

V G



Voice of G.S.B.

OUR PANCHARATNAS

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Shri Devdas Nayak



Dr. Ramakant
Deshpande



Shri Vinayak Pai



Shri Shrinivas
Dempo



Smt. Preeti Shenoy



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MESSAGE FROM THE PRESIDENT

Dear Samaj bhandhavas,
Namaskaru.

The current quarter has been both busy and eventful for the Sabha. We began with a day out for our senior citizens, followed by the M.R. Pai Memorial Carrom Tournament for the differently-abled, Anand Bazaar, Parichay, and the Sneh Milan programme. Reports on these events are provided in this edition.



Through our socio-cultural initiatives, our Sabha is working towards its objective of "Enhancing Community Well-being." Since our inception in 1934, we have not only been a leader in this field but have also adapted to meet the evolving needs of the community. Our key initiatives in education, senior citizen welfare, and the Sahodari (Sister in Sanskrit) programme have made a significant impact.

On 8th March, International Women's Day, we disbursed benefits to our first batch of Sahodaris. The number of senior citizen beneficiaries grew from 38 to 53, while Higher Education Aid (pan India) beneficiaries increased from 25 to 42 students. Vidyanidhi Assistance (covering schools, colleges, graduates, post-graduates, and professional studies) was disbursed to 170 students, reflecting the growth in comparison to the past financial year (FY 2024-25).

Our Sneh Milan programme on 8th March was a glittering event, featuring a galaxy of luminaries, some established and others upcoming. Shri Vinayak Pai, Shri Shrinivas Dempo, Dr. Ramakant Deshpande (Padma Shri Awardee 2014), Smt. Preeti Shenoy and Shri Devdas Nayak were our Pancharatnas of 2025. They unanimously praised the Sabha's work and expressed their continued support as we approach our centenary year.

The event also highlighted the community's social and economic impact, along with a cultural performance by our GSB Mahilas, who presented a Konkani adaptation of the popular Marathi Sangeet Natak "Jai Jai Gauri Shankar," written by Shri Vidyadhar Gokhale. This marked the third drama performance in recent times.

Recognising the wealth of established leaders in our community, we plan to focus on leadership growth and the development of youth leaders, helping them acquire skills, knowledge, and influence.

In the past quarter, our Mahila Shakha hosted three successful programmes: Sankranti Haldi Kumkum, Anand Bazaar, and the 84th Parichay.

The Sabha offers an excellent platform for community members to engage and experience the "Joy of Giving" back to the community. While the needs of our community are vast, resources are limited. If you wish to make a difference, we would love to connect with you!

We express our heartfelt gratitude to our Trustees for their continuous guidance and encouragement. We also thank our donors, sponsors, patrons, and well-wishers, whose support has helped us achieve our goals and make a meaningful impact.

As exam season comes to a close, exciting vacation time is upon us, and summer has arrived in full force. Take care, stay safe, and stay connected.

Shubh Samsaar Padvo to you and your families.

Dev Baren Koro,

Dhanyawadu,

Laxmikant Prabhu

Voice of G.S.B.

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INDEX

Kassal Vishay Abba!!! Khanche Panna Ri

Sabha Adhyaksha Sandeshu	3
Ammgele Khabbar	
a. Senior Citizens' Picnic	4
b. M.R. Pai Memorial Carrom Tournament For The Physically Challenged	6
c. Mahila Shakha programmes	8, 9
d. Sneh Milan Programme	11, 12, 13, 14, 15
Ammgeli Vasari	
Accompaniments with Meals	38
Anubhav ani Vichaar	
a. Making of 'Tarpana' - Some Interesting Facts by Arvind Nayak	21
b. Tap Away Your Stress In Minutes! by Deepali Nayak	22, 23
c. Modern Gadgets: A Boon Or A Bane by Sangita Shenoy	24
d. The Dance Of The Breath by Ajita Kini	26
e. Lessons in Bhagavad Gita by Dr. Gayatri G Shenoy	31
f. The Maha Kumbh Mela: A Grand Orchestra of Faith and Devotion by Radha Vikram Bhat	32, 33
g. Punctuality In Children by Suchitra Sukhthankar	34
h. Reviving A Legacy	40
Aradhana	
Sri Lakshmi Narasimha Temple, Thalassery	48, 49
Arogyam Dhana Sampada	
Understanding TMJ Pain: Causes, Symptoms, and Treatment Options by Dr. Srishti Today	17, 18

Kassal Vishay Abba!!! Khanche Panna Ri

Chitrakala Pradarshan	
The Art Gallery	36
Jahirat	
Classifieds	25
Karmayogi	
SADHAKAS – a. Shri Sushant Vasant Mallya	
b. Shri Vasudeo Kamath	
c. Shri Ashok Saraf	
d. Shri Gulvady Ramadasa Dattatreya Bhat	
e. Smt. Geetha Shenoy	
f. Shri Ravindranath Gadiyar	
g. Ananya Shanbhag	
h. Smt. Sandhya Prabhu	
i. Shri Aravinda Kamath	46, 47
Kavi Sammelan	
Prakruti Sundari, a Konkani poem by Late Shri K. Anant Bhat	52
Mukhya Dinaank Yadi	34
Pauranik Katha	
Aranyaka Parva - Part 3 of Mahabharata by Divakara Shenoy	50, 51, 52
Samaaja Khabar	
a. GSB Vsisters Activities for the Quarter	53
b. Activities at the GSBS Medical Trust	54
Suchana	
a. Join us in Strengthening our Community by Donating to our Funds	10
b. I.M. Pai Hall – An Ideal Hall for Small Gatherings	24

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

SENIOR CITIZENS' PICNIC ON 2ND FEBRUARY 2025

Every year, the GSB Sabha Mumbai organises a special day out for the community's senior citizens, offering them a refreshing break from routine and a chance to reconnect with old friends. This year, on 2nd February 2025, more than 60 spirited seniors embarked on a delightful journey to Shantikunj Sevashram at New Panvel, setting off in two buses generously sponsored by Smt. Roopa and Shri Vishnu Prabhu. Their route took them over the magnificent Atal Setu, and the air soon filled with the nostalgic melodies of old Hindi film songs and soul-stirring bhajans, setting the perfect tone for the day ahead.



Seniors devour refreshments at the dining hall

Upon arrival, a wholesome and energising breakfast awaited them, preparing everyone for the engaging activities that followed. The morning was filled with light-hearted games and lively quizzes, where quick wit and clever answers led to bursts of laughter, creating an atmosphere of joy and camaraderie. The fun didn't stop there—some of the seniors took part in an hour of Ramnāma japa, immersing themselves in meditative chanting, while others visited Ram Krishnaa Academy, a school run by Vidyadhiraj Charitable Trust, in the same premises.

As the afternoon sun mellowed, a sumptuous lunch was served, bringing everyone together over delicious food and warm conversations. Post-lunch, the spirit of playfulness continued with another round of games, jokes, and cheerful banter. Before they knew it, the time had come to bid farewell to Shantikunj Sevashram.

With hearts full and spirits uplifted, the seniors boarded the buses, carrying home fond memories of a day well spent.



Ramnāma japa at the mandir



Visit to Ram Krishnaa Academy



One for the album!



Fun with amchi Dumb Charades



Playing Copy Cat Challenge



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M.R. PAI MEMORIAL CARROM TOURNAMENT FOR THE PHYSICALLY CHALLENGED HELD ON 9TH FEBRUARY 2025

The G.S.B. Sabha Mumbai's Sports Club hosted the M.R. Pai Memorial Carrom Tournament for the Physically Challenged on Sunday, 9th February 2025, at the I.M. Pai Hall, Kreedha Mandir, Matunga. The tournament was sponsored by the Bank of Baroda.

This year, 117 participants from across Mumbai took part in this unique annual event, making it one of the premier tournaments for the physically challenged in the city. The participants were divided into five categories: Physically Challenged, Wheelchair, Mentally Challenged, Hearing Impaired, and Women.

The tournament was organised in close coordination with the Mumbai District Carrom Association. The Sabha has been organising this tournament for over 20 years.

Breakfast, lunch, and tea were provided for all participants and their accompanying members. The event concluded with the prize distribution ceremony.



FINAL RESULTS

Mentally Challenged

- 1st Prize – Karan Pednekar
- 2nd Prize – Manoj Kamble
- 3rd Prize – Praful Gawale

Wheel Chair

- 1st Prize – Rahul Dalvi
- 2nd Prize – Sadanand Pagare
- 3rd Prize – Sunil Vanne

Physically Challenged

- 1st Prize – Vinod Bhoj
- 2nd Prize – Harshal Gotankar
- 3rd Prize – Richard Anthony Thomas

Women

- 1st Prize – Durgesha Paradkar
- 2nd Prize – Bhanu Nadar
- 3rd Prize – Siraj Bee

Hearing Impaired

- 1st Prize – Rajesh Vartiya
- 2nd Prize – Ganesh Shinde
- 3rd Prize – Jayesh Kale

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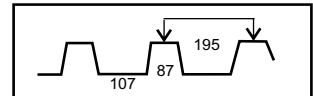
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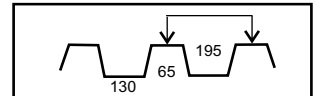
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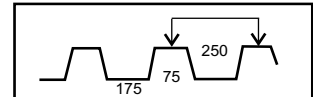
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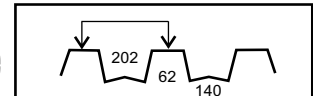
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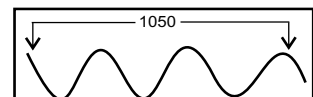
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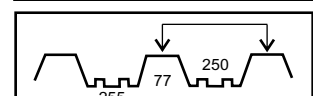
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REPORTS ON G.S.B. SABHA, MUMBAI, MAHILA SHAKHA'S RECENT PROGRAMMES

Our Mahila Shakha Bhajan group offered Bhajan sevas as follows:

2nd to 8th February: Saptah bhajans at Walkeshwar Kashi Math
21st and 22nd February: During Swamiji's camp at Walkeshwar Kashi Math



Participants enjoying memorable moments

Sankranti Haldi Kumkum and Bhajan Competition held on 18th January: Around 90 mahilas attended the G.S.B. Sabha, Mumbai, Mahila Shakha's Sankranti Haldi Kumkum event held on Saturday, 18th January 2025, at I.M. Pai Hall, Matunga.



Sponsor Smt. Seema Prabhu (extreme right) participating in Haldi Kumkum

A bhajan competition was conducted, with classical singers Smt. Pooja Aaras and Smt. Prathima Pai serving as judges. Cash prizes for the competition were sponsored by the Mahila Shakha.

Ms. Smruti Nagesh Nayak won the first prize in the 18 to 40 years category, while in the 40 years and above category, the first prize was awarded to Ms. Vidya Pai, the second prize to Smt. Nirmala Pai, and the third prize to Smt. Shanteri Pai.



Bhajan competition judges Smt. Prathima Pai (left) and Smt. Pooja Aaras

A workshop-cum-training session titled Bhangra *Budkulo*, focusing on the art of mindfulness and appreciation, was conducted by Smt. Nayana Bhat, a life coach, logo therapist, and Mental Health and Nutritional Counsellor.

The programme concluded with delicious snacks, including biscuit ambado, poha usli with sev, gajar halwa, and hooni hooni coffee. We would like to thank Smt. Seema Prabhu for graciously sponsoring the event.



Talk by Smt. Nayana Bhat

Anand Bazaar held on 16th February: Anand Bazaar, an exhibition-cum-sale organised by the Mahila Shakha to support and empower women entrepreneurs as part of promoting the idea of 'Vocal for Local,' was held at Little Angels' School, Sion, on Sunday, 16th February 2025.



A beehive of activity at Anand Bazaar

The event was inaugurated by Smt. Durga Shenoy, ex-President of Mahila Shakha, in a traditional manner by lighting the lamp and breaking the coconut. There were around 52 stalls displaying a wide range of products and services to suit every pocket and taste. The stalls were arranged in different sections – astrology, insurance services, dresses for kids, ladies' bags, sarees and kurtas, beauty products, imitation jewellery, homemade items like papad, pickles, jams, chips, namkeen, chocolates, and innovative inedible ghee products like soap, floor cleaner, etc. To promote green earth, there were stalls selling plants and an in-house organic compost stall by Mahila Shakha.



Smt. Durga Shenoy, ex-President of Mahila Shakha, lights the lamp at the inauguration

To encourage Divyang entrepreneurs, two stalls were set aside for them free of charge – one for the visually challenged offering foot massage and the other for handmade bags created by the visually challenged. The hunger of visitors and shoppers was satiated by

food counters and live kitchens that served amchigele kela bhaji, buns puri, Maharashtrian misal paav, North Indian dishes like dabeli chaat, aalu tuk, vegetable biryani with Burrani raita, and South Indian dosas.

The event attracted around 350 visitors and shoppers. The valet parking facility ensured a hassle-free experience, especially for families with elderly members.

A highlight of the event was the much-loved Housie game for all and lucky dip for stall owners. Smt. Sumana Kini generously sponsored the prizes. The sound system was sponsored by Shri Tulsidas Shanbagh, Vile Parle. We also extend our gratitude to Little Angels' School management for their venue support and Shri Krishna Developers' partners Prabhu Brothers for their banner support.

All in all, Anand Bazaar truly spread "Anand" (happiness) in its truest spirit. As the event concluded, the delighted smiles of visitors echoed the sentiment: "Ye Dil Maange More!", to which stall owners warmly responded, "Agli Baar Phir Anand Bazaar!"

84th Parichay held on 23rd February: Sir Winston Churchill once commented, "My most brilliant achievement was my ability to persuade my wife to marry me." While successful matchmaking always involves the efforts of brides/grooms and their families,

Mahila Shakha strives to create a suitable and supportive platform for them to find a match.

After successfully organising the 83rd Parichay in Belagavi, Karnataka, and taking this community service initiative beyond Maharashtra in 2024, the Mahila Shakha team held the 84th Parichay at the I.M. Pai Hall, King's Circle, on Sunday, 23rd February 2025.

The event received an encouraging response, with 99 online registrations. Participants travelled from Mumbai city and its suburbs, Thane, Navi Mumbai, Pune, Nashik, Dahanu, Bengaluru, and Marvanthe (near Kundapura, Karnataka). Candidate profiles along with the photo were displayed on the screen.

A highlight of this full-day event was a newlywed couple, who had met as candidates at the 81st Parichay, sharing their heartwarming success story. Additionally, some parents recounted their experiences finding suitable alliances for their children, offering inspiration and encouragement to attendees.

The programme received positive feedback from participants, indicating the efficacy of the Parichay format. The opportunities for face-to-face interactions and personal connections were well-received.



A participant recounts her experiences



81st Parichay candidates share their success story

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

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.

G.S.B. Sabha's Mahila Shakha is excited to host the beloved Shravan Haldi Kumkum in July/August 2025. We invite sponsors and well-wishers to help make this event a success through contributions for cultural programmes, refreshments, and more. Join us in celebrating this joyous occasion and strengthening community bonds!

For sponsorship details, please contact:

Smt. Amita Kini
President
Mobile: 9870062476

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

Smt. Purnima Kini
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			Amount Disbursed	Number of People Assisted
1.	GSB Senior Citizen Adhaar Fund	Financial assistance for day-to-day expenses for those who need it and have completed age 60	3,60,000	31
		Provision of Monthly Grocery Kit	4,82,864	27
		To facilitate the stay in old age homes for those who need it and can't afford it	36,000	1
2.	GSB Senior Citizen Medical Welfare Fund	Cover domiciliary medical expenses of economically weaker section of senior citizens of the community with daily medical expenses <i>Not covered by any other health scheme</i>	4,21,787	24
3.	Medical Aid Fund & Medical Aid Fund (Critical Illness)	One-time assistance towards medical emergencies, hospitalization or surgery expenses	3,07,500	13
4.	GSB Higher Education Aid Fund	Provide assistance to needy and meritorious students for pursuing higher education	6,08,000	25
5.	Vidyanidhi Fund	Educational assistance to school students from Std I to X, under-graduate and graduate college students and students pursuing post graduate / professional courses	6,51,500	185
6.	Sahodari Fund	A scheme to help GSB Women who are widows, single mothers, divorced, separated and facing financial distress	Launched on Vijayadashami Day 2024, applications processed and benefits disbursed to first batch of Sahodaris on International Women's Day, 8 th March 2025	

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- International Donations (for international currencies): The Sabha has FCRA registration and a separate bank account for accepting donations in foreign currencies. For wire transfers, please send us an email at gsbsabha@gmail.com so that we can coordinate with our bank and provide you the necessary details.

SNEH MILAN PROGRAMME HELD ON 8TH MARCH 2025

The Managing and Mahila Shakha Committees of G.S.B. Sabha, Mumbai, jointly presented a Community Get-together “Sneh Milan” programme on Saturday, 8th March 2025, at the Pracharya B.N. Vaidya Sabhagraha in Raja Shivaji Vidyalaya, Dadar, Mumbai. Shri Vinayak Pai, MD and CEO of Tata Projects Ltd. was the Chief Guest.

The programme began with the presentation of an adaptation and Konkani translation of the very popular Marathi Sangeet Natak “Jai Jai Gauri Shankar”, which was written by Shri Vidyadhar Gokhale and presented for the first time in 1966. Coinciding with International Women’s Day, an all women cast comprising of Smt. Bina Shenoy, Smt. Prathima Pai, Smt. Gautami Acharya, Smt. Jaya Kamat, Smt. Radha Bhat, Smt. Unnathi Nayak and Smt. Anita Pai presented the drama. They were supported by Smt. Pratibha Matthey (harmonium), Shri Janardhan Salian (tabla), Shri Ajay Ginde (audio arrangement), Shri Pednekar (make up artist) and Smt. Prafulla Shenoy (console).

Following a brief intermission, the following awards were presented on the occasion:

- a) The K.M. Kamath Memorial G.S.B. Sharada Sanman Puraskar (Founder Sponsor: Shri K. M. Kamath family) to Shri Devdas Nayak, the young writer-Director of the award-winning Konkani movie, ‘Tarpana’.
- b) The Smt. Vatsala Shenoy Memorial G.S.B. Mahila Udhamee Puraskar (Founder Sponsor: Smt. Sadhana and Shri Sunil Shenoy, USA) to Smt. Preeti Shenoy, Founder and CEO, Greentara Bags, an all women eco-conscious business.

c) The newly instituted G.S.B. Dhanvantri Puraskar (Founder Sponsor: Smt. Suman and Dr. R.N. Kini) to Dr. Ramakant Deshpande, Padma Shri Awardee in 2014, for his exemplary service to humanity in the field of onco-care.

d) The Dr. B.M. Acharya Memorial G.S.B. Jeevan Gaurav Puraskar (Founder Sponsor: Dr. B.M. Acharya Memorial Trust) to Shri Shrinivas Dempo for his outstanding work as Chairman of the Dempo Group of Companies and contributions to various industry, sports and non-government organisations

All the awardees thanked the Sabha for the honour and mentioned that it is always a special feeling to be recognised and felicitated by the Community.

Mahila Shakha President, Smt. Amita Kini, welcomed the audience and updated them on the Mahila Shakha programmes and initiatives. Sabha President, Shri Laxmikant Prabhu thanked the awardees for accepting Sabha’s invitation and being present to receive the felicitation. He spoke about the various initiatives of the Sabha and requested people to contribute in tana-mana-dhana towards the same. The Chief Guest congratulated the awardees and applauded the work done by the Sabha.

About 300 attendees enjoyed a traditional Konkani dinner.

The programme was sponsored by SMS Financial Services and received co-sponsorship from Shri Mangalore Prakash Hegde, Shri M.V. Kini family and Tazo Natural Home Cleaners and venue support from Indian Education Society.



From left to right:

- 1) Programme sponsor Shri Ganesh Shanbhag, from SMS Financial Services, being felicitated
- 2) Shri Ravi Kini from M.V. Kini Family, our programme co-sponsor, being felicitated
- 3) Smt. Suman Kamath receiving the felicitation on behalf of programme co-sponsor, Tazo Natural Home Cleaners



Audience immersed in watching the programmes and proceedings

OUR PANCHARATNAS

Join us in celebrating our Champions of Excellence—remarkable individuals who have set the bar high. Let's shine the spotlight on these extraordinary GSBs, whose dedication and achievements remind us all that excellence is not just a goal—it's a way of life!



Shri Shrinivas Dempo
Chairman, Dempo Group of Companies
awarded with

**Dr. B. M. Acharya Memorial
G.S.B. Jeevan Gaurav Puraskar**
(Founder Sponsor:

Dr. B. M. Acharya Memorial Trust)

PROFILE: Shrinivas V. Dempo was born in Mumbai and is a native of St. Cruz, Goa. He is Chairman of the Goa-based Dempo Group of Companies. He has diversified interests in industries such as calcined petroleum coke, shipbuilding, food processing, real estate, and newspaper publishing. Under his leadership, the group has expanded its influence and maintained a strong reputation in industrial and community development.

He currently serves as the President of the Goa Chamber of Commerce and Industry (GCCCI). He has previously been Chairman of the Western Region of the Confederation of Indian Industry

(CII) and President of the All-India Management Association (AIMA). He is the Chairman (Independent Director) of the Automobile Corporation of Goa Ltd, a Tata Group Company, and an Independent Director at Kirloskar Brothers Limited. Additionally, he has served as the Honorary Vice Consul of Italy in Goa, India, since 2013.

Mr. Dempo has a deep association with football, having patronised a premier football club and served as President of the Goa Football Association (GFA) and Vice President of the All India Football Federation (AIFF) in the past. Beyond football, he is an ardent supporter of cricket and table tennis. He is a co-promoter of Goa Challengers Team of Ultimate Table Tennis (UTT), India's premier professional table tennis league, reflecting his passion for fostering sports development in the country.

Dr. Ramakant Deshpande

Renowned onco-surgeon
awarded with

G.S.B. Dhanvantri Puraskar
(Founder Sponsor: Smt. Suman and
Dr. R.N. Kini)

PROFILE: Dr. Ramakant "Raman" Krishnaji Deshpande, 68, is a renowned Cancer Surgeon and the Promoter-Director and current Executive Chairman of the Asian Institute of Oncology. He also serves as the Director of the Asian Cancer Foundation in Mumbai. With a distinguished career spanning 43 years (1982–2025), Dr. Deshpande has pioneered numerous cancer surgeries, significantly advancing the field.

In Bengaluru, Dr. Deshpande established the Department of Thoracic Oncology, where he performed groundbreaking procedures such as lung, mediastinal, chest wall, and oesophageal resections for cancer at a regional cancer centre, achieving outstanding results. He was also

instrumental in introducing diagnostic thoracoscopy at this centre and later at Tata Memorial Hospital. Over his career, he has treated thousands of cancer patients from across India, focusing on prevention, surgical treatment, and rehabilitation.

Dr. Deshpande is deeply committed to cancer prevention and education. He has delivered numerous public lectures aimed at expanding public knowledge, alleviating fear, and dispelling misconceptions surrounding cancer. Additionally, he is a respected postgraduate teacher and examiner in oncology and has authored over 70 publications in peer-reviewed national and international scientific journals.

In recognition of his remarkable contributions to cancer care, Dr. Deshpande was awarded the Padma Shri by the President of India in 2014. He also received the Vidhayadhiraj Award in the same year from H.H. Partagali Math Swamiji.



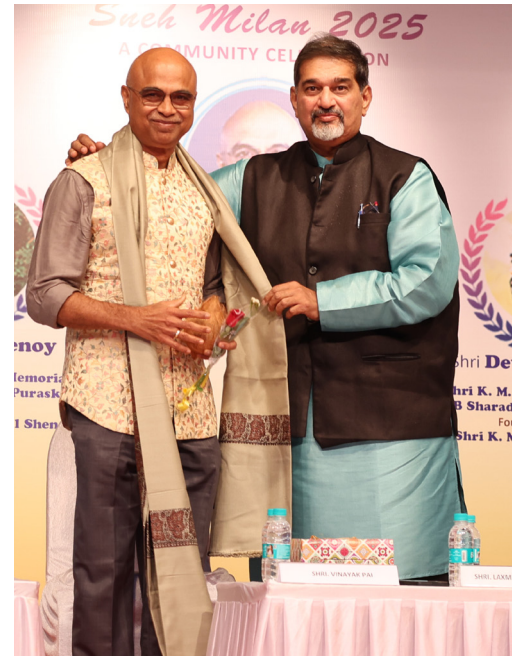
Shri Vinayak Pai**MD & CEO, Tata Projects Limited***Chief Guest, Sneh Milan 2025*

Shri Vinayak Pai is the Managing Director and CEO of Tata Projects Limited (TPL), a leading sustainable, technology-driven EPC (Engineering, Procurement, and Construction) company in India. TPL delivers solutions across the Infrastructure, Buildings, Energy, and Industrial sectors, with notable projects including the New Parliament Building, Mumbai Trans Harbour - Atal Setu, Noida International Airport, HPCL Rajasthan Refinery, Tata Electronics Factory, ISRO's Trisonic Wind Tunnel, and Chennai Metro.

Before joining Tata Projects, Vinayak led global businesses across more than 50 countries, first as President – ECR at Jacobs, a major US EPC company, and then as Group President at Worley, Australia's top

EPC firm. A respected industry leader, he serves as Vice-Chairman of the Confederation of Indian Industry (CII) Maharashtra and Chairman of the National Committee of Roads & Highways. Vinayak is also on the Board of Governors of CIDC (2023-25) and is the President of the Construction Federation of India (CFI). He has previously been a member of Executive Leader World 50 and a Commissioner at the Energy Transition Commission UK.

An alumnus of the College of Engineering Pune, Vinayak holds a Postgraduate degree in Management from Symbiosis College, Pune, and an Executive MBA from IIT Bombay's Shailesh J. Mehta School of Management. His outstanding contributions have earned him several accolades, including the 15th CIDC Vishwakarma Doyen of the Industry Award in 2024.

**Shri Devdas Nayak**

Writer-Director of award-winning Konkani movie 'Tarpana'
awarded with

**Shri K.M. Kamath Memorial
G.S.B. Sharada Sanman Puraskar
(Founder Sponsor:
Shri K.M. Kamath Family)**

PROFILE: Shri Devdas Nayak, born on May 24th, 1995, in Mulki, hails from the esteemed "KAPADY" kutumb of Harikhandige, Udupi. Though he started his professional career as a Software Engineer with Infosys Limited and Deloitte India, his heart always belonged to the world of cinema. Despite his technical background, his love for storytelling led him to take on

numerous roles in the film industry, including writer, editor, and lyricist for 'Tarpana', where his creative influence is evident in every frame. As the founder of Malshi Pictures, his production house, Shri Nayak is deeply committed to promoting regional cinema, and 'Tarpana' is a testament to his dedication. Since its theatrical release last year, 'Tarpana' has enjoyed over 75 private screenings across India, including major cities like Mangaluru, Bengaluru, Manipal, and Mumbai, as well as international screenings in the US, Canada, and Thailand.

Before making his mark as a director, Shri Nayak honed his skills by working on several short films and a Kannada movie, showcasing his versatility as an actor, screenplay, and dialogue writer, and associate director.

Smt. Preeti Shenoy

Founder and CEO, Greentara Bags
awarded with

**Smt. Vatsala Shenoy Memorial
G.S.B. Mahila Udhymee Puraskar
(Founder Sponsor: Smt. Sadhana and
Shri Sunil Shenoy, USA)**

PROFILE: Smt. Preeti Shenoy is the visionary founder behind Greentara Bags, an eco-conscious brand that embodies her lifelong passion for nature and sustainability. Growing up in the lush landscapes of Malenadu, Karnataka, Shenoy developed a deep connection to the environment, which has driven her to create a business that stands as a beacon of sustainable practices in the fashion industry.

Her entrepreneurial journey began in the homemade pickle industry, where

she first honed her business skills. However, as a fashion enthusiast, Shenoy soon recognised an opportunity to promote eco-friendly cloth bags among her friends. This insight marked the beginning of her commitment to sustainable business practices and the founding of Greentara Bags. The brand offers eco-friendly alternatives to plastic bags, with each product crafted from locally sourced materials. The company operates on the principle of zero waste, while promoting ethical, sustainable practices.

The bags are handmade by skilled craftsmen in Mysore, who are trained to perfect each design. By supporting these artisans, Greentara helps enhance their livelihoods and improve the well-being of their families. Founded in 2020, Greentara has quickly evolved from a vision into a thriving, eco-conscious business.

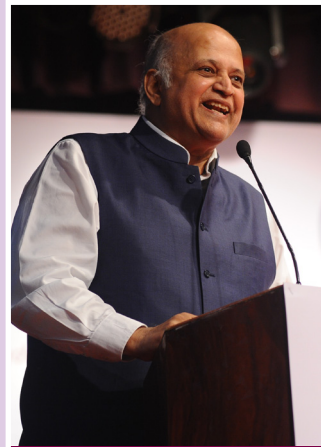




Shri Vinayak Pai



Shri Shrinivas Dempo



Dr. Ramakant Deshpande



Shri Devdas Nayak



Smt. Amita Kini



Shri Laxmikant Prabhu



Smt. Preeti Shenoy



Managing and Mahila Shakha Committee members with the award winners

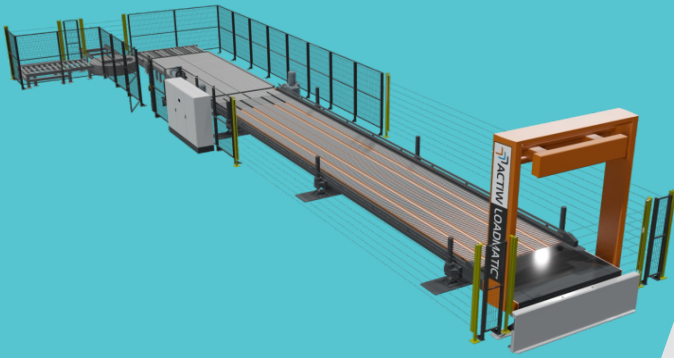
*Adaptation and Konkani translation of Marathi Sangeeta Natak
'Jai Jai Gauri Shankar', presented by Mahilas of G.S.B. Sabha, Mumbai*



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UNDERSTANDING TMJ PAIN: CAUSES, SYMPTOMS, AND TREATMENT OPTIONS

by Dr. Srishti Tody



Do you often wake up with jaw pain, headaches, or a clicking sound when you chew? You may be experiencing TMJ pain, a condition that affects the temporomandibular joint (TMJ), which connects your jawbone to your skull. TMJ disorders can cause discomfort and impact your daily life, but the good news is that they are treatable!

What is TMJ Pain?

TMJ pain refers to discomfort in the jaw joint and surrounding muscles, often caused by stress, teeth grinding, arthritis, or injury. This small but powerful joint is responsible for essential functions like chewing, speaking, and yawning. When it's not working properly, it can lead to significant discomfort.

Common Symptoms of TMJ Disorders (TMD)

If you are experiencing any of the following symptoms, you might have a TMJ disorder:

- **Jaw Pain or Tenderness around the ear** – Pain in or around the jaw joint, especially when moving the mouth.
- **Clicking or Popping Sounds** – Sounds when opening or closing the mouth, which may or may not be painful.
- **Locking Jaw** – Difficulty in opening or closing the mouth completely.
- **Headaches and Ear Pain** – Pain that radiates to the temples, ears, or even the neck and shoulders.
- **Difficulty Chewing** – Pain or discomfort while eating or a feeling of misalignment in the bite.
- **Difficulty Opening Mouth** – Mouth opening may be limited or painful to open wide.

COMMON SYMPTOMS of jaw joint disorders (TMD)



What Causes TMJ Pain?

Several factors can contribute to TMJ disorders, including:

- **Teeth Grinding and Clenching (Bruxism)** – Excessive pressure on the jaw joint can cause pain.

- **Jaw Injury** – Trauma or accidents affecting the jaw can lead to TMJ issues.
- **Arthritis** – Conditions like osteoarthritis or rheumatoid arthritis can impact the joint.
- **Stress** – Increased stress can lead to unconscious jaw clenching, worsening symptoms.
- **Poor Posture** – Sitting with improper neck and back posture can strain the jaw muscles.
- **Overuse** – Overuse of the muscles can lead to muscle spasms.

Treatment Options for TMJ Disorders

The right treatment depends on the severity of the condition. Some effective approaches include:

1. Lifestyle Changes and Home Remedies

- **Apply Heat or Ice Packs** – Helps relax muscles and reduce swelling.
- **Jaw Exercises** – Gentle stretching and strengthening exercises can improve function.
- **Avoid Hard and Chewy Foods** – Stick to a soft diet to reduce strain on the jaw.
- **Stress Management** – Practices like meditation and yoga can help prevent clenching.

2. Professional Treatments

- **Dental Splints or Night Guards** – These oral appliances help prevent teeth grinding and reduce strain on the TMJ.
- **Physical Therapy** – Exercises and techniques to improve jaw movement and relieve pain.
- **Medications** – Muscle relaxants, pain relievers, and anti-inflammatory drugs may help manage symptoms.
- **Trigger Point/ Botox Injections** – Can relax overactive jaw muscles and relieve tension.
- **Surgical Treatments** – In severe cases, procedures like arthroscopy or joint replacement may be necessary, though this is rare.



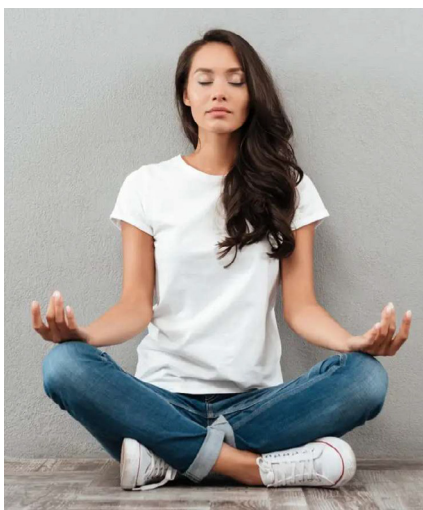
TMJ Splint on the upper teeth

Lifestyle Choices That Impact TMJ Pain

Your daily habits can either improve or worsen TMJ pain. Here's what to watch out for:

Helpful Habits:

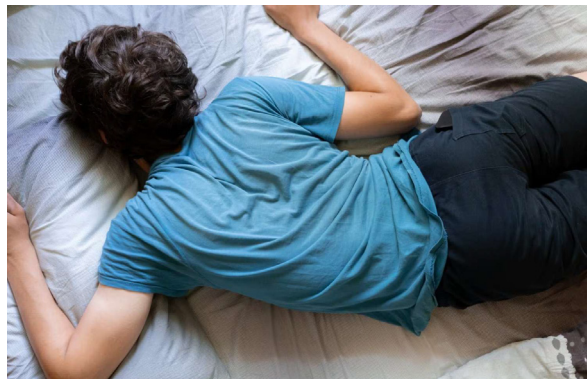
- ✓ Maintain Good Posture – Keep your head aligned with your spine to reduce jaw strain.
- ✓ Use a Supportive Pillow – Sleeping on your back with a supportive pillow reduces pressure on the jaw.
- ✓ Stay Hydrated and Eat a Balanced Diet – Proper nutrition supports joint health.
- ✓ Practice Relaxation Techniques – Reducing stress helps prevent jaw clenching.



Meditation can improve pain

Harmful Habits:

- ✗ Chewing Gum Excessively – Overuse of the jaw muscles can worsen pain.
- ✗ Eating Hard or Chewy Foods – Avoid foods like nuts, hard candy, and tough meats.
- ✗ Nail Biting or Chewing on Pens – Puts unnecessary strain on the jaw.
- ✗ Poor Sleeping Positions – Sleeping on your stomach can strain the jaw and neck.



Poor sleeping position can worsen pain

Final Thoughts

TMJ disorders can be painful and frustrating, but with the right care and lifestyle adjustments, you can manage your symptoms effectively. If you suspect you have TMJ pain, consult a specialist who can guide you toward the best treatment plan for relief.

Don't ignore your jaw pain—take steps today for a healthier, pain-free smile!

Dr. Srishti Tody is an American Board certified specialist of Orofacial Pain and Sleep Medicine. She graduated from the prestigious Nair Hospital in Mumbai and from UCLA in Los Angeles. Her practice is specialty exclusive and she has been in practice for nearly 10 years

Inauguration of New Dental Chair at GSBS Medical Trust



the CMO of the Centre, demonstrated the chair's features and highlighted its efficiency in meeting the modern-day requirements.

Smt. Gita R. Pai expressed her gratitude to the donors for their generous contribution. Shri Shivanand Shenoy, the CAO of the Trust, gave the guests a tour of the unit, explaining the use of each medical equipment. The event concluded with light refreshments.

GSBS Medical Trust's Unit 1 at Dasturwadi, Dadar, has received a new dental chair, thanks to the generous donation from Smt. Shanteri Nagesh Nayak and her son, Shri Naresh Nayak. The chair was donated in memory of Smt. Nayak's late husband, Shri Nagesh Nayak, an esteemed engineer from the prestigious VJTI Mumbai, who later became a successful entrepreneur and owner of Mysore Café.

Smt. Nayak inaugurated the new equipment by invoking blessings from Sri Ganapathi and performing the traditional ribbon-cutting and coconut-breaking ceremony. Dr. Aparna Desai,



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MAKING OF 'TARPARNA' - SOME INTERESTING FACTS

by Arvind Nayak



Introduction

The making of the award-winning film 'Tarpana', produced by Malshi Pictures, has been a remarkable journey, showcasing the dedication and creativity of its cast and crew. This Konkani film, enriched with English subtitles, explores the profound relationship between a father and son, delving into themes of love, estrangement, and reconciliation.

Written and directed by the talented 29-year-old first-time director Devdas Nayak, a software engineer from Mulki, 'Tarpana' is a testament to his passion for storytelling and filmmaking.

A Multifaceted Talent: Devdas Nayak

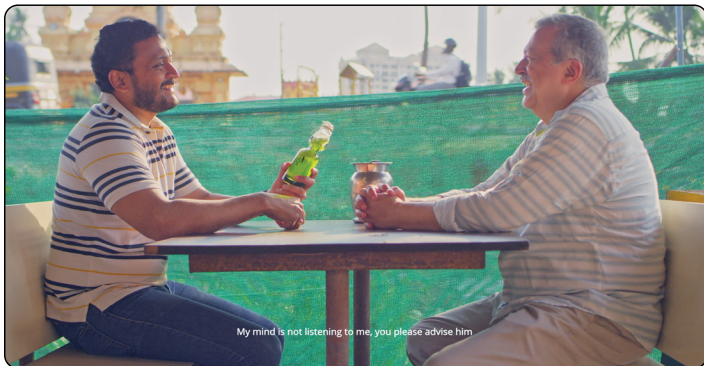
Devdas Nayak's remarkable contribution to 'Tarpana' extends far beyond his role as the writer and director. He is the creative force behind the film's script, screenplay, dialogues, lyrics, and editing, showcasing his multifaceted talent in the filmmaking process. This hands-on approach allowed Nayak to maintain a cohesive vision throughout the project, ensuring that every element of the film aligns with its emotional core. His dedication to crafting a compelling narrative and authentic dialogue has been instrumental in bringing the story of 'Tarpana' to life, making it a true reflection of his artistic vision.

Behind the Scenes: Powerful Performances

At the core of 'Tarpana' are the compelling performances by Sanjay Savkur, a seasoned stage actor based in the US, and Anuj Nayak, a well-known TV and film actor based in Mumbai, who portrays the son. Their authentic portrayals breathe life into the characters, making the emotional journey relatable for viewers. The film features real Mulki people in various roles, adding authenticity to the narrative. The cast's commitment to realism is evident in their minimal make-up and realistic costumes, which reflect the everyday lives of the characters. Meera Naimpally and Madhura Shenoy also deliver natural and superb performances, contributing significantly to the film's emotional depth.

Efficient Production Timeline

One of the most fascinating aspects of 'Tarpana' is its swift production process. The entire film was shot in just 15 days, utilising natural and real locations that enhance the film's authenticity. The music, which plays a vital role in setting the film's emotional tone, was composed in an impressive



seven days. This rapid production timeline highlights the dedication of the cast and crew in bringing this heartfelt story to life.

Community Involvement and Support

Devdas Nayak's journey in making 'Tarpana' was significantly supported by his family and friends, who played crucial roles at every stage of production. Notably, Jayprakash Bhat, who appears as JP in the movie, is among those who contributed both in front of and behind the camera.

This collaborative effort reflects the close-knit community spirit that is central to the film's narrative.

Widespread Acclaim and Screenings

Since its release, 'Tarpana' has enjoyed over 75 private screenings across India, including major cities like Mangalore, Manipal, Bangalore, and Mumbai, as well as international screenings in the US, Canada, and Thailand. The film's ability to resonate with diverse audiences underscores its universal themes of family and connection.

The film has also received numerous accolades, including Best Film at the New Delhi Film Festival, Best Family Feature Film and Best Debut Filmmaker at the Indo-French Film Festival, and Best Film and Best Actor at the Maharashtra Dadasaheb Phalke Film Puraskar. Additionally, it has been recognised for Best Director and Best Actor at the International Film Festival of Vietnam Heritage.

A Must-See for Today's Generation!

In a world where traditional values and modern aspirations collide, 'Tarpana' offers a powerful and poignant message that resonates deeply with audiences of all ages. This film is especially relevant for the younger generation, encouraging them to reflect on their relationships, priorities, and life choices.

As 'Tarpana' continues to make its mark, it serves as a poignant reminder of the power of cinema to explore complex themes and foster understanding. The film invites viewers to reflect on their own relationships, encouraging a dialogue about the importance of family connections.

Be Part of the Experience

For those interested in watching 'Tarpana,' audiences are encouraged to register their interest on the film's official website at www.tarpanathemovie.com to stay informed about upcoming screenings. Additionally, inquiries can be directed to 9820048841 for Mumbai screenings and 9620189374 for screenings in all other parts of India. This is a wonderful opportunity for viewers to experience this heartfelt film!



Sabha team with lead actor Anuj Nayak at 'Tarpana' screening on 9th March 2025

Arvind Nayak, a Mumbai-based chemical technologist, was profoundly moved by the Konkani film 'Tarpana'. Inspired by its impact, he has taken the initiative to organise private screenings in Mumbai, aiming to share the film's essence with a wider audience.

TAP AWAY YOUR STRESS IN MINUTES!

by Deepali Nayak



Imagine being able to tap away your stress with just a few simple hand-body movements—no pills, no lengthy therapy sessions, no side-effects, just instant relief. Now, picture doing this repeatedly by yourself to reduce burnout, anxiety, and release suppressed emotional baggage. Visualise boosting your focus, clarity, productivity, self-esteem and confidence in just a matter of minutes.

Emotional Freedom Technique (EFT) offers a powerful way to support self-healing—right at your fingertips. And don't just take my word for it. Numerous research studies have shown its effectiveness, with many people experiencing firsthand benefits of this technique. One study, for instance, demonstrated that EFT can lower cortisol levels, the body's primary stress hormone, indicating its ability to reduce stress physiologically. Additionally, EFT has been proven to be effective in helping individuals with post-traumatic stress disorder (PTSD), making it a valuable non-invasive tool for improving emotional well-being.

How many of us are guilty of suppressing negative emotions like anger, stress, fear, or worry? When we suppress these emotions, we prevent them from having an outlet, causing them to become trapped within the body. Over time, the body essentially becomes a storage container for these unresolved feelings, carrying them as we navigate life's inevitable ups and downs. This emotional buildup can have serious long-term effects on our health, contributing to stress-related physical conditions such as diabetes, high blood pressure, and in more severe cases, even cancer at younger ages.

How does EFT work? Often called "tapping," EFT is a form of acupressure that combines gentle tapping on specific points on the body. According to Chinese medicine, these acupressure points correspond to energy pathways, or meridians, believed to be areas where the body's vital energy, or 'Qi' flows. Along with that, when we loudly chant specific release statements and affirmations, the stress level is distinctly reduced. Figure 1 illustrates the different acupressure points you can tap for effective healing.

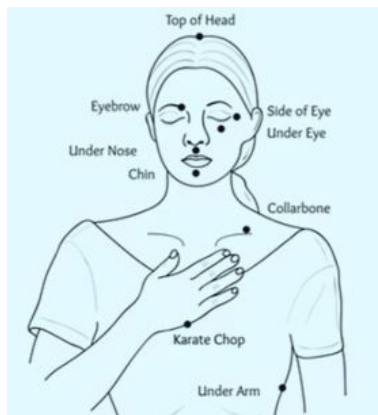


Figure 1: Tapping Points

Figure 2 shows the Tapping Script you can easily follow in a five-step process.

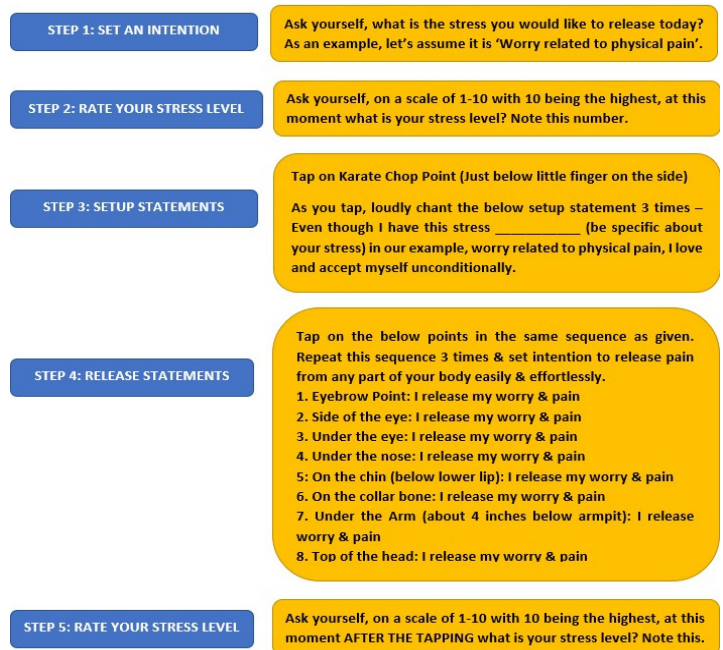


Figure 2: Tapping Script

Here are some client stories that demonstrate the wide-spread applications of EFT in managing different kinds of stress. The names of clients have been changed for confidentiality purposes.

Story 1: Student struggling with exam stress

Riddhi, a 20-year-old university student, had always been an overachiever. But recently, she found herself grappling with intense anxiety before exams, affecting her ability to focus and perform at her usual high standard. Despite studying diligently, Riddhi struggled with sleepless nights, nausea, and a constant sense of pressure. Her fear of failure, combined with her tendency to compare herself to others, was leading her to procrastinate, which only increased her stress as exams approached.

Seeking help, she turned to EFT. She identified the emotional triggers tied to her fear of failure, pressure to perform as well as self-doubt. After tapping just once, Riddhi felt a noticeable calmness, and over the course of tapping a few times, her anxiety levels significantly dropped. She approached her studies with newfound confidence, and by exam time, the overwhelming panic was gone. Her concentration improved, and she began sleeping better, helping her feel prepared and at ease.

Story 2: Corporate Senior Manager with burnout

Rajiv is a 45-year-old senior manager at an international IT tech company, overseeing multiple projects and leading a team in a highly competitive work environment. In his 20s and 30s, Rajiv

thrived in such a demanding world, always driven to succeed. However, recently he began experiencing signs of burnout—feeling emotionally drained, disconnected from his work, and physically exhausted. He found himself questioning, ‘Is this grind really worth it?’ His work-life balance was non-existent, and motivation was in short supply, leaving him frustrated and unfulfilled.

He focused on tapping through the feelings of overwhelm, responsibility, exhaustion, and frustration. Though Rajiv was initially skeptical about EFT, he agreed to give it a try due to its simplicity. As he worked through his emotions, Rajiv began to release the layers of stress and negative emotional baggage that had built up over time—stress from sleepless nights and constant pressure to meet deadlines. He could process the emotions contributing to his burnout in a safe non-judgmental space, allowing him to regain a sense of control over his stress. As he continued tapping, he reconnected with his passion for his work and learned to prioritise self-care. With recently discovered focus and motivation, Rajiv was able to delegate tasks more effectively and find moments of rest amidst the chaos. The result? A more balanced, energised, productive and happier version of himself—both at work and at home.

Story 3: Sad to happy homemaker that too guilt-free!

Payal, a 30-year-old career woman turned homemaker, had always planned to take a backseat in her career to care of her newborn child. She managed household chores, took care of her child, and supported her husband and extended family. This was a choice society, her parents, and she herself had reinforced, believing it was the ‘right’ thing to do. However, after the transition, reality hit hard. While Payal loved her family, she often felt emotionally stuck and unappreciated, struggling to find time for herself. She was constantly exhausted, mentally drained, and felt taken for granted by her family. This led to deep resentment, frequent anger outbursts, stress and guilt, leaving her feeling lost and disconnected from herself. What hurt her the most was that she wasn't able to be fully present for her child.

Payal tapped through feelings of frustration and guilt, processing the emotional weight tied to her responsibilities. EFT allowed her to create space for self-compassion, relaxation, and ultimately, the courage to set boundaries and say ‘NO.’ By consistently tapping, Payal stopped feeling guilty for taking time for herself and began prioritising her well-being. This led to more patience, joy, and connection in her role as a mother and wife, which thereby reflected in her child's happiness. Through EFT, Payal regained her sense of self-worth and found inner peace that too guilt-free.

Story 4: Elderly person with chronic pain

Kavita, a 70-year-old retiree, had been struggling with chronic knee pain and mobility issues for several years. As her pain limited her activities, she grew increasingly frustrated, sad, and isolated. Despite trying various treatments, nothing seemed to offer lasting relief, and her emotional state worsened. The stress related to physical pain was just overbearing.

Kavita focused on tapping through the emotional pain connected to her condition. EFT allowed her to address the negative emotions of frustration, helplessness, and fear, which had built up over time. While her knee pain didn't disappear entirely, after tapping for just a few days, Kavita felt a marked decrease in pain levels as well as physical discomfort, experienced more emotional empowerment and a greater sense of ease in doing chores independently.

The stories of Riddhi, Rajiv, Payal & Kavita are meant to inspire you to take charge of your own physical and emotional stress – whether it is overcoming exam stress, or corporate burnout, or a lost sense of identity or worry about chronic pain. When these stressors surface in your life, it's crucial to act with urgency. With the right tools like EFT- a simple therapeutic technique you can use anytime, anywhere, at your own pace - you can begin to release the emotional blockages that hold you back. Taking control of how you feel every day is not just possible, it's a luxury.

So why wait? Take the first step towards a more empowered and peaceful version of yourself. Tap into your potential for healing and growth. Your journey to emotional and physical freedom starts now.

The writer is a Life Coach, Akashic Record Reader & Mentor, Reiki Grandmaster, Pranic Healer, EFT Trainer, Tarot Coach & Intuitive Counselor. For any further questions, email miraclestories@gmail.com; Phone: +91-9004089604

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MODERN GADGETS: A BOON OR A BANE

by Sangita Shenoy

Nowadays, the use of modern gadgets has increased significantly. Mobile phones, tablet PCs, laptops, etc., have become an inseparable part of an individual's life.

Now, the question arises: are these frequently used modern gadgets a boon or a bane for individuals who tend to use them? Well, this is a debatable topic. As we know, each coin has two sides. Similarly, these gadgets have both positive and negative effects.

First, if we discuss the advantages of these gadgets, there are many merits. They are easily accessible. Students nowadays are more likely to prefer online lectures rather than traditional offline modes. Their travel costs, time, and energy are saved.

Besides this, these gadgets prove very useful in times of emergency. For example, if we need any document urgently and haven't carried it with us, we can simply ask someone at home to send it via a messaging app.

Additionally, there is no need to carry separate items such as a calculator, watch, or other things. Everything is easily available on mobile phones. If we need to access any type of information, we can easily do so from the internet. The easy availability of information makes our lives easier and helps to enhance our knowledge.

Now, when talking about the disadvantages related to these gadgets, there are many demerits as well. People are losing social contact. They are active on social media handles but are not truly social. Previously, people used to meet each other, and personal connections were developed. Nowadays, hardly anyone is interested in meeting others; everyone is busy with these gadgets.

If we talk about the exposure of students to these gadgets, they are undoubtedly useful to them. However, excessive screen time leads to rising eye disorders and mental stress among students, starting from a very young age. It seems that modern gadgets are slowly replacing many things, and people, especially young children—the future of our nation—are becoming addicted to them.

To conclude, these modern gadgets are no doubt very useful for individuals of all age groups. However, their use should be restricted to some extent. They are a boon if used in the right manner and a bane if used in the wrong manner. Ultimately, it is an individual's choice to maintain a balance while using these gadgets.



Sangita Shenoy is a budding, literary-minded, and multilingual writer who writes in various genres. Additionally, she is keen on practicing various forms of art in her leisure time. She aspires to become a teacher and act as a guiding light for her students. Presently, she is constantly working to build a successful career in the educational field.

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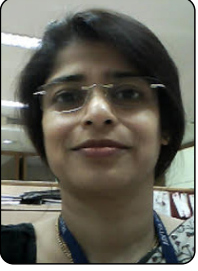
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THE DANCE OF THE BREATH

by Ajita Kini



Sounds beautiful and evocative, doesn't it? Doesn't it evoke something carefree, happy, and joyful? Does your breath feel like that?

Do we even breathe? We know respiration is happening – if not, we would be dead. But are we breathing? What is the difference between respiration and breathing?

Respiration is a physiological function.

The diaphragm moves towards the feet, the lungs expand, and air rushes in. The diaphragm moves towards the head, the lungs contract, air rushes out. It is a mechanical action that we're usually not even aware of. Respiration is confined to the three-dimensional chest – the front, the sides, and the back.

Remember when you had a tummy ache or menstrual cramps – did you not instinctively exhale in the region where the pain was? And did you not feel the breath move in that area to relax the muscles that were clenched with pain? Or when you were struggling to open the lid of a jar and took a deep in-breath and held it to twist open the lid. Or when reaching up to a high shelf – did you not inhale and hold your breath as you stretched?

This is the difference between respiration and breathing – the breath can be directed into regions beyond the physiological lungs. The breath can be used to do our bidding. We do it instinctively and don't notice it. So, the first step towards making the breath dance is to become aware of the breath. While learning to dance, the first step is to become aware of how the body can move and enhance the range of movement. Similarly, to make the breath dance, we first become aware of how the breath moves within our body and enhance the range of its movement.

How do we become aware of the movement of the breath? Initially, one breathes more forcefully than usual to sense where the breath is moving. As the mind quietens, the ears and skin become attuned to the internal sound and touch of the breath. Then the breathing can become less forceful, and we can still sense it.

Once you can feel and hear the breath, you can make the breath move in any direction – inhaling from the bottom of the chest to the top, or from the collarbones to the bottom of the chest and exhaling in the opposite direction. You can inhale and exhale from left to right and right to left, from the anterior body to the posterior, and vice versa. You can make the breath take different shapes – broad at the outset and narrow as it ends (inhalation and exhalation), pendulum-like oscillating breaths, spiral shapes - your imagination and playfulness are the only limits. Once you reach this stage, you realise you have a playmate for life, quite literally!

Gradually you will sense that there are areas within the body, where the breath does not move or does not move as smoothly as in other areas. These are granthi (knots) - metaphysically, like a

piece of shipwreck buried in the seabed. Initially, the shipwreck is visible, but over time, the currents cause sand to cover it up. Algae and sea creatures make their homes in the shipwreck, and it looks like a part of the seabed. Sea creatures and the currents move around it rather than through it.

Granthi are shipwrecks of injuries (physical/emotional/psychic) of the past and are now psychic scar tissue that prevents the smooth path of the breath in that region. Being aware of the blockage is the first step towards rectifying the condition. We use various āsana to repeatedly and persistently keep trying to move the breath smoothly in those knotted regions.

From the article on the pāñca tattva, we know that in the long run, air is stronger than earth or water. As we persistently try moving the breath through them, the granthi finally gives way and the breath starts moving more easily and smoothly in those regions. Then you have achieved a major milestone - rid yourself of some psychic baggage that you perhaps were not even conscious of carrying.

What is the difference between the dance of the breath and prāṇāyāma? Learning to dance with the breath is the first step towards true prāṇāyāma. The breathing exercises that are taught in the name of prāṇāyāma are śvāsāyāma – movements of the breath, which quickly become mechanical. Prāṇāyāma goes beyond mechanical breathing exercises. Prāṇāyāma is the first step towards pratyāhāra – a natural, organic, unforced, involuntary drawing inward of all the senses. For this, the senses become absorbed to the exclusion of all other awareness.

As an experiment, first, quieten your mind and senses in the way described above and listen to the internal sound and touch of the breath. Once your mind is attuned to the internal sound and feel of the breath, say a single syllable word (Āum, Ah, God, Wow, Raama, etc.) silently – i.e. saying it so softly that nobody can hear it, not even you. This is distinct from just thinking something. When you silently say something, the breath and vocal cords are deployed in the same way as when you say something aloud, but no sound emerges. Sense the sound and touch of the breath as you say it. Do it a few times, till the pattern is established and discernible. Then say a different word. Feel how the sound and touch of the breath are distinctly different from when you said the first word. The why and what of the difference is not easily explained. The esoteric sciences attribute it to the breath moving along different prāṇa nāḍī for each of the words (e.g. Āum and Ah). When one attains the ability to move the breath along various prāṇa nāḍī at will - there are supposed to be 72,000 prāṇa nāḍī in our bodies - then one can claim to be practicing prāṇāyāma. Until then, one is practicing śvāsāyāma and possibly some rudimentary form of prāṇāyāma.

Ajita Kini has been a student of Iyengar Yoga since 2007. This is the 17th in a series of articles about yoga.



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LESSONS IN BHAGAVAD GITA

by Dr. Gayatri G Shenoy

Self-Realisation explained (Continued from the previous issue)

यत्रोपरमते चित्तं निरुद्धं योगसेवया ।

यत्र चैवात्मनात्मानं पश्यन्नात्मनि तुष्यति ॥६-२०॥

सुखमात्यन्तिकं यत्तद् बुद्धिग्राह्यमतीन्द्रियम् ।

वेत्ति यत्र न चैवायं स्थितश्चलति तत्त्वतः ॥६-२१॥

The very fruit of yoga, its goal and end is described in the first verse 6.20. *niruddham yogasevayā* restrained, curbed of the tendency of moving outward towards sense-objects, by the constant practice of yoga, *yatroparamate cittam*, - *yatra-uparamate cittam* - wherein the *cittam* the mindstuff, the thinking apparatus of the mind intellect and ego, this inner apparatus *antah-karana* or *cittam*, *uparamate* now completely ceases to indulge in all thoughts related to the sense-objects. All ideas related to these three die away except one singular thought of the Self, making it one-pointed alert, and sharp. The very gateway of these impressions is the mind which has been restrained with the constant practice of yoga.

As Pātānjali says in his Pātānjali *yoga sūtrā-s*, ‘*yogascittavrittinirodha*’ (PYSu 1.2) he talks of yoga as being a state achieved by restraining thought waves in the inner apparatus, restraining it from attaching itself to the ephemeral instead fixing itself to the eternal Self. In that state of continuous deep concentration or *samādhi*, the Supreme Self *ātmānam* is realised, that is personally experienced *ātmanā* by the purified self-cleansed of all ephemeral material thoughts and misgivings. *paśyann* seeing through intuition; here the word *paśyann* cannot be literally translated as seeing with mortal eyes. The Lord is beyond the vision provided to the mortal body. He has to be intuited through the intellect of the yogi. The yogi ‘sees’ Him through the ‘eye’ of the purified intellect and mind. The *ātmānam* the Supreme Self is revealed in the ultimate stage of yoga by *ātmanā* by the purified self, the highly purified mind.

The *kāthopanisad* corroborates *na sandrṣe tiṣṭhati rūpamasya, na cakṣuṣā paśyati kaścan’ainam; hrdā manīsā manasā bhikṣṛpto ya etad vidur amṛtas te bhavanti* (K.U. 2.6.9) “His form does not project as an object of vision, none can see Him with the eyes; by that which is within the heart, by the intellect that controls the mind, by intuition is He revealed, those who know this becomes immortal.” (K.U. 2.6.9) The purified self is now *tuṣyati* completely fulfilled and satisfied *ātmani eva* in the Supreme Self alone. The ‘cit’ or the eternal Consciousness aspect of the nature of the Self is deliberated in this verse. 6.20

Śrīpad Śaṅkarāchārya states yatra yasmin kālē uparamatē cittam uparatim gacchati niruddham sarvatō nivāritapracāram yōgasēvayā yōgānuṣṭhānēna, during that time when the mindstuff is withdrawn inward, is restrained, prevented from going forth outwards from all sides, by the practice of yoga, by engaging

in yoga, *caiva yasmiṁśca kālē ātmanā samādhi-pariśuddhēna antahkaraṇēna ātmānam param caitanyam jyōtiḥsvarūpaṁ paśyan upalabhamānaḥ svē ēva ātmani tuṣyati tuṣṭim bhajatē* and at that moment, the individual self completely purified in the act of deep concentration (*samādhi*) through the inner apparatus sees, realises the Supreme Self, Supreme Consciousness of the nature of brilliance of light; directly perceiving the Supreme Self in his own self he delights in the Self and worships contentedly. (S-Bh6.20)



The purified individual self now rejoices in the Self alone with the exclusion of all else. Why so? The reason is given in the next verse. The nature of bliss that is experienced by the Self Realised is stated (6.21). Consequent to the state described in 6.20 when he sees the Supreme Self, the yogi, *vetti* comes to realise, to experience, *sukham* bliss which is transcendental because of its very nature of being *ātyantikam*, infinite, having no end, unlike worldly pleasures which by their very nature are unsustainable since they belong to objects susceptible to an end, being destructible. This *sukham ātyantikam* limitless bliss has two characteristics. It is *buddhi-grāhyam* capable of being grasped only by the purified intellect and is *atīndriyam* beyond the range, purview of the senses, therefore, cannot be cognised by the senses.

Since the Self is the Supreme Subject itself, it cannot be recognised as an object which the senses recognise just as the photographer is nowhere seen in the photograph. The camera cannot capture the photographer. Only the purified intellect which has experienced the Self can now experience the transcendental unending bliss of the Supreme which is the very nature of the Self. The word ‘purified’ means cleansed of all the dross of ignorance with transcendental knowledge and renunciation with equipoise, having gone beyond the three modes of material nature as described in the previous chapters. Just as the clear waters of the lake reveal the bottom, so too a purified intellect reveals the Self. Therefore, one has to turn inward and not outward on the path of the senses to realise the Self. *Yatra* wherein, *āyam* he the Self Realised yogi, being sthitaḥ situated thus in unending bliss which is the very nature of the Self, *na caiva, na-ca-eva calati* does not waver at all, *tattvataḥ* from the Truth of the Self meaning he is firmly and permanently established in the Self, in the Supreme Truth. This is an irreversible state even after coming out of the transcendental trance state of *samādhi*. Being firmly established in the nature of the Self which is eternal and therefore the Truth, there is no going back to the state of illusion like a man who has woken up from his dreams does not go into the dream state again nor does the dream frighten or bother him anymore. The ‘sat’ eternal Truth and ‘ananda’ the eternal Bliss aspect of the Supreme Self is deliberated in this verse. 6.21

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.

THE MAHA KUMBH MELA: A GRAND ORCHESTRA OF FAITH AND DEVOTION

by Radha Vikram Bhat



I had been eagerly looking forward to embarking on an extraordinary journey, diving into the powerful confluence of India's holiest and sacred rivers—the Ganga, Yamuna, and the unmanifested Saraswati. This year's spectacle, Maha Kumbh, was even more special, occurring once in 144 years after completing 12 cycles of 12 years each, a once-in-a-lifetime opportunity for millions of enthusiastic devotees. My prayers were answered very interestingly when six of us, namely, Smt. Gautami Acharya, Ms. Gahana Acharya, Smt. Jayashree Kamath and Smt. Beena Shenoy who unanimously agreed to undertake this journey. My special gratitude to Shri Govind Acharya who was there with us making the yatra memorable and taking accountability from pin to plane. We had planned out all possible alternatives and checklisted almost everything we would require for this austere trip to Prayagraj. It is said that where our thinking ends, the Lord's plan begins.



A Naga Sadhu



At the Kinnar Akhada



The holy dip at the Triveni Sangam

Our flight was scheduled to depart on 22nd January 2025 at 1:40 PM, but due to heavy fog and other climatic conditions, it was delayed. However, we used the time wisely by narrating stories and the significance of Kumbh derived from the Puranas. After a few anxious hours, the airline announced that the flight would soon depart. Finally, the flight took off at 8:15 PM. The flight passengers were roaring the names of Sri Ram and Lord Shiva, showing their enthusiasm and jubilation as they eagerly flew to the holy city of Prayagraj. As we landed, we beheld the beauty and grandness of the festive atmosphere.

We opted to stay at Kashi Math, and soon realised that we had made the right choice. Shri Manohar Nayak, lovingly called Mann Maam, had made wonderful arrangements. We were picked up from the airport and soon reached the Math, as there was no traffic. We were served a hot, delicious Amchi dinner at 12 AM—

salute to the Math's hospitality! We explored the Sangam place and other dwars, walking at night on the beautifully lit streets and corridors of Sangam. The arrangements carried out by the government were incredible and meticulous. Any amount of managerial and administrative skills would fall short in managing such a huge event, but it appeared as a combination of human efforts and divine intervention, ensuring that the event was conducted as smoothly as possible. Any musical concert, popular rock concert, or political extravaganza would attract a million people at best for a single event, with a lot of advertising and ticketing, but Kumbh attracted millions of faithful with a minimal fraction of promotion and advertising. This is a testament to its uniqueness and divinity. The scale at which the Maha Kumbh took place was beyond imagination and capacity. So, salute to the good governance! We hardly slept that night, being curious and happy about becoming part of such a big event.

In the morning, we were set and ready. A local boy in his early 20s was waiting for us to take us to the boat. He knew exactly where to take us, and we were at his mercy. We were overwhelmed by his simple and humble attitude and readiness to serve us. We were fortunate to see the Yamuna Aarti in the morning. As we walked towards the Sangam, we realised that Kumbh drew people from all corners of the world to the largest peaceful gathering on Earth. Unknown people emerged from nowhere and went the extra mile to personally escort us to our destination. The common man replaced Google Maps for directions and navigation. A boat was ready and waiting for us. We jumped into it at once. The weather was 10 degrees, and as we rowed towards the Triveni Sangam spot, a cool breeze welcomed us. Big and white beautiful migratory birds added to the beauty of nature. This was a very surreal experience.



The boat ride towards the Sangam

We rowed deeper into the river Ganga. The boatman explained the significance of Triveni Sangam. We were preparing our minds, bodies, and souls, thanking the Lord for gracing us with this fortune and mercy. Finally, the moment arrived, and we took a minute to retrospect on the grace showered by the Lord. We chanted prayers of Guru Parampara, Lord Narayan, and prayers to Mother Ganga, Yamuna, and Saraswati. We took the holy dip, and it felt as if the mother had embraced us, allowing us to take the dip in her waters. Tears rolled with emotions and reverence as she embraced us in her arms. We felt protected, sheltered, and graced. What more could we ask for? We accessed the abundance of mercy available here if only one desired it. We felt purified. The dip was meant for cleansing ourselves of accumulated karma, and preparing ourselves for a spiritually enriched life. We paid obeisances and made offerings of coconut, and flowers, and begged mercy for those who couldn't make this dip.

Sripad Sankaracharya toured all over India and established the predominance of Vedic Scriptures. He exhorted his followers to celebrate the grand festival of Kumbh Mela and encouraged the Naga Sadhus to play the role of warrior monks, leading a life of extreme austerity and protecting the tender creeper of Sanatana Dharma. Many attractions were waiting for us. Naga Sadhus smeared their bodies with ashes and remained aloof from societal complexity, simply and purely connected to the absolute truth. Pravachans, outreach programmes, and bhajans were heard all over the sectors and pandals of Sangam Mela. We saw hundreds of prasadam distribution counters and bhandara counters spread

across the Kumbh, ensuring no one went hungry. We visited and paid respect to various akhadas located in various sectors, such as Kinara Akhada, Aghori, and various Goswamis. It was a transformative experience that weaves together faith, history, culture, human relationships, and divinity in a truly extraordinary way. We could visualise the feeling of Vasudaiva Kutumbakam—the world as one family—the guiding mantra of Sanatana Dharma. India is known for its unity in diversity, and this was truly evident as petty differences took a back seat. Vaishnavas, Shaivaites, Naga Babas, and Sikhs all dipped together under one banner.



At the Nandi Dwar

Prayag is beautified and known for various Shiva temples, such as Koteswar Mahadev, Mangeshwar Mahadev, Mankameswar, Takshakeswar, Nageswar Mahadev, and Someshwar Mahadev. We had to visit the enchanting Ancient Temple of Sri Veni Madhav, where Lord Vishnu chose to reside in Prayagraj to protect the Triveni Sangam.

We visited the light show in the evening, which took place on the city side, depicting and displaying the storyline of Kumbh—the victory of the gods over the demons while churning the ocean.

Mahadev bestowed special mercy and grace upon us as we had booked return tickets from Varanasi. We took the darshan of Sri Bindhu Madhava Temple, a self-manifested Shaligram Vighraha. It is one of the five Madhav temples in India, with its own glories and enchanting storyline. We could take the darshan of Kashi Vishwanath, Annapurna Devi, and Sri Vishalakshi along with hundreds and thousands of devotees at Kashi Corridor.

The Maha Kumbh Mela unfolded as an ocean of humanity united by a shared purpose. Reflecting on the grandeur of this event, it transcended being merely a religious gathering. It was a harmonious blend of mysticism and rationality, offering a profound insight into India's rich cultural heritage while fostering a deeper sense of belonging and connection — both with others and within ourselves.

The writer is a diamond jewellery designer and entrepreneur, carrying forward her family's legacy in the business. She also holds a postgraduate degree in Guidance and Counselling



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PUNCTUALITY IN CHILDREN

by Suchitra Sukthankar

I have been running my own classes since 1997, teaching ICSE students from Std VIII to X. Over the years, I've had the privilege of working with hundreds of students and their parents. However, since the pandemic, one thing that has particularly troubled me is the growing lack of punctuality among these children. As someone who values time deeply, I find it frustrating when students arrive late. What bothers me even more is the absence of any acknowledgment or apology for their repeated tardiness, along with a general lack of understanding regarding the importance of time. This issue has prompted me to write this article.

I am sure all readers will agree with me that time is a crucial aspect of our lives. We learn from our early school days that 'Time and Tide wait for no one,' but I sincerely believe that only a few truly understand and practice this concept.

Punctuality should be taught to children from an early age. Today's children are tomorrow's future. Good habits go a long way in shaping a successful adult. I believe the best way to teach this trait is by walking the talk—be a role model for your children. Emphasise the importance of being on time everywhere. Young children imitate their parents, so if they see their parents valuing punctuality, they will also embrace it as a way of life. Additionally, young minds are quick to grasp and learn in their formative years. A habit cultivated early grows strong roots, much like a tree that stands tall and strong in all circumstances. When children observe their parents leaving on time for work, appointments, commitments, and social meetings, they will learn the value of punctuality.

Parents must also, through stories, anecdotes, and examples, explain to their children that time cannot be created or purchased. Time wasted is time lost. Hence, it must be used efficiently. A child should be taught to value not only their own time but also the time of others.

One way to teach a child is by helping them prioritise their tasks. Each task should be done at its designated time, never to be postponed or delayed. This teaches children to manage their time wisely. This lesson is best learned when they see their parents

doing the same. They will gradually adopt this trait from a young age, laying the foundation for a responsible and successful future.

This fundamental skill teaches children to be punctual, organised, and responsible. Once a child understands that wasted time is akin to wasted opportunities, they are less likely to repeat their mistakes.

Several natural and acquired factors contribute to an individual's success, with punctuality being one of the most important acquired traits. A punctual person tends to have a better work ethic, and more effective work habits, is always well-prepared, and, as a result, experiences less stress.

Parents should establish a timetable or routine for their children. This helps maintain good physical and mental health, as it ensures that all activities are completed on time. A well-structured routine allows the child time to pursue hobbies or other interests, boosting their self-esteem and confidence.

When a child follows a timetable for studying, they tend to study more efficiently, leading to better academic performance. It not only makes them well-disciplined but also diligent. In the early years, time management can be taught using colourful calendars and visual timers. Involving the child in creating their own timetable can be very effective. A small reward or a few words of appreciation when a task is completed on time can have a significant impact on a child's motivation. Acknowledging the effort a child puts into being on time or completing work on time is crucial to encouraging them.

The trait of punctuality makes the child trustworthy and earns praise from teachers and elders, instilling positivity. The child also becomes a role model for their peers, creates a good impression on teachers, gains credibility, and learns to be self-reliant.

I would like to end with a quote from an unknown author:

"No amount of money ever bought a second."



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

LIST OF IMPORTANT DATES IN THE QUARTER APRIL - JUNE 2025

Date	Day	Festival	Date	Day	Festival
6 th April 2025	Sunday	Shree Ram Navami	16 th May 2025	Friday	Sankashta Chaturthi
12 th April 2025	Saturday	Shree Hanuman Janmotsav	6 th June 2025	Tuesday	Nirjala Ekadashi
16 th April 2025	Wednesday	Sankashta Chaturthi	11 th June 2025	Wednesday	Vatpurnima
30 th April 2025	Wednesday	Akshay Tritiya	14 th June 2025	Saturday	Sankashta Chaturthi
1 st May 2025	Thursday	Maharashtra Day	6 th July 2025	Sunday	Devashyani Ashadi Ekadashi



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Art Gallery



Our Artists for this Quarter

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Drawing by : SANMIKA RAO
Age : 6 years



Drawing by : KANISHK KINI
Age : 8 years



Drawing by : NAVYA JAGDISH PRABHU
Age : 11 years



Drawing by : HARSHIT PRABHU
Age : 14 years



Drawing by : ANANNYA PAI
Age : 22 years



Drawing by : SANGITA SHENOY
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By Anuradha Prabhu

Chandramandal

Ingredients:-

- 2 cups coriander leaves
- 6-8 dates(khajuru)
- 15-18 dried raisins
- 3-5 dried red chillies
- Marble-sized ball of tamarind
- Jaggery as per taste
- 1 tsp mustard seeds
- 1 tbsp oil
- Salt to taste



Method:-

- 1) Clean, wash and chop the coriander leaves and keep aside.
- 2) Soak the dates, raisins and dried red chillies in half a cup of warm water for an hour.
- 3) Remove the dates, half of the raisins and dried red chillies from the water. Keep the water along with a few raisins to use later.
- 4) First, grind the dates, raisins, red chillies along with tamarind, jaggery and salt.
- 5) Add the chopped coriander leaves and a little soaked water and grind to a semi-thick consistency.
- 6) Heat oil in a pan, add mustard seeds and when they splutter, add the ground paste and the remaining soaked raisins.
- 7) Bring the mixture to a boil on a slow flame, stirring in between. Cool the mixture and serve as an accompaniment with meals.

Winning recipes

Selected based on the representation of amchi cuisine and the inclusion of detailed recipes

Ambo pasphonusu gojju



By Parvathi Kamath



Ingredients:-

- One mittaghalel ambo (salted mango)
- One pasphonusu
- Soyi (half coconut; grated)
- 6 sukhke mirsanga (bedgi)
- 2 tarne mirsange
- 6 to 7 garlic pods
- Coconut oil

Method:-

Grind all the above ingredients except pasphonusu and coconut oil. Take the mixture in a bowl. Smash pasphonusu in the above mixture, add coconut oil on top and serve. Gojju is ready.

Awala gojju



By Vijayalaxmi Nayak



Ingredients:-

- 4 boiled awala (amla/Indian gooseberry)
- 1 cup grated coconut
- 5 to 6 garlic pods
- 1 dry red chilli
- Salt to taste

For tempering:-

- 1 teaspoon coconut oil
- 1/2 teaspoon mustard seeds
- 4 to 5 curry leaves
- 1/4th teaspoon asafoetida

Method:-

In a mixer grinder, add boiled and de-seeded awala, grated coconut, garlic, dry red chilli and salt as per taste and grind it to a fine paste. Remove the awala gojju in a bowl. Then add tempering of coconut oil with mustard seeds, curry leaves and asafoetida. Delicious gojju is ready to be served.

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Judge: **Smt. Anuradha Prabhu**

Please email your recipe along with your passport photo and original photo of your recipe to gsbvog@gmail.com before 5th June 2025.



- 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

Next theme: Non-traditional/new sweet or savoury varieties of Naivedya/Prasad

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| # Compositing biodegradable waste | → | Low cost high value proposition, kitchen waste, bio-mass, Municipal wet waste, highly scalable |

Contact Number: Dr Krishna Pai - 9870111598

REVIVING A LEGACY

For Shri Vikram Shenoy, the idea of reviving his family's restaurant was not just about opening another eatery—it was about bringing back a legacy steeped in warmth, nostalgia, and tradition. Having completed hotel management in 2011, Vikram always knew he wanted to be an entrepreneur. Even during his student days, when asked about his future aspirations, he was clear—he wanted to build something of his own.

His first venture into the food industry was a delivery kitchen, which he started in 2014. At the time, cloud kitchens were gaining traction, and he believed it was the future of the industry. While the business ran successfully for almost a decade, the COVID-19 pandemic shifted market dynamics, prompting him to rethink his approach. That's when the idea of opening a diner took shape.

But it wasn't just a business decision. A chance conversation sparked the revival of his family's restaurant, Shenoy's. A friend, on her way to meet Vikram, heard from a cab driver about a beloved family-run restaurant that had once stood in the very same location. "It was a warm, inviting place where people felt at home," he had reminisced. The restaurant, which had shut its doors in 2008, still lived on in the memories of many. This flood of nostalgia made Vikram question why he should start something entirely new when his family name already carried goodwill and history.

That was the turning point. Instead of launching a brand-new concept, he decided to bring Shenoy's back—infusing it with both tradition and innovation.



A Modern Take on GSB Cuisine

Shenoy's today is a blend of the old and the new. While the focus remains on the GSB cuisine, Vikram knew introducing it to a broader audience wouldn't be easy.

GSB food, though rich in history, hadn't been widely commercialised. Unlike more mainstream Indian cuisines, it required an element of education—diners needed to be introduced to dishes with unfamiliar names like Bhutti, Humman, and Gojju.

Instead of taking a purist approach, Vikram decided to create an entry point for those unfamiliar with the GSB cuisine. He modernised some dishes, especially appetisers, to make them more approachable. "The amount of Gojju Chicken we've sold in just a few weeks is insane," he laughs. By presenting GSB flavours in a modernised and refreshed way—serving Gojju as bite-sized crisp portions—he made it easier for non-GSB diners to try something new without hesitation.

This thoughtful approach has worked. While many patrons from the GSB community—Shanbhags, Pais, Kamaths, and Bhats—have visited to reconnect with flavours from their childhood, others have been drawn in by word of mouth, social media, and sheer curiosity. A viral video by Mumbai Foodie helped introduce the restaurant to a wider audience, garnering over 350,000 views. But as Vikram points out, "Technology can only get people to notice us. What keeps them coming back is their genuine interest in exploring GSB food and culture."



Looking Ahead: A Celebration of GSB Heritage

For Vikram, reviving Shenoy's isn't just about running a successful restaurant—it's about celebrating GSB culture in its entirety. His plans include expanding

the menu to showcase lesser-known GSB dishes and launching a traditional breakfast segment. "There are so many dishes we make at home that people outside the community have never even heard of," he says. "My chef friends often ask me where they can try them, and I have no answer—except to invite them home."

He wants to change that. From authentic polas and bhakris to unique upkari combinations and a variety of chutneys, and Gojju preparations, he envisions Shenoy's as a space where GSB cuisine gets the recognition it deserves. More importantly, he wants to move away from fusion gimmicks and stay true to the roots of the cuisine. "These days, everything is loaded with Schezwan sauce and cheese," he remarks. "But there's so much more to explore in our traditional flavours."

As he takes Shenoy's forward, one thing is clear—this isn't just a restaurant; it's a movement to revive, preserve, and share a culinary heritage that deserves a larger place in India's diverse food landscape. And for many who walk through its doors, dining at Shenoy's isn't just about the food—it's about reliving a cherished past, one bite at a time.



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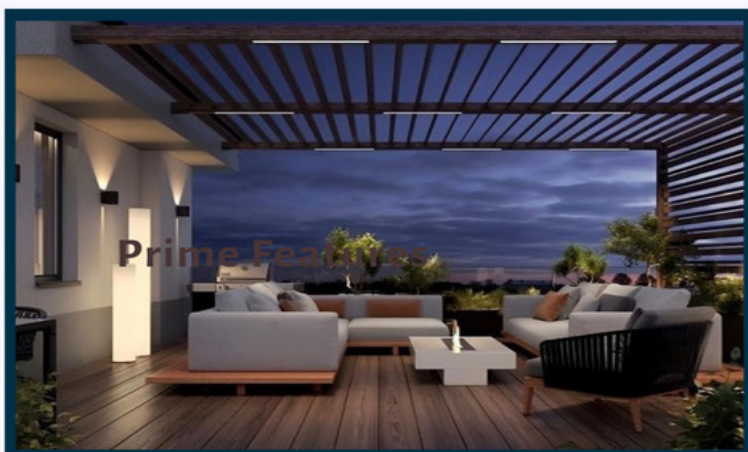
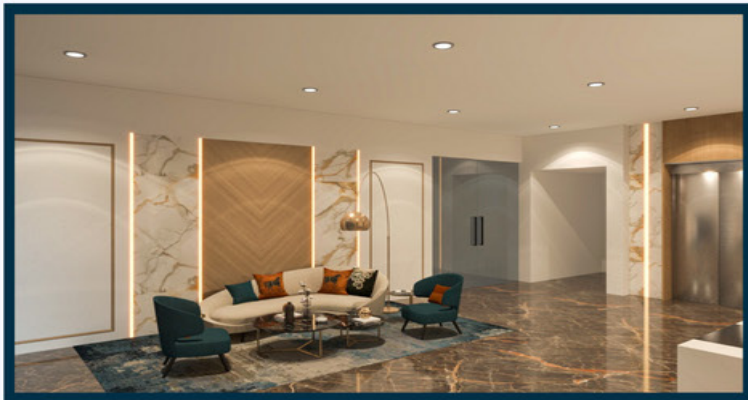
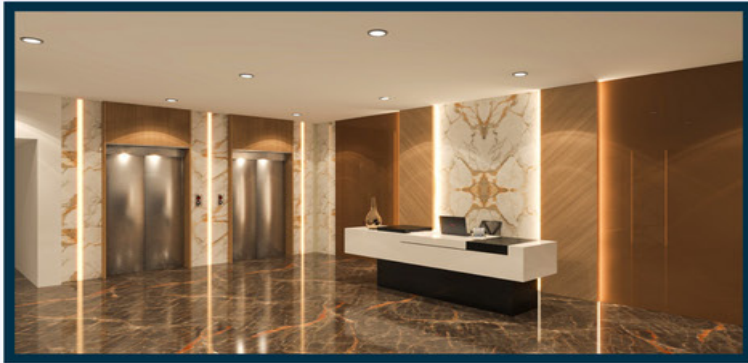
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- for all Windows A.C. Point,
- T.V. Cable Point, Telephone Point & Computer Point
- Granite Sill for Door Frame

Bedroom

- Vitrified Tiles Flooring(32"x64")
- Designer Doors
- Gypsum finish with Luster paints on wall
- Hi-Fi Lever Door Lock and Stylish Handle
- Anodized heavy section Aluminium French Window
- Tinted Glass for all Windows
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GSB RESEARCHER'S PAPER EARNS GLOBAL ACCLAIM IN LONDON



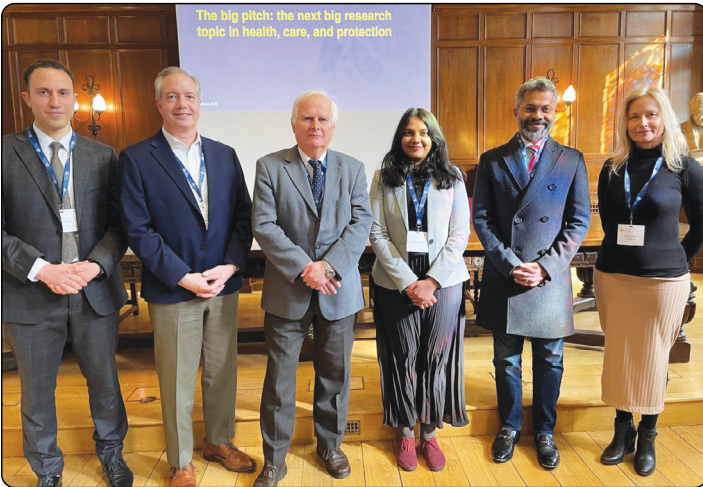
Shri Sushant Vasant Mallya has achieved a significant milestone in actuarial research, with his co-authored paper “Inverting the Health Care Pyramid, Building Synergies between OPD and IPD” being shortlisted among the top three globally at the prestigious Institute and Faculty of Actuaries in London in their “Big Pitch” event to explore next big research topic in health, care and protection.

This distinction marks a historic moment, as Shri Mallya’s work is the first research paper from India to receive such recognition at this esteemed international platform.

The paper’s selection has opened doors for potential collaborations, including opportunities to mentor actuarial science students in London. “Bringing Indian research to a renowned British platform has been an exhilarating experience,” Mallya stated.

Adding to his accomplishment, Shri Mallya’s research will also be published in the prestigious British Actuarial Journal, another first for Indian scholarship. “This achievement is one of the biggest breakthroughs in my life,” he expressed, sharing his joy and pride.

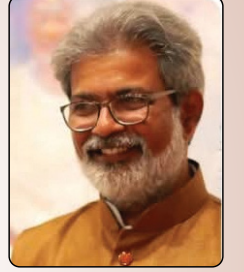
This recognition not only highlights the quality of Indian research on the global stage but also paves the way for future academic collaborations and knowledge exchange between India and the United Kingdom.



PADMA SHRI - PROUD MOMENT!

We extend our heartfelt congratulations to eminent artist **Shri Vasudeo Kamath** and veteran Marathi film and theatre actor **Shri Ashok Saraf** for being honoured with the prestigious Padma Shri 2025 for their exceptional contributions to the arts.

Shri Vasudeo Kamath, born in Karkala, a small town in Karnataka, and brought up in Mumbai, is a recipient of the Sabha’s G.S.B. Sharada Sanman Puraskar. He has made significant strides in the art world, having served as the All-India President of Sanskar Bharati, President of both The Art Society of India and the Bombay Art Society, and as the Founder Chairman of the Portrait Artists’ Group.



Shri Ashok Saraf, who spent his childhood in South Mumbai’s Chikhalwadi and hails from Belgavi, has had an illustrious career spanning over five decades. His versatile performances in Marathi and Hindi films, theatre, and television have won the admiration of audiences. Revered as the Mahanayak of the Marathi film industry, Shri Saraf was also honoured with the Maharashtra Bhushan, the state’s highest civilian award, in 2023.



The Vishwa Konkani Kendra has selected **Shri Gulvady Ramadasa Dattatreya Bhat** and **Smt. Geetha Shenoy** for the prestigious Dr. P. Dayananda Pai Vishwa Konkani Ranga



Shreshta Puraskara and Dr. P. Dayananda Pai Bhashanuvada Puraskara, respectively.

Shri Bhat, who developed an early interest in theatre, has dedicated over eight decades to amateur theatre, excelling in various aspects such as makeup, sound and lighting, acting, and directing, especially in historical plays like Prachandra Prashu, Atmalinga, Santha Jnaneshwara, and Tulasi Jalandhara. Now settled in Goa, he has earned recognition in the Konkani theatre scene from Mangaluru to Mumbai.

Smt. Geetha Shenoy is renowned for her translations of Vachana Sahitya, Kanakadasa Sahitya, Kuvempu Sahitya, etc, into Konkani. Additionally, she has translated 21 Konkani story-novels into Kannada, four Kannada works into Konkani, and 16 English works into Kannada.

RAVINDRANATH GADIYAR: FROM FIRST-CLASS CRICKETER TO MENTOR, SHAPING THE FUTURE OF INDIAN CRICKET



coach and selector, playing a crucial role in identifying and shaping young talent.

Ravi's journey in cricket began at Ramniranjan Jhunjhunwala College, where he honed his skills before joining the prestigious Shivaji Park Youngsters. Under the mentorship of Indian cricket legend Shri Sandip Patil, he developed the discipline and technique that would define his career. Representing BPCL, he competed in first-division tournaments for 15 years and continued playing veterans' cricket until 2014. His deep-rooted involvement in Mumbai cricket led him to serve as a selector for the U14, U16, and U19 teams, ensuring that emerging players had the opportunities they deserved.

Beyond his playing career, Ravi's commitment to cricket education saw him excel as a BCCI Level 1 Coach with distinction. His keen eye for talent made him a vital part of MCA's Talent Hunt 2.0 for the 2024-25 season. Whether coaching aspiring cricketers or scouting for the next big star, Ravi's influence extends across generations.

His leadership extends beyond the pitch. As an Officer on Special Duty for Sports at the Indian Education Society (IES), he contributes to sports development at the grassroots level. His efforts are driven by a vision to make cricket more accessible to young athletes, equipping them with the skills and mindset needed for success.

Ravi carries a legacy that goes beyond cricket. As the eldest grandson of A. Rama Nayak, the pioneer of Udupi hotels, he upholds the values of dedication, perseverance, and service. Just as his grandfather revolutionised the culinary landscape, Ravi seeks to transform young cricketers' lives through mentorship and guidance.

At the heart of his mission is a simple yet powerful goal: to nurture the next generation of Indian cricketers. Whether by offering technical expertise or strategic insights, Ravi continues to shape the future of the sport, ensuring that cricket in India remains in capable hands.

ANANYA SHANBHAG SHINES ON THE GLOBAL STAGE



Ms. Ananya Shanbhag is making waves on the global stage with her extraordinary performance in the critically acclaimed short film Anuja. Directed by the visionary Adam Graves and co-starring the talented nine-year-old Sajda Pathan, the film tells a heartwarming and deeply inspiring story of resilience, love, and hope amidst adversity.

Anuja follows the journey of a precocious nine-year-old orphan, Anuja, who works in a back-alley garment factory alongside her elder sister, Palak. Together, they strive to find joy and opportunity in a world that seeks to exploit and exclude them. When Anuja is faced with a rare opportunity, the fate of her family hangs in the balance, leading to a powerful and emotional narrative.

This short film has touched audiences worldwide, winning Best Live Action Short at the prestigious 2024 HollyShorts Film Festival. It also earned a coveted spot by securing the nomination for Best Live Action Short at the 97th Academy Awards.



Ananya's remarkable achievement is a matter of great pride for her parents, Shreeja and Vishwanath Shanbhag, who have been her constant pillars of support. Apart from her talents on screen, Ananya is also an accomplished Bharatanatyam dancer of repute and is currently pursuing her Bachelor's in Performing Arts at Christ University, Bangalore.

Notably, the film was backed by prominent producers, including Guneet Monga and Priyanka Chopra Jonas, who joined as executive producers to support the project.



Smt. Sandhya Prabhu, wife of Shri Naveen Hegde K., has been elected to the Governing Council of the High Court of Karnataka, Bengaluru Unit, Advocates' Association Bengaluru (Women's Category), while Shri Aravinda



Kamath P. has been elected for the same post in the Open Category.

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SRI LAKSHMI NARASIMHA TEMPLE, THALASSERY



History of Thalassery (Tellichery)

The town was established in 1683 by the British for the pepper and cardamom trade, and it was their first settlement on the Malabar Coast. In 1708, the British East India Company built the Thalassery Fort, which was attacked unsuccessfully by the Mysore ruler Hyder Ali in 1781. His son Tipu Sultan was forced to give the British ownership of the Malabar District in 1792.

Thalassery municipality was formed on 1st November 1866, making it the second oldest municipality in Kerala.

Thalassery has a unique place in Kerala's history. It was the centre for learning for the world-famous martial arts, Theyyam and Kalarippayattu. The first Malayalam newspapers, novels, and short stories were born in Thalassery. It's also the birthplace of the communist movement in Kerala. 'Rajya Samacharam', the first Malayalam newspaper, was published from Thalassery.

Thalassery is often called the 'Land of 3C's - Circus, Cricket, and Cake'. Lord Arthur Wellesley introduced cricket to Thalassery; Tellicherry Town Cricket Club was India's first cricket club and was formed in 1850. The town has a special place in the modern history of Kerala as the pioneer of the regional bakery industry. The first bakery and biscuit factory, Royal Biscuit Factory, was started by Mambally Bapu in 1880, and the western style cakes were introduced in 1883. Thalassery is also renowned as the cradle of Indian circus. Kerala's first and India's second circus company 'Malabar Grand Circus' was founded at Chirakkara in 1904 by Pariyali Kannan.

GSBs in Thalassery

The migration of GSBs to Kerala from Goa was mainly in two phases - in the 13th century (the exodus of 1294 AD) and, subsequently, in the 16th century (1560 AD). By 1360 AD, there were about 150 Saraswat families at Thalassery and neighbouring areas, and most of them were engaged in trade. The Saraswat migrations peaked during the second exodus from Goa.

The social life of GSBs was inseparable from the temples, and social exchanges with the locals were limited. Most of the new GSB settlers in Kerala were poor. However, they managed to get royal patronage and free land for establishing their temples. Over

the years, the GSB community had many successful businessmen and landlords.

History of Sri Lakshmi Narasimha Temple

Sri Lakshmi Narasimha Temple has its origins in a modest shrine dedicated to Lord Kodanda Rama built by a small group of GSBs who had migrated from Goa and settled in Thalassery in the latter half of 17th century and the early part of the 18th century in the heart of Thalassery town.

Thalassery was home to the immensely wealthy GSB merchant, Devdas Bhandari, who traded in spices, particularly the renowned Malabar Pepper, during the days of the British East India Company in the 18th century.

The legend associated with the origin of the Sri Lakshmi Narasimha (SLN) temple intertwines with the devout Devdas Bhandari. One night, Bhandari had a dream in which he was told that a Namboothiri (Malayalee Brahmin) would approach him with a divine idol of Lord Lakshmi Narasimha and a sacred Saligrama, and that he had to accept the same and generously give gifts of gold and jewels to the Namboothiri in return. The same night, the Namboothiri at the village of Taliparamba, about 50 kms to the north of Thalassery, also had a similar dream. He was instructed to proceed to Thalassery with the idol of Lord Lakshmi Narasimha and the Saligrama he had found in a well, and hand over them to one Devadas Bhandari. Accordingly, the Namboothiri started the very next day for Thalassery with the idol, and travelling by foot reached there in a few days and gave the idol to Bhandari who received it and presented the Namboothiri with rich gifts. Bhandari installed the idol in his house in the pooja room.



Mula vigraha

Since at that time the GSB community used to worship at the shrine of Lord Kodanda Rama in Thalassery (at the site of the present temple), in due course the idol of Lord Lakshmi Narasimha was handed over to the Mahajans of Thalassery by the Bhandari family. A proper temple was constructed in the place occupied by the Rama shrine and the idols of Lord Lakshmi Narasimha, Lord Rama, Lord Venkataramana with his divine consorts Sri Devi and Bhoomi Devi were installed. This prathishta was done by the 15th pontiff of Shri Kashi Math Samsthan, H.H. Srimad Sumatheendra Thirtha Swamiji in 1831 A.D. on Samvatrasra Vaishaka masa Shukla Panchami, Monday, Punarvasu Nakshatra of the Shaka era.

In due course, the Bhandari family lost its glory and had to sell its house to a non-Saraswat. Even today, the pooja room where

the idol was kept is kept closed and protected with respect and reverence by the owner, a Navayath Muslim.

After this, the Lakshmi Narasimha Temple could not be looked after properly and was neglected. This was later renovated and the reinstallation of the deity was done in 1871 AD by the 17th pontiff of Kashi Math, H.H. Srimad Bhuvanendra Thirtha Swamiji. The first Dwaja prathista was done in 1916 AD.

Administration of temple

The temple was, for long, administered by an Adhikari and two others elected by the Mahajans. In 1934, a dispute arose among the Mahajans, which ultimately resulted in the temple administration being taken over by the Hindu Religious and Charitable Endowments Board, then under the Madras Government. In 1990, the mahajans formed an action committee and approached the Hon. HC of Kerala praying that the administration of the temple be handed over to the Board of Trustees elected by the community members. In 1993, the temple administration was handed over back to the community. The temple is now administered by a five-member Board of Trustees elected democratically.

Temple complex and deities

Complex

The temple complex consists of an outer prakara or quadrangle which includes the shrines of Sri Hanuman, Sri Ganapathy, Sri Lakshmi and Sree Vittoba Rukmini. It also contains the copper-clad Dwaja. At the centre of the inner prakara is the Garbagriha or Sreekovil which houses the deities.

Deities

Mula Vighraha

The Garbhagriha or sanctum sanctorum holds the main deities (mula vighraha). The Garbha Griha is a Bahu-vera Vidhana, meaning more than one idol is installed in the same Garbha Griha. Garbha Griha has a three-tiered Simhasana (throne) on which the deities are installed.

On the top-most level in the centre is Lord Lakshmi Narasimha, flanked by Pattabhi Narasimha and Veera Vittala (Vithoba) on either side. The Narasimha form is in Soumya form. Many visit this temple to pray to Lord Sri Lakshmi Narasimha for his grace for curing diseases.

On the second tier are Kodanda Rama along with his brother Lakshmana and consort Sita, on either side of this group are Hayagriva, Varadaraja with his consorts and Gopalakrishna.

On the lowest tier are Lord Venkataramana along with his consorts Sridevi and Bhudevi. On either side of this group are Hanuman and Garuda.

The Saligramas and Naga devatas are installed on a separate Peetha below the Simhasana. Venkataramana is used as the Uthsava Vighraha (festival deity).



Uthsava Vighraha

Festivals

Starting with the New Year day in Chaitra, Ugadi, the main festivals are: Sri Rama Navami, Sri Hanuman Jayanti, Akshya Tritiya, Pratishtha Panchami in Vaishaka, Narasimha Jayanthi, Vaishaka Pournami, Vata Savitri Vrita in Jyesta, Ashada Ekadasi, Naga Panchami, Sree Krishna Janmashtami, Sravan Poornima, Vinayaka Chaturthi in Bhadrapada, Anantha Chaturdasi, Navarathri, Deepavali, Karthika Pournami festival starting on Karthika, Sudha Ekadasi, etc.

Karthika Pournami festival is probably the most well-known and popular among the GSB community, marking both the end of the Chaturmasya vritha and the Karthika Masa vritha.

In the month of Magha (January-February) comes the main festival of the temple - The Annual Brahma Rathotsava - starting on Magha Sudha Tritheeya with the hoisting of the temple flag on the Dwaja. The Rathotsava is on the Sapthami day (coinciding with the famous car festival at Sri Venkataramana Temple at Mangalore).

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Adapted for VoG by Shri Nityanand Shenoy, Mumbai, from an article provided by Dr. Nagesh Prabhu, Trustee of SLN Temple, Thalassery.



OM SREE KRISNAYA NAMAH



A SHORT VERSION OF ARANYAKA PARVA - PART 3 OF THE GREAT EPIC MAHABHARATA

by Divakara Shenoy, Kochi

Introduction

Esteemed readers may note that Part 2 of my article, Aranyaka Parva, was published in January-March 2025 edition of *Voice of GSB*. The great epic Mahabharata is a voluminous composition by the saint Vedavyasa, composed in poetic form containing about 100,000 Sanskrit verses, accommodated in 18 sections, known as Parvas. Sabha Parva is the second section followed by the third section known as Aranyaka Parva, which stretches over 11,664 verses in Sanskrit. A summarised version of the last published Aranyaka Parva Part 2 is given hereafter for readers' sake and continuity in reading.

Summary of Aranyaka Parva - Part 2

In the dice game played by the eldest of the Pandavas, Yudhishtira, his opponent, Shakuni fraudulently defeated him, who then lost all his wealth, kingdom, property and possessions, including his brothers and wife Panchali, kept at stake. As per mutually agreed condition, the loser of the game had to live in exile in the forest for 13 years. The Pandavas, therefore, set out to the Kamyaka forest with Draupadi. Mother Kunti stayed in Hastinapura with Vidhura. During their stay in the forest, Sage Brihadeswara visited Pandavas at their hermitage in the Kamyaka forest. Yudhishtira submitted before the Sage that the Kauravas had cheated him and his brothers by seizing their Kingdom, all wealth, and drove them to the forest. The Sage consoled Yudhishtira by narrating to him the story of King Nala of Nishad Kingdom who faced a similar situation and went mad and suffered more than what the Pandavas were made to suffer. But, with his mere will power and self-confidence, he had overcome the difficulties.

Sage Lomasa, who visited the Pandavas thereafter, advised Yudhishtira to spend the rest of the 12 years in pilgrimage and about the benefits of visiting holy places to reduce stress.

Accordingly, Pandavas started on a pilgrimage to visit holy places. The sage narrated several legends to the Pandavas during their period of exile in the forest. The sage told the story of sage Agastya who married very beautiful Lopamudra, the beloved of King Vidharba. King Vidharba, who was childless, was blessed by the sage Agastya, and thus fathered a beautiful baby girl named Lopamudra. Sage



Lomasa told several such interesting stories to the Pandavas, such as the story of Vatapi, whose brother Ilvala used to transform Vatapi into a goat with his magic power. He would kill the false goat for food and feed the goat meat to Brahmanas and then Vatapi would be invoked by Ilvala by his magic power to come to life and spring up by piercing their stomachs, thus killing the Brahmanas. Pandavas also heard from the sage the story of Rishyasringa, a budding saint. Rishyasringa's father would never allow his son to leave the hermitage as he wanted to keep his son isolated from the outside world to prevent any chance of him seeing a female. Another story told by the sage was that of Yavakrida who wanted to have all the knowledge of the vedas and scriptures without learning them. He performed severe penance to gain the grace of Indra for this. When Indra did not appear before him, he tortured his body and awakened compassion in Indra. Hearing such stories from the sage, the Pandavas continued their journey.

ARANYAKA PARVA - PART 3

BIRTH OF ASHTAVAKRA AND CURSE OF FATHER

The Pandavas, during their pilgrimage, arrived at another hermitage in the kingdom of Mithila, wherein the Sage Lomasa

told Yudhishtira the story of that place Mithila. He said that a Sage by the name Kahoda was the disciple of Sage Uddalaka, a great scholar and teacher of Vedas and Vedanta. Sage Uddalaka had great affection towards his disciple. Uddalaka gave his daughter Sujata in marriage to Kahoda. They lived happily and after a year the couple was expecting a son, who became well-versed in Vedas, even when he was in the mother's womb. Once when Kahoda was giving a discourse on Vedas, his son in the mother's womb was also hearing. In the middle of the discourse, Kahoda went wrong in reading some verses and the son pointed out the mistake to his father. Kahoda took it as an insult to him from his son and he cursed the foetus saying that it will be born with a twisted body of eight bends. The child was thus born with a twisted body and named Ashtavakra.

Once Kahoda went to the court of the King of Mithila, Janaka, to participate in a debate on sastras. The scholar of the court was a person by the name Vandī. As per the condition, the person defeated in the debate had to get drowned in the sea and die. Unfortunately, Kahoda, who was defeated by Vandī, drowned in the sea.

ASHTAVAKRA DEFEATED THE COURT SCHOLAR OF MITHILA

Ashtavakra was aware of the sad story of his father leading to death. He wanted to defeat Vandī, the scholar of the court, in the debate on Sastras. He, with his uncle Swetaketu, proceeded to Mithila. The security guards of the king at the gate prevented them from entering the sacrificial hall because only great scholars were permitted into the hall. After prolonged arguments by the two boys with the security guards, they were admitted into the hall where the debate was in progress. On entering the hall, the King Janaka warned the boys, telling them that Vandī had defeated all scholars in the debate, asking the boys to go back. Ashtavakra told the king that he came there to repay the debt due on account of his father, who was defeated by the court scholar and made to drown, as explained to him by his mother.

At last, the boys were allowed to meet Vandī, and in the debate, Ashtavakra defeated Vandī and made him drown in the ocean. Then the spirit of Kahoda, the father of Ashtavakra, gained peace and joy in the glory of his son. Thereafter, King Janaka became a disciple of Ashtavakra.

After this event, the Pandavas proceeded to Gandhamadana, where they stayed in a place called Narayana.

BHIMA IN SEARCH OF FLOWER SOUGANDIKA

Arjuna had gone to the Himalayas to offer penance to Lord Siva to acquire divine weapons and had not returned to the family. The absence of Arjuna was very badly felt by the Pandava brothers and Draupadi, and they were unhappy. Draupadi was distressed and downhearted and wanted to move to another place. They subsequently visited and lived at different places during their life in exile. During their pilgrimage, they happened to arrive at Narayan ashrama situated in a forest in the valley of Gandhamadana.

One day while Draupadi was sitting outside the hermitage, enjoying the beauty of the mother nature and the pleasant ambience of the forest, she experienced a light cool breeze that

carried a soothing fragrance of some flowers. She wanted to get those flowers. She requested Bhima to find out the source of the fragrance and bring those flowers. Bhima always wanted to keep her happy and in a pleasant mood. So set out in search of flowers.

BHIMA SAW A MONKEY BLOCKING HIS WAY AHEAD

It was a tedious journey for Bhima to go through the thick forest in search of the flowers wanted by Draupadi. Surprisingly, he found one small monkey lying on his way blocking his way ahead. Bhima ordered the monkey to move away from his way. But the monkey politely refused saying that it is too old and weak, not able to move even an inch.

Bhima was angry and at the same time he did not want to get into an altercation with the silly creature. He threatened the monkey saying that it would be nice if it moved away from his path, failing to obey, it would be thrown out of his way. Proud Bhima shouted at the monkey and introduced himself as Bhima, son of the wind God and mother Kunti, a Kshatriya of Kuru race and brother of Great Hanuman. He once again warned the monkey of severe consequences if it refused to obey his order. But the monkey was not in a mood to oblige. Monkey told Bhima that it did not want to know who he was or his fame. It asked Bhima to jump over it and proceed. Its rudeness and disrespectful reply made Bhima extremely angry.

BHIMA APOLOGISED TO HIS BROTHER HANUMAN

Bhima once again ordered the monkey to move out. The monkey told Bhima if he was in a hurry he could move its tail aside and go ahead. Angry Bhima tried to lift the monkey, pulling on its tail and throwing. But he could not move even an inch. Then he realised that it was not an ordinary monkey. He bowed his head before the monkey and prayed to disclose its identity. Bhima struck with wonder when the monkey grew to touch the sky and manifested before Bhima in its original form. Bhima saw Hanuman in front of him. Bhima apologised for his mistake and told his elder brother Hanuman what he had set out for. Hanuman alerted Bhima to be careful as his path ahead was dangerous. Hanuman informed that the path was meant for gods, which was not safe for human beings and that was why he came to prevent Bhima from going ahead. Hanuman knew that Bhima had reached there in search of Sougandika flowers. He guided Bhima to reach the pond where the Sougandika flowers grew. Bhima collected many Sougandika flowers from the pond and presented them to Draupadi.

STORY OF KAUSHIKA BRAHMANA

During their stay in the forest, Sage Markandeya visited the Pandavas. He told a story about the power of patience and chastity of women. He continued saying that once there lived a Brahmana by name Kaushika who was a strict Brahmachari and an ardent devotee of Lord Vishnu and Siva. Kaushika had attained divine power by severe penance to Lord Siva. One day, Kaushika, after a long walk, got tired and happened to rest under the shadow of a large tree nearby. At this time, he casually looked up at the sky. A crane was resting on the top branch of the same tree. The Brahmana was reciting Veda when the bird defecated on his head with droppings. The Brahmana could not resist his anger at the bird and looked at the bird furiously. The bird then at once fell

and died in front of him. Kaushika became sad for the evil thought passed in his mind in a moment of anger that caused the death of an innocent bird.

KAUSHIKSA'S ANGER AT A HOUSEWIFE

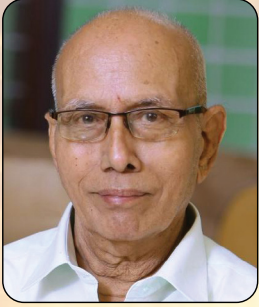
Some time after the incident of the death of the crane, Kaushika set out to collect food as usual by way of begging. He arrived in front of one house and waited at the door of the house to receive alms. The housewife saw him waiting at the door, but she was engaged in preparing food for her hungry husband. So, she could not immediately attend to the Brahmana waiting at the door. At the same time, her husband came home tired after a long day at work. The housewife went to attend her husband and, meanwhile,

forgot about the Brahmana waiting outside. After some time, suddenly, she remembered the Brahmana and went to give alms to him.

Kaushika was angry, which she could make out from his face. She apologised for the delay in attending to him. But he expressed his anger for detaining him for so long. The lady explained the reason for the delay. Seeing him still angry, she told him "I am not a crane to be killed by your cruel thought and raged look at me." Kaushika stood astonished when the housewife made mention of the incident leading to the death of the crane. He humbly looked at the housewife as if to seek an answer to the question he had in his mind. (To be continued).

Shubham

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Bhat's Kaavyaanjali

प्रकृति सुन्दरी

रचना : के अनन्त भट

आजि प्रकृति ही दिसता सुन्दरी ।

निज रूपान ही दिसता कशि की स्वर्गविले अप्सरे वरी ॥ पल्लवी ॥

नीळ मळबारी काळें मोड तें दिसता हिगेले केस ।

थळ थळ जात्ता विद्युत् माळा मोतियां माळेचे वेस ॥ 1 ॥

सूर्य किरणान दोनि पर्वत भांगरा स्तन दिसताति ।

कार्य परस्पर उलौनु खुशीन मनांतु जन हासताति ॥ 2 ॥

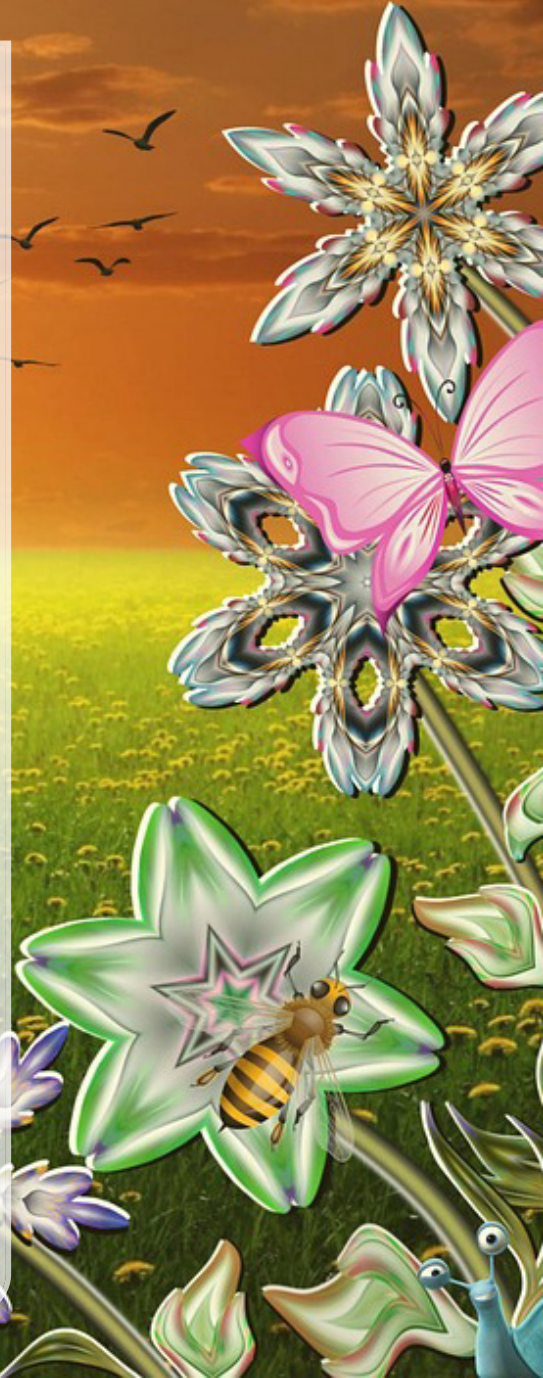
सौन्दर्य पळौनु दिसता हिगेली कोणे रचना केल्ली ।

चन्दायेन ही दिसता कशिकी सोळा वर्षांचि चेल्ली ॥ 3 ॥

शीतळ वारें तें येवु हिगेलो पाचवो गागरो हालता ।

अंतरंग हें आनंदु पांवता मनाक मोहान्तु घालता ॥ 4 ॥

Late Shri Kochi Anant Bhat is an esteemed poet and litterateur in Konkani language. He has penned more than 300 lyrics and songs. This poem was composed on 15th July, 1982. Aired on AIR, Mangalore 1st July, 1983.



NEWS FROM SISTER ORGANISATIONS

by Dr. Veena Adige

GSB Vsisters celebrate 14th Annual Day

GSB Vsisters, the vibrant all-ladies group of Navi Mumbai, celebrated their 14th Annual Day on 9th March 2025, with enthusiasm and joy. Their aim is to promote culture and provide opportunities for women to showcase their talents.

Over a hundred people attended the grand programme, where Vsisters and their families presented a variety entertainment show, followed by a formal segment. The Chief Guest, Asha Pai Dhume from the US, distributed prizes and shared her insights.

The programme began with the lighting of the lamp by dignitaries, followed by a rendition of Ganpati Vandana by Sheela Kamath, Anjani Pai, and Jaya Shenoy. This was followed by a medley of songs, dances, skits, and a fancy dress competition.

Sudha Kamath conducted the entertainment segment, while Savitha Joshy hosted the formal function. Veena Adige presented the annual report, and Srikala Adige introduced the Chief Guest, Asha Pai Dhume—a philanthropist and entrepreneur closely associated with Pratham, Houston, USA, an organisation dedicated to improving education for underprivileged children in India.

Speaking on the occasion, Asha Pai Dhume highlighted Pratham's mission and shared how renowned personalities like Waheeda Rehman, Anil Kapoor, and many others have generously contributed to the cause. She shared her enriching experiences with the Vsisters and their families, who listened with rapt attention.

Ruchira Sarma Shenoy, a talented and highly qualified teacher and scholar of Ancient Indian History, Culture, Archaeology, and Museology, was honoured with an award presented by Amrita Pai and Sudha Pai.

The vote of thanks was proposed by Sushmita Prabhu. All the Vsisters contributed to making the event a grand success, each playing a role in its execution.

Haldi Kumkum with a difference

GSB Vsisters group celebrated Sankranti Haldi Kumkum with a unique touch on Friday, 24th January at Bharatiya Vidya Bhavan. Along with traditional rituals such as offering tilgul and exchanging greetings—"Tilgul ghya, god god bola, sandu naka, majyashi bhandu naka"—participants also exchanged haldi kumkum, flowers, and gifts.

What set this event apart were the engaging games, talks, and contests that kept members entertained, happy, and engaged. A stimulating discussion on Sankranti celebrations across India covered various practices, beliefs, and the significance of the sun's transition from the south to the north (Uttarayan), with all 37 members contributing their knowledge.

Ten members participated in a sweet khichdi contest, which featured both traditional and modern variations. The judge, Shobha Bhandarkar, a businesswoman from Airoli, praised the presentation, taste, and creativity of the entries. The winners were:

- 1st place: Nandini Kamath
- 2nd place: Sumedha Bhandarkar
- 3rd place: Vidya Rao

A variety of games were organised by Savitha Joshy and Sudha Kamath. In the biscuit contest, the winners were:

- 1st place: Rohini Kudva
- 2nd place: Sumedha Bhandarkar
- 3rd place: Vidya Rao

In the balloon bangle game, the winners were:

- 1st place: Kala Kamath
- 2nd place: Amritha Shanbhag



ACTIVITIES AT THE GSBS MEDICAL TRUST

Breast Cancer Detection Camp

The 32nd Breast Cancer Detection Camp organised by the GSBS Medical Trust was held on 13th January 2025. This camp was graciously sponsored by Shri Ajoy Prabhu in memory of his parents, Smt. Nalini Prabhu and Shri Govardhan Prabhu.



The camp saw enthusiastic participation from women, who appreciated the absence of a waiting period and the efficient, systematic process of the checkup.

A total of 25 registered patients were examined in four stages. The medical team included dentists Dr. Shalini Rupnarayan, Dr. Swati Satpute, and Dr. Pratik Satpute; sonographers Dr. Gauri Amonkar and Dr. Ritesh Dalvi; and gynaecologists Dr. Gitli Belekar, Dr. Nutan Pai, Dr. Mira Naik, and Dr. Swapnali Malkar.

Smt. Gita R. Pai, Trustee, expressed gratitude to the staff for their efforts in organising the camp. She took time to interact with the patients and, along with Supervisor Ms. Neeta Patil, personally escorted them through the available facilities at the Centre.

Renovation of Physiotherapy Department

The physiotherapy department at GSBS Medical Trust's Unit 1 in Dasturwadi, Dadar, was recently renovated after 15 years. The upgraded facility, which had been closed for six weeks, was inaugurated on 17th January 2025 by Dr. Ajit Gunjekar and Mrs. Jui Gunjekar. Dr. Gunjekar formally opened the department by cutting the ribbon and performing a traditional coconut-breaking ceremony.



Dr. Vimal Telang, senior physiotherapist, demonstrated the new equipment and explained how physiotherapy helps in quick recovery from body ailments. Dr. Suchitra Somani highlighted the addition of advanced equipment, including the Combitherapy unit, Theraband exercise wall station, mobilization couch, traction table, and more, all aimed at improving patient rehabilitation.

The physiotherapy team, including Dr. Suchitra Somani, Dr. Chetana Shetty, Dr. Nivedita Ajaonkar, Dr. Seema Mahale, and Dr. Vidi Dave, will continue to provide top-notch care. In appreciation of Dr. Gunjekar's presence, Dr. Sandhya Kamath, Trustee, honoured him with a good luck plant.

Inauguration of Sonography Machine with Color Doppler

On 5th February 2025, GSBS Medical Trust proudly inaugurated a new Sonography Machine with Color Doppler, donated through



Federal Bank's CSR initiative. The ceremony took place at Unit 1 in Dadar, with Federal Bank Dadar East Branch Manager, Mr. Sony Abraham Kurian, graciously handling the formalities.

Dr. Suhas Prabhu, President of GSBS Medical Trust, welcomed Mr. Kurian and Federal Bank Manager Mr. Harshit Singh, briefing them on the Trust's work. They were introduced to Dr. Rajesh Asnani, the centre's long-serving and popular Sonologist.

The inauguration included a ribbon-cutting ceremony and coconut-breaking, followed by a prayer for the machine's long service. Smt. Gita Pai, Secretary, expressed heartfelt thanks to Mr. Kurian, Mr. Singh, and Federal Bank's CSR committee for their generous support.

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