstrated exemplary, selfless service to the community. May you through the Sabha continue to serve humanity with the same fervour and values devolved from our ancestors. Being a GSB myself, I'm proud of the Sabha and the community.

Dr. Pravin Acharya (Trustee, G.S.B.S. Medical Trust and Chairman, J N Wadia Charitable Dispensary)

Kudos for the selfless commitment of our samaj bandhavas who have been through this journey of 90 years. Commendable job! Wish the Sabha more wings to take a higher flight to another 90 years. May you continue to preserve our culture and work towards the social welfare of the community.

Vivek Kamath (Former Managing Director of Abbott Laboratories) and Vijaya Kamath (Women entrepreneur and Joint Convenor, G.S.B. Seva Mandal's Ganeshotsav Celebration)

Congratulations to the Sabha on completing 90 years of service to the community. Pranams to the Founders for their thought leadership, donors for their large-hearted support, and to our members who kept the flag flying along the way. God bless us all.

Rajan Bhat (Chairman, Vidhyadhiraj Charitable Trust, New Panvel)

Congratulations to the team on reaching this milestone. Happy Anniversary! Dedicated service and commitment, and resolve to give back to the community, by all of you, over the years, successfully, brought the organisation, here. It is truly a commendable work in preserving our cultural heritage and fostering social welfare. Wishing the G.S.B. Sabha, Mumbai, and its management team all the very best and strength for doing more and more wonderful work for the oneness of the community in the coming years.

The success of the Sabha speaks about the team spirit and determination of each committee member to achieve the set goals. You all have been important pillars of the Sabha and torchbearers for future generations.

I feel proud and blessed to be associated with the Sabha.

You all do such commendable work with so much sincerity. These words are nothing for that SEVA.

Maa Saraswathi will bless you all in abundance.

Wishing you all, to move with more vigour and vitality towards historical "Centenary celebrations" in a few years from now. Prayers for the same.

Happy 90th Anniversary once again.

Colonel Ashok Kini Hosdurg, New Delhi

26.8.2024 - What a beautiful momentous day it is today!!! Gracefully grown from small-scale charitable endeavours to larger initiatives, G.S.B. Sabha's journey has been progressively touching all spheres of our community. Fulfilment of core values, vision and mission has been possible due to the fundamentally strong foresight and philanthropic philosophies of our Founders and the continued contribution of all honorary stalwarts. Eternal Blessings of Presiding Deities, Lord Vitthal & His Consort, Rakhumabai, Saraswati Devi and H.H. Param Pujya Swamiji be in abundance. Reverential Wishes to our Sabha on her Ninety. May she grow awesomely stronger and mighty. Passionately proud to have been associated with the Sabha for a short period of 9 years. There is none other than G.S.B. Sabha, whom I lovingly term my "other Mother".

Vidya Bhat, former VoG editorial team member

It is a great moment for all samaj bhandavas of Mumbai. Our G.S.B. Sabha, Mumbai, is entering 90 years. It is the duty of all of us to remember the founders and past members who gave their best to achieve this milestone.

The institution has served the community at large with a lot of philanthropic activities. On this great occasion, on behalf of me and my family, I pray at the lotus feet of HARIGURU to bless all the Board of management and members of this great institution. I also pray to give more and more strength to do Samaj seva and our community in particular.

R.G. Bhat and family (Committee Member, G.S.B. Seva Mandal, Mumbai)

Glad to know that the Sabha is celebrating 9 decades of purposeful seva to mankind, true to the saying JANA SEVA IS JANARDHANA SEVA.

Nandagopal Shenoy (President, Board of Trustees, World Konkani Centre, Mangaluru)

Congratulations on reaching this remarkable milestone! I'm honoured to be a part of this journey and am excited about the future. Here's to many more years of success and positive change. I look forward to celebrating with you and contributing to the next chapter in our journey.

Anant Pai (Chairman, G.S.B. Sarvajanic Ganeshostav, Wadala, and Vice-Chairman, Shree Gokarna Parthagali Jevottam Mutt, Wadala)

G.S.B. Sabha has been a pillar of strength for our community. The selfless service done by Mr. Laxmikant Prabhu and his team is truly noteworthy. We were amazed to hear about the community outreach for the less fortunate. Would like to take this opportunity to thank each and every volunteer in our Sabha for all their efforts.

Dr. Ganga Kudva (ENT & Skull Base Surgeon) and Dr. Srinivas Kudva (Interventional Cardiologist), Mumbai

It is heartening to see, such a community organisation like G.S.B. Sabha has risen, giving service to the people, and has become a very popular and important medium for the people to interact. The progress is not in one direction. Surprisingly, this has become like a Banyan tree giving shelter to many and protecting more fields of interest. Over the years, many leaders have taken up newer activities and successfully run these.

This shows there are many leaders with good leadership qualities and progressive ideas. The founders of the organisation would have been very happy to see the progress made by the present volunteers.

The last lap towards the centenary year has already started. The countdown started from the Foundation Day itself which has made a good impact on the audience. The community wishes greater progress to the Sabha.

Gita R. Pai (Chairperson, G.S.B. Scholarship League and Trustee – G.S.B.S. Medical Trust, G.S.B. Sabha, Mumbai and M.R. Pai Foundation)

MESSAGE FOR GSB SABHA ON COMPLETION OF 90 YEARS

26th August, 2024

Heartiest Congratulations to GSB Sabha on reaching the magnificent milestone of 90 years – a very special, proud and memorable landmark in the life of an Institution.

The nine-decade long journey of the GSB Sabha has been an inspiring one, even as it began with the humble objective of getting together members of the community who had migrated to Mumbai and fostering community bonding.

Today it is a respected Institution rendering yeoman service with its manifold activities especially providing humanitarian and financial aid in the areas of education, medical care, senior citizen welfare and social support.

To all of us associated with the Sabha and to me personally, it is a truly heartening and momentous occasion. I wish the Sabha all success in its endeavors and look forward to celebrating its Centenary!



Gautam Thakur
Chairman
Saraswat Bank

Kreeda Mandir ground with our authentic Konkani cuisine to top it.

As the Sabha enters the centenary year decade, our best wishes and warm greetings to the president Mr. Laxmikant Prabhu, and all office-bearers.

G. Damodar Rao (Industrialist and Convenor, G.S.B. Seva Mandal's Ganeshotsav Celebration)

Congratulations G.S.B. Sabha, and its zealous dedicated team! Your unflinching efforts have seen it grow and evolve into what it is today. I have a special place in my heart for the Sabha considering the fact that my late Father-in-law Shri K. Padmanabh Bhakta was one of the founder members, who in his desire to get the community together and work towards preserving our cultural heritage and promoting social welfare began this venture of founding the G.S.B. Sabha—the very principles that you are all following today. It is commendable to see that you have diversified into several more endeavours in promoting cohesiveness and upliftment of society as a whole. Congratulations once again and keep up the good work.

G.S.B. Sabha, Mumbai has been doing wonderful work in nurturing the samaj bandhavas by encouraging talent and honouring them. I had the privilege of attending some of the events in recent years. Noteworthy to mention is the social cause that the Sabha has been doing for the senior citizens. My best wishes to Laxmikant *maam* and all the active team members of the Sabha.

Poorna Pikle (Senior Vice-President, BOB Capital Markets Ltd)

G.S.B. Sabha is the oldest organisation of our samaj dedicated to serving our community with many social and welfare objectives. A beautiful sapling planted by our visionary elders has now grown like a large banyan tree giving shelter to the needy by meeting their educational or health-related needs, as well as social causes such as matrimonial help, traditional festivities, encouraging young talent, senior citizen help, etc.

It is heartening to note that this year the Sabha is celebrating its 90th year. The unique feature of this Sabha is that it has all along been managed by very talented and able ladies of our samaj, displaying great Nari shakti of our samaj. They have nursed the organisation with motherly love and care. My association with the Sabha has been for more than 40 years and we used to enjoy the great Republic Day get-togethers at the

Dr. Roshan Bhakta (a renowned obstetrician and gynaecologist and Hon. Chairperson, The Little Angels' Education Trust)

It was 50 years ago, in 1973, that the then 40-year-old G.S.B. Sabha spawned the G.S.S.S. Medical Trust in a bold thrust to represent the Sabha's outreach to provide charitable medical services to the citizens of Mumbai irrespective of caste or creed. Today, as the parent body turns 90, it is my privilege to congratulate the Sabha on its myriad achievements to the samaj bandhavas in Mumbai over these nine decades. Establishing the G.S.B.S. Medical Trust was but one of the many feathers in the cap of the Sabha. Their programmes and achievements are too many to enlist here. Suffice it to say that they have been a source of support for all GSBs in the city of Mumbai in various social and economic aspects and enriching their life. What is heartening is that the Sabha has kept pace with the times, understanding new problems, facing new issues, using modern technologies to keep the flock together and delivering services to its members. As a dynamic 90-year young organisation, it is bound to continue to innovate and add value to citizens of our community. The Board of Trustees of the Medical Trust wishes it all the best in its future endeavours.

Dr. Suhas Prabhu (President, Board of Trustees, G.S.B.S. Medical Trust and Trustee G.S.B. Sabha, Mumbai)



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E-mail : info@gsbsevamandal.org Website : www.gsbsevamandal.org

August 26, 2024

To

The President & Committee Members

GSB Sabha Mumbai,
101, Shreenidhi CHS,
76, Bhau Daji Road,
Matunga,
Mumbai -400019.

Dear Laxmikant Prabhu,

Congratulations on achieving this remarkable milestone of 90 years of dedicated service to the community! Your organization's tireless efforts in preserving cultural heritage and promoting social welfare are truly commendable.

All our Samaj Bandhavs are proud of your contributions to the causes that you have espoused. The trust and support you've received are a testament to the impact of your work.

While you have many accolades and laurels behind you, much needs to be done for the betterment of our Samaj. We are confident that you will continue to do the great work that you have been doing for the past ninety years.

As you celebrate this landmark achievement, we wish you continued success in your endeavours. Your commitment to excellence, inclusivity, and community empowerment is inspiring. We look forward to seeing the next chapter in your journey unfold. We hope that we are able to collaborate and find synergies in the days to come and assure you of our continued support.

Thank you for the opportunity to be a part of your story. We're honoured to have shared in your mission and vision.

Please accept our warmest wishes and congratulations once again on this remarkable achievement.

Sincerely,

For GSB Seva Mandal,

Chairman & Committee Members.

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WE WOULD LIKE TO SEE YOUR NAME IN VOICE OF G.S.B.

Voice of G.S.B., the quarterly newsletter of G.S.B. Sabha, Mumbai, is your newsletter. It is a platform for you to share your thoughts, experiences and creativity. We welcome your articles/essays and drawings, age no bar. Printing will be subject to discretion of the editorial team.

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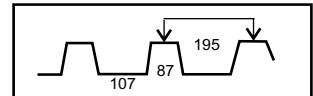
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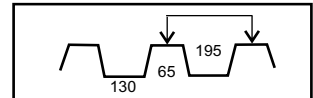
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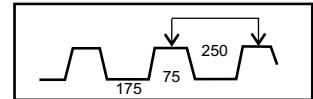
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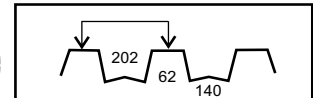
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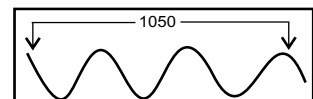
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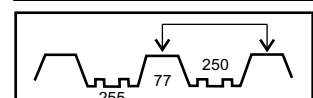
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REPORTS ON G.S.B. SABHA, MUMBAI'S MAHILA SHAKHA PROGRAMMES HELD IN THE RECENT PAST

Our Mahila Shakha Bhajan group offered Bhajan sevas as follows:

10th -16th August 2024: During saptah celebrations at Walkeshwar Kashi Math.

21st August 2024 and 3rd September 2024: At Walkeshwar Kashi Math on account of Chaturmas celebrations.

11th September: GSB Seva Mandal Ganpati celebrations, King's Circle

14th September: Wadala Ram Mandir Ganpati celebrations

Shravan Haldi Kumkum held on 15th August 2024

The Mahila Shakha organised Shravan Haldi Kumkum, on 15th August 2024, at Vidhyadiraj Hall, Shri Ram Mandir Complex, Wadala. The event featured a notable talk by Dr. Deepali Prabhat, Obstetrician and Gynaecologist, G.S.B.S. Medical Trust.

Dr. Prabhat addressed the gathering on the subject of Polycystic Ovarian Syndrome (PCOS), a prevalent lifestyle-related disease among adolescent girls and women. She highlighted that PCOS often leads to infertility in young women but emphasised that it is generally reversible with proper medical treatment. "PCOS is characterised by several key indicators including polycystic ovaries, hormonal imbalances, and irregular menstrual cycles. Common symptoms include menstrual irregularity, excess hair growth, acne, and obesity. While these symptoms may have

cosmetic implications, infertility associated with PCOS has profound social repercussions and requires prompt attention," she said. She pointed out that environmental factors and poor lifestyle choices are major contributors to PCOS, but with appropriate medical intervention, successful conception is often achievable.

The event also included a diya decoration competition, which saw enthusiastic participation from the mahilas. Dr. Deepali Prabhat and Sabha Trustee Smt. Gita Pai served as judges for the competition. The winners were as follows:

1st Prize - Smt. Vaibhavi Pai

2nd Prize – Smt. Anita Shenoy

3rd Prize – Smt. Ujwal Kudva

In the month of May, in honour of Mother's Day, Mahila Shakha invited participants of Tejaswini GSB Mahila group to celebrate the day by expressing their appreciation and gratitude through poems / photos / videos on mothers, grandmothers and mother figures who shaped their world with their unwavering love and strength. The Mahila Shakha recognised and felicitated those who submitted original and creative tributes.

The session concluded with the National Anthem. Our special thanks to Smt. Jyoti Toledar for sponsoring the event. We are grateful to Smt. Suman Kini for sponsoring gifts and Wadala Mutt for providing the venue.



Diya decoration participants with their creations



Judges Dr. Prabhat and Smt. Gita Pai with MS President Smt. Amita Kini



Speaker Dr. Deepali Prabhat



Smt. Kini felicitating Dr. Prabhat



Sponsor Smt. Jyoti Toledar (second from left) at the Haldi Kumkum

83RD PARICHAY HELD AT BELAGAVI ON 1ST SEPTEMBER 2024

In the 91st year of G.S.B. Sabha Mumbai, its Mahila Shakha team made history by extending its reach beyond Maharashtra, holding the 83rd Parichay in Belagavi, Karnataka. Among the previous Parichays—a matchmaking event for eligible GSB girls and boys—80 were held in and around Mumbai and two in the Peshwa capital of Pune. This innovative, paperless, face-to-face interaction format was a resounding success.

The initiative was sparked by Sabha President Shri Laxmikant Prabhu, who proposed expanding the Parichay service outside Maharashtra. This vision was brought to fruition by the Mahila Shakha team, led by President Smt. Amita Kini, Jt. Hon. Secretary Smt. Sai Prabha Kamath, and Committee Member Smt. Chitra Kamath.

The Belagavi event, attended by approximately 250 participants, saw parents and eligible candidates arriving with anticipation. The programme began with the lighting of the lamp and a devotional song performed by Smt. Jyotsna Pai, owner of Pai Convention.

Attendees enjoyed a delicious breakfast catered by Pai Convention, followed by a full day of activities. Participants travelled from various locations, including Huballi, Dharwad, Sirsi, Kumta, Yellapur, Goa, and Bangalore.

The event was a groundbreaking success in North Karnataka, with attendees impressed by the paperless format and the detailed screening process. Candidates and their parents had the opportunity to be introduced and interact directly, enhancing the overall experience.

The programme's uniqueness and the role of Smt. Kini as moderator was particularly praised. She provided valuable guidance on balancing relationships and addressed various questions and concerns.

The positive feedback from participants highlights the success of the Parichay format. The face-to-face interactions and opportunities for personal connections were well-received, and several members from Dharwad, Hubballi, Goa, and Bengaluru expressed interest in hosting similar events in their areas.

The Mahila Shakha extends heartfelt thanks to Smt. Jyotsna Pai and her son Shri Pranav Pai for their generous support. The excellent arrangements for breakfast, lunch, and evening refreshments, including piping hot batata wadas, were highly appreciated by all. We are grateful to Shri U. Padmanabh Pai of Mumbai for co-sponsoring the event.

The success of this event underscores the belief that while “Marriages are made in heaven,” we strive to make them a reality here on earth.



Lighting of the lamp



Mahila Shakha committee members felicitate Smt. Jyotsna Pai



The audience was fully engaged in the face-to-face interaction format



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

Date	Programme	Time	Venue
Friday 04/10/2024	Navratri Haldi Kumkum Sponsored by Smt. Suman R. Kini and Smt. Maya S. Nayak Dress Code: Traditional wear Narthana Seva dedicated to Devi	4.00 PM To 6.00 PM	I.M. Pai Hall, Sujir Gopal Nayak Memorial
Sunday 17/11/2024	Konkani story-telling workshop for children aged 3 years - 17 years. Children have to come prepared with a 3-minute story in Konkani	4.00 PM To 6.00 PM	
Sunday 15/12/2024	GET-TOGETHER a) Cookery Competition - Cash prizes sponsored by Smt. Bina Shenoy in memory of her mother, Late Smt. Kishori T. Prabhu b) Talent Show by ladies and children (below 10 years)	4.00 PM To 6.00 PM	
Sunday 22/12/2024	Anand Bazaar	2.00 PM To 8.00 PM	Kreeda Mandir grounds, Near SNTD College, King's Circle, Matunga

All are invited for the above programmes.
More details about the programmes will be shared from time to time

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Bhajan classes are held at the Sabha office. Please contact Sabha office for details.

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

For matrimonial services, you may get enrolled in our 'Parichay' WhatsApp group. Contact 9870062476

Donations are gratefully accepted

For information about Sabha programmes and other announcements, GSB mahilas are requested to join 'Tejaswini GSB Mahila Group', an exclusive Whatsapp group for GSB community ladies from Mumbai, Navi Mumbai, Thane and Kalyan. This WhatsApp group is open for 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

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PHYSIOTHERAPY FOR OSTEOPOROSIS

by Dr. Vimal Telang

With a Foreword by Dr. Sandhya Kamath



Foreword

Osteoporosis is increasing in elderly persons in India, especially women (about 61 million people in the country have osteoporosis, with 80 per cent of them being women). Osteoporosis often develops 10–20 years earlier in India than in Western countries, which can have a significant impact on the country's health and economy.

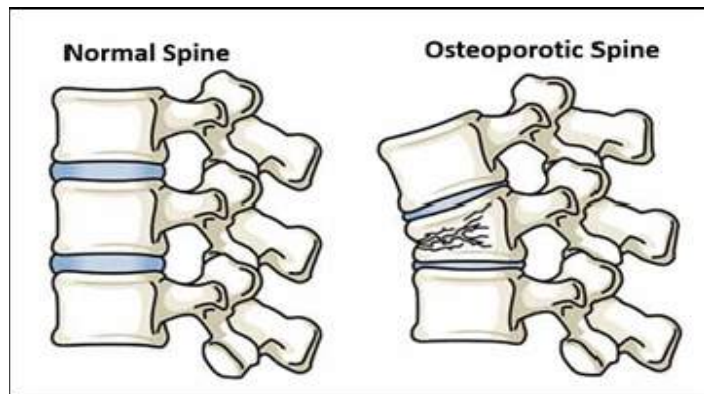
Osteoporosis is a disease that weakens the bones making them thinner and less dense than they should be. With advancing age, bones naturally lose some of their density and the ability to regrow (remodel) themselves. Fractures are the most common manifestation of osteoporosis. Even though osteoporosis doesn't directly cause symptoms, a few changes in the body mean that the bones are losing strength or density. These warning signs of osteoporosis can include losing an inch or more in height, changes in the natural posture (stooping or bending forward more), shortness of breath (if disks in the spine are compressed enough to reduce the lung capacity), lower back pain (pain in your lumbar spine), etc.

Risk factors for osteoporosis include age, gender, family history, and nutritional deficiencies. Calcium and vitamin D are two key nutrients that impact bone health and protein deficiency. India has high rates of vitamin D deficiency despite its abundant sunlight. Multiparity (multiple pregnancies in a woman), and increased abortions are common in our country. Early menopause and intake of certain medications (commonly corticosteroids) can lead to osteoporosis. Osteoporosis can be considered a lifestyle disease; chronic smokers and alcoholics are also prone to be affected. Osteoporosis is diagnosed by Bone Density Test which is a non-invasive one.

Physiotherapy for Osteoporosis

The bone tissue is constantly being absorbed and replaced throughout one's lifespan. The bone mass decreases when the rate of absorption is more than the rate of production which typically occurs with advanced age. Bone density is a measure of the calcium and other minerals in our bones.

Osteoporosis means porous bones



Osteoporosis can be silently progressive with no prominent symptoms until complications like fractures occur if left untreated or unidentified.

Reduction in calcium levels affects muscle health too. Calcium is an essential component for a muscle to contract. The calcium helps muscles maintain a healthy tone. Your body needs calcium for muscles to move and nerves to carry messages between your brain and every part of your body. Reduction of the calcium in the bones makes the bones brittle, especially the spine vertebra. The square-shaped vertebral bodies become wedge-shaped due to bone collapse. This leads to malalignment of the spine, hence the postural changes of a bent spine and pain. This is further worsened by muscle weakness. Reduction of muscle strength and body alignment further causes loss of balance and falls, because of which he/she is more likely to sustain a fracture. Common sites of fracture are the hip, vertebra, shoulder, wrist, pubic bone, and sometimes head injury as well. This may be life-altering or even life-threatening.

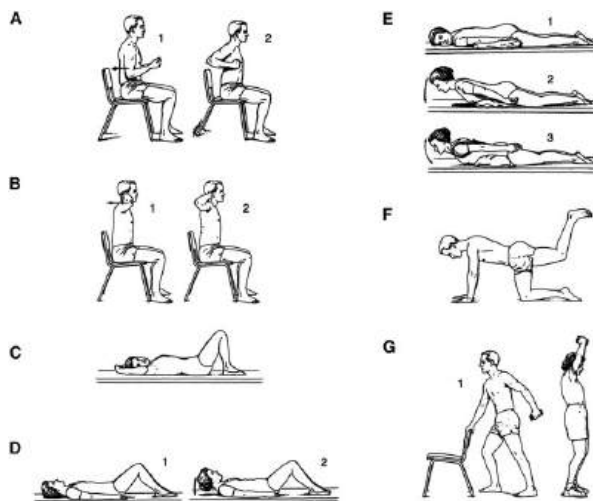
Strategies to improve bone density and reduce the likelihood of falls are important in the prevention of osteoporosis and its related after-effects.

Physiotherapy plays an important part in treating this health problem.

A Physiotherapist

- assesses joint range of motion,
- determines areas of restriction and flexibility with the intent to establish good body mechanics and alignment of body parts, to increase the effect of muscle contraction on bone.
- Physiotherapist will guide you on the exercises you should perform based on the assessment.

Weight-bearing and muscle contraction are important determinants of bone strength and are recommended for persons with osteoporosis. Weight-bearing exercise means bearing the body weight through the bones while exercising.



Research gives high-quality evidence that:

- Exercise has beneficial effects on BMD. Therefore, the more specific an exercise program can be in targeting the at-risk areas of the body, the stronger the bones will be and the risk of fracture will be reduced;

- b) Strengthening the spine muscles (erector spinae) reduces the incidence of compression fracture of the spine in persons with osteoporosis;
- c) Weight-bearing and strengthening exercises are effective at reducing bone loss in the hip and lumbar spine in post-menopausal women. Similarly, upper body resistance exercise increases forearm bone mass;
- d) In people with osteoporosis, repetitive forced spinal forward flexion exercises should be undertaken with care as this specific movement may be associated with an increased risk of new vertebral fractures; and
- e) Exercise interventions to reduce falls in people with osteoporosis and/or at high risk of falling, have been found to be safe.

The majority of non-vertebral fractures are preceded by a fall. Exercise can significantly reduce the risk of falls and, perhaps the risk of subsequent fractures, by maintaining or restoring muscle strength, coordination, balance, and posture, improving confidence and reaction times.

Restoration of an optimal anatomical alignment can help relieve back pain and other symptoms plus it can help assure better weight-bearing forces through the bones and more specific muscle contraction on the bones, thereby positively affecting bone health and strength.

Instructions on ‘Dos and Don’ts’ while performing activities of daily living keeping good body mechanics in mind to prevent work-related injuries, need to be followed to prevent fracture risk.

Exercise programmes include using exercise bands, gravity resistance exercises e.g., squats, single-leg heel raises, prone trunk extension with cushion to protect lowest ribs, push-ups, lunges, and sustained standing positions in neutral spine position. Swimming is also excellent for managing osteoporosis.

DOS ✓

- ✓ Pay attention to proper posture.
- ✓ Walk or climb stairs when possible.
- ✓ Keep home well-lit and clutter free.
- ✓ Bend from the hips and knees, NOT the waist while picking up objects from the floor.

DON'TS ✗

- ✗ Slouch when standing, walking, or sitting.
- ✗ Walk or exercise on slippery surfaces.
- ✗ Wear footwear with slippery soles.
- ✗ Sit in a deep cushioned chair or couch.
- ✗ Move too quickly.
- ✗ Engage in activities/exercises that require a twisting of the spine or bend from the waist (sit-ups, toe touches).
- ✗ Jump, jog, skip, or do heavy-impact exercises.
- ✗ Finish a task if you feel short of breath, fatigued, or in any pain.
- ✗ Sit in a chair or bed for an extended period.

People with osteoporosis are afraid to perform strengthening exercises and other strenuous exercises. For any physiological system to improve its function load, larger than normal must be exposed for strengthening. Bones must meet forces greater than those they sustain to improve strength on a day-to-day basis.

Osteoporosis is occurring in epidemic proportions in India and the world over in children, young adults, the elderly, men and women, in people of all ethnicities, body types, and lifestyles.

According to the World Health Organization, the world’s osteoporosis “time bomb” is ticking. Regular exercise and a healthy diet can prevent osteoporosis for a healthy and happy ageing.

The author is former Head of the Department of Physiotherapy at All India Institute of Physical Medicine and Rehabilitation, Mumbai. Her speciality area is Neuro-Physiotherapy and Community Physiotherapy. She has guided numerous postgraduate research theses. She is heading “Physio-Care”, the physiotherapy rehabilitation unit of G.S.B.S. Medical Trust, Mahim Centre.

LIST OF IMPORTANT DATES IN THE QUARTER OCTOBER-DECEMBER 2024

Dates	Day	Festival	Dates	Day	Festival
2 nd October 2024	Wednesday	Gandhi Jayanti	2 nd November 2024	Saturday	Bali Pratipada, Deepavali Padwa
3 rd October 2024	Thursday	Navratri Ghatsthapana	3 rd November 2024	Sunday	Bhau Beej
12 th October 2024	Saturday	Dussera (Vijaydashmi)	12 th November 2024	Tuesday	Kartik Prabodhini Ekadashi
16 th October 2024	Wednesday	Kojagiri Pournima	13 th November 2024	Wednesday	Tulsi Vivaha (Lagna)
20 th October 2024	Sunday	Sankashta Chaturthi	18 th November 2024	Monday	Sankashta Chaturthi
29 th October 2024	Tuesday	Dhana Trayodashi (Dhanteras)	11 th December 2024	Wednesday	Gita Jayanti
31 st October 2024	Thursday	Narak Chaturthi	14 th December 2024	Saturday	Sri Datta Jayanti
1 st November 2024	Friday	Laxmi Pujan	18 th December 2024	Wednesday	Sankashta Chaturthi

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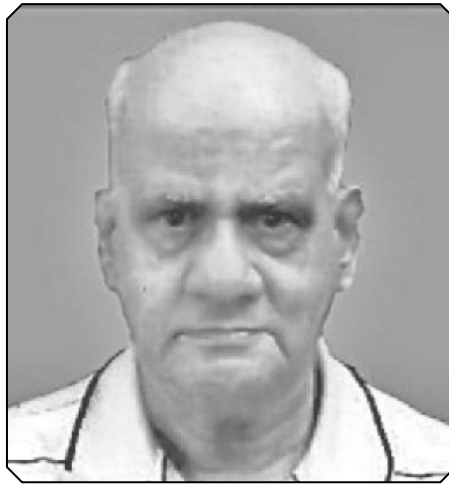


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The Sabha conducts this annual tournament in memory of its ex-Vice President, Shri V. R. Shenoy, who had served in the Managing Committee of the Sabha in several capacities from the 90's till his demise in 2010.

The Sabha is grateful to Smt. Sadhana and Shri Sunil Shenoy, daughter-in-law and son of Late Shri V. R. Shenoy, for the financial support received for this activity.

G.S.B. organisations are requested to send the confirmation of their participation by sending an e-mail to gsbsabha@gmail.com or contacting Sabha's Vice President and Sports Convenor, Shri Bharat Kini (93222 51244). The cricket team has to be nominated by a GSB organisation and only GSB players are allowed. Participation fees Rs. 500/- per team.

Inauguration will be at 9.00 a.m. There will be a prize distribution function in the evening.

Mumbai
22nd September 2024

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Vice President and Sports Convenor

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Suhani Maller, a medical student at ESIC Medical College, Hyderabad, and daughter of Shri Sanjay and Smt. Deepa Maller residing in the same city, was on a commercial flight to Mumbai to visit her grandparents on 9th September 2024. Shortly after takeoff, a passenger suddenly collapsed in his seat gasping for breath. The flight crew immediately called for doctors on board. Suhani immediately stepped forward introducing herself as a medical student.

The crew requested her to help the passenger. After assessing the situation, she administered initial care, including providing an oxygen mask to help alleviate his distress. Though the passenger was carrying a lot of medicines, she was not sure about which ones to be given. She immediately established contact with her cardiology professor in Hyderabad, read out the names of medicines and as advised by the professor, administered appropriate medicines. She also stayed by the passenger's side till the flight landed in Mumbai. By the time the flight landed, the passenger was feeling better. The crew and other passengers lauded the timely help and efforts of Suhani in averting a medical crisis mid-air. This experience was not only a proud moment for Suhani and her family but also for the entire community, highlighting the spirit of service that she embodies.

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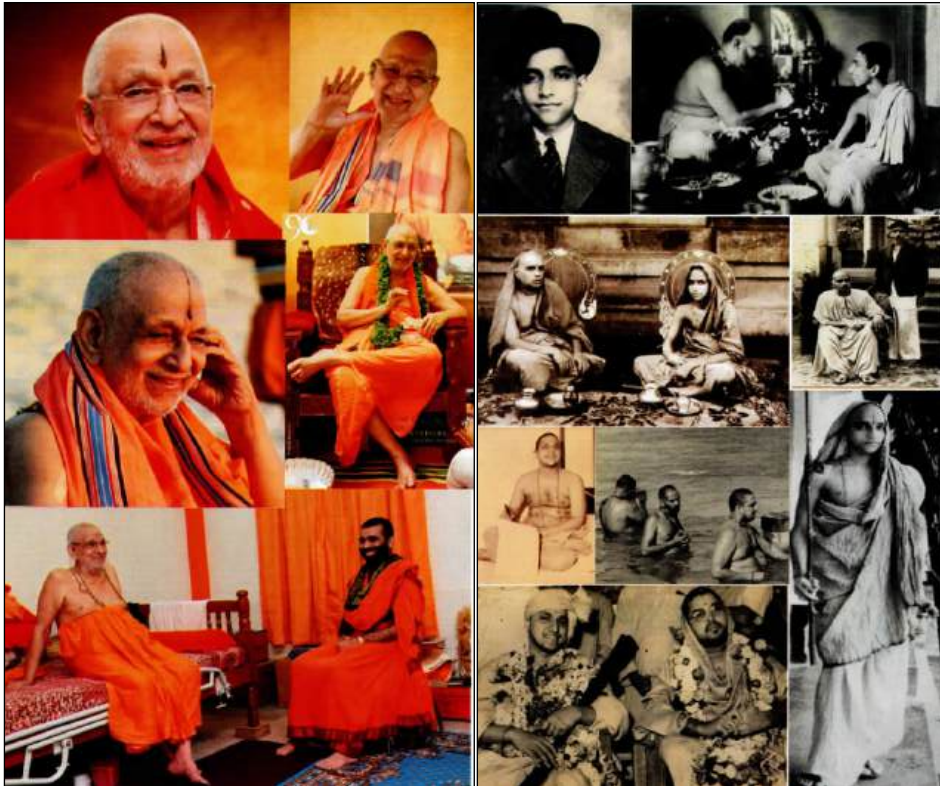
SHRIMAD SUDHINDRA TIRTHA SWAMIJI - THE RENAISSANCE SAINT OF SHRI KASHI MATH SAMSTHAN

by V. Sudhish Pai

Shrimad Sudhindra Tirtha Swamiji, the centenary of whose birth would soon be celebrated, is the 20th yati of Shri Kashi Math Samsthan. Swamiji was born on Wednesday, 31st March 1926 under the Swati Nakshatra in Adhika Chaitra Masa of Ksyaya Samvatsara - 1847 Saka Samvatsara as the fourth son of Shri Ramdas Shenoy and Smt. Draupadi of Ernakulam of Vaccha Gotra. Swamiji's poorvashram name was Sadashiva. He lost his mother and her tender love and care at the young age of four. Swamiji's upbringing at home was very strict and traditional. There were a large number of saligramas in the family,

that time in early 1944 that the call came from Samsthan. He is the first Swami of the Math to have had a modern collegiate education.

Shrimad Indirakant Tirtha Swami of Gokarn Math suggested that Sukratindra Tirtha should give Sanyasa Deeksha and initiate a disciple because it takes time to shape oneself like the champaka tree which has to be planted and nurtured before it flowers. Sukratindra Tirtha replied that there was also another kind of champaka - "bhuyin champa" which flowers without much delay and that God would shape things well.



Sukratindra Swamiji was performing special abhisheka and pooja, keen to get a positive response from the vatu sure in the belief that this vatu was the most suited in every way. One evening as the bell rang for Mangalarthi in the T.D. Temple, Ernakulam, the father asked the son for his final decision and the son responded that if the father and the family thought it appropriate he would take sanyas for continuing the Kashi Math Samsthan Parampara. The die was cast. It was a defining moment. Destiny had marked out young Sadashiva Shenoy for extraordinary things - the journey had begun.

Prior to the initiation, he went to Mulki to meet Swamiji whom he had never seen earlier, not even a photo. The Purohit, Shri Srinivas Bhat had advised him how he was to present himself before the Guru. The shalya was to be tied to the waist over the dhoti as a sign of humility and respect. Sukratindra Tirtha, who was eagerly waiting, was mightily pleased to meet the Sishya designate. It was an instant liking of two kindred spirits, the Guru exuding affection and the youngster being in awe

and respect for the Swami. On Jeshta Shudha Dwitiya of Tarana Samvatsara, [Sh.Sh.](#) 1866 – Wednesday, 24th May 1944, at Shri Venkataramana Temple, Mulki on the banks of the river Shambavi, Sukratindra Tirtha Swamiji initiated the vatu and named him Shrimad Sudhindra Tirtha.

The relationship between Guru and Sishya, to use Sudhindra Swamiji's words, was unique. The Sishya's attachment to the Guru and attention towards the Guru's needs was exemplary. He was completely devoted to and had implicit faith in the Guru and the Guru had an unbounded affection for the Sishya and very high expectations of him which the Sishya more than fulfilled. The Sishya considered himself a mere sevak to do whatever the Guru asked him. Such was his deference that the Sishya would not even touch the Guru's bed, let alone sit on it.

In 1944, the two Swamijis, camping at Bantwal Math, were sleeping in adjacent rooms. Sudhindra Tirtha woke up in the night

about 144, during the time of Swamiji's grandfather Shri Manku Shenoy. After one's upanayanam one had to study the pooja vedhi and offer poojas to the deity and saligramas at home. Young Sadashiva always had a deep religious and spiritual inclination and after his upanayanam at the age of 11, he was performing the regular pooja at home. He had confidently declared that he would not miss the pooja even on a single occasion all his life little realising that it was what destiny had in store for him.

He was very committed to the community and the mother tongue and had compassion and empathy for those less privileged and would do whatever was possible to relieve their hardship. He did his schooling at St. Albert's High School, Ernakulam, and was a very bright student scoring cent per cent in Mathematics and good at sports too. After completing schooling with flying colours, Sadashiva joined Maharaja's College, Ernakulam, for Intermediate, taking I Group – Mathematics, Physics, and Chemistry. It was at

and saw Varadendra Tirtha lying on a big wooden box that served as a cot. Sudhindra Tirtha stood up. The other Swami asked who it was. Sudhindra Tirtha told who he was and expressed a desire to press Swamiji's feet which, Sudhindra Swamiji told me, he felt were very soft. Varadendra Tirtha blessed him and he felt gratified. The next day Sukratindra Tirtha was pleased beyond measure to hear of the disciple's experience.

In late 1944 it was decided that the Sishya Swami should go to Bangalore for studies. That was to be the first separation from the Guru. The Sishya wrote a letter asking for the Guru's photo and kept it under the Guru's pillow as he felt hesitant to ask the Guru directly. A photo was given and also the idols of Vyasa (the original one given by Shrimad Surendra Tirtha Swami of Kumbakonam Math), Rama, and Krishna for his worship. Sishya Swamiji was residing upstairs in the Subramanya

Samsthan deities and offering worship. That gave both strength and direction to Swamiji's efforts in promoting Dharma and organising the Samaj. The Trikala pooja performed with Bhakti and Shradha yielded the desired results.

A truly divine personage, even in the most disturbing situations, Swamiji always maintained an equipoise - having deep and abiding faith in God and the Guru and in the truism that truth and right would always triumph. On many an occasion, when people went to Swamiji highly perturbed and agitated about the turn of things only to be calmed down with a smile that everything would turn out alright. That gracious and bewitching smile captivated one's soul and drenched you in the ocean of divine love. It may be easy to talk about these things and be in awe of such a personality. But that attitude and conduct came out of years of practice and meditation - to love and spread love in its true sense.

As Swamiji always said even if you cannot generate love and empathy, do not engender aversion and animosity. These are indeed the hallmarks of a Sthithaprajna. Once at the Bangalore Math, Swamiji was in his room deeply engrossed in writing something when there was a loud noise as if something heavy came crashing down. Swamiji was absolutely unperturbed, he did not raise his head even slightly or the pen from the paper and continued writing till he had completed.

You are never alone when alone - that is the sign of a cultured, evolved mind. Like all great persons HH always kept with him 'the company of great thoughts, the inspiration of great ideals, the example of great achievements, the consolation of great failures'. Swamiji's reading was wide and varied, it was not confined to



Temple near Sajjan Rao Circle in Visveswarapuram. Guru's photo was kept on the window pane near the bed and the Sishya would place in front of that photo whatever kanika was received. Guru Swamiji used to send Rs. 500/- per month for rent, salaries and other expenses. The great thing is that the Sishya was never in want. Whenever there was a need for money, Sudhindra Tirtha had only to extend his hand towards Swamiji's photo and the necessary money was there. That was the Guru's grace and the Sishya's faith. This always continued and the Sishya joyously and gratefully acknowledged it even 70 years thereafter saying that "our GuruSwami always gives us whatever is required".

After the Maha Samadhi of Sukratindra Swamiji on Sunday, 10th July 1949, Sudhindra Tirtha Swamiji became the Mathadipathi. He was 23 years old. He had some doubts and fears about taking over the Mathadhipathya. All that vanished with Swamiji keeping the padukas of the revered Guru below the

religion and philosophy. The collection of books and magazines was quite extensive, impressive, and interesting and included 'The Modern Review' published from Calcutta, a monthly magazine considered an important forum for the Indian nationalist intelligentsia, carrying essays on politics, economics, sociology, as well as poems, stories, travelogues, and sketches. He was regularly reading *Reader's Digest* too. The daily newspapers-both English and vernacular - kept him abreast of the events.

Swamiji was a scholar par excellence. His mastery over our ancient lore was magnificent and his enunciation of it was simple and appealing to all. His command over Sanskrit - language and literature - was phenomenal. He has to his credit, amid a busy schedule as Mathadipathi, a large number of Sanskrit compositions that could be the envy of regular Sanskrit scholars. This shows both the literary genius and the devotional heights scaled by Swamiji.



Swamiji considered his establishing temples for Bhagawan Veda Vyasa at Kalpi, Haridwar, and Badri as his greatest achievement. Indeed, he brought Veda Vyasa - the Jnana Daata - to our present-day world in all splendour and detail. It is remarkable that Sudhindra Tirtha Swami even on occasions of indifferent health meticulously observed all the anushtana, performing japa and puja as usual without fail though perhaps on a smaller scale.

The range and depth of Swamiji's personality were great. His resourcefulness and will fuse many discordant notes to make possible many impossible things, illustrating the importance of influence gently exerted. So many with such great diversities of temperament and outlook, ideas and ideals, resources, and attainments were brought together to work for some common cause, to achieve some common goal. This was because of Swamiji's effective leadership and dynamic personality. A look, a touch, or a word of a mahatma can make a tremendous impact, change a life, and transform a person. Examples of such transformation on account of association with Sudhindra Tirtha

are numerous. So are instances of various persons benefitting from Swamiji's prasad and blessings.

Swamiji travelled cutting across the subcontinent striving to infuse and preserve culture and religion, unite the community, create awareness, and establish and propagate Dharma. It was this Swamiji's reign that saw many changes, reforms, and progress. His Mathadipathya spanned a period, beginning with the end of World War II, the dawn of our independence, and the birth and rising of the Third World - a time when iconoclastic winds were blowing across the world and everything traditional was questioned. To carry people in such a situation was no easy task. It called for a synthesis between idealism and pragmatism, between self-assertion and self-abnegation - an amalgam of what is good in the past and the present. Swamiji was conservative in preserving what was good and liberal in making necessary changes to keep pace with the changing times. This indeed is Renaissance and Sudhindra Tirtha Swami was truly the Renaissance Saint of Shri Kashi Math Samsthan.

Swamiji, aged 90, attained Mukti on Pushya Shudha Ashtami of Manmatha Samvatsara [Sh.Sh.](#) 1937 at Shri Vyasashram, Haridwar. Swamiji has had the longest reign as Mathadipathi - 66 years, 6 months, 6 days, a little more than the first Yati. His Holiness' Mahasamadhi marked the end of an era not only for the Samsthan and the GSBs but also for the Sanatana Dharma community, for religion and spirituality in the true sense. It will be very difficult to find another like His Holiness. We have to record our gratitude and reverence for a life to which all of us owe so much.

Note: For the smooth flow of writing and reading, instead of mentioning His Holiness or Shrimad or Swamiji every time, the name and the commonly used pronouns in English though singular have been employed.

The author V. Sudhish Pai is an eminent lawyer, writer and an ardent disciple of Shri Kashi Math Samsthan.



We thank Shri Kamalaksha Shenoy for sharing his extensive photograph collection of H H Sudhindra Tirtha Swamiji with us.

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LESSONS IN BHAGAVAD GITA

by Dr. Gayatri G Shenoy

पूर्वाभ्यासेन तेनैव ह्रियते ह्यवशोऽपि सः |
जिज्ञासुरपि योगस्य शब्दब्रह्मातिवर्तते ||६-४४||

***pūrvābhyāsena tenaiva hriyate hy avasōpi saḥ
jijñāsur api yogasya śabdabrahmātivartate 6.44***

pūrva = previous; ābhyāsena = by practice(of yoga); tena = by that (pull); eva = very; hriyate = is irresistibly attracted; hi = certainly; avasāḥ = helpless; api = even if; saḥ = he; jijñāsur = one who is just curious; api = even; yogasya = about yoga; śabdabrahma = results of vedic ritualism; ātivartate = goes beyond; 6.44

He is certainly irresistibly and helplessly attracted by that very previous practice; even one just curious of yoga goes beyond the results pertaining to ritualistic works of the veda-s. 6.44

Having regained the memory of *pūrvābhyāsah* his past practice of *yoga*, further because of *tenaiva*, the interest cultivated in his past birth, he is *hriyate* naturally attracted to this practice again and finds himself pursuing *yoga* despite his other activities like obligatory duties and so on. He becomes aware of this attraction to *yoga* and pursues it further helplessly sometimes even against his will, being irresistibly attracted to it though there may be other obligations, commitments, material attractions or even obstacles. In other words, this attraction to pursue *yoga* may sometimes be *avasōpi* out of his control like one being forced into it. He will carry out the practice in spite of himself. Such is the power and potency of the practice of *yoga*. This also means that no practice and knowledge about *yoga* is ever lost neither in this birth nor in the births to come till the goal of *yoga* is attained. One can go only further on into this practice and can never lose what has been gained in *yoga*.

What if there was just a curiosity towards *yoga* without any practice or learning of the same? This too is stated. *jijñāsur api yogasya* even a sheer basic enthusiasm towards the learning or knowledge of *yoga* is brought about only in one who has already *śabdabrahmātivartate* transcended interest in

the fruits of routine ritualism as prescribed in the karma kanda section of the vedas like various works done with a desire to fulfill certain material interest. Even such a novice in *yoga* goes beyond the fruits of work. In him is found the necessary dispassion for the fruits of ritualistic works which otherwise would attract others towards material benefits.



Śrīpad Śāṅkarāchārya explains the term *śabdabrahma* thus. ... *śabdabrahma vēdōktakarmānuṣṭhānaphalam ativartatē atikrāmāti apākarīṣyati;... (S-Bh6.44)* *śabdabrahma* the results (fruits accrued) of the works (rituals) followed as prescribed in the *vedā-s* are transcended, disregarded, are rejected.

A person is considered *yoga-bhraṣṭaḥ* to 'have fallen' from *yoga* when he diverts from the path prescribed by *yoga*. This diversion may be due to certain righteous acts done as *dharmā* worldly duties or unrighteous acts not prescribed even by *dharmā*. *Śrīpad Śāṅkarāchārya* explains what results in the case of these two instances.... *na kṛtam cēt yōgābhyāsajāt saṃskārāt balavattaram adharm ādilakṣaṇam karma*, if he has not done any unrighteous acts not prescribed by *dharmā*, more powerful than the tendencies borne of the practice of *yoga*, *tadā yōgābhyāsajanitēna saṃskārēṇa hriyatē*; then he is pulled further towards *yoga* by the tendencies generated by the practice of *yoga*; *adharmāścēt balavattaraḥ kṛtaḥ*, but if he has done unrighteous acts more powerful, then *tēna yōgajō.ṇi saṃskārah abhibhūyata ēva*, even his tendencies borne of the practice of *yoga* are overruled by those (unrighteous acts) *tatkṣayē tu yōgajah saṃskārah svayamēva kāryamārabhatē*, but when these (the results suffered due to unrighteous acts) are dissolved then the tendencies borne of *yoga* start taking effect by themselves, *na dīrghakālasthāsyāpi vināśah tasya asti ityarthah*. They do not get destroyed even if suppressed for a very long period; this being the meaning. (S-Bh6.44).

Such is the power of *yoga* once performed in any period. The fruit of its practice is imperishable, sustains unlimitedly, and perforce puts the aspirant back on track.

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

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Drawing by : SANMIKA RAO
Age : 6 years



Drawing by : KANISHK KINI
Age : 8 years



Drawing by : NAVYA PRABHU
Age : 10 years



Drawing by : HARSHIT J. PRABHU
Age : 13 years



Drawing by : SHRAVAN S. NAYAK
Age : 14 years

BHIKSHA SEVA AT WALKESHWAR

On 3rd September 2024, our Mahila Shakha Bhajan Mandali performed bhajan seva to Lord Vyas Raghupati Narasimha on the occasion of the Charturmas Vrita of His Holiness Shrimad Samyamindra Thirtha Swamiji.

On this day, the Sabha offered a Bhiksha Seva to His Holiness and sought His blessings and prasada. Swamiji was aware that the Sabha had completed 90 years of doing yeomen service to the community. His Holiness also blessed us for the next decade leading to our centenary celebrations.

The Sabha members and the bhajan group were blessed to get a photograph with Swamiji.



GANAPATI BAPPA MORYA



Some Committee members of the Sabha and the Mahila Shakha with their families sought blessings and received prasada at the Ganesh Utsav at GSB Sarvajanic Ganeshotav at Wadala and GSB Seva Mandal, G.S.B. Sabha's sports ground at King's Circle. Prarthana was made and prasada was received by every member at both locations.

SABHA FELICITATED BY SWAMIJI



It was a blessed moment for the Sabha to be honoured by GSB Seva Mandal at the divine hands of His Holiness Shrimad Samyamindra Thirtha Swamiji. This felicitation was conducted during the Maha Sabha held on 18th September 2024. This year was the 70th year of Seva Mandal's Ganeshotsav.

Another Award Instituted

We are pleased to announce that Smt. Suman and Dr. R.N. Kini have decided to set up an endowment for an award.

The couple has been patrons and well-wishers of the Sabha for decades. Dr. Kini is closely associated with the Sabha in an advisory capacity for our medical initiatives. Considering this, the award is aptly titled:

'The GSB Dhanavantri Puraskar, instituted by Smt. Suman and Dr. R.N. Kini, to a doctor from the GSB community for exemplary services in the field of medical services'.

The first award will be presented during the Sneh Milan programme in the first quarter of 2025.



Nevri

Ingredients:-

- 2 cups whole wheat flour
- 2 tbsp ghee
- Salt to taste
- 1 1/2 cups grated coconut
- 3/4 cups jaggery powder
- 1 tsp cardamom powder
- Oil for frying

Method:-

- By Anuradha Prabhu**
- 1) Mix the flour and salt in a wide pan, melt the ghee till warm, and add to the flour. Let it cool slightly, mix well to form a crumbly consistency.
 - 2) Add water little by little and form a dough of medium consistency, it should be neither soft nor very hard. Cover with a damp cloth and keep aside for 10-15 minutes.
 - 3) For the filling - Heat karahi, add the grated coconut, and stir on low heat for 5-7 minutes. Add the jaggery powder and keep on stirring till the jaggery melts.
 - 4) Cook till all the liquid evaporates and the coconut jaggery mixture becomes dry. Add cardamom powder, mix well, and keep aside to cool.
 - 5) Take the dough, knead, and form into lemon-sized balls. Apply a little dry flour and roll into puris of medium thickness.
 - 6) Place a spoonful of filling in the middle of the puri and apply water on the sides of the puri. Fold the puri into half, and press both sides together. Pinch with fingers and form pleats on the edges to seal the nevri. Repeat the procedure with the remaining puris.
 - 7) Heat oil in a karahi till hot, slowly add the nevri and fry on medium heat till golden on both sides. Remove and keep aside. Serve warm.



Winning recipes



Tricolour Tukdi

Ingredients:-

- 1 cup maida
- 1 tablespoon salt
- 1/2 cup water
- 1 teaspoon asafoetida
- Half cup palak
- Half cup carrot

By Shwetha Prabhu

Method:-

- 1) Divide maida into 3 parts.
- 2) Mix one part with carrot juice, one with palak juice and keep the third part plain.
- 3) Mix the three parts with water, some asafoetida and a pinch of salt in separate bowls.
- 4) Knead all three doughs until they become non-sticky; keep aside for 15 minutes.
- 5) Make 3 balls of dough of different colours, layer it one over the other and roll with a rolling pin.
- 6) Use a tukdi cutter to cut it into small diamonds.
- 7) Heat oil in a kadai and fry these tukdis on medium flame.
- 8) Tricolour tukdis are ready to be relished.



Papaya Halwa

Ingredients:-

- Half medium-sized ripe papaya
- Half bowl of freshly grated soyi or coconut
- Half bowl gud/jaggery
- 3 tablespoon ghee
- Dryfruits as per your choice, I have used badam or almonds, charoli and kaju
- 1/2 tsp elaichi powder

By Sheetal Bhat

Method:-

- 1) Roast the sliced dry fruits of your choice in a spoonful of ghee and keep aside.
- 2) Grind the papaya into a fine paste and add the papaya into the same kadhai or pan.
- 3) Keep stirring the mixture for 5-10 minutes until the papaya mixture dries up.
- 4) Add the grated coconut at this stage and keep stirring for 5 mins until well mixed.
- 5) At this stage, add the jaggery and 2 tablespoons of ghee.
- 6) Keep stirring until the ghee starts leaving the pan at the sides; add the elaichi powder.
- 7) Pour the halwa over a greased plate and decorate with the roasted dry fruits and let it cool and enjoy.



NOW, YOU TOO CAN CONTRIBUTE RECIPES AND GET THEM PUBLISHED IN THESE PAGES!

Participate in our 'Theme of the Quarter' and stand a chance to win gift vouchers! What's more, Best 2 entries will be published in the Voice of G.S.B's Recipe section.

Theme of the Quarter (Jan-Mar 2025) SANJE KAAPI KHAAN

Judge: **Smt. Anuradha Prabhu**

Please email your recipe along with your passport photo and original photo of your recipe to gsbvog@gmail.com



- Only one submission allowed per person
- Open for GSB Konkani around the world
- Entries welcome from both genders; age no bar
- Plagiarised submissions will be disqualified
- Attach only your original photo of the recipe



OM SREE KRISNAYA NAMAH



A SHORT VERSION OF ARANYAKA PARVA - PART 1 OF GREAT EPIC MAHABHARATA

by Divakara Shenoy, Kochi

Introduction

My last article Sabha Parva part 2, was published in the April - June 2024 edition of *Voice of GSB*. The great epic containing about 1,000,00 slokas has 18 sections or known as parvas. Sabha Parva is the second section followed by the third section known as Aranyaka Parva. A summarised version of the last published Sabha Parva part 2 is given hereafter for reader's sake and continuity in reading.

Summary of part 2 of Sabha Parva

{Lord Krishna advised King Yudhishtira it was not time to perform Rajasuya until the most powerful Jarasandha, king of Magadha got killed. Bhima too agreed with Lord Krishna. Arjuna and Bhima in disguise as Brahmanas met Jarasandha along with Krishna. Krishna submitted that these Brahmanas wished to have a wrestling match with him and advised him to choose anyone among them for a wrestling match. He then chose Bhima. They fought for 13 days, and no one could win. Bhima looked at Lord Krishna helplessly. As gestured by the lord, Bhima lifted Jarasandha, caught his two legs apart, 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. Krishna advised Yudhishtira to make preparations for Rajasuya. 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. Sisupala objected saying that Krishna doesn't belong to royal blood as he is only a cowherd. He insulted Krishna with abusive and harsh words. Krishna warned Sisupala cautioning him that when his abuses exceed 100 times he

would be killed. Krishna killed Sisupala with his Sudharsan Chakra. 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 who wanted to confiscate the kingdom of Indraprastha and drive away Pandavas by hook or crook. As planned, Yudhishtira was invited to play a dice game with Kauravas.



Shakuni defeated Yudhishtira who lost all his wealth, properties, and kingdom including his brothers and wife Panchali kept at stake. As per the conditions of the game, 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 aged mother Kunti was allowed to live with Vidura.}

ARANYAKA PARVA 1

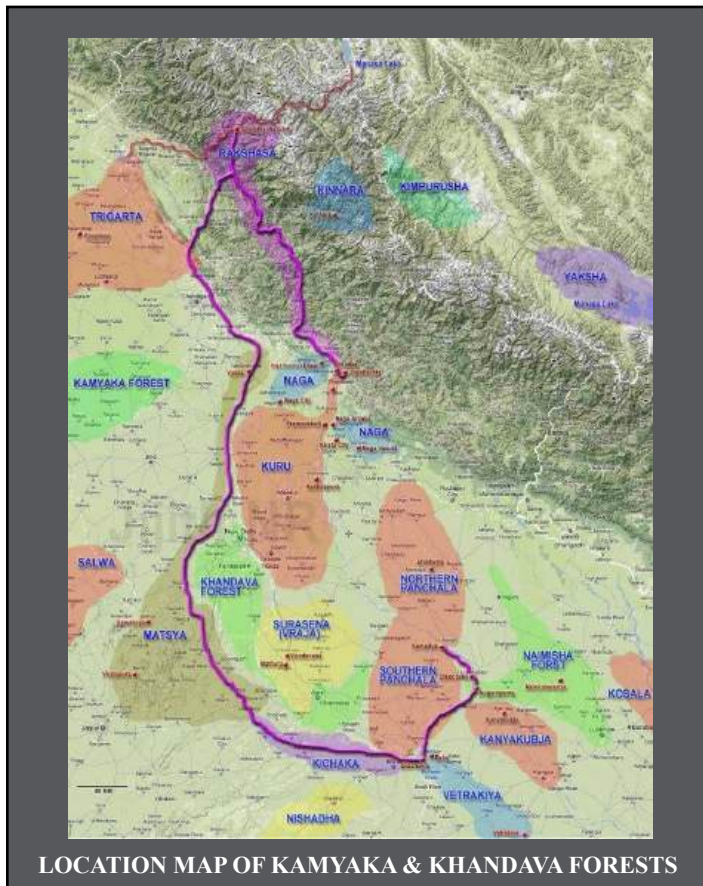
PANDAVAS WERE EXPELLED FROM HASTINAPURA

In the dice game, Shakuni fraudulently defeated Yudhishtira who once again lost all his wealth, properties, and Kingdom including his brothers and wife Panchali kept at stake. As per the conditions of the game, it was time for the Pandavas to leave Hastinapura to proceed to the forest to live in exile for 13 years. The Pandavas took leave of Bhishma, Drona, Dhritarashtra, and Vidura. At this time Vidura, the embodiment of Dharma, advised Yudhishtira that

they would not take their mother Kunti to the forest. She would stay with him as she could not be exposed to the hardships of forest life for such a long period. Yudhishtira agreed with Vidura. Then Pandavas went to their mother for her permission to leave.

Mother Kunti said it was a pity that they were duped by fraudulent Shakuni and Duryodhana under the very eyes of the elders Bhishma Pithamaha, Drona, and Kripa and informed Yudhishtira that she was very sad to see their pathetic condition. Vidura blessed them saying that the celestial divinities and the gods personifying the sun, wind, and moon would protect them. Draupadi fell at the feet of Kunti for her permission and blessings. Kunti condemned the loathsome action of Dushasana against Draupadi done at the behest of his brother Duryodhana. Mother Kunti embraced Draupadi advising her to assist her heroic husbands and serve them to successfully complete their forest life.

Thereafter, the Pandavas set out to the Kamyaka forest with Draupadi. Aggrieved citizens of Hastinapura painfully bid farewell to their beloved princes. Draupadi took a vow that she would leave her hair unbraided until soaked in the blood of Dushasana. Arjuna vowed that he would exterminate the Kauravas altogether in a battle upon returning to Hastinapura after fulfilling the pledge. Nakula and Sahadeva vowed that they would rigorously punish Shakuni. Maharishi Dhaumya accompanied Pandavas to the forest reciting the psalms of death and cursing the Kauravas.



LOCATION MAP OF KAMYAKA & KHANDAVA FORESTS

DHRITARASHTRA'S ANGER AT VIDURA

Vidura submitted before King Dhritarashtra that the disappointed citizens of Hastinapur condemned that their leaders Pandavas had left them as orphans, the blind covetous Dhritarashtra, and his

greedy sons had duped the sons of Pandu and had driven them into forest. Dhritarashtra was filled with grief and fear hearing Vidura's words. The King told to Vidura that he was afraid that this enmity of his sons may lead to all-round destruction and extermination of the Population of his kingdom. He expressed his helplessness and sought a solution from Vidura. Vidura advised Dhritarashtra to call Pandavas back to Hastinapura and crown Yudhishtira as king. Dhritarashtra blamed Vidura saying he was always talking in favor of Pandavas and against his sons. It was too much he as a father could bear. Angry and depressed Dhritarashtra asked Vidura to go to the forest to stay with the Pandavas.

Vidura therefore left the kingdom of Hastinapura to stay in the Kamyaka forest with the Pandavas. Later Dhritarashtra became restless and afraid remembering the sage Narada's warning to him about the extermination of the entire Kauravas clan due to injustice done to the Pandavas by his son. The King realised he was misled by his son, he failed to follow the path of righteousness. He now repented for asking Vidura to go and stay with the Pandavas in the forest. In the absence of Vidura there was no one left to guide him in administrative matters.

Sanjaya was asked to go to the forest and convey to Vidura that Dhritarashtra was sorry for his thoughtless words and wanted Vidura to go back to Hastinapura. Soft-hearted Vidura was greatly moved by the words of Sanjaya and returned to Hastinapura. Dhritarashtra affectionately embraced Vidura and the difference between them got swept out.

SAGE MAITREYA'S CURSE TO KAURAVAS

One day sage Maitreya unexpectedly came to the palace of King Dhritarashtra and was respectfully welcomed and an honourable seat was provided to the sage. The sage informed that he happened to meet Yudhishtira in the Kamyaka forest where he came to know about the harm done to the Pandavas by his son Duryodhana and was surprised to know that the worst incident took place under the very nose of Pithamaha Bhishma, Acharya Drona, Acharya Kripa, and elderly members.

The sage advised Duryodhana to give back their Kingdom to Pandavas. Duryodhana refused and instead abused the great sage. Maitreya was furious at Duryodhana and cursed him saying that upon the successful completion of Pandavas life in exile at the end of thirteen years the entire Kauravas family and all those dear to them shall be destroyed in a battle by the Pandavas. Bhima shall smash his thighs with his mace and would send him to the hell meant for wretched men like him. The curse uttered by the sage frightened King Dhritarashtra, he at once fell at the feet of the sage and begged for forgiveness. Sage Maitreya said his curse would not affect them if they restored the kingdom to Yudhishtira.

KRISHNA AT PANDAVA'S HERMITAGE AT KAMYAKA FOREST

Krishna who was in Dwaraka upon hearing the news of Pandavas departure to the forest rushed to the hermitage of Yudhishtira. Sri Krishna said to Yudhishtira that those unfortunate incidents leading to the departure of Pandavas to the forest had occurred when he was in Dwaraka and had he been in Hastinapura he would not Have allowed the fraudulent game of dice to take place.

Sri Krishna consoled Draupadi who approached him weeping and complaining about the harassment and dishonor she suffered from Duryodhana and Dushasana. Yudhishtira said that Maharishi Vyasa's predictions had come true. No one can escape what was destined for him.

ARJUNA GOES TO THE HIMALAYAS TO DO PENANCE

Pandavas knew that a war with Kauravas was imminent to get back their kingdom. As advised by sage Vyasa Arjuna went to the Himalayas to offer penance to Lord Siva to obtain divine weapons. Arjuna on his way to the Himalayas entered the forest and reached the mountain called Indrakila. At this place, he happened to meet an old man enquiring what for he was heading to the Himalayas. Arjuna informed the old man of his purpose to acquire divine weapons from the gods.

During the conversation, Arjuna identified the old man as Indra in disguise who came to see his son. Arjuna fell at the feet of Indra seeking his blessings. Indra blessed his son and asked to do penance to evoke Lord Siva who only could give him the divine weapon Pashupatastra. Thus, saying Indra disappeared. Arjuna reaching the Himalayas offered penance to Lord Siva to please the Lord. At this time a hunter appeared before Arjuna. The hunter challenged Arjuna for a fight. As a Kshatriya Arjuna had no option other than to accept any challenge, may be for a game or a battle. Arjuna fought a very tough battle with the hunter. Arjuna was astonished at the fighting skill and strength exhibited by the hunter.

He realised now that the hunter was none other than Lord Siva himself. He immediately prostrated before the Lord for his grace. The Lord was very pleased with Arjuna's valour and blessed him to fulfill his wish. Lord Siva gifted Arjuna the divine Pashupatastra and advised him to go to Indra Loka and render respect to his father Indra. Arjuna was overwhelmed with joy for having the rare fortune to see the Lord Siva before him and experience the touch

of the Lord in reality. At this moment Indra's charioteer Matali appeared before Arjuna and took him to the kingdom of Indra.

SAGE BRIHADESWARA MET PANDAVAS

One day sage Brihadeswara came to the hermitage of Pandavas. The sage was welcomed and provided with an honourable seat. Yudhishtira informed him that Kauravas and Shakuni had cheated him and his brothers seizing their kingdom, all wealth and driving them to the forest. The sage consoled Yudhishtira and said not to be sad and disappointed. Arjuna would join them with divine weapons.

STORY OF NALA OF NISHADA KINGDOM

Then the sage narrated a story of King Nala of the Nishada kingdom who suffered more than what Pandavas were made to suffer. He was deceived by Pushkara in a game of dice. He lost all his wealth and kingdom. No brothers or Brahmanas accompanied him to the forest to stay with him. He sank into sorrow to the extent he was deprived even of his good senses and wandered mad in the forest. In madness, he even deserted his wife Damayanti who accompanied him. But later he with his willpower and self-confidence overcame the difficulties. He said "Yudhishtira you have your brothers and Brahmanas with you and you are more fortunate than Nala. Have the courage to face whatever be the challenges." Saying so, the sage left the abode of Yudhishtira.

BHIMA KILLED THE DEMON KIRMIRA

During their stay in the forest Kamyaka, Pandavas were once attacked by a demon (Rakshasa) by name Kirmira who also was living in the same forest. He was the brother of Bakasura. Knowing that Bhima who killed his brother Bakasura was there, he challenged the Pandavas to fight. A very tough fight took place between Bhima and Kirmira. Both were equally strong. At last, Bhima killed Kirmira in the battle.

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.

IN TRIBUTE: SMT. ARCHANA KAMATH, A WOMAN OF TRUE KINDNESS AND BRAVERY

In a world where kindness and selflessness seem rare, here's an extraordinary act of love and bravery that serves as a powerful reminder of the true meaning of compassion.

On 15th September 2024, in Mangaluru, we lost a remarkable soul, Smt. Archana Kamath—a beloved teacher, counsellor, mother, daughter, and a woman of true kindness and bravery.

Archana, selflessly donated part of her liver to save her mother-in-law's sister, a 63-year-old woman she held dear. This act of profound sacrifice led to acute liver failure and multiple organ damage, and, heartbreakingly, Archana passed away shortly after the surgery.

She leaves behind a grieving family, including her husband CA Chethan Kamath, and their four-year-old son.

Let us honour her memory by cherishing the lessons of love, courage, and sacrifice she has imparted. Archana's legacy will live on, not just in the life she saved, but in the enduring impact of her boundless love and kindness.

Sadgati to the soul. Om shanti, shanti, shantih.



MIND

As restless as a monkey,
As foolish as a donkey
Always trying to produce a negative thought,
Not letting you achieve what you ought,

Controlling the mind is a great mystery,
You will only understand if you read history,

But it is possible and done by saints,
As lines of positivity and rays
of hope begin to faint,
Life is like an icecream enjoy it before it melts,
Feelings of others as our own are to be felt,

Thoughts are like water flowing
in the form of a river,
Understand that it won't mess with your
Endevour!!!

- ANANNYA R. PAI

Anannya Rajesh Pai is currently pursuing medicine in Mumbai. She enjoys writing and drawing.



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Krittika Kamat is a distinguished artist with 36 years of experience, renowned for her vibrant and joyful paintings. Specialising in canvas and fabric art, she infuses her work with vivid colors and positive energy, continually exploring new techniques and styles to bring beauty and

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SULOCHANA SHETI - A LEGACY OF RESILIENCE



From the shadows of early widowhood to founding a school that shaped thousands of lives, Sulochana Sheti's story is one of relentless determination and transformative impact.

Sulochana Sheti, born on 15th September 1910, in the small village of Kasargod, Karnataka, defied the societal norms of her time with an unyielding spirit. As the only daughter in a Saraswat

Brahmin family of 11 children, her life took a tragic turn when she was widowed at just 8 or 9 years old. In early 20th-century India, the life of a child widow was considered cursed, with little hope for a future beyond societal scorn. But young Sulochana was not one to accept this grim fate.

Rebelling against the expectations of her community, she pleaded with her brother, Umanath Puthli, to help her continue her education. Despite the embarrassment of being older than her classmates and lagging due to a four-year gap in her schooling, Sulochana seized the opportunity with determination. She completed her high school education and, realising that Kasargod offered no further academic opportunities, moved to Mangalore to continue her studies.

In Mangalore, Sulochana faced further challenges. With limited financial resources, she stayed at Seva Sadan, an ashram primarily for destitute women. In exchange for boarding and lodging, she performed domestic chores, often at the expense of her studies. Despite these hardships, she completed her Intermediate Science examination from the Government College in Mangalore.

Sulochana then moved to Bombay, where her brother had settled. Although financial constraints thwarted her ambition to study medicine, she pursued a degree in Microbiology at St. Xavier's College, Bombay. During her studies, she supported herself by giving private tuitions and teaching in a school, demonstrating her self-reliance and commitment to her goals.

In 1934, Sulochana's life took a happier turn when she met Anant Sheti, a revolutionary involved in India's freedom struggle. Their shared ideals led to a long courtship, culminating in marriage in 1938, despite opposition from both their families. Their inter-caste marriage was considered unconventional, even scandalous, and was reported as "An interesting inter-caste marriage" in the local newspapers.

The couple's life was marked by continued activism. Anant's fiery speeches against British rule led to his externment from Bombay, forcing the couple to move frequently across India. During these turbulent times, Sulochana remained committed to education, conducting literacy classes for women in every town they lived in, reflecting her deep belief in the power of education.

With India's independence on the horizon, the couple finally found stability and settled in Bombay. Anant secured a position as a labour welfare officer, and the couple was blessed with a daughter. However, Sulochana's desire to educate others continued to drive her. She began gathering neighborhood children in her small flat, leading to the foundation of Little Angels' School. The name was inspired by the work of Madame Maria Montessori, who transformed the lives of many children through her innovative teaching methods.

Starting with just a nursery class, the school grew rapidly, and Sulochana soon expanded it into a primary school. The school's growth was not without challenges. Sulochana faced insults and threats from envious individuals, but she persisted, buoyed by the support of parents who recognised the value of her work.

By 1959-60, the school had grown so much that additional accommodation was needed. With the support of her husband, who had retired from government service, and the formation of the Angels' Education Trust, Sulochana secured more space for the school. Her brother, Umanath, the Founder Chairman of the Trust, generously provided land that would later become known as 'Sulochana Sheti Marg,' and was home to the Little Angels' SAPLING, a school for special children.

Sulochana's vision for education was clear: "development of knowledge, culture, and discipline." Under her leadership, Little Angels' School grew into an institution known for its high academic standards, with S.S.C. results consistently in the high 90s. Despite her declining health due to diabetes and other ailments, Sulochana remained dedicated to the school until her official retirement in 1973. Even after retirement, she continued to attend school daily until a stroke in 1975 ended her active involvement.

On 30th May 1976, Sulochana Sheti passed away, leaving behind a legacy that has touched thousands of lives. Her life, marked by indomitable courage and determination, serves as an inspiration to all who knew her.

In the year 1997, the road on which Little Angels' School stands was fittingly named in her honour. In the same year, a new school building was commissioned, and by 2000, it became functional, fulfilling her dream of housing all sections of the school under one roof.

In September 2019, the school completed the addition of three new floors, expanding into Little Angels' International School (LAIS). Today, in 2024, LAIS is functional up to grade 8 and continues to add one grade every year till Grade 10. It is now recognised and affiliated with Cambridge University, embracing a global pedagogy.

Through these efforts, the school upholds Sulochana Sheti's guiding words: "Leave behind on this earth such deeds that, when you are gone, people have something to remember you by."

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.

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Lucknow - Kashi - Gaya (10 Days)	18 Sep., 09 Nov., & 19 Dec. 2024, 04 Jan., 02 Feb., & 02 Mar. 2025
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AMGELE KODIAL

by Sandeep Bhat

I landed in Mangaluru on a typically sultry Sunday morning. The city, a coastal gem in South India, nestled in the heart of Dakshin Kannada, truly felt like a haven on earth with its lush greenery and serene coastal vibes. Nestled between the Arabian Sea and the Western Ghats, this city is a vibrant tapestry of culture, devotion, and mouth-watering culinary delights.

Needless to say, and not waiting for any reason once I checked into my hotel, I immediately launched myself on a culinary jaunt - starting with a small joint (one of those ever-assuring Bhavana's) right below my hotel premises. In the following days, my epicurean pursuits would start early - quite enthusiastically around 7 am, beginning with a steroid-inducing kaapi (mind you only the morning cut would do that), along with a humble uppitt or hot and fluffy 'buns'. The mornings here are a perfect blend of tranquility and anticipation, setting the tone for a day of indulgence.

Having aroused my digestive tract thus, I would then embark on the main course by 9 am - the city feeding into my hedonistic overtures via their choice of tindis and their Bhavanas or Mahals - not to mention the gluttony-inducing outlets on the Car-Street. The delectability was spread across mouth-watering specialties like khotto and toy, semige and sambar, tuppa dose and chutney /sambhar, biscoot-ambodo, biscoot-roti, batatya-ambodo, piyavo-bajo, and the ever-gratifying bajjeel with its kadle and sajjigge variants. My favourite was adding a bit of the kaapi to this bajjeel - a habit I had learned (and got habituated) from my mother. Each bite was a testament to the rich culinary heritage of Dakshin Kannada, a true paradise for food lovers.

For the uninitiated, Mangalorean cuisine is a delightful journey for the taste buds. Known for its spicy and flavourful dishes, the cuisine features a variety of seafood, coconut-based curries, and unique delicacies like Neer Dosa, Kori Rotti, the "-65" varieties, and the much-acclaimed Mangalore Buns. Mind you, these are indigenous cuisines to Dakshina Kannada and the use of fresh, local ingredients adds to the authenticity and taste of the food.

My visit was timed around our 'Nopi' at Gulpura and, thankfully, a greater part of the following week was spent washing my sins away at the various temples in and around the city. Devotion has always been deeply ingrained in the lives of amchigeles in Dakshina Kannada, and the city and its surrounds are dotted with many ancient temples. The spiritual aura of these sacred spaces - from Udupi to Manjeshwar, from Kodial to Puttur, from Gulpur to Moodabidri, Karkala and Mulki, was profoundly calming.



Of course, our Nopi pooja having the obvious attendance mandate, this too became another opportunity to give vent to my cravings for some very artisanal amchigele temple cuisines. The act of praying, eating, and relaxing became a harmonious routine across the week. Nevertheless, I gloriously hogged on some choice saarus, daalitoys, alvatis, podis and some very special godshes. Although most of the items served were common, each location/ temple had its own special tint in the cuisine. The result was pure gastronomic satisfaction - a delight found no place else, a truly fullsome experience.

Towards the end of the week, I gave rest and solace to my stomachal acids in preparation for my homeward journey over the weekend. The serene environment of Dakshin Kannada, combined with its divine culinary offerings, has always left an indelible mark on my soul. The easygoing attitude of Mangaloreans is evident in their daily lives. Despite the city's rapid development, the people maintain a laid-back and friendly demeanour. Life here moves at a relaxed pace, allowing residents and visitors alike to savour the beauty and tranquility of this coastal paradise. Mangalore truly embodies the essence of a haven on earth, where culture, devotion, and a zest for life coexist harmoniously.



Sandeep Bhat is an Electronic Engineer-turned-IT professional. A native of Gulpur, he lives in Mumbai. He is a wildlife photographer, foodie and share market enthusiast.

THE SILENT STRUGGLE: RECOGNISING AND SUPPORTING CHILDREN'S MENTAL HEALTH

by Suchitra Sukhthankar

In today's times, it is very important to consider the mental health of an individual as one would consider physical well-being.

Children are seen suffering too and this problem needs to be addressed by the parents at the earliest.

Mental health has no exact definition as such. It is considered a state of the psychological and emotional well-being of an individual where he/ she can use their cognitive and emotional capabilities to meet the demands and function in society.

Mental health includes our feelings, emotions, mood, and thinking. It is related to the personality of an individual. Along with physical fitness, the mental fitness of a student is equally important. Parents, teachers, schools, and educational institutions must safeguard the mental health of their children/students.

Insecurities and inferiority complex affect children the most and that too from a very young age. This leads to loss of confidence, self-esteem, focus, and memory. They are unable to manage their emotions, and cannot get along with others. Their inability to manage their anxiety, stress, and depression reflects in their academic performance as well.

Due to the social stigma surrounding mental health and mental illness, parents tend to ignore or overlook it. Due to misconceptions and non-acceptance by society, the students suffer in silence—many of them step onto a path of no return.

But the best part, unknown to many is that mental health is treatable, the key to success being its acceptance. Acceptance by the student suffering and the parents or family is of prime importance. Stress at a young age is extremely unhealthy since it not only affects the student's present but also their future. If timely help is not sought, the student can withdraw into a shell, self-doubt all the time, blaming himself/ herself. This can lead to hypertension, diabetes, and heart disease at a very young age.

The common mental illness seen in the students is depression, anxiety, eating disorders, ADHD, addictive behaviours, lethargy, sleep disorders, and increased susceptibility to viral infections.

Parents or the near and dear ones must recognise the early symptoms of sadness and anxiety and get alert. They must start to inculcate a positive attitude in the child. Allow the child to do what he/she likes, enjoys, or gets happiness and satisfaction. The bond between the parents and the child must be such that he/she opens up and talks freely. Once a student realises they have family support, it instills a sense of confidence, reminding them they are not alone in this struggle. The feeling of being wanted, loved, and accepted for who they are provides the child with a comforting warmth of positivity,

enhancing their overall sense of well-being.

A teacher with whom a student spends a significant part of each day also plays a crucial role in monitoring the student's mental health. A teacher has a few parameters to assess a student's mental health, including exam pressure, peer pressure, and experiences of bullying. In a class of 50+ students, the task may seem difficult but it's not impossible. The teacher can be a guide, mentor, and confidante to such students. The teacher should create an interactive classroom environment by encouraging students to participate in various activities and discussions, hosting workshops, and fostering a supportive atmosphere that motivates all children. The teacher should also involve the school counsellor to ensure that the child receives professional support. Teacher-parent collaboration is also of utmost importance. Both must become the child's strength. In case the professional help of a psychiatrist or psychologist is needed, it must be taken without any hesitation.

Though parents love their children unconditionally, they need to keep a close eye on them, especially during their adolescent years. Any abnormal behaviour must not be ignored or overlooked, thinking it is normal in the growing stage. Sudden changes in behaviour, such as a drastic drop in school grades, changes in sleep patterns, avoiding social interactions, disinterest in activities, lack of focus, and signs of depression, should serve as triggers for parents to closely monitor their child. Early identification and treatment of mental health issues are crucial.

Mental health in students must be treated on time, it helps them to succeed in the future. Students with good mental health perform better in all the fields giving them a higher self-esteem, a greater positive outlook, and better coping skills. If need be, psychotherapy should be done too.

There are different ways to treat mental health issues in students. Staying active physically, getting enough sleep, trying to do something creative, eating a balanced diet, and sharing your feelings with near and dear ones are a few of them. Parents and teachers need to be good listeners as well. No issues to be labelled as childish or irrelevant and ignored. Such students should not be judged. They should be given the confidence to open up about their apprehensions, inhibitions, and insecurities. Do not pressurise the child nor compare him/her to others.

Good mental health enables students to manage stress effectively and is essential for their overall development.



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

THE SCAR STORY

by Anita Pai



Pregnancy and childbirth are so common, but yet so unique for every woman.

When we first saw those two lines on the pregnancy test kit, the joy my husband and I felt was indescribable. We were overwhelmed with happiness and excitement for the new chapter in our lives.

My pregnancy was a smooth journey with lots of love given by my parents, brother, and husband. All took utmost care of me and the food that I ate. Also, I efficiently managed my work and took care of my mental health. Overall, my pregnancy was a joyful and memorable journey, even amidst the challenges of the 2020 pandemic.

However, no matter how many books you read or movies you watch, pregnancy is always full of unexpected moments and surprises.

I eagerly waited for my baby as my due date was nearing. Everyone would ask me, has the baby arrived? Has the labour pain started? I was excited for my baby but was very much disappointed when I was 4 days past the due date and had no labour pain at all. I was determined to give natural birth to my child and was eagerly waiting for that moment.

One evening, I suddenly noticed that I hadn't felt any fetal movements. Overcome with anxiety, I rushed to the hospital immediately. Once there, just as suddenly, I felt my baby moving again, and I was able to breathe a sigh of relief. Doctors recommended that I stay at the hospital that night and gave me castor oil for inducing labour as I was past my due date. But even that didn't work and all that I was doing the whole night was vomiting and visiting the washroom.

The next day a stress test was taken which came out to be normal but when my sonography was done, the doctor came to know that my baby was on the heavier side. It became necessary to induce labour and not wait for natural labour as I was already in my 41 weeks of pregnancy.

I was on induction for 9 hours. I was slowly losing my patience as time went by and was feeling weak as you can't have any food before or at the time you are being induced. The doctor came and checked me every hour to see if I was dilating, but I had hardly dilated 1 cm even after 9 hours of induction.

I lost all my hopes of giving natural birth. At the same time, I was feeling helpless and worried as I had to go for an emergency C-section delivery. Everything was just so scary, and chaotic, and I had no idea what was happening to me.

But after the surgery, I was happy that I delivered my baby safely.

Before pregnancy, the only experience with childbirth was the Bollywood and Hollywood version of delivery. Despite how common the C-section procedure has become, rarely are they portrayed on television, and little has been done to normalise the conversation around them.

Breaking the stigma starts with awareness. A C-section does not diminish your worth or your experience as a woman. In emergencies, if you need to choose between a natural birth and a C-section, remember that opting for a C-section is a valid and often necessary choice. Prioritise what ensures the best outcome for both you and your baby without letting stigma influence your decision.

Moms are frequently made to feel ashamed about having a surgical delivery, but I wouldn't trade my son's birth for anything. Every birth is unique, and what matters most is the health and well-being of both mother and baby.



Sketch: Anita Pai

Anita Pai is a blogger who has started recording her journey as a mother. This is her first article.

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VIDEO & PHOTO CONTESTS ON FACEBOOK

Every year, the Sabha hosts photo contests on its Facebook page, a tradition that began with the beloved Ganesh Chaturthi festival. Over time, we have discovered that every GSB tradition brings its own unique colours and flavours, enriching our community's celebration.

This year, the committee members decided to broaden the scope of the contest to include Chudi Pooja and Vaina Puja, while also introducing a fresh perspective on Ganesh Chaturthi with a special 'Ganesh Visarjan' photo contest.

The Chudi Pooja contest was held from 9th August 2024 to 11th August 2024. To provide a new angle, we decided to have a video contest that would truly capture the essence of the entire ritual. Participants were invited to showcase the decoration of the tulsī vrindavan, the pooja poleru, traditional costumes, and other cultural nuances of the pooja.

Soon, the Sabha's Facebook page was bursting with vibrant colours—flowers in every hue and beautifully decorated tulsī vrindavans. The videos beautifully brought out creative aesthetics and the sacred significance of the ritual.

The Vaina pooja contest was held on the Sabha page from 9:00 AM 6th September 2024 to 9:00 PM 7th September 2024. The Ganesh visarjan photo contest called 'Ganpati Bappa Morya' was held from 9:00 AM 8th September 2024 to 9:00 PM 19th September 2024. Both the contests opened to a glorious start. Beautifully adorned coconuts as 'Little Sumangalees' celebrating the spirit of Soubhagya and Shringaar were spread across the Sabha page. Also, pictures bidding adieu to Ganpati Bappa amongst the crowds and chaos celebrated with a riot of colours amidst a spectrum of emotions were captured beautifully and shared.

The Sabha heartily thanks all the participants for their wholehearted support and requests Samaj bandhavas to participate in larger numbers in future too, helping to keep our GSB traditions alive through such initiatives. We also thank Smt. Gautami Acharya for judging the Chudi Pooja video contest. NKGSB Co-Op Bank Ltd has been supporting us since the inception of this contest by sponsoring the prizes in the form of Amazon gift vouchers. We thank them and look forward to their continued support.



Winners of the CHUDI POOJA Video Contest

1st prize

Bharati Pai
Mumbai



Scan QR code to view video contest submissions

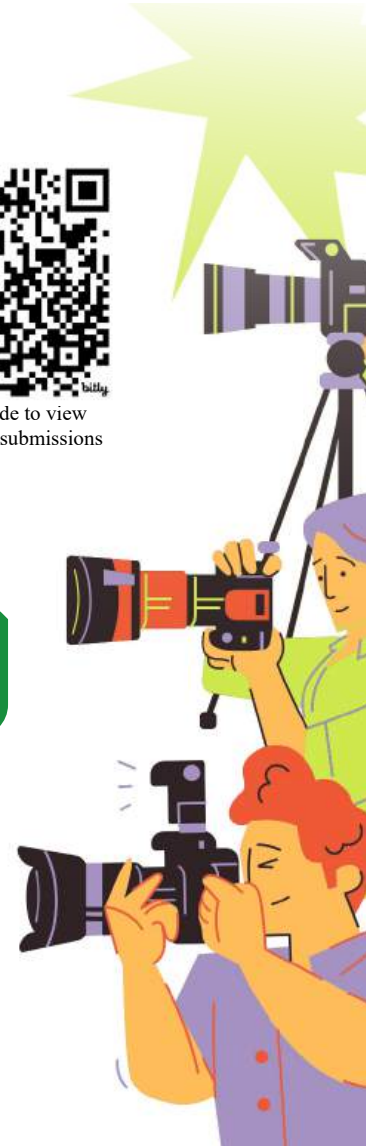
2nd prize

Shruti Shenoy
Mangalore



3rd prize

Arti Pai
Singapore





Winners of the VAINA POOJA Photo Contest



2nd prize

Smita Nayak
Chembur, Mumbai



1st prize

Satish Padiyar
Udupi, Karnataka



3rd prize

Vidya Prabhu
Bangalore



Winners of the GANESH VISARJAN Photo Contest

2nd prize

Thilaka Kamath
Udupi, Karnataka



1st prize

Alka Mallya
Kalyan, Maharashtra



3rd prize

Narasimha Nayak
Vashi, Maharashtra



G.S.B. SADHAKAS

WE NEED TO CREATE AN INSPIRING ENVIRONMENT THAT FOSTERS INNOVATION AND SCIENTIFIC PROGRESS: ARNAV KAMATH



Arnav Kamath is a bright young mind who has secured 99.2 per cent in the CBSE Class 12 Science stream (2024) to become Maharashtra topper and All India Second Rank holder. He has now secured admission to the National University of Singapore to pursue Computer Science.

Great grandson of Late Shri Bola Narasimha Kamath, one of the founder members of the Sabha, Arnav's journey is not just marked by academic excellence but by a passion for learning and a deep curiosity that extends beyond the classroom. From his reflections on the need to reform education in India to his inspirations drawn from the movie *3 Idiots*, Arnav offers insights into his personal experiences, interests, and aspirations.

In this exclusive email interview with *Team VoG*, Arnav shares his thoughts on what it takes to excel academically while maintaining a well-rounded life and the impact of his grandparents on his achievements. He also discusses his creative pursuits, like playing the guitar and painting, which help him unwind and bring balance to his rigorous academic life. With a vision for creating better cities and a deep admiration for leaders like Lee Kuan Yew, Arnav's perspective is thoughtful and inspiring. Excerpts:

If you could redesign the educational system, what would be the first change you would make?

In India, we seem to have a 'rat race' to measure students; everyone is measured by the same yardstick. We need to change this. Each child could have his/her areas of potential and strength. Teachers and parents should identify that and encourage them to pursue their interests and dreams.

Is there a particular book or movie that has influenced your perspective on education or life in general?

3 Idiots is a movie that inspired me because it showed that it is the pursuit of knowledge and one's passion that matters, not the grades.

How do you think your academic achievements have shaped your personality or outlook on life?

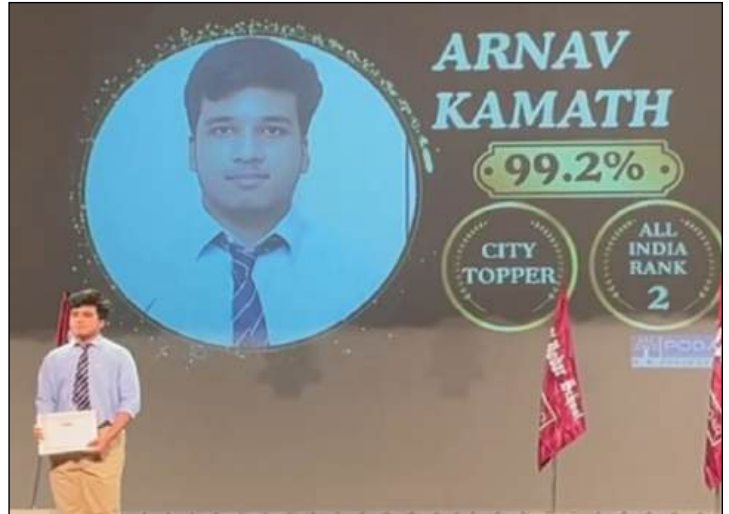
I think it is too early to comment on this. But I am quite overwhelmed by the appreciation and affection shown by everyone around. I also got into my dream university which is National University of Singapore to pursue Computer Science, which I am really looking forward to.

What's a fun fact about you that most people wouldn't know?

People think I am very studious and well-organised, but in reality I am quite fun-loving with a good sense of humour.

How do you spend your free time?

I play the guitar and that helps me unwind and refresh myself. I have a lot of other interests such as weather forecasting. I developed a weather alert system to warn people of severe



weather events. I also like to analyse the stock markets and have created a small investment club. I like painting and have done quite a few canvas paintings. Above all, I love to play pranks with my sister!

If you could have dinner with any historical or contemporary figure, who would it be and why?

Lee Kuan Yew, the first prime minister of Singapore. His vision and iron-fisted approach to building a world-class city is truly inspiring.

Have you ever had a moment where you wanted to quit, and what kept you going?

In the 11th grade, I moved from the International Board (IB) to CBSE. The teaching style and methods were very different. Many a time, I felt like quitting, but my mother's encouragement and motivation kept me going. I kept my goal in mind, which was to secure admission to the best university in Singapore.

If you were to write a book, what would it be about, and why?

'How to build great cities' is what I would research about and write. Though India is progressing on various fronts, I think our cities leave much to be desired. We need systematic planning, speedy execution, and sustainable development. For example, the air quality and congestion we experience significantly affect our quality of life and create stress and adverse health effects. We need to create an inspiring environment that fosters innovation and scientific progress.

Can you share how your grandparents influenced or contributed to your achievements? What was their reaction when they learned about your accomplishment?

My grandparents have been inspirational right from my childhood. They were elated to hear about my achievement. They rejoiced and attended the felicitation ceremony when I was awarded in my school. They always encourage me and have great hopes for me. I will always try to live up to their expectations.

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AMBANI NEWLYWEDS HONOUR SHANTERI NAYAK, OWNER OF CAFÉ MYSORE



For anyone visiting Matunga, a stop at Café Mysore to enjoy a plate of idli paired with fresh coconut chutney is a must. The café's quiet owner, Smt. Shanteri Nayak, recently captured the attention of the world when a video of her interaction with the Ambani newlyweds and family went viral.

"I simply wanted to wish the couple and wasn't sure I'd get the chance to meet them amidst all the notable guests at the wedding," Shanteri *mai* shared with Team VoG. "When my son Naresh and I arrived, we saw a long line of well-wishers. At my age, standing

for too long was a challenge, so I approached one of the volunteers and mentioned that I was the owner of Café Mysore and wished to bless the couple. To my surprise, I was soon standing next to Anant, who excitedly called Radhika over to introduce me." It was a truly touching moment when the newlyweds bowed to her in respect.

The Ambanis have a special fondness for Café Mysore's idlis, vadas, and dosa batter—every weekend the family devours its South Indian delicacies. The tradition began with her late husband, Nagesh Nayak, and Mukesh Ambani, Chairman, and MD of Reliance Industries, when they were students at the University Department of Chemical Technology (now ICT). Mukesh Ambani used to frequent the cafe. Founded in 1936 by Shanteri *mai*'s father-in-law, Rama Nayak, and later enhanced by her husband, Café Mysore is celebrated for its meticulous attention to detail and the exceptional quality of its South Indian snacks.

Smt. Shanteri Nayak is currently a member of the Managing and Mahila Shakha committees of the G.S.B. Sabha, Mumbai. She has been actively engaged with the Mahila Shakha committee for over 25 years, serving in various roles such as Honorary Secretary, Vice-President, and President.

Readers Write

VoG is a very interesting and informative magazine. It highlights activities from many GSB centres. The coverage and the presentation are comprehensive and elegant. A commendable effort, indeed.

Vijaya Pai
Bengaluru

The July-September edition of *Voice of GSB* was highly informative, offering a comprehensive overview of several events within our Samaj. I particularly enjoyed the insightful articles on amchi cuisines and Anubhav ani Vichar. Additionally, the Karmayogi section introduced us to the remarkable legends of our community who continue to inspire the next generation and all of us. My best wishes to the team for compiling such a valuable issue.

Prathima Pai
Chembur, Mumbai

One of the best editions I have read. Congrats!

Umesh Pai
Kalina, Mumbai

The content is well-made and packed with a wealth of information.

Sandeep Bhat
Goregaon, Mumbai

After flipping through the captivating format of the e-magazine, I commend the editorial team for their exceptional work in capturing the reader's attention. The pages are vibrant, and the articles flow naturally. The diverse range of topics—from finance, culture, and cuisine to travel and health—makes it a compelling read for every family member. This e-magazine beautifully encapsulates the extensive efforts of every branch of the Sabha in tirelessly serving the community. Reading it is truly a delight!

Pratima Bhandarkar
Chandivali, Mumbai

The overall presentation of the magazine is comprehensive and holistic. I would recommend adding sections such as 'Overseas News,' 'Hobbies,' 'Poetry,' and 'My Corner.'

Sanjiv Shanbhag
Wadala, Mumbai

Encourage the artist in your child. Get their talent appreciated by publishing it in VoG's Art Gallery. Submit your child's drawing to gsbvog@gmail.com

IN PASSING: SHRI KOCHI ANANT BHAT

by Deepa Bhat



Shri Kochi Anant Bhat, the esteemed poet and litterateur in the Konkani language, left us for the heavenly abode on 12th July 2024 at his residence in Kochi. He penned more than 300 lyrics and songs. Most of the poems were devotional, while he also wrote a lot on patriotism, humour, and some describing the beauty of nature. He was a devotee of Lord Ram and Lord Hanuman. Being

from Kochi, his devotion to Lord Gosripureesha (Venkatramana of Cochin Tirumala Devaswom) was very much evident in his compositions. He begged for this ardent devotion at the feet of Lord Venkatramana, in the song “*Shree Venkatesha Gosripureesha, Bhakticho varu dee makka*”. His devotion and love for the Guru and Guru Parampara poured through the great compositions in praise of the Gurus of our Kashi mutt during the Pratishta of Vyas Ashram in Haridwar in 1988 and also during the opening of Sudhindra Swamiji’s Vrindavan in Haridwar in 2017.

His early childhood was not so rosy. Born in Kochi in 1939, he was the eldest of the four children of Shri Krishna Bhat and Smt. Radha Bai. With the early loss of his father, when he was only 10 years, he and his three siblings and the widowed mother were dependent on the generosity of relatives and neighbours for their daily bread. As soon as he was 17, being the eldest born, he took up a job in a nearby private firm and took up the responsibility of his mother, brothers, and sister. With some effort and the blessings of Venkataramana, he soon landed a job with the Union Bank of India, from which he superannuated at 60 in 1999. He entered the grihastha life in 1969 after marrying Smt. Jaya from Mangalore. He was blessed with three children. All the while, he continued to take forward his literary activities without any interruption.

He loved Hindi poetry and Hindi film songs and this kindled a desire in him to create such great poetry in his mother tongue Konkani — his life and work reflected his love for the language. From his early days, he tried to propagate and work for the benefit of Konkani language. He and his like-minded friends worked towards getting recognition for the language and its inclusion in the Eighth Schedule of our Constitution. He was a great scholar of Sanskrit and Hindi languages too. This is reflected in his writings in which he would translate the devotional Bhajans of great saints such as Surdas and Tulsidas. Most of his bhajans were broadcast on AIR Mangalore, Dharwad, Panji, Thrissur, Thiruvananthapuram, Kozhikode, and on Doordarshan channels DD Chandana and DD Malayalam. Many of his bhajans were set to music and sung by well-known musicians such as Shri Puttur Narasimha Nayak, Pandit Upendra Bhat, Shri Puttur Panduranga Nayak, Shri M.S. Kamath, Shri B.S. Rao, Smt. B.R. Chhaya, Smt. Anuradha Dhareshwar, Smt. Kavita Shenoy and many more.

Shri Bhat’s most notable contribution to Konkani literature has been the translation of *Ramacharit Manas*, the magnum opus of



G.S.B. Sabha, Mumbai, felicitating Shri Anant Bhat

Sant Tulsidas, into Konkani, for which he received the Sahitya Akademi Award for the best translatory work in the year 2006. In the Ramayana *Maasam* (the month of July-August) observed in Kerala, the GSB community of Kochi now reads this musical Konkani version of Ramayana. Some of his other published collections are *Soor Bhajana Mala*, *Konkani Geet Mala*, *Sangeet Roopak*, *Harve paan ani Pikkale paan* and *Phool ani Kantto*. His autobiography *Anantu* is a poetic expression of his life story. He penned the songs for the first Konkani movie *Tapaswini* way back in the 1980s. He also donned a small role in the movie. He has also acted in many dramas and plays in Gosripuram.

Some of the awards received by him include the prize by Konkani Bhasha Prachar Sabha in 1988 for the book *Sangeeta Roopaka*. He was also felicitated by Kerala Konkani Academy, Konkani Kala Sahitya Kendra, Goa, and Konkani Samskritika Sangha, Mangalore. He was awarded the title of Bhaktidhara by Bhajanamrita, Chennai. He was given the title of Vidyavachaspati (Doctorate) by Vikramshila Vidyapeeth, Bhagalpur. He also received Bhashantarshilpi Saraswat Samman from Bharatiya Vangmaya Peeth, Kolkata. The G.S.B. Sabha, Mumbai, is privileged to have felicitated him with the G.S.B. Sharada Sanman Puraskar during the Ugaadi Milan 2015.

Shri Bhat’s works have immeasurably enriched Konkani literature, and his passing is a tremendous loss to the entire literary world. The Kerala State Government honoured him with a guard of honour before the final rites. His life is an inspiring example for young artists, demonstrating how one can rise from humble beginnings to achieve great heights. He earned every award and recognition through his dedication and remained steadfast in his devotion to Lord Venkateshwara and Lord Rama. We offer our heartfelt tributes and respect to this great soul. Om Shanti.

Deepa Bhat is the daughter of Shri Kochi Anant Bhat

NEWS FROM SISTER ORGANISATIONS

Reports by Dr. Veena Adige

HOMAGE TO THE PADUKAS OF SWAMIJI

Sri Laxmi Venkataramana Balaji Mandir, Vashi, has been organising pujas, havans and other programmes regularly and has been a hive of activity.

Kashimatadhipati Shrimad Samyamindra Thirtha Swamiji was welcomed on a grand scale on 20th June 2024 for a five-day visit encompassing the vardhanti and other activities.

On 30th July, the sacred padukas of HH Shrimad Sudhindra Tirtha Swamiji arrived at the mandir, and again from 3rd to 5th August. People paid homage to the padukas and performed paduka puja.

In the month of Shravan, Vara Mahalakshmi vrat was held for Suvasinis at Walkeshwar Kashi Math and Balaji Mandir simultaneously on 16th August. Sutta punnav was held on 15th August where GSB men wearing traditional dress changed their jaanuve. Krishnajanmashtami was held on 27th August both at the mandir and the Math; Ganesh Chaturthi too was celebrated on a grand scale.



SHRAVAN CHUDI PUJA BY GSB VSISTERS



More than 35 GSB Vsisters, dressed in beautiful saris with jewellery adorning their ears, necks, and wrists, and flowers in their hair, gathered for the traditional Chudi Puja.

The function began with a bhajan performed by Sheela Kamath, Anjani Pai, Poornima Shenoy, Jaya Shenoy, and Priya Kamath, who was also the judge for the cooking contest held that day. A two-minute silence was observed for Mughdha Nadkarni, a senior and active Vsister who had passed away during the year.

The cooking contest, featuring Panchkadayi (a sweet mixture of chana dal with jaggery and scraped coconut), showcased many innovations. Some participants used powdered chapatis, while others added makhana and oats to enhance the nutritional value. Each entry was beautifully decorated. Judge Priya Kamath awarded the first prize to Nandini Kamath, the second prize to Vasudha Nayak, the third prize to Anjani Pai, and a consolation prize to Sushmita Prabhu.

An engaging quiz contest, conducted by Savitha Joshy, was answered promptly and excitedly by the Vsisters.

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