

July - September 2025

Volume IX, Issue 2 | Price Rs. 3/-*



Voice of G.S.B.



For e-VoG, scan QR code
<https://gsbsabhamumbai.org/vog/>

SAHODARI

WITH HER. FOR HER.

Empowering Our Sisters

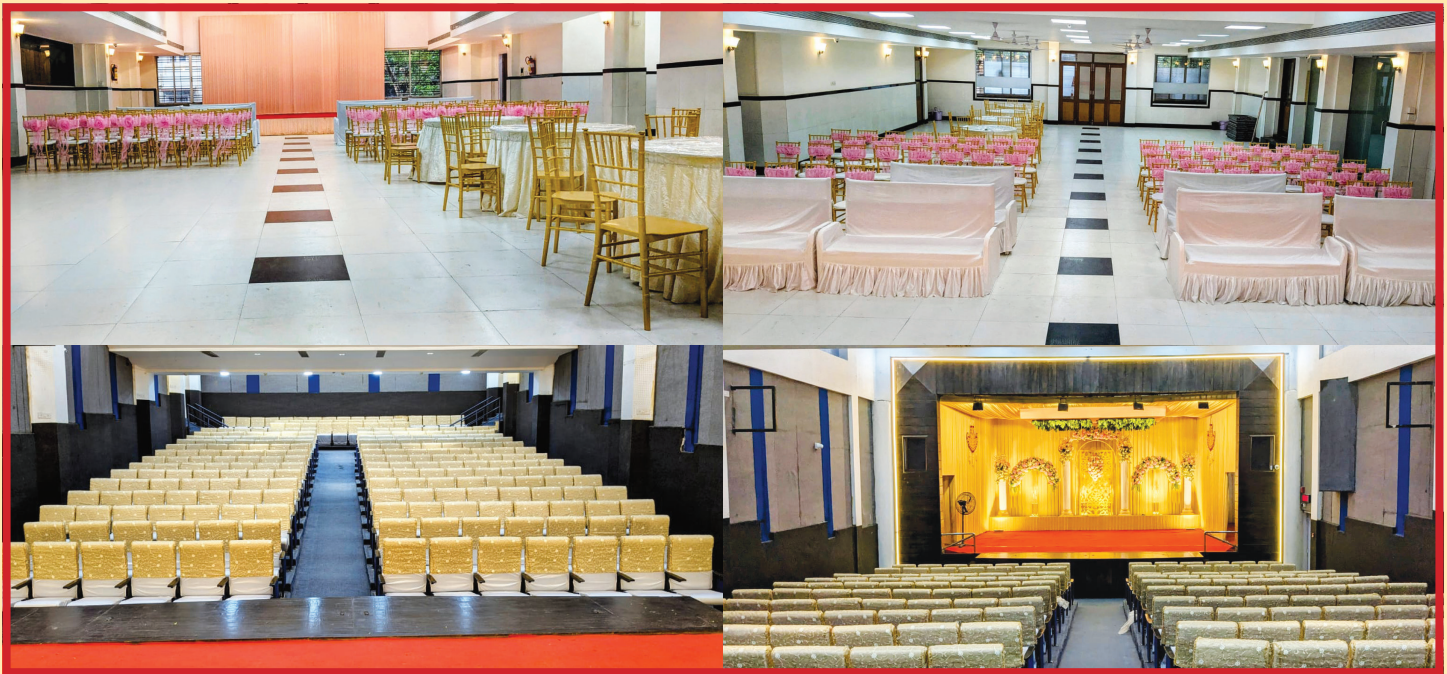
*circulated free to patrons and life members of G.S.B. Sabha, Mumbai | www.gsbsabhamumbai.org

Mumbai Tamil Sangham Hall @Sion is Now Available for Bookings

Your Grand Event Deserves the Perfect Stage

Mumbai Tamil Sangham – where celebrations come to life

Planning an unforgettable gathering in Mumbai? Whether it's an elegant wedding, an engagement ceremony, a milestone birthday, a lively sangeet, a corporate gala, or a dazzling fashion show, our venue transforms every occasion into a masterpiece.



Why choose us?

1. Spacious & Versatile – comfortably host 150 to 700+ guests in custom layouts.
2. Prime Central Mumbai Location – easily reached by road, rail, and Metro from every corner of the city.
3. Everything Tailored for You – bespoke menus, décor, and entertainment curated to match your vision and budget.

Elevate your next event.

Call us today to talk through your plans and book a private tour.

📞 9029191919 | 9820282272

📍 Mumbai Tamil Sangham, Mumbai Tamil Sangham Marg,
Sion, Mumbai 400 022

P.S. Specially curated packages available for the GSB community

SABHA ADHYAKSHA SANDESHU

Dear Samaj bhandhavas,
Namaskaru.

The past quarter brought with it a series of heartbreaking tragedies — the air crash in Ahmedabad, the Kundmala Bridge collapse in Pune, the stampede in Bengaluru and the terror attack in Pahalgam. These events have deeply impacted our nation and its people. Our heartfelt condolences go out to all the bereaved families. May they find strength and peace during these testing times.

Amidst these challenging moments, it was uplifting to witness the spirit of community shine. In June, our Mahila Shakha successfully hosted the 85th edition of Parichay at the Vashi Balaji Mandir. It was truly heartening to witness the second generation stepping forward and participating in this meaningful initiative to foster connections within the community.

Furthering our commitment to community well-being, the Sabha launched Sahodari (meaning 'sister' in Sanskrit)—a support scheme for single women, including widows, single mothers, and divorcees, who are navigating financial challenges and family responsibilities. This initiative was announced on Vijayadashami, 12th October 2024, and benefits were disbursed to 10 Sahodaris on International Women's Day, 8th March 2025. We humbly solicit your support for our sisters. For availing or contributing to the scheme, kindly refer to the details on the inside page.

The mathadipatis of our GSB maths would be observing Charturmas vrata. Various religious rituals would be performed for the peace and prosperity of Bharat varsh. We pay our respects to them and pray for the well-being of our community members.

As we step into the festive season, beginning with Ashadi Ekadashi, we are delighted to announce Bhakti Natya Tarang, our annual musical celebration dedicated to the divine spirit of Vithu Mauli, on 26th July.

The pious month of Shravan and Bhadrapad brings with it many festivities and typical Konkani seasonal delicacies.

We also look forward to commemorating the 92nd Foundation Day of the Sabha on 17th August.



On this special day, we pay tribute to the foresight and dedication of our founders, who laid the path for our collective journey towards “Enhancing Community Well-being.”

The Mahila Shakha will be organising the Shravan Haldi Kumkum on 27th July. All programme details are shared inside.

With great anticipation, we now await the arrival of beloved festivals such as Nag Panchami, Sutta Punnav, Krishna Janmashtami, and Ganesh Utsav. Let us come together in spirit and celebration, participating wholeheartedly in all our upcoming events.

We also appeal to you to support the Sabha with your tana, mana, and dhana—your time, energy, and resources. If you wish to get involved or contribute, we warmly welcome your participation.


Let us stay connected, stay inspired, and grow stronger as a community.

Dev Baren Koro,

Dhanyawadu,

Laxmikant Prabhu

TABLE OF CONTENTS

Kassal Vishay Abba!!!	Khanche Panna Ri
SABHA ADHYAKSHA SANDESHU	3
AMMGELE KHABBAR Report on our Mahila Shakha programmes and activities	5
AMMGELI VASARI Non-traditional/New Varieties of Naivedya/Prasad	24, 25
ANUBHAV ANI VICHAAR	
a. Making my Own Cooking Gas in the City? Yes, it's Possible! <i>by Dr. Vaishali Kamath</i>	12
b. The Thighs Have It <i>by Ajita Kini</i>	20
c. Lessons in Bhagavad Gita <i>by Dr. Gayatri G Shenoy</i>	26
d. Let's Talk about Mental Health <i>by Satvika Kamath</i>	32
e. The Joy of Purpose: Serving Society in Retirement <i>by Ashok Prabhu</i>	41
	
f. Goan Saraswat Food: A Living Legacy of Taste, Tradition & The Sea <i>by Dr. Neha Dangi</i>	44, 45, 46
g. A Journey of Light <i>by Veena Shenoy</i>	50, 51, 52
AROGYAM DHANA SAMPADA The Role of Physiotherapy in Respiratory Conditions <i>by Dr. Razia Begum Shaikh</i>	14, 15, 16
CHITRAKALA PRADARSHAN The Art Gallery	40
JAHIRAT Classifieds	52
KARMAYOGI SADHAKAS : Shri Devendra Pai Shri Vasudev Kamath Shri Ashok Saraf Shri Nikhil Prabhu Ms. Amoolya Kamath Dr. Seema Pai Master Rohan Koppiker	37, 38
G.S.B. LEGENDS : Kamalabai Prabhu and the Thali Case: a Saga of Patriotism and Sacrifice <i>by V. Sudhish Pai</i>	42, 43

Kassal Vishay Abba!!!	Khanche Panna Ri
KAVI SAMMELAN Poems <i>by Kalpana P. Kamath</i>	49
MUKHYA DINAANK YADI List of Important Dates in the Quarter July - September 2025	43
PAURANIK KATHA Aranyaka Parva - Part 4 of Mahabharata <i>by Divakara Shenoy</i>	47, 48, 49
SAMAAJA KHABAR	
Pillars of Strength programme of GSB Scholarship League	53
GSB Vsisters Hit a Century!	53
Activities at the GSBS Medical Trust	54
	
SANKALP Sahodari: Sabha's Initiative to Support our Sisters	10
SUCHANA	
a. Sutta Punav	16
b. I.M. Pai Hall – An Ideal Hall for Small Gatherings	37

YEVACHE KARYAKRAMU

a. 92 nd Foundation Day Celebrations	6, 7, 8
b. Bhakti Natya Tarang	11
c. Mahila Shakha's Shravan Haldi Kumkum	13

Voice of G.S.B.

Volume IX, Issue 2, July-September 2025

Editor: Laxmikant Prabhu

Editorial Committee

Convenor: Sai Prabha Kamath

Joint Convenor: Amit Shanbaug

Members: Uday Malya, Amita Kini, Subray Shenoy, Damodar Mallya

Design: Saicreativity Enterprise Print: Uchitha Graphic Printers Pvt. Ltd.

For advertisement enquiries, email us at gsbvog@gmail.com

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

Our Mahila Shakha Bhajan group offered Bhajan sevas as follows:

30th March to 6th April: During Rama Nama Japa yajna at Wadala Ram Mandir

12th April: During Palki Utsav on account of Hanuman Jayanti at Wadala Ram Mandir

19th May: During Swamiji's camp at Walkeshwar Kashi Math

31st May: During the annual pooja of the Sabha at Walkeshwar Kashi Math

Mahila Shakha hosts 85th Parichay: The Mahila Shakha of G.S.B. Sabha, Mumbai, successfully hosted its 85th Parichay, a

matrimonial meet, on 8th June 2025 at SLVT Temple (Vashi Balaji Mandir). The event saw a gathering of approximately 250 attendees, including registered eligible boys and girls.

Mahila Shakha President, Smt. Amita Kini, welcomed the participants and highlighted the importance of Parichay in facilitating meaningful alliances within the GSB community. She emphasised that trust, adjustment, and compromise are the pillars of a successful marriage.

The event provided a platform for participants to share insights about their background, family values, and preferences. A heart-warming moment occurred when a parent shared that he had once attended Parichay in the 1990s for himself, and was now attending for his eligible daughter.

The full-day event was a grand success, supported by the excellent hospitality of the Managing Committee of Shree Balaji Mandir, who also provided a sumptuous complimentary breakfast, lunch, and tea for all attendees.

Smt. Kini concluded by expressing heartfelt gratitude to the Managing Committee of Balaji Mandir for their support and warm hospitality. On behalf of the Mahila Shakha team, she extended her best wishes to all the eligible boys and girls for successful and harmonious alliances.

"Marriages are made in heaven... and we make them happen at PARICHAY."



COMPOST - A GREEN INITIATIVE OF MAHILA SHAKHA

- * 100% Natural, Organic Compost
- * Made of dried leaves, flowers, fruits and vegetable waste
- * No chemicals
- * No pesticides
- * Cruelty-free
- * Rich in nutrients
- * Aids plant growth
- * Available for a nominal donation at Kreeda Mandir, Matunga

For more info and queries, contact Kreeda Mandir Manager Shri Srinivas - 99676 54283

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.



GOWD SARASWAT BRAHMAN SABHA, MUMBAI 92ND FOUNDATION DAY CELEBRATIONS

The President and Members of the Managing Committee request the pleasure of your company, with family and friends, on the occasion of the 92nd Foundation Day Celebrations of the Sabha

Program details are as under :

- Date and time** : Sunday, 17th August 2025, 4 p.m. onwards
- Venue** : Third Floor, Shree Vidyadhiraj Sabha Graha,
Gokarn Parthagali Jeevotam Math,
Shree Ram Mandir, Wadala, Mumbai – 400 031.
- Chief Guest** : **Shri Ganesh Shanbhag, Founder-CEO, SMS Financial Services Pvt. Ltd.**

The program schedule is as under : 4 p.m. to 6.30 p.m.

Formal Program

- Lighting of Lamp
- Welcome and about the Sabha
- Introduction of the Chief Guest
- Honouring Merit Students from Std X onwards. (Please see details below.)
Silver medals are sponsored by Smt. Jayashree Ramesh Shenoy
- Felicitation of meritorious Vidyanidhi beneficiaries, from Std I to IX, with the V.R. Shenoy Memorial Vidyanidhi Merit Award, **sponsored by Smt. Sadhana and Shri Sunil Shenoy, USA**
- Felicitation of children, contributing drawings/articles/poems to Voice of G.S.B., with GSB Promising Talent Award, **sponsored by Smt. Suchitra Sukhthankar**
- Speech by the Chief Guest
- Talk by the Sabha President
- Vote of Thanks

6.30 p.m. Light Refreshments Courtesy – Nagesh Rama Nayak's 'Café Mysore'

Honouring of merit students

Sabha presents educational merit awards to students of GSB community with the following criteria:

- Student should be a resident of Mumbai, Navi Mumbai, Thane/Palghar or Raigad Districts, although the studies may be pursued out of Mumbai.
- The student himself/herself or one of his/her parents should be a member of this or any other G.S.B. institution based in Mumbai and its suburbs.

3. Only Final Year/Semester exam performance for the Academic Year 2024-2025 will be considered. Also, students who could not apply for the previous Academic Year and whose final year/semester results were declared after 7th August 2024, will be considered.
4. The following courses of studies are eligible :
 - a. SSC, HSC, Graduate Courses, Medical, Engineering, Technology, C.A., I.C.W.A., C.S., Law, M.B.A. Any other post graduate/ professional examinations conducted on an All India basis or completed abroad will also be considered.
 - b. In case of SSC/HSC/Graduate students, there is a minimum percentage to qualify for applying as under: SSC/ ICSE/CBSE – 90%, HSC Science – 85%, HSC Arts – 80%, HSC Commerce – 75%, Graduate Courses – 75%. For post-graduate/ professional courses, a final year pass is needed.
5. Certificate of merit will be presented to all awardees. In addition, for students pursuing courses in India, silver medals and felicitations, from the endowments set up for this purpose and announced on the next page, will be awarded, based on criteria laid down.

The applicants should fill in online application form on the given link <https://forms.gle/gc7igDBW57xavHw68>. The link can also be accessed from G.S.B. Sabha, Mumbai's website, www.gsbsabhamumbai.org.



The online application forms must be filled on or before Sunday, 3rd August 2025. Applications received late, if any, will be presented with Certificate of Merit and the presentation of silver medals/felicitations to late applicants will be at the discretion of the Committee.

All award winners will be informed by e-mail only. The list of award winners will be displayed on our website, www.gsbsabhamumbai.org, by **Wednesday, 6th August 2025**. Applicants may seek any clarifications in this regard by Saturday, **9th August 2025**.

The decision taken by the Managing Committee will be final and binding on the applicant.

Presentation of V.R. Shenoy Memorial Vidyanidhi Merit Awards

The V.R. Shenoy Memorial Vidyanidhi Merit Awards are presented to the toppers from Class I to Class IX from the beneficiaries of the Sabha's Vidyanidhi Fund. For this event, the awardees will be selected from the Vidyanidhi beneficiaries of AY 2025-2026, based on their final exam marks of AY 2024-2025. **These awards are sponsored by Smt. Sadhana and Shri. Sunil Shenoy, USA, in memory of his father.**

Presentation of GSB Promising Talent Award

The GSB Promising Talent Award will be presented to the children who contribute their drawings and articles to *Voice of GSB*, Sabha's quarterly newsletter. Issues released from October-December 2024 to July-September 2025 will be considered for this event. **This year, these awards are sponsored by Smt. Suchitra Sukhthankar.**

Mumbai	Shri Laxmikant T. Prabhu	Smt. Anuradha Shenoy	98926 72327
15-06-2025	President	Smt. Prathima P. Pai	98213 73000
	98203 16495	Shri S. D. Shenoy	98201 02774
		Jt. Programme Convenors	

GOWD SARASWAT BRAMHAN SABHA, MUMBAI
EDUCATIONAL MERIT AWARDS TO BE AWARDED ON 17th AUGUST 2025

Felicitations will be presented to the merit students during the Foundation Day from the following endowments:

1. A. M. KAMATH MEMORIAL AWARDS (4) - Donated by his son, Shri Dinkar Kamat.
2. SRIDHAR BABURAO MAHALE AND SRIDEVI SRIDHAR MAHALE MEMORIAL AWARD – Donated by their children.
3. GOPAL PAI MEMORIAL AWARD – Donated by his wife, Smt. Radhabai Gopal Pai.
4. DR. HARISH R. NAYAK MEMORIAL AWARDS (2) – Donated by his Mother-in-law, Smt. Radhabai Gopal Pai.
5. KAMAKSHI HARISH NAYAK MEMORIAL AWARD – Donated by her mother, Smt. Radhabai Gopal Pai.
6. CHHAYA HARISH NAYAK MEMORIAL AWARD – Donated by her Grand Mother, Smt. Radhabai Gopal Pai.
7. SHRINIVAS MANJUNATH KAMATH AND RADHABAI SHRINIVAS KAMATH MEMORIAL AWARD – Donated by their daughter, Ms. Nalini S. Kamath.
8. DR. B. M. ACHARYA MEMORIAL AWARD – Donated by his wife, Smt. Meera M. Acharya.
9. SMT. SUMATI V. PRABHU AWARD – Donated by her husband, Dr. V. R. Prabhu.
10. KUSUM R. KAMATH MEMORIAL AWARD – Donated by her husband, Shri R. L. Kamath.
11. PRABHAKAR SARVOTTAM KAMATH MEMORIAL AWARD – Donated by his wife, Smt. Poonima Kamath.
12. MOHINI N. RAO MEMORIAL AWARD – Donated by her husband, Shri K. Nagesh Rao.
13. I. M. PAI MEMORIAL AWARD – Donated by Dr. V. R. Prabhu and Smt. Sumati V. Prabhu.
14. BALAKRISHNA G. KAMATH MEMORIAL AWARDS (2) – Donated by his son, Shri Ashesh B. Kamath.
15. BALAKRISHNA G. KAMATH MEMORIAL AWARDS (2) – Donated by his daughter, Dr. Arati B. Kamath.
16. DR.(MRS.) NALINI PANDURANG PAI MEMORIAL AWARD – Donated by her husband, Dr. Pandurang M. Pai.
17. DR. PANDURANG M. PAI MEMORIAL AWARD – Donated by his son, Shri Prashant P. Pai and daughter-in-law, Smt. Vidya P. Pai.
18. SURESH PYE MEMORIAL AWARD – Donated by his wife, Dr. Arati B. Kamath.
19. GULABI R. PAI MEMORIAL AWARD – Donated by her grandchildren, Dr. Anushree & Dr. Ashok G. Pai.
20. KARKALA MEERA & VASUDEVA JOISHY MEMORIAL AWARD – Donated by their daughter, Smt. Sudha G. Pai and son-in-law, Shri K. Govindraya Pai.
21. SMT. VEENA AND SHRI MOOBBIDRI NARAYAN PRABHU AWARD – Donated by their son, Shri Arvind N. Prabhu and daughter-in-law, Smt. Divya Arvind Prabhu.
22. SHRI MOOBBIDRI NARAYAN PRABHU 'Platinum' AWARD – Donated by his wife, Smt. Veena N. Prabhu.
23. SMT. YAMUNABAI AND SHRI KUMBLA MANJUNATH BHAKTA MEMORIAL AWARD - Donated by their son, Shri K. R. Bhakta and daughter-in-law, Smt. Roopa R. Bhakta.
24. DR. V. M. KINI MEMORIAL AWARD – Donated by his wife, Smt. Sudha V. Kini.
25. SMT. NAILINI BHANDARKAR MEMORIAL AWARD – Donated by her husband, Shri M. Ramkrishna Bhandarkar.
26. SMT. VIMALA KINI MEMORIAL AWARD – Donated by her husband, Shri K. Narasimha Kini.
27. DAYANAND MANJUNATH BALIGA MEMORIAL AWARD – Donated by Smt. S.S. and Shri S.D. Baliga.
28. SMT. SAROJINI HEGDE MEMORIAL AWARD – Donated by her family.
29. SMT. MANORAMA R. RAO MEMORIAL AWARD - donated by her son, Dr. Rajesh R. Rao.
30. LATE KAPU SATYAVIJAY H. SHENOY MEMORIAL AWARD - donated by K. H. Shenoy & Bros. (Haricane)
31. SMT. SANJIVI AND SHRI D. K. SHENOY MEMORIAL AWARD - donated by their son, Shri Subray Damodar Shenoy.
32. SHRI PUNDALIK U. PAI MEMORIAL AWARD - donated by his family.
33. SANOOR RAMRAYA PAI MEMORIAL AWARD – donated by his son, Dayananda Pai and daughter-in-law, Smt. Vidya D. Pai.
34. ROHINI PANDURANG NAYAK MEMORIAL AWARD – donated by her daughter, Smt. Vidya D. Pai and son-in-law, Dayananda Pai.
35. SHRI MADHAV DURGADAS DHUME MEMORIAL AWARD - donated by his son Shri Pankaj M. Dhume and his daughter-in-law Smt. Asha P. Dhume.
36. SHRI SAMEER BHAT MEMORIAL AWARD, donated by his mother, Smt. Vatsala Bhat.
37. SHRI GURPUR SRINIVAS BHAT MEMORIAL AWARD, donated by his wife, Smt. Vatsala Bhat.
38. SHRI K. G. PAI MEMORIAL AWARD, donated by his children, Dr. Ashok G. Pai & Smt. Asha P. Dhume.
39. SHRI NARAYAN ACHUT PAL (KASARGOD) MEMORIAL AWARD - donated by his son Shri N. N. Pal & daughter-in-law, Smt. Padma N. Pal.
40. SMT. RADHIKA MADHAV DHUME MEMORIAL AWARD donated by her son, Shri Pankaj Dhume & daughter-in-law, Smt. Asha P. Dhume.
41. SMT. GULABI RAMARAYA PAI & SMT. ROHINI PANDURANGA NAYAK MEMORIAL AWARD - donated by their Granddaughter, Dr. Reina Pai Bender & Mr. Jason Robert Bender.
42. SMT. MANJESHWAR SULOCHANI NARAYAN KAMATH MEMORIAL AWARD - donated by her daughter, Smt. Durga Shenoy.
43. SHRI MULKI MADHAV KUDVA AND SMT. NALINI M. KUDVA MEMORIAL AWARD donated by Smt. Geeta G. Bhat, Smt. Radha S. Bhat and Smt. Devyani P. Shenoy.
44. SMT. PREMLATA & SHRI GURPUR SUBRAYA PRABHU MEMORIAL AWARD donated by their daughter, Smt. Deepa S. Prabhu.
45. CANARA HIGH SCHOOL ALUMNI AWARD, donated by Alumni of Canara High School.
46. SMT. B. SARASWATI AND SHRI B. VENKATRAMANA PAI MEMORIAL AWARD donated by Shri B. Srinivas Pai.
47. KARKALA KESHAV JOISHY & SMT. SUSHILA K. JOISHY MEMORIAL AWARD donated by Smt. Mukta and Dr. Suresh K. Joishy, California, USA.
48. SMT. MOHINI GOPALKRISHNA KINI MEMORIAL AWARD donated by her children, Smt. Suchitra Kamath, Smt. Urmila Nayak & Shri Siddharth Kini.
49. SHRI V. R. SHENOY MEMORIAL AWARD, donated by his daughter-in-law and son, Smt. Sadhana & Shri Sunil R. Shenoy.
50. SMT. VATSALA R. SHENOY MEMORIAL AWARD, donated by her daughter-in-law and son, Smt. Sadhana & Shri Sunil R. Shenoy.
51. SMT. KRISHNI VAMAN KINI MEMORIAL AWARD - Donated by her grand-daughter, Ms. Karishma Kini.
52. SHRI ANANT (UNCLE) PAI MEMORIAL AWARD, donated by Shri Satish Kini.
53. SMT. LALITA ANANT PAI MEMORIAL AWARD, instituted by G.S.B. Sabha, Mumbai.
54. DR. V. R. PRABHU MEMORIAL AWARD – Donated by his children, Smt. Sushma Shenai, Dr. Suhas V. Prabhu and Shri Jagannath V. Prabhu.
55. SHRI PUTTUR KORAGA KAMATH MEMORIAL AWARD – Donated by his daughter, Smt. Vimala J. Prabhu.
56. SHRI B.R.PRABHU MEMORIAL AWARD – Instituted by G.S.B. Sabha, Mumbai.
57. KUNDAPUR GOPALKRISHNA KAMATH MEMORIAL AWARD – Donated by Smt. Shakuntala Gopalkrishna Kamath and daughters.
58. AWARD INSTITUTED BY SMT. SAVITA AND SHRI S. N. BHAT
59. SMT. SARASWATI AND SHRI HEJMADY SURYAPPA RANGAPPA SHENOY MEMORIAL AWARD Donated by their daughter, Smt. Shambhavi R. Shenai.
60. SMT. INDIRA (nee BHAGIRATHI) AND SHRI BALKUNJE KESHAV KONAPPA MEMORIAL AWARD Donated by their daughter-in-law, Smt. Shambhavi R. Shenai.
61. SMT. SUNITI G. BHAT MEMORIAL AWARD Donated by her sister-in-law, Smt. Shambhavi R. Shenai.
62. SMT. SUNDARIBAI MANJUNATH KAMATH MEMORIAL AWARD Donated by her son, Prof. Padmanabh M. Kamath.

Earth Crop Bio Fertilizers Pvt. Ltd - Canadian Technology

Vision - Save the soil. Protect Environment

Product - Bio Trigger Mechanism (BTM)

Beneficial families of naturally occurring soil microbes



Applications

Agriculture

➔ **Soil enrichment, healthy plants, plant nourishment, normalising soil pH, improving water holding, better crop yield.**

Sanitation

➔ **Toilet, septic tank treatment, odour control, reduced methane gas production, clean effluent outflow, higher waste holding capacity, low frequency tank cleaning, no mosquitoes**

Compositing biodegradable waste

➔ **Low cost high value proposition, kitchen waste, bio-mass, Municipal wet waste, highly scalable**

Contact Number: Dr Krishna Pai - 9870111598

SANKALP



**G.S.B. Sabha, Mumbai's
initiative to support our sisters**

SAHODARI

WITH HER. FOR HER.



**The Sabha's new scheme extends a caring hand to
single women (widows/single mothers/divorcees)
navigating financial strain and family duties.**

Following benefits are provided

- ✦ Monthly sustenance allowance of Rs. 1,000/-
- ✦ Medical support for medicines needed by her/her children
- ✦ Grocery kit delivered at doorstep every month
- ✦ Educational support for her children at twice the Vidyanidhi benefit

**The benefits are provided after a strict diligence process,
which includes a house visit to the intended beneficiary.**

Contact Sabha Office: 022 2408 1499 / 022 3172 6426 / 98330 84957



G.S.B. SABHA, MUMBAI

Presents

Bhakti Natya Tarang

2025

॥ Sangam of Abhang and Natya Sangeet ॥



PROGRAMME SPONSORED by

Shri Mangalore Prakash Hegde
Shri Anil Kamat (in memory of his father Shri R.L. Kamat)
SMS Financial Services Pvt. Ltd.



SHARANYA SHENOY
Vocalist



DAYAKAR BHAT
Vocalist



BRAHMI SHENOY
Vocalist



RITIKESH DALVI
Pakhawaj



SHUBHADA GAIKWAD
Harmonium



TANAY REGE
Tabla



RAVINDRA SHENOY
Manjira



DHANYA PRABHU
Anchor

The Managing Committee of G.S.B. Sabha, Mumbai, is pleased to announce its annual Bhakti Natya Tarang programme on Saturday, 26th July 2025, as an offering to its members and also to its patrons and well-wishers. This annual programme, which is a melodious confluence of bhakti and natya sangeet, has been held by the Sabha since 2016, around the auspicious Ashadi Ekadashi, which was on 6th July this year. Details of the programme are as under:

Day and Date : Saturday, 26th July 2025
Time : 4 p.m. to 7 p.m. (With a refreshments break)
Venue : Ground Floor, Dwarkanath Bhavan Hall, Shree Ram Mandir, Katrak Road, Wadala West, Mumbai, Maharashtra 400031

PERFORMING ARTISTES

Vocalists : Sharanya Shenoy, Brahmi Shenoy, Dayakar Bhat
Tabla : Tanay Rege
Pakhawaj : Ritikesh Dalvi
Harmonium : Shubhada Gaikwad
Manjira : Ravindra Shenoy
Anchor : Dhanya Prabhu
Artiste Coordinators : Kala Coast

Mumbai Laxmikant T. Prabhu
25.06.2025 President
98203 16495

Amita Kini 98700 62476
Prathima Pai 98213 73000
Dr Anita Shenoy 98204 80709
Jt. Programme Convenors

This programme is open to all GSBs. Considering the limited capacity of the hall, the entry will be on a first come basis. First row is reserved for guests and invitees

We are grateful to the Mumbai Committee of Shree Samsthan Gokarn Partagali Jeevottam Math for providing us the venue

MAKING MY OWN COOKING GAS IN THE CITY? YES, IT'S POSSIBLE!

by Dr. Vaishali Kamath



What does 'freedom' mean to you?

For many, it's financial freedom, or freedom from stress, anxiety, and limitations. But for me, freedom means self-reliance. That's the idea I have been chasing—finding ways to be more independent in my everyday life while also contributing to a more sustainable world.

One of the most important parts of my day is spent in the kitchen. I love experimenting with recipes, like many of us in traditional Indian households do. And like most people, I used to rely heavily on LPG cylinders or piped gas for daily cooking. We pay for these services every month, and in smaller towns and villages, we are completely dependent on gas cylinders from companies like HP or Bharat Gas.



Food digester where food waste is fed

So I started wondering: Is there a way to reduce this dependence? The answer is yes.

Not only is it possible to become self-reliant, but we can also help reduce the 10 per cent of daily food waste that ends up in garbage dumps. That waste? It's not trash. It's untapped energy. It's gold we are throwing away!

That's when I came to know about an innovative biogas system called 'Vaayu Biogas'. This system converts daily kitchen waste—food scraps, peels, leftovers—into clean, usable cooking gas. And the

best part? It's designed to fit even in urban homes—balconies, terraces, and small spaces.

Founded by Shri Priyadarshan Sahasrabuddhe, Vaayu Biogas, Pune, is a social enterprise converting food waste into energy. Shri Sahasrabuddhe is a recipient of the Green Skills Innovation Challenge organised by Ashoka Changemakers and HSBC, and has also been featured in National Geographic-One for Change. For more details, please visit <https://vaayu-mitra.com>.



Balloon filled with natural gas



Blue flame of the gas

I've been using Vaayu Biogas since 2021. It's been a game changer.

Every day, I put our household wet waste into the system. It's transformed into natural gas that I use for cooking. My dependence on LPG cylinders has dropped dramatically—I now use just one cylinder every two months!

This journey has not only made me more self-reliant, but it has also helped me live a more sustainable life. Less waste. More freedom.

Dr. Vaishali Kamath has completed her doctorate in Botany and is an independent researcher. She guides post-graduate students in medicinal plant research. She is a resident of Talegaon Dabhade, Pune.

VISHWAVASU NAMA SAMVATSARA CHATURMASA VRATHA 2025



**H.H. Shrimad
Samyamindra
Thirtha Swamiji**
Mathadhipati of
Shree Kashi Math
Samsthan, Varanasi

at SHREE PATTABHI RAMACHANDRA
TEMPLE, KOTESHWAR, UDUPI, KARNATAKA
Chaturmasa Sweekara on 15th July 2025

Contact:

Koteswar Dinesh Kamath: 9341355577
Koteswar Niranjana Kamath - 9986503555



**H.H. Shrimad
Vidyadheesh
Thirtha Shreepad
Vader Swamiji**
Matadhipati of
Shree Samsthan Gokarn
Partagali Jeevottam
Math Partagali, Goa

at SHREE LAXMI NARAYAN MANDIR,
VARANASI, DOMARI, UTTAR PRADESH
Chaturmasa Sweekara on 17th July 2025

Contact:

Jagadish Pai: 9845577903
Umesh Pai: 9892189425



**H.H. Shrimad
Goudapadacharya
Shivananda Saraswathi
Swami Maharaj**
Matadhipati of Shree
Samsthan Goudapadacharya
Kaivalya Math Ponda, Goa

at SHREE GOUDAPADACHARYA KAIVALYA
WALKESHWAR MATH, BANGANGA, MUMBAI
Chaturmasa Sweekara on 10th July 2025

Contact:

Sudhir Padnis: 9892182733
Pramod Gaitonde: 9833032545

FUTURE PROGRAMME OF G.S.B. SABHA MUMBAI'S MAHILA SHAKHA

Date	Programme	Time	Venue
Sunday, 27 th July 2025	Shravan Haldi Kumkum Sponsored by Smt. Amritha Pai Special attraction: Traditional Mangala Gowri performance by Parampara Group, Dadar Sponsored by Smt. Deepika Prabhu Shanbagh and Baby Anantha Shanbagh	4pm to 6pm	3 rd floor, Shree Vidyadhiraj Sabha Graha, Wadala Ram Mandir

All are invited for the above programme.

More details about programmes will be shared from time to time

G.S.B. Sabha's Mahila Shakha is excited to host the beloved Navaratri Haldi Kumkum in September/October 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
Jt. Hon. Secretary
Mobile: 9324825393



ARE YOU HOLDING EQUITY SHARES, IN PHYSICAL FORM AND STILL PENDING TO BE DEMATERIALIZED OR TRANSFERRED TO THE SURVIVING HOLDERS OR LEGAL HEIRS?

You may also not be aware of the current Market Value of the shares which may be quite significant considering Split / Bonus issues !!!

Your Investments in Equity Shares of companies (either in Physical form OR Demat form) may have been transferred to the Investment Education and Protection Authority [IEPFA] due to the following reasons:

Please contact the undersigned if you wish to unlock the hidden treasure.

PRAKASH NAGESH BHAT

- Loss of Original Share Certificate(s).
- Returned in mail due to Change of Residence Address.
- Unclaimed / Unpaid / Uncashed Dividends for more than 7 years.
- Death of sole / all Original Investor(s) / Shareholder(s).

CONSULTANT FOR SHARE TRANSFER / TRANSMISSION / IEPF MATTERS
SUDHINDRA NAGAR, DAHISAR, MUMBAI.

MOBILE: 9920535609

You may still claim the same by applying to the IEPFA and upon complying with prescribed procedures and submission of relevant documents to the company and the Authority.

THE ROLE OF PHYSIOTHERAPY IN RESPIRATORY CONDITIONS

by Dr. Razia Begum Shaikh



Acute and chronic respiratory diseases continue to be major causes of morbidity and mortality worldwide. Diseases such as chronic obstructive pulmonary disease (COPD), asthma, bronchiectasis, occupational lung diseases, interstitial lung disease, cystic fibrosis, pneumonia, and postoperative pulmonary complications significantly impact patients' quality of life and functional capacity. In 2019, respiratory diseases in general accounted for three of the top 10 causes of death, with COPD, lower respiratory tract infections, and lung cancers contributing significantly (Forum of International Respiratory Society).

Physiotherapy plays a pivotal role in the multidisciplinary management of these conditions, offering evidence-based interventions that improve pulmonary function, enhance airway clearance, reduce symptoms, and promote physical activity and independence.

The vision of the WHO Global Alliance against Chronic Respiratory Diseases (GARD) is "a world in which all people breathe freely".

This article explores the essential role of physiotherapy in the management and rehabilitation of patients with respiratory conditions, including assessment, therapeutic techniques, and expected outcomes.

Pulmonary or lung ventilation, commonly referred to as breathing, is the process by which air is moved in and out of the lungs.

1. A. Phases of breathing

- Inspiration (process of atmospheric air entering the lungs)
- Expiration (process of air moving out of the lungs)

B. Muscles of ventilation/ breathing

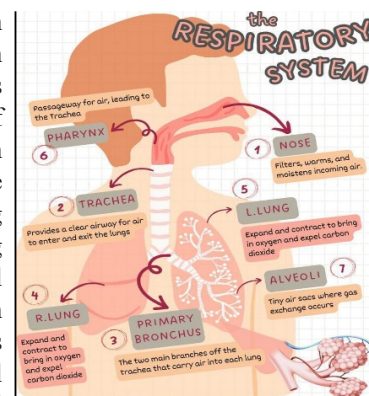
At rest, Inspiration (breath in) is an active process, whereas expiration (breath out) is a passive process.

The primary muscles to achieve the active process of inspiration at rest are the diaphragm and the external intercostals. The accessory (supportive) muscles include the sternocleidomastoid, scalene, serratus anterior, pectoralis major and minor, trapezius, and erector spinae muscles. Forceful expiration is performed by the abdominal and internal intercostal muscles.

C. Functions of the Respiratory System

The main functions of the Respiratory System are oxygen inhalation (delivers oxygen from the atmosphere to the

lungs) and carbon dioxide exhalation (removes waste gas from the blood out of the lungs). This helps in maintaining acid-base balance by regulating CO₂ levels. Air moving through the vocal cords enables speech production. It enables the sense of smell through the nasal passages. It filters out dust and microbes via mucus and cilia, thus acting as a defense mechanism.



D. Parts of the Respiratory System:

The respiratory system includes the bony thorax, muscles of ventilation, the upper and lower airway tract, and pulmonary circulation

a) Upper Respiratory Tract

- Nose/Nasal cavity: Filters, warms, and moistens air.
- Pharynx (throat): Connects the nose and mouth to the larynx.
- Larynx (voice box): Contains vocal cords; directs air to the trachea.

b) Lower Respiratory Tract

- Trachea (windpipe): Carries air to the lungs.
- Bronchi and Bronchioles: Branching tubes that lead air into each lung.
- Alveoli: Tiny air sacs where gas exchange occurs.
- Lungs: contain millions of alveoli.
- Pleura: thin membrane which covers the lungs.

2. Understanding Respiratory Conditions

Respiratory diseases can affect the airways, lung tissue, pleura, and the muscles involved in breathing. They are typically categorised as:

- a) Obstructive conditions characterised by airflow limitation in the respiratory passage (e.g., COPD, asthma, etc).
- b) Restrictive conditions characterised by reduced lung expansion (e.g., pulmonary fibrosis, neuromuscular disorders, etc).
- c) Acute infections causing inflammation, fluid accumulation, and reduced gas exchange (e.g., COVID-19, Pneumonia, etc).

- d) Post-surgical complications such as atelectasis (lung collapse) and retained secretions after several surgeries (e.g., abdominal, thoracic region, etc)

3. Risk factors of respiratory conditions

- a) Smoking: Both active and passive exposure to smoke is a leading preventable cause.
- b) Air Pollution Allergies: Particulate matter, nitrogen dioxide, ozone, and other air pollutants can irritate the airways when they are exposed both indoors and outdoors.
- c) Occupational Hazards: Some occupations expose workers to irritants such as coal dust, silica, and asbestos
- d) Respiratory Infections: Inflammation in the lungs and airways caused by bacterial and viral infections, such as tuberculosis, influenza, and pneumonia etc.
- e) Compromised Immune System: People with compromised immune systems are more vulnerable.
- f) Obesity: Being overweight or obese can put strain on the respiratory system and increase the risk of conditions like sleep apnoea.
- g) Low Birth Weight: Low birth weight babies are more susceptible to respiratory illnesses.
- h) Incomplete Immunisation: Childhood immunisations that are incomplete or delayed may make a person more vulnerable.
- i) Genetic Factors: Cystic Fibrosis, Alpha-1 Antitrypsin Deficiency
- j) Age: Older adults and young children

Regardless of the causes of respiratory conditions, these often result in symptoms of Shortness of Breath, Cough, Wheezing, Chest Pain or Tightness, Mucus Production, Fatigue, Rapid or Shallow Breathing, Recurrent Respiratory Infections, Unexplained Weight reduction, decreased Exercise tolerance, and reduced Quality of life.

Physiotherapy addresses these through specific and targeted interventions.

4. Objectives of Respiratory Physiotherapy

The primary goals of physiotherapy in respiratory care include:

- Improving ventilation and oxygenation
- Helping airway passage clearance and reducing the secretion load
- Reducing the work of breathing
- Enhancing exercise capacity and endurance
- Preventing complications like atelectasis (lung collapse) and hospital-acquired pneumonia
- Promoting patient independence and improving quality of life

A comprehensive assessment is essential to formulate an individualised treatment plan. The physiotherapist typically evaluates:

- Dyspnoea (Shortness of Breath) level
- Respiratory rate and pattern of breathing
- Oxygen saturation levels at rest and during activity
- Extent of Chest expansion and use of accessory muscles of breathing
- Cough quality and ability to expectorate
- Auscultation findings (e.g. crackles, wheeze)
- Exercise tolerance, using tests such as the 6-minute walk test (6MWT), 1-minute sit-to-stand test, and 2-minute step test.
- Hand grip and quadriceps strength assessment
- Functional status and mobility level
- In ICU or acute settings, additional parameters such as ventilator dependence, arterial blood gases (ABGs) and etc, are also monitored.

5. Key Physiotherapy Interventions in Respiratory Conditions

A. Airway Clearance Techniques (ACTs)

Accumulation of secretions is a hallmark of many respiratory diseases, leading to infection, lung collapse, and impaired ventilation. Physiotherapists use a variety of ACTs, including:

- Postural drainage: Using gravity to assist mucus movement from different lung segments
- Percussion and vibration: Manual or mechanical techniques applied to the chest wall
- Active cycle of breathing techniques (ACBT): Combines breathing control, thoracic expansion exercises, and forced expiratory technique
- Autogenic drainage: Controlled breathing at different lung volumes to mobilise secretions
- Positive expiratory pressure (PEP) therapy: Maintains airway patency during exhalation
- Oscillatory Positive expiratory pressure (OPEP) therapy: Using Acapella, Flutter, or Aerobika device.

B. Breathing Exercises

To improve lung ventilation and reduce the sensation of breathlessness

- Diaphragmatic breathing: Encourages deep breathing using the diaphragm rather than accessory muscles
- Pursed-lip breathing: Controls the expiratory phase and improves oxygenation, especially in COPD
- Segmental breathing: Enhances ventilation of specific lung areas
- Incentive spirometry: Encourages sustained maximal inspirations to prevent atelectasis

C. Mobilisation and Exercise Training

Reduced mobility leads to deconditioning and worsens respiratory function. Physiotherapy encourages:

- Early mobilisation, even passive limb movements in ICU settings, reduces complications.
- Supervised walking or cycling, builds endurance, especially in chronic lung disease
- Functional activities help improve daily living skills and confidence

D. Inspiratory Muscle Training (IMT)

Strengthen respiratory muscles

Reduce Dyspnoea (Shortness of Breath)

E. Improve exercise tolerance

Graded aerobic and strength training helps improve endurance.

E. Relaxation technique, Energy conservation techniques

F. Pulmonary Rehabilitation (PR) programmes:

According to the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), Pulmonary Rehabilitation is evidence-based, multidisciplinary, and comprehensive for patients with chronic lung disorders who are symptomatic and have some disability.

Comprehensive programmes including Aerobic training, Strength training, and Education.

6. Role in Specific Conditions

Chronic Obstructive Pulmonary Disease (COPD)

Physiotherapy forms the backbone of non-pharmacological management in COPD. Pulmonary rehabilitation reduces exacerbations (symptoms worsening), improves exercise capacity, and enhances quality of life.

Asthma

Education on breathing techniques, relaxation, and controlled physical activity are beneficial in managing symptoms and preventing attacks.

Bronchiectasis and Cystic Fibrosis

Regular ACTs are crucial in maintaining airway hygiene and preventing infections. Techniques are often taught to patients for long-term self-management.

Pneumonia and Postoperative Pulmonary Complications

Physiotherapy helps in secretion clearance, lung expansion, and early mobilisation, reducing ICU and hospital stay.

Neuromuscular, spinal deformities, and Spinal Cord Injuries

Patients with impaired respiratory muscle function benefit from assisted coughing, muscle training devices, and regular chest physiotherapy.

7. Physiotherapy in Critical Care Settings

In ICU and high-dependency units, respiratory physiotherapy is vital in:

- Preventing ventilator-associated pneumonia
- Facilitating weaning from mechanical ventilation
- Mobilising secretions
- Encouraging early mobilisation to prevent deconditioning
- Managing post-COVID fibrosis and functional impairment

8. Education and Long-Term Self-Management

Educating patients and caregivers on

- Dyspnoea relieving positioning
- Proper breathing techniques
- Use of home-based ACTs
- Adherence to exercise programmes
- Recognising signs of deterioration
- Empowers individuals to take control of their condition and reduce dependency on acute care services.

9. Challenges and Future Directions

Despite its proven benefits, physiotherapy services are underutilised in many regions due to a lack of awareness, limited resources, and a shortage of trained professionals. Future efforts must focus on:

- Expanding access to pulmonary rehabilitation
- Integrating physiotherapists in primary respiratory care teams
- Adopting tele-rehabilitation technologies
- Strengthening research to develop disease-specific protocols.

Dr. Razia Begum Shaikh (PT) completed her Bachelor's in Physiotherapy from Terna Physiotherapy College, Navi Mumbai, and obtained her Master of Cardiovascular & Respiratory Physiotherapy degree from P.T. School & Centre of Topiwala National Medical College & B.Y. Nair Charitable Hospital, Mumbai. She has worked in S.L. Raheja Hospital and is now attached to our Physiocare centre at Mahim. Contact Nos. of our Mahim Centre 9930400120, 8828871981.

SUTTA PUNAV

This year Sutta Punav falls on Monday, **9th August 2025**.

New Jannuves, blessed by Shri Pandurang Bhat-maam would be available at our Sabha office from 8 a.m. to 11.30 a.m. Kindly avail yourselves of this sacred service. Sabha Office: 022-3172 6426

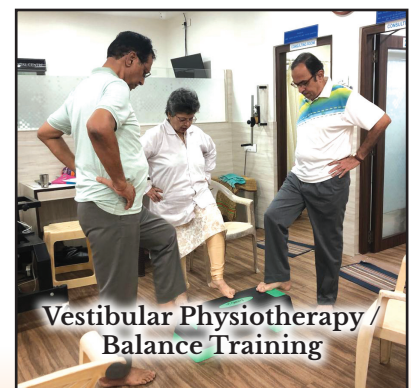
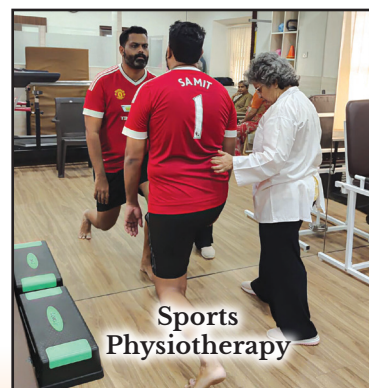
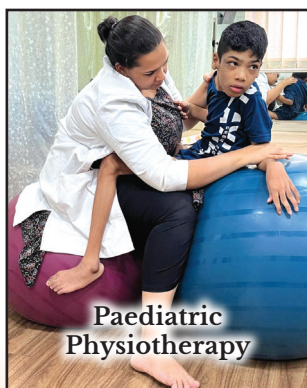
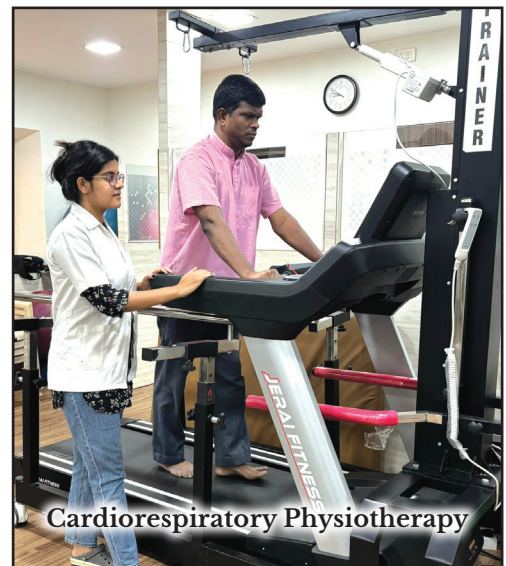
Comprehensive Physiotherapy Services Under One Roof

OUR MOTTO

"Dependence to Independence"

We offer services to cater to a variety of conditions that cause disorders in movement and function.

OUR SERVICES



PHYSIOCARE BY GSBS MEDICAL TRUST, J. N. Wadia Dispensary, Sitladevi Temple Road,
Next to Sitladevi Temple, Mahim West, Mumbai – 400016

☎ +91 – 9137952842 ✉ physiocare.gsbs@gmail.com

Monday – Saturday, 8am – 8pm IST Sunday Closed

INMAR ENGINEERING SERVICES PVT. LTD.

5, Alankar, 251, Sion (West), Mumbai 400022. India.

Tel: + 91 22 2409 6170 / E-Mail: inmarengineering@gmail.com

Official Indian Agents Representing:
MAGNETIC ANALYSIS CORPORATION
Elmsford, NY, USA

State of the Art

Non Destructive Testing Equipment

Eddy Current, Ultrasonic, Phased Array, Magnetic Flux Leakage Testing Systems

“Test with the Best”

www.mac-ndt.com



मासली

SEAFOOD RESTAURANT

Worli: 828282 6121

Kemps Corner: 888999 1978

Your belief in Maasli fuels our
motivation to excel.

We are grateful for the
confidence and patronage you've
shown in us.

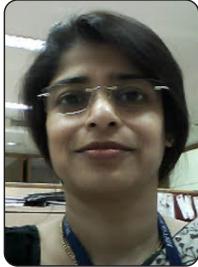
Rajesh Nayak

Prasad Nayak

31a Dr Annie Besant Rd, Worli Naka Worli Mumbai 18 | Warden Court CHS. Kemps Corner Mumbai 26
maaslirestaurant@gmail.com | www.instagram.com/maasli

THE THIGHS HAVE IT

by Ajita Kini



The secret to healthy longevity lies in the thighs. This is where the laws of yoga work differently from Newton's laws. In yoga (and many of the esoteric sciences), one action has multiple reactions, often giving not equal but exponentially greater results.

If the thigh muscles are strong and toned, they are effective in absorbing the weight of the body and transmitting it to the ground, like pillars that are perpendicular to the ground. With weak thighs, the weight of the body slumps unevenly onto the knee joints, resulting in degeneration of the knee joint. This is why people develop knee pain as they age. This quickly becomes a vicious cycle – the pain makes us disinclined to exercise, which leads to weight gain and/or further loss of overall muscle tone, which leads to increased stress on the knee joints.

Varicose veins, another common problem as we age, are caused by blood pooling in the veins of the legs because the circulatory system lacks the requisite force to pump the blood anti-gravitationally back to the heart. Strong contraction and expansion of the thigh muscles help the circulatory system pump blood through the veins of the groin back to the trunk and ultimately to the heart. Here, opening the groins (the area where the legs join the trunk below the hip sockets) becomes complementary to strengthening the thighs. For the legs to be straight, the groins need to be open.

When the thigh muscles are weak, we tend to lean forward from the waist while standing. It is like a building whose pillars (our legs) are straight, but the building itself (our trunk) is inclined. Physics or structural engineering basics will tell us that this compromises the stability of the building. Hence, the tendency of the elderly to fall. Falls amongst the elderly often result in fractures, usually of the thigh bone or pelvis (femur, head of femur, pelvic girdle). If the thigh muscles are strong, the grip of the muscles to the thigh bone and pelvic girdle will ensure the bone is also healthy and less likely to fracture.

The posture automatically becomes straight with strong thighs. This ensures that the abdominal organs are positioned correctly in the abdominal cavity. It is akin to a box of mangoes – if the mangoes are left in the box, they will rub against each other, the gases released during ripening will not have an outlet, and some of the mangoes will spoil. Similarly, when the organs are spaced out correctly in their designated positions, the liquid and gaseous matter excreted during their functioning will find a proper outlet, and they can perform their functions (digestion, excretion, reproduction, etc.) well. If they are crowded due to a lack of space, as happens when one is bent over or habitually slouched, then their functioning will be compromised. Herein lies the root cause

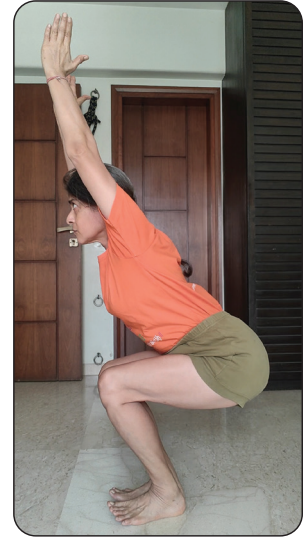
of lower back pain, incontinence, prostate issues, prolapsed uterus, etc., as we age.

Toned thighs lead to a healthy spine. The only way to access the lower half of the spine is through the legs. Addressing issues arising from slipped disc, loss of / excessive lumbar lordosis, all require the legs, and more importantly, the thighs to be strong. Neglecting these issues aggravates the issues as we grow older, until they become chronic and painful conditions, leading to restricted movement.

Amongst runners and hikers, the thighs are referred to as the second lungs of the body. This is because if the thigh muscles are strong, they are more effective in pumping venous blood (which is high in lactic acid due to exertion) from tired legs back through the groin to the trunk and heart, where it can get re-oxygenated. The stronger the thighs, the better the removal of lactic acid from the legs, and the longer/ faster you can walk/run/climb.

Walking and running do not tone the thighs, only the calf muscles. To tone the thighs, climbing stairs, walking uphill, etc., is more effective. The easiest and most accessible way to tone the thighs does not even require that. Try a simple experiment – leave this article aside and stand up barefoot. Observe the action of your thighs. Now stretch the soles of your feet as much as you can by lifting the toes off the floor while pushing down with the balls of your feet and heels. Observe how it works on your thighs. You can even try walking like this. Habitually engaging the thigh muscles in this way will help tone the thigh muscles. The trick is to remember to do it often enough and hold it long enough for it to be effective.

Besides toning the thighs, it is also important to enhance the range of movement in the hip socket. Most of us with sedentary lifestyles are unable to squat, sit cross-legged, etc. This means that the hip socket has lost the range of movement that it is capable of. While this does not impair our day-to-day activities, it does mean that anytime the leg moves unnaturally, for example when falling or jumping across a ditch, it becomes susceptible to a pulled/ torn ligament, a sprain or even a fracture. This can prove fatal in old age. Hence, the importance of developing strong legs and free movement in the hip socket as old age lurks on the horizon. So, do we all agree to work on the thighs? Let's vote in unison, and the thighs have it!



Ajita Kini has been a student of Iyengar Yoga since 2007. This is the 18th in a series of articles about yoga. For teachers in your area - <https://bksiyengar.com/>



EMPOWERING YOUR BUSINESS AMBITIONS WITH MARKETING PROWESS

BRANDING | MEDIA PLANNING
COMMUNICATION STRATEGIES
CORPORATE AV | DIGITAL MARKETING
EVERYTHING IN ADVERTISING

MUMBAI | +91-9082011639 | IDEAS@COTTONCANDY.NET.IN | @AGENCYC3
WWW.COTTONCANDY.NET.IN

Submerge into Luxury.

**READY
POSSESSION**



Silver Springs

SHRIKRISHNA DEVELOPERS
PARTNERS S.M.PRABHU, A.M.PRABHU & OTHERS

LUXURIOUS 1 & 2 BHK HOMES

Limited units at **Silver Springs**. Secure your dream home with top-notch quality and prime location this festive season.

Contact no.: 9022213333,

Email: prabhugroups1111@hotmail.com



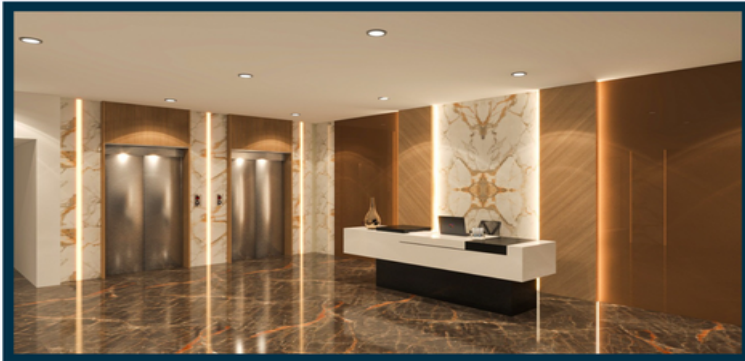
MahaRERA Reg. No. P51800009204,
Available at www.maharera.mahaonline.gov.in



Site Address : Jeevan Vikas Lane, Opp. Chamunda
Banquet Hall, Ville Parle (E),
Mumbai - 400069



AMENITIES & FACILITIES



Prime Features

Ready For Occupancy



Silver Springs

Beauty that Matters



General

- Rooftop Luxurious Garden
- Luxurious Entrance Lobby
- Kid's Play Area Ample
- Parking Full Paving Around
- The Building Branded
- Elevator Security Video
- Door Phone CCTV
- Surveillance

Kitchen

- Full Body Quartz Kitchen Platform
- Stainless Steel Kitchen Sink
- Jaquar Sink Tap
- Stain Free Kitchen Tiles
- Aqua Guard, Mixer, Microwave & Refrigerator Points

Bathroom & Toilets

- Full Height Designer Wall Tiles
- Water Proof Door Shutter
- High Quality Jaquar fittings with Water Mixer
- Custom Counter Top Wash Basins
- Defined Points For Necessary Electricals

Living Room

- Vitrified Tiles Flooring(32"x64")
- Decorative Entrance Door
- Gypsum finish with Luster paints on wall Anodized
- heavy section Aluminium French Window for maximum view, natural light & ventilation. Tinted Glass
- 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
- A.C. Point, T.V. Cable Point, Telephone Point And Computer Point



Site Address : Jeevan Vikas Lane, Opp. Chamunda Banquet Hall, Ville Parle (E), Mumbai - 400069



Non-traditional/new varieties of Naivedya/Prasad



By Anuradha Prabhu

Khajura (Dates) Halwo

Ingredients:-

- 1 cup seedless dates
- 1/4 cup ghee
- 1/2 cup milk
- 1/4 cup walnuts
- 1/4 cup cashew nuts
- 1/4 cup sugar(optional)
- 1 tsp cardamom powder



Method:-

- 1) Heat a karahi and lightly roast the walnuts and cashews for 4-5 minutes. Let them cool, then lightly crush them into small bits.
- 2) Chop the dates and grind them to a coarse paste.
- 3) Heat ghee in a karahi, add the date mixture, and saute till it blends with the ghee.
- 4) Slowly add the milk and keep sauteing on a slow flame. Add sugar only if you want it sweeter, as the dates are sweet enough.
- 5) Once the milk is completely absorbed and a thick mixture is formed, add the walnut and cashew bits and mix.
- 6) Cook till the mixture leaves the sides of the pan. Add the cardamom powder and mix.
- 7) Remove from heat, let it cool, garnish with cashew nuts, and serve as naivedya/prasad.

Recipe of the Quarter

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

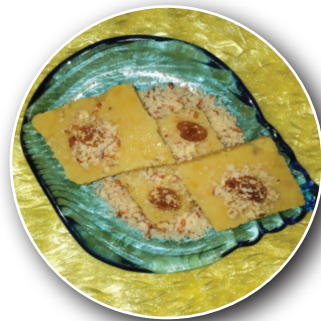


By Sangita Shenoy

Besan Barfi

Ingredients:-

- Gram flour - 1 cup
- Semolina - ½ cup
- Sugar - 1 cup
- Ghee - 1 cup
- Milk - 250 ml
- Cardamom powder - 1 tsp
- Cashews (crushed)
- Almonds (crushed)
- Raisins - 3-4



Method:-

- 1) Heat the kadhai and add 1 cup ghee to it.
- 2) Add properly sieved 1 cup of gram flour and ½ cup of semolina, and roast until it becomes aromatic.
- 3) Add 1 tsp cardamom powder and stir well on a low flame.
- 4) In a separate utensil, boil 250 ml of milk with 1 cup of sugar in it.
- 5) Mix the boiled milk with the previous mixture and stir well, avoiding any lumps.
- 6) When the mixture is slightly cooled, spread it in a dish and let it cool completely.
- 7) Now cut it into pieces and garnish it with crushed cashews, almonds, and raisins.
- 8) Tasty Besan Barfi is ready as a unique naivedya option for the festive season.

Recipe of the Quarter

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



By Rithika Kini

Badam Puri

Ingredients:-

For Badam paste:-

- 15 almonds
- 1 cup hot water, for soaking
- ¼ cup water

For puri:-

- 1½ cups maida / plain flour
- 2 tbsp rava / semolina (fine)
- ¼ tsp baking powder
- 1 tsp sugar
- ¼ tsp salt

- 2 tbsp homemade ghee
- ¼ cup milk
- 11 cloves / lavang
- oil for frying

For sugar syrup:-

- 1 cup sugar
- ½ cup water
- A few strands of kesar
- A few drops of lemon juice
- ¼ tsp cardamom powder



Method:-

Dough:-

- 1) Prepare the badam paste by soaking 15 almonds in 1 cup of hot water for 30 minutes. Once soaked, peel off the skin and transfer the almonds to a blender. Blend into a smooth paste using a small amount of water. Set aside.
- 2) In a large mixing bowl, combine maida, rava, baking powder, 1 teaspoon of sugar, and ¼ teaspoon of salt. Mix thoroughly.
- 3) Add 2 tablespoons of ghee and mix it into the flour mixture by crumbling it with your fingers until the texture becomes slightly moist.
- 4) Next, incorporate the prepared badam paste and ¼ cup of milk into the mixture.
- 5) Knead the dough well, adding more milk if necessary, until you get a smooth and firm consistency.
- 6) Lightly grease the dough with oil, cover, and let it rest for 10 minutes.

Sugar syrup:-

- 1) In a large pan, combine 1 cup of sugar, ½ cup of water, and a few strands of saffron.
- 2) Stir well until the sugar completely dissolves.
- 3) Bring the mixture to a boil and simmer for about 3 minutes, or until it reaches a one-string consistency.
- 4) Add a few drops of lemon juice and ¼ teaspoon of cardamom powder.

- 5) Mix thoroughly, cover, and set the sugar syrup aside.

Badam Puri:-

- 1) Knead the dough once again to ensure it is smooth.
- 2) Pinch a small portion of dough and lightly grease it with oil.
- 3) Roll it out gently into a slightly thick puri.
- 4) Spread ¼ teaspoon of ghee over the surface and fold it in half. Then, apply a bit more ghee and fold it again to form a triangle.
- 5) Gently roll to flatten and seal the layers.
- 6) Insert a clove to keep all the layers intact.
- 7) Heat the oil over medium heat and carefully drop the shaped puri into the oil.
- 8) Fry on low heat, stirring occasionally. Continue frying on low until the puri turns golden brown and crisp.
- 9) Remove from the oil and drain the excess oil.
- 10) Immediately dip the hot puri into warm sugar syrup, ensuring it is fully immersed.
- 11) Let it soak for 3 minutes, or up to 10 minutes if you prefer a sweeter puri.
- 12) Badam puri is ready to be served.

PARTICIPATE IN OUR 'THEME OF THE QUARTER'

Next theme: Varieties of idlis, dosas, appos without using rice

Best 2 entries will be published in the
Voice of G.S.B's Recipes section.
Judge: **Smt. Anuradha Prabhu**



- 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

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

LESSONS IN BHAGAVAD GITA

by Dr. Gayatri G Shenoy

Self-Realisation explained Part 3

(Continued from the previous 2 issues)

यं लब्ध्वा चापरं लाभं मन्यते नाधिकं ततः ।

यस्मिन्स्थितो न दुःखेन गुरुणापि विचाल्यते ॥६-२२॥

तं विद्याद् दुःखसंयोगवियोगं योगसंज्ञितम् ।

स निश्चयेन योक्तव्यो योगोऽनिर्विण्णचेतसा ॥६-२३॥

Gaining which he considers that there is no other gain greater than that; whereby established, he is not shaken by even the deepest of sorrow. 6.22

Let it be known that severance of contact with worldly miseries is cognised as *yoga*. That *yoga* must be followed with firm determination and with a perseverant mind without dejection. 6.23

Śrīpad Rāmanujāchārya comments thus on this verse *yattad atīndriyam ātmabuddhyēkagrāhyam ātyantikaṃ sukhaṃ yatra ca yōgē vētti anubhavati yatra ca yōgē sthitaḥ sukhātīrēkēṇa tattvataḥ tadbhāvāt na calati* ...that which is endless bliss which is beyond the reach of the senses which can be grasped by the one-pointed intellect concentrating on the Self, is known experienced through that state of *yoga* wherein situated in *yoga* one does not divert from that state of Truth, of the reality of exuberant bliss.. R-Bh6.21.. *yaṃ yōgaṃ labdhvā yōgād virataḥ tam ēva kāṅkṣamāṇō na aparaṃ lābhaṃ manyatē, yasmin ca yōgē sthitaḥ avirataḥ api guṇavatputravīyōgādīnā guruṇā api duḥkhēna na vicālyatē* ... having achieved (that goal of) *yoga* and even after coming out of that state (of Self Realisation) of *yoga*, desirous of it alone he considers none other (than this) as gain, whereby in that state of *yoga* and not out of it, one is not shaken even by the deepest of sorrow like that of losing a virtuous son and so on. R-Bh6.22..

The third verse 6.22, now emphasises the effect that this state of *yoga* has on a person. The change of attitude that he undergoes towards all the miseries of the world makes him immune to even the deepest of sorrows that this world is capable of conferring on him. For such a self-realised knower, the only gain that he considers as gain is this state of Self-Realisation with its concomitant exponential supreme eternal bliss and consciousness as its very nature. This very capacity of the culminating state of *yoga*, which makes the successful yogi immune to sorrows, also gives another new dimension to the definition of *yoga*, which the Lord will state in the next half verse.

yaṃ labdhvā, having achieved that state of *yoga* wherein endless bliss is experienced, the Self-Realised yogi manyate

considers *na aparaṃ lābhaṃ* no other gain *adhikaṃ* as greater *tataḥ* than that gain of the vision of the Self which confers supreme eternal bliss. Moreover, he also experiences a huge unsurpassable benefit that comes with it, for it is said *yasmin sthitaḥ* thereby situated in that ultimate state of *yoga na duḥkhena guruṇāpi* not by even the worst of the states of grief *vicālyate* is he shaken in the least. In other words, he develops an unsurpassable immunity to all kinds of grief *guruṇāpi*, even the very worst of its kind. And not only that, all hankerings disappear forever, for he now considers this state that he has achieved as the very ultimate and supreme gain that he can ever ask for. There is nothing more left to be gained now. Therein peace prevails. 6.22



In the first half of verse 6.23, a new meaning and purpose of the practice of *yoga* is brought to our notice. *taṃ vidyād* let it be known; a declaration follows whereby the Lord now gives a new meaning or definition to *yoga* by the virtue of what it confers on the successful aspirant. What is to be known? Since it confers immunity to grief, as is explicit in the previous verse, it is said *duḥkha-samyoga-viyogam*, the *viyogam* dissociation brought about from pain for those who are *duḥkha-samyoga* closely associated with pain, this dissociation with pain *yoga-samjñitam* is well known as *yoga*. A definition of *yoga* is set forth by its capability to exclude pain and sorrow through the very fruit of Self-Realisation that it awards to the successful aspirant who attains this goal of *yoga*. Therefore, it is now obvious that Self-Realisation brings with it a cessation to all kinds of suffering and grief known to man. This is corroborated in the *Śvetāsvatara upaniṣad* which concludes by quoting *yadā carmavad-ākāśam veṣṭayiṣyanti mānavāḥ; tada devam avijñāya duḥkhasyānto bhaviṣyati*. 'If men can roll up the sky like a leather skin, then without God Realisation, there will be an end to sorrows.' (Sv Up6.20). So, God-Realisation or Self-Realisation is a must to end all sorrows that mortal man is subject to.

This half verse, together with the three preceding verses, gives a thorough direct explanation of what is meant by the term *yoga* based on the goal it confers as well as the concomitant effects it has on one who has achieved this state of culmination of *yoga* or communion with the Supreme Self.

Verse 6.23 now concludes with a lesson that one has to learn after understanding the previous 3.5 verses. It says *saḥ* that that *yoga* which confers the vision of the Self and ends all sorrow *yoktavaḥ* must be followed, has to be resorted to, and therefore must be practiced, how? *niścayena* with a firm determination and *anirvinṇa-cetasā* with an undeviating mind not subject to dejection thinking 'this is impossible' and so on. With this attitude, one has to persevere continuously, uninterruptedly, till the goal is reached.

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 Vedānta, and has given several lectures on Bhagavad Gita in the past.



Made of Stories

by people who design, craft and live.
Handcrafted with love in Italy to last generations, since 1912.

poltronafrau.com

Mumbai - Ground Floor, Wakefield House, Dougall Road T. +91 22 22614848

New Delhi - 99 Empire Plaza, Mehrauli-Gurgaon Rd, Sultanpur T. +91 11 26809772

Bangalore - Ground Floor, 87, Centrum, Infantry Road, Near Canara Bank T. +91 80 25585577



Mumbai - Ground Floor, Wakefield House,
Dougall Road, Ballard Estate, Mumbai - 400001
Tel No. +91-22-2261 4848
For Franchise enquiries contact - amit.pai@poltronafrau.com

CECCOTTICOLLEZIONI

Italian Masterpieces

Archibald armchair designed by Jean-Marie Massaud

poltronafrau.com



- Mumbai** - Ground Floor, Wakefield House, Dougall Road - T. +91 22 22614848 Email mumbai.showroom@poltronafrau.com
Surat - No.6-7, Union Heights, Next to Lalbhai Cricket Stadium, Surat Dumas Road - T. +91 261 2977444
New Delhi - 99 Empire Plaza, Mehrauli-Gurgaon Rd, Sultanpur - T. +91 11 26809772
Bangalore - Ground Floor, # 87, Infantry Road, Near Canara Bank, Centrum, Bengaluru - T. +91 80 25585577 / 87622 12340



Made of Stories

by people who design, craft and live.
Handcrafted with love in Italy to last generations, since 1912.

poltronafrau.com

Mumbai - 1, Gr, Wakefield House, N Morarji Rd, Ballard Estate, Fort, Mumbai, Maharashtra - T. 022 2261 4848

Delhi - 99 Empire Plaza, Mehrauli-Gurgaon Rd, Sultanpur, New Delhi, Delhi - T. +9111 26809772

Surat - 6-7, Union Heights, Next to Lalbhai Cricket Stadium, Surat Dumas Road Surat - T. +91 261 2977444

Bengaluru - Ground Floor, 87, Centrum, Infantry Road, Near Canara Bank, Bengaluru Karnataka - T. + 91 80 25585577

Hyderabad - Plot No 839 / AI Road No 44 Jubilee Hills Telangana Hyderabad - T. +91 90329 89555

WITH BEST COMPLIMENTS FROM :
Mrs. Lalita Pundalik Pai

DELTEK EQUIPMENTS

Founder: B. Pundalik U. Pai

Manufacturers of :

PLATE BAKING OVENS & POLYCARBONATE FORMING

DELTEK BAKING OVENS FOR OFFSET PLATES



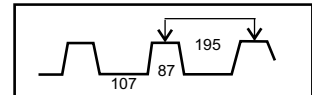
FEATURES :

- * Plate types : For Positive & Negative Pre-Sensitised Plates, Wipe-On plates and Computer-to-Plate (CTP)
- * Bakes Offset Printing Plates to increase plate life
- * Memorised Heating Zone
- * Forced air circulation for uniform heating
- * Counter closure to avoid heat losses while opening lid
- * Possibility of cooling after usage
- * Mounted on castor wheels for mobility

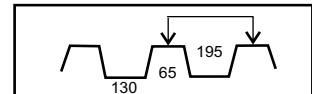
We can manufacture Horizontal and Vertical type Baking Ovens as per specifications

Forming of all types of Polycarbonate Profile Matching to all Prime Metal Profile

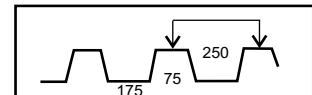
✓ **Ispat**



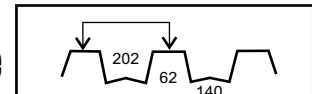
✓ **Lloyddeck**



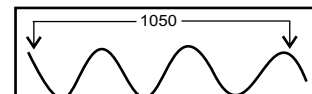
✓ **Century Well**



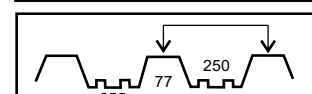
✓ **Tata Bluescope**



✓ **AC Profile**



✓ **Tiger Steel**



✓ **Metacolor**

✓ **Cril-Hispon**

✓ **Finolex**

✓ **Rajmohan**

✓ **Bhushan Steel**

Registered Office :

1/209, Himai Niwas,
R. A. Kidwai Road,
Wadala (West), MUMBAI 400 031

Telephone : (022) 2414 7362
Fax : (022) 2413 4747

Works :

C-1B/4406/1, Plastic Zone,
G. I. D. C. Sarigam, Via : Bhilad,
District : BULSAR- 396 155

Telephone : (0260) 2780060
Fax : (0260) 2780160

E-mail ID : deltekeqp@gmail.com

LET'S TALK ABOUT MENTAL HEALTH

Taking care of your mind is not a weakness—it's one of the strongest things you can do for yourself and those around you.

by Satvika Kamath



There is greater awareness about the importance of mental health these days. People are more aware, for example, of the impact that social media can have on one's state of mind. We may have heard of the laws related to this field getting passed in our country and others, and we may have come across articles detailing the results of various research studies.

Nevertheless, I have found that there is much that people would like to know about caring for one's own (and others') mental health, but the glut of information available on the internet makes it difficult to filter out what is relevant. I hope to provide some of that knowledge, so that it's easier for all to decide on the best course of action if they or someone they know is struggling with emotional problems. Here it is:

- 1) Our emotions affect our physical body, and vice versa, moment to moment. It isn't just a matter of high stress being linked to heart disease and hypertension. What we feel causes us to breathe in a certain way, fast or slow, and influences the release of particular hormones. Our physical body also gives us feedback about how we are supposed to feel. Hence, the old adage of breathing deeply when we feel strong emotions. This is also why regular exercise helps us feel good in our bodies.
- 2) If someone we know starts to speak to us about their mental health, it's important to listen to them seriously. By this, I don't mean that we 'catastrophise' their situation. Rather, we must give them a listening ear instead of advising them to go take a walk or to stay tough in tough times. Simply having someone to listen to us lowers stress.
- 3) Would we say that it's wrong to take help from others when we need it? Most people would say, "No." Yet many of us have the misgiving that seeking help from a counsellor signifies personal weakness – that we are not capable of handling our own problems. This is a myth, because going for counselling sessions is no different from learning skills

to resolve our problems from someone who has expertise in teaching them. It's also no different from going to a doctor when we fall ill.

- 4) Actually, it's different from going to a doctor in one sense: we do need to put in more effort from our side to derive lasting benefit from counselling. A counsellor can teach us techniques, and they accompany us as we develop a different perspective – but it's up to us to practise them. In that sense, it's not like taking a pill as an instant fix. Change takes time and effort.
- 5) When we first start getting counselling, we may be surprised by one thing: our anxiety and other negative emotions increase. This is because we have evolved certain ways to cope over our lifetime to defend ourselves from feeling overwhelmed, even though they may not be helpful in the long run. Increased anxiety at first is not a sign that counselling is not working, but rather that it is. It means old patterns are breaking down to make way for new, better ones.
- 6) What happens during counselling sessions? A good counsellor will tailor sessions to each individual's needs, so they can look different for different people. Typically, the first few sessions are spent building up a rapport and understanding us as people. Then, there is a wide range of techniques that a counsellor can use to help us develop insight into the roots of our emotions, encourage us, motivate us, find new ways to deal with difficult situations, or regulate our emotions.

As we can see, our mind and our body are an inseparable whole. It's as important to take care of our minds as it is to take care of our bodies. When we have a misguided belief about displaying perfect control over our emotions, it can stop us or our loved ones from seeking much-needed help to care for themselves.

Therefore, it's important to advocate how significant mental health is. Doing that makes it okay to talk about. It makes it normal to have emotional issues from time to time, just as we fall sick from time to time. And it makes it acceptable to accept help.

Satvika Kamath is a postgraduate student doing her Masters in clinical psychology. In her spare time, she likes to read, write, learn languages and make art.

**Become a member of
G.S.B. Sabha, Mumbai, today to
receive a physical copy of this
newsletter delivered at your
doorstep every quarter!**

Life Membership : ₹ 501/-

Patron Membership : ₹ 1001/-

*For membership application form, please contact Sabha Office on 022-3172 6426
(Mon to Sat 2.00 pm to 6.00 pm) or download the form from our
website www.gsbsabhamumbai.org*



DOMESTIC & INTERNATIONAL HOLIDAYS

DIVINE YATRAS

MAHARASHTRA JYOTIRLINGA YATRA (SHRAVAN SPECIAL) - 05 DAYS

10 Aug. & 16 Aug. 2025

KASHI - GAYA - PRAYAGRAJ AYODHYA (08 DAYS)

07 & 16 Aug., 07 Sep., 03 & 24 Oct.,
01, 09 & 22 Nov. & 13 & 24 Dec. 2025

UJJAIN - MAHAKAL DARSHAN (06 DAYS)

16 Aug., 07 Sep., 03 & 24 Oct.,
01, 09 & 22 Nov. & 13 & 24 Dec. 2025

PITHAPURAM- SRISAILAM VISAKHAPATNAM YATRA (11 DAYS)

16 Aug. & 03 Oct. 2025

CHARDHAM YATRA (13 DAYS)

09 Sep. & 04 Oct. 2025

SOUTH INDIA TEMPLES (10 DAYS)

07 Sep., 09 & 24 Oct., 09 Nov.,
22 Nov. 2025 & Feb., March 2026

DWARKA - SOMNATH GIRNAR YATRA (06 DAYS)

16 Aug., 09 Sep., 04 Oct., 01 &
12 Nov. & 13 & 24 Dec. 2025

JAGANNATH - PURI BHUBANESWAR YATRA (07 DAYS)

16 Aug., 07 Sep., 03 & 24 Oct.,
01, 09 & 22 Nov. & 13 & 24 Dec. 2025

NEPAL WITH MUKTINATH (10 DAYS)

07 Sep., 24 Oct., 09 & 22 Nov. 2025

INCREDIBLE INDIA TOURS

KINNAUR & SPITI VALLEY (12 DAYS)

10 Aug. & 09 Sep. 2025

SIKKIM DARJEELING WITH BHUTAN (13 DAYS)

26 Oct., 04 Nov. & 16 Dec. 2025

MADHYA PRADESH (12 DAYS)

21 Oct., 03 Nov. & 27 Nov. 2025

NAINITAL - CHAUKORI JIM CORBETT (09 DAYS)

26 Oct., 04 Nov. & 16 Dec. 2025

KERALA KANYAKUMARI (09 DAYS)

03 Oct., 06 Nov. & 11 Dec. 2025

ROYAL RAJASTHAN (12 DAYS)

04 Oct., 15 Nov. & 06 Dec. 2025

ASSAM - MEGHALAYA ARUNACHAL PRADESH (12 DAYS)

03 Oct., 06 Nov. & 11 Dec. 2025

LEH LADAKH WITH KARGIL (09 DAYS)

17 August 2025

ANDAMAN ISLANDS (07 DAYS)

25 Oct., 10 Nov. & 06 Dec. 2025

INTERNATIONAL HOLIDAYS

SPLENDID SRILANKA (09 DAYS) - Sep. to Dec. 2025

VIETNAM (07 DAYS) - Sep. 2025 to May 2026

MALAYSIA SPECIAL (07 DAYS) - Sep. 2025 to June 2026

JEWELS OF EUROPE (11 DAYS) - Sep. 2025 to April 2026

DUBAI - ABU DHABI (06 DAYS) - Nov. 2025 to March 2026

VIETNAM - CAMBODIA - BALI (15 DAYS) - Sep. 2025 to May 2026

SINGAPORE MALAYSIA (07 DAYS) - Sep. 2025 to June 2026

JAPAN AUTUMN SPECIAL (09 DAYS) October 2025

MESMERISING MAURITIUS (07 DAYS) - July to Oct. 2025

THAILAND SPECIAL (08 DAYS) - Sep. 2025 to May 2026

GEORGIA-BAKU (07 DAYS) - Oct. 2025 to April 2026

AUSTRALIA - NEW ZEALAND (17 DAYS) - Sep. & Oct. 2025





WITH BEST COMPLIMENTS FROM
PRABHU ENVIROTEC PVT. LIMITED

213/218, NEW APOLLO ESTATE,
MOGRA ROAD,
ANDHERI EAST, MUMBAI-400069
TEL: 35121128/ 29/ 30

EMAIL:

prabhuenvirotec@yahoo.com

WEBSITE:

www.prabhuenvirotec.com

**DESIGNERS, SUPPLIERS
& SERVICE PROVIDERS**

- ✓ WATER TREATMENT PLANTS
- ✓ DOMESTIC & INDUSTRIAL WASTEWATER PLANTS
- ✓ SWIMMING POOLS, WATER BODIES, RAIN WATER HARVESTING

OUR CUSTOMERS

- ✓ INDUSTRIES
- ✓ COMMERCIAL & HOUSING COMPLEXES
- ✓ IT & BUSINESS PARKS
- ✓ EDUCATIONAL INSTITUTIONS
- ✓ HOTELS & RESORTS, ETC

**WORKING TOWARDS
ENVIRONMENTAL SUSTAINABILITY**



SPECIAL PACKAGES FOR HOUSING SOCIETIES FOR OPERATION & MAINTENANCE,
REFURBISHING OF WASTEWATER TREATMENT PLANTS, SWIMMING POOL & WATER
FILTRATION PLANTS





Elevate your Home with Natural, Safe & Powerful Cleaners

99.9%
CHEMICAL FREE



Natural Ingredients. Powerful Performance



99.9% Germ Removal



100% Safe on Babies & Pets



0% Toxic Chemicals



Powerful Formula



Safe on Skin



Biodegradable



Visit tazohome.com for
exclusive discounts

Get 10% discount on
your 1st purchase

Use Code
FIRST10

Also available at:

amazon

bigbasket

JioMart

Flipkart

Your Natural Choice For Powerful Cleaning

CANCER IS CURABLE WHEN DIAGNOSED EARLY

WITH BEST WISHES
FROM

TRIUMPH ONCOLOGY CLINIC

504, OM CHAMBERS KEMPS CORNER, MUMBAI – 400036,

TEL : 022 - 6664 1852

FAX : 022 - 6664 1853

E-MAIL ADD: triumphoncology@hathway.com



SHRI DEVENDRA PAI ADDRESSES PLENARY IN NEW DELHI



Shri Devendra Pai, Founder of ASMI Career Connect and Chief Assistant Professor of Political Science at Delhi University, addressed the plenary session on 'People-to-People Diplomacy' at the 1st Russian-Indian Youth Forum, organised by the Russian Embassy in New Delhi in June.

He spoke on the importance of building bridges between people beyond government-level relations.

Hon'ble MP Tejasvi Surya inaugurated the forum in the presence of His Excellency Denis Alipov, Ambassador of Russia.

It is noteworthy that Shri Pai was the Chief Guest at the Sabha's Foundation Day celebrations last year.



AN IDEAL HALL FOR SMALL GATHERINGS



Host Your Special Events at I.M. Pai Hall

Located within the Sujir Gopal Nayak Memorial Kreeda Mandir at King's Circle, Mumbai, the air-conditioned I.M. Pai Hall is the perfect venue for intimate gatherings and family functions.

Capacity: Up to 150 guests
Exclusive Discounts for GSB community members

For booking enquiries, please send an email to gsbsabha@gmail.com



ASHWINI CATERERS

Serving with love since last 35 years

JAYANT PRABHU

☎ 9222101407 / 9820349633 / 9819718051

✉ ashwiniprbh@gmail.com

WE PROVIDE CATERING SERVICES ALL OVER MUMBAI

- ★ Wedding / Engagement / Baby Shower / Upanayana / Birthday Party
- ★ Satyanarayan / Gauri / Ganapati / Griha Pravesh Pooja
- ★ Traditional GSB Cuisines
- ★ 100% Hygienic and Safe. Food Cooked with best quality ingredients

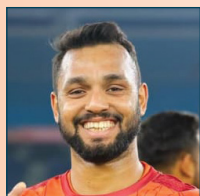
We accept small orders and parcels also

CONGRATULATIONS!

The President of India, Smt. Droupadi Murmu, presented the Padma Awards for the year 2025 at Rashtrapati Bhavan on 27th May 2025.

It was a proud moment for the GSB community as eminent artist **Shri Vasudev Kamath** and legendary actor **Shri Ashok Saraf** were conferred the prestigious **Padma Shri Award**.

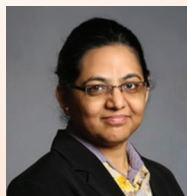
Shri Kamath was honoured for his remarkable contributions to the field of art, while Shri Saraf was recognised for his outstanding and enduring impact on Indian cinema, spanning both Hindi and Marathi films.



GSB footballer **Nikhil Prabhu** has been selected to represent the Indian football team. We extend our heartfelt congratulations and wish him great success in this exciting new chapter of his sporting journey.



We are immensely proud of **Amoolya Kamath** for securing 599 out of 600 marks and emerging as the State Topper in the Karnataka II PU Annual Examination. We wish her continued success in all her future endeavours!



Dr. Seema Pai has been appointed as the President of the Indian Society for Clinical Research (ISCR) for the term 2025-2028.

With over 20 years of experience in clinical research, Dr. Pai has played a pivotal role in the field and has led Pfizer's global site study operations for the India cluster, encompassing India, South Africa, and Sub-Saharan Africa.

We congratulate her on this prestigious appointment and wish her continued success in advancing clinical research excellence.



We heartily congratulate Master **Rohan Koppiker**, son of Vidhya Dayanand Pai, for securing 90.5 per cent in the Maharashtra State Board HSC Science examination and emerging as the State Topper in the Electrical Maintenance subject with 100 per cent. Wishing him continued success in all his future endeavours!



Voice of G.S.B. invites school children to showcase their creativity through writing. If your child is passionate about writing, please send their article to gsvog@gmail.com. Selected entries will be proudly featured in our publication. The Sabha's decision on publication will be final.



summit

TECHNODYNE

www.summittechnodyne.com • info@summittechnodyne.com



COMPREHENSIVE TECHNICAL SOLUTIONS PROVIDER IN INDUSTRIAL APPLICATIONS

- Turnkey Solutions in High Speed Packaging & Palletizing
- Automated Truck & Container Loading Solutions
- Heavy duty Screening for bulk materials
- Waste Glass Processing & Sorting Systems
- Testing Machines & Automation
- Instrumentation & Online Measurement Systems
- Specialized Vacuum Pumps & Compressors



STATEC BINDER
highly efficient bagging and palletizing solutions



binder+cö
WE PROCESS THE FUTURE



KITZ



VAISALA
AUTHORIZED DISTRIBUTOR



Mumbai • Vadodara • Kolkata • Chennai • New Delhi

CHITRAKALA PRADARSHAN

Art
Gallery

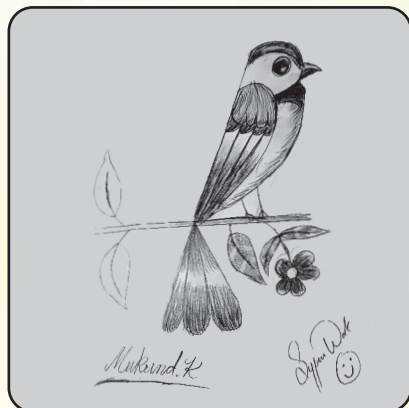
Our Artists for this Quarter

This page is sponsored by



(Managed by Global Music and Arts Charitable Trust, Mumbai).

Kala Coast is a movement for the arts with the GLOBAL MUSIC AND ARTS VILLAGE at Karje- Brahmavara as its flagship project, while having its events, activities and members spread across cities in India.



Drawing by : Mukund Kamath
Age : 8 years



Drawing by : Vedika Rajesh Kamath
Age : 15 years



Drawing by : Kirthi Kamath
Age : 22 years



Drawing by : Sai Prabha Kamath
Age : 50 years



Drawing by : Suchitra Sukhthankar
Age : 56 years



Drawing by : Sarvotham Bhatt
Age : 99 years

THE JOY OF PURPOSE: SERVING SOCIETY IN RETIREMENT

Retirement is often seen as a time to rest and reflect, but for many in the Saraswat community, it can also be a time to rediscover purpose by serving those in need.

by Ashok Prabhu



This article explores the idea of retirees from the Saraswat community engaging in social service and setting an example for other communities.

Recently, I had the opportunity to meet three inspiring individuals: a gentleman in Mumbai who retired early and now coaches youngsters in the city's slums on various educational subjects; another in Bengaluru who helps

retired military personnel start and succeed in businesses; and a retired lady doctor in Mumbai who continues to travel to rural Maharashtra to provide essential medical advice to the poor. All three belong to the Saraswat community. Their dedication to social service was truly inspiring and led me to reflect: Is the larger Saraswat community in a position to help the less fortunate after retirement? If so, how?

Despite the trauma of being displaced from Goa, the Saraswat community has made significant economic progress, thanks to centuries-old traditions of learning, strong work ethics, and business acumen. Today, the community continues to thrive. In general, children surpass their parents in educational and financial achievement. Most Saraswats—whether in cities, towns, or villages—are relatively well-off and lead comfortable lives. Many belong to the upper-middle class, hold high-paying jobs, own businesses, and possess property both in urban and rural areas. An increasing number of Saraswat children attend private English-medium schools, receive special coaching, pursue higher education at reputed institutions, and embark on successful professional careers.

This upward mobility, however, is often supported by individuals from less privileged backgrounds—those who perform household chores, support businesses, provide transport and cleaning services, or labour in farms and markets. Most people are preoccupied with careers, managing households, raising children, and participating in religious and social obligations during their working years. There is little time left for social service.

However, people now live longer after retirement and are often financially stable. Retired Saraswat individuals typically spend their time on household work, helping with grandchildren, upgrading their lifestyle, travelling, engaging in religious activities, volunteering at temples and mathas, participating in community events, practicing yoga, pursuing hobbies, and using social media. While these are all fulfilling activities, many retirees are in a strong position to contribute to the upliftment of underprivileged communities, especially those in urban slums and rural areas whose children attend vernacular-medium public schools and often lag behind their more affluent peers.

Is it time for the Saraswat community to consider using a portion of their retired lives for voluntary social service? Could they mentor the underprivileged, share their knowledge, and provide guidance? Once they make the decision, a path will surely emerge.

Retired individuals possess vast experience across diverse fields: medicine, engineering, technology, science, mathematics, languages, healthcare, governance, banking, finance, business, farming, education, media, and entertainment. They can contribute in numerous ways: offering tutoring, career coaching, motivational talks, food distribution, healthcare advice, financial literacy training, and emotional support. They can also volunteer in old-age homes, orphanages, shelters for the disabled, and animal care centres. Given their expertise, many of these activities would require little preparation.

Saraswat retirees are generally comfortable in local languages, which would ease communication. Additional coaching can make a significant difference for schoolchildren who can't afford private tutoring. Instilling a love for learning and the importance of education can motivate students to take their studies seriously. Teaching science and mathematics can spark curiosity and ambition, while promoting English fluency alongside local languages can open doors to higher education and better careers. Schools are often eager for mentors who inspire students and help them envision a productive future.

Motivational sessions can help youth overcome challenges and avoid harmful habits like smoking, drug use, and alcohol consumption. Proper coaching can also empower women and youth to recognise and escape abusive situations. Retirees with government experience can guide aspirants toward securing public sector jobs. Highlighting current technological trends, such as artificial intelligence, can help bridge the digital divide and prepare underprivileged children for the future.

Medical professionals can offer advice on hygiene, nutrition, vaccinations, and preventive healthcare. Those with business experience can help identify market needs, evaluate competition, plan operations, and understand tax and financial implications. Support in old age homes and orphanages can bring joy to residents. Setting up NGOs and organising the collection and distribution of food, clothing, and toys can support those who have just moved to cities or are yet to find stable incomes.

With their talent, experience, and compassionate mindset, the Saraswat community is well-equipped to give back to society. Once a few retired members take the lead, others will follow. The community's strong sense of discipline and cooperation can foster meaningful discussions and coordinated action. Even those still working can contribute as time permits. Religious and community leaders can help assess the value of such initiatives and provide guidance.

Enjoying one's retirement is important. But dedicating even a small portion of that time to helping the less fortunate can bring deep personal satisfaction and a sense of purpose. The Saraswat community, which has overcome historical adversity to achieve success, is uniquely positioned to assist others, young and old alike, through voluntary service. In doing so, they can set an inspiring example for other communities to follow.

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

KAMALABAI PRABHU AND THE THALI CASE: A SAGA OF PATRIOTISM AND SACRIFICE

by V. Sudhish Pai

In the annals of our freedom movement and our endeavour to assert our dignity and self-respect, the name of Smt. Kamalabai Prabhu and her famous Thali case stand out as beacons. She was the daughter of Sahityakusalan M. Seshagiri Prabhu, a profound scholar, litterateur, grammarian, and educationist, and Smt. Savitri. She was born on 12th August 1901. Kamala was also given the name Saraswati and was known at home and among relatives by her pet name Ratna. Not much is known about her educational details. Born and brought up in Mangalore and hailing from Malabar, she acquired working knowledge of Kannada and Malayalam, besides Konkani, her mother tongue. She also knew Telugu as her father served at Rajahmundry. As was customary in those days when marriages were arranged and took place at quite a young age, her marriage was solemnised in the second decade of the 20th century.

She married Shri L.S. Prabhu (Lakshmana Surendranath Prabhu), more familiarly known as Nanda in the family and among his friends. The name of his house was accordingly NandaGokul. They had no children. It is said that one of the simple joys of his life was to gather all the children in the family and eat with them from the same plate. He was a freedom fighter and a leading member of the Thalassery Bar who later became the Public Prosecutor there after the elections in 1937, when Rajaji was the Premier of the Madras Province. He was a dynamic leader and a great organiser. The couple dedicated their lives to public causes and the nation, and actively participated in the freedom struggle. They were deeply influenced and inspired by such stellar figures as Kasturba Gandhi, Sarojini Naidu, Kamala Devi Chattopadhyaya, and Hansa Mehta. Prabhu was actively associated with and supportive of the Indian National Congress and its programmes and defended those facing criminal charges for their involvement in the freedom struggle. All this did not go down well with the British authorities. He was arrested and sentenced to two years' imprisonment and a fine of Rs. 2000. He was lodged in Vellore jail many times during the civil disobedience movement. It was not uncommon for him, as with many other leaders, that they would be arrested and taken away at the crack of dawn or from the lunch or dinner table. Justice Krishna Iyer, who started his practice at Thalassery and personally knew both L.S. Prabhu and Kamalabai, has paid glowing tributes to them.

Mahatma Gandhi visited Thalassery, and there was a picketing of foreign cloth and liquor shops. The ladies were also keenly involved in Gandhiji's various programmes and also in the Satyagraha. Kamalabai was no exception. She was very supportive of her husband and vigorously took part in the fight for freedom. Standing in front of her house, she would be offering water and buttermilk to people taking part in processions. Kamalabai had her first taste of arrest on 30th January

1930 while attending a protest rally on the Calicut beach. She participated in the Swadeshi movement and the propagation of Khadi. She organised Satyagraha, particularly by women. She led the picketing of foreign cloth shops in Thalassery. Kamalabai and the other Satyagrahis were arrested. They were tried by Mr. Dodwell, ICS, the Sub-Divisional Magistrate of Thalassery, and sentenced to six months rigorous imprisonment and a fine of Rs. 1000 in those days. While the others paid the fine, Kamalabai did not. She pleaded that she did not have the money with her and that she was instead willing to undergo imprisonment for a longer period. And now comes the climax.

The Magistrate ordered Kamalabai to surrender her ornaments towards the fine. She readily surrendered her bangles and ear studs. But that did not satisfy the fine amount. And the Magistrate ordered the police constable to remove her Thali. The Thali is the sacred, auspicious symbol of marriage among Hindus. That is tied by the bridegroom around the neck of the bride at the marriage, and it is removed only on the demise of the husband. Shri D'Cruz, a lawyer present in the court, explained to the Magistrate the significance of Thali and that, therefore, she was reluctant to part with it. But the Magistrate rebuked him, insisted that the Thali also be given, and ordered that she be sent to Vellore jail. Kamalabai was clear and firm that no policeman would touch her Thali.

She therefore requested her co-accused Smt. Madhavi Amma to remove the Thali chain and place it on the ground as a symbolic gesture of garlanding Bharat Mata. Not satisfied still, the insensitive Magistrate mockingly asked "what if the Indian ladies are raped in the prison?" The Magistrate did not allow her relatives to meet and talk to Kamalabai while in police custody. Travelling in third class while being taken to Vellore jail, she was escorted by two male constables without any women warden. Kamalabai was about 31 years old then.



The painting on the court wall:
Thali case as depicted in *The New Indian Express*, 23rd January 2025

This abominable incident evoked the sharpest reactions of anger, dismay, and protest throughout the country. The news was published in the Malayalam daily, Mathrubhumi, from Calicut on 27th January 1932. The editorial published in the paper condemned the Magistrate's action: 'Englishmen's manners, especially to women, have always been well-known. Would it be like this when they show an example of the same in India?' The English daily The Hindu from Madras carried the news on 29th January 1932, and The Hindustan Times, New Delhi, on 2nd February 1932. The insensitivity, cruelty, and high-handedness of the British officer led to widespread agitations across the country. The issue was raised in the Madras legislature: Sir R.K. Shanmugham Chetty, later independent India's first Finance Minister, spoke passionately about this. The incident, it is said, caused an uproar even in the British Parliament. In a Press note issued on 23rd February 1932, the Government of Madras condemned the action of Magistrate Dodwell and ordered return of the Thali to Kamalabai. Dodwell, too, wrote a letter expressing regret for what he did. That letter was, however, not made public by the Government. Ultimately, Dodwell met his nemesis: he was recalled to Britain as a punitive measure.

When Kamalabai was sent to the Vellore jail, her husband was already there undergoing his term of imprisonment. This prompted the Government, as a face-saving device, to return the Thali to Vellore jail so that Kamalabai could receive it back and wear it. But she was made of sterner stuff. She declined to receive her Thali from any Government official. The Government then persuaded her husband, Shri L.S. Prabhu, who tied it round her neck.

This is the great inspiring story of the Thali case and of Kamalabai and L.S. Prabhu which is of the stuff of legend. Shri Prabhu donated his house at M.M. Road in Thalassery to the Congress. It was used to hold party meetings and was later renamed as 'L.S. Prabhu Mandiram'. Shri Prabhu actively

participated in the Quit India movement and was imprisoned. While in jail, he was afflicted with hypertension, and as he was quite sick, he was released from prison before serving his full sentence. He did not live long thereafter and passed away almost a martyr on 17th March 1944 at the age of 48. Kamalabai was then 43 years old. Soon after her husband's passing, she retired from politics. By that time, freedom was also dawning. Much later, she moved out of Thalassery and settled in Coimbatore with her younger sister Smt. Lalita Prabhu, who was also a freedom fighter and first woman chairperson of the Thalassery Municipality. Kamalabai lived to the ripe age of 86 years and passed away on 7th December 1986, leaving behind a trail of glory - her commitment to public causes and patriotism fired by self-negation and idealism of the highest order.

Memories of the Thali case, a landmark legal battle that resonated across the British Empire, were reignited as Thalassery court moved to its new premises on 25th January 2025. The Thalassery court has been operational for 220 years. As the court relocated to its new multi-storey building, the pivotal episode, rooted in the boycott of foreign clothing during India's freedom struggle, has been artistically captured by Ponniam Chandran in a painting that now adorns the walls of the court's new building. The nearly century-old Thali case may be said to represent our history, freedom struggle, and legal heritage. The acrylic painting vividly portrays the drama linked to the case. The lower half features spinning wheels, symbolising the Swadeshi movement, alongside scattered Gandhi caps and the faces of freedom fighters. The upper portion depicts Kamala against the backdrop of Vellore prison, where she was held.

It is worth mentioning that Kamalabai Prabhu is my maternal grandmother's elder sister. Kamalabai Prabhu's life and work will continue to enthuse and inspire. Her life is an inspiration, her memory a benediction.

V. Sudhish Pai is an eminent lawyer and writer.

LIST OF IMPORTANT DATES IN THE QUARTER JULY - SEPTEMBER 2025

Date	Day	Festival	Date	Day	Festival
6 th July 2025	Sunday	Devashyani Ashadi Ekadashi	16 th August 2025	Saturday	Gopal-Kaala - Dahi Handi
10 th July 2025	Thursday	Guru Purnima	26 th August 2025	Tuesday	Hartalika Trutiya (Vaiyna Puja)
14 th July 2025	Monday	Sankasth Chaturthi	27 th August 2025	Wednesday	Ganesh Chaturthi
25 th July 2025	Friday	Shravan Arambh	28 th August 2025	Thursday	Rishi Panchami
29 th July 2025	Tuesday	Nag Panchami	6 th September 2025	Saturday	Anant Chaturdashi
9 th August 2025	Saturday	Sutta Punav & Raksha Bandhan	8 th September 2025	Monday	Pitru Paksha Aarambh (Mhaalu)
12 th August 2025	Tuesday	Angarak Sankasth Chaturthi	10 th September 2025	Wednesday	Sankastha Chaturthi
15 th August 2025	Friday	Sri Krishna Jayanti (Janmashthami) & Independence Day	22 nd September 2025	Wednesday	Navratri Ghatasthapana
			2 nd October 2025	Thursday	Dushera & Mahatma Gandhi Jayanti

GOAN SARASWAT FOOD: A LIVING LEGACY OF TASTE, TRADITION & THE SEA

The cuisine carries the quiet wisdom of generations—feeding not just the stomach, but the spirit too.

by Dr. Neha Dangi



Tucked between the lush Western Ghats and the sparkling Arabian Sea lies Goa, a land known for its beaches, but even more cherished for its food. Among the most treasured culinary traditions here is Goan

Saraswat cuisine, a soulful blend of simplicity, spice, and spirituality.

This cuisine is a celebration of local produce, time-honoured cooking methods, and deep-rooted cultural values. It reflects the identity of the Saraswat Brahmins, who, despite their Brahmin lineage, have harmonised vegetarian and non-vegetarian fare with spiritual intent.

In the symphony of India's diverse regional cuisines, Goan Saraswat food sings a song that's both ancient and ocean-kissed. Rooted in Vedic traditions yet open to the abundance of the Konkan coast, it's a cuisine that embodies resilience, adaptation, and reverence, all on a banana leaf.

The Saraswat Legacy: A Culinary Pilgrimage

The Saraswats are one of the five major Brahmin communities in Goa, tracing their lineage to the lost Saraswati River of North India. Over centuries, they migrated to the Konkan coast, bringing with them a deep-rooted Vedic culinary tradition. In Goa, this heritage adapted itself to local produce, seasonal rhythms,

and coastal necessities; giving rise to a cuisine that is both sacred and sensuous.

Saraswat Brahmins in Goa are broadly classified into two culinary traditions:

- **Gaud Saraswat Brahmins (GSBs):** Known for their liberal use of seafood alongside a strong base of vegetarian fare.
- **Chitrapur Saraswats:** Predominantly vegetarian with roots in Karnataka and coastal Maharashtra, they too reflect similar culinary values but with subtle regional variations.

A cuisine guided by season, ritual, and *satvikta*

Goan Saraswat cuisine is more than just sustenance, it's philosophy on a plate. Guided by *satvik* principles (purity, balance, and non-violence), the food often revolves around freshly harvested ingredients, seasonal vegetables, and a conscious blend of taste and nutrition.

Despite being Brahmins, many Saraswats consider fish and seafood as permissible and even sacred. The term "*jivan*" (meaning life) is used to describe fish, highlighting its revered place in their diet.

Meals are often made with ritual precision: specific dishes are prepared for festivals, fasts (*upvas*), and ceremonies; each with its own meaning, story, and emotion.

A seasonal and festive rhythm

Goan Saraswat cuisine respects nature's calendar. Summer brings *ambi dal* (raw mango dal), *kokum saar*, and mango pickles. The monsoon limits access to seafood, prompting a switch to dry fish, root vegetables, and preserved pickles. Festivals like Chavath (Ganesh Chaturthi), Sankashti, and Navratri each come with their own traditional dishes, often made without onion or garlic, and infused with spiritual significance.



More than food: A way of life

The Saraswat dining experience is deeply communal. Meals are served on banana leaves, eaten by hand, and always prefaced with gratitude. Even the act of cooking is often meditative; seen as a service to both family and the divine.

In the modern world, where food is often fast and functional, Saraswat cuisine remains a gentle reminder: of slowing down, cooking with love, and eating with intention.

Key ingredients in the Saraswat kitchen

1. **Coconut** – Fresh, grated, toasted, or as milk, coconut is omnipresent. It's used in curries, chutneys, desserts, and even drinks.
2. **Kokum (Aamsul)** – This souring agent with a deep pink hue is a coastal staple, replacing tamarind in many Saraswat dishes.
3. **Teppal (Sichuan Pepper)** – A rare spice used particularly in fish curries, it imparts a numbing citrusy flavour.
4. **Rice** – The core grain of every meal, either steamed, fermented (like in *idli/dosa*), or ground into flour.
5. **Jaggery** – Used in sweets and to balance the acidity or spice of curries.
6. **Spices** – Mustard seeds, asafoetida (*hing*), turmeric, coriander, and dried red chillies form the base of many dishes.

Let's take a full-scope dive into this flavourful world, and explore every major dish that makes Saraswat cuisine so unique.

Everyday staples

1. **Dalitoy**
A comforting, lightly spiced toor dal tempered with mustard seeds, green chillies, curry leaves, and asafoetida. A daily essential in Saraswat homes.
2. **Rice bhakri**
Soft flatbreads made with rice flour, often served with vegetable or fish curries.
3. **Ukde Sheet (Boiled Rice)**
Red parboiled rice, typically served with curries. Hearty and filling.

4. Sheeta-Phanna (Rice and Curry)

A classic combination of steamed rice and a mild coconut-based curry (veg or fish-based).

Vegetarian Delicacies

5. Khatkhate

A signature mixed vegetable curry made during religious functions. Contains jackfruit, pumpkin, beans, drumsticks, and spiced with teppal, turmeric, and coconut paste.

6. Upkari

A dry stir-fried vegetable dish, e.g., beans, cabbage, pumpkin, or ghosale (ridge gourd), tempered with mustard, hing, and coconut.

7. Tonak

A thick, spicy curry made from pulses like masoor, kulith (horse gram), or vatana (peas) with coconut masala.

8. Sukke

A semi-dry curry made with vegetables or lentils, coconut, and a special spice blend. Often includes jackfruit, raw banana, or yam.

9. Tambli / Taak Bhaji

Cooling curries made with buttermilk, kokum, or leafy greens like Brahmi, seasoned with minimal spices.

10. Alu Talle Upkari

Tender colocasia leaves sautéed with coconut — a monsoon favourite.

Seafood & Non-Vegetarian Specialities

Despite being Brahmins, Saraswats often consume fish and seafood as part of their traditional diet, especially in coastal regions.

11. Tisreo Sukke

Clam stir-fry with coconut, garlic, and spices — a coastal classic.

12. Sungta Hooman

Prawn curry in a coconut-based gravy, spiced with turmeric and teppal.

13. Bangdyache Uddamethi

Mackerel curry made with fenugreek, mustard, and coconut.

14. Kane Rava Fry

Ladyfish marinated and shallow fried in rava (semolina) — crisp outside, juicy inside.

15. Kolombo

A lentil and vegetable curry, often with a smoky flavour from coconut oil or roasted spices — sometimes served with fried fish.

16. Kismur

A side dish made from dry prawns or fish (usually mackerel or shark), mixed with onions, grated coconut, and chilli powder.

17. Tallele Sungta / Bangde

Fried prawns or mackerel, typically marinated with red chilli paste and turmeric.

Rice-Based Preparations

18. Valachi Khichdi

A khichdi made from field beans (*vaal*), coconut, and rice. Comfort food at its finest.

19. Phov / Poha Varieties

Flattened rice served in various ways:

- Batata Poha – with potatoes
- Rosat Phov – with coconut milk and jaggery
- Dahi Poha – soaked in curd, tempered with mustard and green chillies

Snacks and Side Dishes

20. Chonya Ros

White peas curry with coconut, served with *pao* or rice.

21. Ambadyache Sasav

Hog plums cooked in a tangy mustard-coconut gravy.

22. Fanna / Saar / Rasam

Clear broths made with kokum, tomato, or dal — served with rice or as an appetiser.

Sweets & Festive Desserts

23. Patoleo / Patoli

Steamed rice cakes with a filling of coconut and jaggery, wrapped in turmeric leaves. A Ganesh Chaturthi must-have.

24. Madgane

A coconut-jaggery dessert made with chana dal and rice flour. Similar to *kheer* but with deeper, nutty flavours.

25. Shevvo (Vermicelli)

Served sweet (with coconut milk and jaggery) or savoury.

26. Nevri

Half-moon-shaped sweet dumplings filled with coconut and jaggery, deep-fried until golden.

27. Godshe

A general term for sweet preparations made during pujas — often includes jaggery, coconut, dal, and spices.

Condiments & Preserves

28. Lonche (Pickles)

Made from mangoes, lemons, or bamboo shoots — spiced and preserved in oil.

29. Chutneys

Coconut-based or dry chutneys made with sesame, garlic, or dry shrimp.

30. Sandge

Sun-dried dumplings made from vegetables or pulses, used in curries or stir-fries.

Drinks & Digestives

31. Sol Kadhi

A tangy pink drink made with kokum and coconut milk — consumed after meals for digestion.

32. Kokum Sherbet

A cooling summer drink made with kokum extract, cumin, and sugar.

A cuisine of faith, flavour and festivity

Goan Saraswat cuisine is deeply interwoven with festivals, fasting rituals, agricultural rhythms, and ancestral pride. Dishes are not just created for taste, they carry intention, emotion, and gratitude. Whether it's *dalitoy* served to deities, *patoleo* made for Lord Ganesha, or the humble *kismur* reminding you of monsoon days, every dish is a memory.

Why Goan Saraswat Cuisine Matters Today

As globalisation dilutes local foodways, documenting and celebrating Saraswat cuisine is an act of preservation. It's not just about recipes, it's about keeping alive stories of migration, adaptation, and cultural pride. It teaches us that simplicity can be sophisticated, and that tradition can be delicious.

Whether you're a curious foodie, a nostalgic Goan, or someone who finds meaning in mindful living, Saraswat cuisine offers something that goes beyond the plate. It offers a taste of belonging.

In conclusion: A heritage worth savouring

Goan Saraswat cuisine is an elegant dance of heritage and hedonism, where *bhakti* (devotion) meets *bhog* (pleasure). It whispers the wisdom of ancestors, carries the rhythm of the sea, and feeds not just the body, but the soul.

Next time you encounter a Saraswat thali, pause. Notice the quiet complexity. Taste the history. And above all, feel the love, because every grain, every spice, every stir, is part of a story that's been simmering for centuries.

Final thoughts

This cuisine is a living archive; preserving the past while nourishing the present. Whether you're enjoying a festive *thali* or a humble bowl of *khichdi*, Saraswat food urges you to slow down, savour, and be mindful of where you came from.

The next time you are in Goa or near a Saraswat kitchen, say yes to everything on the banana leaf. It's more than food, it's heritage, harmony, and a hug from the coast.

Dr. Neha Dangi is a practicing dentist from Kudal, Sindhudurg, with a deep-rooted passion for food and its cultural significance.

Radhakrishna Kamath

Mob: 98217 63964/ 93200 63964

Res: 022 2445 3379

Email : kamathradhakrishna@rediffmail.com



Kamath

CATERERS

We undertake all types of Catering for Marriage & Other Function

Y/3, Dadar Sai Kirti CHS. Ltd., Anant Patil Road, Dadar (W), Mumbai - 400 028.





OM SREE KRISNAYA NAMAH



A SHORT VERSION OF ARANYAKA PARVA - PART 4 OF THE GREAT EPIC MAHABHARATA

by Divakara Shenoy, Kochi

Introduction

The Aranyaka Parva is one of the longest of the 18 Parvas of the eventful epic story of Mahabharata. Part 3 of this article, Aranyaka Parva, was published in the April-June 2025, the quarterly publication of *Voice of GSB*. Mahabharata is treated as History rather than Mythology. The day-to-day events happening even today in the world are so like what has been explained through several stories mentioned in this great epic. The epic has stood the test of time. A summarised version of the last published Aranyaka Parva - Part 3 is given herein for reader's sake and for continuity in reading.

Summary of Aranyaka Parva - Part 3

During their forest life in exile, the Pandavas visited several temples and holy places as advised by the sage Lomasa, when he visited the Pandavas. The sage told to Yudhishtira to spend the rest of the 12 years in pilgrimage and about the benefits of visiting holy places to reduce stress. He also narrated many legendary stories to boost their mood. 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. The sage described the birth story of the great scholar Ashtavakra who was cursed by his own father Kahoda to be born with a twisted body of eight bends and how his father Kahoda, well-versed in Vedas, was defeated in a debate on shastras, held in the royal court of King Mithila and made to drown in the sea and, thereafter, how Ashtavakra took revenge defeating the court scholar Vandi, who also was made to drown in the sea.

Lomasa also told the story of Bhima, who went in search of Sougandika flowers at the request of wife Panchali and was

obstructed on his way by a monkey, to whom Bhima surrendered and apologised on recognising that the monkey was none other than his own elder brother Hanuman.

During their stay in the forest, Sage Markandeya visited Pandavas. He also narrated a story in reference to the power of patience and chastity of women. He continued saying that once there lived a Brahmana by name

Kaushika who was a strict Brahmacharini and ardent devotee of Lord Vishnu and Siva. Kaushika once after a long walk got tired and happened to rest under the shadow of a large tree nearby, when a bird sitting on top of the tree defecated on his head with its droppings. Out of anger, he looked up at the bird and the bird at once fell to death. The incident made him sad. Thereafter, Kaushika set out to collect food as usual by 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. After some time, suddenly she remembered about the Brahmana and went to give alms to him. Kaushika was terribly 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 bird to be killed by your



cruel thought and ragged look at me”. Kaushika stood astonished when the housewife made mention of the incident leading to the death of crane bird. He humbly looked at the housewife as if to seek answer to the question he had in his mind.

ARANYAKA PARVA - PART 4

KAUSHIKA BRAHMANA APOLOGISED TO WOMAN

Kaushika stood astonished when the housewife made mention of the incident leading to the death of crane. He humbly looked at the housewife as if to seek answer to the question he had in his mind. The housewife mentioned to him that he needs to know what is called Dharma or duty of a person in life. She reminded him that a housewife's duty is to be in service of her husband and children. A woman should be faithful and devoted to her husband. Such woman is a Pathivrata who attains extraordinary vision and spiritual power.

KAUSHIKA WAS DIRECTED TO MEET DHARMAVYADHA

The housewife asked Kaushika to go to Mithila and meet Dharmavyadha to learn the secret of dignified life and Dharma. The Brahmana apologised for his behaviour and thanking the housewife, set out to Mithila. He thought that she had referred him to a great scholar. Upon arriving at the city of Mithila, he enquired about the person by the name Dharmavyadha and to his surprise was shown a butcher's shop. For a minute, he stood motionless wondering what he would learn from a butcher. Then suddenly, came to sense hearing the voice of the butcher asking him whether the chaste housewife had sent him to Mithila. Kaushika Brahmana stood stunned and dumb hearing Dharmavyadha.

Dharmavyadha was a Brahmana in his previous life, and he was a scholar and proficient in Vedas. Unfortunately, he, for some reason, was cursed by an aggrieved saint to be born as a butcher.

Dharmavyadha took Kaushika to his home where he could see a happy family. Kaushika was surprised by the devotion with which Dharmavyadha served his aged parents. Now Kaushika learned the lesson of Dharma. He returned to his home to serve his parents, which he had neglected before.

DHRITARASHTRA'S DILEMMA

One Brahmana who happened to visit the Pandavas, during returning to Hastinapura went to meet Dhritarashtra. The Brahmana explained to the king the sufferings and sorrows of the Pandavas who were living in exile in the forest. Dhritarashtra felt sad to hear the pathetic condition of the Pandavas, at the same time seemed helpless, fearing the rage of his son Duryodhana who was an extremely violent and cruel person who always found pleasure in the sufferings of Pandavas. He very well knew that one day, the Pandavas would return to Hastinapura to claim their legitimate share of the Kingdom. He also feared that the anger of Pandavas might one day explode beyond its boundaries and overflow to destroy the Kauravas.

DURYODHANA'S VISIT TO PANDAVAS

Duryodhana, hearing the news of the Pandavas from the Brahmanas personally wished to visit the Pandavas in distress and show them how happy he was to see them suffering. He sought permission from the king Dhritarashtra many times to visit the Pandavas which was not granted by the king fearing attack on his sons from angry Bhima and Arjuna. His intimate friend Karna knew Duryodhana's irresistible desire to visit the Pandava brothers. Karna and uncle Sakuni approached the king to seek permission to visit the forest Dwaitavana and obtained permission from the king on the pretext of the annual stock-taking of the cattle. Duryodhana was happy at this.

DURYODHANA AND PARTY ARRIVE AT DWAITAVANA

Duryodhana was overjoyed. Next morning he along with his brothers, Karna and Sakuni, set out to Dwaitavana. A large army also accompanied them. They stayed in a luxurious rest house a few miles away from the abode of Pandavas. They took annual stock of the cattle. There in the rest house they enjoyed dancing, drinking and a luxurious life. They also enjoyed hunting and sports and other entertainments. While engaged in hunting, Duryodhana and his party arrived at a very beautiful lake near to the hut where the Pandavas lived. Duryodhana ordered his attendants to arrange to camp near a lake.

CHITRASENA ATTACKS DURYODHANA'S ARMY

Chitrasena, the Gandharva king, was already camping near the lake. When Duryodhana's attendants were to make arrangements to camp there, the Gandharvas blocked them, and the news reached Duryodhana who was annoyed and extremely angry. He ordered his military to attack Gandharvas. In the battle the Kauravas army was defeated, and all the soldiers were imprisoned. Furious and distressed Duryodhana, along with his intimate friend Karna and uncle Sakuni with his remaining soldiers in the camp set out to attack the Gandharvas. In a battle with the Gandharva King Chitrasena, the great hero Karna and Kauravas army lost their weapons and chariots and fled from the battlefield. The great archer Karna could not protect his friend Duryodhana who was imprisoned by king Chitrasena.

PANDAVAS RELEASED IMPRISONED DURYODHANA

The news of Duryodhana's secret arrival at Dwaipavana and getting imprisoned in a battle with the Gandharvas fell into the ears of Yudhishtira. He ordered his brothers to go and release Duryodhana after fighting with Chitrasena. Though his brother refused, Yudhishtira convinced his brothers saying that since Kauravas also were same family it would be shameful to the family if an outsider captures a member of their family. At last, as desired by Yudhishtira, they went to fight with Chitrasena and release Duryodhana. The Gandharva King, seeing Arjuna did not wish to fight with him because Arjuna was said to be Chitrasena's student who learned dance from him. On Arjuna's request Chitrasena released Duryodhana and he was asked to leave his camp. Duryodhana was embarrassed by this incident and out of

shame wanted to commit suicide but was stopped by his friends. Immediately they returned to Hastinapura.

DHURVASA'S VISIT AND DRAUPADI'S DILEMMA

At the beginning of the Pandavas' life in exile they lived in utter poverty to the extent to starve because they had nothing to eat. Therefore, Sun God had gifted Yudhisthira a divine vessel known as "Akshayapatra" that has power to generate sufficient food to feed any number of persons every day. The problem was that the supply of food was only once a day, would cease from the vessel for the day once the vessel is washed and cleaned post Draupadi feeding her family, guests and she eating from it.

One afternoon surprisingly, the great sage Durvasa with his disciples happened to visit Yudhisthira in his hut at midday, when the Pandavas were taking rest after midday meal. The sage was welcomed with great honour by the Pandavas. Durvasa asked Yudhisthira to keep ready midday food for him and his disciples by the time they would return after their bath in the nearby river and finishing midday prayer.

Draupadi was confused and could not find a way to feed the sage and his disciples because the divine vessel was left for cleaning. So, the power of the vessel to supply food had ended for the day. She feared the anger and curse of the sage if she failed to serve food for the Brahmanas. She cried in distress and prayed Lord Krishna to come and help her from such a difficult situation and to save from the rage of the sage.

LORD KRISHNA APPEARS BEFORE DRAUPADI

She was an ardent devotee of Sri Krishna who very well understood the pathetic condition she was in. Therefore, the Lord

manifested before her. He told her that he was very hungry and he needed food at once. Draupadi thought that she had expected the Lord to come and save her from her predicament and now the Lord himself is pushing her in a more difficult situation. Lord could read her mind. She humbly convinced her predicament to the Lord. He asked Draupadi to bring the divine vessel to find at least some food left in it. She told "Oh my Krishna, I thought you have come to save me from a difficult situation which you very well knew but contrary to what I expected you also wanted to test me and make me sadder?" Krishna insisted Draupadi bring the Vessel. Krishna found in it a grain of cooked rice and piece of cooked leaf of vegetables. Krishna picked them from the vessel and ate them. He persuaded Draupadi that he was satisfied and not hungry. At this time Sage Durvasa surprisingly had a feeling of eating well and his hunger satiated.

Krishna asked Bhima to go and inform the Sage Durvasa that their food was kept ready so that they could come and eat. Bhima Sena had complete faith in Sri Krishna, though was fully aware of the disaster that would happen if the sage and disciples were not provided with food to eat. He with full trust in the lord and as advised by Sri Krishna, rushed to the riverside where the sage and disciples were bathing. He approached the sage Durvasa to convey to him that their food was ready. In reply the sage told to Bhima "Please inform Yudhisthira that we have eaten our meals and tell him to forgive us".

The story conveys the message that the lord's satisfaction of hunger with a grain of rice has satiated the hunger of all beings in the entire universe.

My prayers to the Universal Master Lord Krishna.
(To be continued).

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

KAVI SAMMELAN

PRAYER OF A FLOWER

*Thank You God, for making me so Beautiful,
Delicate & Fragrant,
But sadly, like All things created by You,
I am also not permanent.
Since my birth, every morning,
I pray that I should be offered at Your Holy Feet,
& Not be woven in a Garland,
for a Leader, at a Political Meet,
Or, on a Dead Body as a mark of Respect,
Or, placed in a Vase & be constantly checked.
So, Please, Dear God,
Listen to my Prayer &
Let me be placed at Your Feet Divine,
Till I finally Fade & my Fragrance & Beauty Decline.*

Kalpna P Kamath is a retired banker.



by Kalpna P Kamath

DEATH

*When Life is Gone, Death is Born.
Birth is followed by Smiles & Happiness,
Death is followed by Tears & Sadness.
Death may come Early or Late,
Depending on each one's Fate.
But the Eternal Truth is that,
For all those, who are alive & having Fun,
Death will definitely come,
Because All Living Beings are Eligible,
As Death is inevitable.
For an Actor, Death is Acting,
For a Doctor, Death is Challenging,
For a Relative, Death is Separating,
But for the Soul, Death is Liberating.
So, as Long as We are Alive & Breathing,
Let us enjoy every second, Thanking & Appreciating.*

A JOURNEY OF LIGHT

My mother's 25-year pilgrimage to the 12 Jyotirlingas wasn't a sprint of spiritual ambition, but a slow, steadfast walk of grace.

by Veena Shenoy



Jyotirlingas are revered shrines in Hinduism, each dedicated to Lord Shiva and considered a powerful manifestation of his divine energy. The word Jyotirlinga translates to “pillar of light,” representing Shiva’s formless, radiant presence. While there were originally 64, the 12 most sacred Jyotirlingas are widely known and considered highly auspicious.

For my mother, Smt. Leela Bhaskar Bhat, her pilgrimage to these spiritual powerhouses began not in her youth or middle age, but at the golden age of 61. What started as a single journey to Kedarnath in 2000 transformed into a profound quest spanning 25 years, culminating in the sacred darshan of all 12 Jyotirlingas by 2025, at the age of 86. Her journey is not just a tale of devotion but also one of strength, family bonding, and quiet determination.

Kedarnath (2000): The First Step into the Divine

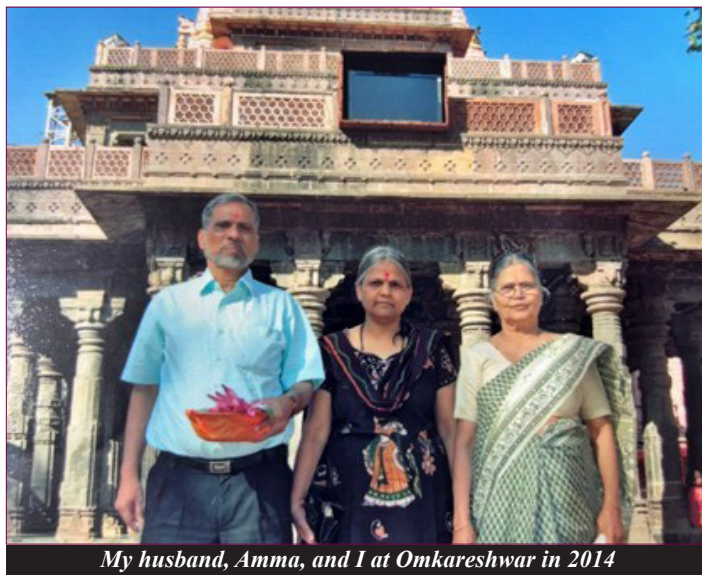
The Kedarnath Yatra is considered tough due to the steep terrain, high-altitude gain, and unpredictable weather conditions. The trek from Gaurikund to Kedarnath involves a significant ascent of 5,072 feet over a 16 km distance, which can be challenging, especially for those unaccustomed to high altitudes. Yet, Amma fearlessly joined my brother Uday Bhat’s family for her very first Jyotirlinga darshan. My sister-in-law Pratima recalls that Amma was the eldest traveler, while my nephew Pradyoth, then hardly 10 years old, was the youngest in their group of pilgrims.

Grishneshwar (2003): The Temple of Resilience

The Grishneshwar Temple is very close to the Ellora Caves in Maharashtra. The original temple structure was destroyed by the Mughals in the 13th and 14th centuries and went through several rounds of destruction and reconstruction during the Maratha-Mughal conflicts. During a family trip to Aurangabad, Amma accompanied by me, my husband Premanand Shenoy, my elder sister Vidya Pai, her husband Haridas Pai, my son Pratik and nieces Divya and Kavya visited Grishneshwar temple. The visit became a celebration of family unity woven into spiritual purpose.

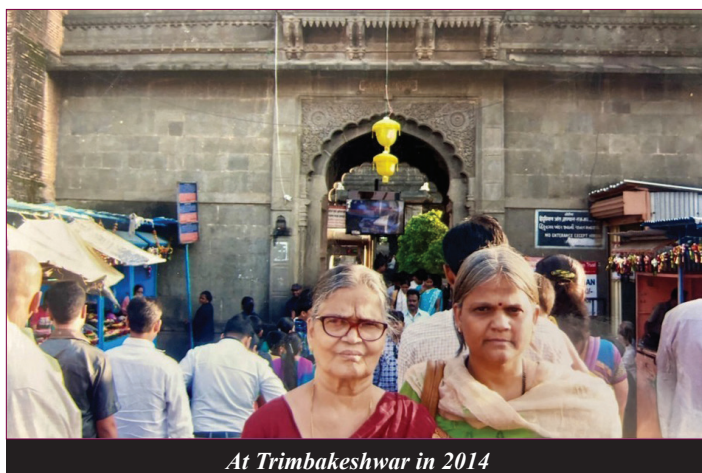
Omkareshwar & Mahakaleshwar (2014): A Double Blessing

In 2014, Amma, my husband, and I traveled across Madhya Pradesh. The peaceful banks of the Narmada at Omkareshwar, followed by the fierce spiritual energy of Mahakaleshwar in Ujjain, gave Amma the strength she needed for this journey—and for those to come. Along with these two Jyotirlingas, we also visited Indore, Bhopal, and Ujjain. It is pertinent to mention that my mother enjoys both spiritual and leisure tours. She has never complained about hectic travel or long waits at temples.



Trimbakeshwar (2014): The Trinity Within One

Later that year, we went to Nashik, where Trimbakeshwar’s three-faced linga embodies the holy trinity—Brahma, Vishnu, and Shiva. We stayed at Shri Kashi Math and explored temples in and around Nashik, immersing ourselves in the spiritual aura of Maharashtra.



Bhimashankar (2016): The Monsoon Miracle

In July 2016, my elder sister, Amma, and I went on a day’s holy trip to Bhimashankar. Amidst mist, rain, and the whispering Sahyadri forests, the journey was beautiful with breathtaking views. It was raining, foggy, and lush with greenery. At times, we could hardly see each other, but our spirits were high, and we had a fulfilling darshan of the Jyotirlinga.

Mallikarjuna (2019): Where Shiva Meets Shakti

This Jyotirlinga is also one of the Shakti Peethas of India, where Lord Mallikarjuna Swamy and Goddess Bhramaramba Devi have self-manifested. This makes the temple unique, with the Jyotirlinga and Mahashakti under one roof. The temple is situated in the difficult terrain of the Nallamala Hills and surrounded by captivating nature.

In October 2019, my husband, mother, and I visited Shri Mallikarjuna Jyotirlinga. Our trip covered Hyderabad, Warangal, and Srisailem. We stayed at Gowda Saraswat Samaj, Hyderabad. On 10th October, we visited Srisailem. The journey from Hyderabad offers scenic views, especially while passing through the Nallamala Hills. We had a beautiful darshan of Shri Mallikarjuna and Bhramaramba Devi.

Rameshwaram (2023): Echoes of the Ramayana



At Rameshwaram in 2023

Rameshwaram Jyotirlinga is located on Rameshwaram Island in Tamil Nadu. Lord Rama worshipped Lord Shiva at this very spot on his way back from Lanka, after defeating the demon king Ravana. To atone for the sin of killing Ravana—a Brahmin and a great Shiva devotee—Lord Rama offered prayers to Shiva. As there was no shrine, Sita fashioned a linga out of sand—Ramalinga—which Rama then worshipped.

My husband and I were again privileged to accompany Amma on this holy pilgrimage in January 2023, after my retirement in December 2022. We took darshan of Rameshwaram Jyotirlinga on 10th January and also visited Kalam's house, Dhanushkodi, Ram Kund, Seeta Kund, Vibhishan Temple, Pamban Bridge, and more. Amma was amazed to learn that Sri Lanka was only 40 kilometers from Rameshwaram.

Kashi Vishwanath (2024): The Lord of the Universe

The Kashi Vishwanath Temple is located in Varanasi, Uttar Pradesh. The presiding deity is known by the names Vishwanath and Vishweshwara, meaning "Lord of the Universe." It is believed that those who live or die in Kashi attain moksha. Kashi is one of the oldest cities in the world.

I had the privilege of accompanying Amma on this holy journey. We went on a six-day trip from 15th to 21st March 2024 with Amrita Travels, visiting Ayodhya, Varanasi, Prayagraj, and Bodhgaya. We watched the mesmerizing Ganga Aarti at Varanasi. In April 2024, we again witnessed the Ganga Aarti when my husband, Amma, and I visited Haridwar.

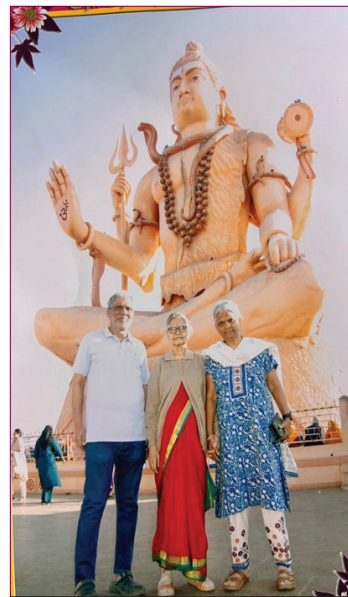
Amma and I were overwhelmed with joy after visiting the Ram Temple at Ayodhya—truly a dream come true for every Hindu.

A Setback and a Prayer (July 2024)

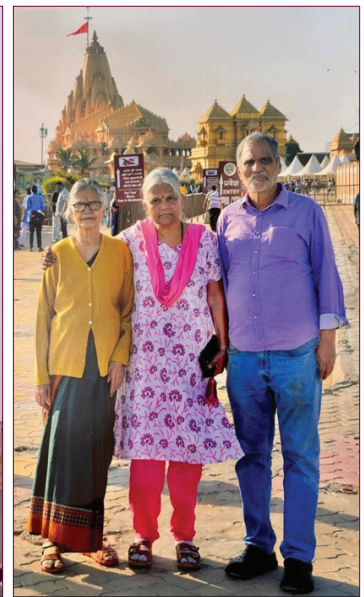
By the time Amma completed nine Jyotirlinga darshans, she was 85 years old. In July 2024, she fell seriously ill. I feared she might not be able to complete her pilgrimage. Yet, she remained enthusiastic and optimistic. In fact, we always felt blessed to have Amma's company on every tour.

With Mahaganapati's blessings, she began to recover. A silent warrior at heart, Amma's quiet resilience and deep faith gave us hope. It is said that when your intentions are pure, the Panchabhootas—air, water, fire, earth, and space—conspire to support you.

Somnath & Nageshwar (December 2024): The Western Frontiers



At Nageshwar in 2024



At Somnath in 2024

With renewed energy and divine grace, my husband, Amma, and I flew to Rajkot in December 2024. Many of our temples have been destroyed and rebuilt repeatedly by invaders. We felt privileged to take darshan at Somnath—the first Jyotirlinga, which has been rebuilt multiple times. Amma, too, seemed to bounce back in spirit and strength after her illness.

On 11th December, we traveled from Somnath to Dwarka, where we had darshan of Dwarkadeesh in the evening and visited Bet Dwarka. The next day, we visited Nageshwar Jyotirlinga.

ANUBHAV ANI VICHAAR

With this, Amma completed darshan of 11 Jyotirlingas—only Baidyanath remained.

Baidyanath (February 2025): The Healer's Touch



Smt. Jyoti Vazirani, Shri Naresh Vazirani, Shri Umesh Pai, Smt. Rohini Pai, Smt. Chitra Karande, Amma, me and my husband at Baidyanath in 2025

Baidyanath Jyotirlinga, or Baidyanath Dham, is located in Deogarh, Jharkhand. Legend says Ravana prayed to Lord Shiva for immense power, offering each of his 10 heads in sacrifice. Moved, Lord Shiva descended to heal Ravana—thus acquiring the name Baidyanath, meaning “Lord of healing.”

We planned our visit in February 2025. My cousin Smt. Rohini Pai and her husband, Shri Umesh Pai—who had also completed 11 Jyotirlingas—wished to join. So did my friend Smt. Jyoti Vazirani and her husband, Shri Naresh Vazirani. My daughter-in-law's mother, Smt. Chitra Karande, was also keen.

On 4th February 2025, eight of us flew directly to Deogarh from Mumbai. That very evening, we took darshan of Baidyanath. We also visited the Ramakrishna Mission, Satsang Ashram, and Navlakha Mandir. All of us were beaming with joy, as three members from our group—including Amma—had completed the 12 Jyotirlinga pilgrimage.

We posed for a group photo outside Baidyanath Temple. From Kedarnath to Baidyanath, from age 61 to 86, my mother's journey through the 12 Jyotirlingas is a true story of faith, family bonding, and fortitude.

Veena Shenoy regularly writes for publications. To date, more than 800 of her articles and letters have been published.

JAHIRAT

ART & CRAFT



Contact **ISHAAN HANDICRAFTS** for all your gifting needs. We have a variety of eco-friendly items like toys, show items, chimes, toranams, kumkuma bharanis, pencils, etc. These can be gifted for a variety of occasions like birthdays, wedding ceremonies, moonji, housewarming, etc.

For details, contact: 8850016482

LITERATURE

CORPORATE INSURANCE MANAGEMENT - A PRIMER

A MUST-HAVE DESK BOOK FOR CEOs, FINANCE, NON-FINANCE, LEGAL PROFESSIONALS

AUTHOR

SANJIV ACHUT SHANBHAG

Mobile – 9833692757
sanjiv.shanbhag@gmail.com

PUBLISHER

INSURANCE TIMES, KOLKATA

To buy, visit

[https://sashipublications.com/
shop/corporate-insurance-man-
agement-a-primer-hand-refer-
ence-book-for-insurance-profession-
als/](https://sashipublications.com/shop/corporate-insurance-management-a-primer-hand-refer-ence-book-for-insurance-profession-als/)

Available on Amazon -

<https://amzn.in/d/99W6mdB>

TEXTILE & JEWELLERY



VINIE BOUTIQUE

Discover elegance in every thread! Explore our exclusive range of handcrafted bags, dupattas, and jewellery—a perfect blend of tradition and style. Ideal for festive occasions, thoughtful gifting, or everyday grace. Custom orders available. Call now to shop timeless artisanal beauty!

- Contact: 9819223081
- YouTube: Wow Snehal
- Instagram: @vinie_boutique

**To advertise in this space, write to gsbvog@gmail.com
Avail our attractive limited-period offer today!**

PILLARS OF STRENGTH

GSB Scholarship League held an important event for the year on Sunday, 4th May 2025 — Meeting the Donors, who are the League's Pillars of Strength.

Shri K.V. Kamath, Chairman of Jio Financial Services, was the Chief Guest for the evening, and Shri Shashikant Shanbhag was the Guest of Honour. Shri Ganesh Shanbhag, Trustee of the League, welcomed the guests and the audience.

Trustee Smt. Vijaya Kamath formally introduced Shri K.V. Kamath, who was honoured with a memento by Trustee Shri V.V. Pai.

Vice Chairman Shri Madhukar Pai introduced Shri Shashikant Shanbhag, who was then presented with a memento by Secretary Shri Ramesh Bhandarkar.

Smt. Gita R. Pai explained to the audience the purpose of the event and the importance of Meeting the Donors—to renew relationships with the donors, share how their contributions are utilised for scholarships, and how applications are carefully scrutinised. She also elaborated on the Support a Student scheme, where donors choose to sponsor students throughout their graduation course with higher scholarship amounts. The emphasis was placed on addressing the needs of the student first; merit is considered thereafter.

The following nine speakers shared their views on long-term plans and awareness programmes: Shri Vivek Kamath, Shri Kishor Shanbhag, Shri Anand Shanbhag, Shri Surendra Baliga, Shri Subraya Shenoy, Dr. Neeraj Kamat, Smt. Sumana Shenoy, Smt. Vibha Bhandarkar, and Smt. Suchita Kamath.

Great appreciation was expressed by the donors for the efficient functioning of the League.

Shri Shashikant Shanbhag, the League's largest donor, remarked that group discussions can generate innovative ideas for



fundraising. He emphasised that since education is a noble cause, members of the community would be happy to contribute.

Shri K.V. Kamath stressed the importance of leveraging technology to raise awareness about supporting the education of the underprivileged. He stated that the community is both large and resourceful enough to donate generously toward this cause. He concluded by saying: "*Vidya Dana is Maha Dana.*" (The gift of education is the greatest gift.)

Secretary Dr. Prashant Kini proposed the Vote of Thanks, expressing gratitude to Wadala Mutt for the facilities provided. Special thanks were extended to Shri Vinayak Shanbhag, sponsor of the refreshments, who was presented with a memento by Trustee Shri Gopal Pai.

Email info@gsbscholarshipleague.org for more information and application form.

VSISTERS HIT A CENTURY!

The 100th programme of GSB Vsisters was held on 30th April 2025, with more than 35 members joining in the celebrations. It was a scene of jubilation and joy. Members came dressed in summer-friendly clothes to beat the sweltering weather and shared their thoughts through bhajans and prose.

Vsisters of Navi Mumbai was started on 11th March 2021, with the main focus of giving housewives a chance to explore and showcase their talents. The group provides a platform for them to realise their dreams, hone their skills, and present them to a wider audience.

Konkani dramas performed by Vsisters have been showcased in Mumbai, Navi Mumbai, Baroda, Ahmedabad, Mangaluru, and other places. These performances have been widely appreciated and applauded, especially since most of the performers had never been on stage before. This group has given them a golden opportunity to shine.

The emphasis is on promoting culture, intending to reconnect the present-day generation with their roots. Activities include providing scholarships to underprivileged girls, hosting talks on personality development, promoting traditional cuisine, and more.



- Veena Adige

ACTIVITIES AT THE GSBS MEDICAL TRUST

World Hearing Day

World Hearing Day is observed on 3rd March every year. To mark the occasion, GSBS Medical Trust organised an ENT camp at its Health Rakshak Centre. A total of 30 patients registered for the camp. The examining doctors were Dr. Ashwinikumar S. Gaikwad, ENT Specialist, and Dr. Nirbhay Singh Walia, Audiologist.



An awareness lecture was conducted to highlight the importance of ear, nose, and throat health. Dr. Gaikwad, in simple and relatable terms, explained how hearing problems can deeply affect a person's life, leading to social isolation, psychiatric issues, depression, and an overall decline in quality of life.

He stressed the importance of early detection, noting that hearing aids are most effective when intervention begins at an early stage. If the hearing nerve loses its full function, even hearing aids may not help.

Dr. Gaikwad also cautioned against self-cleaning the ears with sharp objects, explaining that the ear is naturally self-cleaning, and improper cleaning can harm the delicate inner structures.

Special thanks were extended to Shri Dayanant Anant Kamath for generously sponsoring the programme in memory of his late mother, Smt. Meera Anant Kamath.

Breast Cancer Detection Camp

As part of its ongoing series of Women's Breast Cancer Detection Camps, GSBS Medical Trust conducted yet another successful camp on 12th May 2025.

The camp was generously sponsored by Dr. Niranjani Nayak and her brother, Shri Vishwanath Acharya, who support this initiative annually in memory of their late parents, Smt. Kamakshi Acharya and Shri Janardhan Acharya.



A total of 24 patients were registered and assigned specific time slots for their check-ups, ensuring minimal waiting and a smooth experience. Each patient went through four stages of screening:

1. Dental Check-up – Conducted by Dr. Shalini Rupnarayan, Dr. Swati Satpute, and Dr. Pratik Satpute.
2. Gynecological Examination for Cervical Cancer – Carried out by Dr. Nutan Pai and Dr. Mira Naik, who patiently addressed all patient queries.
3. Mammography – A time-intensive process, efficiently handled by skilled technicians.
4. Sonology Reading – Performed by Dr. Ritesh Dalvi, with reports delivered to patients within five days.

This vital service by GSBS Medical Trust has been well appreciated by all participants and reflects the Trust's commitment to women's health and preventive care.

Disclaimer: The views expressed in Voice of GSB magazine are solely those of the authors or contributors and do not necessarily reflect the editorial position of the magazine. We make reasonable efforts to ensure the accuracy of the content, but we cannot guarantee it. Images used in the magazine are for illustrative purposes only and they may/may not always depict the specific subject matter of the accompanying article. Voice of GSB magazine is not responsible for unsolicited materials submitted to the publication. By submitting information to Voice of GSB magazine, the authors/contributors grant us the right to use that information internally for editorial purposes. Any legal disputes arising out of or relating to your use of Voice of GSB magazine or its content shall be governed by and construed in accordance with the laws of India and shall be subject to the exclusive jurisdiction of the courts located in Mumbai, India.

Printed, Published, Edited by Shri Laxmikant T. Prabhu for G.S.B. Sabha, Mumbai at 101, Shreenidhi, 76, Bhau Daji Road, Opp. Bank of Baroda, Matunga (C.R.), Mumbai 400019. Tel.: 2408 1499. Printed at Uchitha Graphic Printers Pvt. Ltd, 65, Ideal Ind Estate, Mathuradas Mill Compound, S. B. Marg, Lower Parel, Mumbai - 400 013; Tel: 022 4033 6400



Swarna

A bond that lasts...Forever

SINCE 1964

Everlasting Traditions



Visit Our Official Website
Gujjadi.com

Gujjadi Swarna Jewellers Private Limited

Kundapur : Udupi : Mangaluru : Bengaluru : Hubli : Dharwad : Sirsi



IN-HOUSE
MANUFACTURING



GIA
SOLITARES



CERTIFIED
DIAMONDS



LOWEST GOLD
PRICE IN MARKET



LIFETIME
MAINTENANCE



BUYBACK
GUARANTEE



100% BIS
HALLMARKED

EVERGREEN ENGINEERING CO. PVT. LTD.

Quality, Reliability and Performance



50+ Glorious Years...Moving Forward

ENS*AVE*
LED FROM THE FRONT



SHARADA
ELECTRICALS



VICTORY LUMINAIRES

Hazardous Area Lighting & Switchgear Solutions

Scan QR Code For
Evergreen Group Catalogue



EVERGREEN ENGINEERING CO. PVT. LTD.

Corporate Office: 35-B, Mahal Industrial Estate, Mahakali Caves Road, Andheri (East), Mumbai 400 093, India.
Tel: 022-61235151 | Email: contact@evggroup.com | victory@evggroup.com | www.victoryluminaires.com

PERIODICAL