



Voice of G.S.B.



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

May every face
light up this
Diwali and beyond

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



Dear Samaj bhandhavas,

Namaskaru.

As I pen this note, preparations for the festive season must be filling your homes with joy and activity. We are indeed blessed to belong to a community as rich in culture and learning as the Gowd Saraswat Brahmins, guided by the grace of Goddesses Saraswati and Lakshmi. From birth, we are gifted with a Kuldev, a gothra, a Math and Mathadhipati, and above all, parents who nurture in us devotion, dharma, values, and the ethos that defines our identity.

Festivals have always been the heartbeat of our community life. Whether it is the holy months of Shravan and Chaturmas, the solemn observances of Pitru Paksha, or the vibrant celebrations of Navaratri, Diwali, and temple festivals like Pratishta Vardhanti, Kartik Poornima, and Theru—each occasion reminds us of our shared heritage. These traditions, handed down by our ancestors, showcase not only our religious and cultural richness but also the unity that binds us together.

This spirit of unity was also reflected in our recent gatherings. On our Foundation Day, we felicitated the academic brilliance of our young achievers, who shone across diverse fields ranging from Accountancy and Law to Medicine, Engineering, Humanities, and even Forensics. Their success is a matter of pride for us all. Equally inspiring was the Bhakti Natya Tarang programme organised during Ashadi Ekadashi, where young and enthusiastic performers lifted our spirits with soulful music. The programme drew a good audience despite the inclement weather.

Community festivals continue to keep our bonds strong. The Ganesh Utsavs at King Circle, Wadala, and Kurla were celebrated with pomp and splendour, establishing themselves as true ambassadors of our community in Mumbai. Our Mahila Shakha also played an active role by engaging women and children in activities such as Ganesh idol-making and an innovative Shravan Haldi-Kumkum programme. Looking ahead, they have lined up more exciting initiatives, including a cookery contest, Navaratri Haldi Kumkum, Anand Bazaar, etc.

Alongside cultural activities, we continue to strengthen our social and educational initiatives. As part of our digitisation journey, we are developing a dedicated portal to manage Vidyanidhi and higher education disbursements. Work is also in an advanced stage for membership apps and a database of doctors in and around Mumbai—steps that will enhance our services' efficiency and accessibility.

Equally heartening was the generous response we received to our Pitru Paksha appeal for donations, enabling us to distribute grocery kits to our underprivileged senior citizens. Support came not only from individuals but also from an international organisation of repute, reaffirming the strength of our shared compassion.

As we move forward, our commitment to “Enhancing Community Well-being” remains steadfast. We invite our members to share ideas, volunteer, and participate in new initiatives as we march towards our centenary in 2034. Together, we can preserve our legacy while building for the future.

Wishing you and your families a happy, safe, and spiritually fulfilling festive season.

Dev Baren Koro,

Dhanyawadu,

Laxmikant Prabhu

TABLE OF CONTENTS

Kassal Vishay Abba!!!	Khanche Panna Ri
SABHA ADHYAKSHA SANDESHU	3
AMMGELE Khabbar	
Bhakti Natya Tarang	5
92 nd Foundation Day	6
Mahila Shakha Programmes	8, 9
Results of Photo Contests	12
AMMGELI VASARI	
Varieties of Idlis, Dosas, Appos without using Rice	39
Diwali Parbeche Khaan	40, 41, 42, 43
ANUBHAV ANI VICHAAR	
From Immunity to Mukti by <i>Ajita Kini</i>	18
A Journey of Faith: My Experience with the	
Koti Bhagavad Geeta Lekhan Yajna by <i>Asha V. Shenoy</i>	19
A Battle Fought With Love by <i>Shelfali Vaidya</i>	22
Gratitude: A Gift For Life by <i>Suchitra Sukhthankar</i>	28
Far from Home, Close to Tradition	49, 50, 51
Lessons in Bhagavad Gita by <i>Dr. Gayatri G. Shenoy</i>	55
Shatamanotsava of Pangala Bhagwatashram	
Family Ganeshotsav by <i>Vishwanath K. Shenoy</i>	56, 57
	
ARADHANA	
Shree Samsthan Gokarn Partagali Jeevottam Math: A Sacred Journey of 550 Years	20, 21
AROGYAM DHANA SAMPADA	
Understanding Hearing Loss in Children: What Parents Need to Know by <i>Dr. Ashwinikumar Shashikant Gaikwad</i>	13, 14
CHITRAKALA PRADARSHAN	
The Art Gallery	59
JAHIRAT	
Classifieds	33
KARMAYOGI - SADHAKAS	
Shri Vasudeva Prabhu, Dr. Pallavi Shenoy	17
Shri Kaushik Nitin Prabhu	26
Smt. Pratibha Prabhu	27
Ankush Mohan Shenoy	33

Kassal Vishay Abba!!!	Khanche Panna Ri
Swathi Prabhu, Rishabh Shanbhag, Araminta Kamath	52, 53
MUKHYA DINAANK YADI	
List of Important Dates in the Quarter October - December 2025	33
PAURANIK KATHA	
Aranyaka Parva - Part 5 of Mahabharata by <i>Divakara Shenoy</i>	44, 47, 48
SAMAAJA Khabar	
GSS Mumbai Hosts Annual Satyanarayan Mahapuja	58
GSBS Medical Trust Organises Healthy Baby Contest	58
	
SANKALP	
Pitru Paksha - Donations Toward Grocery Kits	34
Sahodari: Sabha's Initiative to Support our Sisters	54
SUCHANA	
I.M. Pai Hall - An Ideal Hall for Small Gatherings	28
YEVACHE KARYAKRAMU	
Mahila Shakha's future programmes	10
Voice of G.S.B. Volume IX, Issue 3, October - December 2025 Editor: Laxmikant Prabhu Editorial Committee Convenor: Sai Prabha Kamath Joint Convenor: Amit Shanbaug Members: Uday Malya, Amita Kini, Subraya Shenoy, Damodar Mallya Design: Saicreativity Enterprise Print: Uchitha Graphic Printers Pvt. Ltd. For advertisement enquiries, email us at gsbvog@gmail.com	

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

BHAKTI NATYA TARANG HELD ON 26TH JULY 2025

G.S.B. Sabha, Mumbai's much-awaited programme, Bhakti Natya Tarang, a unique blend of Marathi Natyasangeet and Bhaktigeet, was held on 26th July 2025 at Wadala, Mumbai. This year marked the 8th edition of this musical offering.

The audience was treated to evergreen Natyasangeet rendered in the melodious voices of Smt. Sharanya Shenoy, Kum. Brahmi Shenoy and Shri Dayakar Bhat before the intermission. The vocalists were ably supported by Shri Ritikesh Dalvi on Pakhawaj, Shri Tanay Rege on Tabla, Smt. Shubhada Gaikwad on Harmonium and Shri Ravindra Shenoy on Manjira. Weaving these songs deftly and engaging the audience with relevant trivia was the anchor for the evening, Kum. Dhanya Prabhu.

A small refreshment break was taken, after which the audience enjoyed some famous Marathi bhajans and Kannada dasapadas. During this intermission, Sabha President, Shri Laxmikant Prabhu, called upon renowned harmonium exponent, Pandit Sudhir Nayak, to felicitate the Sponsor and Co-sponsors.



Shri M. Prakash Hegde was the main sponsor, and the co-sponsors were Shri Anil Kamat (in memory of his father, Late Shri R.L. Kamat) and Shri Ganesh Shanbhag of SMS Financial Services Pvt Ltd. Venue support was provided by Shri Gokarn Parthagali Jeevatham Mutt, Shri Ram Mandir Wadala. G.S.B. Sabha, Mumbai, is thankful to all for the generous and warm response. The four-hour programme left the audience wanting more!



92ND FOUNDATION DAY CELEBRATED ON 17TH AUGUST 2025



The GSB Sabha, Mumbai, celebrated its 92nd Foundation Day on 17th August 2025 with a vibrant and inspiring event at Vidyadhiraj Hall, Shri Ram Mandir Complex, Wadala. The celebration was graced by distinguished personalities. Shri Ganesh Shanbhag, Founder and CEO of SMS Financial Services Pvt. Ltd., served as the Chief Guest, and Wing Commander (Retd.) Shri Sanjeev Pai was the Guest of Honour (GOH).

The highlight of the evening was the presentation of merit certificates and books to 66 outstanding students across various academic levels—Std. X, Std. XII, Graduation, Post-graduation, and a wide range of professional courses, including CA, CFA, MBBS, and MBA—who excelled during the academic year 2024–25. Their applications underwent a rigorous review process to ensure eligibility. Top scorers in each category received a silver medal, generously sponsored by Smt. Jayashree Ramesh Shenoy. The selected books for this year's awardees were *You Can Win* by Shiv Kherra and *Atomic Habits* by James Clear.

Recognising budding artists who contributed artwork to the Sabha's quarterly newsletter, *Voice of GSB*, the Sabha also presented the GSB Promising Talent Awards. Young talents received an age-appropriate book—*The Magic of the Lost Temple* by Mrs. Sudha Murty or *Atomic Habits* by James Clear—sponsored by Smt. Suchitra Sukhthankar, Sabha Committee Member.

In his address, Chief Guest Shri Ganesh Shanbhag urged the awardees to pursue excellence in education, seize opportunities for

further studies, and remain focused on their goals. He encouraged them to dream big, quoting Einstein: "If it is in your mind, it can be done." Stressing that education forms the roots of future success, he also advised them to refrain from excessive social media distractions and avoid short-term, superficial career paths. He emphasised the importance of staying connected with one's roots and community for social and mental well-being, encouraging active participation in the Sabha's cultural and festive activities to preserve the community's rich legacy.

The GOH, Wing Commander (Retd.) Sanjeev Pai highlighted the need for self-discipline in daily life and the importance of living by the core values embedded in religion and culture.

Sabha President Shri Laxmikant Prabhu concluded the evening by summarising the key takeaways. He highlighted the importance of "attitude" among youth, briefed the audience on the Sabha's upcoming initiatives, and reinforced the need for cultural and community engagement for both personal and collective growth. He appealed to all GSB members to contribute to the Sabha's efforts, thereby strengthening community welfare through collective action.

The evening ended with a vote of thanks to the Chief Guest, GOH, and sponsors. This was followed by the singing of the National Anthem, a group photograph, and a delicious platter of snacks sponsored by Smt. Shanteri Nayak of Café Mysore. Over 150 attendees left with a renewed sense of pride, satisfaction, and commitment. The Sabha also expressed gratitude to the Wadala Mutt Committee for providing venue support.

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

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

Our Mahila Shakha Bhajan group offered Bhajan sevas as follows:

6th July: Ashadi Ekadashi Ekka Bhajan at Ram Mandir, Wadala

9th July: Wadala Ram Mandir during Swamiji's camp

30th July to 5th August: Bhajan Saptah in Walkeshwar (4-6 pm pali)

21st August: Kavle Mutt during Swamiji's Chaturmas

29th August: GSB Seva Mandal Ganpati, King's Circle

4th September: Wadala Ram Mandir during Ganpati celebrations

24th September: Balaji Mandir, Vashi, during Navratri

Shravan Haldi Kumkum held on 27th July 2025: The Mahila Shakha of GSB Sabha, Mumbai, hosted its vibrant Shravan Haldi Kumkum celebration on Sunday, 27th July 2025, at Vidyadhiraj Sabha Graha on the third floor of Shri Ram Mandir Complex, Wadala. The event was a resounding success, filled with grace, nostalgia, and the spirit of togetherness.

The highlight of the afternoon was a captivating Mangala Gowri performance by the renowned Parampara Group from Dadar. The troupe, a delightful blend of young and senior women, took the stage dressed in stunning traditional Nauvari sarees, adorned with signature Naths (nose rings) and radiant smiles that lit up the room.

In a brief introduction, the group's leader shared the inspiration behind their performance. The Mangala Gowri tradition, she explained, serves as a poignant reminder of the customs and cultural practices of earlier generations. In those days, young brides, often married by the age of 10, grew up within the confines of their in-laws' homes. With limited freedom and no access to the outside world, they found joy and companionship in games played with everyday kitchen items like rolling pins, gharshi, coconut shells, and tawas. Today's generation can scarcely imagine such a way of life—yet reviving these memories keeps the legacy alive.

As the performance began, the audience was instantly captivated. The group's energy, coordination, and sheer joy were infectious. Particularly enchanting was their rendition of various phugdi formations—graceful and synchronised, resembling ceiling fans in motion!

Adding a unique charm to the performance was the only male member of the group, whose magical touch on the Dholki defined the rhythmic steps and swirls of the dancing divas. His live beats not only amplified the energy in the room but brought the entire performance alive with authenticity and vibrancy.

The grand finale was no less than magical. The spirited performance had such an impact on the audience that many rose



from their seats, joined the dancers on stage, and became part of the celebration themselves. It was a beautiful culmination—spontaneous, inclusive, and joyous.

This delightful programme was made possible through the generous sponsorship of Smt. Amritha Girish Pai for the Shravan Haldi Kumkum, and Smt. Deepika Prabhu Shanbhag, along with Baby Anantha Anil Shanbhag, for the Mangala Gowri performance.

Smt. Amita Kini, President of Mahila Shakha (MS), GSB Sabha Mumbai, presided over the function and extended her heartfelt gratitude to all attendees and contributors. The program concluded with a warm Vote of Thanks, after which attendees collected their vhotis and enjoyed delicious refreshments.

As the afternoon drew to a close, the hall buzzed with laughter, shared memories, and lingering tunes of phugdis well-played. The beautifully dressed Suhasinis departed with hearts full and smiles wide—carrying with them cherished recollections of a celebration that seamlessly wove tradition with community spirit.

Ganesh idol-making workshop held on 3rd and 10th August 2025: As a prelude to the Ganesh festival, the Mahila Shakha found a perfect way to blend tradition with sustainability by organising an eco-friendly Ganesha idol-making workshop for children and adults. Using *Shaadu chi maathi* (natural clay) and vegetable seeds, the idols were designed to return to the earth

gracefully, sprouting life even after immersion. The event took place at the Sabha office, first floor, Shreenidhi Building, Bhau Daji Road, Matunga, Mumbai.

The workshop, conducted under the expert guidance of Sculptor & Interior Designer Shri Aditya Khedekar, was spread over two

delightful afternoon sessions. The first session, held on Sunday, 3rd August 2025, focused on moulding the Ganapati idol.

A total of 14 participants joined in, their ages ranging from tiny tots of 5 years to spirited adults of 60. The little ones came with their parents or doting grandmothers, their eyes wide with excitement. Shri Khedekar brought along the clay, distributing it as needed, and patiently guided everyone step-by-step—beginning with the sturdy base, then gradually shaping Lord Ganesha's features. Even the youngest participants found it easy to follow.

From time to time, the faculty moved around the room, offering gentle suggestions, lending a helping hand, and encouraging each budding sculptor. The air was charged with energy, focus, and laughter. Even the tiniest hands stayed happily busy, their faces glowing with pride.

Midway through, there was a snack break—a warm community touch—shared over light chatter. By the time evening shadows lengthened, in the serene presence of Lord Vithoba and Rakumai, the once shapeless clay balls had blossomed into beautiful forms of Lord Ganesha. As participants carefully carried their “Ganeshas” home, they also carried Shri Khedekar's tips for drying the idols while keeping their charm intact for the next session.

The second session, on Sunday, 10th August 2025, brought even more colour—literally! Before the decorating began, Shri Khedekar suggested that participants could either keep the seeds beneath the idol or spray the seeds at the time of immersion so that they could sprout along with the clay used in making the idol. The now dry and firm idols were first painted white, then brought to life with rich, vibrant hues. The adorable mooshak vahana was not forgotten, painted with the same care as the main idol. Sparkling ornaments adorned the Ganapatis, making them festival-ready.

As in the first session, the snack break provided a cheerful pause before the final touches. We are grateful to Smt. Jayashri Rao for sponsoring the delicious snacks. The day ended with a heartfelt vote of thanks to everyone who had contributed to the event's success.

When all the Ganapatis stood together—resplendent in their colourful dhotis and golden mukuts—they seemed almost ready to step down and join the chants of “Ganapati Bappa Morya!” that filled the room. Participants left with their idols, their hearts light, their smiles wide, and their spirits ready for the joy of the upcoming festival.



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

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

Date	Programme	Time	Venue
Sunday 05/10/2025	Anand Bazaar, a vocal for local exhibition-cum-sale	12.00 PM To 8.00 PM	Little Angels' School, Shastri Lane, behind Manav Seva Sangh Hall, Sion Hospital Colony, Sion, Mumbai 22
Sunday 2/11/2025	86 th Parichay	9.00 AM	Goa
Friday 28/11/2025	Durga Namaskar	3.00 PM Onwards	I.M. Pai Hall, Sujir Gopal Nayak Memorial, Kreedha Mandir
Sunday 21/12/2025	Get-together Cookery competition for ladies above 18 years Topic: GSB recipe VALVAL Cash prizes sponsored by Smt. Bina Shenoy in memory of her mother, Late Smt. Kishori T. Prabhu Elocution competition for ladies above 18 years Topic: <i>Annadaan hein Shresta daan ki, Vidhyadaan shresta daan</i> Timing: 3 minutes	4.00 PM To 6.00 PM	I.M. Pai Hall, Sujir Gopal Nayak Memorial, Kreedha Mandir

All are invited for the above programmes.

More details about programmes will be shared from time to time

COMPOST - A GREEN INITIATIVE OF MAHILA SHAKHA

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

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

Bhajan classes are held at the Sabha office. Please contact Sabha office (022 3172 6426) for details.

**Starting October 2025, we are resuming Marriage Information meetings at the Sabha office
on the 4th Saturday of every month between 4 pm and 6 pm.**

Donations are gratefully accepted

For information about Sabha programmes and other announcements, GSB mahilas are requested to join 'Tejaswini GSB Mahila Group', an exclusive WhatsApp group for GSB community ladies from Mumbai, Navi Mumbai, Thane and Kalyan. This WhatsApp group is open for ladies 18 years and above.

Smt. Amita Kini
President
Mobile: 9870062476

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

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

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



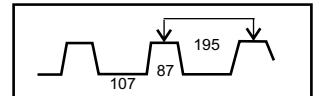
FEATURES :

- * 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

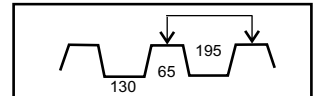
We can manufacture Horizontal and Vertical type Baking Ovens as per specifications

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

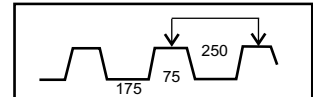
✓ **Ispat**



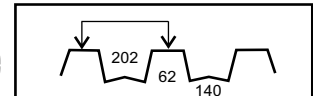
✓ **Lloyddeck**



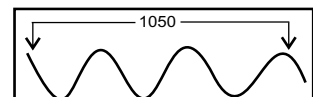
✓ **Century Well**



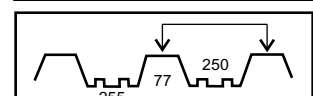
✓ **Tata Bluescope**



✓ **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

PHOTO CONTESTS ON FACEBOOK



Come Shravan, as nature blooms with a myriad of colourful flowers and fruits, we GSBs gear up to bask in the festivities of Shringaar Ras.

To promote these traditions, GSB Sabha Mumbai organised photo contests on Facebook, welcoming our community bandhavas from different corners of the world to participate.

We were delighted to have contestants from Amritsar, Haryana, Singapore, and even the US.

The Sabha conducted the **Janmashtami Facebook Photo Contest** from 6:00 PM, 15th August 2025, to 9:00 PM, 17th August 2025. The page was beautifully adorned with pictures of our beloved Krishna's shringar and the traditional GSB feast of laddoos and panchkadai. We are sure these celebrations will inspire many more to observe the festival with grandeur in the years to come.



First Prize:
Arjun Padiyar,
Udupi



**Winners of the
Janmashtami
FB photo contest 2025...**



Second Prize:
Smt Shantala Prabhu,
Singapore



The **Vaina Pooja Contest** was held from 9:00 AM, 26th August 2025, to 9:00 PM, 28th August 2025. The Sabha's page came alive with vibrant images of coconuts adorned as little Gauris, with glowing diyas radiating the spirit of saubhagya and abundance.

Dear bandhavas, Sabha is deeply thankful to each participant and invites everyone to continue being part of these contests. Just a single click can go a long way in keeping our traditions alive and vibrant—participation is the key.

We also extend our gratitude to the judges of the contests. Shri Venkatray Mallya from Mangalore, an avid wildlife photographer with a keen eye for aesthetics in rituals, judged the Janmashtami Contest. Smt. Gautami Acharya, wife of the Chief Acharya of Sri Ram Mandir, Wadala, who is well-versed in our culture and traditions, judged the Vaina Pooja Contest. Sabha sincerely thanks both for taking the time from their busy schedules.

Stay tuned for more such events, and join us in celebrating our cherished traditions.



First Prize:
Smita Nayak,
Chembur



**Winners of the
Gowri / Vaina
Pooja Photo
Contest**



Second Prize:
Samiksha Srinath Kamath,
Bhayander



UNDERSTANDING HEARING LOSS IN CHILDREN: WHAT PARENTS NEED TO KNOW

by Dr. Ashwinikumar Shashikant Gaikwad



Hearing plays a vital role in a child's growth—from learning to speak, making friends, to doing well in school. However, many Indian parents may not realise how common hearing loss is in children, or that it can go unnoticed for years. Without early detection and treatment, hearing loss can seriously affect a child's language development, academic performance, and confidence.

This article explains the causes, signs, and solutions for hearing loss in children, especially in the Indian context.

How Common Is Hearing Loss in Indian Children?

In India, it is estimated that five to six out of every 1,000 children are born with some degree of hearing loss. Millions more may develop it during early childhood due to infections, injuries, or untreated ear problems.

Unfortunately, hearing loss in children is often diagnosed late—sometimes not until the child starts school and shows signs of delayed speech or poor learning. By then, crucial years of language development may already have been lost.

What Causes Hearing Loss in Children?

Hearing loss can be present from birth (congenital) or develop later (acquired). Some common causes in the Indian setting include:

1. Genetic Factors

Around half of congenital hearing loss cases are due to inherited genetic conditions, even when there is no family history.

2. Infections During Pregnancy

Mothers exposed to infections like rubella, syphilis, or cytomegalovirus (CMV) during pregnancy may give birth to babies with hearing issues.

3. Birth Complications

Low birth weight, premature delivery, or a lack of oxygen during birth—all more common in rural or low-resource settings—can affect hearing.

4. Ear Infections

Middle ear infections (otitis media) are very common in Indian children due to poor hygiene, exposure to dust and pollution, or untreated colds. If these infections are frequent and not properly treated, they can cause permanent damage.

5. Noise Exposure

In urban India, children are exposed to loud sounds—honking, fireworks, loudspeakers, and increasingly, headphones at high volume. Prolonged exposure can damage hearing.

6. Use of Ototoxic Medicines

Some antibiotics and medicines commonly used in India (like aminoglycosides) can damage hearing if not used carefully.

Types of Hearing Loss

There are three main types:

- **Conductive hearing loss:** Caused by blockages or problems in the outer/middle ear (e.g., wax, fluid, infection). Often treatable.
- **Sensorineural hearing loss:** Caused by damage to the inner ear or nerves. Usually permanent and requires hearing aids or cochlear implants.
- **Mixed hearing loss:** A combination of both.

Early Signs to Watch For

Most babies won't show obvious signs at birth. But as they grow, watch for the following:

In babies (0–12 months):

- Doesn't respond to loud sounds
- Doesn't turn towards your voice or household noises
- Isn't babbling by 6 months
- Doesn't respond to name or familiar voices

In toddlers and young children:

- Delayed speech or unclear words
- Doesn't follow simple instructions
- Often asks "What?" or doesn't respond when called
- Turns the TV volume very high
- Withdraws from social interactions

Parents often assume the child is simply "naughty" or "slow." But many of these behaviours could be linked to undiagnosed hearing issues.

How Is Hearing Loss Diagnosed?

Thanks to India's growing health infrastructure, hearing tests are more accessible than before.

- **Newborn Screening:** Programmes like the Rashtriya Bal Swasthya Karyakram (RBSK) aim to screen all newborns for hearing loss. However, coverage is still uneven, especially in rural areas.
- **Audiometry:** For older children, simple hearing tests are available at ENT clinics or speech and hearing centres.
- **ABR/OAE tests:** Non-invasive tests used even for newborns to assess hearing.

Parents can request these tests at government hospitals, private clinics, or through school health check-ups.

What Are the Treatment Options?

Treatment depends on the type and severity of hearing loss:

For temporary issues (e.g., infections):

- Antibiotics or ear drops
- Surgery (like inserting ear tubes) in chronic cases

For permanent hearing loss:

- **Hearing aids:** Now available at affordable prices, including free options in some government hospitals.
- **Cochlear implants:** For children with profound hearing loss, these devices can help them hear sounds and learn to speak. Schemes like ADIP (Assistance to Disabled

Persons) offer free or subsidised implants for eligible families.

- **Speech therapy:** Helps children learn language skills.
- **Sign language:** An important communication tool, especially for children with profound deafness.

Educational Support

Under the Right to Education (RTE) Act and Rights of Persons With Disabilities Act, children with hearing impairment have the right to inclusive education, special educators, and aids like hearing devices or note-takers in school.

Some NGOs and special schools, such as Ali Yavar Jung National Institute of Speech and Hearing Disabilities (Mumbai) and regional centres, offer rehabilitation services and resources.

What Parents Can Do

- Be aware of early signs and don't ignore delays in speech or learning.
- Ask for a hearing screening if your child wasn't tested at birth.
- Treat ear infections promptly—don't rely only on home remedies.
- Limit loud noise exposure, especially through headphones or during festivals.
- Use government schemes to access affordable care, hearing aids, and implants.
- Support your child emotionally — with love, acceptance, and encouragement.

In Conclusion

Hearing loss in children is more common than we think — but it's not a life sentence. With early detection, proper medical care, and community support, children with hearing loss can thrive, go to regular schools, learn languages, and lead full lives.

If you ever feel your child is not hearing or speaking as expected, don't wait. Consult a paediatrician, ENT specialist, or audiologist as early as possible. Early action can make all the difference in your child's future.

Dr. Ashwinikumar S. Gaikwad is MBBS, MS(ENT), Fellowships in Otolaryngology and Endoscopic Sinus & Skull Base Surgery. Consultant at Gleneagles Hospital (Parel), Apollo Spectra (Tardeo) and Sidhanchal Hospital (Lower Parel). He is available for consultancy at GSBS Medical Trust, Health Rakshak. For appointments: 7715026134.



To nurture the imagination and creativity of our young minds, VoG invites articles written by school-going children. If your child loves to write, we would be delighted to receive their article at gsvog@gmail.com. Selected entries will be featured in our magazine. The Sabha's decision regarding publication will be final.



GSBS MEDICAL TRUST
BUILDING TRUST THROUGH QUALITY HEALTHCARE
Regd No: ES350

WHAT IS PSYCHIATRY ?

For more information on psychiatry visit psychiatry.org

Psychiatry is the branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.

A psychiatrist is a **medical doctor** (an M.D. or D.O.) who specializes in mental health, including substance use disorders.

Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems.



Services of PSYCHIATRIST available at GSBS Medical Trust



Psychological counselling is a form of talk therapy where a trained professional, the counsellor, listens to your concerns and helps you develop strategies to deal with emotional issues, crises, and life challenges. It focuses on improving your overall well-being by fostering self-awareness, emotional regulation, and coping skills to function better in your daily life



Celebrated every year on 10 October. Poor mental health is not inevitable, and World Mental Health Day is an opportunity for us all to talk about mental health and consider how, together, we can help everyone have better mental health.

OUR CENTRES

- Dadar (Main)**
Shilpa Apartments,
Dasturwadi, MMCS Marg,
Opp Dadar Fire Brigade Station,
Dadar East, Mumbai - 400014
+91 - 8828843712 / 022 - 24112322
8:30 am. to 7:00 pm.
- Health Rakshak (Dadar)**
1st floor, 4,
Swami Gyan Jivandas Marg,
Rajgir Court, Dadar East,
Mumbai - 400014
+91 - 77150 26134 / 022 - 4104149
8:00 am. to 8:00 pm.
- Mahim Centre**
J.N. Wadia Dispensary,
Sitaladevi Temple Road,
Mahim West,
Mumbai - 400016
+91 - 8828871981 / +91 - 9137952842
8:00 am. to 8:00 pm.
- Dharavi Centre**
GSBS Medical Trust,
Subhash Chandra Bose C H S L,
Opp ONGC Bldg, Near Canara Bank,
Sion Bandra Link Road,
Dharavi, Mumbai - 400017
+91 - 8828871982
8:30 am. to 5:00 pm.

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

LESSONS FROM THE ROAD: HOW CYCLING AND RUNNING SHAPED MY LIFE

by Vasudeva Prabhu, Hyderabad



I took to fitness, motivated by my friends. They had started themselves and kept encouraging me to join.

I became an entrepreneur 20 years ago, and as we all know, the initial days of entrepreneurship are gruelling, especially with constant travel. I was not finding time for fitness activities, so I decided to dedicate 45 minutes to an hour each morning for basic exercises that required no props or weights. This way, I could continue my routine even while travelling. This continued for several years until my travel reduced.

Meanwhile, my close friends, who were already into yoga, encouraged me to join yoga classes, especially considering I was over 50. They emphasised the benefits of flexibility, better breathing techniques, and meditation. I joined classes conducted by my friend's wife, conveniently located near my residence, and practiced five days a week.

Another friend, who was into cycling in a big way, encouraged me to start cycling on



weekends when traffic was lighter and I had no yoga sessions. After weeks of putting it off—and realising my friend wouldn't give up until I tried—I bought a good hybrid cycle with his guidance. And lo and behold, my cycling journey began with short solo rides of 5 km. Gradually, I challenged myself to increase the distance and speed. Soon, I was riding 45 km on Saturdays (since I had work) and 80 km on Sundays. Every ride began at 6 AM, sometimes with a cycling group, but mostly solo.

I strongly believe that one just has to show up. The start is always the hardest part, but once you begin, the activity itself brings joy and passion that keep you going.

Eventually, I started participating in various challenges, including Randonneuring—timed, long-distance, self-supported cycling events. My first was a BRM 200, covering 200 km in 13.5 hours. Later came multi-day cycling tours in India and abroad. So far, I have completed tours in Goa, Thailand, Portugal,

and Sri Lanka, each lasting a week, covering 500–600 km with elevations of 4000–6000 meters. Each group had 8–14 cyclists, cutting across age groups. These tours were eye-opening, giving me glimpses into local cultures, food, and people as we cycled through villages, hamlets, and towns.

In 2022, I also took up running, encouraged by friends who advised having two or three sports to avoid monotony. I began with base runs of 2–3 km in the mornings, gradually increasing distance without focusing much on speed. Soon, I participated in timed runs in Secunderabad and Hyderabad, ranging from 10 km to 16 km.

Till date, I have completed six half marathons, including the Tata Mumbai Marathon, Manipal Half Marathon, Mangalore Half Marathon, Kannur Half Marathon Beach Run, and three in Hyderabad, including two NMDC Half Marathons.

I sincerely believe that fitness has enriched both my personal and professional life. It has brought me more energy, efficiency, and quick thinking in my daily routine. As an entrepreneur managing two companies, I face long working hours and frequent crises. These physical activities have helped me endure such challenges while also connecting better with the younger generation, making collaboration smoother. I have realised that my hobbies make me better at work—I couldn't ask for a better teacher!

Of course, none of this would have been possible without the unwavering support of my family and friends.



CONGRATULATIONS!

Dr. Pallavi Shenoy, daughter of Smt. Suphala and Shri Ananth Shenoy, Bengaluru, has secured an All India Rank of 215 in the NEET PG Examination 2025. Dr. Pallavi completed her MBBS at Kasturba Medical College, Mangaluru. This achievement reflects her dedication and consistent effort.

We congratulate her on this success and wish her the very best in her future endeavours.

FROM IMMUNITY TO MUKTI

by Ajita Kini



Yoga was, and is, a path to Mukti or emancipation from the cycle of births and deaths. Today, it has become a fitness or physiotherapy regimen. Even as a therapy regimen, though, it works for some and not for others. This is why doctors often dismiss it, since the Western approach demands that a therapy should work for a statistically significant number of patients.

Why does yoga as a therapy not work equally for everyone? In all schools of medicine, the doctor diagnoses the patient and prescribes a medicine. The patient needs only to take the medicine as per the prescribed dosage – no further active participation (at most some diet restrictions) is required from the patient. With yoga therapy, the patient needs to be an active participant in the therapy.

The root cause of all ills (other than those caused by accidents or genetic mutations) is that an organ, muscle, or bone is not in its ideal position and hence is unable to perform optimally. A certain amount of intensity is required to reposition it for optimal functionality. This is going to cause some pain, since we are changing something to which the body has become habituated.

There is no instrument to measure pain. Different people have different thresholds of pain. There are also different kinds of pain – the pain of stretching a tight muscle is very different from the pain of a muscle tear. The pain of a bone straightening is not the same as that of a fracture. A joint that has stiffened needs to be opened and is going to be painful. The patient who understands this “good” pain vs “bad” pain and is willing and able to push through the good pain, while stopping when there is bad pain, will benefit from yoga therapy. A higher pain threshold means greater intensity of therapy can be absorbed, which will bring faster relief than otherwise.

It is also beneficial to understand exactly where the pain is – that would help both the therapy seeker and the provider to identify what movements are most effective. Then the āsana-prāṇāyāma regimen can be fine-tuned to yield better and quicker benefits. As one focuses the body intelligence to identify the location of the pain and the movements that cause it (in case of good pain, one would intensify those movements gradually), the intelligence starts to go further and further inward.

When the intelligence penetrates deeper, one can sense the action on various internal body parts – organs, muscles, bones, etc. Gradually, from only being a spectator of the effects on the internal parts, one can even start triggering certain effects. For example, when standing erect, one can shift the weight from the outer edge of the sole to the inner, heel to toe, etc., and observe the effect it

has on the spine, abdominal organs, chest, breathing, etc. These effects are usually so subtle as to not be perceptible to an observer, but they can be sensed quite vividly by oneself.

This deep tissue stimulation, where one becomes adept at accessing bones, muscles, and organs within the body, enhances the natural immunity of the body. It enhances the flow of blood and prāṇic energy to those regions, flushing out toxins and disease-causing microbes from them. This deep tissue stimulation is different from that received through a massage. A masseuse, however skilled, will still be accessing muscles more peripheral than those accessed through a skilled yoga practice. A massage does not target organs, as that can damage the organ. The deep tissue stimulation one achieves through a yogic practice can be highly targeted and, once internalised as a practice, continues subconsciously throughout the day and into even sleep time. This ensures that healing happens at a much more rapid rate. Even if an infection attacks the body, the impact will be milder and last for a shorter duration.

Research has shown that people learn in different ways: through visual aids (diagrams, graphs, etc.), through listening (e.g., podcasts), through applying concepts (experiments), and through reading and writing (listing points, etc). Everyone has one or two dominant learning styles, and people who learn by doing (applying concepts) seem to be most proficient at understanding the action-effect application of yogāsana.

When the senses get habituated to going inward and sensing the internal effect of the āsana-prāṇāyāma regimen, they become oblivious to all external stimulations. This marks the start of pratyāhāra. Gradually, the internalisation happens more spontaneously and penetrates deeper. One becomes absorbed in perceiving the subtle internal movements, analysing their cause and effect. One may then progress to seeing how different silent sound forms (refer to the article titled ‘The Dance of the Breath’; April-June 2025 edition) have different internal effects. One can even game-ify the practice to create a sense of competition with oneself and measure progress in the practice. (This will be the subject of another article)

As the level of absorption spontaneously deepens, one progresses from dhāraṇā into dhyāna and thence to samādhi. The target of absorption or dhāraṇā can be any object or topic. One starts with observing it minutely, reflecting on it, getting absorbed in some aspect of it, and finding bliss in the absorption to the point of losing sense of self and time. This is the path of vitarka – vicāra – ānanda – asmitā. When the sense of self and time is lost, then one is said to be in samādhi, and when that becomes the default state of the person, then one can be said to have become a candidate for mukti!

Ajita Kini has been a student of Iyengar Yoga since 2007. This is the 19th in a series of articles about yoga. For teachers in your area - <https://bksiyengar.com/>

A JOURNEY OF FAITH: MY EXPERIENCE WITH THE KOTI BHAGAVAD GEETA LEKHAN YAJNA



It was during one of my visits to our Kuladevata, Shantadurga Shankhvaleshwari Temple, Veling, that I met a volunteer, Shri Rajkiran Shenoy from Karkala. He informed me about the Koti Bhagavad Geeta Lekhan Yajna initiated by Udupi Paryaya Puttige Mathadhipati H. H. Shri Sugunendra Teertha Swamiji.

Inspired by his words, I contacted the Puttige Matha authorities and obtained a Lekhan Book. I began writing on 17th November 2024 and completed it on 26th April 2025, covering all 700 shlokas. On average, I would write 10 shlokas daily, reciting each one along with its meaning.

After completing this book, I visited Krishna Math, Udupi, on 29th April 2025 and offered it at the Lotus Feet of Lord Krishna at Geeta Mandir. I then received the blessings of Shri Sugunendra Teertha Swamiji, who graciously presented me with a certificate.

While leaving, I felt a sudden inspiration to write another book. I purchased one from the Matha premises and began on 29th April 2025, which was Akshaya Tritiya. I completed it on 15th August 2025, which was Krishna Janmashtami. This second book too was offered at the Lotus Feet of Lord Krishna in the presence of Swamiji, who once again blessed me and presented another certificate.

I humbly request one and all to take up this sacred writing. It will:

1. Improve our literary skills
2. Deepen our understanding of Dharma and Adharma
3. Bring peace of mind
4. Lead us towards the ultimate truth of Almighty Krishna

Jai Shri Krishna!

— Asha V. Shenoy

PREETI'S GREEN TARA – EARTHSafe BAGS

Carry your world with care.

At Green Tara, we believe every bag can make a difference. Thoughtfully designed and crafted from durable cotton, our bags are practical, stylish, and eco-friendly—perfect for everyday use, special occasions, or corporate branding.



Our Collection

- | | |
|---------------------------|-----------------------------------|
| ✓ Everyday Carry Bags | ✓ Cotton Variety Bags |
| ✓ Fashion Bags | ✓ Return Gift Bags |
| ✓ Corporate Branding Bags | ✓ Sustainable, Biodegradable Bags |

Each bag is a step towards sustainability, helping reduce plastic waste while adding charm to your lifestyle. Strong, reusable, and made with love in Mysuru, they are ideal for gifting or promoting your brand with a green touch.

- ☎ **Contact** : Preeti Shenoy – +91 99720 00107
- 🌐 **Website** : www.greentarabags.com
- 📍 **Address** : 1st Floor, 20/7, Sri Raksha, BEML Nagara, Srirampura 2nd Stage, Mysuru – 570023

SHREE SAMSTHAN GOKARN PARTAGALI JEEVOTTAM MATH: A SACRED JOURNEY OF 550 YEARS

Honoring five and a half centuries of devotion, tradition, and the eternal spirit of Lord Rama



Nestled on the serene banks of the river Kushavati in South Goa, Shree Samsthan Gokarn Partagali Jeevottam Math stands as one of the most revered Guru Peethas of the Gowd Saraswat Brahmin community. Known variously as Partagali Math, Gokarna Matha, or Jeevottam Math, this institution traces its roots to the Dvaita Vedanta tradition established by Jagadguru Madhvacharya in the 13th century.

It holds a special place in history as the first Gowd Saraswat Brahmin Vaishnava Math, shaping spiritual life and cultural identity for centuries. Its name, “Jeevottam,” is linked both to its seat in Partagali and to the illustrious third Guru, Shreemad Jeevottam Teerth Swamiji.

Occasion

Sardhapanchashatamanotsava
(550th Year Celebration)

Dates

27th November-7th December 2025

Location

Shree Partagali Jeevottam Math,
Canacona, Goa

Highlights

- + Installation of a 77-foot bronze idol of Lord Ramachandra
- + Commemoration of 550 crore Rama Nama Japa by the community
- + Spiritual discourses, cultural events, and rituals celebrating 550 years of faith

Origins in Gokarna, Flourishing in Partagali

The story of the Math is as old as it is sacred. In 1656 AD (Shree Shake 1577), guided by divine will, the sixth Guru, Shree Ramchandra Teerth, discovered stone idols of Shree Ram, Sita Mata, and Lakshmana in Gokarna. He consecrated them on the banks of the Kushavati and established the Math in what was then a quiet, untouched forest. The peaceful surroundings reminded many of the mythical Panchavati, where Lord Rama spent his years in exile.

Over time, the Math’s premises expanded in accordance with Vastu Shastra. Renovations and additions continued, most notably under the 16th Guru, Shree Laxminath Teerth, in 1703 AD. What began as a modest hermitage has since grown into a thriving centre of faith and tradition.

The Guru Parampara

The strength of the Math lies in its unbroken lineage of Gurus. Each Swamiji has carried forward the mantle of preserving dharma, guiding the community, and deepening devotion.

In July 2021, Shrimad Vidyadheesh Teerth Swamiji (born 16th October 1995) assumed leadership as the

In the tranquil banks of Goa’s Kushavati river stands a spiritual legacy that has guided the Gowd Saraswat Brahmin community for over five centuries. As Shree Samsthan Gokarn Partagali Jeevottam Math marks its 550th year, it prepares for a celebration that blends timeless devotion with a vision for generations to come.

24th Mathadipathi, following the mahaprayana of his guru and predecessor, Shrimad Vidyadhiraj Teerth Swamiji. As per the time-honoured guru–shishya tradition, Vidyadheesh Swamiji was initiated as successor well before, ensuring continuity. He officially took charge at Partagali on 30th July 2021.

A Milestone: 550 Years of the Math

This year marks an extraordinary moment in the Math's journey—its Sardhapanchashatamanotsava, the 550th anniversary of its founding. The celebrations, scheduled from 27th November to 7th December 2025, at the Partagali premises, promise to be historic in scale and spirit.

At the heart of the event will be the installation of a majestic 77-foot bronze idol of Lord Shree Ramachandra, unveiled as a tribute to the community's enduring devotion to "Maryada Purushottam."

Equally significant is the offering of 550 crore Rama Taraka Mantra japas by devotees. This massive spiritual campaign is being carried out through 120 Japakendras across India, weaving together collective faith into one continuous garland of nama-smaran.

More Than a Celebration

The upcoming Sardhapanchashatamanotsava is not merely about rituals or ceremonies.

PM Modi Invited to Celebrations

The Hon'ble Chief Minister of Goa, Shri Pramod Sawant, called on the Hon'ble Prime Minister, Shri Narendra Modi, in New Delhi, accompanied by Shri Shrinivas Dempo, President, and Shri R.R. Kamath, Vice President (Central Committee) of Shree Samsthan Gokarn Partagali Jeevottam Math, Canacona.



On this occasion, the Prime Minister was extended a warm invitation to the 550th Anniversary celebrations of the Math.

We sincerely thank the Hon'ble Prime Minister for his encouragement and support towards this historic milestone.

It is about honouring a 550-year-long spiritual heritage, remembering the Gurus who nurtured it, and recommitting to the values of devotion, discipline, and unity.

As Shrimad Vidyadheesh Teerth Swamiji announced during the Bengaluru

Chaturmasa in July 2024, the installation of the towering idol of Shree Ram is meant to be "a symbol of devotion and respect towards Lord Ram, and a beacon of inspiration for generations to come."

VINIE BOUTIQUE

By Sushma Shenoy

The Beauty of Crafting Unfolded

At Vinie Boutique, we celebrate the timeless art of Indian handicrafts. Founded by **Sushma Shenoy**, the boutique empowers talented karigars whose creativity speaks through their hands. Each creation reflects tradition, artistry, and elegance.

Our collection features a wide range of **handcrafted handbags**—crocheted, hand-painted, patchwork, and intricately embroidered—along with stylish **tote bags** and **beach bags** that are always in vogue. We also offer **exclusive dupattas** and **handcrafted jewellery**, blending heritage with modern style.

Whether for festive occasions, thoughtful gifting, or everyday elegance, Vinie Boutique brings you products that carry the touch of tradition and the spirit of craftsmanship. Custom orders are also available.

❖ Discover elegance in every thread! ❖
Shop timeless artisanal beauty today.

📞 Contact: 9819223081

📺 YouTube: Wow Snehal | youtubewaliArtie

📷 Instagram: @vinie_boutique



A BATTLE FOUGHT WITH LOVE

Nineteen years ago, three tiny lives fought for survival in incubators. Alongside them, their mother fought too—armed not with medicine, but with resilience, devotion, and a love too stubborn to surrender.

by Shefali Vaidya



This is a part of my life I have kept fiercely private so far. The woman in the picture is me, 19 years ago, a brand-new mother to three babies who had arrived more than 10 weeks too soon. My triplets were hardly bigger than my palm when they were born.

They spent the first 8 weeks of their life tucked inside incubators that hummed and blinked with machines.

My heart broke every time I saw them strapped to tubes — one to breathe, one to feed, one to measure oxygen levels, one to deliver life-saving IVs.

I couldn't stay at the hospital overnight — rules didn't allow it — but I spent every single day there. Holding my babies against my chest, skin to skin in Kangaroo care, nursing, whispering promises that we would make it through this together. Today, my kids are strapping 19-year-olds, towering over me.

When I look at this photograph today, I can see the exhaustion etched into my face. Not the ordinary tiredness of a sleepless night or a busy day — but the bone-deep, soul-draining fatigue that comes from living on the edge of fear. I slept little those days... half-dreaming of alarms going off in the NICU, half-waiting for the hospital to call with bad news. My body was sore from long hours on the uncomfortable hospital chairs, my mind numb with fear and anxiety.

This picture shows my exhaustion — physical, mental, spiritual. But it also shows something else: a mother who showed up every single day, even when she felt she had nothing left to give.

To every parent in a similar situation, you are stronger than you think. Your babies will one day know this love not just in their memories, but in their very bones. Love is like that. It lends you a strength you never thought you were capable of.

This photograph is a memory of a hard season, yes. But it is also a testament to resilience, to the quiet ferocity of love that refused to let fear win!

Shefali Vaidya is a multi-lingual writer and media professional with a keen interest in the history of Indian textiles and temple architecture, the history of Goa, and contemporary politics. She is the recipient of the Sabha's GSB Sharada Sanman Puraskar.



GANAPATI BAPPA MORYA

Members of the Sabha Committee

and the Mahila Shakha, along

with their families, joined

the Ganesh Utsav

celebrations at GSB Sarvajanik

Ganeshotsav in Wadala and at GSB

Seva Mandal, King's Circle. They

offered prayers, sought blessings, and

partook of the prasad at both venues.



Domestic Holidays 2025



South India 7 DAYS	Rameshwaram Chennai Trichy 10 DAYS	Honey Moon Special (Kerala, Tamilnadu) 7 DAYS	Hill Station Special (Tamilnadu, Kerala) 7 DAYS	Mantralaya Srishailam Hyderabad Special 6 DAYS
Palani, Trichy Kumbakonam 5 DAYS	Coorg Special (Karnataka) 3 DAYS	Ooty Kodaikanal Special (Karnataka, Tamilnadu) 5 DAYS	Navagraha Darshan Tamilnadu 4 DAYS	Coastal Karnataka 4 DAYS
Hampi Ihole Pattadakal (Karnataka) 4 DAYS	Chikmagalur Special (Karnataka) 3 DAYS	Goa Special (Karnataka, Goa) 5 DAYS	Andaman 6 DAYS	Maharashtra Pancha Jyothirlinga Darshan 7 DAYS
Kolhapur, Shirdi Nasik 7 DAYS	Golden Triangle 11 DAYS	Ganga Darshan 11 DAYS	Kashi, Badrinath Kedarnath 21 / 17* DAYS	Thirthakshetra Special 11 / 7* DAYS
Kashi, Badrinath Kedarnath 14/10* DAYS	North India 16 DAYS	Kashi Gaya Haridwar 16 DAYS	Kashi, Naimisharanya Chitrakoot Special 14 / 10* DAYS	Mussoorie, Nainital Corbett 14 / 10* DAYS

Head Office:

105, City Plaza, K. R. Rao Road, Kodialbail, Mangalore - 5

+91 968 668 7776

Bangalore Office:

No. 53, 1st Floor, Shree Chambers, Subbramchetty Road, Nettekallappa Cir, Basavanagudi, Bengaluru - 04.

+91 968 668 7771

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, Vile Parle (E),
Mumbai - 400069



AMENITIES & FACILITIES



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



THE ARTIST AND HIS OFFERING

In an age where digital tools dominate design, one young artist turns back to tradition, creating a hand-painted portrait of Lord Krishna that is as much an act of devotion as it is of art.



When art transcends technique and becomes an act of devotion, it ceases to be just a painting and turns into an offering. That is precisely what **Shri Kaushik Nitin Prabhu** has achieved with his striking portrait of Lord Krishna.

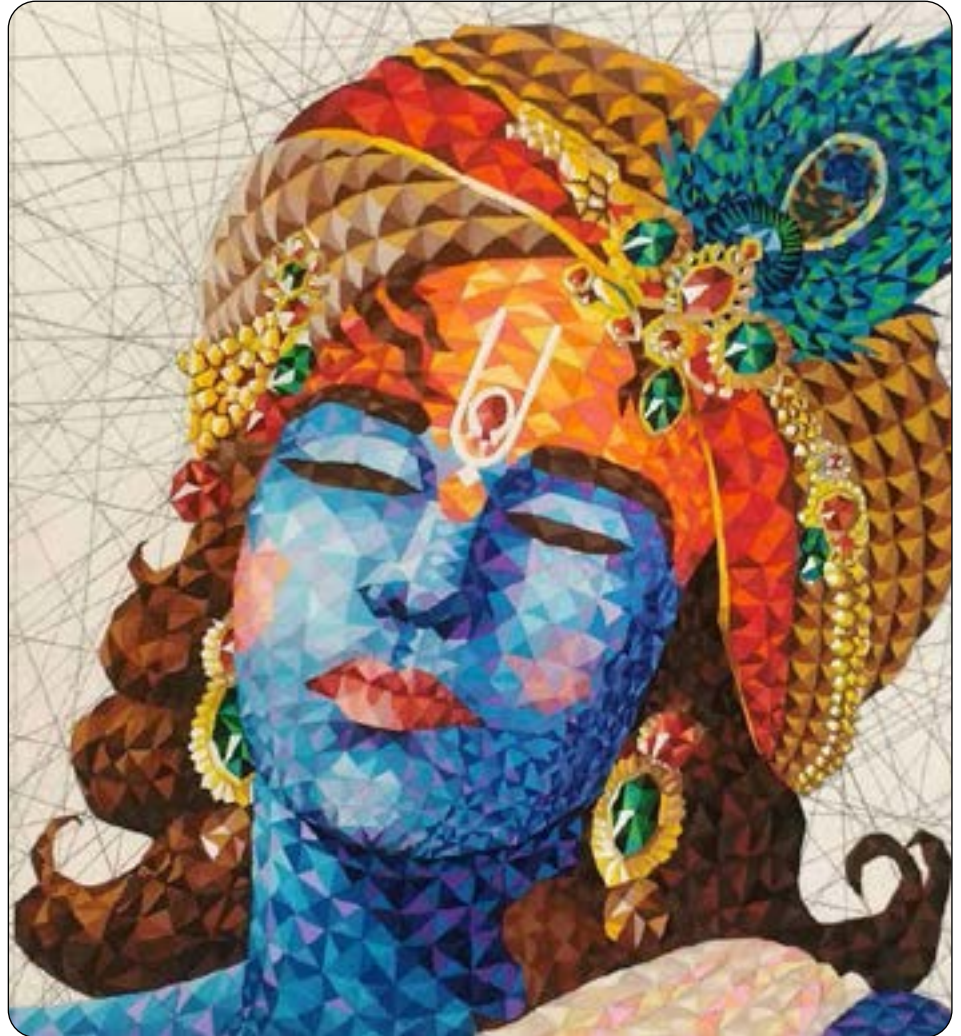
About the Artist

Kaushik Prabhu (28) is a trained commercial artist with an impressive academic journey. After completing his Bachelor's in Applied Arts at Rachana Sansad College of Applied Art & Craft, Mumbai, he went on to pursue his Master's in Communication Design at RMIT University, Melbourne. His creativity was recognised with a place on the Dean's List, while also being among the top 3 in his course.

His expertise spans communication design, branding/package design and illustrations, and his creativity has often found expression in community service. Kaushik has also been contributing to the GSB Sarvajanic Ganeshotsav, Wadala Mutt, designing many of its iconic artworks, as seva.

The Painting

The portrait of Lord Krishna is more than just a visual delight; it is a meditation on patience, geometry, and devotion. What makes this piece extraordinary is its technique: Kaushik constructed the entire image out of meticulously painted triangles, aligned



within a geometric grid that mirrors the contours of the human face. With every triangle, the divine form of Krishna emerges—an intricate dance of mathematics and imagination.

Executed with poster colours on handmade paper, the painting took over four and a half months to complete. Kaushik used only a fine-hair brush, ensuring that every stroke bore the weight of intention and care.

The process was as spiritual as it was artistic, each day's effort building toward a vision of timeless grace.

A Tribute in Colour

This work was not created for exhibition halls or client commissions. It was born quietly, away from the noise of deadlines and digital tools. In Kaushik's own practice, it stands as a reminder that in an age of algorithms and machines, the human hand and heart still hold unmatched power.

The portrait is, in essence, a tribute to traditional hand-painting—a reaffirmation of the analog soul in a world racing toward the digital. Through patience, discipline, and devotion, Kaushik has captured not only the face of Krishna but also the enduring spirit of art itself.

OF COURTS, CATS, AND CYMBALS

From excelling on the volleyball court to nurturing young talent, singing bhajans, and caring for stray cats, Smt. Pratibha Prabhu finds joy in every rhythm of life.

To meet Smt. Pratibha Prabhu is to see three passions woven into one life — the energy of the sports court, the rhythm of music, and the compassion of caring for animals. From a promising volleyball player to a mentor shaping young athletes, from a bhajan singer steeped in tradition to an animal lover dedicated to strays, her journey is both inspiring and grounded.

A Life on the Court

Pratibha's love for sports began in childhood, encouraged wholeheartedly by her parents at a time when many leaned towards medicine and engineering. Her place on the volleyball court was as a spiker, and she quickly proved her talent by winning medals in athletics as well. Volleyball, however, remained her true calling.

She played for her school, Mumbai district and zone, and later Mumbai University, even captaining teams at various stages. Her dedication and skill also earned her a spot representing Maharashtra State at the National Games. Alongside volleyball, she displayed her versatility by excelling in handball, reaching the state level, before completing her graduation in commerce.

Giving Back to the Game

In 2024, Pratibha, along with two fellow former players, founded Mintonette+, a volleyball academy with a clear mission: "Giving back to the game we loved and played with passion." The name honours volleyball's original 19th-century name, Mintonette, while the "+" signifies the academy's holistic approach — blending world-class training with inputs from sports psychologists and nutritionists.

The academy has already left its mark. It hosted Mumbai and Navi Mumbai's largest inter-school indoor volleyball tournament, selected 20 boys and 20 girls for elite training, and provided full sponsorship for 10 boys and 10 girls to gain international exposure. The results speak for themselves:



- **Girls' Team:** Champions at the FVYL Shanghai in 2025
- **Boys' Team:** Victorious against the international-level MBSA club from Malaysia in 2025

Pratibha played a key role as manager of the girls' team in Shanghai, guiding their preparation and celebrating their success. Her journey from athlete to mentor shows her commitment not just to her own growth, but to nurturing the next generation.

The Music Within

Beyond the court, Pratibha's heart finds expression in music. Trained in Hindustani classical music and harmonium during childhood, she carries forward that foundation as a member of the Shubham Karoti Bhajan Mandali, led by Mrs. Maya (Akka) Nayak. Singing bhajans remains a spiritual and fulfilling part of her life, something she gratefully traces back to the encouragement of her parents, Late D. D. Shenoy and Mrs. Lata D. Shenoy.

A Voice for the Voiceless

Pratibha's compassion also extends to animals, especially stray cats. Together with her husband, Shri Guruduth Prabhu, she has been feeding and caring for them for years, a commitment that deepened during the challenges of COVID-19. From sterilisation drives to tending injured strays, her efforts reflect a quiet but powerful love for the voiceless.

A Life in Harmony

Pratibha's journey is more than a list of achievements. It is a life in harmony: discipline from sports, devotion through music, and compassion in service. Whether on the courts, with her cats, or amidst the cymbals of bhajans, she continues to live out her passions with purpose and grace.



GRATITUDE: A GIFT FOR LIFE

Why children who learn to appreciate grow into happier adults.

by Suchitra Sukhthankar



Gratitude is both a feeling and a practice — a conscious act of acknowledging the good in our lives, rather than telling ourselves that others have it worse. It is often defined as a deep sense of appreciation and thankfulness, accompanied by the desire to return kindness to others.

Studies show that gratitude fosters positive emotions, strengthens relationships, and enhances emotional well-being by lowering anxiety and stress.

Teaching the importance of gratitude helps children appreciate what they have instead of complaining about what they lack. It prepares them to face failures or setbacks with resilience and stay focused on opportunities.

For this, parents must lead by example. Children absorb what they see and hear. When elders express thankfulness for even the smallest blessings in daily life, it leaves a strong, positive impression. Gratitude can be expressed verbally or in writing — a few words, a short note, or even a paragraph. Families can make it a ritual at the dinner table or set aside time on weekends. Appreciating and acknowledging the good fosters satisfaction and fulfillment.

When this habit is cultivated early, children grow up with a sense of how blessed they are. They value the opportunities given to them. Sharing possessions with the less fortunate is another meaningful way of practicing gratitude. Such children often grow into happier, kinder, and more optimistic individuals who perform better in academics and other pursuits, while being generous and compassionate.

Acknowledging a child's effort to show gratitude is also vital. This reinforcement highlights the importance of the practice. Children who learn to be grateful are less envious, less materialistic, and less competitive in unhealthy ways.

Gratitude expressed sincerely can start a chain of kindness and thankfulness, bringing smiles to many faces and hope to those who receive it. Encouraging children to volunteer, in ways suited to their age and abilities, is another powerful way to teach this value. Even small acts, such as opening the door for someone, reflect gratitude in action.

People who remain grateful for their past are often happier in the present and more hopeful about the future.

I am deeply grateful for the opportunity to share these thoughts. I cannot thank the Universe enough for all that I have been able to do — especially when it helps others in some way.

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

AN IDEAL HALL FOR SMALL GATHERINGS



Host Your Special Events at I.M. Pai Hall

Located within the Sujir Gopal Nayak Memorial Kreedha 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



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. +91 11 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

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-
professionals/](https://sashipublications.com/shop/corporate-insurance-management-a-primer-hand-refer-ence-book-for-insurance-professionals/)

Available on Amazon -

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

WE ARE PROUD OF YOU!



In a landmark achievement, Ankush Mohan Shenoy, son of Shri Vinayak and Kavitha Shenoy, Mangalore, has become the first Rocket Scientist in ISRO from the GSB community. This historic milestone is a source of pride and inspiration for generations to come.

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

MUKHYA DINAANK YADI

LIST OF IMPORTANT DATES IN THE QUARTER OCTOBER - DECEMBER 2025

Date	Day	Festival	Date	Day	Festival
2 nd October 2025	Thursday	Dussera (Vijaydashmi)	22 nd October 2025	Wednesday	Bali Pratipada, Deepavali Padwa
2 nd October 2025	Thursday	Gandhi Jayanti	23 rd October 2025	Thursday	Bhau Beej
6 th October 2025	Monday	Kojagiri Pournima	2 nd November 2025	Sunday	Kartik Prabodhini Ekadashi
10 th October 2025	Friday	Sankashta Chaturthi	3 rd November 2025	Monday	Tulsi Vivaha (Lagna)
18 th October 2025	Saturday	Dhana Trayodashi (Dhanteras)	8 th November 2025	Saturday	Sankashta Chaturthi
20 th October 2025	Monday	Narak Chaturthi	1 st December 2025	Monday	Gita Jayanti
21 st October 2025	Tuesday	Laxmi Pujan	4 th December 2025	Thursday	Sri Datta Jayanti
			7 th December 2025	Sunday	Sankashta Chaturthi

PITRU PAKSHA - DONATIONS TOWARD GROCERY KITS

Thank you, donors!

We thank all our donors for honouring our request to donate towards grocery kits for our underprivileged senior citizens during this Pitru Paksha.

This donation will go a long way in sustaining our grocery distribution initiative. Your Sabha remains committed to Enhancing Community Well-being, and this can only be possible with your continued support.

We wish you a Shubha Diwali in advance.

Thank you, Inner Wheel Club!

We received a very encouraging response to our appeal for donations during the Pitru Paksha to support the distribution of grocery kits to our underprivileged senior citizens. This response was not only from individuals but also from Inner Wheel, an international women's organisation affiliated to the Rotary Club and the largest all-female voluntary service organisation in the world. It was heartening to get a call from their clubs at Chembur and Kalina. This is a testimony of the trust that they have reposed in us. The Sabha is greatly indebted to them and looks forward to a meaningful association with them.



Ritika Lapsia, President of Inner Wheel Club of Chembur, handing over the cheque to the Sabha President Laxmikant Prabhu in the presence of some of their respective committee members.



Sabha President receiving the cheque from Ritu Bhugra, President of Inner Wheel Club of Kalina. Next to her is Dr. Nayana Balakrishnan, past President of the club. Also present was Anuradha Shenoy, Jt. Hon. Secretary of the Sabha and a past President of the club.



**Mhalgadenka,
Charduanka, ani
Saglank!**

Nice Deepawali Gift!

QR Code - Amazon Link of Novel



This is a nice Pune Centered story, one should not miss.

-Basti Shenoy

After 146 pages, I craved for more. It looks like Movie material.

- Nayak Maam

Very well written, enjoyed reading

- Anil Shenoy

Write to: [Hello@SidharthSujir.in](mailto>Hello@SidharthSujir.in) for

- a. Free Digital Copy of First Chapter*
- b. Author Signed Copies*
- c. Entry into Sweepstakes contest*



**Strong plot, detailed research, fast paced... A compelling read –
The Times of India**



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



WINTER TOURS 2025 - 26



09 DAYS
**KASHI - GAYA
PRAYAG - AYODHYA**

 Kashi, Gaya, Prayag,
Ayodhya & Chitrakoot

 **₹43,000/- + 5% GST**
(Including 3rd AC Train Fare)

 04 Nov., 13&24 Dec.
Jan., Feb. & March 2026



05 DAYS
**DWARKA - SOMNATH
GIRNAR YATRA**

 Dwarka, Bet Dwarka,
Somnath, Porbandar,
Veraval, Girnar Hills
& Jalaram Bappa Temple

 **₹28,000/- + 5% GST**
(Including 3rd AC Train Fare)

 04 Nov., 13&24 Dec.
Jan., Feb. & March 2026



05 DAYS
**JAGANNATH PURI
BHUBANESWAR & CUTTACK**

 Jagannath Puri,
Konark, Bhubaneswar
& Cuttack

 **₹39,900/- + 5% GST**
(Including Return Air Fare)

 04 Nov., 13&24 Dec.
Jan., Feb. & March 2026



05/07/10 DAYS
ROYAL RAJASTHAN

 Mount Abu, Ranakpur, Udaipur,
Chittorgarh, Kumbhalgarh,
Jaipur, Pushkar, Bikaner,
Jaisalmer & Jodhpur

Starting Price
 **₹25,000/- + 5% GST**
(Excluding Train / Air Fare)

 06 Dec., 2025
Jan., Feb, Mar 2026



04 / 07 DAYS
RANN OF KUTCH

 Dhordo Village,
Bhuj City Tour, Dholavira
& Kalo Dungar

Starting Price
 **₹28,000/- + 5% GST**
(Excluding Train / Air Fare)

 04 Jan., 02 Feb,
& 03 Mar 2026



05/08 DAYS
ANDAMAN ISLAND

 Port Blair, Havelock Island,
Ross Island, Niel Island
& Baratang

Starting Price
 **₹34,000/- + 5% GST**
(Excluding Air Fare)

 09 Dec. 2025, 04 Jan.,
02 Feb, & 03 Mar 2026



05/07 DAYS
DUBAI - ABU DHABI

 Dubai Frame, Bur Khalifa,
Museum of the Future,
Bollywood Park Global Village
& Miracle Garden

Starting Price
 **₹52,000/- + 5% GST + 5% TCS**
(Excluding Air Fare)

 Nov. 2025 to March 2026



06/09 DAYS
VIETNAM TOUR

 Ho Chi Minh, Hoi An, Halong
Bay, Da Nang & Hanoi

Starting Price
 **₹52,000/- + 5% GST + 5% TCS**
(Excluding Air Fare)

 Oct. 2025 to May 2026



06/10 DAYS
SRILANKA TOUR

 Colombo, Pinnawala, Kandy,
Dambulla, Trincomalee,
Sigriya, Nuwara Eliya & Galle

Starting Price
 **₹35,000/- + 5% GST + 5% TCS**
(Excluding Air Fare)

 Nov. 2025 to Feb. 2026

**MAHAKAL
DARSHAN**

**SOUTH INDIA
TEMPLES**

KERALA TOUR

HAMPI BADAMI

SINGAPORE TOUR

THAILAND TOUR

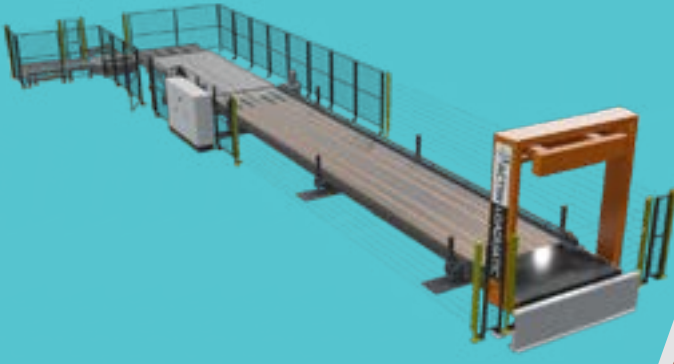
BALI TOUR

MALAYSIA TOUR

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

SB STATEC BINDER
highly efficient bagging and palletizing solutions

ACTIW

binder+cö
WE PROCESS THE FUTURE

EASYOUR
TESTING EQUIPMENT

KITZ

Test

VAISALA
AUTHORIZED DISTRIBUTOR

FLOWSERVE
SIHI® Pumps

Mumbai • Vadodara • Kolkata • Chennai • New Delhi



By Anuradha Prabhu

Udid Kuve Peet Pollo

Ingredients:-

- 1/2 cup udid dal
- 1 cup Kuve Peet (arrowroot flour)
- Salt to taste
- Oil/ghee as required



Method:-

- 1) Soak udid dal in water for 3-4 hours. Drain the water and grind till it turns fluffy. 1/4 cup of water can be added while grinding.
- 2) Remove the ground urid in a vessel, cover, and keep aside overnight for fermenting.
- 3) In another vessel, take one cup of Kuve peet, add 2 cups of water, mix well, cover and keep aside overnight.
- 4) Next day, the Kuve peet will settle down, and the water on top is to be discarded.
- 5) Add the Kuve peet to the ground urid batter, add salt to taste and mix well.
- 6) Heat a dosa tawa, apply oil/ghee. Spread a ladleful of the batter into a thin dosa. Drizzle oil/ghee, cover, and let it cook.
- 7) Remove the cover, flip the dosa so the other side is also well done.
- 8) Serve hot with sambar or coconut chutney.

Recipes of the Quarter

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



By Shobha Kamath

Moong Dal Idli

Ingredients:-

- One measure udid dal
- One measure moong dal
- Small piece of ginger
- Green chillies - 1 or 2 as per taste
- Salt to taste

Method:-

- 1) Wash & soak both the dals separately for at least 5- 6 hours
- 2) Drain the water and grind udad dal well (as you would grind for regular idlis)
- 3) Then grind Moong dal to a fine paste using less water. You may add both green chillies and ginger while grinding moong dal. You may also crush these two and add them to the batter later.
- 4) Mix these two well in a large bowl, adding salt (as per taste) and keep it for fermentation overnight.
- 5) Next morning, the batter would have risen. Mix it well, and the batter is now ready for steaming.
- 6) Boil water in the cooker (with the whistle/weight removed) and grease the idli cups.
- 7) Fill the idli cups with the batter and place the idli stand in the cooker and steam it on a medium flame for about 12 mins.
- 8) Cool and remove the idlis.
- 9) Serve it with any chutney of your choice



By Leela Bhaskar Bhat

Rava Appo

Ingredients:-

For Badam paste:-

- Half cup udid dal
- One fourth cup sabudana
- One tablespoon methi
- One fourth cup chana dal
- One fourth cup poha
- 2 cups Rava (Bombay Rava)
- 2 inches ginger
- One carrot
- 2 green chillies, finely cut
- Salt to taste

Method:-

Dough:-

- 1) Soak udid dal, sabudana, methi, chana dal and poha for 3 to 4 hours.
- 2) Grind the soaked ingredients to a fine paste by adding a little water, and keep it overnight.
- 3) In the morning, add rava and again add a little water to make appo batter. Stir well.
- 4) Add finely chopped chillies, grated carrot and grated ginger. Add salt as per taste.
- 5) Keep aside for 10 minutes.
- 6) Heat an appo pan and grease it with oil or ghee. When done, pour the batter and cover with a lid. After a few minutes, turn it and cook for some more time. Fluffy appos are ready to eat. Serve hot with any chutney of your choice.



DIWALI PARBECHE KHAAN

From Mangalore to Kochi to Goa, discover
GSB festive delicacies that celebrate tradition, taste, and togetherness.



Reva Sanzagiri (Akerkar)
Campal, Goa

I am sharing this beautiful recipe for Chavde (or Mande) — such a nostalgic and cherished Goan-Konkani Diwali sweet. It will create the warmth of Diwali in your kitchen.

Diwali is incomplete without Chavde, my baba used to say.

Chavde / Mande (Goan Diwali Sweet)

Lacy, crisp, layered sweet, sprinkled with
sesame, coconut, and cardamom sugar.

Ingredients:-**For the Dough:**

- All-purpose flour (maida) - 1 cup
- Salt - ½ tsp
- Vegan butter (or ghee, if not vegan) - 1 tbsp
- Water (as needed to knead)

For the Stuffing:

- Powdered sugar - ½ cup
- Ground cardamom - 1 tsp
- Sesame seeds (toasted lightly till golden) - 1 tbsp
- Sweetened shredded coconut (optional but delicious) - 2 tbsp

For Frying:

- Vegetable oil

Method:-**1. Prepare the Dough:**

Mix flour, salt, and butter/ghee.
Slowly add water and knead into a soft, smooth, elastic dough – it shouldn't be sticky or too stiff.
Cover and rest the dough for 15-20 minutes in an airtight container.

2. Prepare the Filling:

Toast sesame seeds in a dry skillet over low heat until fragrant and lightly golden.
Mix cooled sesame seeds with powdered sugar, cardamom, and coconut (if using). Set aside.

3. Roll the Discs:

Divide the dough into 10 small balls.
Roll each into a very thin disc (approx. 5–6 inches wide).
Use minimal dry flour to avoid toughness.

4. Fry the Discs:

Heat oil in a deep frying pan over medium heat.
Fry one disc at a time for about 15 seconds on each side until it is just beginning to puff and stiffen (but still pliable).
Remove and blot excess oil on a kitchen towel.

5. Layer & Fold:

While still hot and soft:
Sprinkle 1 tbsp of the sugar mixture over half the disc.
Fold over to make a semi-circle.
Sprinkle a bit more sugar mix over half of that semi-circle.
Fold again to form a triangle or quarter-circle shape.

6. Cool Completely:

Place on a wire rack to cool.
As they cool, they will turn crispy and crackly.

Ambadyachi Karam / Hog Plum Chutney

On Narak Chaturdashi, Goan homes awaken with the fragrance of utna (herbal paste baths), oil lamps, and the clinking of steel plates filled with fov (flattened rice), batat fov, chanyache / chavalichi usal, and of course — the Ambadyachi Chutney, lovingly called Karam.

It's more than just a chutney — it's a mix of nostalgia, flavour, and festivity. Traditionally shared with relatives and neighbours on Narak Chaturdashi (Chavdis) morning.

This Ambadyachi Karam captures the spirit of Goan Diwali — flavours rooted in local ingredients, rituals of care, and the joy of community.

Ingredients:-

Main:

- Ambade (Hog Plums) – 15 to 18 (small)
- Fresh grated coconut – ½ medium coconut or 1 small
- Kashmiri dry red chillies – 5
(or 1 tsp red chili powder + ¼ tsp black peppercorns)
- Black peppercorns – ¼ tsp (optional if using chilli powder)
- Turmeric powder – ½ tsp

- Coriander seeds/powder – ½ tsp
- Jaggery (grated) – ½ cup (adjust to taste)
- Salt – to taste

Tempering:

- Coconut oil – 1 tsp
- Mustard seeds – ½ tsp
- Hing (asafoetida) – a pinch

Method:-

Step 1: Cook the Hog Plums

Lightly crush the ambade to crack their skins using a pestle or rolling pin.

Make a tempering of sasav (mustard seeds) and hing. Add ambade to it. Add a little jaggery, salt, turmeric and red chilli powder.

Cook in a little water till it is well-cooked. Let them cool completely.

Step 2: Grind the Chutney

In a mixer, grind: Grated coconut

Red chillies (or chilli powder + peppercorns)

Coriander, Jaggery

Grind to a smooth or slightly coarse paste as preferred.

Step 3: Mix

Combine the ground chutney with the cooked hog plums.

Mix well. Do not cook again — the freshness is key.
(Some do lightly simmer it — your choice!)

Serve with fov (poha/flattened rice) — ideally freshly soaked in coconut milk, sugar, or salt, depending on the sweet or savoury variant.





By Nirmala Kamath

Kochi

Being from Mangalore and settled in Kochi, I instantly fell in love with the seasonal Maande Baaluk and the traditional sweet of Kochi, Jambul, which is a little similar to the Saat of Mangalore.

Both these snacks are specific to Kochi. The Maande is available only during the season, and the size of the baaluk is also much bigger than the normal ones commonly available elsewhere. I call it a Kochi speciality and it is always a hit with whoever has tasted it for the first time.

Jambul, not too commonly found nowadays, is also a unique sweet, which is prepared at any time of the year and stored.

Jambul

Ingredients:-

- Water - 4 cups
- Sugar - 2 tsp
- Rava - 2 to 2.5 cups
- Maida – ½ cup for kneading

Method:-

Boil water in a vessel, add sugar and then add rava little by little. Stir well so there are no lumps. Turn off the gas. Add maida for binding and make a soft dough by kneading well. Make small peda, grease your hand with ghee or oil, and give the shape of jambul. Fry in ghee on a low flame till brown in colour.

Now boil 1 cup of water and 1½ cups of sugar. When the sugar syrup thickens, add cardamom powder and add jambul to it. Stir well till the sugar syrup dries and gets well coated on jambul. Jambul is ready.



Maande Baaluk

Method:-

Wash the Alvamaande and peel them. Then slice them on the chips slicer. Fry them in oil, and before removing, pour a little salt water like we do for banana chips. Fry for a minute more. Remove and store.



By Sumana Shenoy
Mangalore

Thukdi and Laipitto Mando are small things that make Diwali feel like Diwali at home. Both recipes are simple to make, rich in texture, and full of festival memories. Below are the recipes as our families make them, with a couple of practical tips to help you get the texture just right.



Thukdi (Shankar Pali)

Ingredients:-

- Maida - 2 cups
- Salt - ½ tsp
- Hot oil - 1 tsp
- Oil for deep frying - 2 cups

Method:-

Sieve maida, add one teaspoon of hot oil over it, and salt to taste. Using warm water, make fine soft dough by hand. Make thin chapathis, cut into diamond-shaped pieces using the thukdi cutter. Fry these pieces in hot oil. Remove when the thukdis are crisp. After 2 to 3 minutes, put them into airtight containers.

Laipitto Mando

Ingredients:-

- Laipitto (pop rice powder) - 2 cups
- Maida - 1 cup
- Powdered sugar- 1 cup
- Roasted black til - 1 tbsp
- Powdered cardamom - 2 to 3 pods
- Ghee for frying - 1 cup

Method:-

Pour 1 tablespoon of hot ghee into the maida and prepare a smooth dough, adding a little water. Keep aside. Roast laipitto till light brown and mix well with powdered cardamom, sugar, til, and 1/2 teaspoon of hot ghee. Keep aside. Make thin small puris (of the earlier prepared dough) and fry in ghee on a low flame (to half fry). Remove the puries one by one (before crisp). Pour two teaspoons of powdered laipitto mix into the puri and fold once, pour a little more laipitto mix and fold again to form a triangular shape. Make the mandos one by one slowly.





OM SREE KRISNAYA NAMAH



A SHORT VERSION OF ARANYAKA PARVA - PART 5 OF THE GREAT EPIC MAHABHARATA

by Divakara Shenoy, Kochi

Introduction

Aranyaka Parva is one of the longest sections of the epic Mahabharata. For the sake of space and readers' convenience, it was divided into five parts. Part 4 of Aranyaka Parva was published in the July-September 2025 issue of *Voice of GSB*. Part 5 is the end part of the epic story included in the section "Aranyaka Parva" which deals with the Pandavas' life in the forest and the eventful 12 years spent in exile. Pandavas' struggles and enduring unity during this period taught them lessons of resilience, tolerance, humility, endurance and patience. A summarised version of the last published part is given here for continuity in reading.

Summary of Aranyaka Parva - Part 4

During their forest life in exile, the Pandavas went on a pilgrimage. They visited several temples and holy places, accompanied by the sage Lomasa, when he narrated to them a story in reference to the power of patience and chastity of women who could read the mind of an arrogant Brahmana by the name Kaushika. This brahmana arrived at the door of the woman's house and happened to be detained indefinitely at the door to receive alms. It was because the housewife could not attend to Kaushika as she was busy with serving food to her hungry husband. Thereafter, she went to give alms to him and she apologised for the delay. Kaushika was terribly angry, which she could make out from his face. Seeing him still angry, she told him, "I am not a crane bird to be killed by your cruel look at me". Kaushika stood astonished when the housewife made mention of the incident leading to the death of the crane bird mere by his look at it. He humbly looked at the housewife, as if to seek an answer to

the question he had in his mind. She reminded him that first and foremost duty of a housewife is to be dedicated in the service of her husband and family. Such a woman is a Pathivrata who attains extraordinary vision and spiritual power. Kaushika apologised to her for his ignorance and rude behaviour. She advised him to go to Mithila and meet Dharmavyadha to learn the secret

of dignified life and Dharma. Kaushika was surprised by the devotion with which Dharmavyadha served his aged parents. From Dharmavyadha, the brahmana learned the lesson of dharma. He returned to his home to serve his parents, whom he had neglected before. In Hastinapura, Dhritarashtra felt sad to hear the pathetic condition of the Pandavas from a Brahmana, at the same time seemed helpless, fearing the rage of his ruthless son Duryodhana, who always found pleasure in the sufferings of Pandavas. Duryodhana, hearing the news of the Pandavas, the very next day along with his military, intimate friend Karna and uncle Shakuni visited at Dvaitavana where Pandavas dwelled. Here, Duryodhana had a severe fight with Chitrakona, the Gandharva king. In the battle, the Kauravas' army was defeated. Duryodhana and his soldiers were imprisoned. Hearing the news, Yudhishtira convinced his brothers saying that since Kauravas also were their cousins it would be shameful if an outsider captures a member of their family. At last, as desired by Yudhishtira, Pandavas released the imprisoned Duryodhana and his party. Ashamed by this event





Nature Powered Cleaners with Enzymatic Technology



BIODEGRADABLE



WATER CONSERVATION



EMPLOYEE SAFE



STP-SAFE



WASHROOM ODOUR CONTROL

Unrivalled odour control in high traffic washrooms with an innovative & powerful enzymatic formulation.



WATERLESS SOLUTIONS

Our FlushFree® Urinal Care program helps you save up to 30,000 litres of water per urinal per year.



KITCHEN HYGIENE

Advanced kitchen hygiene maintenance with heavy duty degreaser, kitchen drain cleaner and dish wash gel.



HOUSEKEEPING SOLUTIONS

Deep clean every surface by eliminating tough stains with advanced non-corrosive formulations.



Choose Performance with Sustainability

www.tazoprofessional.com business@tazoprofessional.com

**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



Duryodhana returned to Hastinapura. One afternoon, surprisingly, the great Sage Durvasa, a short-tempered man, with his disciples happened to visit Yudhishtira in his hut at midday, when the Pandavas were taking rest after midday meal. The sage asked Yudhishtira to keep ready midday food for him and his disciples by the time they would return back after their bath in the nearby river and finishing midday prayer. Draupadi was confused as there was no food left in the divine vessel in which she cooked food. She was ardent devotee of Lord Krishna. Knowing her pathetic situation the Lord appeared before her and asked her to bring her empty divine vessel Akshaya Patra, in which he could find a bit of a cooked vegetable leaf. He ate it and same time Sage Durvasa and party surprisingly had a feeling of eating well and his hunger satiated. Thus, Pandavas were saved from the curse of the sage.

ARANYAKA PARVA - PART 5

PANDAVAS CHASED A DEER TO RECOVER MORTAR

Pandavas' 12 years of life in exile was nearing end. Once a Brahmana was performing a fire sacrifice for which he used a fire kindling mortar. Those days, there were no matches to generate fire. Incidentally, a beautiful deer happened to come that way and it was rubbing against the Arni or fire kindling mortar used by the Brahmana. Unfortunately, the fire kindling mortar at this time got entangled with the horns of the deer. The deer out of fear and confusion fled into the forest with the mortar on its horn. The Brahmana by this incident became distressed and rushed to Yudhishtira to complain about the loss of his mortar and his inability to perform the fire sacrifice without the fire kindling mortar. Yudhishtira consoled the Brahmana advising not to worry as he would follow the deer and get back the mortar. Yudhishtira along with his brothers immediately rushed to chase the deer through the forest.

The deer ran fast and fast leaving the Pandavas far behind and suddenly disappeared from their sight. The Pandavas hopelessly tired could not run further and, so, sat under a tree. Yudhishtira called his youngest brother Nakula and told him that he was very much thirsty and needed some water to quench his thirst. They failed to find any source of water nearby from where they were sitting. Yudhishtira told Nakula to climb up on a nearby tree and look for some source of water if available in and around that place. Nakula climbed on a tree and from top of the tree could see a small lake far away. Yudhishtira advised him to go and fetch water from the lake.

NAKULA ARRIVES AT THE ENCHANTED POOL

Nakula was glad when got to the place and saw there was a beautiful pool (lake). With relief, Nakula reaching the lake was about to take water in his cupped hands to drink, at which time suddenly he could hear a voice of someone warning him not to take water without the permission of the owner. Nakula was further told that he could drink water only if he could answer to the questions asked by the person invisible to him. Nakula was surprised as he could not see anybody near the lake. He very badly needed

water to drink to quench his thirst. Therefore, he did not care and drank some water from the lake. Immediately, he fell down dead. His brothers waited long expecting Nakula to bring some water for them to drink. Pandavas were disappointed fearing if anything serious had happened to their youngest brother Nakula.

SAHADEVA, ARJUNA & BHIMA PROCEED TO LAKE

As Nakula did not return Yudhishtira asked Sahadeva to go and find out what had happened to his younger brother. Sahadeva went to the lake and found Nakula lying dead near the lake. He cried seeing his brother lying dead. He also on reaching the lake was tired and thirsty. He was about to drink water from the lake surprisingly he also could hear a voice asking him not to take water from the lake until he could answer the questions would be asked by the owner of that voice. As Sahadeva could not see the owner of the voice he ignored the warning and drank some water and fell dead. As Sahadeva did not return Yudhishtira sent Arjuna and, thereafter, Bhima to find out what had happened to their brothers. Both went to the lake and found Nakula and Sahadeva lying dead near the lake. Arjuna and Bhima in the same way were dead as they ignored the voice of warning. Yudhishtira was very much disturbed as none of his brothers who went to bring water from the distant lake did not return. His anxiety grew to know what actually had happened to them.

YUDHISHTIRA IN SEARCH OF HIS BROTHERS

So, he decided to go to the lake. On reaching at the lake, he saw all his brothers lying down dead. He found the lake to be very beautiful with its water pure and sparkling, as if constructed by the greatest Architect Vishwakarma. He lamented on the death of his brothers. Though they were dead he could see their bodies with no change in colour or disfigured. He was surprised by this extraordinary situation and was absorbed in thinking on the cause leading to the dreaded situation. At this time, he heard a voice of a Yaksha reminding him that all his four brothers died because they ignored his caution not to drink water from the lake without answering his questions.

YAKSHA'S QUESTIONS TO YUDHISHTIRA

Yaksha warned Yudhishtira also not to proceed to drink the water without answering his questions. Yudhishtira desperately wanted some water to quench his thirst. Even then, he agreed to answer all questions from Yaksha and he patiently waited for the questions to be answered by him. Yaksha had asked hundreds of questions and all were answered correctly by Dharmaraja Yudhishtira. Yaksha was very much pleased and told Yudhishtira that he would bring back to life only one of his brothers and asked whom he would like to bring back to life. Yudhishtira without any doubt answered that he wanted his brother Nakula should be brought back to life.

Yaksha was surprised hearing Yudhishtira's reply and so asked Yudhishtira why he wanted Nakula to be alive why not his own brothers Bhima and Arjuna. Yudhishtira replied that his father had two wives Kunti and Madri. He informed that he liked both

his mothers and treated them equally. He being the eldest son of his mother Kunti who is alive and, therefore, his wish is justifiable that Nakula, the eldest son of mother Madri, should remain alive.

YAMA DHARMA BROUGHT BACK ALL TO LIFE

Yaksha was happy and disclosed his identity as Yama Dharma, Yudhishtira's father. Pleased by the answers from Yudhishtira to his questions Yama Dharma brought back to life all his brothers. After blessing the Pandavas, Yama Dharma, who was disguised as a Yaksha, disappeared. By this time, the Pandavas had finished 12 years of life in exile. It was now time for them to live incognito for a full year, not disclosing their original identity. So, Yudhishtira asked all Brahmanas, who had accompanied him during his past 12 years, to go back to Hastinapura.

PANDAVAS TO SPEND ONE YEAR INCOGNITO (AJNATHAVAS)

Sage Dharmya suggested to the Pandavas many safe places to live undiscovered by Duryodhana and his friends. Among the places suggested was Virata, the kingdom of Matsya, where Yudhishtira at last decided to spend a year. The Matsya Kingdom is roughly identified as present-day Jaipur in Rajasthan. According to Yudhishtira, the king of Virata was an elderly person of hospitality, and the place was safe for them to live in anonymity. Then they had discussions on the type of disguise each one of them would choose to hide their identity. Yudhishtira said that he would approach the King of Virata as a pious Brahmin under the name of Kanka, and could live there as a game entertainer, play dice with the king, and would please his majesty. (End of Aranyaka Parva).

My prayers to the Universal Master Lord Krishna.

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.



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.

FAR FROM HOME, CLOSE TO TRADITION

For Amchi NRIs, Diwali is both a memory of home and a living tradition abroad. Amid sparklers, sweets, cultural programmes, and community gatherings, they pass on the warmth of the festival to the next generation, wherever they are.



Ramya Prabhu

Toowoomba, Queensland, Australia

We have been celebrating Deepavali overseas for a while now. We mark the festival over three days in three different ways. The first is the traditional celebration — applying warm oil and taking a hot shower, an aarti at home, etc.

On the second day, we invite our Australian neighbours to celebrate with us. The children make rangolis using chalk, coloured powders, and flowers on the front porch, and then we light diyas together. We also enjoy sparklers and have dinner as a group. Due to fireworks restrictions, only sparklers are allowed, which we buy from either an Indian store or the local supermarket.

On the third day, we visit our friend's house for the Lakshmi Pooja, where everyone brings a dish to share. We gather with close friends, eat together using reusable steel plates, glasses, and spoons, and then light diyas and sparklers. Last year, we also raised funds for Isha Vidhya, a social outreach programme of the Isha Foundation.

We also take part in a Diwali celebration organised by the local Indian community. The organisers take permission from the city

council and police to hold the event on a large ground, with food, art, craft, and other stalls. There is music, dance, and at the end, a *Ravan Dahan* followed by fireworks handled by professionals. The event is open to all, free of charge, but requires prior registration. It feels like a big Indian fair, attracting people from many cultural backgrounds, and is usually scheduled on the weekend of Diwali week.

At school, our children share a box of homemade sweets with their classmates and teachers, and explain the meaning of Diwali. Many non-Indian friends know of it as the “festival of lights.” At the workplace, colleagues look forward to Indian sweets and food every Diwali and enjoy celebrating with us.

In recent years, even the local theme parks have started celebrating Diwali in a grand way. On these days, the parks stay open until midnight, with rides, hot Indian food stalls, a cultural parade featuring dances from different parts of India, and live music.

Though we miss our loved ones in India, especially during festivals, we have built a close circle of friends here who feel like family. Celebrating Diwali with them and our neighbours brings us joy and a sense of togetherness, making this place feel closer to home.



Dnyanesh C. Mallya

Singapore

We have been living here for 13 years, and over time, friends have come to feel like family. Diwali celebrations are always a mix of tradition and togetherness—we invite friends over for dinner, decorate the home with rangoli, dress in new clothes, prepare sweets, and watch the children light up with excitement for sparklers.

The city itself adds to the festive spirit with temple programmes, cultural events, and community gatherings. Some places even light up streets and malls to create a festive vibe. At my daughter's school last year, we shared how Diwali is celebrated—showing



rangoli, offering sweets, and having a little celebration with her classmates (*see pic - top right*).

While restrictions on fireworks or limited space can sometimes make large gatherings difficult, we make up for it with lights, food, and indoor celebrations, always keeping diyas and sparklers at the heart of the evening. Over the years, we've also added fusion touches—like combining Indian dishes with local flavours or hosting potlucks with friends from different cultures.

Temples such as Perumal Temple, Veeramakaliamman Temple, and Senpaga Vinayagar Temple become vibrant centres of celebration. Joining these events reminds us of the many beautiful ways people in Singapore come together to mark Diwali.

Prema Rao

Chicago, USA

In the US, Diwali is celebrated with as much enthusiasm, excitement, and grandeur as in India. Public celebrations and cultural performances are often held in well-known venues, enabling the wider American community to join in the festivities. Over the past two decades, the Festival of Lights has gained significant recognition. In 2003, the White House celebrated Diwali for the first time under President George W. Bush, and the tradition has continued every year since. In recent years, even a Diwali postage stamp has been issued. Slowly but surely, Diwali in the US is becoming as familiar and anticipated as Christmas.

The spread of Diwali owes much to the efforts of first-generation Indian immigrants. Determined to share their culture, many parents visited schools to talk about the festival, narrating the story of good triumphing over evil and light prevailing over darkness. Children enjoyed samosas, jalebis, and chaklis, and even received bindis along with an explanation of their significance for Hindu women. Today, younger parents are carrying on this tradition. Thus, this festival has gained a lot of popularity, and so has the Samosa!

Across the country, temples, community centres, and cultural organisations celebrate Diwali with diya lighting, traditional



music and dance, food stalls, and fireworks. Within homes, the Indian American community keeps the traditions alive—lighting diyas, creating rangolis, cooking festive meals, exchanging gifts, and performing pujas.

The GSB associations in the US also celebrate Diwali in grand style. In Chicago, the American Midwest Konkani Association draws many GSB families. Dressed in traditional attire and



jewellery, families gather for an evening that begins with snacks and *panchadika*, followed by art competitions for children and adults. A photo booth with an Indian backdrop adds to the festive memories. Later, everyone gathers for *puja* and *aarti*, after which entertainment takes over—music, singing, dancing, and dramas presented by both youngsters and adults. A raffle keeps the excitement high while committee members prepare dinner in the kitchen.

The feast is always a highlight. A traditional Konkani spread includes rice, rotis, *dali thoy*, *channa ghassi with kadgi*, *tendle biba upkari*, *valval*, *ambo anvasa sasam*, paneer curry, beans *upkari*, *batata songa*, *nonche*, yogurt, *happolu*, and *pappad*. Dessert is equally rich, with *doodpak*, gulab jamun, jalebi, and burfi. The meal is enjoyed by all, leaving families content and looking forward to the next celebration.

Though far from home, Indians in the US have steadfastly preserved the culture, traditions, and values passed down by their parents. This commitment shines brightest during Diwali, when the festival of lights truly bridges distance and generations.

Siya Nayak

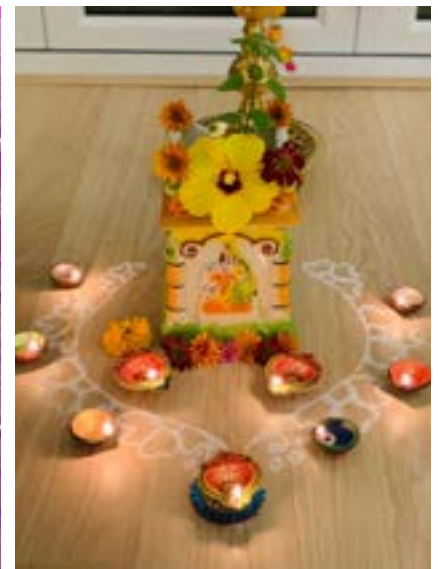
England

As autumn settles in the UK, shades of grey begin to engulf the skies, leaving gloom and darkness lingering across the country. However, a different light begins to flicker – one not born from the Sun, but of celebration. Diwali, the festival of lights, arrives like a burst of warmth and colour in the bitter, monochrome British weather.

Diwali, as always, begins with preparation – this is no different in the UK: lighting diya, making lanterns and hanging lights all around the house is key to bringing brightness into our homes, especially in the glum weather. Every year for the past 10 years, my mum and I have always painted diya and made paper lanterns together in vibrant colours, before placing them around the house. The flickering flames evoke a different kind of comfort in our home.

The preparation is obviously never complete without snacks! Once our house is all lit up, my mother always prepares traditional Diwali special sweets and savoury items at home, including laddoos, kaju-katli, tukdi/shankarpali, chakli and many more. The aroma of Diwali snacks fills the whole house, reminding us that the celebrations are approaching!

When it comes to celebrating, there is a vast Indian community throughout the UK, and in our area specifically, we all gather to distribute sweets and light fireworks. We usually head outside, dressed in beautiful traditional outfits, and take turns to light sparklers and watch rockets burst into the night sky. There's laughter, cheering, and much enjoyment! And it's not just Indians



that celebrate – many foreigners, including our neighbours, also join in with the fun. Furthermore, since Diwali also often collides with the famous Guy Fawkes Night, the sky is always filled with bright and colourful fireworks in early November, which we all enjoy watching from the open fields.

As part of the festivities, we also attend many large-scale parties organised by several community groups, including the Gowda Saraswat Sabha, UK. We often enjoy amazing performances, including short plays based on mythological stories, Indian classical dance performances, while also catching up with friends, eating delicious food, and not to mention dancing on the dance floor! Diwali is such an amazing celebration in the UK, not just because of the lights or the food—it's the people. Celebrating with our Indian community helps us stay connected to our culture, even in a different country, and brings us a little homeliness. It reminds us that no matter where we are in the world, traditions can still shine.

CELEBRATING MERIT AND MILESTONES

We caught up with some of our 92nd Foundation Day Merit Prize winners, each building inspiring journeys—whether shaping global finance, balancing sports and studies, or becoming professionals with distinction—while staying rooted in their GSB identity.

Swathi Prabhu qualified as a Chartered Accountant in the May 2025 attempt, clearing both groups with distinction and passing all levels on her first attempt, missing an All-India Rank by just four marks. After clearing the CA Intermediate, she made a life-defining choice of shifting to her hometown, Mundkur, Udupi, where she pursued her articleship and CA Final. “Compared to my Intermediate preparation, I saw a significant improvement in my performance—largely due to the environment and support system I had around me. Looking back, that decision wasn’t just about a location change; it strengthened my foundation, broadened my perspective, and helped me evolve into the person I am today,” she says.

MY SUPPORT SYSTEM...

My parents, Smt. Savitha and Shri Sachindra Prabhu, are undoubtedly the core supporters during this journey, but in my case, I’ve been fortunate to have my uncle Shri Umesh Kamath and aunt Smt. Usha Kamath, at my hometown, who treated me like their own daughter, and my grandmother Smt. Chandrakala Kamath. Additionally, I was fortunate to train under a Principal who was not only knowledgeable but also genuinely invested in my growth.

MY VISION BOARD...

As a freshly qualified Chartered Accountant, the next five years are crucial



Swathi Prabhu

Becoming a Chartered Accountant with Distinction

for shaping both my professional journey and personal growth. I envision myself gaining in-depth industry experience, expanding my expertise across finance, taxation, and strategic advisory roles. I aim to work with organisations where I can contribute meaningfully while also learning from the dynamic challenges the profession presents.

MY HOBBIES...

Apart from academics, I have a deep interest in creative pursuits that allow me to express myself artistically. I enjoy drawing and pencil sketching, which serve as a peaceful and rewarding outlet for my imagination. The intricate details and focus required in sketching help me develop patience and concentration — skills that complement my academic and professional life as well. I also take great

pleasure in making rangolis and designing mehndi patterns.

MY FAVOURITE AMCHIGELE DISH...

There are several dishes from our Amchegale cuisine that I’m particularly fond of. Among my favourites are Patrade, with its unique blend of spice and texture; Alambe Ambat, a seasonal delicacy rich in flavour and deeply comforting; and Phagile Podi, which is delightfully crisp and perfectly spiced. The rich flavours and traditional preparation methods make Amchegale cuisine truly special to me.

MY ASSOCIATION WITH THE SABHA...

My first introduction to the G.S.B. Sabha, Mumbai, was after my SSC, in which I had secured 96 per cent and was part of the felicitation programme for students. Later, during my CA preparation, I faced certain financial constraints. At that crucial time, I once again experienced the Sabha’s support—this time through the ‘Vidyanidhi’ scholarship awarded to meritorious students. This timely assistance not only eased my financial burden but also reinforced my motivation to stay focused and give my best. The Sabha has been a part of my academic journey in more ways than one, and I remain truly grateful for their encouragement and support.

Rishabh Shanbhag is a Director at SMS Financial Services P. Ltd., a full-spectrum investment and wealth management firm based in Mumbai, India. He earned his MBA from Imperial College London and a Master of Science in Management Studies from MIT Sloan, where he also cross-registered at Harvard University to broaden his perspective on political economy. During his time at MIT, he served as a SERC Scholar at the MIT Schwarzman College of Computing and was awarded the Entrepreneurship &



Rishabh Shanbhag

Bridging Global Finance and Family Legacy

Innovation Certificate from the Martin Trust Center for MIT Entrepreneurship. Rishabh began his career in technology and consulting before transitioning into finance, where he leverages his cross-industry experience to explore innovative investment approaches and the evolving future of financial services.

MY HOBBIES...

I enjoy playing the drums, traveling to discover new cultures, and keeping up with global affairs as well as new advancements in AI.

MY FAVOURITE AMCHIGELE DISH...

There are so many to choose from, but one of my top favorites is Ambya Humane. I love it for its unique sweet-tangy and spicy flavour. It brings back memories of my childhood summer vacations, which coincided with the mango season, when the dish was always prepared at home.

MY VISION BOARD...

My ambition is to build on my global experiences to create meaningful impact in the financial services space while also

carrying forward the legacy of our family business. In the next five years, I see myself expanding our reach, especially by connecting global investors to the India growth story, and contributing to making finance more accessible and inclusive.

MY GSB IDENTITY...

My GSB identity keeps me rooted in our traditions while giving me a sense of belonging wherever I am. Born and raised in Mumbai, visiting our kuldevata temples in Goa, participating in family and community traditions, and celebrating our festivals have shaped me from a young

age. Being a GSB has also instilled in me a knowledge-oriented mindset, where learning, reflection, and values guide how I approach life and help me stay at the forefront when supporting and uplifting others.

MY ROLE MODEL...

My biggest inspiration has been my father. Watching his journey of building a business with dedication and integrity has taught me the importance of hard work, resilience, and staying true to one's values. His example continues to guide me in both my personal and professional life.

Araminta Kamath, a national-level hockey and football player, has always enjoyed balancing academics, sports, and new experiences. She likes exploring new places for food and adventure, and stays strongly connected to her GSB roots, inspired by her grandfather's contributions to the community. For the past two and a half years, she has been living in Berlin, Germany, and completed her Master's in International Management in May 2025 while also working in marketing with a German company.

MY HOBBIES...

I'm passionate about sports, having represented at the national level in both hockey and football, which instilled a sense of discipline, resilience, and teamwork. Also, I enjoy exploring new places, especially for food and adventure. Living in Berlin has allowed me to discover both local and international cuisines while also experiencing the city's vibrant culture and outdoor lifestyle.

MY FAVOURITE AMCHIGELE DISH...

Madgane, as it invokes fond memories of attending the GSB Ganpati. I also enjoy having hot goli bhajji for an evening snack!

MY VISION BOARD...

I'm passionate about marketing and want to grow by combining data-driven insights with creativity to build meaningful campaigns. In the next five years, I see myself contributing to international projects that draw on my experiences in



Araminta Kamath

*Balancing Sports, Studies,
and New Horizons*

India and Germany, working with brands that value inclusivity and innovation, and gradually taking on more responsibility while mentoring others along the way.

MY GSB IDENTITY...

For me, being a GSB is deeply tied to my roots and family values. My grandfather, Madhav V. Kamath (lovingly known as Madhav mam) was very well-known in the community. He made the first collection for the GSB King Circle Ganpati, something that has always inspired me. Even though he passed away in 2018, his contribution and dedication to the community remind me that our identity is not just about tradition, but also about service, unity, and carrying forward a legacy. To me, being GSB means honouring that heritage while also embracing inclusivity and growth wherever I go.

MY ROLE MODEL...

My biggest inspiration has always been my parents. They have shown me the value of hard work, humility, and

perseverance in every stage of life, and those lessons continue to guide me both personally and professionally. The way they balance responsibility with compassion has shaped the way I approach challenges, and I aspire to carry those same values into my own career and relationships.

MY WAY OF MANAGING SPORTS AND STUDIES...

Balancing studies and sports has been crucial since I started playing hockey at the early age of 10 years. It meant striking a balance between studies, homework, exams and long hours of practice. Over the years, I have played seven nationals in hockey, two in football and represented both Maharashtra state and Mumbai University, while also keeping my academics a priority. A major turning point was when I suffered a jaw injury at 13 that required surgery, but coming back stronger and continuing to play every national tournament after that taught me resilience and time management at a very young age. Training and tournaments often meant long hours, so I learned to be disciplined with my schedule, making sure I gave equal focus to studies and sport. I ranked 3rd in my college during the final year of my bachelor's and have since pursued a postgraduate diploma in India, followed by a master's degree in Germany. Those years not only helped me achieve strong academic results but also shaped my ability to stay committed and perform under pressure, which I carry with me today at all times.



**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

LESSONS IN BHAGAVAD GITA*by Dr. Gayatri G Shenoy*

दैवी ह्येषा गुणमयी मम माया दुरत्यया ।
मामेव ये प्रपद्यन्ते मायामेतां तरन्ति ते ॥७-१४॥

daivī hy eṣā guṇamayī mama māyā duratyayā
mām eva ye prapadyante māyām etāṁ taranti te 7.14
daivī = divine; hi = verily; eṣā = this; guṇa-mayī = made up
of constituents (guṇa-s); mama = My; māyā = deluding power
named māyā; duratyayā = extremely difficult to overcome; mām
= in Me; eva = alone; ye = those who; prapadyante = taking
refuge in complete devotional surrender; māyām = delusory
power; etāṁ = this; taranti = cross over; te = they; 7.14

Verily, this māyā, My divine deluding power made up of guṇa-s constituents, is extremely difficult to overcome; only those who, in complete devotional surrender, take refuge in Me, alone cross over this delusory power. 7.14

A way out of this marathon delusion caused by these three constituents, *guṇa-s* of *prakṛti* and their effects, is mercifully shown by the Lord.

The conditioned living entity *jīvā* is a helpless pawn in the hands of this delusory power called *māyā*. *Māyā* means *mā* not *yā* this. *Sattva*, *rajas*, and *tamas* are the three *guṇa-s* or constituents by which she is known as *guṇa-mayī*. Her constituents—the three modes: *sattva* (purity, inducing truth and virtue), *rajas* (passion, inducing activity), and *tamas* (ignorance, inducing inertia)—influence all beings, bringing about innumerable transformations in the form of thoughts, emotions, and actions. These, in turn, provoke actions driven by the motive of desire-fulfillment, trapping beings in a seemingly unending cycle of merits and demerits. This cycle necessitates further bodily embodiments, required to either enjoy or suffer the consequences in the future.

This leads to a chain of births and deaths with transient happiness and miseries experienced, which again provoke more desire-oriented actions. But pathetically, they do not realise that all this is the play of these three constituents and their transformations and effects. This mammoth, all-encompassing power of delusory effects called *māyā* silently exerts her influence on one and all, even without the beings realising that they are under such a power. Thus, *sarvam idaṁ jagat*, this whole world is under her silent, unidentifiable, indefinable spell wherein all are actually her puppets in a trance. Even those who realise her powers are helpless and cannot control the strong emotions like anger, attraction, lust, greed, false sense of lordship, avarice, etc, that she induces in them. Significant also is her power of veiling the truth and projecting the false on the truth leading to many a confusion, chaos and misery. She alone is the cause of a false sense of all multiplicity in the world, which leads to segregation in terms of countries, castes, class, race, family, relations, friends, enemies, and so on, giving further rise to wars, fights, unhealthy

competitions, avarice, etc. The list goes on and on. This basic idea of segregation in the form of ‘you’ and ‘me’ is due to her influence on the conditioned self. Those who recognise her powers and try persistently to overcome them to come out of her clutches still fail repeatedly.



In this verse, the Lord agrees to this unsurpassable nature of His delusory power and says *mama māyā duratyayā* ‘My *māyā* is extremely cumbersome and *duratyayā* difficult to overcome or conquer.’ It is not possible to do so even after repeated attempts and endeavors. Why so? Because it is not an ordinary power, *daivī hy eṣā* indeed this is a divine transcendental power since it belongs to Me *mama māyā*, it is my energy which cannot be overcome by infinitesimal selves which by their very nature come under its influence. The power of *māyā* falls beyond the grasp of ordinary human ambit. So, does that mean there is no hope of conquering this power? That no being can ever dream of overcoming its influence? The Lord disagrees and, in His infinite mercy, shows to mankind the best and the easiest way to overcome it. There is an unailing method out of this turmoil. This is shown.

mām eva ye prapadyante -- the stress is on *prapadyante* and *mām eva*. *ye prapadyante* means those who take ultimate refuge in Me who surrender unto Me after trying all paths and failing in the same, who serve Me dedicatedly with pure selfless devotion for whom I am their only ulterior goal in life, who submissively bow before Me allotting Me total control over them, who *mām eva* to Me alone, the *bhagavān*, Lord *Kṛṣṇā*, *Viṣṇu*, *Nārāyaṇa* and none else, surrender thus, knowing fully well that I alone am the Supreme Lord of all, the Self of all, the cause and the ultimate repose of everything and everyone. The word *prapadyante* encompasses this whole meaning, and it cannot be translated into a single word or a phrase. The same verb has been used in the beginning of the Gita (BG2.7) when out of sheer despondency and utter helplessness Arjuna surrenders unto the Lord saying “My innate nature overcome by faults such as indecisiveness, my mind perplexed by what is righteous in such times, I implore you to tell me what is best in such a situation, I totally surrender and take refuge unto you, being your pupil instruct me tell me what is best.” With this question, the Lord sets forth to instruct not only Arjuna but all of mankind who find themselves in such a situation and willingly want the Lord as their Master and instructor on this path, surrendering and taking complete refuge in Him. The power of *māyā* intrinsic in *prakṛti*, her cause and repose being in the Lord alone, whom the Lord wields as His power, on whom He has absolute control, cannot be overcome through the human mind, for it surpasses the mind and the intellect of man, being of transcendental insurmountable nature. Therefore, the Lord declares, ‘Take refuge in Me, I will sail you through’.

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

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

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

SHATAMANOTSAVA OF PANGALA BHAGWATASHRAM FAMILY GANESHOTSAV: A CENTURY OF DEVOTION AND TOGETHERNESS

What began as a modest ritual in a small village has blossomed into a milestone that unites hearts across continents.

by Vishwanath K. Shenoy



Ganesh Chaturthi



108 Narikela Maha Ganayaga



Poorna Kumbha Swagat

In the serene village of Pangala, located between Kaup and Katapady in Udupi district, stands Bhagwatashram, a home steeped in tradition and spiritual legacy. Its roots go back to the mid-19th century and to a revered Yakshagana figure: Shri Dasappa Shenoy, fondly known as Dasappa Bhagwataru.

Born into the Shantadurga-Vijayadurga Kulavi and Bharadwaj Gotra lineage, Shri Dasappa Shenoy earned acclaim as a Bhagwat in Yakshagana Melas, known for his deep and resonant voice. His fame reached the royal court of Mysore, where the then Maharaja honoured him with a shawl, sriphala, and a pearl mala.

Despite the recognition, Bhagwats earned little. Their earnings, in the form of meagre mana-dhana, were insufficient to sustain families. Unable to contribute his share to the joint family at Surathkal, in 1855, Dasappa left with his wife Bhagirathi Amma and infant son Narayana and settled in Katapady and later secured work with the Pangal Nayak family, managing their lands and moolageni as a Shenvi. Their modest home became known as Bhagwatashram, a name that endures even today.

Narayana, Dasappa's son, went on to raise six sons and three daughters. In 1925, the family began a spiritual tradition that

continues to this day. Until then, Lord Ganesha was worshipped through a photograph, ceremonially immersed each year. That year, a clay vigraha was installed for the first time, marking the beginning of the Bhagwatashram Ganeshotsav.

Shatamanotsava: 100 Years of Ganeshotsav (2025)

This year, the Bhagwatashram family of Pangala came together to celebrate the Shatamanotsava (Centenary) of their Ganeshotsava. What unfolded was not just a religious observance but a grand family reunion filled with devotion, culture, and joy.

- The celebrations began on Gauri Tritiya, with 30 Suvanis performing Vaina Pooja, upholding a cherished women-led tradition.
- On Ganesh Chaturthi, Lord Ganesha arrived in a grand procession and was welcomed with Poorna Kumbha Swagat. Prathisthapana, Madhyana Pooja, and Ranga Pooja were performed by the family's long-serving purohit, Vedamurthy Mulki Ramanath Bhat.

Cultural events followed: bhajans with keyboard and tabla, Bharatanatyam, a comedy skit, and a religious skit by family youth. The family offered respectful obeisance to Gokarn Parthagali Math on the occasion of its 550th year by chanting Rama Nama Japa, in line with the wishes of Gokarn Mathadeesh Srimad Vidyadeesh Teerth Swamiji for the completion of 550 crore Rama Nama Japas. Similarly, obeisance paid to Kashi Mathadeesh Srimad Sudheendra Teerth Swamiji, whose Janmashatabdi year coincides with the Shatamanotsava, by conducting Ghar-Ghar Bhajana and Vyasopasana as per the guidance of Kashi Mathadeesh Srimad Samyameendra Teerth Swamiji.

- The third day culminated with grandeur - 108 Narikela Maha Ganayaga, Ganahoma Poornahuti, four Ranga Poojas, and the sacred Mood Ganapati Pooja. As a mark of reverence, Yakshagana Chende, Taal, and Maddale were played during the Madhyana Pooja Aarti and Poornahuti. Each day was marked by warm hospitality - traditional breakfasts, festive lunches post-Madhyana Pooja, evening snacks, and elaborate dinners after Ratri Pooja.

A Living Legacy

The Shatamanotsava was more than a religious milestone - it was a heartfelt reunion. Family members from around the world gathered under one roof, filling Bhagwatashram with memories, music, and joy. This centenary not only honoured the journey from Dasappa Bhagwat's struggles to the family's flourishing legacy but also stood as a powerful reminder of devotion, resilience, and unity across generations.



Vaina Pooja

LIVE KONKANI INTERPRETATION BEGINS IN LOK SABHA

In a landmark move for linguistic inclusion, the Lok Sabha introduced live Konkani interpretation during its proceedings starting 18 August 2025.

The announcement came from Lok Sabha Speaker Om Birla, who declared that simultaneous interpretation services would now cover all 22 scheduled languages

of the Indian Constitution, with Konkani being newly added.

To enable this development, the Lok Sabha Secretariat appointed three Consultant Interpreters for Konkani—Evita Anna De Souza, Gauri Mavlingkar and Samiksha Velip.

They underwent training under the guidance of Sharat Krishna Raikar to

ensure accurate and effective interpretation.

This move is being hailed as historic by the Konkani-speaking community, giving them access to parliamentary debates and proceedings in their mother tongue, and strengthening democratic representation through linguistic diversity.

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.



GSS MUMBAI HOSTS ANNUAL SATYANARAYAN MAHAPUJA



The Gowda Saraswath Sevak Samaj (GSS), Mumbai celebrated its Annual Satyanarayan Mahapuja and Haldi Kumkum for Suhasinis with great devotion and camaraderie on Sunday, 27th April 2025, at the Annapoorna Hall of the Sree Lakshmi Venkatramana Temple (SLVT), Vashi.

The day began with the Shringar Seva to Lord Venkatramana, Goddess Mahalakshmi, and the Parivar Devatas, a sight of divine splendour that set a serene and devotional tone. The GSS Bhajana Mandali enchanted everyone with soulful bhajans, their

melodious voices beautifully accompanied by the harmonium and tabla. The music filled the hall with spiritual energy, drawing every heart closer to the divine.

Our Samaj members were blessed to take the darshan of Lord Venkatramana, offer Aarti, and receive Prasad, soaking in the sanctity of the occasion.

The Satyanarayan Mahapuja then commenced and concluded with a resplendent Maha Aarti to Lord Satyanarayana, followed by the distribution of Maha Prasad to all devotees.

Post a delicious and hearty lunch, the Haldi Kumkum ceremony was hosted by the lady members of GSS. The Suhasinis, dressed in their finest attire and adorned with Haldi and Kumkum, received their Vhontis in a gesture of warmth and goodwill.

The celebration ended on a joyful note with high tea and snacks, as members exchanged smiles, conversations, and the joy of togetherness. It was yet another memorable gathering, a perfect blend of devotion, tradition, and community spirit.

A heartfelt thank you to the GSB Sabha Navi Mumbai Managing Committee for providing the hall, and to our generous donors, without whose support this programme would not have been possible.

GSBS MEDICAL TRUST ORGANISES HEALTHY BABY CONTEST

The Shree Ram Mandir, Wadala, once again turned into a hub of joy and learning during its Shree Ganeshotsav festival, with the much-awaited Healthy Baby Contest held on Sunday, 31st August 2025.

A panel of eminent doctors — Dr. Suhas Prabhu, Dr. Avinash Desai, and Dr. Raturaj Patil — judged the contest, while the general health check-up of the little ones was carried out by Dr. Pradeep Acharya, Dr. Vivek Pai, Dr. Vasant Shenoy, and Dr. Poornima Prabhu. Thirty-four children participated, divided into two age groups: 0–2 years and 2–5 years.

The event carried a carnival-like spirit, filled with excitement and laughter, with lively compering by Shri Gopal Shanbhag, ably assisted by Shri Upendra Bhandarkar.

M/s Indoco Remedies generously sponsored the contest. Chief Guest Shri Vivek Kamath, Independent Director of Garware Hi-Tech Films and former banker, was introduced by Dr. Suhas Prabhu. Addressing the gathering, Shri Kamath emphasised the

importance of parents spending quality time with their children and how it shapes their overall growth.

Six prizes were awarded in each age group, with winners receiving certificates and cash awards. Beyond the competition, the event's true spirit lay in spreading awareness about preventive healthcare and immunisation.

An insightful talk by Dr. Chhavi Koranne on the importance of caring for milk teeth cleared several common misconceptions among parents.

Special thanks were extended to the Wadala Mutt and the Ganeshotsav Committee for providing the perfect ambience to host the programme.



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



Drawing by : Agastya Pai
Age : 4 years



Drawing by : Sanmika Rao
Age : 7 years



Drawing by : Kanishk Kini
Age : 8 years



Drawing by : Navya Jagdish Prabhu
Age : 11 years



Drawing by : Varun Prabhu
Age : 11 years



Drawing by : Harshit J Prabhu
Age : 14 years

EVERGREEN ENGINEERING CO. PVT. LTD.

Quality, Reliability and Performance



50+ Glorious Years...Moving Forward

ENSAVE
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